



# San Gabriel Valley Examiner

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# New Housing Development Opens Its Doors To Homeless Veterans And Individuals

County and The Salvation Army Celebrate Grand Opening of The Hunt Apartments

LOS ANGELES COUNTY - Officials from the Community Development Commission/Housing Authority of the County of Los Angeles (CDC/HACoLA) joined The Salvation Army and other dignitaries to celebrate the grand opening of The Salvation Army Donald & Priscilla Hunt Apartments at Bell Oasis (The Hunt Apartments).

Located in the City of Bell, The Hunt Apartments is a 65-unit supportive housing development, serving formerly homeless individuals, many of whom are veterans. The Hunt Apartments consists of two, three-story residential buildings. A third one-story building contains administrative, ancillary, and supportive service spaces, including a health care center.

"Through a collaboration with The Salvation Army, the County, and all of our partners, I'm proud to say that 65 homeless veterans and individuals now have a place to call home," Monique King-Viehlend, CDC/HACoLA Executive Director, shared. "The Hunt Apartments will be an oasis where hope and a new beginning can be found for all its residents."

The Hunt Apartments is located across from the existing Bell



Priscilla Hunt (center) is joined by officials from the Community Development Commission/Housing Authority, The Salvation Army and other dignitaries to celebrate the grand opening of The Salvation Army Donald & Priscilla Hunt Apartments at Bell Oasis.

Shelter, which operates as a transitional care facility for more than 300 men and women. Similar to the Bell Shelter, The Hunt Apartments will offer its residents' services that include life skills training, medication management and substance-use disorder related services, mental and

physical health care, transportation, education, and employment and training services.

The Hunt Apartments is named after Priscilla and Donald Hunt who provided a generous donation to The Salvation Army. The late Donald Hunt was an army veteran who later became a real estate entrepreneur. His wife Priscilla describes him as a "generous and simple man" and one of his wishes was to donate funds to The Salvation Army to support their life transforming work.

The CDC/HACoLA provided construction and permanent financing in the amount of \$2,572,750 in HOME Investment Partnerships Program and Homeless and Housing Program



The Salvation Army Donald & Priscilla Hunt Apartments at Bell Oasis. Funds. All units, except the manager's unit, are subsidized by Project-Based Vouchers from the CDC/HACoLA.

For additional information on The Hunt Apartments, please call Robert Brennan at (818) 648-9098.

## Kiwaniannes To Host Designer Bag Bingo



READY TO PLAY BINGO! Members of the Glendora Kiwaniannes: Janna Wells, Becky Harris, Margie Henderson, Sherry Heinrich, Debbie Deal, Kandy Nunn, and Mary Jane Bettfreund are ready to play bingo for designer handbags at this year's Designer Bag Bingo event, Saturday, November 3, starting at 11:30 a.m. at the Tim Crowther Family and Teen Center in Glendora. Tickets are on sale at [www.glendorakiwaniannes.org](http://www.glendorakiwaniannes.org). Funds raised from this event provide scholarships to local students.

GLENDORA - The fourth annual Designer Bag Bingo event, sponsored by the Glendora Kiwaniannes, will be held at the Tim Crowther Family and Teen Center in Glendora, on Saturday, November 3. Tickets are on sale now for this event, which annual sells out, at the organization's website, [www.glendorakiwaniannes.org](http://www.glendorakiwaniannes.org). The event begins at 11:30 a.m.

In a spirited and fun paced atmosphere, participants play 20 games of bingo for 20 handbags and luggage from designers such as Michael Kors, Brighton, Coach, Kate Spade and other famous brands. The ticket price of \$45 includes 20 bingo cards, one for the 20 games, hors oeuvre, and one glasses of wine.

Opportunity tickets will be sold for gift baskets containing other purses and fashion items and additional bingo cards may be purchased to enhance the chance of winning.

Channel 4 TV report John Cadiz Klemack will be the guest emcee of the event. Klemack is a general assignment reporter and fill-in anchor for NBC4 Southern California. He has been honored with a number of news industry awards such as the L.A. Press Club, the Edward R. Murrow Award, and an Emmy Award and an Associated Press Award for Best Spot News Coverage.

Tables if eight can be purchased \$500 and in-



NBC reporter John Cadiz Klemack is the guest emcee at this year's Designer Bag Bingo November 3, sponsored by the Glendora Kiwaniannes.

cludes additional bingo cards, drink tickets, and select seating. Corporate and business support is also available which includes publicity the day of the event. University of La Verne, Citrus Valley Health Partners, and Athens Disposal Company are corporate sponsors of the event.

Funds raised from Designer Bag Bingo help the Kiwaniannes to support scholarships for area students. "This is always an exciting event," said Becky Harris, who is co-chair of this year's event along with Karen Kobus. "It combines the fun of bingo with beautiful fashionable purses, bags, and luggage. Everyone has a fun afternoon and the event always sells out!"

## Transient/Homeless Task Force Hits West Covina

By George Ogden

WEST COVINA - A Homeless Task Force came together and worked in West Covina recently. The West Covina Police officers, Sheriff's Deputies along with Los Angeles Homeless Services Authority (LAHSA) and other agents came together to address the growing homeless and transient problems in West Covina.

A command center was sent up in the parking lots of McDonalds and Pollo Loco and then they moved out from there. They targeted the homeless encampments and those roaming around. The homeless have been blamed for the spike in crime which includes urinating and defecating almost anywhere that is convent for them. They are often seen wasted and tweaking out from drugs. They are stealing packages left on porches and being brazen as to walk into people's backyards to see what they can steal. Car and home burglaries are also on the rise.

The Task Force was also armed with arrest warrants. They were also there to give help to those who wanted it. The Task Force with over 50 Police Officers, LA Sheriff's Deputies, LAHSA and Department of Mental Health canvassed the City and hit multiple hot spots. They worked West Covina Pkwy and Vincent/Glendora Ave and all the



Transient takes over a bus shelter for weeks. washes.

There was a recent community meeting that addressed the issue along with the crime that comes with the transients and homeless. This was part of the answer. City officials were also on hand and did what they could safely do.

During the sweep, there were 10 arrests made, 28 people accepted services, 6 people were taken to different areas of service for detox and showers, 7 people had followed up appointments. Mental Health found 10 people and 7 people were taken for treatment.

Homeless encampments were removed. Officers looked for stolen items and weapons as well as drugs. It is unknown what was netted.

The intent is more than just two-fold. Helping people, cleaning up the blight, arresting those that needed to be arrested and making the streets safe. This is also to help deter vigilantes that want to take the law into their own hands when it comes to the criminal transients and criminal homeless.

The operation was deemed successful and more of these task force operations are expected.

## 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](mailto:SGExaminer@aol.com). Articles should be in Word format while photos should be in jpeg.



# Managing Moderate Pain Three Ways

Latest research reveals that up to 90 percent of pain sufferers don't get the relief they're looking for with their current pain medication—but you don't have to be among them. While everyone experiences pain differently, managing it may be simpler than many people realize.

## Understanding Pain Assessment

First, it helps to know what sort of pain you have. According to Dr. Bob Arnot, an award-winning journalist, author of 12 books on nutrition and health, and previously Chief Medical Correspondent for NBC and CBS News, "Pain assessment for patients with muscle pain and arthritis is often done by using pain scales that allow the patient to describe the level of

their pain. Once the level of pain is determined, an appropriate treatment or analgesic can be identified—including OTC topical medication.

