

San Gabriel Valley

San Gabriel Valley

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

April 25 - May 1, 2019

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Glendora Community Coordinating Council's April Award Recipients

GLENDORA - Mary Jane Bettfreund has been an active volunteer in Glendora for many years. She was very active in PTA serving as PTA President at several schools and PTA Council President. She served on the Glendora Community Services board as well as being a board member for Glendora American Little League. Mary Jane served on the Foothill Foundation board and was president of the Citrus Valley Health Partners Foundation for the past three years. She has been a member of the Glendora Kiwaniannes for the past 15 years, currently serving as event chair. Glendora Community Coordinating Council is pleased to honor Mary Jane with April's Humanitarian Award.

A senior at Glendora High School Kayla Sera is a highly motivated, charismatic and responsible student, athlete, volunteer and leader. She is currently the ASB President and on the Varsity Basketball team. She has a passion for service and a personal vested interest



Rose Wentz, Glendora Community Coordinating Council President with April's Humanitarian Award recipient Mary Jane Bettfreund.

in all she does. Kayla volunteers with Miracle Marrow Matches finding donor matches for Bone Marrow Transplant patients. She also volunteers at the Senior Companionship Society where she works with seniors on crafts and other activities. In addition, Kayla donates her time to the East San Gabriel Valley Japanese Community Center working with youth as a camp counselor. She strives to excel in all she does, being driven to be the



Paul Lopez, Principal at Glendora High School, Glendora Community Coordinating Council President, Rose Wentz presenting Kayla Sera with April's Youth Recognition Award and GHS teacher Rene Gonzalez.

ing for volunteers from the city to be recognized each month. If you have a nominee please visit our website at www.glendoracoordinatingcouncil.org for a form and contact information. We'd like to thank the Glendora Education Foundation for being our meeting sponsor.

West Covina Unified Elementary Students Display Coding, Robotics Prowess

WEST COVINA - Orangewood Elementary students delighted parents, educators and staff with creative demonstrations of their budding science, technology, engineering and mathematics (STEM) skills during a coding and robotics expo.

best she can be. It is with great

honor Glendora Community

Coordinating Council recog-

nizes Kayla with the April

The GCCC is always look-

Youth Recognition Award.

Kindergarteners and firstgraders provided block coding demonstrations, while Gifted and Talented Education (GATE) students showcased more advanced, scripted coding skills. Fourth- and fifthgrade students also highlighted their video game design and programming talents.

"Coding is considered another language, so students learning to code aligns with our goals to foster multilingualism at a young age," Principal Janet Shirley said. "Coding and robotics have also helped students develop skills that help in all subjects, like planning, logic and creative problem-solving."

Following the demonstrations, attendees gathered to watch Orangewood second-



Orangewood Elementary students program a robot to complete a challenge during the school's coding and robotics expo.

and third-graders square off in a friendly robotics competition, in which students programmed robots to complete challenges.

Orangewood Elementary students receive 45 minutes of coding and robotics instruction each week, which supplements the college- and career-focused education provided through Orangewood's International Baccalaureate Primary Years Programme (PYP).

PYP engages students in a rigorous, globally focused pathway that covers six subjects: Spanish and Mandarin dual language immersion, visual and performing arts, mathematics, science, social studies, and personal, social and physical education.

Celebrating National Park Week



National Park Week, celebrated April 20-28, provides not only an opportunity to explore the stunningly diverse 419 national park sites nationwide, but also to recognize the individuals who have spoken up over decades to protect and enhance these incredible places -- and to spotlight the work that is still needed.

"It's difficult to imagine what

the U.S. would be like without the Grand Canyon or the Great Smoky Mountains or the Statue of Liberty. National parks offer more than hiking paths, beachfronts and mountaintops," says Theresa Pierno, president and CEO of the National Parks Conservation Association (NPCA). "We find a sense of identity and inspiration in these treasured places. They speak to who we are as Americans."

Additionally, national parks offer veterans, active-duty members and their families places of solace, healing and reflection, while honoring their service. More than a quarter of our national park sites commemorate military history, from Gettysburg in Pennsylvania to places such as Yosemite and

Sequoia National Parks, where Buffalo Soldiers were the first park rangers.

National parks don't exist as they do today by accident. Today, Florida Panthers still roam in Florida's Everglades; hikers in Joshua Tree don't gaze at what would have been the country's largest landfill; and the country's diverse and shared history is celebrated in national parks, from Cesar Chavez to Birmingham to Stonewall, thanks to the work of conservationists, including NPCA.

For 100 years, NPCA has served as a fearless defender of national parks. The idea for NPCA came at the urging of the first National Park Service director, Stephen Mather and his colleague, Robert Sterling Yard, who believed that national parks needed a voice, separate from the federal government, whose sole responsibility was to protect and enhance them for present and future generations.

"The earliest park advocates shared a goal that lives on today, of ensuring the wonder of these places is preserved," says Pierno. "Each of us serves as beneficiaries of their vision and action. Now it's our turn to ensure that 100 years from now, people will still be able to watch Old Faithful erupt at Yellowstone, learn about the history of our democracy at Independence Hall and stand in amazement as brown bears wade into Brooks Falls searching for fish at Katmai in Alaska."

Unfortunately, national parks continue to face threats, including pollution that is harming their air and water, climate change, energy development, inadequate federal funding and a list of repair needs that is nearly \$12 billion across the entire National Park System. Experts say that parks are also threatened by attempts to derail policies and laws meant to protect these treasured places -- from carving up national monuments for development to fast-tracking oil and gas leasing in and near some of America's last truly wild places. To learn more, visit npca.org/ 100.

"We need our national parks and they need us to stand up and be a voice," says Pierno. (StatePoint)

Foothill Presbyterian Hospital Junior Auxiliary Donates Phone Charger



Foothill Presbyterian Hospital Junior Auxiliary members helped to raise over \$600 for the much needed phone charger for the use of visitors in the surgery waiting room. Volunteers, left to right: Anthony Tarajki, Jillyn Turunen, Ahmad Alkhatib, Camille Leung, Emily Hyslop, Erica Oceguera, Zena Alkhatib, Carina Semaan, Krupa Patel and Sarah Fuentes.

S.G.V. EXAMINER April 25 - May 1, 2019

Toastmasters Gain Experience, **Earn Honors for Public Speaking**

SAN DIMAS - A business owner, a college student, and a playwright took top honors at a local Toastmasters club meeting. Tim Cheng was named the best speaker at "Toast to the Best" Toastmasters Club 5880 meeting on April 18. Cheng spoke about facing the challenges of owning a business. It was his first speech in the new "Pathways" curriculum for Toastmasters. Eric Wild, a Cal Poly Pomona student, took home honors as the best table topics speaker. The table topics section of the meeting challenges participants in impromptu speaking. Wild had to speak about "National High Five Day," which was the same day as the club meeting. Playwright and theatrical director Peter Romero was named the best evaluator for the meeting. Romero evaluated Cheng's speech.

District Conference

Toastmasters is holding its District 12 Conference on May 3-4 in San Bernardino. Tickets are available at http:// www.d12toastmasters.org.

Strategic Storytelling Workshop



Tim Cheng, Eric Wild, and Peter Romero were named the best speaker, best table topics speaker, and best evaluator, respectively, at the April 18 meeting of "Toast to the Best" Toastmaster Club 5880 in San Dimas.

Romero is holding a "Strategic Business Storytelling Workshop" on Wednesday, May 1, that is open to business owners, marketers, nonprofit leaders, entrepreneurs, and sales teams. Romero will teach about why storytelling is used and how it works. The workshop is from 9 a.m. to 1 p.m. at 504 E. Route 66, Glendora. The cost to attend is \$125. For more information or to register, visit https:// Business www.peterome.com.

"Toast to the Best" is open to all who are interested in improving their public speaking or leadership skills. The Toastmaster club meets at 7 p.m., every first, third, and fifth Thursdays in the Parish Hall at Faith Lutheran Church, 505 E. Bonita Ave., San

For more information, visit h t t p s : / / 5880.toastmastersclubs.org/, email info@toasttothebest.org, or call 951-505-0555.

San Gabriel Unified Middle **School Highlights Professional** Pathways during Career Day



California Highway Patrolman Saul Vasquez explains his daily duties with his K-9 partner to Jefferson Middle School students during Career Day.

SAN GABRIEL – Jefferson Middle School students learned about the benefits of working in music composition, aerospace engineering, public safety and more than 40 other professional pathways during the school's annual Career Day.

Jefferson Middle School students took notes and asked questions during three 40-minute workshops, during which parents and community members detailed their professional journeys and how to thrive in their careers.

