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INSIDE

Honoring All Who Served / A3

Humanitarian

Awardees

Volume XXI, Issue No. 45

to Former English Teacher Frank Jansson MONROVIA - Monrovia High School alumni, teachers and administrators shared memories as they leafed through yearbooks, photos, and paintings of long-time English teacher Frank Jansson during an Oct. 26 dedication of the school's library in his honor.

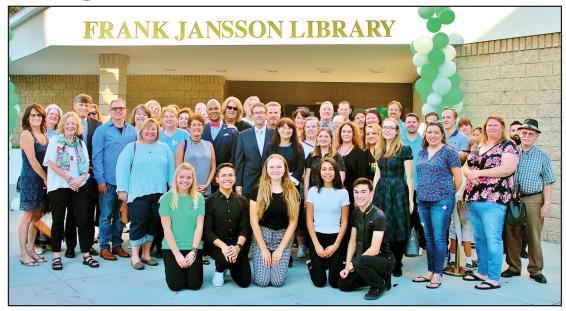
Jansson - who passed away in 2003 - instilled in his students the importance of literacy. The dedication marked the 15th anniversary of his passing.

Jansson joined Monrovia High in 1958 and taught there until 1995, returning in 1997 after retirement, to teach part time for six more years. His students and colleagues remembered him for his infectious personality and passion for teaching.

"The dedication of this library is another way in which we acknowledge the contribution of educators who truly have made a difference in the lives of our students," Board President Terrence Williams said. "This year, Monrovia High is celebrating its 125th anniversary, and the Board has taken steps to honor our rich

Sandburg Middle School Welcomes

Nakamura High School Students



Monrovia Unified Dedicates High School Library

Monrovia Unified alumni, administrators, teachers and students stand in front on the Frank Jansson Library at Monrovia High School. Alumni flew in from as far away as Texas and New York to celebrate a dedication of the library to former English teacher Frank Jansson on Oct. 26.

legacy and tradition of excellence in education."

Several of Jansson's former students became teachers because they were inspired by his passion for his students and his career.

English teacher Randy Bell, a class of 1981 graduate, said that dedicating the library in honor of Jansson was fitting because it was where he lived for decades.

"He was our best teacher, our hardest teacher, and our

scariest teacher. He was our scariest teacher – and this leads me to what I loved most about him – because there was no escaping him if you were in his

class," Bell said. "He tapped into every student in his class and, as teachers, if our most important job is to pull kids out of their shell and develop them out - Frank was the golden one."

In addition to teaching English, Jansson was the yearbook adviser and took students and colleagues on summer trips to Europe for years. Many of the alumni in attendance traveled with Jansson on these adventures

Jansson kept in touch with former students over the years, sending holiday cards, writing letters, and attending high school reunions.

"I came to Monrovia High in 1985 and Frank become a mentor to me and then, 20

years later, I realized he was also my best friend," said Eric Miller, Monrovia High School English teacher and yearbook adviser. "He affected not only his students, but also his colleagues and just about everyone he encountered."

Toward the end of the celebration, everyone gathered outside of the library for the unveiling of the Frank Jansson Library.

"It is our hope that the young adults who come through these doors find that same love and joy of books that Frank Jansson awakened within his students," Superintendent Katherine Thorossian said. "Thank you to our Board of Education for making this dedication a possibility, to our alumni who made it out, and those who sent letters in."



Monrovia High School Associate Student Body students, Principal Kirk McGinnis (left) and English teacher Eric Miller (right) stand in front of the Frank Jansson Library.

City Of Azusa Receives Recognition For Excellence In Financial Reporting

Gordie Norman, Miyoko and Jim Nakano / A7 **INDEX** Commentary **A**4 **A5 B1**

B12

from Moka, Japan



Some of the students from Nakamura Junior High School pose outside the Gymnasium of Sandburg Middle School in Glendora.

By Jayam Rutnam

GLENDORA - Sandburg Middle School held a Welcome Assembly at the Sandburg Gymnasium on October 29th at 8.40 a.m. The Gymnasium was filled to capacity with enthusiastic and extremely wellbehaved students who cheered, waved and applauded the visiting students from Nakamura Junior High School in Moka, Japan. Twenty six students and six teachers were included in the delegation that visited Glendora.

They were celebrating the 30th Anniversary of the Sister City program between Moka, Japan and Glendora, California.

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Members of the Glendora Council, the School District were among the dignitaries present.

The program started with the Spartan Band playing "The Hey Song" which always gets people in the mood. The National Anthems of Japan and the United States were then played while two oversized flags of the two countries were displayed. The welcome speech was by Sandburg Middle School Principal Eric Osborne, who was also the Master of Ceremonies. Introduction of the Honored Guests and Remarks were by Dr. Robert Voors, Superintendent of Glendora Unified School District. The Advanced Orchestra played a Japanese Ear-igami by Richard Meyer.

Gifts were exchanged by representatives of the schools, Kailee DeRose - ASB President and a Nakamura Student Representative.

Then about a hundred students lined the front and sides of the gymnasium, swaying to the tune of "Thriller" by Michael Jackson.

The exchange of PTA gifts were by Mrs. Acuna and Mr. Tsubaki. The exchange of school gifts were by Mr. Osborne and Mr. Kikuchi.

Remarks were by Mr. Kikuchi, Principal of Nakamura Junior High School. The closing remarks were by Mr. Eric Osborne, Principal of Sandburg Middle School. The recessional was to a "Zombie Tango," by the Spartan Band.

The Glendora/Moka Sister City Program was founded by Gordon Norman, who was recently, the recipient of the Humanitarian Award. Through the sister city program, between 2500 and 3000 students have travelled back and forth from Japan and the United States.



The Azusa City Council and City Manager, Sergio Gonzalez (far right) presented a plague from the Government Finance Officers Association of the United States and Canada to Director of Finance, Talika M. Johnson, MPA (center) and Azusa City Treasurer, Art Vasquez, Jr. (far left) for the city's Excellence in Financial Reporting for the Fiscal Year 2016-17 comprehensive annual financial report (CAFR). The Certificate of Achievement is the highest form of recognition in the area of government accounting and financial reporting, and its attainment represents a significant accomplishment by a government and its management.

The City's Comprehensive Annual Financial Report (CAFR) Recognized for its High Standards

AZUSA - A Certificate of Achievement for Excellence in Financial Reporting has been awarded to City of Azusa by the Government Finance Officers Association of the United States and Canada (GFOA) for its Fiscal Year 2016-17 comprehensive annual financial report (CAFR). The Certificate of Achievement is the highest form of recognition in the area of government accounting and financial reporting, and its attainment represents a significant accomplishment by a government and its management.

In its presentation, the GFOA states that City of Azusa "has been judged by an impartial panel to meet the high standards of the program including a constructive spirit of full dis-

closure to clearly communicate its financial story and motivate potential users and user groups to read the CAFR".

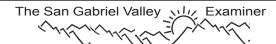
"For many years, the City has received the prestigious GFOA Award," said Talika Johnson, City of Azusa Finance Director. "The City's Finance Staff is dedicated to working hard throughout the year to comply with governmental accounting standards and to present transparent financial re-

ports. I'm very pleased we've been able to bring this award back to the City for the third consecutive year."

The GFOA is a nonprofit professional association serving approximately 19,000 government finances professional with offices in Chicago, IL, and Washington D.C. To contact the GFOA, please call Michele Mark Levine (312) 977-9700 or E-mail to mlevine@gfoa.org

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. Articles should be in Word format while photos should be in jpeg.



Jonah Alvarado - Glendora High **School Water Polo Captain**

By Matt Bauer

GLENDORA - As the boys water polo team close out their 2018 season, they leave behind them a year of historic performance never before seen by the program.

The team has already surpassed the season record for a number of games won, and currently holds a never-before-seen standing in league.

Since August, the boys have worked up an impressive 16-11.

A particularly crucial component towards the team's current success is captain and goalie Jonah Alvarado. He has displayed many qualities throughout the year that have made him an admirable player and teammate in the eyes of newly appointed head coach, Alba Espinar.

"Over the years, Jonah has been a really good water polo player, but he's really stepped it up this year, both athletically and in leadership. He's always the goto and strives to give his best performance every game," says Espinar.

Alvarado has accumulated an impressive 297 blocked shots throughout the season, averaging a 60% block percentage (about 11 per game). In addition, the goalie has 55 steals and 17 assisted goals.