"When determining the level of pain, it is important to provide answers to your doctor, including: What were you doing when the pain started? What caused it? What makes the pain better or worse? What does the pain feel like—dull, sharp, stabbing, burning? Where is the pain located? Does it radiate? Does the pain interfere with activities? Does the pain force you to lie or sit down? How long does the pain last? How often does it occur? Are you ever awakened by it?"

"Doctors will seek to measure the severity of pain on a scale of zero to 10, with zero

being no pain and 10 being unimaginable, unspeakable pain. There are several pain scales being used today, ranging from numerical and graphics. The scales follow the same order for explaining the intensity of pain: mild, moderate and severe."

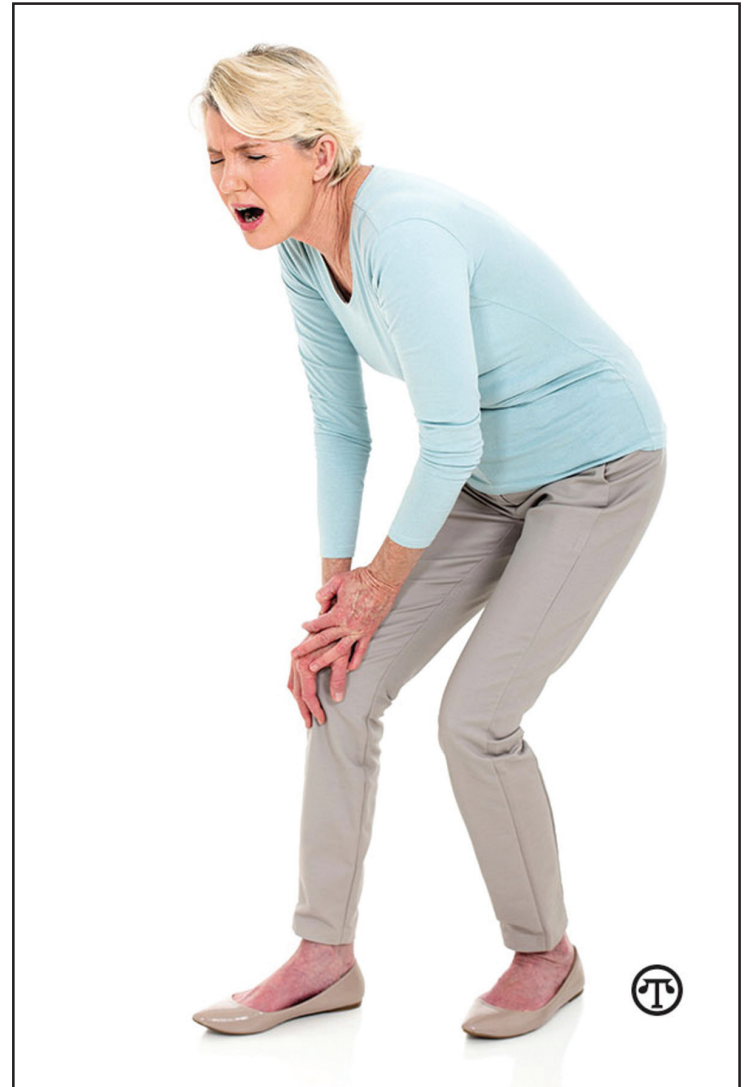
Minor pain levels generally do not interfere with most day-to-day activities. People with mild pain are able to adapt to pain with medication or devices such as cushions. Moderate pain, on the other hand, interferes with many activities and often requires lifestyle changes, as the person is unable to adapt to the pain. Examples range from an average toothache to a sprained ankle to bad back pain.

Fortunately, there are several ways to manage moderate pain

that don't involve reaching for a pill. Three of the most effective are:

**Physical therapy:** Physical therapy can be an effective way to alleviate all types of musculoskeletal and neuropathic types of pain. A primary goal of physical therapy is to help chronic pain patients become stronger. In addition, physical therapy can teach people how to move safely and functionally in ways that they haven't been able to in some time—helping them to avoid injury or reinjury.

**Yoga:** Recent studies reported by the National Institutes of Health suggest that a carefully adapted set of yoga postures may help reduce pain and improve the ability to walk and move. Yoga typically combines physical postures, breath-



You don't have to put up with even moderate pain. Yoga, physical therapy and topical medication can help.

ing techniques, and meditation or relaxation.

Adds the Western Australia Department of Health, "Yoga is very helpful in treating some of the mechanical aspects of pain; for example, when there are tight muscles which contribute to pain."

In the Annals of Internal Medicine, Dr. Robert Saper wrote, "Both yoga and physical therapy are excellent nondrug approaches for low back pain."

**Topical analgesics:** For many people, however, the first choice should be a topical solution: the Salonpas® Pain Relief Patch LARGE. The Salonpas Pain Relief Patch LARGE is the only OTC pain reliever (oral or topical) labeled to relieve mild to tougher, moderate pain associated with arthritis, sprains, strains and backache. It is labeled to relieve mild to moderate pain for up to 12 hours, and was FDA approved just like prescription medicines.

Advises physical therapist Dave Endres, "The new Salonpas Pain Relief Patch LARGE contains two powerful pain-relieving ingredients, menthol and methyl salicylate, which go right to the site of pain. In my business, keeping pain at bay for as long as possible is a key imperative. If there is a choice between oral or topical pain therapies, we encourage the topical route. We encourage the topical route as it avoids the adverse effects

that have been observed with oral dosage forms."

In fact, according to a recent Danish study of pain relief, "it is time to acknowledge the potential health risk of [oral] diclofenac and to reduce its use. Diclofenac should not be available over the counter, and when prescribed, should be accompanied by an appropriate front package warning about its potential risks... In conclusion, our data support that initiation of diclofenac poses a cardiovascular health risk, both compared with no use, paracetamol use, and use of other traditional NSAIDs."

Fortunately, the patch is now double the size with the power to target large pain areas.

For further facts and tips, visit [www.salonpas.us](http://www.salonpas.us). (NAPSI)

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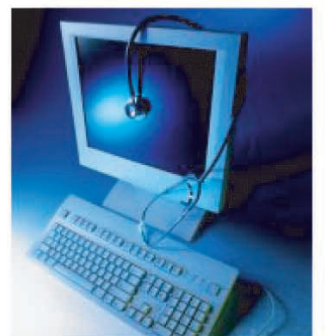
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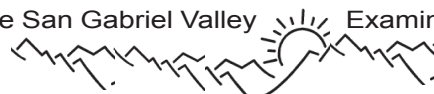
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# Barger Calls For Investigation Into Voter Registration Errors

**LOS ANGELES COUNTY** – The Board of Supervisors unanimously approved a motion by Supervisor Kathryn Barger calling for an investigation into voter registration errors as a result of the new “motor voter” program managed by the California Department of Motor Vehicles (DMV). Created by the Motor Voter Act of 2015 and implemented in April 2018, this program automatically registers any eligible voters who apply for a driver’s license or identification card and transmits this data to the county where that person lives— unless the individual specifically declines to participate.

The state reported that 23,000 instances of voter registration errors occurred between mid-April and early August. The “motor voter” program has experienced other implementation issues as well, with 77,000 voter records being misreported in May by the DMV to elections officials.

