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A Weekly Adjudicated Publication Serving all of Los Angeles County

August 1 - 7, 2019

Web: www.sgvexaminer.com

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Volume XXII, Issue No. 31

Los Angeles County Probation Earns Three National Achievement Awards

Camp Paige Logistics Program, Violence Reduction Network and Pawsitive Kitten Academy at Camp Scott are recognized by the National Association of Counties

LOS ANGELES COUNTY-The Los Angeles County Probation Department has been recognized with three prestigious Achievement Awards from the National Association of Counties (NACo). The awards honor innovative, effective county government programs that strengthen services for residents.

NACo recognized the Probation Department's UPS/East Los Angeles College Logistics job training program at Probation's Camp Joseph Paige for its innovative educational program that provides training, education and job opportunities for youth in the booming logistics industry.

NACo also honored the Department's role in the Violence Reduction Network which has led to a significant decrease in crime, confiscated weapons and drugs and built relationships between the community and law enforcement within the City of Compton.

Additionally, NACo recognized the Pawsitive Steps Academy, a collaborative program with the L.A. County Animal Care

COMPTON CITY HAL

Probation Department Director Frank Adams and Supervising Deputy Probation Officer Arthur Mayfield (front row, second and third from the left) participated in a 2018 press conference at Compton City Hall with then-Sheriff Jim McDonnell.

and Control (LACACC) Department that teaches young women in Probation's residential treatment facility at Camp Joseph Scott about careers in veterinary

saving care and support to newborn kittens.

NACo President Roy Charles Brooks said, "Counties seize op-

medicine while providing life- portunities to deliver services more efficiently and build stronger communities every day. Achievement Award-winning pro-

grams are examples for counties

that are determined to enhance services for our residents."

"I could not be more proud of the men and women who contributed to these innovative and successful programs that each have had an impact on the people in our care and on the safety and wellness of the communities we serve," said Chief Probation Officer Terri L. McDonald.

UPS Logistics Program

One of the greatest challenges to youth who have been placed in a residential facility is finding meaningful work once they are released that can help them rebuild their lives. The L.A. County Probation Department's Logistics Education and Career program provides youth at Camp Paige an opportunity to explore a career in logistics, allows them to earn a certificate in the field, and connects them to real-world job opportunities. The program includes both online and in-person classes that require roughly five to ten hours of class work per week for ten weeks. Upon completion of the

Please turn to Probation / A2

El Monte Union Recognizes 2018-19 Parent Volunteers of the Year



Keep Your Pets Cool This Summer

The warm weather is officially here! Please keep in mind that your furry friends need some extra assistance to keep them cool and healthy. Pets are extremely susceptible to heat exhaustion/heat stroke and precautions should be taken, especially while participating in outdoor activities. You can prevent this by taking a few basic



El Monte Union recently honored its parent volunteers, including Jose Macias (left), from El Monte High School; Kin Vong, from Rosemead High School; Darlene Gonzalez, from Arroyo High School; Jenny Cardenas from Fernando R. Ledesma High School; Erica Mondragon, from South El Monte High School; and Erika Cordero, from Mountain View High School. They are pictured Superintendent Dr. Edward Zuniga, left, and the Board of Trustees: Member Maria Morgan, Clerk Ricardo Padilla, President David Diaz, Member Carlos Salcedo and Vice President Florencio Briones.

Cardenas, whose son is an

alumnus of the school, helped

fund a scholarship program

called "Amor de las Madres,"

scholarship fund and hope to

grow it next year," Cardenas

said. "Thank you for giving my

son the opportunity to suc-

The following parent volun-

• Darlene Gonzalez, from

Arroyo High School, who vol-

unteers in the PTA and partici-

teers were also recognized for

"I'm very proud of the

or "A Mother's Love."

EL MONTE – The El Monte Union High School District Board of Trustees recently honored six parents who dedicate their time to volunteering for the benefit of students, teachers, staff and the school communities they serve.

Also recognized was the 2018-19 District Parent Volunteer of the Year: Jenny Cardenas from Fernando R. Ledesma High School.

"She's selfless, thinks about all students and does what she can to help students and their parents," Principal Freddy Arteaga said. "I appreciate her and thank her for all the good she does in our community."

pates in fundraising efforts and athletics. • Jose Macias, from El AN ADJUDICATED PUBLICATION When Business is Good,

ceed."

their service:



Call 626-852-3374 For A Price Quote Monte High School, who is a member of the Measure HS Bond Oversight Committee and volunteers at school events with the entire family.

• Erika Cordero, from Mountain View High School, who is a member of the School Site Council and volunteers during football games, band, choir and other school activities

• Kin Vong, from Rosemead High School, who serves as a parent liaison, translator and advocate.

· Erica Mondragon, from South El Monte High School, who participates in various parent activities.

"Parent engagement and participation are integral to the success of our students and schools," Superintendent Dr. Edward Zuniga said. "I want to thank our parent volunteers for their dedication, time and effort to ensuring our schools are strong, our students are supported and our parents are involved."

The San Gabriel Valley

steps and watching out for signs of heat stress.

• Avoid strenuous activity on extremely hot days and provide adequate water and shade if your pet will be staying outside. Be aware that an area that appears shady in the morning may not be shady in the afternoon. A play pool in a shaded area can help outdoor dogs cool off on hot days. A garage is not a suitable area to house dogs during extreme weather since the temperatures inside can quickly rise without circulating air. Of course, we strongly recommend that pets live inside with their families – after all, they are part of the family too!

• "Short-nosed" (brachycephalic) dogs-Boxers, Pugs, etc., are extremely susceptible to heat stress. If your dog is a short-nosed breed or if he/she is small, overweight, ill, or old, make sure to bring him/her inside the house. If your dog has long hair, consider giving him/ her a haircut for summer.