Accompanying Alvarado as captain, seniors Andrew Mansour



Water Polo Star Jonah Alvarado with head coach Alba Espinar. and Drasyden Sharifi are working alongside Espinar to prepare not only for the remainder of the season, but C.I.F. as well.

After only being able to present themselves for a short time in C.I.F. last year, the team is tenacious and yearning for a record-setting postseason.

"We've been training and con-

ditioning since the beginning of summer, so the practices leading up to the postseason are going to be mainly focused on tactics and running plays," explains the determined Espinar.

Through the guidance of Espinar and leadership of Alvarado, Mansour, and Sharifi, the boys water polo team is determined to establish a new, more threatening name for themselves as they head into their postseason.

Healthy Air, Healthy Home

contaminants and air pollutants,

such as dander, dust and chemi-

cals. These are pulled into the

HVAC system and recirculated

five to seven times a day and can

mean a buildup of contaminants

save you energy and money. Ac-

cording to the U.S. Department

of Energy, 25 to 40 percent of

the energy used for heating or

cooling a home is wasted. Con-

taminants in the heating and cool-

ing system cause it to work

harder to maintain the tempera-

ture you desire. With a clean sys-

tem, less energy is used, leading

to improved cost effectiveness.

get your system inspected by a

reputable, certified HVAC pro-

fessional. It helps to heed these

four hints:

Fortunately, it can be easy to

What's more, clean ducts can

in the ductwork.

In the last several years, a growing body of scientific evidence has indicated that the air within homes and other buildings can be more seriously polluted than the outdoor air in even the largest and most industrialized cities, warns the Environmental Protection Agency (EPA). Since most people spend some 90 percent of their time indoors, the EPA adds, for many people, the risks to health may be great.

In addition, the EPA points out, the people who may be exposed to indoor air pollutants the most-the young, the elderly and the chronically ill-are often those most susceptible to its effects.

With cooler weather, many people spend more time inside homes with all the doors and windows shut, so it's even more important to make sure indoor air quality is healthy.

One easy way to help keep your family "Breathing Clean" is to clear out your HVAC system. All homes with air ducts accumulate dust and dirt, which can be a particular problem in households with:

• pets

- allergies or asthma
- smokers
- water contamination
- remodeling projects young children
- elderly people.

After all, your heating and cooling system is, essentially, the lungs of your home. The system takes air in and "breathes" air out. Through normal occupation, people generate a great deal of



Keeping your HVAC system clean can help you protect your home and family from indoor air pollution.

> 1. Ask the contractor for proof of insurance and any applicable licenses.

> 2. Have the contractor specify which components will be cleaned.

> 3. Verify that the contractor will limit the release of dust, dirt and debris into your home during cleaning.

> 4. Ask for proof of NADCA membership and certification. NADCA sets the industry standard for HVAC system cleaning and its members must have at least one certified Air Systems Cleaning Specialist (ASCS) on staff, comply with a Code of Ethics and acquire continuing education credits.

For further facts and tips and to find a nearby NADCA member, go to www.Breathing-Clean.com. (NAPSI)

What to Know Now About COPD

It claims a life every three to four minutes, making it one of the leading causes of death in the United States.

The culprit: COPD, or chronic obstructive pulmonary disease.

Nationwide, more than 16 million people have been diagnosed with this debilitating lung disease, also known as emphysema or chronic bronchitis. But millions of others likely have COPD and don't know it, as symptoms develop slowly and worsen over time.

Shortness of breath, chronic coughing, wheezing and excess mucus—all can make even the most mundane tasks difficult, yet many people think these are just communities than in urban ones. normal symptoms of aging or Because of this disparity, NHLBI

The National Heart, Lung, and Blood Institute (NHLBI), together with federal and nonfederal partners, has developed the COPD National Action Plan, the first-ever blueprint for collective action to reduce the burden of the disease.

With the action plan as a guide, NHLBI is working across the country to encourage earlier recognition of the disease. But it is giving particular attention to rural areas, where the disease is especially prevalent.

According to the Centers for Disease Control and Prevention, COPD is almost twice as likely to affect people living in rural is taking special steps to help rural residents get the advice it wants everyone to follow: learn the signs and symptoms of COPD, and if breathing issues are impacting even the most basic daily everyday tasks, see a health care professional, such as a primary care provider, nurse practitioner or other specialist. With a diagnosis and the proper treatment, people with COPD can learn to ably manage their condition.

With the veteran unemployment rate at a record low, many who have served in the military are now in the driver's seat when it comes to civilian job hunting. This is in part because employers understand that veterans bring a wealth of translatable skills and experience to the workforce, including leadership, teamwork and attention to detail.

"For veterans, the right employer is one who values the leadership, discipline and service record of military members and veterans," says Jerry Quinn, Wells Fargo Military Affairs Program manager. "They seek an employer that goes above and beyond to empower them to succeed in and out of the workplace." Wells Fargo, which established its Military Affairs Program in 2012, is an example of an employer committed to hiring and retaining veteran team members. A variety of job options, confidential resources, educational information and career guidance tools are available to those who served. In fact, eligible team members called to active duty receive military leave benefits and other programming designed to mitigate the burden on their families



Are you a job-seeking vet- contacts, find a mentor, deeran? Before accepting an of- velop professional skills and fer, find out whether your po- learn how to translate existing tential employer values veterans' contributions to the workplace. "Start by asking the hiring manager or human resources contact what benefits and programming are offered," suggests Quinn. "You'll quickly get a feel for the company culture."

skills to a new position.

away from home on military orders.

More information about career transition services and the type of workplace benefits offered to veterans are available at wellsfargojobs.com/military.

Remember, military skills and experience is an asset to employers. Hold out for a position that will value what you bring to the table through tangible workplace benefits and programming. (StatePoint)

COMPUTER CERVICE & CHDDART

being out of shape.

So, what are the chances you have COPD? Smoking, research has long shown, is the main risk factor for the disease. Some 75 percent of people who have COPD smoke or once smoked. But long-term exposure to lung irritants such as secondhand smoke, air pollution, and chemical fumes and dust-from both the environment and workplace—can be a risk factor, too. In some cases, genetics can play a role.

The good news is COPD is highly treatable and manageable. The bad news is, due to the slow progression of the disease, Americans often delay seeking help until the problem is severe, which can lead to serious, longterm disability.

For more information about COPD and resources, visit NHLBI's COPD Learn More Breathe Better program at COPD.nhlbi.nih.gov.

Talk to a health care professional as soon as breathing problems occur. (StatePoint)

To help get the conversation started, Quinn suggests the following topics of discussion:

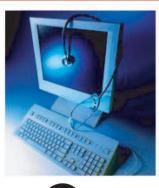
• Growth opportunities. Is this position one on track for promotions and raises? Does this company offer resources and support to employees looking to grow? Discover what your future at this company could look like.

• Development programs. From apprenticeships and internships to transition services and leadership programming, ask about opportunities that will offer a chance to make new

• Employee resource groups (ERGs). ERGs can provide resources, opportunities and camaraderie to employees. Find out if the company has a similar group for veterans.

• Diversity. Is this a company that values diversity, particularly when it comes to veteran status and disabilities? Will the employer accept your veteran status and value it as an asset?

• Benefits. Beyond military leave, are benefits available that provide supplemental pay and continued healthcare when individuals are called to active duty? Research whether the company offers additional fringe benefits to ease the burden of being away on active duty. For example, some employers provide lawn mowing and snow removal to those



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Update on David Shoemaker

By George Ogden

WEST COVINA - David Shoemaker, 68, a Covina resident and combat veteran who served in Vietnam as a Marine is in the hospital and still waiting for a lung transplant. He has been in the hospital (Kindred hospital in West Covina) over 45 days with his condition not improving.

Since the Examiner wrote a story about David, a lot of people have asked about him and are wishing him well. Another visit to the hospital included some Examiner newspapers that had his story in it.

He has had visits from mayformer ors, mayors, councilmembers, elected city clerk from San Gabriel and a bunch of other people. Our Marine is not forgotten.

He, his family and friends have



Dave Shoemaker waiting for a lung transplant checks out the article in the Examiner.

expressed their appreciation for the visits, interests and well wishes. Many of these people he has never met before.

After all the attention, he now

has no choice but to get better... Once again, the SGV Examiner family, its friends and readers are wishing him the best and a speedy recovery.