Carl Carranza, a marine biolo-

gist and marine science educator at the Cabrillo Marine Aquarium, highlighted how certain interests as a child alongside in-school activities led to his career.

"In the third grade I was in love with dinosaurs, like all kids in the third grade," Carranza said. "That got me involved in geology, because looking at dinosaurs meant looking at fossils. Then we dissected a shark and that was way cool; I fell in love with marine biology and decided that's what I was going to do."

Jefferson school counselor Tony Phuong emphasized the importance of highlighting career paths to middle schoolers and to keep options open for chil-

"It is important for middle school students to get the exposure to career options and to see if they like or don't like a certain aspect about a career," Phuong said. "Career Day also helps them to link what they are learning in the classroom to a career or apprenticeship down the road."

Information Forum On Immigration And Citizenship

AZUSA - The Azusa City Library's Inspired Citizenship Program, in collaboration with the Los Angeles Incubator Consortium, and the Central American Resource Center (CARECEN), will host an Information Forum on Immigration and Citizenship Saturday, April 27 from 11:00 am - 3:00 pm in the Azusa Civic Auditorium. The Auditorium is located at 213 E. Foothill Blvd., Azusa. The Information Forum will provide comprehensive information on immigration and naturalization to educate the public on these processes.

Guest speaker, Rodolfo Marquez, Immigration Attorney, is a member of the Los Angeles Incubator Consortium, will provide information on asylum, deportation, DACA and rights under the law. The L.A. Incubator Consortium is a collaborative between Loyola Law School, Southwestern Law School, UCLA Law School, and the Los Angeles County Law Library.

Guest Speaker Miriam Núñez, Supervising Attorney of Citizenship at CARECEN, will provide information on the naturalization process, eligibility and English language requirements; CARE-CEN is a nonprofit organization

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that offers affordable naturalization and immigration legal services throughout Los Angeles County.

According to the most recent U.S. Census data, 31 percent of Azusa residents were born outside of the United States. With citizenship instruction being an unmet need in the San Gabriel Valley, the Azusa City Library initiated Inspired Citizenship in 2014. Inspired Citizenship provides FREE weekly class instruction, one-to-one tutoring, naturalization workshops, and the annual information forum.

If you would like to become a volunteer tutor for the Adult Literacy Program contact the Adult Literacy Coordinator at the Azusa City Library, (626) 812-5266, acalderon@azusaca.gov. Please stop by the library to see what's new or you can also check out what's happening at the Library through Facebook and Twitter.



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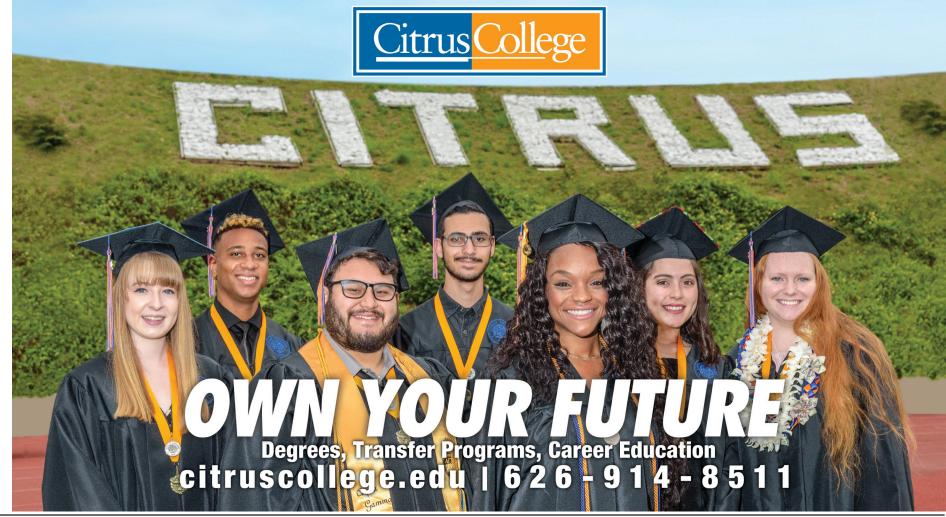
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Gold Line Train Testing

On Sunday, April 28, from the potential for longer delays. 10:00am to 10:00pm. the Foothill Gold Line Construction Authority will be testing a newly installed underground communication system for the freight train system that runs through the cities of Azusa, Glendora and San Dimas requiring stoppage of all traffic across the rail corridor for approximately 3-5 minutes each test run, with the possibility of longer delays. The testing will require a freight train (Metrolink or BNSF locomotive) to run at 40 miles per hour (MPH) between Barranca Ave. in Glendora and Gladstone Ave. in San Dimas. The testing involves several trials on the active freight corridor to ensure the new communication system will activate and deactivate the train signals at all street crossings. The communication system's testing is part of the initial construction activities for the Foothill Gold Line light rail project being built from Azusa to Montclair.

WHAT TO EXPECT

• Expect 3-5 minutes of delays at the railroad crossings periodically throughout the day, with



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

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

· We believe in performing our journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

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Contributing Writers:

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

Thank you for your cooperation.

• A Metrolink or BNSF locomotive will begin on the west side (Azusa) or east side (San Dimas) of the city of Glendora and accelerate to 40 miles per hour through Glendora, activating the train signals and crossing gates at all street crossings. Once the train reaches the end of the testing segment, another trial run will begin in the opposite direction. A total of six successful runs complete the testing.

• The train's horn will be sounded as it approaches each street crossing.

• Safety officials, called Flaggers, will assist with traffic management at the intersection/rail crossings being tested between Barranca Ave in Glendora and Gladstone Ave in San Dimas as the train passes.

Intersection/rail crossings affected during the testing include:

City of Azusa: Virginia Ave., San Gabriel Ave., Azusa Ave., Dalton Ave. and Pasadena Ave.

City of Glendora: Barranca Ave., Foothill/Grand Ave., Vermont Ave., Glendora Ave., Pasadena Ave., Glenwood Ave., Elwood Ave., Loraine Ave., Lone Hill Ave. and Gladstone Ave.

City of San Dimas: Gladstone Ave., Eucla Ave., Bonita/Cataract Ave., Monte Vista Ave.

· Pedestrian access via the sidewalks will remain open; however, pedestrian traffic will also be stopped when the train is approaching.

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Public Health Issues Measles Warning for Spring Break Travel Season

LOSANGELES COUNTY-With measles outbreaks occurring nationally and internationally and the increase in travel during the spring break season, the Los Angeles County Department of Public Health (Public Health) reminds everyone who has not been immunized against measles to get the measles-mumps-rubella (MMR) immunization. Spring travel and attending large-scale events, especially in places with ongoing outbreaks, can increase your chances of exposure to measles.

"With ninety-percent effectiveness, the measles immunization is the best way to keep from getting and spreading measles," said Muntu Davis, MD, MPH, Los Angeles County Health Officer. "Because non-immune adults, particularly those born in 1957 or later, have also been affected by recent outbreaks, we recommend that everyone contact their doctor to ensure they have received two doses of the measles immunization.'

Travelers taking domestic trips should follow the general Centers for Disease Control and Prevention (CDC) vaccination recommendations. Those traveling internationally should consider the expedited schedule, particularly for children and anyone who does not have evidence of immunity.

According to the CDC, 555 cases of measles have been confirmed in the United States so far this year. This is the second-highest level in 25 years, with the number of measles cases expected to rise. As of last week, the CDC reported the disease has spread to five more states, bringing the total number of states affected up to 20. Nearly twothirds of all the cases have been in New York. Outbreaks are also occurring internationally. Although Los Angeles County has no cases for 2019, Public Health has responded to three nonresident cases that traveled through Los Angeles County this year (excluding Long Beach and Pasadena as cases identified in those cities are reported by their local health departments).

Measles is considered among the most contagious viruses in the world. About 90% of nonimmune individuals become infected if exposed.

Common symptoms of this highly contagious illness include

fever, cough, runny nose, conjunctivitis (red eyes) and a rash which usually appears 10 to 21 days after the exposure. Individuals should contact their healthcare provider by phone before going in if they develop measles symptoms. The CDC recommends that all children receive two doses of MMR vaccine, the first between the ages of 12 to 15 months, and the second between the ages of 4 and 6 years. People who may have been exposed to measles and who have not been immunized, may receive

disease. Measles immunizations are available at your healthcare provider, local pharmacy or health clinic. Public Health clinics offer no or low-cost immunizations for individuals who are uninsured or underinsured. To find a nearby Public Health clinic, call 2or visit http:// www.publichealth.lacounty.gov/ chs/phcenters.htm.

measles immunization and be

protected from developing the

For more information about measles, visit: http:// publichealth.lacounty.gov/media/ measles or call 2-1-1.