• Pets should not walk on asphalt on hot days. If it is too hot for your bare foot, it is too hot for your pooch. Consider walking in early morning or late in the evening or walking on grass when the weather is hot. If you are an equestrian like me, ride your horse early in the morning or late afternoon/early evening. Make sure your horse recovers from the exertion well, and consider hosing him/ her off during the hotter parts of the day to prevent overheating and helping to keep him/ her comfortable.

• Watch out for signs of heat

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stress – early signs include excessive panting and distress. A pet that is showing early signs of heat stress should be immediately moved to a cooler area and provided with cool (NOT ICE) water to drink. Gently wet the area behind the ears, around the neck, belly and paw pads. If the pet shows symptoms of vomiting or diarrhea or appears to be lethargic, get them to a vet immediately.

An important reminder to highlight is to never, ever leave your pet in a parked car. If you'd like to take your pet with you while running errands or when you travel, make sure you can bring your pet with you when you exit the vehicle. The temperature inside a vehicle can rise 20 to 30 degrees above the outside temperature in a matter of minutes, putting your pet at risk if left in the car on a warm day.

Many people are aware of the new law that states a person who removes an animal from a vehicle is not criminally liable for actions taken reasonably and in good faith. Although, this is true IF the person does all of the following:

(1) Determine the vehicle is locked or there is otherwise no reasonable manner for the animal to be removed from the vehicle; and

(2) Believes that forcible entry into the vehicle is necessary to rescue an animal from imminent danger; and

(3) Contacts local authorities -law enforcement, fire department, animal control, or other 911 emergency service; and

(4) Remains with the animal until the emergency responder has arrived; and

(5) Uses no additional force necessary to enter the vehicle; and

(6) Immediately turns the animal over to emergency responders.

A bystander must complete the process above to be protected against any criminal and civil charges. Breaking into vehicles to rescue trapped animals without following this process may result in paying for property damage or being charged with trespassing.

Owners must ensure their pets are always healthy and protected against the dangers of excessive heat. Now that you know how to keep your animals safe during the hot summer days, go outside and have fun!

Los Angeles County Probation Recognized By Board Of Supervisors For Probation Services Week



LOSANGELES COUNTY

- The Los Angeles County Board of Supervisors formally honored the more than 6,000 Probation employees who work for the Los Angeles County Probation Department during its regular public meeting today, at the Kenneth Hahn Hall of Administration in Downtown Los Angeles.

First District Supervisor Hilda L. Solis presented Chief Probation Officer Terri L. McDonald with a County scroll proclaiming July 21-27 "Probation Services Week," honoring the men and women who diligently and faithfully serve the County of Los Angeles as Probation employees.

"This is your week and we're celebrating probation departments around the country, but more importantly right here in Los Angeles County," Supervisor Solis said. "I know your work is very timely and not easy. The County Board of Supervisors is very interested in helping to make this Department stellar, making it the best that it can be, making it a shining symbol for people to respect and want to come and work for because they understand that you do change lives."

tional Pretrial, Probation, and Parole and Community Supervision Week," when Americans are encouraged to recognize the work that probation, parole, and community supervision professionals do for our public safety. This year's theme is "Restoring Trust, Creating Hope," a Probation Department concept that Chief McDonald emphasized to the Board.

"The men and women in the Probation Department dedicate themselves everyday to keeping our communities safe and improving the lives of the clients and families under our care," said Chief McDonald. "I am extremely proud of them and the contribution each and everyone of them makes to L.A. County.'

California Gavin Newsom also acknowledged July 21-27 as Probation Services Week to "recognize the integral role that probation professionals play in delivering direct services to clients and by connecting stakeholders at all levels including the courts, state and local law enforcement agencies, county behavioral health departments, child welfare services, offices of education and workforce development, as well as vic-July 21-27, 2019 is "Na- tims' rights organizations and

community-based agencies."

Los Angeles County Office of Education (LACOE) Superintendent Debra Duardo joined the Los Angeles County Board of Education in recognizing Probation Services week as well. LACOE is a vital partner with Probation, operating the schools in the Department's halls and camps.

"Together we serve some of the most vulnerable students in L.A. County," Superintendent Duardo said, highlighting LACOE's partnership with the Probation. "It's really been a pleasure to collaborate with the Los Angeles Probation Department. We are so appreciative of Probation and the hard work we do to serve the youth in Probation facilities."

The Los Angeles County Probation Department is the largest probation services agency in the United States. It supervises approximately 100,000 adults and juveniles currently on probation, places over 1,500 youth in out-ofhome care, sponsors one of the largest college programs in a residential juvenile justice setting, and commits over \$32 million to adult re-entry programs to lower recidivism rates.

Probation

Continued from / A1

coursework, youth receive a Leadership and Global Logistics certificate. This coveted certificate provides a competitive advantage for youth selected for a job interview with UPS as it demonstrates that the "job applicant" has been verified for possessing the skills and training necessary for employment at UPS. This new program has already had great success with eight youth

for three-years, making a significant difference in the community by reducing crime and improving the safety of local communities that had previously struggled with gang and drug-related violence. Since the inception of the VRN, the Probation Department has played a major role in engaging with communities and increasing the awareness of the services the Department provides. Probation staff have been active participants on the Commission for a Better Compton, a local grass-

sources on the City of Compton

The third program honored by NACo is the Pawsitive Steps Academy, an eight-week program that pairs kittens with girls at Camp Scott. The essence of the program is the healing power of the human-animal bond and the impact that empowerment and compassion can make. The Los Angeles County Department of Animal Care and Control provided newborn kittens to be raised and nurtured by female probation youth residing at Camp Scott and provided training and exposure to the principles of and



being hired directly from camp. Violence Reduction Network

Probation's second NACo award-winning program, is the Violence Reduction Network (VRN), a grant-funded program that ran from 2015 to 2018 offering technical resources, training, and the ability for the Department of Justice and local agencies to work together to address twelve key areas of focus, including gang violence and prevention, human trafficking, mental illness and homelessness, at-risk youth, and trust-building with the City of Compton.