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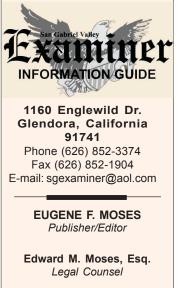
El Monte Receives \$2.3 Million Grant for Park and Open Space Project

dents will have access to a new open and green space thanks to a \$2 million grant. The California Natural Resources Agency awarded the City of El Monte a \$2.3 million grant to develop the Gateway Park and Open Space Project.

The City of El Monte's project was one of 20 infrastructure projects throughout California, and one of only three projects in Los Angeles County, that were awarded a grant. The grant project will be located within The Gateway, which is largest transit-oriented development currently under construction in the United States, on Santa Anita Avenue and Santa Fe Drive.

"This grant is a tangible example of the City's vision to increase green spaces and develop a more sustainable community," said El Monte Mayor Andre Quintero. "The collaboration with The Grapevine advisors, our development partners, has been instrumental in our efforts to for a greener future."

The grant project aims to pro-



Jayam Rutnam Contracted Reporter

George Ogden Contracted Reporter

Glenn Purbaugh Photographer

Contributing Writers Pat Murphy Joan Hallidy Ken Herman Charles H. Bayer Jorge V. Rosales Lois M. Shade

EL MONTE – El Monte resi-vide much needed green and open spaces, as well as reduce greenhouse gas emissions. Specifically, the grant project will fund the creation of 2.21 acres of public open space and the planting of 181 carbon-sequestering trees.

> The grant project will also increase bicycle accessibility through one mile of new Class I and II bike paths. Grant funding will also connect the 30-mile long Rio Hondo Bike Path and El Monte Transit Center to new walkable and bikeable paths and greenspace throughout The Gateway. Once complete by 2021, El Monte estimates that the project will eliminate 46,340 vehicle miles traveled during the next twenty years.

The project also places an emphasis on storm water management with the inclusion of bioretention planters, rain gardens, and permeable parking spaces and crosswalks.

Community partners were a key component in the grant application process. Testimonials in favor of the project were provided by Jennifer Cobian, El Monte City School District Board President, David Diaz, El Monte Union High School District Board Member, and Cathy Eredia, former board member for the El Monte City School District.

"El Monte is positioning itself to be a regional leader. I applaud our community's support, staff dedication and City Council's determination to improve the quality of life for our community," said Quintero.

Moody's Upgrades Rating For City Of Azusa As Outlook Remains Stable

AZUSA - The City of Azusa announced that Moody's Investor Services has upgraded the City of Azusa's issuer rating to A3 fromBaa1 and the city's 2003 Lease Revenue Refunding Certificates of Participation rating to Baa1 from Baa3, affecting \$1.16 million in outstanding debt. The outlook remains stable.

"The upgrade of the Issuer Rating to A3 primarily reflects the city's improved financial position, as demonstrated by sustained strengthening of unrestricted general fund reserves and liquidity." states the Moody's report. "This improvement is not a pure positive however, since it is primarily attributable to onetime cash proceeds from the sale of city owned properties. The rating also incorporates our [Moody's] expectation that the city's financial position will re-

main stable with support from management's improved fiscal prudence and commitment to maintaining reserves within a formal reserve policy." Factors that led to Moody's assessment for the upgrade includes:

• Return to structural balance and sustained strengthening in reserves and liquidity

• Material increase in city's assessed valuation

• Substantial improvement in resident wealth measures "We are pleased to see that our discipline in all of the City's financial policies is being reflected in an improvement to our credit rating," said Sergio Gonzalez, City Manager. "This new rating should further enhance the

City's financial flexibility and health." The stable outlook reflects Moody's expectation that man-

agement will develop a comprehensive plan of expenditure controls and revenue enhancements to ensure the city's long run fiscal health.

A3

"The credit upgrade is evidence of the City Council and Staff's continued commitment to sound financial practices and community enhancements. Together, we take pride in Azusa and strive to attract long standing business partners and residential developers for the betterment of our city. We are pleased to see our efforts recognized with an enhanced credit rating," said Finance Director, Talika M. Johnson.

For a full copy of the credit analysis please visit the 'Finance' page on the City's website, https:/ /www.ci.azusa.ca.us/187/Finance.

Honoring All Who Served

WEST COVINA - The City of West Covina invites you to join us on Veterans Day, Sunday, November 11, as we celebrate those who have served in protecting our great nation. Guest speaker, Donovan Tschider, a long time visitor of the West Covina Senior Citizens Center, will share his personal account of service in the United States Air Force with us on this commemorative day.

The ceremony will be held at the West Covina Civic Center Courtyard where the West Covina Veterans Memorial currently stands. The West Covina Civic

Center is located at 1444 West Garvey Avenue, West Covina, CA 91790 and the Veterans Days ceremony will begin at 10:00 a.m. We encourage all veterans in attendance to wear a symbol of their military branch. Please join us as we honor and salute those who served our country and continue to serve our country each and every day.

For more information, please contact the Community Services Department at 626-939-8430 or visit our website at Westcovina.org

Glendora Police Arrest Suspect Following Barricade

GLENDORA – At approximately 10:45 p.m. on October 31, 2018, Glendora Police Officers began investigating an allegation of domestic violence. A female victim reported that her husband, and father of their child, had hit her and threatened to kill her. Detectives were called in and ultimately tracked the suspect to a family members' residence in the 13000 block of E. Amar Road, in La Puente.

After multiple attempts to make contact with the suspect, he barricaded himself inside of the residence. Our Foothills Special Enforcement Team, which is a regional SWAT Team made up of members from the Glendora, La Verne and Monrovia Police Departments, was activated and responded. After several hours of negotiating with the suspect, tear gas was deployed. The suspect ultimately came out of his residence and surrendered, ending the incident at approximately 5:02 p.m on November 1, 2018.

The suspect, 29-year-old Ivan Morales Martinez, of

County Seeks Input For Distribution Of Development And Housing Funds

LOSANGELES COUNTY -Over the weekend, officials from the Community Development Commission/Housing Authority of the County of Los Angeles (CDC/HACoLA) hosted County residents at a Community Meeting & Resource Fair to seek input for the County's 2019-2020 Action Plan.

gency Solutions Grant Program. This funding helps support projects, including the revitalization of community infrastructure, childcare programs, services for senior citizens and persons experiencing homelessness, homebuyer assistance and home repair programs, low-interest business loans, and graffi-

Glendora, was arrested on Domestic Violence related charges, Assault with a Deadly Weapon, Criminal Threats, and Negligent Discharge of a Firearm in a Grossly Negligent Manner.

The Glendora Police Department would like to thank the La Verne Police Department, the Monrovia Police Department, the West Covina Police Department, and the Los Angeles County Sheriff's Department for their assistance in bringing this incident to a safe conclusion.

tance with CalFresh and Medi-Cal sign up.

Individuals who were unable to attend the Community Meeting are able to submit surveys until Tuesday, December 18, 2018. Please visit the CDC/HACoLA's website at www.lacdc.org/actionplan/annualmeeting to learn how to submit a survey online or via

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Julia Yoder Gene Morrill Jenny Park

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· 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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The Action Plan will disperse approximately \$34 million in community development and housing funds - including approximately \$23 million from the Community Development Block Grant Program, over \$9 million from HOME Investment Partnerships Program, and almost \$2 million from the Emer-

ti removal.

During the meeting, attendees completed the CDC/HACoLA Community Survey. Input from the survey will be used to develop the Action Plan. In addition, there were games, resources, and activities for all ages, including face painting, arts and crafts, CPR training, free flu shots, and assis-

U.S. Mail. Surveys are also available in 11 different languages, including Spanish, Russian, and Chinese.

For additional information on the Community Meeting, please contact Brian Talbot, Environmental and Planning Specialist, at (626) 586-1752.

"TIME JOCKEY" - Never Forgets

By Joe Castillo

Black Bart... Wells, Fargo & Company Express was the right business at the right time. Founded by William Fargo and Henry Wells, the transportation company provided a somewhat 'safe' way to transport gold from mining sites to the big cities of San Francisco and Sacramento. In addition, Wells and Fargo would store a depositors' gold in their own facilities for a nominal fee plus interest. It was the perfect arrangement except for one small matter, stagecoach robbers.