Man Arrested for Bringing **Gun to Covina High School**

By George Ogden

COVINA - Covina Police responded to Covina High School on Friday, the 19th at 8 a.m. School officials called police when a man came into the administration building acting spaced-out and paranoid. He told office staff that someone was chasing him.

When officers arrived, they detained the man and basically took him into custody for both his protection and theirs. When they searched the man, they found ammunition in his pocket. It appeared to the officers that he was on drugs and was tweaking out.

The man was identified as 34-year-old George Gonzalez of Rialto. Questioning the man as to why he had the bullets for a gun, he basically told the officers that it was for his gun that he hid outside. Not sure what he was talking about or if it was true, they asked him to take them to the gun that he hid outside. He did just that. Officers recovered a loaded pis-

Gonzalez was arrested for

being a convicted felon in control of a loaded handgun as well as for bringing a gun onto a school campus and using illegal drugs. He also had a number of outstanding warrants.

Police are trying to figure out his motive and why he came to the school with a loaded weapon, especially when he lives in Rialto.

Anyone with information about the man is requested to contact the Covina Police Department and help them with this information.

"TIME JOCKEY" - Baseball 1970

the Western Division. In the

By Joe Castillo

A Look Back.... Spring has arrived and with it comes America's favorite sport of Baseball. 1970 was the first season after the Amazing Mets won their first World Series championship to conclude one of the most amazing performances in sports history. The Mets were born in 1961 and fielded some of the worst baseball teams in the history of the sport but in 1969 they surprised everyone to win the baseball championship of the world. The cover of the 1970 Baseball Magazine featured two of the Mets bright young pitchers, Tom Seaver and Jerry Koosman, heroes of the 1969 campaign. The magazine was a pre-season edition and forecasted what it thought would be the eventual champions.

There were only two divisions in each league back then as compared to three today. In the National League, the Mets were selected to win the Eastern Division while the Atlanta Braves were predicted to win American League, the Baltimore Orioles and Minnesota Twins were chosen to win their divisions. Looking back to the 1970 season, both the Mets and Braves failed to win their divisions, who were defeated by the Pittsburgh Pirates and Cincinnati Reds, both were predicted to finish third in their divisions. The publication fared better

in the American League with the Baltimore Orioles winning the East and the Minnesota Twins winning the West just as the magazine predicted in its preseason magazine. There was a detailed scouting report on each team including three teams which are no longer in existence, the Montreal Expos, Washington Senators and Seattle Pilots. For the Dodgers, a young crop of pitchers was featured in the story: Bill Singer, Claude Osteen and future Hall of Famer Don Sutton. Base stealer extraordinaire Maury Wills was also featured as one of the stars of the LA team. The

article noted that after the Dodgers won the pennant in 1966, then fell to 8th place the following season and only gained the one spot the following season. In 1969, the team finished 8 game behind the division winning Atlanta Braves but Baseball Magazine predicted with LA's superb pitching staff the team would finish much better in 1970. With 87 victories, the Dodgers finished in second place in their division.

The California Angles scouting report featured Jay Johnstone, Jim Fregosi and Sandy Alomar but after a 71-91 record in 1969 the magazine was only predicting a slightly improved season in 1970. A new manager, Lefty Phillips, was set to take over the leadership of the ballclub and for the first time since the team was established in 1961, the halo on the Angel cap was removed. The Angels finished the 1970 much better than anyone thought, winning 86 games and finished 3rd in the West division. The magazine is filled with pictures of the best players in Baseball in 1970 with many of the players eventually inducted into the Hall of Fame. It sold for 60 cents which was a heck of a deal then but 49 years later it is still a splendid investment as well as a reminder of past baseball seasons

Joe Castillo is a freelance historical writer who has been covering Southern California history for 11 years and has written 5 books on the topic. He can be reached at joeacastillo@aol.com.

Celebration of Life for Mike Spence WEST COVINA - A funer-

al service to celebrate the life of Mike Spence will be held on Saturday, April 27th at The Church of Jesus Christ of Latter-Day Saints, 1307 S. Orange Avenue, West Covina. Viewing is at 9:30 am fol-

lowed by the Funeral Service at 11:00 am.

Moving In for the Kill

Politicians, if they're worth their salt to their party's leadership, have already assessed the overall support for their legislation this year, relationship to their party's platform and their governor's own agenda. Once that's done, they start polishing off their game plan and using their own creative words, like ... doing what's in the public's best interest even if they don't know it yet. Translation: trailer bills.

Trailer bills, once upon a long time ago, were the implementing language for the California State Budget Bill. That is, if a bill passed and needed language to clarify or amend existing state law for the budget, it would go to Department of Finance for updates or changes to state law and come back for passage again as a trailer bill for the budget. Legislators, at some point, decided it was more expedient to take controversial bills, like raising or creating new taxes, and just insert them at the end of the session and call them trailer bills. Like the gas tax.

SB 623, Sen. Bill Monning (D-Carmel) was presented in 2017 as a tax on water to clean up polluted areas in disadvantaged communities and to give the residents safe drinking water. This bill came out of the Senate Appropriations Committee and was sent over to Rules to become a two-year bill. I decided to go looking for it to see what changes had been made and if it was coming back. I can't find it.

What the Legislative Analyst Office (LAO) said:

"The administration proposes budget trailer legislation to implement a significant new policy that would implement a new financial assistance program to address unsafe drinking water, particularly in small and disadvantaged communities." Currently the proposal would be:

- Fertillizer Mill Fees generating \$14 to \$17 million per year
- Charges on milk producers beginning in 2022 generating \$5 million a year
- · Charge on confined animal facilities but administration was not sure how much to charge or what it would generate in reve-

Department of Food and Ag-



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

riculture is requesting \$1.4 million in general fund money to create 7 new positions to administer the collection of the fees and charges. The request says it is a one-time cost. That means to me the fees, after a couple of years, will have to be high enough to fund the paychecks, medical and retirement costs.

What needs to be acknowledged is the money already allocated to solve polluted water

- \$23.5 million in 2018 from general fund revenue.
- Prop 68 was approved in June 2018 and designated \$250 million for safe drinking water in disadvantaged communities.
- In November, voters allocated \$500 million for safe drinking water in disadvantaged communities.

In water bills I've read, there is always tucked into them a sentence, "Establishes, under the Human Right to Water Act, as the policy of the state, that every human being has the right to safe, clean, affordable, and accessible water adequate for human consumption, cooking, and sanitary purposes." If that is the case, couldn't some of the \$16 or \$17 billion in the rainy day or surplus budget fund be used to give these 360,000 people clean water? I find it interesting, that 360,000 number has not changed at all during the last two years in the articles I've read.

Finally found something called Safe Drinking Water Plan, AB 1381, and thought that might be the water tax bill by Democrat Rudy Salas (AD-32) who serves the area from Bakersfield to Hanford. Salas serves as Chair on Joint Legislative Audit Commit-

tee, and member of Agriculture, Governmental Organization, Veterans Affairs, Water, Parks, & Wildlife Committees and Select Committee on Early Childhood Development.

The bill tracker I use told me AB 1381 went to print on 2/22/ 19 and then on to the Environmental Science and Toxic Substances Committee on 3/19 and back again on 4/9 where the committee hearing was postponed. The tracker provided no staff analysis of the bill which is usually available.

Salas has had two previous water bills approved last year for disadvantaged communities. Both established grant funding with principal on loans forgiven, zero percent interest and the programs to be administered by the appointed members of the State Water Resources Control Board. Gov. Gavin Newsom has just appointed Joaquin Esquivel as Chair of WRB. From 2007 to 2015 he served as U.S. Sen. Barbara Boxer's legislative assistant for water and agriculture issues.

LAO suggested the legislature, before going further with any tax, consider:

- Consistency with the state's existing law and human right to
- Compare estimated revenues generated to the cost to fund the problem.
- Compare the beneficiaries to those who have to pay the new
- · Limited nature of the alternative funding sources for what the legislature is proposing to do.
- · Trade-offs associated with the proposal's safe harbor provisions. (Liability)

Makes me wonder who these 360,000 people are and exactly what communities we are talking about here. We've been hearing the state legislators talk about this since 2017 so I'm guessing they don't think the situation is critical. Those disadvantaged communities might be in for another jolt if the tax on bottled water is brought forward and it passes also.

I'd watch out for a trailer bill or two at budget time this year as the legislators start moving in for the kill.