“We have heard from concerned voters in Los Angeles

County about issues with the system, and this investigation will help us better understand the scope of the problem and give us a corrective action plan to improve voter confidence,” said Supervisor Barger.

The report back will include recommendations on what steps the County can take to notify and assist local voters who were impacted, how the County can work with the state to help correct the errors and address the root cause

of the problem, procedures that can be implemented at the County level to proactively identify and correct such errors in the future, and expanded outreach measures that can begin to restore public trust in our electoral process.

The motion includes a report back to the Board in two weeks and a five-signature letter to the Governor and the Secretary of State in support of the state’s audit of the DMV.

# Arsonist Arrested in a Number of Fires in Covina

By George Ogden

**COVINA** - On Tuesday, Sept. 25, a man was seen setting fires to a trash bins along businesses in Azusa. The man was spotted setting fire on a store and dumpsters at two businesses along Azusa Ave in the Covina area. This was reported to the police. When they arrived, witnesses gave them the location of where they last saw the suspect. Officers went to the area and spotted the suspect just before 11:00 p.m. The man ran from the police; however, he was caught after a foot chase.

A dumpster was set on fire at Just Tires, 877 S. Azusa Ave., earlier that evening. He was also seen setting several

fires in a Covina Shopping Center. The suspect set the building and a trash bin on fire at El Pollo Loco, 1405 N. Azusa Avenue and a dumpster at Wal-Mart, 1275 N. Azusa Ave.

Officers arrested Manual Garcia, 29, on suspicion of arson. He also had outstanding warrants. Garcia is a transient and used to live in Azusa, according to police. Garcia’s bail has been set as \$160,000 and still remains in custody at the Inmate Reception Center in Los Angeles. It is believed that he may be in this country illegally.

Anyone with information about the case is asked to call the Azusa Police Department Detective Bureau at 626-812-3200.

# Sample Ballot Booklets Issued for November 6th General Election

**LOS ANGELES COUNTY** - The Los Angeles County Registrar-Recorder/County Clerk (RR/CC) began mailing 5,159,215 Sample Ballot booklets to voters for the November 6th General Election.

Sample Ballot booklets contain important election information, including candidates and measures that will appear on

the ballot. The back cover of the booklet displays the location of the voter’s polling place and serves as a Vote by Mail request application.

Residents must be registered to vote to receive a Sample Ballot booklet. Register to vote or check your voter registration status online at [lavote.net](http://lavote.net).

Sample Ballot booklets can

also be viewed online. If you’d like to receive your Sample Ballot booklet via email, please subscribe to the E-Sample Ballot.

For translated election materials in Armenian, Chinese, Farsi, Hindi, Japanese, Khmer, Korean, Russian, Spanish, Tagalog, Thai or Vietnamese, call (800) 815-2666, option 3.

# City of West Covina and West Covina Kiwanis 5K Pumpkin Run/Walk And Community Health & Fitness Expo

**WEST COVINA** - The West Covina Kiwanis in conjunction with the City of West Covina will host the annual 5K Pumpkin Run and Community Health & Fitness Expo on Saturday, **October 20** from 7 a.m. - 11:00 a.m. The event will take place in Cortez Park Community & Senior Center parking lot located at 2501 East Cortez Street. Proceeds from the 5K Pumpkin Run benefit

the West Covina Senior Center programs and West Covina Kiwanis Children programs.

The Health & Fitness Expo will be filled with Health & Fitness related vendors along with free class demonstrations, an inflatable obstacle course, arts & crafts, drawings and much more!

Participants of the 5K or 1K will receive medals and a pancake breakfast. Medals will be

awarded to the top three finishers in each age division.

For more information or to sign-up to participate as a vendor for the Health & Fitness Expo please contact Eric Vargas at the Cortez Park Community and Senior Center at (626) 939-8867 or visit [www.westcovina.org](http://www.westcovina.org). To register for the run or for more information regarding the run visit [www.westcovina5k.com](http://www.westcovina5k.com).

# Barger Leads Initiative To Partner With Faith-Based Community To Support Vulnerable Children And Families

**LOS ANGELES COUNTY** – The Board of Supervisors unanimously approved a motion by Supervisor Kathryn Barger, co-authored by Supervisor Hilda Solis, to develop faith-based initiatives for children and families within the Department of Children and Family Services.

“Through the initiative launched today, our Department of Children and Family Services, philanthropic foundations and other key stakeholders, will begin partnering with local faith-based communities across Los Angeles County to provide services and programs that can have the greatest impact on children and families across the region,” said Super-

visor Barger. “Who better to partner with than the faith-based community which has a track record of success in working with the disadvantaged?”

“It is my hope that by supporting parents with additional resources through our partners in the faith-based community, we can safely reduce the number of children in foster care while simultaneously expanding the pool of potential foster families,” said Supervisor Solis.

The motion directs the County’s philanthropy liaison to work with the Department of Children and Family Services (DCFS) and the Commission for Children and Families to

develop a coordinated faith-based program. The components of the County’s faith-based efforts will include a wide variety of supports such as resource family recruitment, incremental concrete supports (e.g., car seats, food, beds, clothing), visitation centers, parental coaching, respite care, and counseling services.

This effort will also be guided by best practices adopted both locally and in other jurisdictions, and will identify appropriate outcome measurements and data collection to track the efficacy of working with the faith-based community to support the County’s needs.

# Board Of Supervisors Appoints Antonia Jimenez To Lead The Nation’s Largest Social Service Agency

**LOS ANGELES** – The Board of Supervisors has appointed Antonia Jimenez to serve as Director of the Los Angeles County Department of Public Social Services (DPSS), the largest social service agency in the nation.

Jimenez, who has served as DPSS Acting Director since March, has assumed the responsibility of overseeing the Department’s annual budget of \$4 billion, which provides programs and services to 3.5 million low-income County residents. She also manages the Department’s 14,000-plus workforce and the implementation of all federal, state and county policies, and high-profile initiatives.

Since May 2016, Jimenez has focused on leveraging technology to improve the customer experience, reduce food insecurity and enhance access to DPSS services. She has implemented projects to reduce customer waiting time and stream-



**Antonia Jimenez** line processing in DPSS offices, increase telephone assistance available through the DPSS Customer Service Centers, and promote online applications through the Your Benefits Now (YBN) website. She is collaborating with all DPSS staff to create a new organizational purpose and establish quality service standards to deliver consistently exceptional service.

Jimenez has over 30 years of experience as a seasoned government and private sector

executive, much of it overseeing high-profile human services programs.

Jimenez joined DPSS in 2015 as Chief Deputy and championed the Model Office Project to streamline and improve the customer service experience in all DPSS public service offices, winning multiple awards for the design. She first joined Los Angeles County in 2010 as Deputy Chief Executive Officer for the Children and Families Well-Being Cluster, and led numerous task forces, reform efforts and strategic initiatives. She also served the Commonwealth of Massachusetts for 16 years, including positions as Special Assistant to the Governor and Chief Financial Officer to the Executive Office of Education.

In the private industry, Jimenez served as Senior Manager for Deloitte Consulting, where she headed projects for the Pennsylvania Department of Public Welfare, New York City Strategic Initiative, and Solano County’s Health and Human Services Department.

She earned a Bachelor of Science degree from Emmanuel College, and completed senior manager and executive programs at Harvard University’s Kennedy School of Government and Massachusetts Institute of Technology’s Sloan School of Management.