With Wells and Fargo's company basing their success on a customer's trust of transporting their assets in a reliable and safe manner, Wells and Fargo were determined to ensure no danger would come to their valuable cargo. Each Wells and Fargo stagecoach carried two drivers known as express agents with one carrying a special title of shotgun messenger. The company employed the best gun men in the area including Wyatt Earp to protect large treasure shipments and act as a first line of protection. If a robber was successful in its holding up of a Wells and Fargo Stagecoach, the drivers

would go into recovery mode and started gathering evidence, posted wanted posters and even gathered a posse to pursue the robbers.

Wells Fargo detectives such as John Thacker and James Hume supported the express agents using modern police techniques to track down the criminals. The criminal may not have been caught immediately but Wells & Fargo's dogged pursuit eventually caught up with the culprit and Wells and Fargo coined the motto "Wells Fargo Never Forgets".

But one notorious robber named Charles E. Bolton challenged Wells Fargo's self-proclaimed motto and started robbing Wells Fargo Stagecoaches. Bolton robbed so many stagecoaches that Wells Fargo detectives had a complete biographical profile on him. Bolton's height was 5 feet 7 1/3 inches with a light complexion, gray hair, high cheekbones, heavy eyebrows and missing two teeth on the upper right side and the lower left side. Bolton robbed 27 Wells and Fargo stagecoaches between 1875 and 1883, most of the routes in the Gold Rush foothill area. The first robbery oc-

curred on July 26, 1875 on the route between Sonora and Milton. The final robbery took place on November 3, 1883 on the route between Sonora and Milton. Bolton may have overextended his luck by robbing stagecoaches along the same route and eventually his pursuers became familiar with his robbery habits.

Bolton was known to leave behind his own handwritten poems at the scene of the crime and would sign each as "Black Bart". Finally apprehended after his robbery on November 3, 1883, 135 years ago, he pleaded guilty and was sentenced to serve a term of 6 years at California State Prison for the crime of robbery. In all 27 of Bolton's robberies, he was the lone robber of Wells Fargo cargo as well as the U.S. Mail deliveries. Wells and Fargo Company Express kept their promise to "never forget" for 8 years in pursuit of the poetic Black Bart.....

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 can be reached at joeacastillo@aol.com..



water was an eccentric do-good-

er. One day he was discussing

with his wife, Sylvia, the birth of

twins to a half-witted townsper-

"I'm baptizing them tomor-

"I didn't know you—you did

"I couldn't get out of it." said

things like that," Sylvia replied.

Eliot. "She insisted on it, and no-

body else would do. I told her I

was not a religious person by any

stretch of the imagination. I told

her nothing I could do would

count in heaven. But she insisted

"But what will you say?" in-

"Oh, I don't know. I'll go over

to her shack, I guess, sprinkle

some water on the babies and say,

'Hello babies. Welcome to the

earth. It's hot in the summer and

cold in the winter. It's round and

wet and crowded. At the outside

babies, you've got about a hun-

dred years here. There's only one

God damn it, you've got to be

(Kurt Vonnegut "God Bless

Holt, Rinehart and Winston

Over the years I have repeat-

edly learned this lesson from

Wendy. Every time I have been

tempted to inflict a judgment on

someone with whom I was hav-

ing a debate, she has said, "No

Charles, he is kind, and that is all

that matters." And as usual, she

Contact Charles Bayer at

rule that I know of, babies.

You Mr. Rosewater"

New York 1965)

has been right.

son named Mary Moody.

row," he said.

just the same."

quired Sylvia.

kind."

Oroville Dam: \$1.1 Billion And Counting

Sunday, February 12, 2017 at 4:42 p.m. - Department of Water Resources (DWR) tweeted **EMERGENCY EVACUATION -**Oroville Dam predicted to fail within the next hour.

Word went out to 188,000 residents of Yuba, Sutter, Butte Counties and communities along the Feather River Valley giving them approximately 30 minutes to leave the area as the pending failure and collapse of Oroville Dam approached. A dam that is:

• Tallest in the US at 770 feet - 44 feet taller than Hoover Dam

• Creates a reservoir - Lake Oroville - second largest manmade lake in California

• Holds 3.5 million acre feet of water

• Critical component of the State Water System providing water to Central Valley and Southern California

• Flood control to that entire area

• Hydroelectric power to the area

One acre foot of water is the size of a football field, one foot deep. Imagine 3.5 million of those coming down on you!

After all had recovered from the shock of the immanent disaster, reports from locals groups and outside agencies documenting on-going concerns about the safety issues of the dam and challenging the competency of the Department of Water Resources



Shade's Perspective Lois M. Shade

Former Mayor of Glendora started coming in. One organization suggested it was time to replace DWR and find another agency to be in charge and run the state water system.

While the repair of the main spillway is complete and the emergency spillway repairs estimated complete in 2019, the costs have turned out to be \$1.1 billion. Other reports suggest there may be \$1.2 billion additional costs in lawsuits from various areas of the communities.

Reports have come back from several sources, the forensic team hired by the federal government have reviewed and criticized the project telling DWR their spillways may not be able to handle mega flood waters. Because of the forensic team challenges the amount of water stored in Oroville may be reduced which would ultimately reduce the amount of water delivered to the Central Valley and Southern California. There is also reported concern about the structural integrity of the dam itself and reinforcement may be needed for this 50-year old centerpiece of the State Water Project.

The DWR is expecting the federal government to pick up some of the cost and the state contractors will pay for some costs. State contractors are 27 public water agencies that serve more than 27 million residents, 750,000 acres of agricultural land and businesses throughout the state. Metropolitan Water district is one of those contractors who will pick up some of the costs

We have an election on Tuesday after this is written and I know not what to expect. Whoever takes the reins in Sacramento will have to expect to deal with our humongous water problems that range from dam safety of 93 dams, water delivery to two thirds of this state with additional infrastructure that was recently only partially funded and wrestling with the on-going debate about the Water Fix / Twin Tunnels project. There are a lot of options the water community has that make a lot of sense, financially and environmentally. Let's see what our new Sacramento leadership comes up with in January 2019.

You've Got To Be Kind!

When in my mid 30s I received an invitation to become pastor of University Church in Chicago, I arrogantly knew that I was just the right person for the job. For one thing it was my denomination's (The Disciples of Christ) most dynamic liberal congregation, and that was a challenge right down my alley. But The University of Chicago was also one of the nation's centers of intellectual sophistication, and that appealed to my puffedup ego. I was to be surrounded by the world's best scholars, several of whom were members of the church. The congregation's longtime pastor, Dr. C. M. Chilton, had also been chair of the University's Department of Philosophy. I would be swimming in a rarified ocean of ideas.

I had heard that the congregation's former music director had written what became the church's theme song, and I couldn't wait to hear it, as I immersed myself in the ideological sophistication of that congregation. Put on your thinking caps and wrestle with these erudite high-flown verses. A noble life, a simple faith, an

open heart and hand. These are the lovely litanies

that all can understand. These are the firm- knit bonds of truth, though hidden to the

Which bind in sacred partnership all those the whole world through.

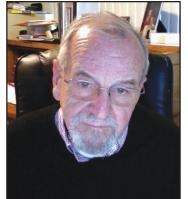
The cries of clashing creeds are heard, on every side they sound,

But no age is degenerate in



Social Media of me protecting our property. I am impressed with the amount of support and accolades I have received. I want to thank you for your support with this.

I posted this for a number of



Charles H. Bayer

which such lives are found. A noble life, a simple faith, an

open heart and hand. These are the lovely litanies, which all can understand.

That hymn took the air out of my elevated rational pomposity. It slowly became clear that my task was not to take place in a rarified intellectual stratosphere, but down among hungering, hurting human beings struggling each day just to survive.

Being puffed up, I might have been seen like the arrogant young man who was ridiculed in Gilbert and Sullivan's, Patience,

If you're anxious for to shine in the high aesthetic line, As a man of culture rare,

You must get up all the germs of the transcendental terms,

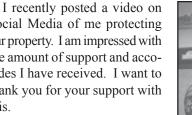
And plant them ev'rywhere. And ev'ryone will say, As you walk your mystic way,

"If this young man expresses himself In terms too deep for me, Why, what a very singularly

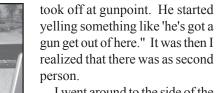
deep young man This deep young man must

be!'

