



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

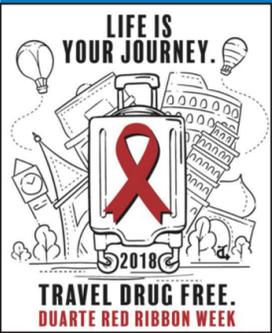
October 25 - 31, 2018

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County Begins Phase One Of Construction On Vermont Corridor Project In Koreatown

LOS ANGELES COUNTY - The County broke ground today on Phase One of a comprehensive effort to redevelop along the Vermont Corridor, as part of its commitment to provide a state-of-the-art home for County employees and clients and revitalize communities that are home to County facilities and services.

Officials from the Community Development Commission/Housing Authority of the County of Los Angeles (CDC/HACoLA) joined Supervisor Mark Ridley-Thomas, Los Angeles City Council President Herb Wesson, Los Angeles County Department of Mental Health (LACDMH), the Los Angeles County Workforce Development, Aging, and Community Services (WDACS), and other dignitaries to celebrate the commencing of construction for the multi-phased mixed-use Koreatown development.

This 21-story office building is one of three sites that will begin to transform Vermont Avenue, between 4th and 6th Street. Once completed, it will house LACDMH and WDACS.

This location will include walk-in mental health services, utilizing ground-floor clinic and office space. With access to the Metro Vermont/Wilshire Red



Groundbreaking of State-of-the-Art Headquarters for Los Angeles County Mental Health and Workforce Development Departments. (Photo courtesy of Benny Uy)

Line Station, Los Angeles County residents will be able to access an array of mental-health services. LACDMH will also consolidate its administrative functions into this centralized building, and expand several of its operations.

Supervisor Mark Ridley-Thomas shared, "The Vermont Corridor Project represents our commitment to revitalizing the communities that are home to County facilities and services. In addition to supporting a robust and thriving community, we are also sup-

porting our own. Every year, LACDMH and WDACS help tens of thousands of residents. Through these state-of-the-art County facilities, LACDMH and WDACS employees will be able to deliver improved services - from prevention to recovery - and assist their clients in taking the first steps on a journey toward healing and self-sufficiency."

The Vermont Corridor Project was a collaborative effort between the County, Trammell

Crow, and community organizations, such as the Anderson Munger Family YMCA and NewStory Church, which took several years to come to fruition.

"There has been a lot of hard work and collaboration leading up to this groundbreaking," Monique King-Viehand, CDC/HACoLA Executive Director shared. "The Vermont Corridor will soon be transformed into a place where many people can call home and can receive reliable,

supportive services."

Dr. Jon Sherin, Director of LACDMH, said, "I'm so proud of Los Angeles County for working together to reduce barriers and build a better future of mental health care. This new building will support a whole-person approach to recovery and wellbeing, with an open, friendly environment that's healthier for the people we serve and a better workplace for the staff who inspire hope and work so hard to help people in great need."

"This is a place where life transformation is bound to take place," Pastor Tom Kang from NewStory Church shared. "We ask that this would be a place of hope, of positive life transformation to the community at large as well as to every employee and client who will be using this new building in the future."

In addition to the new County Administrative Office Building, future phases of the Vermont Corridor Project will include a 72-unit housing development and supportive services reserved for seniors with limited means and formerly homeless seniors, as well as market-rate housing.

Duarte Kiwanis Installation Full of Amazing People of Service



Cheryl Reynolds, President of Duarte Kiwanis, Kaye Biggs, Tzeitel Paras-Caracci, Duarte City Counsel, Naelh Othman, Diane Hernandez, Past President Duarte Kiwanis

DUARTE - On October 16th, the Duarte Kiwanis Club celebrated installation of this year's Officers and Board Members. Cheryl Reynolds is the new President for 2018-2019. For her installation, the event was held at See Jack Play, the new business in the Target Center in Duarte. Attendees were invited to bring new or gently used socks to participate in the Sock Drive for Royal Oaks STEM Academy. The club had an opportunity to provide a donation to Children's Hospital Los Angeles at our Installation event hosting CHLA Foundation Associate Director Corporate Partnerships, Quinn Allen at the dinner.

Foothill Unity Center continues to do amazing work in the San Gabriel Valley communities. Betty McWilliams received a check from outgoing presi-

dent Diane Hernandez at the annual Installation Dinner. Three ladies have been honored for their service to the Duarte Community with Distinguished Service Awards presented by the Duarte Kiwanis Club. Kaye Biggs, has stepped up to the plate and is the Duarte Kiwanis liaison to the DHS Key Club, and will be the liaison to the new Key Club being chartered at the California School of the Arts. Duarte City Council Member, Tzeitel Paras-Caracci (and owner of See Jack Play) was honored earlier in the year for her service with Duarte Kiwanis and the Duarte Rotary Club in creating the first annual Family Fun Fest for the Duarte Community. Naelh Othman was recognized for the CHIK (Community Homeless Initiative) program that was created to support youth suf-

fering from homelessness in the Duarte Unified School District.

Probation Officer, Ray Abernathy is truly an inspiration and did a presentation for the installation. His program, The A Team, is transforming the lives of children throughout the Duarte Unified School District. Ray is a Probation Officer who is accustomed to working with youth after they have committed a crime. But in Duarte, Ray's goal is to prevent those crimes from ever happening. He is working with children at all the elementary schools, and the results are quite remarkable. Kids are improving in their academic scores as well as learning new ways of respect both at school and in their home life. The Duarte Kiwanis Club is proud to present Ray with a Distinguished Service Award for his great work in the community.

If you are interested in joining Duarte Kiwanis or being a speaker at a future event, contact Tina Carey at tinac51@aol.com.

The San Gabriel Valley Examiner Endorses McDonnell for Sheriff



Honorable prestigious supporters of Sheriff McDonnell (3rd from left) are, from left, Chris Lancaster - former Mayor of Covina, Bob Kuhn - former Mayor of Glendora, President Board of Directors of Three Valley Municipal Water District, Joe Santoro - former Mayor of Glendora, former Chief of Police of Monrovia, Gary Nalbadian - former Reserve Chief LA County Sheriff Dept., David Hinig - retired Chief of Police of Arcadia.

GLENDORA - McDonell was sworn in as Sheriff December 1, 2014. He replaced Interim Sheriff John Scott after defeating former Undersheriff Paul Tanaka. He was a former Assistant Chief of Police in Los Angeles. He served the city for 29 years while coming up the ranks. He also received the Medal of Valor, the

medal is the highest honor that the city gives for bravery. He is also the former Chief of Police in Long Beach, Ca with an impressive record.

His past years as Sheriff of LA County has been one of many accomplishments. He fixed problems that needed to be fixed and now we need to

re-elect Sheriff McDonnell for another term at the helm.

Sheriff McDonnell has done an impeccable job and he needs more time to finish the jobs he started.

We respect and fully endorsed Sheriff Jim McDonnell again for another term as LA County Sheriff.

Kid's Fall Festival and Kid's Camp

ARCADIA - The Recreation and Community Services Department is offering a free Kid's Fall Festival on Wednesday, **October 31** from 4:30-6:30pm at City Hall West Lawn, 240 West Huntington Drive. Come join us for some Trick-or-Treating at City Hall, a costume contest, games and crafts. There will be a photo booth and face painting too!

The Recreation and Com-

munity Services Department also offers the Fall Kid's Camp at Highland Oaks Elementary School, 10 Virginia Road, Arcadia starting Monday, November 19 to Wednesday, November 21 from 8am-6pm. Each day is filled with fun group activities including crafts, board games, movies, and snacks for youth ages 5-12. Parents are able to sign their children up

for one day or all three. Fall camp is \$27 per child per day.

To register in person come by our office or you can go to the city's website at www.arcadiaCA.gov under the Recreation and Community Services Department to download a copy. For more questions, please contact the Recreation Department at 626.574.5113.