The VRN focused its re-

roots collaboration of civic leaders, residents, business leaders, and law enforcement who pool their resources to increase healthy communication between law enforcement and the communities they serve.

"Probation staff have participated in a variety of activities that includes food drives, community resource fairs, neighborhood BBQs and school events," Supervising Deputy Probation Officer Arthur Mayfield explained. "The VRN is a strong collaboration of law enforcement that includes Compton Sheriff's station, the FBI, the DA's office, U.S Marshalls, and Alcohol, Tobacco, and Firearm officers who assist us in the apprehension of absconded probation clients." **Pawsitive Steps Academy**

careers in veterinary medicine. The girls follow a regime for several weeks nursing the kittens to a healthy enough weight and age appropriate for adoption. Upon completion of the program, and the kittens are ready for adoption, the girls and kittens participate in an academy graduation where the felines are presented to their new adoptive "furever" family.

"The girls are taught a variety of positive attributes such as selflessness, patience, and reliability that will bode well for them upon their exit from juvenile camp," said Chief Deputy for Juvenile Services Sheila Mitchell. "The kittens, receive personal attention, nurturing and ultimately a loving home. The program is a win-win for all involved."

How to Find the Best Back-to-School Deals

With households nationwide spending \$27.6 billion on items like clothes, accessories and supplies, back-to-school is now the second biggest shopping season of the year, according to Deloitte research. Americans may be parting with a lot of their money, but not necessarily happily. A recent survey from online retailer Zulily finds that 71 percent of Americans think that shoppers spend too much on back-toschool shopping. It's no surprise then that over half of respondents marked budget as the most important factor in making purchases for that first day of school, over convenience and being on-trend. But experts say you don't have to sacrifice convenience or style to stay on-budget. To help keep your wallet intact while you seek out all the coolest back-to-school gear, merchandising director at Zulily, Carmela Matthews, a retail veteran, offers these shopping tips: • Plan in advance: Avoid stressful, pricey last-minute shopping. Get started early in the summer so you can be fin-





ished before all the good seasonal deals are gone.

• Get organized: Put together a checklist so you don't forget any of the necessities.

"Take stock of what you have and what you need by cleaning out closets prior to shopping," says Matthews. "Stay organized by sorting items into piles for donations, consignment and hand-medowns."

• Create a budget: While

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summer sales can help you save, it's still important to set a realistic spending limit, as well as to look for the best deals available to stay within budget.

• Shop mobile: Apps like Zulily offer parents a wide variety of back-to-school essentials for kids, whether they're pre-k or college age, at amazing prices. Essentials include apparel, shoes, accessories, school supplies, toys and dorm décor. Savings multiply when shoppers buy two items or more, but the great deals typically only last 72 hours.

With 77 percent of Americans saying that they think school supplies are more expensive today than during the 1990s (according to the Zulily survey) this year, the online retailer is taking a different spin on its time-limited sales and will be launching a special retro collection by debuting a six-week blast-from-the-past sale featuring iconic school season essentials from the 90s -- at 90s

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prices. Each #ThrowbackThursday from July 18 to Aug. 22, 2019, shoppers will have the opportunity to shop new, curated and charmingly retro-inspired goods for the whole family with prices to match the era of Tetris and Lisa Frank.

• Stockpile favorites: When you find something your child loves and needs each year for school at a great price, be sure to buy a few extra so you can take advantage of the great deal for years to come. Purchasing for kids for several years (with the expectation that they will grow) can provide wallet relief. When you buy multiples of the same item in larger sizes, place them in labeled bins that you can pull out upon closet cleanout the following year to avoid buying duplicates.

With some smart strategizing, you can prepare for a successful, stylish and affordable school year. (StatePoint)

Sty Examiner



Freshly Made, Authentic Mediterranean



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Community Articles Are Welcome

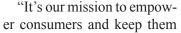
We are seeking articles, photos, and news event items for future issues of the San Gabriel Valley Examiner. Information can be sent to SGExaminer@aol.com. Articles should be in Word format while photos should be in jpeg.

NGELES

Department of Consumer and Business Affairs Reminds Consumers To Monitor Their Credit Reports

- Data breaches are becoming all too common for consumers. In recent years, many large retailers and other institutions have had consumers' personal and/or financial information compromised. A data breach at the credit reporting agency Equifax exposed the personal information of about 147 million people, leading to a \$425 million settlement for consum-

More data breaches are certain to take place, and you should take steps keep your personal and financial information as safe as possible. The Los Angeles County Department of Consumer and Business Affairs (DCBA) reminds consumers that the best protection against a data breach is to consistently monitor your credit report.





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LOSANGELES COUNTY safe from data breaches and financial scams," said DCBA Director Joseph Nicchitta. "Consumers should know they have a resource in DCBA when they feel their information has been placed at risk."

> Here are three tips to keep vour credit more safe and secure:

> Get your free credit reports: You can get a free credit report every 12 months from each of the three main credit reporting agencies: Equifax, Experian, and TransUnion. Visit www.annualcreditreport.com or call (877) 322-8228 for information.

> Check your credit report closely: Make sure all the information is correct, including your name, address, and all the

account and payment history details. Many credit reports have errors. If yours is wrong, contact DCBA at (800) 593-8222 and we can help you report errors to credit reporting agencies.