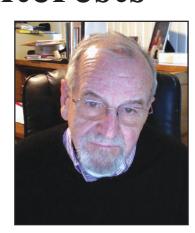
Vested Interests

Back near the dawn of history I was a college debater. My occasional partner was Jim Spainhower. Jim later became treasurer of Missouri and twice was the Democratic candidate for Governor. The discipline found in debating probably helped prepare him for a political career. In inter-collegiate debate there is a yearly topic that is the basis for contests throughout the nation. At inter-college contests, in one tournament each team of two is required to argue for the affirmative position, and in the next tournament argue for the negative position. Formal debate taught us to look carefully at both sides. Jim often carried me, and we won far more contests than we lost. These debate encounters were usually judged by a faculty team

from the host college. If there was a downside in debating, it lay in the passion it developed to win. Despite the truth that resided somewhere in the issue at hand, we had a vested interest in prevailing no matter which side of the issue we were advocating. In ensuing years I have maintained a passion to win most arguments. It is not one of my nobler attributes. While I have thought of myself as evenhanded, I have more than occasionally carried a vested interest in winning.

Beware of anyone who claims neutrality and tells you that he/ she is only guided by the facts. Be doubly suspicious when they believe this is their consistent position. My guess is that most of us carry around an emotional suitcase loaded with vested interests. The honest thing may be to admit it, and to examine what has produced it. Being guided by an ability to see the value in the other side of the argument may be the path to discovering the truth lying beyond any articulated po-

So, while the President has a



Charles H. Bayer

right-perhaps a duty-to appoint to his executive team those who will carry out his objectives, the political opposition has a duty to examine the vested interests of those appointed. Consider a case where a person whose career has been spent as a lobbyist for the tobacco industry is appointed to a commission whose task is to determine the risks of smoking, and is involved in crafting legislation or regulations dealing with this issue. The chances are that this appointee's vested interest will come into play, and he will be rewarded by how it reflects the position of the one who appointed him and the companies for whom he worked.

Sometimes one's vested interest, mirroring that of the President, might lead an appointee to destroy what he or she has been appointed to enhance. What may be at stake is the nation's much larger vested interest. One after another of Trump's appointments has been offered to persons committed to diminish what they had been appointed to lead.

For example, Andrew R. Wheeler is now the acting director of the Environmental Protection Agency. Wheeler has spent his career as a lobbyist for the coal industry, which is responsible for much of the pollution degrading the air we all breathe. This is only one case where the interests of an economic power-

house trumps everything else. Perhaps the best answer to climate change is a carbon tax. Who will be responsible for producing the research leading to such legislation? It is the EPA which is now in the hands of the coal industry. Don't hold what little breath any of us have left waiting for legislation mandating a carbon tax. Maybe it will take the 2020 national election to get it seriously considered.

We should be just as wary of a push for universal solar panels if leadership were to come from an appointee who was the chief lobbyist for the solar panel industry. In the current debate about climate change and global warming 95% of the world's scientific climatologists are united in telling us that global warming is real, potentially catastrophic and has largely been caused by human activity. Study after study has made that case. On the other hand, there are studies put forward by the 5% of scientist who are climate-change deniers. But just examine who has paid for those studies and what was their vested interest in the conclusions, and you will find the fossil fuel industry often waving the check-

Earlier in this column I suggested that we all have vested interests. Perhaps in the issue of climate change the vested interests of the fossil fuel industry have threatened to overwhelm the much larger good. Most of us have an admitted a vested interest in the stability and survival of the planet. There is a variety of vested interests, and some of them are critical to our survival. Whose vested interest should prevail? Or perhaps in the ensuing debate we may discover the truth beyond the position being currently held by both sides.

Contact Charles Bayer at candwbayer@verizon.net

Bill Of Rights Protects You From A Tyrannical Government

Bv D.B. Shimel

Unfortunately, all too many of and purpose of the Bill of Rights. If asked 'what is the Bill of Rights' all too frequently people have little or no idea what is in these Amendments and what is there purpose.

The Constitution of the United States was written so as to define the powers, and the limitations on powers granted, to the fledgling government. During the creation and ratification of the constitution, many people and states demanded a formal statement of the people's and states' rights. Many others contended that the Constitution in its very nature guaranteed these rights by limiting the power of the government. However, several state legislatures refused to ratify the Constitution if they were not promised a written and formalized statement of these rights. James Madison came down on the side, of the argument contending that the Constitution was so restrictive on the government and that a Bill of Rights was not required. In spite of these arguments. John Adams, with the help of several other people, set about creating these amendments. These ten Amendments were proposed in a single group and ratified as one but in fact each is a standalone document. All of the amendments in the bill of rights are important to our freedoms but, due to space limitations here only the first two will be discussed in

Amendment I (1) says: "Congress shall pass no law respecting the establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or the press, or the right of the people to peacefully

depth now. The remaining

Amendments will be discussed in

future writings.

Government for redress of grieveffect on this country.

Freedom of religion means that people are free to practice any or no religion. Today this freedom is being assailed by the progressive left. A simple example is, demanding of people no longer say "Merry Christmas". This simple greeting is seen by the progressive movement as condoning Christianity over religions that do not celebrate the holiday, so it must be eliminated.

Freedom of speech means that you are free to express ideas that you believe. To progressive's freedom of speech is only free if what people say does not offend anyone – so called "hate speech". This was not the intent of the amendment. Who is to say what hate speech is. Today college and even school campuses have "hate speech police" patrolling their grounds. Freedom of speech means that if someone is offended by what some one is saving they can just move on and not listen to rhetoric that they might find offensive.

Freedom of the press means just what it says. This amendment was intended to allow the press to be free to publish the actual news no matter who it might harm or offend. The American people cannot be free to form opinions if the press does not keep them informed. Unfortunately, many of the so called news outlets have become the mouthpiece for a political agenda. A well informed electorate is essential in a free country.

Freedom to peacefully assemble means that any group may peacefully assemble to rally people to their cause. Again, we see this right being denied by radical socialist leftists like

assemble, and to Petition the ANTIFA. All too often peaceful gatherings are invaded by these the American people really do ances". This short paragraph is thugs who beat people senseless not understand the content, intent monumental in its content and because that person may have an opinion different than theirs.

Petitioning the government means that a private citizen can challenge the government, to reverse actions taken by our government, in court if need be, when they believe have been harmed by the government.

Amendment II (2) Freedom to bear arms: This amendment is one that has drawn the most ire from the left. This is particularly true after tragedies like attacks on schools and other public gathering places perpetrated by psychotic individuals. After these heinous acts the news media renders no real solutions other than renewed cries for ever more restrictive gun control laws. Be assured these are heinous crimes and their impact on humanity should never be understated. However, passing more gun laws usually only results in private law abiding people becoming criminals. Chicago, a city that has some of the most restrictive laws regarding guns, is one of the most violent cities in the country.

Again let us go back to the premise of the founders on this issue. The amendment states "... the right of the people to keep and bear arms shall not be infringed". Why was this amendment so important to the creators of the amendment? The stated reason was 'In order to maintain a wellregulated militia". Thomas Jefferson saw this amendment as critical in the prevention of the government from becoming tyrannical. When people are armed the government is much less likely to attack the citizenry.

Historically, when dictatorships are being formed one of the first thing they do is to unarm the people. Unarmed people are eas-Turn to Bill Of Rights / Page 5

Should Our Police Resources Be Used for Funerals And Paid For by Taxpayers?

When you take a look at the recent tragedy with the murder of Nipsey Hussle (his real name is Ermias Asghedom) who was a known Crips gang member and hip-hop artist, this was a shocking event for many. Although it was said that he backed away from the gang itself. As a hip-hop artist, he made

his money and opened a business. He gave back to the community which is super great, however he still had undesirable contacts and it is now showing up that he may have undesirable business dealings as well. He has an arrest record and answered to 4 charges back in Aug. of 2017 and then Oct. of 2017 he was arrested again for two charges, where he was sentenced to jail time for

Kirk

Warner

Anthem.



George Ogden That's just the way it is! these crimes.

He and his affiliates did work with schools and the youths as well as the needy. His murder last week was a shock to the community. He was killed after a confrontation with a male individual in the front parking lot of his store. A suspect has been ar-

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rested.

Since then, there were a number of shrines with candles set up in his parking lot. There were also some issues during that time as well. There was a strong police presence during that time along with traffic control to help insure safety in the area.

There was a large funeral service at the Staple Center with a long precession throughout the city that followed. Streets were blocked off so everything could move safely.