Taking Our Streets Back!



reasons. I wanted to show how quickly a situation can escalated when the criminal transients and criminal homeless along with undesirables invade your property. They have no business to be on our property and the only



I went around to the side of the building and found that other guy was tagging the building.

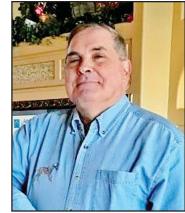
Well, they haven't been back since then and it has been a few months now.

In Azusa, I had two intruders breaking in. They were armed and tried to shoot me when I caught them. However, I already had a 9mm pistol pointed at them. They both tried to pull their guns and they lost. I had to shoot both of them. Got one guy in the head and he and the other guy were both able to make it over the fence and get away. So much for the 9mm being used as a take-down weapon. They left me with a bloody mess but at least I was able to protect myself. You need to be really careful with the decisions you make. If you are not sure you can handle the situation safely, call the police and wait. If you have a firearm and you challenge someone with it, be prepared to use it if you have to. If you feel you cannot shoot the "bad guy", you don't need to be out there with a gun. If the police are responding, DO NOT go running up to them with a gun in your hand. If you have someone at gunpoint when the police arrive, FOLLOW THEIR INSTRUCTIONS. DO NOT turn to talk with them with the gun in your hand. If you do, there will be no further discussion. Know your laws, understand the "Stand Your Ground" issue. BE SURE what the situation is. You don't want to be out there with someone that is lost, or may have dementia or someone that is looking for help and you are pointing a gun at them. We need to take our streets back. Keep our police informed. "That's just the way it is!"

Never Underestimate The Dignity Of Hard Work

When holidays like Father's Day, Mother's Day, Labor Day, Thanksgiving, or the like, commemorating our friends, family, and neighbors' contributions to society are celebrated, it provides me the opportunity to ponder the dignity of work. I fear it is losing some value as we live in a new world of entitlements and hand outs.

I made one of my usual comments on FaceBook one day about some subject that escapes me now, because the subject wasn't that important. My comment wasn't particularly noteworthy either, but a comment I got in reply was significant.



Charles Lopresto duce to make a Depression era living for his family. He did so with pride.

My other grandfather was a ditch digger. He laid the founda-

a question when he sees Al's fancy apartment building. "Some barracks you got here. Hey, what are you, a retired bootlegger?"

Al, played by Frederick March, says, "Nothing as dignified as that. I am a banker." With his own quiet dignity, Al Stephenson understood the reality of life as he humorously downplayed his personal abilities.

Later he would return to work at his bank. In one scene he approved a loan for another G.I. who wanted to start a farm. He found his reward in growing things.

Al's skeptical boss was concerned about the risk of such a loan and asked Al what the young

Kurt Vonnegut's Eliot Rosecandwbayer@verizon.net



George Ogden That's just the way it is!

tions as well. If you have to call the police, you need to pass on as much information as possible

Someone, looking at my "profile" saw that one of my jobs for a time had been employment in a luggage store. Using that, he said in sarcasm, "Words of wisdom from a guy that sells luggage. I ain't buy-in' in."

I began to think, why not? Does a scholarly college professor have a franchise on wisdom.

I thought of my two grandfathers that never had a higher education. They were the most dignified men I knew. Both came from Italy at a very young age.

One was a grocer who was well known around his community for the beautiful fruit baskets he created. He worked hard selling pro-

tion for his town's Knights of Columbus Hall and built a baseball diamond in the park for the Little League.

These men had real wisdom derived from the jobs they held and the experience that comes with it.

The comment from the stranger on the blogosphere was shallow and void of any awareness, context, or personal understanding.

One of my favorite films was "The Best Years of Our Lives." Returning from the war, a G.I. named Al Stephenson meets another veteran, Fred Derry. Fred, played by Dana Andrews, asks Al man would provide for collateral. His reply was important (and the point of this commentary). "His collateral is in his hands, in his heart, and in his guts. It's his right as a citizen."

That seems to be what is lost on the modern generation of entitlement, no-risk guarantees and short cuts to success. The truly dignified jobs might well be the jobs of a grocer, a ditch digger, and the fellow that sells you luggage.

No one should dismiss wisdom because it doesn't come from where we would expect it to come. I'm buy-in' in. How about you?

reason for them to be there is to commit a crime(s) and or vandalism.

This particular video posting is a few months old. With cutbacks in our police department, the response time could be delayed and by the time they respond to your call, the crimes have been committed. When the police drive up to a potential crime in progress call or crime scene, they are driving in blind. They are most likely in imminent danger when they respond and don't know what is going on exactly. You however know more because you called the police. We need to help and protect our police with our acto the dispatcher. If you don't call the police, then, you may be inclined to resolve the situation yourself.

You must realize that these people can be deadly because many of them carry some type of weapon that can put you in danger. Know your "stand your ground laws" and be careful.

This isn't the first time that I have had to use a gun to protect my property in Azusa and in West Covina at home and at work. I will tell you this, the word gets around and they stay away.

This incident that I posted was from a few months ago. I was working late catching up on some paperwork when perimeter alarms activated. I saw in the camera in the early morning hours that an intruder on a bike was casing the building and the parked cars. I armed myself with an AR-15, as I didn't know if he was armed or not, and made my move at the right time. As he rode around my BMW again, he was coming around the front of my car and the wall toward the building's door where I was perched. When he got close, I swung open the door the AR-15 semi-automatic rifle leading the way. I pointed it at his head about 10 feet away and he came to a screeching halt on his bike. I told him to get off the property and not to come back or I would most likely be the last living thing he sees... He reversed his bike and



Honoring and Serving Veterans - Importance of GI Bill

Each year, our nation's annual observance of Veterans Day pays fitting tribute to the men and women who have served in the United States military. As we honor their service and sacrifice, it is a good time to reflect on the importance of the GI Bill to millions of veterans.

Nearly all Americans have benefited in some way from the GI Bill. My father, a World War II veteran whose brother was killed in action (KIA) in the Philippines, used the education benefits to change the course of his and his family's future. From his roots as a sharecropper in the Midwest, the GI Bill made it possible for him to ultimately earn a Ph.D. and become a professor of mathematics and astronomy. Over the course of his career, he positively impacted the lives of thousands of students.



Dr. Edward C. Ortell Citrus College Governing **Board Member**

Since its inception, the GI Bill has undergone a number of changes, but it remains one of the most important benefits of military service today. According to Military.com, "The Post-9/11 GI Bill, Montgomery GI Bill, and dependent GI Bill programs help service members, veterans, and families reach their education goals."

In the next few years, the

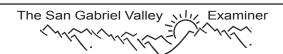
number of veterans that will transition from the military to civilian life is expected to grow. Many of them will enroll in colleges and universities to gain the necessary skills and degrees that will lead to rewarding careers and a good quality of life for themselves and their families. And today's veterans understand that attending a community college is a good way to stretch their education benefits under the GI Bill.

Community colleges are also well-equipped to provide the important support services veterans need. Those services can include GI Bill processing information and assistance, specialized counseling, peer support groups and many others. Many community colleges have veteran's centers that provide a "one stop" approach that gives veterans a convenient means of accessing the benefits they have earned and the academic support they need.

As Veterans Day approaches, we are reminded that we owe our nation's veterans a debt of gratitude. They have made tremendous sacrifices for their country, and they deserve our heartfelt appreciation. They also deserve an opportunity to acquire an education that will result in rewarding careers and will allow them to continue contributing to society as they succeed in life.

About the Author:

Dr. Edward C. Ortell is the senior governing board member at Citrus College and a Professor Emeritus at Pasadena City College. He has served on the California Community College Trustees (CCCT) state board of directors and eight terms as president of the Citrus College Board of Trustees.



FINANCIAL / CONSUMER

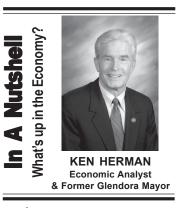
A5

Market Disruption

The two questions I hear most frequently are: "What is going on in the markets?" and - on days when stocks lunge higher - "Is the selloff over?"