Consider freezing your credit: If you do not plan on making any major purchases or taking out loans that require new credit, you can freeze your credit. A security freeze, which is free to set up, stops the major credit reporting agencies from sharing your credit information with potential creditors.

DCBA's Center for Financial Empowerment has more tips to help you with your finances. Visit dcba.lacounty.gov/financial-empowerment or call us at (800) 593-8222.

reserve your table and (6) chairs

for \$50. There will be an offi-

cial dinner toast, free table dec-

orating contest, live music, free

kid's crafts and activities. For

those 21 & over, bring your fa-

vorite craft beer or bottle of

wine to enjoy with friends.

Wine and beer will be sold at

non-profit organizations for

Booth spaces available for

For more information, call

(626) 384-5340 or visit

the event as well.

\$25.

Dinner With Covina

COVINA - The City of www.covinaca.gov/parksrec to Covina presents the first ever "Dinner with Covina" on Saturday, August 3 from 5:30-9:30 p.m. Covina was officially "Incorporated" as a City in August 1901. To commemorate this historical event, please join us for a sit-down dinner on Citrus Avenue. Bring your picnic basket full of delicious food or purchase food from one of the participating restaurants. The Dinner will be held on Citrus Avenue between Badillo and College Streets.

Register at www.covinaca.gov. online



Los Angeles County Public Health is Honored for Excellent Work with **Five National Achievement Awards**

LOSANGELES COUNTY-The Los Angeles County Department of Public Health (Public Health) earned five prestigious Achievement Awards from the National Association of Counties (NACo). These awards recognize innovative programs in county government and offer an excellent opportunity to share best practices serving county residents.

NACo recognized Public Health for the following programs:

Health Category

• Community Outreach to Address Contamination from the Exide Battery Facility

• Zika Action and Prevention (ZAP) Mission Ready Team Program

• 2018 West Nile Virus Prevention Challenge County Administration and

Management Category Administrative Pathfinders in

Grants Management

Information Technology Category

• Vital Records E-Commerce Program

"We work to ensure all people have the resources and opportunities needed to promote health and well-being. We are so proud of the hard work our teams put forth; achieving these awards and recognition is a tremendous honor," said Barbara Ferrer, PhD, MPH, MEd, Director of the Los Angeles County Department of Public Health.

NACo recognized several of Public Health's community outreach efforts with achievement awards. The Zika Action and Prevention (ZAP) Mission Ready Team Program conducted doorto-door education and inspections in communities at high risk for Zika virus transmission. The 2018 West Nile Virus Prevention Challenge encouraged and supported local municipalities to conduct outreach to promote West Nile Virus prevention. The Community Outreach to Address Contamination from the Exide Battery Facility, an outreach effort with partners to increase community awareness of the health effects of, and availability of services for, lead exposure, created a multipronged outreach strategy that serves as a model for addressing environmental hazards.

S.G.V. EXAMINER

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NACo also honored the Department's Grant Fund Development Unit with an Administrative Pathfinders in Grants Management Award for improving collaborations, reducing fragmentation in processes, and providing centralized administrative support that has doubled grant funding over the past five years. The Department's Vital Record E-Commerce Program was also recognized for providing an online and in-person e-commerce application to assist Funeral Homes and Mortuaries.

Cannibal And The Headhunters Turns 55 And Headlines Summer Concert

BALDWIN PARK – The City of Baldwin Park wraps up a successful annual summer park concert series at Morgan Park 4100 Baldwin Park Blvd. Baldwin Park, at the Cesar E. Chavez Auditorium this Thursday **August 1**. Headlining is Cannibal and the Headhunters, icon band who opened for the Beatles and the Rolling Stones.

Thousands will gather to listen to their hit songs including " Land of a 1000 Dances" and "Don't Let Her Go". "Land of a 1000 Dances" is best known for its repetitive line Na, Na, Na, Na,

Na, Na, which is embedded in the minds and hearts of rock and roll fans worldwide. Frankie (Cannibal) Garcia the founder will be honored and recognized at the concert. Garcia was born in 1946 and passed away in 1996.

The band continues to tour with band leader Robert Zapata at the helm who is celebrating his 50th anniversary with the group. Cannibal and the Headhunters were also featured in HBO's documentary, The Latin Explosion. The City of Baldwin Park will honor the band with a plaque and certificates for each surviving band member. Baldwin Park Mayor Manuel Lozano stated, "We take pride in providing world-class entertainment for our residents. Cannibal and the Headhunters are a spectacular band who will continue to leave its mark in the entertainment industry for eternity."

For more information please contact Baldwin Park's Recreation and Parks Department at (626) 813-5245 ext. 268 or email them at yruizesparza@baldwinpark.com.

"TIME JOCKEY" - Hot August Night

By Joe Castillo

Hollywood Hills Murders... On August 9, 1969, nearly 50 years ago, one of the most gruesome murders in Los Angeles history occurred when five people were killed at the Benedict Canyon home of actress Sharon Tate. The convicted killers were all members of Charles Manson and his family of runaway young adults who were instructed by Manson to carry out the surreal attack. The next day, two other victims were found stabbed to death in their Los Felix home bringing the number of killings to seven. Southern California residents were scared beyond belief, and gun sales increased to record highs as residents sought their own protection. The temperatures were sweltering with recorded high in the 100's, on the evening before the murders, temperatures never dropped below 92 degrees in Los Angeles. I remember sleeping with the windows down as if that would have protected anyone from breaking in. The unnerving part was that no suspects had been identified, no motives seemed logical and no witnesses had emerged. Los Angles was being held hostage to its own fears and the worst part was that no suspects would emerge for another four plus months when Manson and his family members were ar-

rested in raids in Death Valley and Spahn's Movie Ranch in Chatsworth.