The question has come up often, who is paying for all this, including all the police needed for this funeral event? We are looking at hundreds and hundreds of thousands of dollars. Some people are okay with it while others ask why are we doing this for a Crips Gang Member and someone who recently served jail time?

I think it is a good question, but I can't get a good answer from anyone. The closest as to who may be covering the cost of this event is possibly his estate which will pay for the cost of the police services for the funeral

You have to remember that not all members of any organization or gang members are undesirables. These are individual that "just belong" because they feel it is the thing to do.

So, without any real definition or any real answer as to who paid for all of this... let us just figure it is going to be the tax-payer, you and me.

"That's Just the Way It Is!"

The San Gabriel Valley Examiner

Come On, Are Things Really That Bad!

Wall Street is well-versed in translating "Fedspeak." However, in translating Kudlow's interview on CNBC recently, I would say that "Larry-speak" is either sounding an alarm or simply pushing the Fed in a political effort to accelerate economic growth heading into an election year. The market has already shown signs of being highly sensitive to global slowdown fears. And, while the Fed was all about fighting inflation six months ago, their greatest challenge going forward is likely to be in fending off deflationary pressures.

I acknowledge that the economy has slowed somewhat from the first "sugar high" of the Trump tax cuts. However, this was to be expected. If we follow the pattern of the Bush tax cuts of 2003, there was a "sugar high," a pause, and then a second leg up in economic activity. Conversations with investors suggest that very few are looking for a second-half reacceleration in the economy, yet this is precisely what could happen next.

the first quarter since 2016 to see negative EPS growth for the S&P 500. Current estimates are to the tune of -3.9%. The main culprit was the tax cut and the much higher EPS growth rate we saw for the S&P 500 in 1Q2018 and 2Q2018 -- hence the difficult year to year comparisons. In addition to the difficult comparisons with 2018, the consensus estimates for 2019 dropped rather dramatically as the 2nd quarter progressed.

There is every indication that there won't be any rate hikes in 2019 and the Fed balance sheet unwinding will stop, as per the Fed Chairman's own words. Still, the United States is a heavily-indebted economy and marketdriven interest rates still matter. If indeed the 10-year Treasury yield is driven lower by the troubles in Germany and Japan, the bond market has already given the U.S. economy an interest rate cut



Economic Analyst & Former Glendora Mayor

suries and high-yield debt, which is not a combination that one sees

I think the chances of a soft landing in the U.S. economy are very high, similar to what we saw in the mid-1990s under the Greenspan Fed. Chinese economic data has again perked up, with every indication that a trade deal is near completion, so I suspect that the present EPS estimates for the S&P 500 may be rather conservative. Consensus estimates still call for a 3100 target for the S&P 500 by the end

Now if we could only get the news networks, network report-First-quarter earnings will be ers and daily commentators to curtail their personalized exaggerations related to economic issues. It has appeared to many, including myself, that the inverted yield curve issue has been intestinally overstated and used to create uncertainty. Let's pause to deconstruct the yield curve scare: On March 22, the 3-month Treasury yield unusually became higher than the 10-year Bond rate. This spooked everyone and caused stocks to sag. The prevailing logic was that lending shortterm yielding more than longterm is a warning sign. However, the typical measuring rod for this recessionary crystal ball is the 2year inverting over the 10-year, and that has not happened yet. The bottom line is that the "fear of the week" was based on flawed logic with a lot of skewed perceptions.

It seems like much of the financial media just can't get enough bad news to verbally exploit or print. Every day when I

iPhone for Bloomberg and CNBC, there is an enormous focus on what's wrong with the world and very little attention given to what is going right. The Main Street media ignores any news about the level of prosperity under the Trump administration. They just can't seem to do their reporting job honestly (meaning reporting responsibly about financial markets) while putting their bias-spin into op-ed

For example, the Brookings Institution used to be regarded as a "fair minded" ivory tower think tank in Washington, one that embraced "open minded" values. But Forbes recently conducted some in-depth research that showed otherwise, revealing that BI is fully engaged in "pay-to-play" political-agenda-driven research. In "Brookings Institution - The Progressive Jukebox Funded by U.S. Taxpayers" (Forbes. June 2, 2018), it was stated that the "open minded" think tank resembles something more like "open wal-

This is disturbing, as Brookings once carried the mantel of being an honest broker of critical fact finding, which both political parties could depend on. But Forbes says that their old culture is gone. "In many cases, Brookings doesn't resemble a think tank, but a jukebox - add a little coin and Brookings will play your chosen tune, if the price is right." Forbes "found several examples of public-sponsored funding suggesting that Brookings is less of a think tank and more of a public affairs shop for establishment-left donors and allied liberal government officials." So, should investors be shocked when Brookings releases a grim economic forecast? I think not.

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

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

Your Money - Ask Julia

Are annuities taxed?

With qualified annuities (funded with money you have not paid taxes on yet), withdrawals are fully taxed as ordinary income. With non-qualified annuities (funded with money that you already paid taxes on), only the earnings are taxed upon withdrawal. To avoid the possibility of a 10% federal income tax penalty, you're better off to wait until you're at least 59 1/2 years old before making withdrawals. Another condition to watch for is surrender fees. If you have several sources of income that fulfill your current cash-flow needs, you might want to put off taking withdrawals that will increase your income and possibly result in your having to pay more taxes.

How can you use life insurance to reduce taxes and as part of a retirement plan?

Some life insurance policies can potentially build up a cash account. You can arrange with the insurance company to get a monthly loan (usually at a quite low interest rate) based on the collateral in that investment account. Loans are not taxed. Since this investment incorporates life insurance, if you choose to not repay the loan in your lifetime, the loan can be paid off with the proceeds from the death benefit. Death benefit proceeds from a life insurance policy, in almost all cases, are not taxed.

Our financial advisor talked to us about doing a reverse mortgage so we could fund a



Julia Yoder

deferred annuity. We really don't want to use the equity from our home at this time, and we're concerned about tying the money up in an annuity. What would you advise?

I'm going to be really blunt here: It's time for you to change financial advisors! Any ethical financial advisor knows that, for the protection of seniors, the industry insists on a six-month or longer waiting period after a reverse Mortgage before discussing investing those funds. The purpose of a reverse mortgage is to increase cash flow, or to fund long-term care. There are annuities, and life insurance policies, however, that give you the security of lifetime income.

As I get older, what ages are really important for retirement

At age 59 ½, as long as certain conditions are met, you can start taking withdrawals from qualified retirement plans and IRAs without incurring a 10% penalty. Since these have been growing tax-deferred, you'll now

have to pay ordinary income taxes. At age 62, you could start collecting reduced Social Security benefits. Depending on what year you were born, you could take full Social Security benefits when you reach "full retirement age" (65 for some, 67 for others). At age 65, you're eligible to enroll in Medicare. (If you want coverage at the earliest possible date, the Social Security Manual suggests enrolling about 2 - 3 months before turning 65.) For those eligible for Social Security, Medicare Part A Hospital Insurance benefits are automatic. There's a monthly premium if you decide you want Medical Part B Insurance benefits. At age 70 ½, you are required to take minimum distributions from most tax-deferred retirement plans if you want to avoid a 50% penalty on the amount that you should have been withdrawing. The federal government determines your life expectancy, which is what the annual required minimum distribution is based

Ask Julia by email: juliayoder@yahoo.com

This is your opportunity to simplify your life by having one professional working personally with you to coordinate your finances, investments, real estate, mortgage, insurance, retirement, and estate plans. CA Insurance 0C83859/Real Estate Broker 01238153/Nat'l. Ethics Assoc./ Accident-Medical-Dental discount plans:

CalStarBenefits.com/28485

with falling yields of both Treapull up the latest headlines on my Los Angeles County Auto Dealership **Owner Sentenced for Sales Tax Evasion**

- As part of its ongoing commitment to serve taxpayers and protect state and local revenues, the California Department of Tax and Fee Administration (CDTFA) announced today Sam Sebuh Matioz Goncuoglu of Porter Ranch, California pled "no contest" to three felony counts of sales tax evasion.

The CDTFA's investigation began in 2013 when it was discovered that Goncuoglu failed to report a large amount of sales from his retail auto dealership.

Goncuoglu, the owner of F.A.S.T., LLC DBA Daytona Cars, which operated at multiple locations in Los Angeles



LOSANGELES COUNTY and South Gate, failed to report \$8.5 million in taxable sales, resulting in \$758,495 in unreported sales tax from 2007 through 2012.