My answer to the first question is that the disruption in markets is exactly what you should eventually expect when the Fed materially raises interest rates. In the bond market, the long end of the yield curve reflects a combination of inflation expectations, long-run fed funds expectations and perceived upward creep (since August) in the market's neutral fed funds rate expectation. The yield curve reflects the "blind leading the blind" pattern historically observed in yields during Fed tightening's. FOMC participants are almost blindly groping toward a neutral rate they cannot visualize, and traders are following the Fed's lead, pricing based upon their best guess at that same invisible neutral rate. What is unique in this cycle is Fed communication, which is so much more open than in the past. This has allowed the market to price in more hikes, resulting in a flatter 2-10-year curve than in previous cycles. This means rates will ease in the belly of the curve if - or when - it becomes apparent the Fed's neutral rate estimate is too high.

In the stock market, traders have been grappling with an ugly reality (during tightening cycles since the 1960s) that, with just one exception, a series of rate hikes always end in recession. The decline in stocks in October reflects the possibility of recession, which - needless to say would not be good for corporate



earnings.

Weakness in foreign currencies and commodities reflects the uncomfortable fact that while the Fed manages policy with the US in mind (as it must by law) Fed funds rate changes tend to have a bigger effect on small foreign economies than on the United States. Even if the US avoids a recession, an increasing number of emerging economies will not be so lucky.

In answer to the second question - Is the market correction over? - the answer most likely is no. When stocks rally in the midst of a selloff, as they have done on several days during the month of October, traders are responding to good short-run news. ADP employment was strong. Face Book posted good numbers. The economy currently appears to be in great shape. But, as long as the Fed continues to raise rates, the grim reality of overhanging recession risk will be there; and, the conservative trade will be away from risk assets.

Which brings me to the usual follow up question to the first two: Will the Fed manage to avoid a recession this time?

Most economists think they will not, which is sensible enough

given the odds that recession is what usually happens when the Fed hikes interest rates. Recession has often followed a monetary policy shift to higher interest rates because the Fed has over tightened policy.

The best way to explain the October market action is that the "tail has been wagging" the dog. My hope is that between wave after wave of positive earnings announcements that this positive news may "break" and disrupt recent computer index arbitrage programs. It is very unfortunate that the stock market allows the computers to dominate trading and "jerk" the stock market around, but that is essentially what happened in October. Fortunately, good stocks "bounce" and, as more positive third quarter results are announced, expect a big rebound in fundamentally superior stocks.

Many on Wall Street expect Chairman Powell to convince the FOMC to pause rate increases in time to avoid a recession. However, there is still another rate hike coming in December, and another potentially will follow in March unless the economy is clearly slowing by then. Market volatility is likely to continue until The Fed gives strong guidance that the series of quarterly hikes is over, something I do not expect until the first quarter of next year at the earliest.

LIVE LOCAL, SHOP LO-CAL - THIS IS THE TIME OUR MERCHANTS NEED US *I welcome your questions and c o m m e n t s :*

kenherman46@hotmail.com



I'm 54, and my wife is 52. Should we buy long-term care insurance, or wait a few more years?

Although you'd be paying premiums for several more years, there is a big cost for waiting. The older you are when you purchase insurance, the higher the premiums. Also, keep in mind that long-term care is not reserved for the elderly - serious injuries from an accident can necessitate care at a rehab-facility, nursing-home, or in-home. Presently, the IRS (under Section 213(d)(10), includes gualified long-term care premiums, up to certain limits, to be included with your tax-deductible medical and dental expenses.

My annuity (IRA) contract says I would have to pay a penalty if I take the money out too soon. I turn 70 next year, so I'll need to start taking Required Minimum Distributions. Is there a way to do that without a penalty?

Even though the annuity contract states there's an early withdrawal penalty, it is waived for RMD.

I have a lump sum of money from a CD. Is there an investment that is safe, and that will give me lifetime income right away?

An immediate annuity would give you exactly what you are looking for - safety and immediate income. The insurance company gives you choices for payout: for a fixed period of time, for the rest of your lifetime, or for the rest of your and your spouse's life, and more.

What is this secret, tax-free method of investing that I've read "Washington insiders"



Julia Yoder

(Senators, Congressmen, etc.), and the very wealthy, are using to save for retirement? Can I get it?

You've seen the hype, along with the solicitation to pay for a newsletter subscription in order to receive the 'free' report about a much better retirement account than a 401(k) or IRA. Here's the scoop, and you're getting it for free! This "secret" method is not really a secret. It's is a 702(j), or 7702 (IRS code that regulates life insurance contracts). These life insurance policies are not like the old whole-life or universal life insurance policies. Today there are permanent life insurance policies which offer much more than the death benefit. The cash value component of these policies can be equity-indexed (similar to many of today's annuities), with company-backed guarantees to protect your funds. These policies have much more transparency, allowing you to choose between several equity indices, and several crediting methods. Basically, you pay for insurance, plus you fund the policy with additional funds. If used as a part of your retirement plan, you could later 'borrow' from that cash value component during

your retirement years. Loans are not taxed. Typically, death benefits from a life insurance policy are not taxed. Ultimately, paying off the loans you've taken from the policy would be paid off from the death benefit. A real win-win.

Getting one of these policies is like getting any other life insurance coverage.

We have really good credit and we rent an apartment. I want to buy a small home or condo, but my husband doesn't think we can afford to make this change. Do you think we could afford to buy?

Either get the facts and present them to your husband, or let your husband know that you'd like to sit down with a professional and figure out whether or not you could afford to purchase instead of continuing to rent. He'll probably react in one of two ways agree or disagree. If he agrees, act before he changes his mind. If he disagrees, he might have another reason. Use the link below to start your loan application process - it's easy and there's no obligation to follow through.

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

Police Warn of Phone Fraudsters Posing as Water Department Employees

MONTEREY PARK - The Monterey Park Police Department has recently investigated cases of theft by false pretense. This fraud has occurred when the victim received a telephone call from a male or female suspect posing as an employee of the City of Monterey Park Water Department. The suspects have told the

does not make solicitation phone calls for utility payments. The City of Monterey Park does not accept pre-paid cash cards for utility payments.

Tips to prevent phone fraud: • Never reveal personal information, credit card numbers, PIN numbers or account numbers to anyone.

does not make solicitation phone not accept payment to settle accalls for utility payments. The counts using these methods.

• If you have questions, call the police non-emergency number in your area. Not all incidents are crimes, however the information is important.

If you suspect you may be a victim of this type of fraud and reside or own a business in the



Have Your Car Serviced?

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

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

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

• Check engine oil level and add as required.

• Check windshield washer solvent and add if required.

Once a month you are supposed to:

• Check tire pressure and look for unusual wear or damage

• Inspect battery and clean and tighten terminals as required.

• Check fluid levels of coolant reservoir, power steering, brake master cylinder, and transmission and add as needed

• Check all lights and all other electrical items for correct operation

At every oil change you are supposed to:

- Inspect exhaust system
- Inspect brake hoses

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

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

• Examine threaded fasteners for looseness

That is what the kindly, fullservice gas station attendant used to do for us. Now that everything is self serve, we tend to drive up, fill up and drive off. Think about it. Do you check your engine oil level or your washer solvent at each fuel stop? Do you monthly check your tire pressure, inspect your battery, and check fluid levels, lights and other electrical items? The majority of consumers never lifts the hood of their car or even looks at their tires, much less checks the pressure. Some, when it is time for an oil change are adamant that we just change their oil as they are in a hurry and everything else seems fine

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

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

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

Hometown Service You Can Count On! victim that they were in jeopardy of having their water shut off unless they called a toll-free number and establish a payment plan. If the call was made to the number provided, an official-sounding person requested payment using pre-paid cash cards to clear the account.

The City of Monterey Park

• Never call back the number provided by an unknown caller.

• Always ask for the name, agency, department and business number.

• Never send payment to anyone using cash cards or pre-paid cards unless the caller's identity is verified. Most businesses do City of Monterey Park, please contact the Monterey Park Police Department at 626-573-1311. If you reside or own a business outside of the City of Monterey Park and suspect you have been a victim of this scheme please contact your local police department to report the crime.

When Should I Worry About My Child's Foot Pain?

by Robert Joseph, DPM, Ph.D., FACFAS

When a child experiences leg pain, parents might not consider the foot as the source, even though some foot disorders can also cause symptoms in the leg. When it comes to foot-related problems, early intervention by an expert is key to proper treatment.

Flatfeet, a general term for the appearance of a foot without a well-developed "arch," is common in children. While most children with flatfeet have no symptoms, others may exhibit cramping, pain or tenderness in

New Examiner

the foot, lower leg or knee; limping or an aversion to athletic activities; and walking because their feet and legs "get tired." Foot and ankle surgeons can help determine if the pain is related to flatfeet.