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Glendora Woman's Club Presented LaFetra Center Choir



The La Fetra Center class of singers named "Sing For Health, Sing For Joy" is pictured following a recent performance at the Glendora Woman's Club. The group's program, under the direction of Kim Hollard, included a selection of songs both old and new for the audience's enjoyment. Piano accompaniment was by Pat Kelly, pictured in front of the piano. (Photo by Rose Myers.)

By Joan Hallidy

GLENDORA - The Glendora Woman's Club's recent program featured a group of singers from a class at LaFetra Center in Glendora called "Sing For Health, Sing For Joy," said Woman's Club program chair Helen Storland. Under the direction of Kim Holland, with piano accompaniment by Pat Kelly.

The group of 50 singers presented a varied program of old favorites and special selections. Included in the group of singers was Rev. Alisia Proctor, long-time Glendora Woman's

Club member and active committee member.

The group's director Mrs. Hollard started the free class at LaFetra Center in June 2017 with 18 members. Since then, the class, that is open to all who want to sing, has grown to 60 members. She added that recent research illustrates how singing, especially in groups, is beneficial to health, and that singing groups are increasingly used as therapy for those with any kind of speech or cognitive disorder.

A long-time resident of Glendora, Director Hollard is

a graduate of Glendora High school and Citrus College, and holds a Masters Degree in Counseling, and a PhD in Clinical Psychology. She retired from Citrus College after 20 years as a teacher and administrator, said Mrs. Storland.

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

Saying 'Boo' To Cavities This Halloween: Preventive Tips And Tricks For Parents And Kids

Halloween can be a scary holiday for families. Not because of the haunted houses, ghosts and goblins, but because of tooth decay.

On average, between parties and trick-or-treating, kids consume three cups of sugar on October 31 alone, but even before that, the battle has already begun. Parents trick themselves into thinking that this sweet holiday is just one day, but the treats begin early in the month and continue long after the costumes are put away, and the sugar-laden Thanksgiving and Christmas holidays loom ahead.

That's one reason October is National Dental Hygiene Month. Another is that while people generally have a brushing "routine," most don't really know how to take optimal care of their teeth. Now, that is frightening.

It's time to correct some myths about mouths:

Myth #1—Brush After Every Meal

Brushing right after meals, or after consuming sugar-sweetened drinks, can do more harm than good. Surprised? After you eat or drink sugars and starches, acids may be present on your teeth, attacking the enamel and causing them to soften. If you brush them before the enamel has time to reharder, the polishing compounds in your toothpaste can act as abrasives and actually damage your teeth. Tiny amounts of precious enamel are being sanded away forever if you brush too soon.

To make things worse, the primary function of toothpaste is to deliver minerals to repair your enamel, and this

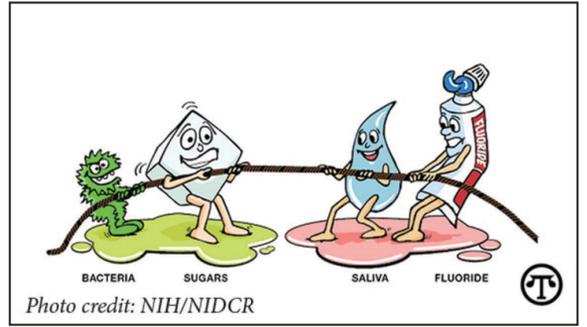


Photo credit: NIH/NIDCR

Throughout the day, a tug-of-war takes place inside your mouth. remineralization is inhibited if your mouth is still acidic right after a meal or sweet beverage.

The American Dental Association (ADA) recommends waiting an hour before brushing to lower the risk of harming your enamel. Experts also recommend brushing with fluoride toothpaste 30 minutes before eating. This ensures that your enamel is strong and ready for the acid challenge of typical foods and sweetened drinks.

Myth #2—Fillings Are the Only Way to Treat Tooth Decay

The traditional approach is to "drill it and fill it." You're born with a limited amount of enamel and when it's lost, it's gone forever. Thankfully, new science-based research says preventive dental care can avoid painful fillings, crowns and root canals. Weakened enamel can repair itself with the right products and protocols, such as those found at NewEnamel.com, a new, prescription-based dental care system that helps remineralize teeth to reverse early decay and lower the risk of future decay, when used correctly.

Myth #3—Sensitive Teeth Cannot Be Cured

Tooth sensitivity can be a

sign of early tooth decay. Millions of Americans suffer from sensitive, painful teeth, purchasing various over-the-counter toothpastes seeking relief. These products often lack sufficient levels of necessary active ingredients and only mask the sensitivity. Prescription-strength dental care products, containing the optimal amounts of key minerals (calcium, phosphate and fluoride), can more effectively remineralize teeth, greatly reducing sensitivity.

"It's important to follow validated best practices to prevent tooth decay, and keep your enamel strong and healthy," advises Dr. Anthony T. Fernandez, DDS. NewEnamel is designed to reduce the risk factors that promote decay, and increase the protective factors that enhance repair to the surface of the tooth. The newly repaired enamel surface is often stronger than it was before treatment.

With some simple precautions and changes to your dental routine, you can help your teeth last a lifetime—and save yourself a lot of money and unnecessary visits to the dentist.

For further facts about preventing, reducing and even reversing tooth decay, visit www.newenamel.com. (NAPSI)

Your Medicare Open Enrollment To-Do List

Medicare's annual enrollment period is now underway, and runs from October 15 to December 7, 2018. You may be happy with your current Medicare coverage, but it pays to shop around. Here are a few things to keep in mind.

Don't shy away from shopping. Plan details change each year, so the policy that was best for you in 2018 may not be your best option for 2019. Changes to premiums, deductibles and co-pays can be costly. An analysis of more than 17,000 people using Medicare.com to compare Medicare plans found that just 10 percent were enrolled in the lowest-cost plan for their prescription drug needs. Those who switched to a new drug plan stood to save an average of \$611.

Watch for changes in drug coverage. Read any letters from your insurance company outlining changes in your prescription drug coverage. Insurance companies often tweak their formulary, or list of covered drugs, each year. That can mean higher out-



A health insurance agent can help you find the Medicare plan that's best for you.

of-pocket expenses for you. Compare coverage for your prescriptions under any new Medicare plan you consider.

Be sure your doctors participate in your plan. Double-check to make sure your preferred doctors will still be part of your health plan's network next year. You'll pay more to see non-network providers, and some health insurers won't cover out-of-network providers at all, except in an emergency.

Compare services. Medicare

Advantage plans tend to offer additional benefits you can't get with Original Medicare. These can include dental, vision, hearing and even fitness benefits.

Shopping for Medicare plans can seem daunting, but there's a range of services out there to help enrollees navigate them. Read up on your options and don't hesitate to work through a licensed agent to help match you with the best plan for your needs. (NAPSI)



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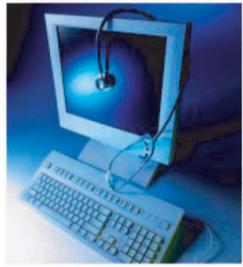
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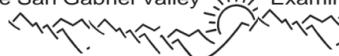
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The Glendora Police Department Reminds Drivers to "Stop on Red" during National School Bus Safety Week

GLENDORA - Oct. 22-26 is National School Bus Safety Week and serves as a reminder to drivers the importance of making sure children taking the bus are getting to and from school safely.

The Glendora Police Department supports national efforts to promote school bus safety and inform drivers what they need to do around buses.

California law requires drivers in both directions to stop whenever a school bus has activated its flashing red lights and stop signal arm. Drivers must stay stopped until the flashing red lights are turned off. Flashing yellow lights means drivers should slow down and prepare to stop.

"Passing a school bus with flashing red lights is not only dangerous, but also illegal," Nancy Miranda, the Traffic Bureau Supervisor said. "For the safety of children and bus drivers, we are urging the public to be aware of school buses and to 'stop on

red."