# We Make A Difference! You Can Too!

**WEST COVINA** - Are you looking for a way to serve your community? Do you like interacting with people? Citrus Valley Health Partners at Queen of the Valley hospital, West Covina, needs volunteers who would be willing to help in the gift shop

and front desk. It’s challenging, rewarding and fun. Four hour shift, weekly minimum requirement.

For more information, call Tiffany Ramirez, director of volunteer services at 626-925-6337 or email [tramirez@mail.cvhp.org](mailto:tramirez@mail.cvhp.org)

**San Gabriel Valley Examiner**  
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- 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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## Cox: No Tax, No Train, More Water

When we talk about the next California Governor and the contest between John Cox and Gavin Newsom we hear and see numbers. Numbers with dollar signs. The more money, the more visibility whether it is TV ads, mailers or just busing around the state shaking hands with the average person. But California is at a critical point. Voters are disgusted and it is time to know what the money for that TV ad or bus tour is really supporting.

Ballots will be coming out shortly and we see a long list of initiatives we will be deciding on most with important financial impacts on the state budget and on our pocketbooks. And, it isn't just today, it is all the tomorrows we are deciding on for our children and grandchildren with potential debt they will be obligated to pay off.

Prop 6, Repeal the Gas Tax, is for me beyond just the tax and the money it will take out of my wallet. It has become more the principal of the matter. I voice my tired mantra again... for a Governor to go office door to office door in the Capitol begging support for a tax and ending up "giving away" almost close to \$1 billion of taxpayer money to "buy" a couple of votes to pass a gas tax to me is unconscionable. I will vote "yes" on the gas tax repeal because of the unethical way the tax was passed and because the citizens should have the right to vote on any new tax any politician - either side of the aisle - is planning on asking us to pay.

Gavin Newsom supports the gas tax taking \$800 to \$1,000 a year from low and middle income families and John Cox opposes the gas tax and is supporting a "yes" vote on Prop 6 to repeal the gas tax and require voter approval for any new tax on gas.

Let's talk bonds. The November ballot, has three general obligation bond measures totaling \$14.377 billion and when you add in the interest, we are talking almost \$28 billion the state general fund will be obligated to repay over the next 30 or 40 years if those bonds are approved. The



**Shade's Perspective**  
Lois M. Shade

**Former Mayor of Glendora**  
general fund is unrestricted money and supports education, health & human services (homelessness) and law enforcement and this \$28 billion is money no longer available for those departments.

Since 1993 through January 2018, the voters have voted on 39 bond measures totaling \$154.829 billion. They approved 31 of the bond measures totaling \$143.409 billion with only 6 of those initiatives being citizen generated and only 4 were approved. Of the 33 bond initiatives referred by the legislative body, 25 were approved and 7 of those bond measures were related to water infrastructure and all were approved. The state budget is \$200 billion.

Another water bond, Prop 3, is on the ballot. The proposed \$8.877 billion general obligation bond would cost about \$8.4 billion in interest over 40 years, meaning the bond would cost us a total of \$17.3 billion. Titled California Water Infrastructure and Watershed Conservation Bond Initiative makes you think we might be working on more dams or reservoirs or more money to support the approved ones but the biggest share, \$2.355 billion would go conservancies, state parks, nonprofits and local agencies for river parkways. If approved, \$3.753 billion would go to projects in disadvantaged communities.

California Treasurer says as of December 1, 2017, California had \$73.33 billion in debt from

general obligation bonds and had \$31.09 billion in unissued bonds, including \$2.19 billion for natural resources and environment-related bonds. \$360 million was rolled over into Prop 1 in 2014.

The bullet train known as train to nowhere was a 2008 Prop 1A \$9.9 billion initiative that squeaked through, passing by a bare 5%. The \$9.9 billion bond was to partially fund an 800-mile high speed train from Los Angeles to San Francisco and allowed \$950 million (almost a billion) of that money to be available for connectivity from passenger rail lines to the high-speed system. Phase 2 of the project took the train to San Diego and from Merced to Sacramento. There were to be three funding sources for Gov. Brown's bullet train. First the bond money approved by the voters that appears to be inadequate, federal money which was never guaranteed and I would be surprised at this point if any appeared, and private investments which is totally nonexistent.

The 2008 estimated cost was \$40 billion but the Rail Authority issued a revised cost estimate for the entire project bringing it in at \$98.5 billion and maybe as high as \$118 billion to be finished, not in 2020, but in 2033. The \$55 one-way ticket for the 200 mile per hour ride in two and a half hours has now risen to \$105 to carry 120,000 riders a day.

In 2012, State Senator Doug LaMalfa asked for a re-vote to shift those bonds to water projects. In January 2016, Legislative Analyst Office submitted a proposal to then Attorney General Kamala Harris to allow the Bullet Train bonds to be switched to water bonds prioritizing domestic use first with agricultural use second and environmental and recreation use and third. Both failed. Neither proposal happened.

John Cox wants to dump the bullet train and does support water for the Central Valley farming communities. Where is Gavin Newsom on these two issues?

## It Is All About The "Stall" And A Death Of A Thousand Cuts

The latest attack on the party of Lincoln comes from a Ford. Christine Blasey Ford, the now revealed anonymous writer of a letter of accusation, could possible bring down another Republican appointment, Brett Kavanaugh. Ford has also been revealed as an avid anti-Trump advocate who was a long time donor to the Democrat party, made pink "pussy" hats and wore them at protests and scrubbed her social media entries prior to "coming out."

It has been reported that Ford's family was involved in a Maryland case (no. 156006V) of foreclosure presided over by Kavanaugh's mother, also a judge. Ford's brother has worked for the Baker Law firm for 15 years. It is the same law firm representing Fusion GPS. It always seems to come out that a person brought to the public off of "Main Street," to be used as a Democrat "tool," is someone or some family that has had a connection or an involvement with the Democrat establishment, whether it is Sandra Fluke or the Kahn Family, among others.

How much better to have the opportunity to engage in the latest act of "resistance" from the folks in opposition to Republi-



**Charles Lopresto**  
cans, Trump, or Conservatives, than to be the latest pawn in their blood sport that is defamation of character? And once again for Democrats, an act of questionable timing as the letter and the notification of this accusation from Ford was presented to Senator Feinstein back in July with plenty of time for Ms. Feinstein to approach Chairman Grassley and say "she wants to remain anonymous, what should we do?" Take it from there, rather than a late surprise, unless the late surprise is just what was desired.

Any anti-Trump activities taking place these days are all a part of what is now a cottage industry where books are sold, speeches made and paid for, and names in politics created, even if it just for 15 minutes.

So this is where we are now. Everyone is attacked, and no one is safe. No one is allowed forgiveness, and people with the least amount of character are behind the attacks on another person's character. "Cappaquiddick" Ted "Borks" one nominee and so it begins. Clarence Thomas is made a victim of "a high tech lynching...of an uppity Black man," Hillary Clinton throws a number of her husband's sexual victims under the Scooby Van, and it leads up to "Spartacus" Booker denouncing the latest appointee while Kamala Harris demands yet another FBI investigation regardless of the jurisdiction restrictions.

Just who can ever be approved and why would they want to even subject themselves to it, if this precedence is set? Or is it just the case of Democrats no longer being able to accept any one that they don't agree with, and accusing any election, nomination or appointment, one of questionable legality, real or perceived?

If Kavanaugh's nomination goes south, and we find ourselves chalking the sidewalk around his reputation's demise, it is the American people that will suffer yet another death of a thousand cuts.