When children have these symptoms, parents may think it's temporary "growing pains," without realizing it could be a footrelated problem. A foot and ankle surgeon will conduct a physical examination to assess the structure and function of the feet and may use imaging studies, such as X-ray or MRI, for a more comprehensive understanding of the specific foot structure.

Children with flatfeet may not have pain or limitation of activity; others experience symptoms related to structural abnormalities of the foot that can be difficult to diagnose. Appropriate care includes orthotic supports or possibly surgery, depending on the condition and its severity. Early evaluation and intervention are the best measures for determining whether treatment is necessary for a quick recovery and return to normal activity.

For more information or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the American College of Foot and Ankle Surgeons' patient education website.

• Robert Joseph, DPM, Ph.D., FACFAS, is a board-certified foot and ankle surgeon from Illinois and Fellow Member of the American College of Foot and Ankle Surgeons. (NAPSI)



The San Gabriel Valley

Believe me if you're bothered by what doesn't bothered me bothering you...then bother not bothering me for what bothers you, please... Book of Bart

BART The *BLOCKHOUND*

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

<u>Arcadia</u> **Kid's Night Out**

Come join us for some fall fun on Friday, November 9. Kid's Night Out 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 at the Arcadia Community Center, 365 Campus 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 on-line at ArcadiaCA.gov by fax, 626.821.4370 or by coming into the Recreation Office, 375 Campus Drive, Arcadia. For more information please call 626.574.5113.

Scrapbooking Studio After School Film Fun

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

BALDWIN PARK Chinese American Film Festival

In partnership with EDI Media Inc. the Julia McNeill Senior Center is proud to host the Chinese American Film Festival on

Richard Nixon Library and Museum

Join us on Thursday, Novem**ber 15th** from 9:00 am - 5:00 pm as we spend the day revisiting history at The Richard Nixon Library and Museum in Yorba Linda. The Richard Nixon Library and Museum features nearly 70 new major exhibits, 30 unique multi-media experiences, 11 original films, 12 custom digital interactives, 10 curated archival film sequences, more than 600 photographs, 8,000 square feet of wall murals and more than 300 artifacts. Take a walk around an exact replica of the White House East Room, the largest room in the Executive Mansion. We will be stopping by Polly's Pies Restaurant for breakfast before heading to the museum (meal at your own expense). There is an onsite café at the museum as well. Tickets are \$20 for Baldwin Park Residents and \$25 for Non-Residents. Limited Tickets! For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

McNeill Fitness Program

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

<u>COVINA</u> **BUNCO!**

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

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

LA VERNE 8th Annual NHRA Fanfest

The Fanfest serves as a kickoff to the National Hot Rod Associations' Auto Club World Finals races held from November 8-11 at Auto Club Speedway at the Fairplex. The Fanfest, on Thursday, November 8, from 5:00 - 8:00pm, mostly held at Lordsburg Taphouse and Grill, in Old Town La Verne, at D Street and Bonita Avenue, features a a Funny Car and Top Fuel Dragster. There will be appearances, prizes, and autograph signing by NHRA drivers. For more information about the event please call City Hall at (909) 596-8706.

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 deDepartment of Community Services at (626) 256-8246.

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

<u>SAN DIMAS</u> Veteran's Day Event at Freedom Park

San Dimas H.E.R.O.E.S. (Helping Establish a Remembrance Of Every Serviceperson) will be holding their Annual Veterans Day Celebration on Monday, November 12 at 4 pm. The event will be held at Freedom Park.

This year special recognition will be given for all San Dimas Korean War Veterans. The ceremony will include the unveiling of San Dimas Veteran names that have been added to the veteran's wall this year. The event is open to the public. Seating is limited so you might want to bring your own chair.

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:

You Can Do It Write Your Novel in November!

Are you a writer, aspiring writer, or someone who loves a challenge? Experience the NaNoWriMo (National Novel Writing Month) challenge to write a novel in just one month. Arcadia Public Library is hosting three open writing sessions on Saturdays, November 10, and 17, from 2 to 5 p.m. You can meet with other writers and a special NaNoWriMo coach who will help you get started, track your progress and encourage your efforts. No registration required. Curious? Check out the official website: https://nanowrimo.org/

For more information, please call 626.821.5569 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.

Wednesday, November 15th from 10:00 am - 11:30 am. The event will showcase some of the up and coming Chinese American Films. There are dozens of new film makers and emerging talent creating exciting new stories, so come by the center and experience one of these new exciting movies for yourself. Event will be held in the Senior Center Entertainment Room.

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

Ext. 323 **Birthday Celebration**

Join the Julia McNeill Senior Center monthly Birthday Celebration on the third Wednesday of the month (Nov. 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 admission. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

(626) 384-5380.

Indoor Chair Beach Volleyball

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

DUARTE **Mayor's Prayer** Breakfast

Tickets are now on sale for the annual Mayor's Prayer Breakfast sponsored by the City of Hope and Burrtec Waste Industries on November 21 starting at 7:30 am. Community and business members can now easily buy online tickets at www.accessduarte.com or by stopping by City Hall. Ticket costs remain at \$10 for adults, \$8 for children/seniors and \$80 ta-

ble (8 seats per table).

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 A Salute To Veterans Luncheon

Join us for a special luncheon with entertainment to honor our Veterans on Thursday, November 8, 10:30am -12:30pm. Veterans entrance is free for this event. Tickets are \$6 per person. Purchase tickets online at www.cityofglendora.org/register or in person at the La Fetra Cen-

Glendora After **Stroke Center**

ter.

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

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

tect 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

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.

Basic Computer and Digital Literacy Skills for Seniors

Technology is the gateway to the future and it is not just for the "younger generation" anymore.

Baldwin Park Adult and Community Educations offers classes in & Macintosh OS, Using Email, Basic Computer and Digital Literacy Skills designed for students age 55 years and older to perform tasks in the office or for personal use at home. Senior Citizens will have priority in enrollment.

The class covers nine skill

BALDWIN PARK - The area: Basic Computer Use, Searching the Internet, Windows Creating Documents, Social Media, Excel, Power Point and Information Literacy.

Classes meet Monday thru Thursday from 8:00 am to 12:30 pm, Tuesday from 1:00 pm until 4:00 pm and Monday, Wednesday and Thursday from 12:30 pm

until 4:00 pm.

Students may register for and attend the classes at the Adult Career Training (ACT) Center at 4640 North Maine Avenue in Baldwin Park.

For further information, call the Adult and Community Education Office at (626) 856-4108 or (626) 939-4456.

The San Gabriel Valley

Glendora Community Coordinating Council October Humanitarian Award

GLENDORA - Glendora's own Gordie Norman, Miyoko and Jim Nakano and their committee had a vision to become sister cities with Moka, Japan. As co-founders and the driving force behind this idea they made it reality. Many residents and students of the Glendora and Moka communities have welcomed each other into their homes. This program has developed friendships and a common bond between our cities. This year we celebrate the 30th anniversary of this extraordinary program and those who made it happen. Glendora Community Coordinating Council congratulates our October Humanitarian Award recipients.



Glendora Community Coordinating Council President, Rose Wentz with October's Humanitarian Award recipients Gordie Norman, Miyoko and Jim Nakano.

The GCCC is always looking for volunteers from the city to be recognized each month. If you have a nominee please visit our website at www.glendoracoordina-

tingcouncil.org for a form and contact information. We'd like to thank Glendora Chamber of Commerce for being our meeting sponsor.

Tips For Having A Smart Move

Americans move into a new home. If you're one of them, consider taking steps to ensure your move is a smart one:

1. Create a to-do list. Write down everything you need to do before you're settled in your new place. Include budgeting, decluttering, hiring movers and updating important records.

2. Pack a first-night box. Once you get to your new

Every year, some 40 million home, you won't want to hunt for must-have items such as box cutters, tools, device chargers, bed linens, toiletries—or the coffeepot.

3. Stay connected to your world. Set up your Internet, TV and phone service in advance by visiting smartmove.us. That way, you can stay in touch with matters—family. what friends-and the Internet. You'll be able to explore food

delivery options, shop online for home goods and order supplies for your new home. And the best part is, you can kick up your feet and watch your favorite shows at the end of the day.