If the school bus is on the other side of a divided road or road with two or more lanes in each direction, drivers do not need to stop.

During National School Bus Safety Week, the Glendora Police Department will be cracking down on vehicles that illegally pass school buses, conducting enforcement operations looking for drivers who fail to stop for a school bus with flashing red lights.

If caught, drivers face a monetary fine, with multiple violations resulting in additional fines

and a suspended license for one year.

A May 2018 survey by the National Association of State Directors of Pupil Transportation Services found that nearly 14,000 drivers statewide failed to stop for a school bus that was stopped to pick up or drop off students. The survey involved reports made by 4,474 bus drivers.

School buses are the safest way for children to get to school. Teaching drivers and children to follow these safety tips will ensure that children are as safe as possible when traveling to and from school.

Arcadia Named Top 50 Safest City In California

ARCADIA - The City of Arcadia was named one of the top safest cities in California by SafeWise.com, a professional safety review and comparison website. There are 486 cities in California, and Arcadia was ranked 44th out of the top 50 safest cities. The Arcadia Police Department continues to be one of the premier law enforcement agencies in the state.

"The City of Arcadia has always taken great pride in our public safety efforts," said Mayor Sho Tay. "Even as we face difficult financial challenges, we are still committed to keeping our

City a safe and welcoming place for families, visitors, and businesses. We are honored to receive this recognition."

To identify the 50 safest cities in California, SafeWise.com analyzed the 2016 FBI Crime Report Statistics and population data. The website's evaluation is based on the number of reported violent crimes in each city, with a calculated rate of crimes per 1,000 people in each city. For more information or to see the full report please visit: www.safewise.com/blog/safest-cities-california/

Vacancy Of Covina City Council Seat Being Filled By Appointment

COVINA - At the October 16, 2018, Covina City Council Meeting, the City Council regrettably accepted the resignation of Mayor Pro Tem Peggy Delach effective at the close of business at that meeting.

As a result of the resignation, the City of Covina is now seeking applicants to fill the vacancy.

Applications will be accepted from October 18 through November 8, 2018. To be eligible

for appointment, applicants must be:

- 18 years of age or older,
- A resident of the incorporated area of the city,
- A registered voter,
- Submit an application to the City Clerk's Office Application Form. Forms are available on the City Website at www.covina.gov, and
- Certify that he/she meets the eligibility requirements and is

willing to serve in the office for the remainder of the term (through March 2020).

Completed applications must be received by the City Clerk's office by 6 p.m. Thursday, November 8, 2018. Interviews are scheduled to occur at the November 20, 2018, City Council meeting. The City Council can choose to appoint immediately following interviews at the same meeting.

Rules for the Road: Week Dedicated to Teaching Teen Drivers How to be Safe Behind the Wheel

National Teen Driver Safety Week is October 21-27

GLENDORA - This week is National Teen Driver Safety Week, and the Glendora Police Department wants to remind parents and guardians the importance of talking to their teen drivers about new responsibilities and rules that come with operating a vehicle.

"For teens, getting a license is a rite of passage tied to freedom and independence, but is also something that can be dangerous because teens lack experience behind the wheel and are more likely to take risks," said Nancy Miranda, the Traffic Bureau Supervisor. "National Teen Driver Safety Week is a way to encourage all parents to instill good driving habits that help their teens stay safe on the road."

The reality is that vehicle crashes remain the leading cause of death for teens ages 15 to 18. According to data from the Statewide Integrated Traffic Records System (SWITRS), there were 73,736 crashes in

2016 involving drivers 16 to 20 years old in California alone. In those crashes, 437 people were killed.

Throughout the week (Oct. 21-27), The Glendora Police Department will join the California Office of Traffic Safety (OTS) in offering tips to parents and caregivers on how to talk to teens about the consequences of making dangerous and illegal choices behind the wheel.

• Graduated Driver License (GDL): Learn about California's GDL laws, which place restrictions on passengers and driving late at night during the first year they have a license.

• Lead by example: Practice safe driving yourself. Have practice driving sessions with your teen.

• Set Ground Rules: No cell phones, no passengers, no speeding, no alcohol, no drowsy driving, and always buckle up. No keys until they know the rules. Establish consequences you will

enforce if your teen breaks the rules.

• With driving comes great responsibility: Remind your teen that driving requires your full attention. Texts and phone calls can wait. Teach them about zero-tolerance laws and the adult consequences they face for driving after drinking or using drugs. Urge them to never ride with someone who has been drinking or using drugs.

"Whether it's drinking and driving, not wearing a seat belt, speeding, driving distracted or with friends in the car, it's important for parents to let their teen know that driving is not a right, but a privilege," said Nancy Miranda, "It can be taken away when they don't follow the rules."

To learn more about teen driver safety, visit the Governors Highway Safety Association (GHSA) website at <http://ghsa.org/html/issues/teens/index.html>.

El Monte Secures A - Rating with Stable Financial Outlook during Water Bond Refunding, Resulting in Low Interest Rates and Millions in Savings

EL MONTE - The City of El Monte is happy to have received an A- rating with a stable financial outlook, securing all-time low interest rates to refinance outstanding bonds and fund crucial capital improvements. The pivotal action resulted in \$2.3 million in savings to residents throughout the life of the financing.

For months, the City Council and staff worked tirelessly to introduce the City's Water Enterprise Fund to the rating agencies. The City's efforts to improve operations over the years and commitment to financial stability

helped secure the top rating from Standard & Poor.

With a strong credit rating in hand, the City generated strong support from investors by sharing the fundamental credit strengths of its Water Enterprise Fund. Through aggressive marketing efforts, the City successfully secured credit approvals from a diverse group of investors that included some of the largest bond funds in the country as well as retail investors based in California and nationally.

Investor support along with strong credit rating yielded a low

interest cost of 3.62% for a 30-year borrowing. This strong performance produced the \$2.3 million in savings to residents throughout the life of the financing.

The bond refinancing and savings from the transaction will provide necessary funding for infrastructure improvement projects, such as replacing aging water pipelines and upgrading a water well, efforts which are part of the City's larger commitment to ensure that all residents have access to affordable, safe and reliable drinking water.

Police Department Citizens Academy Class to Begin January 2019

MONTEREY PARK - For community members looking for an insider's view of the Monterey Park Police Department, the Citizens Academy may be just what they're looking for. Citizens Academy provides an exciting, dynamic and informative course that meets once a week for eleven weeks. It is designed to provide residents and non-residents an interactive, hands-on, comprehensive overview of the Monterey Park Police Department and the city. Classes include an introduction to the detective bureau, K-9 units, patrol procedures and other various department programs.

Sign up now to participate in this exciting and informative experience. The class meets Thursday evenings for eleven weeks from 6:15 to 9 p.m. The first class will be held on Thursday, January 24, 2019. The course will culminate on Thursday, April 11, 2019. Upon completion of the program participants will receive a certificate of achievement.

Applications may be picked up at the Monterey Park Police Department's Community Services Bureau at 320 W. Newmark Avenue, mailed to you, or downloaded from the department's website under the Community Ser-

vices Bureau tab.

Minimum age of participants is 16 years; minors under the age of 18 years must have a signed parental consent form on file. Participants cannot have any felony convictions, be on parole or probation, or have been arrested within the past year. Participants do not need to be Monterey Park residents to enroll in this class, but residents do get priority admission. For further information or to have an application mailed to you, please contact Sergeant Paul Yniguez at 626-307-1253 or any other member of the Community Services Bureau at 626-307-1215.

Republican Women Meeting

WEST COVINA - The guest speaker for the Republican women on Friday, **October 26**, is West Covina Chief of Police, Marc Taylor, who will address the subject of homelessness. The meeting is at the Holiday Inn, off the 10

Freeway. Chief Taylor will speak at 11:00 followed with lunch at noon. For reservations, please call (626) 331-3299. Guests are welcome.