> Goncuoglu was sentenced in Los Angeles County Superior Court to five years of formal probation and ordered to pay \$758,495 in restitution to the CDTFA. The case was prosecuted by Deputy District Attorney James Belna of the Los Angeles County District Attorney's Office, Major Fraud Di-

Funds in the amount of \$300,000 have already been received and the remaining balance is to be paid in install-

CDTFA's mission is to make life better for Californians by fairly and efficiently collecting the revenue that supports our essential public services. To report suspected sales, fuel or cigarette and tobacco products tax evasion, contact the CDTFA Investigations Division at 1-916-324-0105 or the Tax Evasion Hotline at 1-888-334-3300.

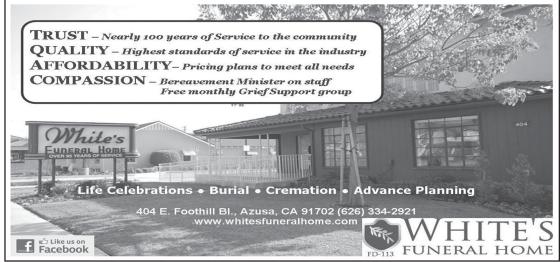
Bill Of Rights

Continued from Page 4

ily controlled. Adolph Hitler is quoted as saying 'Now that we have unarmed the citizenry the streets of Berlin are once again safe to walk at night'. The Jewish population, as did the world, pay a high price of this action by the German government.

The remaining eight Amendments are usually less challenged by radical groups however, this does not make them less important. The fourth Amendment prevents illegal search and seizure and ensures due process. The Fifth Amendment deals with double jeopardy and self-incrimination issues. The Eight Amendment addresses cruel and unusual punishment.

The topic pertaining to the Amendments will be perused in more depth at the upcoming discussion on the Constitution to be held at the Republican Center in Covina. The time and date for this event is: Saturday, 27 April starting at 1:00 Pm. All are invited. For more information call (626) 331 - 0738.



WHAT YOU "AUTO" KNOW By Gene Morrill - Certified Automotive Specialists The Light... What Does It Mean?

Understanding your service reminder light

Most of us don't read the owner's manual, if you even have one anymore. Many car manuals can only be found online now. Carmakers have come up with service reminders in the form of a warning indicator light, that appears on the gauge cluster (near the speedometer). Often, it comes on well before the service is required to give you time to schedule the appointment.

There are several types of warning systems:

1. Set mileage system. The light comes on every time you have driven a set number of miles and an oil change is needed. This varies among different carmakers, but it is roughly every 5,000 miles. In some systems, you can set the interval yourself.

board computer analyzes how the miles does not apply to every car. car is being driven, and the light comes on when an oil change is required. Driving only short trips will trigger the light sooner; highway driving means you can go many more miles between service visits.

3. Oil Level or Low System. This light should not be ignored! It means the oil level is low and needs immediate attention. You should visit your trusted shop for advice or check and add the correct type of oil for your vehicle. Using incorrect oil is not recommended unless it is an emergency and you have no choice.

Servicing your car is a choice made by you. I recommend finding a trusted maintenance shop and consulting with them for service intervals. The random state-

2. Oil sensor system. An on-ment of changing oil every 7,500 Some manufacturers have issued service bulletins to rescind the extended oil change interval due to excessive engine sludge build

New technology, the direct fuel injection, the 0W20 oil, the higher system temperatures and the smaller engines creating more power is great for fuel economy, but makes servicing your car on time a must. Ignoring your fluid changes will cost you big time in the future.

Certified Auto Specialists: the friendlier and more helpful auto shop! Feel free to call 626-963-0814 with any questions and we will be glad to help, or visit our website at CertifiedAutoCa.com.

Hometown Service You Can Count On!

The classes are offered at

4640 N. Maine Avenue in

Baldwin Park and students

Cosmetology Class and Salon

Baldwin Park Adult and Community Education (BPACE) offers a Cosmetology Class. Students will receive professional training in cutting and styling hair, skin care and makeup as well as manicures and pedicures. The course will help prepare students for employment in the Cosmetology Industry and will help them

BALDWIN PARK - The prepare to pass the State Board Exam.

> To complete the course on a full-time basis, students must attend Monday through Friday from 8:00 m until 4:30 pm. A part-time program requires attendance Monday through Thursday from 5:30 pm until 9:30 pm and Saturday (Mandatory) from 8:00 am until 12:00 pm.

may register for the classes at the same location.

BPACE also offers salon services to the community at nominal prices and all senior services are offered at 50% off the regular cost.

For hours of operation and other questions regarding the Salon and its services or the Cosmetology Barbering, Barbering Crossover or other Career Technical Education classes, please call (626) 856-4456, or (626) 856-4108. The office is open from 8 am - 9:00 pm Monday through Thursday and on Friday from 7:30 am until 4:00 pm.



A gentle breeze of Freedom chastened by the Holy Spirit wisped 'cross my soul trapping infirmity in its sails carrying it out to sea... **Book of BART**

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.

<u>ARCADIA</u> Your Memory as You Age

Arcadia Senior Services in partnership with Alzheimer's Los Angeles is presenting a free health program, "Your Memory as You Age". It will take place on Tuesday, **April 30** at 1:30pm, Arcadia Community Center, 365 Campus Drive. This presentation will focus on; keeping your brain healthy, learn how to keep your memory strong, nutritional tips and interactive games. The program is for individuals age 50 and over. To reserve a seat at the lecture or for additional information please call Arcadia Senior Services, 626.574.5130 before April 26.

Asian Women's History Documentary

"To Climb Gold Mountain," a documentary recounting the lives of four women of Asian descent and their experiences in the United States, will be screened at the Gilb Museum of Arcadia Heritage on Saturday, April 27, at 2 pm. Spanning 160 years, the film shows how each woman fought in her own way to make a difference in America. The pro-

director, Alex Azmi.

For more information, please call 626.574.5440 or visit the website at www.ArcadiaCa.gov/ museum. The Gilb Museum of Arcadia Heritage is located at 380 W. Huntington Drive, immediately behind the Community Center. The Museum Education Center is located at 382 W. Huntington Drive. The Museum is open Tuesday through Saturday from 10:00 a.m. to 4:00 p.m. (closed 12-1). Admission is always free.

Cinco de Mayo Fun

Enjoy an afternoon of music, crafts, and more at the Gilb Museum of Arcadia Heritage on Saturday, May 4, from 12 noon to 3 pm. There will be activities for the entire family at this free event, which will be held in the Museum Education Center.

For more information, please call 626.574.5440 or visit the website at www.ArcadiaCa.gov/ museum. The Gilb Museum of Arcadia Heritage is located at 380 W. Huntington Drive, immediately behind the Community Center. The Museum Education Center is located at 382 W. Huntington Drive. The Museum is open Tuesday through Saturday from 10:00 a.m. to 4:00 p.m. (closed 12-1). Admission is always free.

COVINA

Mother's Day Lunch

The City of Covina Parks & Recreation Department - Senior Services Division is holding Mother's Day Lunch at the Covina Senior Center (Temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Friday, May 10, from 11:30 a.m.-1 p.m. Let's celebrate these fabulous ladies! Join us the "motherlode" of all events! These ladies are dressed up and ready to party. Nominal through Nutrition Program. For more information or to register, call (626) 384-5380.

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.

DUARTE Woman's Club Spaghetti Dinner

The Duarte Woman's Club's Annual Spaghetti Dinner fundraiser will be held on April 26, 6-8 p.m. at the Elk's Lodge #1427, 2436 Huntington Drive, Duarte. Door prizes, raffles, and entertainment will add to the festivities. All profits support the Club's philanthropic projects including scholarships for local high school seniors. Tickets are \$15, children up to 10 years, \$6. To reserve your plate-a-pasta, call (626) 358-7028 or (626) 358-3718.

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

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 identificaAlzheimer's Association, and participation in a nationwide search system. Call the Duarte Senior Center at 357-3513 for an appointment.

Volunteering Does Your Heart Good!

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

GLENDORA Glendora After

Stroke Center A non-fee program for stroke survivors and their families. This supportive program offers relearning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. For more information, please call Sonia Schupbach at (626) 963-6186. The program is Wednesdays 8:30 a.m - 12:00 pm.

Instructors Needed At The La Fetra Center

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

LA VERNE

Relay for Life is a life-changing event that gives everyone in our communities across the

Relay For Life

lives of people who have battled cancer, to remember loved ones who have lost the battle, and to fight back against the disease.

Relay for Life will be held at Claremont High School, 1601 N. Indian Hill, Claremont on Saturday, April 27 from 9:00 AM -Sunday until April 28, 9:00 AM

For questions and additional information, claremontlavernerelay@gmail.com or call Debbie Hughes, Event Lead at (909) 772-9234.