For more moving tips, go to www.smartmove.us. (NAPSI)

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

inc

Retired Teachers Week to be Celebrated November 4-10

Retired Teachers Never Stop Caring about Students and Education

The California Retired Teachers Association (CalRTA) has good reason to celebrate Retired Teachers Week, November 4-10. This organization has been going strong since its beginnings in 1929 when it was founded (CRTA then) through the efforts of Laura Settle, a retired Pasadena educator, with five or six people. Now the state organization numbers more than 40,000 members. To top that off, in May of 2019, CalRTA will celebrate its 90th anniversary!

Although retired, these retirees make an impact on their local communities through their incredible contributions. Volunteering is a major contribution CalRTA retirees make. The October issue of CalRTA's "Contact" publication states that in 2017 members contributed over two million hours of volunteer services, which translates to more than \$56 million. The dollar value is computed using values from the Independent Sector website.

Of equal importance is that CalRTA members, like other public employees, give back to their communities and to the state economically through pension spending. This spending results in more than 394,000 jobs and \$14 billion in federal, state, and local tax revenues.

Finally, Retired Teachers make direct contributions to their communities through classroom teacher grants and scholarships to future teachers. This year, the CalRTA #71

CUSTOM PICTURE FRAMES AND MAT DESIGNS <



Attending the CaIRTA #71 Reception for Newly Retired Teachers were new retirees (I-r) Becky Rees, Arcadia USD, and Karen Frey, El Monte City Schools.

(SGV) will present classroom grants to classroom teachers in El Monte City Schools SD, El Monte Union HSD, Mt. View SD, Rosemead SD, and Valle Lindo SD to enable them to purchase additional materials and equipment.

Membership in CalRTA is open to all retired educators, as well as to any others interested

in joining this active group. Local CalRTA #71 (SGV) has met at the Senior Center in Arcadia Park (county park) for many years. For more information, please call Marietta Watkins at (323) 258-9615 or Patricia Dietrich at (626) 446-8437. The motto of CalRTA is "Your Partner in Pension Protection,"



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This year, let us all, take a moment to remember the brave men and women who served and sacrificed for our freedom.

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The San Gabriel Valley Mr. Examiner

America's Christian Credit Union Casts A Vision To Build Stronger Futures, Communities And Families By Expanding Reach To Foster Youth

GLENDORA - America's Christian Credit Union (ACCU) reaffirms its commitment to building stronger families, communities, and futures during its 60th anniversary year as a financial partner for cultural impact.

"For 60 years, ACCU, through our mission – to reach, serve, and teach – has been steadfast in our commitment to improve the lives of our members. We strive to set an example as a positive change agent and as a financial partner grounded in Christian stewardship principles. One of our proudest achievements is our premier Adoption Loan program, by which we have helped over 1,750 children find their forever family," said ACCU's President/CEO Mendell L. Thompson.

Recently, America's Christian Credit Union was named as one of America's most adoptionfriendly workplaces by the Dave Thomas Foundation for Adoption. "Today we want to build upon the momentum of our adoption ministry and expand our vision to assist at-risk foster youth in our community," said Thompson, while speaking, also as Mayor of the city of Glendora, at "College Bound," Pasadena City College's first-ever college resource conference for foster youth.

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Mendell L. Thompson Mayor of Glendora & CEO of America's Christian Credit Union addressing foster youth at "College Bound" Pasadena City College's first-ever college resource conference for foster youth.

need," observed Fawn Imboden, Vice President of America's Christian Credit Union. "These children often have to make very adult decisions and weigh perceived short-term gains against long term benefits. The current education epidemic affecting foster youth in our nation is staggering. As it stands today, only about 50% of foster youth graduate from high school and just 2% emerging from foster care earn a degree of any kind after high school. This is a societal problem that we have a responsibility to help solve.'

In response to this clear need, America's Christian Credit Union, along with California State Senator Anthony

Portantino, and several local churches, non-profits and agencies, helped organize this "College Bound" event, focused on encouraging and assisting high school foster youth as they look to navigate their teen years and stay on track for college. ACCU contributed to the event by hosting financial trivia and literacy workshops in addition to bestowing six scholarships and special bonuses to college-bound attendees who complete financial aid applications. "ACCU's support of this event will go a long way in ensuring that foster youth have the support the need to apply for college AND pay for college," said Senator Portantino.

Halloween Event for Special Fun People

By George Ogden

WEST COVINA - West Covina VFW Post 8620 was honored to help host the Social Vocational Services with their Harvest Festival recently at their VFW Post. This was for the young and older adults with intellectual disabilities. However, it appeared that the staff had just as much fun.

This is one of the many programs the VFW tries to assist in the community.

Everyone had an absolute ball being dressed up in their Halloween costumes.

Beverly Wheeler with the VFW Auxiliary assisted with the program on the VFW side. She states, "I'm happy to be here watching all the festivities go on and seeing all the costumes."

There was a great DJ, dancing and a lot of food and games.



A great Halloween Party hosted by the Social Vocational Services at the West Covina VFW.

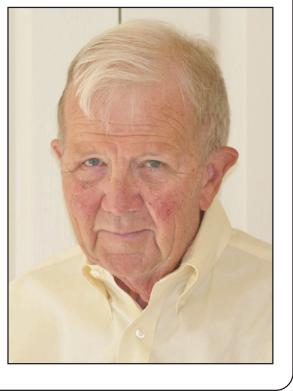


Dr. Edward L. Davis Joins Woodglen Medical Group

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





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"There is such a profound State

Hit-and-Run Driver Gets Only 2 Years

By George Ogden

WEST COVINA - On Thursday, Nov. 1, a La Puente man was sentenced to only two years in state prison for a hit-and-run that killed a West Covina woman back in June of this year, while driving under the influence of marijuana.

At first, Dominic Orozco, 22, pled not guilty to a charge of felony hit-and-run causing a death during a court appearance in June of this year. On July 18, Orozco, a gang member with an arrest record, changed his plea to no contest to the charges.



Back on the morning of June 7, around 5:30 a.m., Dahlene Martin-Lovelace, 56, of West Covina was walking in the 1100 block of East Merced Avenue when the driver, later identified as Orozco, struck Martin-Lovelace who was near the curb. The vehicle continued westbound on Merced Avenue and then crashed through a retaining wall and ended up on the front yard of a home on the corner of South Neff Avenue and East Merced Avenue.

Orozco had some injuries from the crash and was treated at the scene.



Dominic Orozco

West Covina police officers arrested Orozco on suspicion of hit-and-run and driving under the influence of marijuana.

Marin-Lovelace who was taken to a local hospital and then transferred to Pomona Valley Hospital Medical Center died of her injuries several days later. The family was devastated.

Orozco was sentenced at the county courthouse in Pomona and many people feel that this sentence was not appropriate or long enough for the crime of killing someone while DUI.

Toastmasters' Guest Earns Best Speech Honors

SAN DIMAS – A visitor won best speech honors at a recent Toastmasters meeting.

Pandu Chimata was voted the top speaker at the November 1 meeting of the "Toast to the Best" Toastmasters Club 5880 for his speech on how to gain financial independence. Chimata was visiting the club to practice his presentation.

JoAnn Haase was named the best table topics speaker, an exercise that challenges members in impromptu speaking. Art Douglas was named the best evaluator for his critique of Eric Wild's speech.

The club's next meeting is November 18.

The club is open to all who are interested in improving their public speaking or leadership skills. The Toastmaster club



Pandu Chimata gives a presentation about gaining financial independence at the Nov. 1 "Toast to the Best" Toastmasters Club 5880 meeting in San Dimas.

meets at 7 p.m., every first, third, and fifth Thursdays in the Parish Hall at Faith Lutheran Church, 505 E. Bonita Ave., San Dimas. For more information, visit h t t p s : / / 5880.toastmastersclubs.org/, email info@toasttothebest.org, or call 951-505-0555.

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Arcadia	Northridge	Pacoima	Van Nuys
75 N. Santa Anita Rd., #206	8940 Reseda Blvd., #101	13711 Van Nuys Blvd., #1	14426 Gilmore St.
Encino 17609 Ventura Blvd., #106		West Hills 7345 Medical Center Dr., #4	100

KTMG is affiliated with the best hospitals in the communities weserve.

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Our Promise

At Kids & Teens Medical Group, our mission is to deliver the highest quality care and the most comprehensive service to all families in the communities we serve.



Call 323-664-1977 or visit www.ktdoctor.com