The Republican women are having a Pizza & Bingo Party on Saturday, **November**

10, 11:30 to 2:00 at the Red Devil Pizza, 116 W. Badillo, Covina. All the pizza and salad you can eat for \$18.00. For reservations, please call (626) 919-5032. Guests are welcome.

San Gabriel Valley Examiner
INFORMATION GUIDE

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- 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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Gavin Newsom: Just Politics or Time for Change

I'm working my backside off! Our lousy government is the worst thing that ever happened ... They claim to be leftists. They claim to be communists, they are here because we voted for them and they are completely useless. The only thing they are doing with success is taxation. Tax everything you can imagine. I am hoping we wised up with the left experiment and come back to our senses and vote them out in the elections ... working every day and sometimes nights, I have nothing else now a days to excite me.

A friend provided that paragraph to me from a friend's criticism of the government. I read that and was shocked it resonated with me as an almost truism of our California state government. That criticism of her friend's government is the Greek government. The question - Is California headed in the same direction?

My first concern and argument against the Democrat majority party under the leadership of Governor Jerry Brown is how they are administering, across the board, the government in this state. Many times we excuse actions considered "inappropriate" with the catch phrase - "just politics". What we've seen in Sacramento from Shade's Perspective is beyond just politics. The biggest question facing voters: Will we get more of the same from Gavin Newsom, tagged born into establishment San Francisco politics, or is it time for a change and a vote for John Cox, a businessman who has a different perspective on how government should operate?

Gavin Newsom has wiggled back and forth on the gas tax increase. Last I saw, he supports the gas tax. Not sure why that was such a tough choice for him unless he was weighing in on "just politics". John Cox came out against the gas tax because it is about affordability and it hits the lower income and working class the hardest by putting a hole in their budgets not easily absorbed. My money, so I get a vote and it is YES on Prop 6!

John Cox says addressing the antiquated California Environmental Quality Act (CEQA) is a starting point for more housing. To modify the law into sensibility would create more affordable housing, increase jobs to build



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora
the housing and more income for state and local governments. I've just seen a memo from President Trump, Promoting the Reliable Supply and Delivery of Water in the West, aimed at resolving the Delta and Central Valley water dilemmas through modification of the 50-year old environmental laws. Delta environmentalists came out against increased water delivery to the Central Valley and Southern California saying they would use every environmental law to stop any project, to retain their water and use up time and money through lawsuits.

An interview on a Sunday show asked Gavin Newsom about the lack of affordable housing. His response, and I'm paraphrasing ... 'local government needs to step up to their responsibility and meet their obligations under the housing element of their general plans, including using guidelines for transit oriented developments along rail lines' ... or, under Newsom ... 'the state will move in and take control.' Does that mean under Gavin Newsom the state will usurp local zoning control and force our communities to build more high density housing under the guise of affordability? Not a word from Newsom about revising environmental regulations to make housing affordable.

If environmental laws can stop critical water projects that are life and death to the breadbasket of California, what affect do they have on the cost of housing? Someone has to pay for the hoops contractors jump through to get a project off the ground. We need change in those laws and a change in leadership that is able to recognize and administer the needed changes. John Cox has spoken and Gavin Newsom is still clinging to the 50-year old environmental regulations.

Locally we've heard how imperative the homeless issue has become and even more critical, the safety of our children and law abiding citizens. Creating more affordable housing would go a long way to solving housing issues for the lower incomers but we have far more serious issues on the homeless front.

The same problems San Francisco has been dealing with for 15 years or more, we are seeing here and growing throughout the state. Gavin Newsom, elected to San Francisco Board of Supervisors in 1997 and succeeding Willie Brown as Mayor of San Francisco, he promised to solve the homeless issue in that City. \$1.5 billion later, San Francisco is no better off today than before that taxpayer money was spent. Even after seeing the drug problems, the mentally ill and other homeless on the streets, Newsom still supported Prop 47 and Prop 57, reducing prison sentences for violent felons, and putting drug addicts and the mentally ill out on the streets with no support services.

U.S. Senator Dianne Feinstein opposed Prop 47 saying it would mean shorter sentences for violent criminals and drug abusers and resentencing and release of thousands already convicted of those crimes.

L.A. Times September 7th talks about Gavin Newsom and San Francisco's society's eight first families including the Getty Family who hired Gavin's father, Bill, to work for them. It was in Gov. Jerry Brown's first term, he appointed Bill Newsom a judge. The article tells us, "Newsom family had close ties to Willie Brown, former state lawmaker [and Mayor of San Francisco] ... and House Minority Leader Nancy Pelosi." What the article didn't tell us is Newsom's aunt was married to Ron Pelosi, the brother-in-law of Nancy Pelosi. Additionally, Nancy and her husband, Paul are involved in the wine business with Gavin Newsom and the Getty's. Newsom's grandfather was a confidant of Edmund G. "Pat" Brown ... it goes on an on.

This seems a little more than "just politics" and makes me wonder if Gavin Newsom is elected Governor, who will really be running this state? Think I'll vote for John Cox.

Both business lost money and Dolge sought a business with greater potential. He decided to purchase the San Gabriel Winery from Henry Huntington and turned the winery buildings into a felt factory. With \$300,000 in capital, Dolge established the Dolge Land Company and designed a planned community called Dolgeville. He purchased a large acreage of land and built small modest homes for potential buyers, especially his employees working at his felt company.

As part of his planned community, Dolge identified a retail center, post office, schools, business section, public parks and public governmental operations. The town even had their own baseball team!

By 1907, the residents saw the growing City of Alhambra expand on their boundaries and voted to be annexed by Alhambra. By 1908, the transaction was complete and Dolgeville was no more in Southern California but its predecessor still exists in New York as a tribute to Alfred Dolge, an industrialist and community planner who was well ahead of his time...

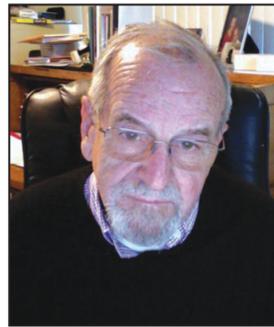
Joe Castillo is a freelance historical writer who has been covering Southern California history for 10 years and has written 4 books on the topic. He can be reached at

Passage To A Safe Harbor

A while ago two members of this community tearfully left, with our blessings, to resume a heartfelt calling to serve migrants in a Catholic-sponsored shelter on the US/Mexico border. While they had been working there part-time, they had heard a summons to give their total effort in the support of families that had been forced to flee the terrors they had faced mainly in Central American countries. These refugees had come by the thousands with no money, no food, and no hope, save only a confidence in the benevolence of the United States.

These frightened refugees came to the U.S. seeking the safety and hope promised by that marvelous lady holding high her torch at the entrance to the New York harbor. However, on their arrival they were greeted with the bigotry being fostered by a tyrant who had decided to confine them in new versions of concentration camps and prisons. To support these refugees, Joe and Linda, along with many others, have flocked to the border offering the humanity the American President has denied them. They have gone there because for many that is what they believe their God had asked them to do. They had heard Her voice in the cries of these despairing pilgrims. Joe and Linda responded to the cries of these refugees, as have many others. There are now both churches and secular agencies offering the hope our government has denied.

Many other members of our retirement community travel weekly to the border or to a nearby detention center in an effort to support those who have no other responsible help. Worship services at the border are held each week, congregants separated by a metal fence. Others have been trained as counselors, advocates, or observers. In addition, churches throughout our area have posted large signs offering support to immigrants and refugees who now are faced with an existence



Charles H. Bayer

without hope, homes, jobs or national identities. It strikes me that these responses show the American people at our best.