Even though it would take most of 1970 to get the whole story out in court, it was still too hard to believe that a crazed group of young hippie-like indiesting connections to the San Gabriel Valley and the murders. Susan Atkins, convicted in the killings, was born in San Gabriel in 1948. Leslie Van Houten, also convicted, was born in Altadena in 1949 and was the homecoming queen at Monrovia High School in 1967. Steven Parent, an innocent victim in the murders, lived in El Monte, worked in Rosemead and was a recent graduate of Arroyo High School in El Monte. 1969 was a one of the most historical years of the 20th century with Apollo 11 landing on the moon and man taking its first step on the surface, the Beatles officially break-up, the Miracle Mets won the World Series, Woodstock was held with 400,000 screaming fans but it was the Tate-La Bianca-Manson murders that have continued to capture the headlines and our imagination for most of half a century...

San Gabriel Valley Examiner, published weekly by Eumo Enterprises, has been adjudicated as a newspaper of General Circulation for the County of Los Angeles, California in Court Case No. KS 005341.

Mission Statement

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

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

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

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All submissions for publication become the property of San Gabriel Valley Examiner and will not be returned. San Gabriel Valley Examiner does not guarantee submissions to be published. All submissions are subject to editing, including to conform to space limitations

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Marijuana Dispensary **Robbed by Armed Gang**

By George Ogden

AZUSA-A gang of young men robbed the BBS marijuana dispensary at gunpoint of \$500 and marijuana worth about \$2,500 on Thursday around 4:45 p.m., on July 25.

At least a half dozen men came in and forced the guard to the floor and took cash and weed at gunpoint. As they were running from the store, located in the viduals could have accomplished one of the most vicious crimes of the 20th century. Fifty years have passed and the murders still hold a grip on those who were in Los Angeles at that time. Even though the convicted criminals have been in jail for most of those years, the case and its cast of characters continues to make

headlines in the newspapers and internet.

Charles Mason died while incarcerated late in 2017 and Leslie Van Houten was recommended for release by the parole board but Governor Newson overruled the judgement. It is expected that Van Houten will request parole again. A multitude of books have been written on the topic but the most credible book, "Helter Skelter" written by prosecutor Vincent Bugliosi is still being printed nearly 45 years after its first release. Recently, a movie loosely based on the Sharon Tate murders was released and grossed \$40 million during the opening weekend. It seems to be a story which won't go away.

When doing research for this story, I came across some inter-

16700 block of Arrow Highway, they dropped the jars containing the weed. The weed was recov-

ered. There were no injuries during the robbery.

No real description of the robbers was released but the men were between 18 to 20 years old and seen leaving in their car heading west on Arrow Highway.

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 be reached can joeacastillo@aol.com.

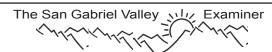
Shots Fired in Azusa

By George Ogden

AZUSA - Azusa police responded to "shots fired" call around 5:20 p.m. on Wednesday July 24 where someone fired at least eight shots into an apartment complex, located in the 600 block of East Sixth Street. When officers arrived, they found shell casings.

Bullets struck the building and shattered a window but nobody was hurt in the barrage of gunfire.

None of the residents "in" the building heard any of the shots. Nobody saw anything and could not provide any information as to why anyone would be shooting at the building.



Newsom Creates Office of Safe Drinking Water

Gov. Gavin Newsom signed SB 200, a bill by Bill Monning (D- Carmel) to create a safe drinking water fund to begin the process of providing clean water to disadvantaged communities. The first year, \$100 million will come from the Greenhouse Gas Reduction Fund (GGRF) and \$30 million from the General Fund. After the first year, 5% of the GGRF will be appropriated at \$130 million a year with the General Fund providing any gaps to reach that \$130 million annual appropriation. This funding will sunset in 2030 after providing an estimated \$1.4 billion over those 11 years.

This bill creates a new Office of Sustainable Water Solutions within the State Water Resources Control Board (SWRCB) with the Board creating a spending and implementation plan with their costs to be paid out of the Safe and Affordable Drinking Water Act (SADWA) as well as an administrative, technical and operational support service that may be a private water company. Fees on agricultural activities will also be charged and go into this fund.

The Greenhouse Gas Reduction Fund (GGRF) was created in 2012 to receive revenues from the Cap-and-Trade auction proceeds estimated to run \$2.5 to \$5 billion a year. Cap-and-trade is a program that allows government to set limits on the amount of carbons emitted by companies and, if emissions are lower than their allowed amount, may sell, at auctions, their unused portion to another company who needs that extra allowance. The capand-trade concept and the fund was established combat climate change and to ensure clean air, not for water issues.

2014 Prop 1, \$7.12 billion general obligation bond provided \$520 million to improve water quality for disadvantaged communities. State Water Resources Control Board was designated in that bond issue to manage that money in the Small Community Grant (SCG) Fund. Prop 1 allocated \$260 million to the Clean Water State Revolving Fund, with an annual Small Com-



Shade's Perspective Lois M. Shade Former Mayor of Glendora posal just signed by the Governor or if it will go into the SAD-WA

To bring Prop 1 to \$7.12 billion, \$425 million of unused bond money from previous bond issues was transferred over Prop 1. The state has the ability to move previously approved money around and over to other bonds if that money is needed and approved for approximately the same projects.

The California Water Commission in July 2018, as part of Prop 1, approved maximum conditional funding amounts for eight projects that collectively would boost California's water storage capacity by 4.3 million acre-feet. The projects are still organizing and finding the rest of the needed funding to complete the water infrastructure projects.

• Temperance Flat was awarded \$171.3 billion for a project that will cost \$2.661 to service the counties of Fresno, Tulare, Kinds, Madera and Merced. The Joint Powers Authority will be responsible for finding the resources to fully fund the project. There is a water for disadvantaged communities component included.