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 Nuvda 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

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

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 fixedroute 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 Holidays.

Upcoming Event?

Let us know at



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S.G.V. EXAMINER April 25 - May 1, 2019

Foothill Unity Center - Serving the San Gabriel Valley

DUARTE - The Foothill Unity Center does an amazing job of serving folks in need in the San Gabriel Valley. They have been in their new building now for just one year. The transition was completed in record time - they closed for only one week. Their new building has facilitated the opportunity to partner with even more organizations. For example, the have kitchens which facilitates a monthly cooking class where clients are provided with recipes for healthy eating and cooking classes. They have partnered with 69 interns from RN and social worker programs providing the opportunity to work with clients with chronic diseases. They have partnered with the Humane Society and served 150 pets with needed shots and food. They now have a Job Developer who partners with the Monrovia Adult School in find-



Betty McWilliams, Executive Director Foothill Unity Center and Kaye Biggs, President Elect Duarte Kiwanis.

ing training and job placements for clients. In 2018, 453 families in Duarte were served - and 28 folks transitioned out of homelessness into permanent housing. The Duarte Kiwanis

Club continues to support this wonderful organization. If you are interested in joining Duarte Kiwanis or being a speaker at a future event, contact Tina Carey at tinac51@aol.com

Doctors' Orders: Kids Need a Dose of Daily Playtime

At your child's next checkup, don't be surprised if your pediatrician recommends a healthy dose of play. Beyond the typical preventive care strategies for healthy child development, more pediatricians are recognizing play's multifaceted benefits.

Play is fundamentally important for developing 21st century skills, including social, emotional, language and cognitive skills, according to a recent clinical report by the American Academy of Pediatrics, which recommends play for children to buffer toxic stress, build parental relationships and improve executive functioning.

For these reasons, The Genius of Play is hosting "Play All May," the first-ever monthlong celebration of play. The celebration will further the organization's mission of educating families about the benefits of play by helping parents understand how a "prescription for play" supports children.

To help ensure your kids get their daily dose of play, The Genius of Play is offering these fun ideas you can do together as a family.

• Take me – "in" – to the ball game: With the long tube from a roll of wrapping paper as a bat and a balloon as a ball, you can safely play "baseball" indoors. Simply designate four pieces of furniture or other markers as bases and you're ready to go. A great game for kids 4 years and up, it's also a useful way to build cognitive skills, improve hand-eye coordination and, most importantly, have fun indoors. Is the sun shining? Take the fun to the backyard, with a real T-ball or softball set and use trees, bird houses and other markers as



Photo Source: (c) Olesia Bilkei / stock.Adobe.com

• Worlds of imagination: Kids are not yet able to express their emotions as adults would. But when they create imaginary scenarios during play, they can act out their current emotional states, which in turn helps them learn to express and regulate their feelings. Through the use of toys such as dolls, action figures and playsets, children are able to express emotions like fear, frustration, anger or aggression, in situations they control, as well as build empathy and understanding.

• It's no cake walk: Get some exercise while building social skills. Show children how to walk like crabs: hands and feet on the floor, stomach facing up. See if they can balance something on their stomachs, such as a bag of beans, while they move. To make it competitive, have everyone race to a marked finish line. Or, organize a relay race to encourage teamwork and cooperation.

• Puzzle it out: Brain-teasers, puzzles and strategy-based games are not just good oldfashioned fun, they strengthen critical thinking skills by facilitating a child's ability to strategize and focus. From jigsaw puzzles to fast-paced board games with buzzers and

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egg timers, such types of play sharpen children's planning skills and lengthen their attention spans. And, when children are faced with a problem during play, the situation can test their reasoning and judgment -- and ability to find a solution.

For more play ideas as well as information about the benefits of play, TheGeniusofPlay.org.

This May, make life more fun by celebrating play and encouraging more of it. Your kids will be happier and healthier if they get their daily dose of play alongside other activities! (StatePoint)

Glendora Woman's Club Program To Feature Rancho Vasquez

By Joan Hallidy

GLENDORA - The Glendora Woman's Club will present guest speaker Art Vasquez, owner of Rancho Vasquez located in Azusa, in a program at the Woman's Club set for Tuesday, May 7. The program will feature the family's organic avocado orchard of more than 3,700 trees, and the ranch's history that began

The club day will begin at 10:30 a.m. with a social time, followed by the business meeting at 11 a.m. The luncheon by Cambria Catering and the program featuring Rancho Vasquez will follow, said club co-presidents Carolyn Cunningham and Joy Martau.

For Vasquez's presentation, he will include the history of Rancho Vasquez - the five generation family-run organic avocado orchard established in 1958 in Azusa. It is a 100% USDA certified avocado orchard and a licensed organic packing house, according to the information brochure.

The brochure also provides information about ranch tours and the sale of organic avocados every Saturday at the orchard, said program vice president Helen Storland.

At each club meeting, members are asked to donate nonperishable food items for Shepherd's Pantry, one of the



Rancho Vasquez, pictured with its gates marking the entrance, will be featured in a program by guest speaker and ranch owner at the Glendora Woman's Club on Tuesday, May 7. The program includes the history of the family-run organic avocado Orchard established in Azusa in 1958.

club's ongoing service projects. The Pantry, located in Glendora, serves families in need in 10 area cities, said project chair Gloria Liddle, and donations are always appreciated.

Sponsoring the club's Corner Cupboard project this month will be the Card Department, cochaired by Gloria Liddle and Marge Burroughs. Each month, the project features baked goods and assorted items for sale by one f the club's four departments.

One of the Club's annual service projects is the Glendora Coordinating Council's Campership Program, said philanthropy chair Gloria Aparicio. The 2019

Campership Program's goal is again to send 60 children to one week of day camo. The cost for a child to go to camp is \$110. Donations from clubmembers, in any amount, will be greatly appreciated for the program that provides a special opportunity for a child who otherwise would not be able to attend camps, said Mrs. Aparicio. Information will be available on the luncheon tables.

For information about renting the clubhouse for a special event or meeting, call Ryan at Cambria Catering at 626-335-7010. The clubhouse is located at 424 N. Glendora Avenue in Glendora.

Four Tips For Preventing Dog **Attacks On Mail Carriers**

Can you picture a member of your family attacking a mail carrier? Of course you couldn't, but it happened 5,714 times last year across the nation.

Dearborn, Mich., letter carrier Tameka Toliver recalls being pinned on a porch by a dog that bit her above her knee. "It happened so fast, even with all my training, I barely had time to react," Toliver said last year. "I'm still scared when I get close to that house because I remember the attack so vividly. It takes a long time to get over the fear."

When a dog attacks a letter carrier, the dog owner could be held liable for all medical expenses, repayment of lost work hours, replacement of the uni-



If your dog bites a postal carrier, it could cost you thousands.

form and other costs, which can run into thousands of dollars. The Postal Service places the safety of its employees as a top priority and dedicates a week each April to Dog Bite Awareness.

Here are four simple tips to prevent dog bite injuries that should be enforced year-round:

Door Delivery: If a carrier delivers mail or packages to your front door, place your dog in a separate room and close that door before opening the front door. Some dogs burst through screen doors or plateglass windows to attack visitors.

Electronic Fencing: Although the electronic fence may keep your dog from wandering, it does not protect your Postal Service carrier, who must enter your property to deliver the mail. Even homes with curbside mailboxes may have oversized packages or signature-needed items that require the carrier to approach a doorstep and cross the boundaries of the electronic fence.

Dog in Yard: Make sure your dog is properly restrained on a leash away from where your mail carrier is delivering the mail. Mail delivery service can be interrupted at an address or neighborhood the carrier deems unsafe because of an unrestrained dog. When service is interrupted at an address or neighborhood, all parties involved will have to pick mail up at their local post office.

Tracking: Dog owners who have access to postal notification features such as Informed Delivery (informeddelivery.usps.com) for letter mail and package tracking are urged to use this as a way to gauge when the carrier is on his or her way and to ensure their dog is properly restrained. (NAPSI)

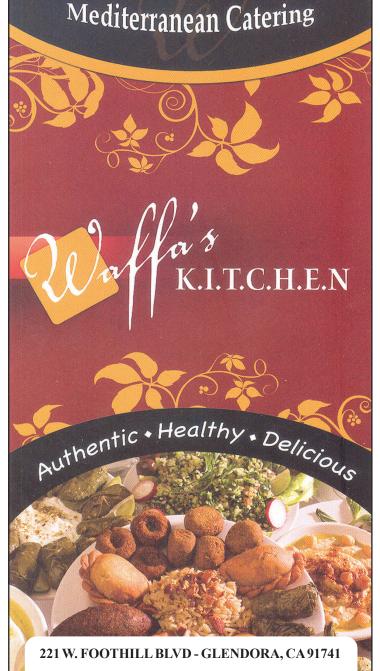
Highway 39 Crash Kills 2

Upcoming Event? Let us know at

were able to get to the vehicle, they found two people deceased. They found a male adult and child; however, the CHP did not say what the age or sex was of the child.