Wendy and I once spent our summers in Castine, a small community on the coast of Maine. Approaching Castine from the sea one first sees, high on a cliff, a great old lighthouse that for many decades guided sailors to the town's marvelous harbor. But a problem was encountered as ships approach the half-mile inlet to be traversed from the open sea to the harbor. This narrow rock-strewn passage remains treacherous, particularly at night.

In recent years the Coast Guard has installed on either side of the inlet a series of electric lights and other navigational aids, making the transition from sea to harbor somewhat less risky. But old-timers tell the story of the pre-electrified years. Back then each family with property along the inlet had been supplied with an oil lamp, and it was each family's responsibility very evening to light it and set it on the shoreline. Failing to do so would make that portion of the inlet all the more dangerous. Vessels approaching from the sea would first see the lighthouse, but from that sighting until arriving at the harbor, they had to depend for survival on the families who had placed lamps all along the shore.

Back to Joseph, Linda and all the others offering hope and support to those who otherwise might suffer the heartless aban-

donment served up with the words, "America first!" As we often sat on our cabin's back deck from which we could see a few of the now electrified life-saving lower lights, we were reminded of an old gospel song. While the lighthouse in the song below refers to God, I have often thought of it as depicting the lady with the torch who stands just outside the New York harbor. But what of the lower lights marking a safe passage from sea to harbor?

Brightly beams our father's mercy from his lighthouse evermore. But to us he gives the keeping of the lights along the shore. Let the lower lights be burning! Send a gleam across the wave! Some poor fainting struggling seaman, you may rescue you may save.

Or as the Emma Lazarus poem put it:

Not like the brazen giant of Greek fame,

With conquering limbs astride from land to land;

Here at our sea-washed, sunset gates shall stand

A mighty woman with a torch, whose flame

Is the imprisoned lightning, and her name

MOTHER OF EXILES. From her beacon-hand

Glowed world-wide welcome; her mild eyes command

The air-bridged harbor that twin cities frame.

"Keep, ancient lands, your storied pomp!" cries she

With silent lips. "Give me your tired, your poor,

Your huddled masses yearning to breathe free,

The wretched refuse of your teeming shore.

Send these, the homeless, tempest-tost to me,

I lift my lamp beside the golden door!"

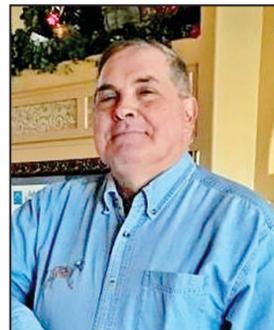
Joe, Linda and so many others - Bless you for keeping these lower lights burning. YOU ARE SAINTS AND HEROES!

Contact Charles Bayer at candwbayer@verizon.net

This Is An Assault On The White House?

"What I saw today was a minstrel show—what happens when Negroes don't read—smoke screen of blathering incompetence fanning the flames of the foolish—a shiny object in a red hat—and—that was an actual assault on the White House." A few of the many asinine comments made about Kanye West when he joined Jim Brown in a meeting with the President. Nasty comments often using the term Negro and worse, from the self-righteous mainstream media critics, revealing it to be more than they can bear.

After all, in their minds he said some pretty despicable things if you think so little of his opinions and his right to express his opinions. Kanye West talked about the absence of fathers in the African-American community and how he was personally hurt by it, and how it is a problem for Black youth. He talked about stop and frisk,



Charles Lopresto

the welfare state, broken promises from previous administrations, and how he was bullied for refusing to remove his red MAGA hat by those that claimed to still be his friends, but were not showing much tolerance. And when he said "Illegal guns are the problem, not legal guns. We have the right to bear arms," all hell broke loose. That's despicable?

What is despicable to me is NOT what Kanye West said, and where and to whom it was said. It

was despicable in the way of people's reactions. Others who could use their same celebrity status and the same resulting access they have at their disposal, failed to do so and were more inclined to just ridicule from a far. And then they have the nerve to say "We are not being heard."

Those same media mouthpieces were crying for a much needed intervention with West. But I will tell you who needs to be confronted with an intervention. It is the clueless folks of the media that need to quit acting like children unable to get their way at the school party and feeling entitled to throw a tantrum.

Mathews, Lemon, Baldwyn, and all the rest, this is not about you and how you have missed the boat. This is about Kanye and "The Donald" who have been "playing" you and doing to you what the rest of us would love to say and do, if only we were in a position to do so.

So go right ahead and keep it up, and see what it gets you. But consider this. It is not a flattering look and for all of you who cry about getting past "Uncle Remus," this language and rhetoric is certainly sending us all back there.

It is after all, not a White House under assault. It is a White House simply being "The People's House."

Tickets Selling Fast For Designer Bag Bingo

GLENDORA - Only about 50 tickets are left for sale to attend this year's Designer Bag Bingo on Saturday, **November 3, 11:30 a.m.** at the Crowther Teen and Family Center in Glendora according to Becky Harris, co-chair of this year's event along with Karen Kobus. "People should go to the Kiwanianne website at www.glendorakiwanianne.org to purchase their tickets this week! We anticipate a sell-out crowd," said Harris.

For \$45, players receive one bingo card for the 20 games of Bingo that will be played, appetizers, and one glass of wine.

Additional bingo cards may be purchased on the day of the event for those who want to increase their chances of winning.

"We are so pleased to have as our guest Emcee this year, NBC4 Anchorman, John Cadiz Klemack. We know he will help add special excitement to the event," said Harris.

Proceeds from Designer Bag Bingo help fund Kiwanianne scholarships for local high school students. Designer bags from Coach, Brighton, Kate Spade, Michael Kors and more will be given to the winner of each bingo game.

"TIME JOCKEY" - Dolgeville

By Joe Castillo

Early Planned Community...
Alfred Dolge (1848-1922) was a pioneer in industrialization as well as environmental planning. East of Utica, New York, a small village was founded in 1794 by Samuel Lowe after he oversaw the construction of a grist mill and a saw mill by Captain John Favill. Soon the village grew and new settlers moved in. A blacksmith shop was established along with a tannery and school house, elements needed to start a new community. More and more families moved in, and with the families, acreage was set aside for farming. The area was named "Green's Bridge" in 1885 when one of the early settlers named Green built a bridge over the East Canada Creek.

In the late 1880's it didn't take a lot to name a village site after someone who made a significant contribution to the local area. In 1826, Zephi Brockett was named postmaster of the new "Green Bridge" community post office and the local residents were so

impressed with Brockett that they petitioned to change the name of the community to "Brockett's Bridge".

As the community moved from a farming-based community to a more industrial operation, new factories, stores and shops were opened. The economic growth was spurred by a young industrialist named Alfred Dolge and through his efforts the village community was incorporated in 1881 under the new town name of Dolgeville. Through Dolge's leadership, a new railroad was built, the town design was laid out, two schools were constructed, an electric system, sewage system and water system were installed. Plus, a fire department, free library, a concert hall, gym, public park and everything you needed to build a city infrastructure which would draw new residents and new businesses to a growing and innovative town.

In time, Dolgeville's growth slowed, factories closed and businesses shutdown. Today, few factories still remain but one of them is Rawlings, one of the leading sporting goods suppliers and manufacturer of baseball bats in the world. But most of the downturn occurred after Dolge moved to Southern California, where he arrived in 1901 and purchased the Fair Oaks Ranch in Pasadena and started a wine production business in Los Angeles.



What Went Wrong? Where To Next?

October lived up to its historic reputation for past market declines, even though Octobers have been positive for some time - a positively bullish month over the last 20 years. However, recently the Dow fell about 1300 points and then recovered this past week 1000 points. We should expect continued volatility. The big sell-off early Wednesday (Oct 10) was triggered by dramatically rising interest rates in China as well as the fact that Treasury bond yields did not fall significantly in a "flight to quality". The real catalyst that spooked financial markets was that overnight lending rates in China on Tuesday soared from 1.745% to 5%, while one-week rates surged from 3% to 7.6%. Private lending had suddenly become incredibly expensive (at least in China).