## Watch Your Back and Wallet When You're Out

We have all been stuck in a situation when you are walking to or from some place, especially when in a parking lot, a transient comes up to you and ask for money. These people often target women alone or with little kids. This can be very scary and intimidating for these young women. This can turn ugly in just a matter of seconds. The young woman can be robbed and there is not much she can do about it. She can't run after them, because of the kids.

How can you help prevent becoming a victim? First off, be aware of your surroundings. NEVER take your wallet out. Don't give them anything. Once you produce a wallet, you have compromised your safety. Often, these so-called beggars are nothing more than thieves sizing you up. They sometimes work in pairs.

An incident that happened when a young woman with a child was in a supermarket parking lot when she was approached. "Do you have an extra buck or two" she was asked. She tried to ignore him, but he followed and was



**George Ogden**  
*That's just the way it is!*

persistent. She finally stopped and pulled out one of those convenient wallets that also holds a cell phone. This one also had a place to hook your car keys to so everything is all together. So, to get rid of this guy, she pulls out her wallet and takes out a dollar. As she handed this transient the dollar, another transient on a bike rode by and snatched her wallet, cell phone and car keys (in the all-in-one-case) and off he rode away from the scene. The guy she gave the dollar to, took the dollar and took-off himself.

I was told that the two transients were seen hanging together earlier before the robbery.

This is nothing new and it happens all the time.

A friend of mine also became a victim when he was approached and asked for money at the Eastland Shopping Center. He is in his 70s and he refused to take out his wallet and give this dude any money. The transient shoved the elderly guy to the ground and in broad daylight tried to take his wallet. The elderly guy carries his wallet in his front pocket so it was difficult for the other guy to get to it. The old guy simply kept rolling over so the guy couldn't get his hand into his pocket. People continued to walk by doing nothing until finally someone came to his aid. The attacker took off running across the parking.

If you see people out there when you go into a store, you know they are going to be there when you leave. If you are apprehensive, ask an employee or the manager to accompany you to the car. Sadly, this is the kind of world we live in today

*"That's just the way it is!"*

## How Wide Is Your World?

I am fortunate to have spent my life in a very large world. I have been in every continent except Antarctica, and either lived in or visited more than sixty nations. I have had friends worldwide who continually reminded me that more was going on outside the borders of the United States than we might have realized. In the last couple of years, however, this physical world has been dramatically reduced. Not only have I been on my last international trip, but also any travel in the United States is probably over. Telling my daughter, Beth, that we have cancelled our projected trip to her home in New Orleans has been painful.

My mobility within this reduced physical space is now limited to driving a friend around the golf course in an electric cart. But that golf cart is the only powered vehicle I can now handle. I have not driven my car for six months—and that has dramatically limited my mobility to move around even in this community. So how large now is my world now?

It is still much larger than that of 95% of those who have inhabited this planet. Even today most people have NEVER been ten miles from the place of their



**Charles H. Bayer**

birth. When I was working with minority college students in Chicago, there were those who had never physically seen Lake Michigan. Some, primarily African American young people, just knew that anyone who looked like them should not cross State Street. They assumed there was an unwritten law.

My world is now as large as my imagination, my vision, my hopes. These days I have the whole world available on the desk from which I am composing this column. The world is still as wide as my heart and just as high as the reach of my soul. The whole world and any information about it is just a few keystrokes away. What has now changed is only the limitation of my capacity to physically be there.

*The world stands out on either side*

*No wider than the heart is wide;*

*Above the world is stretched the sky,*

*No higher than the soul is high.*

*The heart can push the sea and land*

*Farther away on either hand;*

*The soul can split the sky in two,*

*And let the face of God shine through.*

Edna St. Vincent Millay

I am fortunate to be living in a community of friends and neighbors whose world and world-view is also as wide as their hearts that are wide indeed. This despite our physical limitations and means of travel summed up by the ubiquitous presence of wheel-chairs and walkers. Perhaps I may never have lived in a world this wide.

When colleagues talk openly about how they are shutting out their world, I wince: no newspapers, news magazines, e-mails, radios, TVs, or even conversations. How sad. And then there is Audrey about whom I wrote several weeks ago. Audrey lives in a very small room she can no longer leave. But what a room! NO, WHAT A WOMAN!

*And now good-morrow to our waking souls,*

*Which watch not one another out of fear;*

*For love, all love of other sights controls,*

*And makes one little room an everywhere.*

John Donne

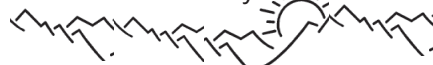
My question, whoever you are: how wide is your world?

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

## Donations Needed

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

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



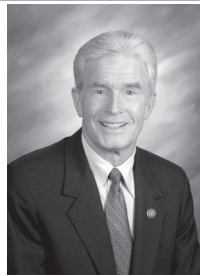
# The Federal Reserve Raises Rates

Last week's rate hike might have been the most anticipated ever, with the possible exception of the hike in June. The Fed raised the funds rate a quarter from 1.75-2.0% to 2.0%-2.25%. It was fully priced into the market, reflecting a combination of clear communication from FOMC participants and economic conditions that not only made it possible for the committee to stay on course, but made it possible to do so for months without the shadow of a doubt. Something to remember as 2019 fast approaches: It was not always this way, nor will it always be this way in the future.

The market reaction seemed appropriate to many of my colleagues on Wall Street, not because the Fed no longer describes policy as accommodative, but because the forecast was not as hawkish as expected. The FOMC already explained the "accommodative" change was coming and why. As Chairman Powell repeated, the Fed's natural rate models lack precision. The decision to remove "accommodative" was not made because policy is necessarily neutral (neither stimulative or restrictive), but because the FOMC can no longer be absolutely certain policy it is not.

Going into the meeting, Wall Street figured participants were as confidently hawkish as many can remember at least since 2006. As a result, many feared, and the Street expected, at least a longer tightening path - to a higher rate - if not a faster, longer tightening path. Instead the forecast revealed little change in rate expectations through 2019 and no increase between 2020 and the new forecast in 2021.

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



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

The Fed no longer claims policy is accommodative. This change reflects the possibility the funds rate is approaching neutral, but of course the FOMC is not expected to stop at neutral. The path of their forecast suggests most participants would prefer to raise rates until they are restrictive before easing back to neutral in the longer-run.

All that said, next year's decisions won't be as obvious as this year. We will start the year closer to neutral, if not already there. There will be no massive round of fiscal stimulus in 2019. And, stronger than expected investment spending in the wake of the tax cuts may boost productivity growth, which could warrant stronger growth and therefore less need for tightening. Chairman Powell said the Fed does not see a tax-related supply-side boost yet, but admitted "we are really bad at forecasting productivity." The point is, the "risk" going forward suggests rate hikes may fall short of the forecast medians.

President Trump rebuked the Fed for raising rates, but he also said rate hikes are good for savers and he noted the Fed would not have raised rates if the economy were not in such good shape.  
Bottom Line

The overall statement is little changed. The labor market is still "strengthening" and activity is still "strong."

In the Strategic Economic Plan:

- The GDP forecast was revised up this year from 2.8% to 3.1%. 2019 was revised up one tenth to 2.5%.
- The core inflation forecast was unrevised.
- The 2018 unemployment rate forecast was revised from 3.6% to 3.7%. Other years were not revised.