• Sites Project Authority was awarded \$800 million for a total project cost of \$5.1 billion. This will provide 1.81 million-acre feet of water storage and operation would be in cooperation of the Central Valley Project (CVP) and State Water Project (SWP).

• Kern Fan Groundwater Storage Project would provide groundwater recharge in the Kern County Sub-basin awarded \$67 Costa Water District will expand existing water storage at a cost of \$795 million with \$459 million awarded.

• Pacheco Reservoir Expansion Project is an above ground expansion project taking storage from 6 thousand-acre feet to 141.6 thousand-acre feet. Project was awarded \$484.5 million with a total project cost of \$969 million.

• South County Ag Program is a conjunctive use project with Sacramento Regional Sanitation District to improve riparian habitats. This project would provide tertiary treated recycled water to irrigate agriculture and habitat lands. Awarded amount was \$280 million for a \$373 million project.

• Willow Springs Water Bank Conjunctive Use project an adjudicated Antelope Valley ground water basin that would integrate the State Water Project reservoir with ecosystem benefits north of the delta. This is a \$343 million project awarded \$95.5 million.

• The Chino Basin Conjunctive Use Environmental Water Storage/Exchange Program is in progress and will provide additional treated and stored water when needed in dry years.

Water in California has been an on going issue for a lot of years now and this is only the beginning of remediation in areas that need it and constructing the necessary infrastructure to carry us into future years. It is obvious these projects will need additional water revenue to meet the completion costs and it has been generally written and assumed that increasing the water costs for those who receive that water will be the mechanism to pay for these projects.

Two previous bills by Bill Monning (D- Carmel) attempted to level a tax on water and both failed but not because Gov. Newsom wasn't in favor of that tax and said he would have signed it if passed by the legislature.

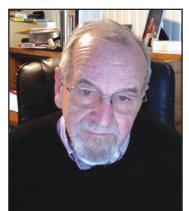
What About Abortion?

Whenever I confront evangelicals about how they could possibly support their increasingly unqualified and morally bankrupt President, there are two sexually related issues consistently cited: homosexuality and abortion. Those who raise the gay issue often sound petulant and narrow, and reflect just another form of the bigotry afflicting our nation. Those who cite abortion, however, hold that they are standing firmly on a moral issue that cannot be ignored. These believers must be taken seriously, and their concerns about abortion addressed.

Joe Biden now realizes that abortion has become a serious inhibitor to his Presidential campaign. First he supported the restrictive policies of the Hyde Act that infuriated his party's progressives. Whereupon he did the unthinkablehe changed his mind, infuriating conservatives in both parties. To alter an opinion may be a mark of someone whose mindset is maturing, or it may be the Achilles heel of a political flip-flopper. Joe, whatever you have done it is a "no-winner." At any rate, since I have been engaged with several correspondents for whom abortion is a game-changing issue, I need to address it head on.

First the issue is not whether you are for abortion or against it. I don't know anyone who is pro-abortion! The real question remains: who has the right to make the decision, the pregnant woman and her physician or the government? I find it strange that conservatives who complain about government interference in our private affairs believe that what happens in a woman's body should be legislated. That is what Roe *v* Wade is really about.

There are correspondents of mine who believe the central question remains, "what Presi-



Charles H. Bayer

dent has produced the greatest number of prevented abortions?" The accusation is that while Obama and Clinton talked about limiting abortions, Trump has been the only one with results. One writer held that "Trump has done more to limit abortions in two and a half years than the Democratic duo did in sixteen. The question may be, however, as to whether Trump has managed to increase abortions, not brought the procedure to a halt.

A number of years ago I was part of what we called "The Clergy Consultation Service on Problem Pregnancies." When on duty I would see as many as twenty pregnant women a week who were faced with having to make a ghastly decision. Some of the women were married, and together with their husbands did not see how they could support one more child. Most were single and could not face this unwanted pregnancy. My role was to present the available options: getting married, raising a child as an unmarried couple, raising the child as a single woman, bearing the child and placing it out to be adopted, or terminating the pregnancy.

If the decision was to terminate the pregnancy, we knew available, safe, legal avenues. In no case, NONE! did I encounter a situation in which a government law persuaded a woman to continue the pregnancy. A way to terminate a pregnancy could be found, not by me but by the woman—legal or not, safe or dangerous. So just what abortions had Trump actually prevented? The answer is probably VERY FEW IF ANY.

There is another matter that must be examined. The number of unwanted pregnancies may be in direct relation to the availability of birth control information, pills and procedures. Thus the Trump campaign against "Planned Parenthood," for instance, has been counter productive. Planned Parenthood has been the nation's best qualified distributer of birth control information and procedures. As such it has helped avoid thousands of unwanted pregnancies, and therefore has drastically limited the number of abortions! Both Obama and Clinton were advocates of adequate contraception. Trump's effort to defund Planned Parenthood and eliminate avenues offering safe effective birth control measures has resulted in MORE, not fewer, abortions. That's Trump's record. On the other hand, Obama and Clinton both supported Planned Parenthood and the insurance that included the availability of contraception. That meant fewer unwanted pregnancies.

Nobody I know is pro-abortion. The real questions therefore are. 1. Who has the right to decide, the woman or the government? 2. How should unanticipated pregnancies best be avoided?

It has been my habit to take off distributing these columns from August 1 through Labor Day. I have produced these weekly essays every Wednesday for the past eleven months, so it is time for my yearly break. See you in a few weeks.

Contact Charles Bayer at candwbayer@verizon.net

Medical Misdiagnosis, Devastating and Costly!