Wall Street wants to see Treasury yields fall significantly to quell interest rate fears, leading to a capitulation selling day, a high-volume reversal, and a "re-test" of the lows (so that investors can make sure that the recent low is indeed "the" low). Fortunately, Treasury bond yields started to decline on October 11, which allowed my colleagues to become much more positive and see the "light at the end of the tunnel."

Aside from the obvious finger-pointing at the Fed's decision to raise interest rates and the subsequent pop in Treasury yields that got the "selling stone rolling downhill", there was a rising level of anxiety that fueled investor fears. Leading up to the September 25-26 FOMC meeting, there was already evidence of weakness in the real estate, semiconductor, materials, and financial sectors (in highly active sector rotation).

And while the Dow, S&P, and Nasdaq traded at new all-time highs October 1-3, on the back of a few mega-cap stocks, there were already some leading stocks beginning to pause. At that

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

point in time, the stock market was technically overbought on a purely short-term basis (and few market participants would argue with that view). Also, the sharp breakdown in Chinese, European, and Emerging Markets from many months' prior had finally caught the attention of investors comfortably camped out in U.S. equities.

The U.S. finally implemented tariffs on \$200 billion worth of Chinese goods, which triggered Beijing to impose retaliatory tariffs on \$60 billion worth of American products. Chinese officials also canceled mid-level trade talks that had been scheduled for later in the week, dashing hopes for a near-term resolution.

Additionally, OPEC and several non-OPEC nations failed to reach agreements to increase crude oil output in order to counter falling supplies from Iran due to U.S. sanctions. It did not help that President Trump criticized OPEC in front of the UN General Assembly, saying that the oil cartel is "ripping off the rest of the world" by colluding to limit supply and prop up prices. President Trump also called Iran a "corrupt dictatorship," telling the United Nation that its leaders "sow chaos, death, and destruction."

The policy directive coming out of the late-September FOMC meeting wasn't a big surprise. The fed funds rate was raised 25 basis points to a range of 2.00% to 2.25%, which everyone expected, and the vote was unanimous,

which wasn't a surprise, either. Their projections for Personal Consumption Expenditure inflation and core PCE inflation were steady between 2.0% and 2.1%, which means they see no big rise in inflation.

The big positive market mover this past week was the JOLTS (The Job Openings and Labor Turnover Survey) data, which revealed 7,136,000 job openings in the US for the first time ever, prompting the President to tweet: "Astonishing-it's all working!" The number of openings now exceeds the number of unemployed, something that likely last happened in the late 1990s, though we cannot say for sure because the JOLT survey began in 2001. This was the spark that ignited the comeback rally in stocks.

So, while the recent pullback for the U.S. equity market might cause alarm bells to be going off, from a longer-term perspective it looks as if what has just occurred is a garden-variety correction.

Rather than try to dissect any further what all these converging forces will do next, let's let the upcoming earnings and guidance season provide the evidence as to whether all this "paralysis by analysis" is warranted. The time-honored adage of "sales fix everything" still holds true, especially for the stock market. If the companies that make up the S&P can show 6% to 7% third-quarter revenue growth, as is currently forecast, and (more importantly) guide to similar top-line growth in the fourth quarter, then the past two weeks will have been viewed in the rear-view mirror as one heck of a buying opportunity.

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

Your Money - Ask Julia

My sister just entered a nursing and rehab center to get her strength back and get some rehab from having a mild stroke. Now she's being told that if she had spent 3 days in a hospital first, then got doctor's orders to go to a nursing home, Medicare would pay up to 80-percent of the bill. However, since she didn't have a hospital stay, Medicare will pay nothing. She's a vet, but never got her VA card. She has no long-term care insurance, and no life insurance. What do we do now?



Julia Yoder

Her medical doctor should be aware of the 3-day-hospitalization rule; talk to him about the situation. As far as getting her VA Medical Card, she needs to find out where her local office is, and either present her 214 Discharge papers, (or they can probably find her in the system), and fill out an application. Make an appointment with a VA patient advocate.

I've been getting SO MANY phone calls and so much mail about enrolling in various Medicare Supplement and Prescription drug programs. How can I know if these guys are for real or if they are fakes?

If you suspect that you are being taken advantage of, have questions about an insurance offer, scheme, or agent, call the Dept. of Insurance 1-800-927-4357, or go to www.insurance.ca.gov. Here are some tips: 1. Make sure the person is a licensed insurance agent. 2. Don't accept uninvited sales calls of any kind. 3. Never give out personal information (Social Security number, bank account numbers, or credit card

information over the phone. 4. Be aware: Medicare has no official sales reps. 5. Federal regulations prohibit marketing of Medicare products wherever healthcare is delivered. 6. Federal regulations prohibit offering free meals for listening to a sales presentation or for signing up in a particular plan. 7. Federal regulations prohibit selling additional insurance products during any sales or marketing presentation for a Medicare Advantage or prescription drug plan.

8. Read and understand the plan. Let me know if you need a referral to a reputable, knowledgeable, and experienced insurance agent.

Can I take money from my annuity to help a relative?

It depends on the rules in your annuity policy. You can contact your agent, or the annuity company to ask them the particulars about your policy. Some policies allow you to take out up to 10% per year after the first year (up to a pre-set amount of your initial investment), waiving the usual early-withdrawal contractual

penalties and fees. AARP recently stated that annuities can be great, but can also be a nightmare. Annuities are great, and only become a nightmare if you do not follow the policy's rules. The most common mistake heirs make is to cash out an inherited annuity, sometimes losing thousands of dollars.

Last year we had to pay capital gains on our mutual funds distributions. Is there a way to decrease the amount of capital gains tax we have to pay?

With investments like mutual funds, stocks, CDs, and savings, your earnings are taxed annually. You might want to consider moving at least some of your mutual funds dollars to a tax-deferred investment, or to an insurance product. With a tax-deferred investment, you'll pay taxes only when you withdraw funds. Some insurance products offer "loans" which are not taxable, and which could be re-paid from the death benefit.

Ask Julia by email:
juliyoder@yahoo.com

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

The Los Angeles Economic Development Corporation Announces That Azusa Is A Finalist For The Most Business Friendly City Award In Los Angeles County

Winners to be named at LAEDC Eddy Awards on November 8, 2018

LOS ANGELES COUNTY - The Los Angeles County Economic Development Corporation (LAEDC) has announced the finalists for its 2018 Most Business-Friendly City in Los Angeles County Award. Azusa was one of the finalists for cities with a population greater than 50,000. All winners will be announced live at the 23rd Annual Eddy Awards® on Thursday, November 8, 2018 at the Intercontinental Hotel.

Business-friendly programs and services are a critical factor in job-creation. The finalists were selected through independent review by a panel of blue rib-

bon judges, based on the following criteria:

- Demonstrated priority commitment to economic development
- Excellence in programs and services designed to facilitate business entry, expansion, and retention
- Competitive business tax rates and fee structures
- Availability of economic incentives
- Effective communication with and about business clients

The LAEDC says that "Azusa is emerging. The City is revitalizing the community by offering new choices for living, working

and exploring. The City understands that providing the highest quality of life is a means of achieving positive economic development benefits. An ombudsman also provides one-on-one assistance to businesses. Nestled at the foot of the San Gabriel Mountains National Monument and with access to a reliable source of water, affordable electric rates and a sustainable infrastructure featuring two light rail Foothill Gold Line Stations, Azusa is prepared to be the ideal destination for residents, businesses and explorers."

Tickets are available at: <https://laedc.org/eddy>

LA County Library Offers Free Flu Shot Clinics at 19 Libraries This Fall

Clinics will be Held through November 14

LOS ANGELES COUNTY - Flu season is here. To help you stay healthy, LA County Library is partnering with the LA County Department of Public Health for the fifth year in a row to offer free flu shot clinics at 19 community libraries throughout the county in the months of October and November. No appointment or insurance is required.