As for the forecast medians,

- Twelve of 16 Fed members favor one more hike to 2.5% in 2018

- There are three hikes to 3.25% projected in 2019, with an even split of four participants looking for 2, 3 and 4 hikes, giving a high-confidence range from 3% to 3.5%

- There is one hike in the 2020 median expectation to 3.5%, but only two participants are at the median Fed Rate. There are six at 3.75%

- In 2021, the median is 3.5%
- The long run median is 3%

The message in the Fed's assessment of the economy was far less hawkish than the worst case in Wall Street forecasts. As a result, bonds are rallying reflecting expectations for lower interest rates, especially 3 year Treasury Notes and 5 year Treasury Notes, as many on Wall Street expected would be the case (with forecasts only a bit higher).

**LIVE LOCAL, SHOP LOCAL - THIS IS THE TIME OUR MERCHANTS NEED US**

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

# Your Money - Ask Julia

*Is now a good time to sell our home?*

The Feds increased the interest rate this week, and said they plan to raise the rate again in December and three times in 2019. Buyers want to buy now, but there are not enough homes for sale. Therefore, now is a great time to sell your home. Homes that are priced right are getting multiple offers. Contact me if you need a recommended Realtor in your area.

*What is a buy-sell agreement?*

It is a way to transfer business assets to a partner or to a family. These agreements are usually set up to take effect under specific circumstances such as death, retirement, or total disability. Life insurance or annuities are typically used to offset the potentially cost-prohibitive endeavor of buying out a partner or family member. There are two types: the cross-purchase agreement in which business partners set up a contract to purchase the business from each other, and the entity-purchase agreement in which the business agrees to purchase the partner's or family's share.

*You've mentioned that life insurance is an important part of an estate plan. How?*

Nowadays, there are two basic ways that life insurance is important in your estate plan. First of all, there's a type of life insurance that can accumulate money that is accessible while you are alive - funds to use for anything you want. Second, life insurance helps your heirs. Life insurance normally pays quickly, and most often these funds are income tax



**Julia Yoder**

free. This money helps to pay taxes, administrative costs, debts, or keep business operating while the estate is being settled. If the survivors have lost the income of a paycheck or Social Security check, life insurance can help to fund an income stream. And, finally, life insurance can increase the family's wealth after the death of a loved one. Fixed-indexed annuities also pay quickly, but can also be set up to pay out over a longer timeframe, thus limiting the heirs from wasting their windfall in a short period of time.

*What are my options for getting my money out of my annuity that is about to mature?*

It depends on your annuity policy contract. With some annuities, you can take a lump sum upon maturity. With others, you leave the money alone during the growth period, and then you're required to take it out over a period of years. Some annuity policy contracts allow limited access to your money, usually starting at the beginning of the second year. Annuity contracts are commonly supportive of the government requirements for Required Minimum Distribu-

tions upon reaching age 70 ½, regardless of other contract rules.

*How can we be more financially prepared for disasters?*

Putting aside, for a moment, the emotions and basic physical needs of food, water, shelter, medical care, and personal protection, it is also important to think about being more financially prepared in case of a disaster. In the case of loss of life, there are always survivors who wish their loved one had more life insurance. In the case of "natural" disasters (hurricanes, tornados, earthquakes, fires, etc.), homeowners or renters insurance helps. It can also be helpful to have an easily accessible stash of cash. (ATMs use electricity and can run out of money.) It's also good to stockpile supplies (e.g. toilet paper, coffee, first aid items) to trade for items someone else has available. Keep in mind that if this nation's economy, or even the global economy were to crash, we're all going to be in the same survival situation.

**Ask Julia by email: juliayoder@yahoo.com**

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## THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

## Repariophobia

What is repariophobia, you ask? It is the fear of auto repair. I read this term just the other day and said to myself, "Yes, it is about time it had a name!" What are the reasons consumers have this dreaded condition?

- Many consumer news reporters love to feature a certain shop or auto repair chain routinely ripping drivers off. They go under cover and take a well-maintained vehicle into the shop and then share with the public the long list of repair items the shop claims are needed. This hurts all auto repair shops, not just the culprit who apparently can't earn enough money being honest. The majority of auto repair shops are honest, hard working individuals. The con artists are few and far between.

- Consumers are worried that they won't have enough money if

they take their vehicle in for routine maintenance and the service advisor informs them they need a repair as well. They hadn't budgeted for more than the routine service. Always ask for a price before you tell any shop to proceed with a repair. If you can't afford to have it done right then, tell them you will have to come back at another time.

- Consumers may be pressed for time and don't want to be without their vehicle for very long. Even if the shop offer rides to and from home or work, they like the convenience of having their ride ready to go when they are.

- Consumers aren't experts in auto repair! They may be highly intelligent individuals, but this isn't their area of expertise. Ask the service advisor to explain what is needed in layman terms.

If they start spouting off phrases you don't understand, tell them. It is up to them to make you feel comfortable. If you are at the shop when they are explaining, tell them to show you. If you are on the telephone, get an explanation you feel good about.

Our job is to take the phobia out of auto repair. You can count on us!

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](http://CertifiedAutoCa.com).

**Hometown Service You Can Count On!**

## Covina Women's Connection Luncheon

COVINA - The next Covina Women's Connection luncheon will be Tuesday, **October 9th**, from 11:30 a.m. to 1:30 p.m. at the Hibachi Super Buffet, 1459 N. Citrus Ave., Covina. Ms. Janelle Piconi will share how to go from "Surviving to Thriving"! The special feature, "Love Letter to my Family" will educate the group on how to share important information with the family. The cost is \$15. Reservations are encouraged however, walk-ins are always welcome. For more information or to make a reservation, email Pat Almeida at [patnsammylucy@yahoo.com](mailto:patnsammylucy@yahoo.com), or call Maxine Depweg at (909)929-8016.

## 345 Caught Abusing Disabled Parking Placards at Los Angeles County Fair

Four enforcement operations held at Pomona Fairplex

LOS ANGELES COUNTY - A series of enforcement operations held at the Los Angeles County Fair has resulted in 345 citations being issued to abusers of disabled person parking placards. During four operations held at this year's fair, DMV investigators verified that 1,955 visitors using disabled person parking placards were doing so legally. The statistics reveal that one of every six people were fraudulently using a placard.

Offenders had their placards confiscated and given a citation that carries a fine between \$250 and \$1,000.

"We want the public to know that a person who is assigned a disabled parking placard is the only one who can legally use it," said DMV Investigations Chief Tom Wilson. "Our goal is to achieve compliance through education and enforcement, and we ask those without a disability to

save the space."

This is the second year that the DMV has conducted enforcement operations at the L.A. County Fair. Of the 2,754 placards verified during five enforcement operations last year, investigators caught 477 people misusing them.

"We want all of our guests at the LA County Fair to have an enjoyable experience. This begins when you arrive," said Miguel A. Santana, Fairplex President and CEO. "If there is someone illegally taking a parking spot from a guest with a disabled parking placard, we want to know about it. Those spots are designed for those who need them. So, we are happy to assist the DMV in making sure everyone is following the law."

It is important to note that not every disability is visible and allegations of misuse of a disabled parking placard may be unfound-

ed. The level of reported or observed misuse of disabled parking placards varies from area to area. Most violations involve people using disabled parking placards issued to family or friends to avoid paying parking fees, as well as obtaining convenient and/or unrestricted parking.