I am sure that many of you know somebody or you yourself has had a medical misdiagnosis. This can be devastating for you and anybody else that this has happened to. It can cause additional health issues and even death in many cases. Today we go and see our doctors, and in many cases, you see a doctor's assistant. If you're lucky, the doctor might come in and see you for about two minutes then he is gone. You no longer have the personal contact we did many years ago. My friend and his wife were icons at various dance events. An attractive couple. Fun to watch them dance. The female of that dancing couple became ill. She was put on medication and there was no improvement. Within a short time, it was obvious she was gaining a lot of weight and soon it became difficult for her to get around. She ended up in a wheelchair. She easily doubled her weight, it was passed off being a reaction to the medication. You would think, medical professionals seeing that you are having that type of overreaction would know that there is something wrong or is giving the wrong medication. After eight years of her going through the agony, they found that she had been misdiagnosed and given medication that she should not have been taking. They fixed the meds and we saw great improvement in her weight but the damage had been done. Sadly, she passed away and never danced again. It was devastating for her family and for her friends.

a three-month-old baby that had a pulled muscle or something.

munity Grant appropriation annually of \$8 million. I don't know if any of that funding is included in the SB 200 clean water promillion for a \$171 million project.

• Los Vaqueros Reservoir Expansion Project for the Contra

Does Your Child's School Have Safe Drinking Water?

As millions of kids around the country trade swimsuits and popsicle sticks for backpacks and pencils, parents should be advised that current research shows that contaminants in school drinking water can pose a threat to student health. Municipal water, which is not always optimal quality, may contain chemicals, bacteria, lead or microplastics -- all contaminants which have been found in tap and fountain water in schools nationwide.

Lead, in particular, is a major concern due to old metal pipelines and systems that carry water into schools. According to a Harvard study published in 2019, 44 percent of the nearly 11,000 schools tested nationwide had one or more water samples with a lead concentration at or above their state's action level. What's more, a lack of federal quality standards and statewide requirements for testing school water sources and pipelines means that schools may have an undiscovered problem or that test results may not always be public knowledge. While students who use school water can be at risk of consuming unsafe contaminants, there are practical steps families can take to help ensure kids are hydrating safely while at school, one of which is using a filtered water bottle.

"Sending my children to school with a water bottle that filters out contaminants is an

As millions of kids around the untry trade swimsuits and popcle sticks for backpacks and ncils, parents should be advised at current research shows that ntaminants in school drinking ater can pose a threat to student easy way to ensure my kids can always access clean and safe water at school," says Tara Lundy, a mother of three and head of brand at LifeStraw, who arms her own children with a bottle that can filter fountain water on-the-go.

> At a time when environmental health advocates are calling for the proactive removal of leadbearing parts from schools' drinking water systems, parents can start protecting their children's health today with filtered water bottles.

> An option designed specifically with children in mind is the LifeStraw Play featuring a twostage filter that protects against bacteria, parasites, microplastics, some chemicals and heavy metals like lead. Using a filtered water bottle with this level of protection means that kids can safely and conveniently access water from any tap or public water fountain. The bottle is also great for use while camping or hiking and even traveling internationally, since it can remove bacteria and parasites. And because it removes bad tastes and odors from water, it is also a useful item for kids with sensory defensiveness who smell or taste water.

> For a safer, healthier school year, don't forget to put a filtered water bottle on your family's back-to-school shopping list. (StatePoint)

More recently, a young lady who is on dialysis, has been waiting years for a kidney. A pair of kidneys became available and she went to the hospital. The transplant with both of those kidneys



George Ogden That's just the way it is!

was successful. After being monitored for some time at the hospital, she was sent home. She soon started experiencing pain and went to the ER at a local hospital. They treated her and sent her home. Within a couple of days, she was in severe pain again. Back to the ER and they quickly transferred her to a hospital in West LA where she had the transplants done. She was bloated and very sick. There were too many things that were not right. They were treating her for constipation and possible infection. She went to the bathroom on her own and she could not do anything. Heading back towards the bed in her room, she collapsed in severe pain. All she could see was the cord hanging down from the wall that you pull in case of an emergency. The next thing she remembers is somebody doing chest compressions on her and counting and she saw the nurse that was doing this and that was the last thing she remembered. She collapsed into a coma.

They opened her up and she basically exploded as her intestines started oozing out. They were highly inflamed and extremely swollen. They had found the kidneys could not do the job. Her aorta had disintegrated because of a lack of oxygen. Then we found out that the kidneys that were placed into her came out of died in an accident.

I don't know much in regards to the medical field but I think I'm smart enough to figure out that the three-month-old kidneys are way too small to do the job for a full-grown adult. Those kidneys were removed and she was incubated with her intestines hanging out and she stayed in a medical induced coma. A week later, they started to bring her out of the coma. After a number of tests, they were satisfied that there was no brain damage and after a while she was sent home days later. She's back on dialysis again.

As she was leaving the hospital, she looked up and saw a number of people lining the hallway and noticed the nurse who had saved her life. She took that lady's picture and said goodbye. They both had tears in their eyes as she left.

I was shown a picture that was taken by a cell phone. The picture was so good that we could actually see the name of this nurse and she was able to make Facebook contact with this lady. They often have interaction.

I recently found out that the mother of one of the councilmembers in West Covina is back in the hospital. It seems like they are finding out that she was misdiagnosed. Hopefully they will get it right this time. This lady does not deserve all of this.

A friend of mine called me up last week and said "I need to go to the ER, can you take me?". We got to the ER and he said don't wait because they're going to keep me. He had just gotten out of the hospital. He had pains and went to the hospital originally and they were telling him he had got worse and he went back to the hospital and they realized he had appendicitis. It had become infected. Now they can't take out the appendix because of the infection. He spent about five days in the hospital and they released him. He's back again and at this writing he's coming up on his fifth day again.