According to the CDC, up to 20% of Americans become ill with the flu (also known as influenza) each year, leading to thousands of deaths. Last year's flu season was the worst in nearly a decade, with 278 reported flu deaths in LA County alone. Because flu is highly contagious, vaccination not only protects the person who gets the shot, but also reduces the risk for their family, co-workers, and other close contacts. Flu vaccines are recommended for everyone 6 months of age and older, including healthy adults. Pregnant women, children, adults 50 years of age and older, and immunocompromised individuals are especially susceptible. The best way to prevent the flu is to get vaccinated!

"Our customers depend on us to provide a variety of resources for them and their families," said LA County Library Director Skye Patrick. "Offering these flu shot clinics at our library locations makes a healthy lifestyle accessible to all of our customers, with the help of the LA County Department of Public Health."

"Even healthy people can get very sick from the flu and spread it to others. Last year, we saw a huge increase in the numbers of people who suffered serious illness and death from the flu," said Barbara Ferrer, PhD, MPH, MEd, Director of the Los Angeles County Department of Public Health "We all need to take steps to keep ourselves and our communities healthy. Given that flu shots remain one of the best protections we have against getting the flu, we are urging everyone 6 months and older to get immunized as soon as possible."

"Now is the time to get immunized since it takes your body about 2 weeks after immunization to develop the protection needed to reduce your risk for influenza," said Muntu Davis,

MD, MPH, Los Angeles County Health Officer. "We never know how bad each flu season will be. We do know that the more people are immunized, the better the season will be."

Due to recent concerns over Hepatitis A outbreak, clinics at libraries will also make Hepatitis A vaccines available to those identified to be at high risk: active drug users, individuals experiencing homelessness, incarcerated individuals or recent parolees, and those who provide services to these groups.

To view the complete list of dates, times and library locations, and for additional information, please visit LACountyLibrary.org/FluShot.

If you have a severe egg allergy or are sick the day of the clinic, check with your doctor before getting vaccinated. Call your regular health care provider to see what other shots you may need. If you don't have a regular provider, call 2-1-1 (LA County Information Line) or visit publichealth.lacounty.gov for a list of no cost or low-cost vaccine providers.



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

Viruses, Hackers, and Bugs...Oh My!

Self-driving cars are being tested across the nation. This type of vehicle offers many advantages.

- It will be almost impossible to steal one.
- Some problems can be fixed with a software download.
- Accidents will be minimal or non-existent.
- It won't matter if your reflexes or eye-sight aren't what they used to be.

Of course, anything that can be used for good encourages some to find out how to use it for bad. Here are some disadvantages.

- Hackers are already finding ways to get past a car's security system and hack in.
- With all the "partners" needed to mobilize a self-driving car there are more ways for a hacker to infiltrate any system related to the vehicle, from the manufacturer to the software companies.

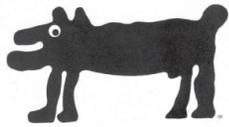
• Cyber criminals can hold a vehicle "hostage" until they get paid using malware. Just think, anything a cyber criminal can do to a computer system, they can do to a self-driving car.

The good news is that manufacturers and software developers are testing, testing, testing and have hired their own hackers to find vulnerabilities within a self-driving car. Hopefully, we will all be able to sit back, relax and enjoy the ride in the near future.

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

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Around the Valley & Senior News

AZUSA

Volunteer Drivers Needed

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

TOPS Meeting

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

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

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

ARCADIA

Scrapbooking Studio

The Gilb Museum of Arcadia Heritage invites you to our Scrapbooking Studio! Bring your scrapbook and personal photographs, and the Museum will provide various scrapbooking materials. This is a great opportunity to learn new techniques, try out different products, get creative with friends from your community, and preserve your memories! The next studio will be held Friday, **November 2** from 1:30 to 3:30 p.m. The Gilb Museum is located at 380 W. Huntington Drive, Arcadia. For more information, please call 626.574.5440.

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, **November 2** and 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

Trip to Downtown Disney

Spend the afternoon walking around the Downtown Disney District on Thursday, **October 25th** from 1:00 pm - 7:00 pm. Downtown Disney is a lively outdoor promenade featuring unique shopping and dining, as well as exciting nighttime entertainment. Head on over to Ralph Brennan's Jazz Kitchen for a taste of New Orleans seafood dishes. Or go play a few games of bowling at the Splitsville Luxury Lanes. Meals not included. Tickets are \$10 for Baldwin Park Residents and \$15 for Non-Residents. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323.

The Riverside Hotel & Casino

Spend 3 days and 2 nights at The Riverside Hotel and Casino in Laughlin, Nevada. The Riverside Hotel hosts 40,000 square feet of your favorite slots and table games. If you get tired of gaming you can take advantage of the optional tours, dining restaurants, museums and theaters or nearby outlets, at your own expense. Price includes: 2 breakfast buffet, 1 dinner buffet, and a fun book, and room reservation and transportation. California ID is required. Departure date on Wednesday, **November 7th** at 8:00 am and return arrival on Friday, November 9th 6:00 pm. \$95 per person for double occupancy room. \$130 per person for single occupancy room. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323.

McNeill Fitness Program

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

COVINA

Plant Sale

The Friendship Garden Club will host its semi-annual plant sale at 11:00am Thursday, **October 25th** at The Covina Woman's Club, 128 S. San Jose Avenue, Covina. Cuttings, rooted plants, and containers will be available for sale. Following the plant sale, the Club will hold its monthly

the main ballroom.

Crafters who wish to participate may enroll at the Gift Shop during open hours. The table rental fee is \$30 with all sales going to the crafters. Crafts can be general or holiday themed and must be self-crafted. Sorry, no baked goods or homemade edibles are allowed. For more information please contact the Recreation and Community Services Department Senior Services at 626.574.5130.

meeting at Noon. The guest speaker, Gisele Schoniger of Kellogg Garden Products will give a presentation on home garden fertilizing. A tea will follow the presentation. All interested parties are welcome to attend. For more information, call 626-422-7904.

BUNCO!

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

Indoor Chair Beach 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

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 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 Center.

Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers re-learning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. Lunch is available (\$3 senior lunch or \$2.75 deli sandwich). For more information, please call Sonia Schupbach at (626) 963-6186. The program is **Wednesdays** 9:00 a.m.-3:00 p.m. Co-sponsored by The After Stroke Center and the 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)9148-8235, or email at jmarkel@ci.glendora.ca.us.

LA VERNE

Halloween Hop Dance for the Special Needs

Come join us for some fun filled dances at the La Verne Community Center, Main Hall on Friday, **October 26**, 6:00pm - 9:00pm. Participants enjoy a DJ, refreshments, fun decorations, and a chance to party with their peers. Sponsored by the Al-

hambrans and the City of La Verne. All participants are required to fill out an activity form, which must be signed by participants or legal guardian. If you have further questions, please call (909) 596-8776. Tickets can be purchased at the Community Services office located in City Hall at 3660 "D" Street. AGES: 13 & up FEE: \$5/person presale or \$7/person at the door.

16th Pumpkin Patch Classic Car Show

Come choose your pumpkin and check out the beautiful display of classic cars at Heritage Park on Saturday, **October 27**, 10:00am - 3:00pm. Heritage Park gives the perfect backdrop to enjoy a part of the past with our 16th Annual Classic Car Show. Awards will be given for the top cars. Music, prizes, 50/50 drawing, food, hay rides and antique farm equipment are all a part of the fun. If interested in showing your pre-1975 car or truck please call (909) 293-9005 or visit www.laverneheritage.org. Heritage Park is at 5001 Via De Mansion just north of 210 freeway off of Wheeler and Via de Mansion.