The investigation is continuing as to what caused the crash. Speed is suspected at this time.

Highway 39 at mile marker 34 was closed during the firefighting efforts.



By George Ogden the vehicle caught fire and burned a half acre. Once they

AZUSA - On Friday, April 19, around 9:30 a.m., emergency personnel responded to a car crash off Highway 39 in the Angeles National Forest outside of Azusa. They found

SGExaminer@aol.com

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Citrus College is the First California **Community College to Receive Top Honors** for Student Success by National Organization



Citrus College has received national top honors in the 'Student Success' category at this year's AACC Awards of Excellence Gala in April. Pictured (L-R): Chris Clarke, protocol, government and community relations supervisor; Dr. Arvid Spor, vice president of academic affairs; Dr. Geraldine M. Perri, superintendent/president; and Dr. Gerald Sequeira, dean of enrollment services and acting vice president of student services. Photo courtesy Citrus College.

GLENDORA - Out of more than 1,100 community colleges in the United States, Citrus College has been recognized as a leader in the nation for student success by the American Association of Community Colleges (AACC).

At the AACC Awards of Excellence Gala on April 15, Dr. Walter Bumphus, AACC president, and Dr. Sandra Kurtinitis, AACC board chair and president of the Community College of Baltimore County, presented Dr. Geraldine M. Perri, superintendent/president of Citrus College, with the 2019 AACC Award of Excellence in the Student Success category.

Citrus College is the only community college in California to have been honored by the AACC in 2019.

"I am most pleased to accept this award on behalf of the students, faculty, staff and board of trustees of Citrus College," said Dr. Perri. "Since 2012, the college has been laser focused on increasing student success and completion. This award is truly a validation of our efforts, and it will certainly motivate us to do even more to change the lives of

Every year, the AACC recognizes the exceptional work accomplished by the nation's community colleges by presenting

Awards of Excellence in six categories: Student Success, Advancing Diversity, CEO/Board Relationship, Community College Safety and Planning, Faculty Innovation, and Outstanding College/Corporate Partnership. The AACC Award of Excellence in the Student Success category recognizes a community college that has demonstrated a sustained commitment to student achievement. The criteria used to deter-

mine this year's finalists included

the development of a comprehen-

sive strategic completion plan,

the achievement of measurable

and significant increases in de-

gree completion, certificate

completion, and transfer from two-year to four-year institu-

Citrus College was highlighted for establishing and promoting an associate degree for transfer (ADT) pathway to four-year college and universities, and for introducing the Citrus College Promise, a program designed to cover enrollment fees and other college costs for first-time students for up to two years. As a result of the college's efforts, transfers have risen by 38 percent from 2014 to 2017.

Additionally, Citrus College implemented the I Will Complete College (IWCC) program, which includes academic advisement and completion counseling to students as they enter college. IWCC participants receive priority registration for their first three years at the college and qualify for the Citrus College Promise. The graduation rate for the first three cohorts of IWCC students is 8 percent higher than the rate of non-IWCC students. There has also been a steady increase in ADTs awarded, from 399 in 2014 to 1,027 in 2018.

"Winning this award affirms that Citrus College is leading California and the nation in its approach to increasing student completion rates and investing in collaborative support structures," said Susan M. Keith, president of the Citrus Community College District Board of Trustees. "On behalf of the board of trustees, I extend my sincere gratitude to Dr. Perri for her leadership, and to the faculty, staff, management and students of Citrus College who make recognitions such as these possible."

DCSC - A Continuing Support for Duarte

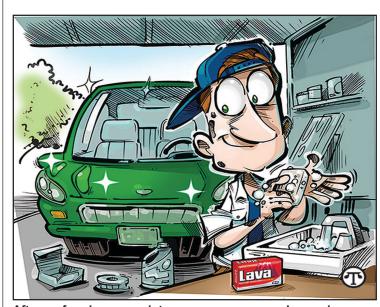


Dorothy Smith - DCSC, and Kaye Biggs, President Elect - Duarte Kiwanis.

DUARTE - Duarte Community Service Council continues to be a life-line to families in need in Duarte. If a child comes to school in need of school supplies or a new uniform, Dorothy Smith and the DCSC gets the call. DCSC provides an annual Christmas Basket delivery for families and seniors in Duarte. They are

currently collecting books for the new "Little Library" in Lena Valenzuela Park. The Duarte Kiwanis Club continues to support this worthy organization. If you are interested in joining Duarte Kiwanis or being a speaker at a future event, contact Tina Carey at tinac51@aol.com

Revitalize Your Vehicle



After performing car maintenance, you may need a pumice-pow-

April is Car Care Month bringing attention to the importance of preventative car maintenance. It's the perfect time for you and your mechanic to perform a checkup on your vehicle after snow, rain and cooler temperatures have taken their toll.

Change Oil, Fluids and Air Fil-

Professional mechanics recing a new blade. ommend changing your oil every 5,000-10,000 miles to keep the engine running smoothly. Check the owner's manual for instructions before you get started.

Mechanics also recommend replacing your vehicle's air filter at least once a year. Check your vehicle's instruction manual to locate the filter, open its case and review how it's positioned. Remove the old air filter and insert the new one in the same position, before closing the metal clips.

If you don't feel comfortable changing your own oil and air filter, your mechanic can change them for you. While you're there, also have your power steering, brake, transmission and windshield washer fluid levels

Fix Windshield Wipers

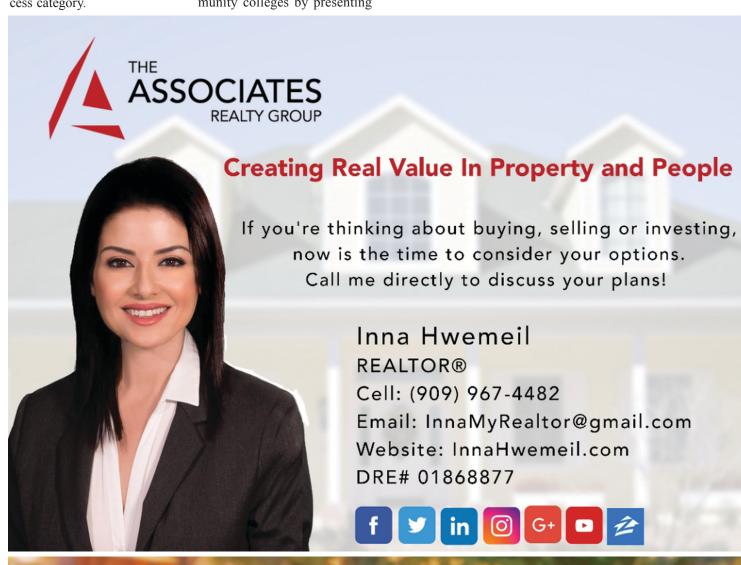
Faulty windshield wipers can be dangerous during spring rainstorms. The good news is you can easily replace them on your own! Lift the wiper arm away from the windshield, press the small tab on its underside and slide the blade off the arm before attach-

Replace Headlights

Hazy headlights are not only an eyesore but decrease your visibility at night. Open your engine compartment, remove the headlight's power wires and disconnect the old bulb. Handle the new bulb with tissues or gloves, before reinstalling and reconnecting the wires.

When you're finished with these tasks, you'll need more than the traditional hand soap to clean up. Lava® Soap has the power of the pumice to quickly break through the toughest grease and grime while leaving your hands moisturized!

For more information about Lava® Soap, visit lavasoap.com. (NAPSI)





*APY = Annual Percentage Yield

1. New Member Certificate: This 12-month Term Share Certificate (TSC) has a \$1,000.00 minimum balance and \$4,000.00 maximum balance per member. Account must be funded with new funds or funds dep withdrawal penalties do apply which may reduce the principal. At maturity, this TSC will automatically renew for a 12-month term at the prevailing 12-month rate unless we are notified in writing prior to the maturity.

Rates are accurate as of 03/15/2019. Rates, terms and conditions are subject to change without notice. Additional restrictions apply. Must qualify for membership. A \$2 membership fee may apply. The credit union is federally insured by the National Credit Union Administration. Added savings protection provided by American Share Insurance. Please speak to a credit union representative for details. Equal Housing Opportunity.

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