California Vehicle Code Section 4461(b) (c) prohibits anyone from lending their placard, knowingly permitting the use of their placard or allowing anyone else to use it while they are not present. In addition, individuals cannot display a disabled parking placard that is not issued to them or that has been canceled or revoked.

Anyone who suspects a person may be misusing a disabled person placard is urged to report it using an online complaint form or by contacting their local DMV Investigations office.

## Medical Association To Hold Charity Golf Tournament

WALNUT - Join Philippine Medical Association of Southern California as they hold a Charity Golf Tournament on Saturday, October 27. Proceeds will support the medical mission and other humanitarian projects of PMASC and its Auxiliary.

The Charity Golf Tournament will be held at Royal Vis-

ta Golf Course 20055 Colima Rd., in the City of Walnut. Registration starts at 11am - Tee-off: 12:30pm - Cost is \$120. This includes 18-holes of golf, riding cart, practice balls, various prizes and dinner!!! Tee Sponsor is \$150.

Deadline for Registration: October 15, 2018

\*All donations are Tax-De-

ductible - CA 501c(3) Non-Profit Corporation. PMASC Tax ID: 23-7264511


For inquiries, please call Chairman - Dr. Bob Mungcal (562) 243-8895 or Co-Chairman - Dr. Manuel Baculi (310) 408-7968, Dr. Andy Ebilane (424) 201-9848 or Dr. Ray Abejuela (909) 859-4865.

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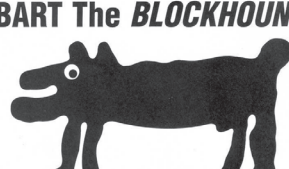


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# Around the Valley & Senior News

## 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 9:00 AM to 11:00 AM 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

### Instructors Needed

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

### Arcadia Senior Card Club Looking For New Members

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

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

## BALDWIN PARK

### Trip to 32nd Annual Avocado Festival in Carpinteria

Join us for some festival fun on Saturday, **October 6th** from 9:00 am - 7:00 pm at The Avocado Festival held in Downtown Carpinteria. The Avocado Festival has evolved into one of the largest festivals in California. It is also home to the world's largest tub of guacamole. With plenty of creative avocado dishes and food booths, live music entertainment on 4 stages, arts and craft vendors, and more, you won't want to miss out this event. Located a block away from the beautiful Carpinteria Beach. Meals not included. Tickets are \$20 for Baldwin Park Residents and \$25 for Non-Residents. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

### 25th Annual Award

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

## Winning Prom

The Julia McNeill Senior Center invites you to join us on Friday, **October 12th** from 5:30 pm - 11:00 pm for our 25th Annual Award Winning Prom. We will be celebrating 25 years of formal dancing and dining with great music and friends at the Baldwin Park Court Yard by Marriott. The theme this year is "Puttin On The Ritz: A Night of Magical Memories." Don't miss out on this spectacular evening filled with dancing, live music performance by Smooth Touch, raffles, door prizes, and more! Tickets are \$20 for Baldwin Park Seniors Age 55 and over. \$35 for Non-Resident Seniors Age 55 and over. \$47 for Non-Seniors Age 21-54. Dinner is included with price. For more event 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

### 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

### 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.

### Treasures At Community Yard Sale

The public is invited to a Community Yard Sale on Saturday, **October 13th** from 8 a.m. to 2 p.m. at the Duarte Senior Center, 1610 Huntington Drive. Find a treasure at a bargain price and enjoy delicious refreshments while shopping! For information, please contact the Duarte 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.

### Hot Lunches at Senior Center

The Senior Center serves hot lunches Monday through Friday to individuals over 60 years, or

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

### Alzheimer's Safe Return Registration

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

### Volunteering Does Your Heart Good!

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

## GLENDORA

### Flu Shot Presentation/Clinic

Don't be a victim of flu season this year! Dr. Kassir and his awesome team from HealthCare Partners will be at the La Fetra Center providing participants with information about the flu and free flu shots Monday, **October 15** 12:30pm - 2:00pm. Following a short presentation on flu shots, free flu shots will be given while supplies last. Pre-register at the La Fetra Center: 333 E Foothill Blvd. Glendora, CA or by calling (626)914-0560. (Pre-registration does not guarantee a participant will receive a flu shot)

### Drawing Classes

Drawing is the basis of all arts. Anyone can learn how to draw because it is a skill. Artistic talent is not necessary, only a desire to learn! Explore line quality through the study of master drawings as well as negative space, proportion, chiaroscuro, composition, and perspective. Or take your drawing skills to the next level! Draw on a larger scale by trying different mediums and paper.

Fee: \$100\* for the session. A supply list will be given to you on the first day of class. Thursdays, Sept 6 to Oct 11, 2018, 6:00pm - 8:00pm

Register online at [www.cityofglendora.org/register](http://www.cityofglendora.org/register) or in person at the La Fetra Center.

### Alzheimer's Peer Support Group

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

### Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers re-learning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. Lunch is avail-

able (\$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](mailto:jmarkel@ci.glendora.ca.us).

## LA VERNE

### Get About

#### Transportation

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

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

## MONROVIA

### Senior Blood

#### Pressure Screenings

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

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

### Caring Crafters

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

## Motivated, Dedicated Teens and Young Adults Wanted

**GLENDORA** - The Library's Youth Advisory Boards are seeking teens and young adults grades 5-12 who want to help shape the youth programs at the Glendora Library. Join us to meet new friends, gain volunteer experience and have fun! The Teen Advisory Board, for students in grades 5-7, meets the 2nd Wednesday of each month at 4 p.m. The Young Adult Council is for stu-

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

### Go West Shuttle Service

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

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

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

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

### Senior Lunch

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

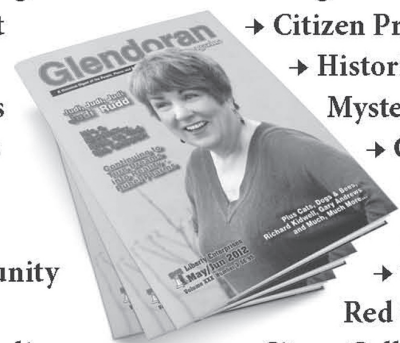
There is a suggested lunch donation of \$2.00 for those 60 years and older. Persons younger than 60 years old pay \$4.00, and persons with disabilities younger than 60 years pay \$3.00. West Covina Senior Citizens Center is at 2501 East Cortez Street.

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# The Duarte Historical Society & Museum To Present Wyatt Earp: Law Man Or Outlaw?

**DUARTE** - The Annual General Meeting of the Duarte Historical Society & Museum will feature author C.R. King's presentation of "Wyatt Earp: Law Man or Outlaw?" on Friday, November 2, 6:30 p.m. at the Duarte Museum, 777 Encanto Parkway, Duarte. Admission is Free. Wear your cowboy hat!



**C.R. King**

Regardless of how one interprets the information, he expects the presented snippets of Earp's actions "will enlighten and give a better understanding to a very real Wyatt Berry Strapp

Earp." A short business meeting will be held. For further information, call (626) 358-0329. Admission is free. Refreshments follow the program.

King has worked in the broadcast industry most of his adult life. Today he has earned the reputation of an expert on gun-slingers of the Wild West and has penned several books on the subject. His story of Arthur King and Wyatt Earp ("The Last Deputy") is based on fact. He has also authored Battlefield Treasures, Men of War, The Solar Odyssey, Lies & Betrayal, and A Fraternity of Gunslingers: True Stories of Wild West Gunmen.