Halloween Trick-Or-Treating in Old Town

Every year local merchants in Old Town La Verne host a safe, family-oriented, trick-or-treat candy walk for children (12 and under) on Wednesday, **October 31**, 2:00pm - 5:00pm. In addition, the University of La Verne regularly hosts a cable television variety show at Mainiero Square where children are invited to appear in costume and be a part of the Halloween fun. Winners of the annual Halloween coloring contest are also announced and awarded prizes for the event. For more information, please call City Hall at (909) 596-8706. Parents may pick-up coloring contest entry forms at City Hall Community Services in October.

MONROVIA

Library Dedication to Long-time Teacher

Monrovia High School will dedicate its library in honor of former English teacher Frank Jansson on Friday, **Oct. 26**. The event begins with a 3:30 p.m. reception followed by the formal program at 4 p.m. Jansson, who taught at Monrovia High for more than 43 years, has been lauded for connecting students to literacy. He passed away in 2003. Monrovia High is at 845 W Colorado Blvd., Monrovia.

Senior Blood

Pressure Screenings

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

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

Caring Crafters

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

3:00 p.m. at the Monrovia Community Center.

Senior Stretch & Exercise Class

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

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

SAN DIMAS

San Dimas

Toastmasters Club

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

WEST COVINA

TOPS Meeting

TOPS (Take Pounds Off Sensibly) meets **every Thursday** at 6 pm at the West Covina Senior Center, 2501 E. Cortez St in the classroom building. The weight loss group seeks members who wish to lose weight and maintain a healthy lifestyle. Meetings last until about 7:30 and the first meeting is free. Visitors are always welcome. Come for support with your weight loss journey. You can do it! For more information, contact Erika Hernandez 626-384-0502 or email: ehernandez57@aol.com

Go West Shuttle Service

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

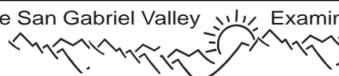
- The fixed-route service operates Monday through Friday from 6:30 a.m. to 7:00 p.m.

- 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.

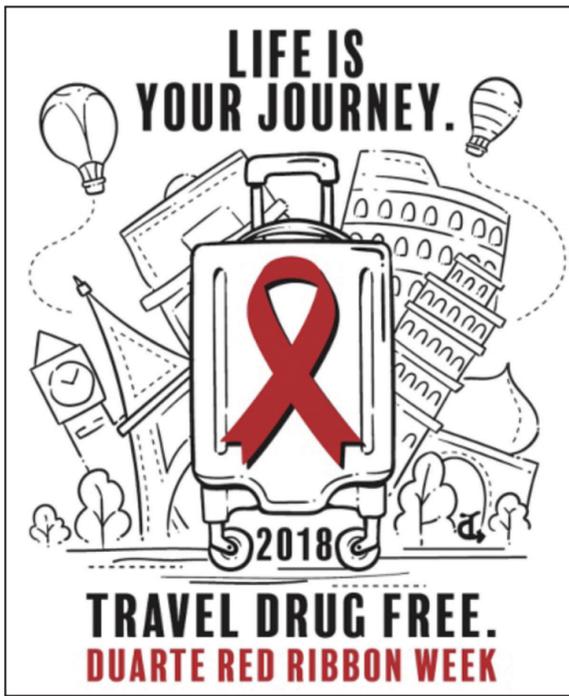


Duarte Red Ribbon Week March

Come March Against Drugs And Learn At Parent University!

DUARTE - Tie a red ribbon around Huntington Drive trees in celebration of Red Ribbon Week on October 27th starting at 9:00 am at the Duarte Teen Center, 1400 Buena Vista Street and join the Duarte community in taking a stand against drugs. The event, courtesy of a Duarte Public Safety tobacco control and awareness grant and several community sponsors, will feature free t-shirts, lunch, a pumpkin patch, and arts and crafts while supplies last. The 2018 theme is "Life is Your Journey, Travel Drug Free."

The march will kick-off the day's activities starting with a presentation by City of Hope's Director of Pulmonary Rehabilitation and Smoking Cessation Programs' Dr. Brian Tiep, before youth and parents enjoy free, family friendly activities at the Duarte Teen Center. The event will feature one of Duarte Unified School District's (DUSD) most popular educational program, "Parent University" and also a Vaping Education workshop presented by the Los Angeles County Office of Education Tobacco Use Prevention group. Duarte Public Safety and the Los Angeles County Sheriff's Departments will also team up with DUSD



during the weeklong celebration to continue educating youth on the dangers of drugs on the various campuses.

Red Ribbon Week is a national, week-long campaign promoting a drug-free lifestyle. Since 1985, communities nationwide have participated in Red Ribbon Week anti-drug campaign activities to educate youth and the public-at-large about the dangers of drug abuse and to commemorate the

ultimate sacrifice made by DEA Special Agent Enrique "Kiki" Camarena, who died at the hands of drug traffickers in Mexico while fighting the battle against illegal drugs.

For more information about Duarte's Red Ribbon Week activities, call Duarte Public Safety Crime Prevention Specialist Aida Torres at (626) 359-5671, ext. 316 or visit www.accessduarte.com

Police Dept. Encourages Everyone to Celebrate Halloween Responsibly



Halloween is a time when thousands of trick-or-treaters dressed up in their favorite costumes will be out and about having a good time collecting candy. For other adults, that means heading to local bars, restaurants or house parties to celebrate the holiday.

With so many people hitting the streets October 31, the Monterey Park Police Department wants to remind those participating in events where alcohol may be involved to celebrate Halloween responsibly.

In partnership with the California Office of Traffic Safety (OTS), Monterey Park Police Department is encouraging everyone to not put yourself and others at risk by choosing to drink and drive. If you plan to drink, plan a sober ride home.

"Halloween should be a fun night for kids and adults," said Monterey Park Police Chief Jim Smith. "By planning ahead, abiding by the rules of the road and driving sober, everyone can enjoy a safe night out."

Unfortunately, Halloween night is also when there is an uptick in drunk-driving related crashes. Between 2012 and 2016, there were 168 drunk-driving deaths on Halloween night. Forty-four percent of all people

killed in crashes on Halloween night were in crashes involving a drunk driver, according to data from the National Highway Traffic Safety Administration (NHTSA). Younger drivers (21-34 years old) pose the greatest risk, accounting for nearly half of all deaths in drunk-driving crashes on Halloween night in 2016.

"We want people to enjoy Halloween, but also act responsibly," Chief Smith said. "There are no excuses for driving impaired. There are so many options to get home safely."

Monterey Park Police Department also supports efforts from the OTS that aims to educate all drivers that "DUI Doesn't Just Mean Booze." If you take prescription drugs, particularly those with a driving warning on the label, you might be impaired enough to get a DUI. Marijuana can also be impairing, especially in combination with alcohol or other drugs, and can result in a DUI.

Monterey Park Police Department offers these tips for drivers, partygoers and parents out with children trick-or-treaters Halloween night:

- Avoid driving through residential areas where trick-or-treaters are likely to be.
- This is a night with heavy foot

traffic and another reason to slow down, be extra cautious and obey all traffic signs and signals.

- Watch for children in costumes that may be harder to see at night. Look out for trick-or-treaters who may cross the street mid-block, or from behind parked cars.

- Decide before going out whether you plan to drink or drive. You can't do both.

- If you plan to drink, designate a sober driver, take a cab, ride-share or public transit. Anything that doesn't involve you getting behind the wheel.

- Party hosts: Offer non-alcoholic drinks to designated drivers and don't allow anyone who may be impaired leave.

- Parents should plan their trick-or-treat route ahead of time and avoid busy streets.

- Have your children wear visible costumes that are easy to walk in and see. Light-colored costumes are best. Use retro-reflective tape.

- Carry a flashlight so drivers can see you.

Whether by bicycle, car, motorcycle or on foot, Monterey Park Police Department encourages everyone on Halloween night, and every other night, to "Go Safely."



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