After outlining the exciting life of Earp, King expects the audience will come to their own conclusions. Was Earp a man of his time, or purely legend? Did he enforce the law or break the

# Art Exhibit at Citrus College Explores Three-Dimensional Realm



The Citrus College Art Gallery is currently hosting an exciting exhibit titled "Fractal," which features the three-dimensional work of artists Margaret Griffith, Stephanie Hanes and T. Robert Pacini. The art installation will be on display in VA 120 through Nov. 9. (Photo courtesy Citrus College)

**GLENDORA** - The subjects of femininity, fragility, and the connection between humans and nature are all explored in a new art exhibit currently on display in the Citrus College Visual Arts Building Art

Gallery. "Fractal," a show of three-dimensional art, opened in late August and will run through Nov. 9. Featuring pieces created by Los Angeles-based artists Margaret Griffith, Stephanie E. Hanes and T. Robert Pacini, the exhibit delves into themes of repetition and pattern.

According to Mike Hillman, the Citrus College faculty member who organized the exhibit, the goal of the show was to highlight the use of different methods and media.

"I wanted the students of Citrus College and members of the community to see the variety of 3-D artwork currently being created," he said.

To celebrate the exhibit, an artist reception will be held on Wednesday, Oct. 3, from 5 p.m. to 7 p.m. in room 120 of the Citrus College Visual Arts Building. During the event, the featured artists will provide a

short presentation about their work, followed by a question-and-answer session.

Those unable to attend the reception can visit the exhibit in the Art Gallery from 8:30 a.m. to 4:30 p.m., Monday through Friday, or by appointment.

"While opening the door to higher education and professional opportunity is the primary role of Citrus College, we also strive to create a welcoming environment that the citizens in our surrounding communities can enjoy," said Dr. Geraldine M. Perri, superintendent/president. "Entertainment opportunities and cultural events, such as the 'Fractal' exhibit, are a great way for the college to showcase its beautiful campus and state-of-the-art facilities."

For more information about "Fractal" or to schedule a viewing appointment, call 626-914-8580.

# Retired Teachers to Hear from Arcadia Police Dept. Community Services Officer, Mike Vercillo

**MONROVIA** - Members of the California Retired Teachers' Association #71 (CalRTA-SGV) will welcome Officer Mike Vercillo, Arcadia Police Department Community Services Officer to their October meeting. Officer Vercillo directs Crime Prevention and Community Outreach programs. He will give a PowerPoint Presentation on information about personal protection and avoiding scams, along with explaining how residents can partner with their local law enforcement agencies to help reduce crime and stay safe. In do-

ing Community Outreach, Officer Vercillo has implemented Arcadia's Neighborhood Watch, National Night Out, and tours of the Arcadia PD's Mobile Command Post as well as other Community Outreach programs.

After graduating from CSU-Los Angeles, Mike Vercillo went into the automotive business for some years before turning to law enforcement. In that capacity he was a reserve volunteer with the Alhambra Police Department and a Homeland Security Safety Officer for the Airport Police in Burbank. Mike Vercillo has been

with the Arcadia Police Department for twelve years, first serving as Jail Supervisor and now as the Community Affairs Officer. He and his wife have lived in Arcadia since 1967.

The CalRTA #71 luncheon meeting will take place on Friday, **October 12**, at 11:30 a.m. at the Monrovia Community Center on 119 W. Palm Ave., Monrovia. Some parking is available next to the Monrovia Community Center, but more ample parking is available on the street. The cost of the luncheon is \$13 for members and guests. Season

tickets for the luncheons are also available. For reservations, please call John Gera at (626) 286-0714 by October 5. The cost of the luncheon for those who pay at the door is \$14.

Membership in the California Retired Teachers' Association (CalRTA) is open to all retired educators, as well as to current educators and to any others interested in joining this active group. Meetings always include legislative updates that affect retired teachers. CalRTA's motto is "Your Partner in Pension Protection."



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# Homework Help Is Available At The Library

GLENDORA - School is back in session and your children need help with their homework - where do you turn for help? The Glendora Public Library! Students in grades K-12 can receive free, online help in Math, English, Science and Social Studies from 1:00 pm-10:00 pm daily through the Library's website, [www.glendoralibrary.org](http://www.glendoralibrary.org) - just click on the Homework Help Live Tutoring icon. Students are connected with a tutor who can assist with answering a single question, or understanding a dif-

ficult concept.

The Glendora Library's Homework Buddies has resumed: elementary school students can receive in-person homework assistance from high school students Monday-Thursday from 3 pm -5 pm in the Library Friends Room. For more information regarding online and in-person homework assistance, please contact the Library at (626) 852-4891 or check the [website](http://www.glendoralibrary.org), [www.glendoralibrary.org](http://www.glendoralibrary.org).

# Armed Women Stealing from West Covina South Hills Residential Area



Two armed women committing crimes in the South Hills (Citrus and Hillside) of West Covina.

By George Ogden

WEST COVINA - An incident occurred on Thursday, September 27th in the South Hills neighborhood in West Covina. Two women were recorded going to different homes stealing items from the homes in the South Hills area.

These women came armed with screw drivers and/or ice picks. This was in case the homeowner was to catch them, they would have a weapon that they

can use on the homeowner to help make their get-away.

The homes have security cameras and they have been caught going into yards and trying to break into cars. One recording around 3:15 to 3:20 p.m. shows them stealing items. Later that night, they returned to the same area and to a home at 7:38 p.m. that recorded the same two committing additional crimes. The victim had a good video on these two armed women and posted it

on "Social Media" so everyone can be on the lookout.

On social media it was reported, "Two females went onto our property looking for packages. They stole my kids' playground hammock (\$20), but nothing else of value. (I only checked my cameras because I noticed it was missing today). They attempted to enter the gate behind my house but for some reason decided against it. They went into my neighbor's yard and

appeared to have stolen some recyclables. They were looking into my neighbor's car for valuables. The one that had the hat on looks to be holding something in her hand in "ice pick" grip style, so be cautious, probably a weapon." South Hills area near Citrus and Hillside."

If you see people like this, don't approach them as they appear to be armed. Call the police immediately.

# Trunk or Treat

ARCADIA - The members of the Church of the Good Shepherd in Arcadia invite families of all faiths to join them in their eighth annual, FREE, fun-filled Halloween event, Trunk or Treat, to be held on Wednesday, **October 31** from 6:15 to 8:00 pm. Church members will create a ghostly adventure suitable for children of all ages in the church parking lot at 400

W Duarte Road in Arcadia. Last year, over 250 people, including children, parents and friends enjoyed this Halloween event.

Congregation members will open the trunks of their cars revealing creative and elaborate Halloween decorations. Children are invited to visit each car and receive a special treat.

Be sure to bring a goodie bag and remember that costumes are welcome for all. Adding to this fun-filled evening, professional puppeteer Kevin Noonchester will present a brand-new show featuring Zorro, a favorite Southern California folk hero.

Event organizers say this is one of their all-time favorite ac-

tivities because it is always so much fun and it provides them an opportunity to serve the community by offering a safe alternative to the traditional door-to-door visits by little ghouls and goblins.

No reservations are required. For more information, call Lynne or Vern Whitaker at 626-446-7860.

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