I have to ask, with all this medical education and all these people around, why can't they not get it right in the first time? These missed diagnosed patients can die or have extended periods in the hospital or remain sick for long periods of time. It almost seems like some type of scam. Keep the patient sick and continue to receive payments for their healthcare. Either from the patients themselves or their healthcare providers. All this is at the expense of the patient. The patient has to suffer, not only with their ailments, but financially as well as in most cases they can't go back to work. I myself was given the wrong medication and it caused immediate swelling of my legs, ankles and feet. I could hardly walk. Before it got corrected, the swelling was so bad it caused joint separation. I couldn't bend my knees or my ankles. This took away some of my job opportunities and basically, I had to become a contract employer. If they need me, they call me and if I can do the job then I can work it. In most cases now it's only the paper pushing part.

I have no real idea on how you can keep an eye on your healthcare experiences. It seems like if they keep you sick, they make more money.

"That's Just the Way It Is!"



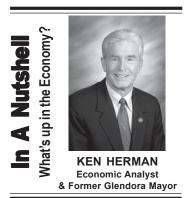
Who Really Knows Tomorrow's **Market Direction?**

Stocks are challenging fresh all-time highs as positive earnings and earnings estimates are being reported daily. Go figure? Investment houses like Morgan Stanley have turned bearish on stocks, taking their global equity rating to its lowest level in five years. They proclaim a recession with a steep correction is looming in the immediate future.

That's a bold call, considering the many different possible outcomes. Just for the record, when there are limited places in the world to put vast amounts of institutional money - hundreds of billions of dollars seeking a positive return on bond yields - an economy with a strong pulse and a solid bid under the currency why try to call a market top? It's a bold call and one they hope to generate fame and fortune from, but it's probably way too early to predict how this will work out for those investment houses.

Quite frankly, the strong money flows into U.S. equities are an affirmation that the domestic economy is maintaining steady growth in light of slower growth around the globe. Most institutional money managers keep to themselves in edgy markets, preferring to stay nimble and not make vocal directional calls on the market. It's a tough call to go on record to predict the future (especially when there is little historical data when the world's most powerful central banks were operating in such a low interest environment).

Back in early December, the Fed raised the Fed Funds Rate by a quarter point and the market went into a panic, correcting by nearly 20%. Since Christmas Eve, the Fed has "pivoted" and the S&P 500 has recovered by 28%. Recently, the Fed reinforced



their commitment to sustain the economic expansion and the bull market has been elevated by a near-certain rate cut on July 31st. It is fascinating to see how global stock markets dictate to central banks to provide the stimulus it needs, on demand. We're now well into a decade of global Quantitative Easing and investors have become highly accustomed to expect central bank stimulus to support a healthy stock market. Based on the latest narrative. this remains the direction of choice

July is a seasonally strong month and with many market pundits convinced that the Fed will cut key interest rates in late July at the next Federal Open Market Committee (FOMC) meeting, Wall Street is now focusing on the upcoming second-quarter earnings announcement season, fueling market highs in most indexes, with the S&P 500 up 20.2% in 2019 through last Friday, the Dow up 17.2%, and NAS-DAQ up 24.4%.

Surprisingly, current earnings expectations are low, with S&P 500 companies forecast to post 1.6% year-over-year earnings decline for the second quarter. However, due to continued strong stock buy-back activity, and the fact that positive operating earnings surprises are common, many on Wall Street expect the S&P 500 to eke out small earnings gain for the quarter, although it could be a close call. Either way, stocks that continue to sustain strong earnings momentum are poised to potentially break out and emerge as market leaders.

A rising fear of the world outside the U.S. entering a deflationary period is a big part of the reason why 25% of total global debt is sporting negative yields. By definition, negative interest rates incentivize banks to aggressively lend money, since they are being charged negative interest. But negative interest is also considered a last-ditch effort to boost economic growth when conventional fiscal policy tools fail.

So far, negative yields have yet to stimulate loan demand that spurs sufficient investment and spending to where the central banks can dial back their QE. This is a quandary that has foreign institutions hoarding money, willing to pay the bank to keep it safe while also pouring capital into U.S. Treasuries and equities.

To assume that this pattern of money flow is going to somehow come to an abrupt end doesn't really add up, in my view. I believe that the markets recent surge is a testament that foreign capital is fast running out of patience and is in desperate need of being in strong dollar-denominated stock and bond assets for yield and total return. As long as this condition exists, US financial markets should avoid steep corrections. I personally think equities might even go higher.

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comments kenherman46@hotmail.com



Your Money - Ask Julia

Housing prices are so high that we're thinking we should sell ours and buy a smaller place. The problem is that prices are so high, we're thinking it's a bad time to buy. Can you shed some light on this quandary?

Housing goes through cycles for sellers and buyers. Basically, it boils down to this: Sell high: buy high, OR Sell low; buy low. Being a buyer in this current market can be very frustrating. It can make you feel like you're in shark-infested waters during a feeding frenzy. Of course, that's great for sellers, because there are many ready buyers vying for your property. In the past, it has worked well for some folks to sell high, rent a smaller place for two to five years or so, and then buy when housing prices take a dip. (After 2 years, you could qualify to be a first-time homebuyer.) Right now the inventory of homes for sale is low, so it is a great time to put your home up for sale. Be ready to move! (If you need an ethical, professional, knowledgeable Realtor in your area, let me know. I have a short list of such Realtors you might want to interview for the job.)

A mortgage loan officer is quoting me a higher rate than I can find online. Why is there such a discrepancy?

Be sure to read the fine print online. Often the rates posted on the internet, on the posters in your bank, and on billboards are based on the borrower having stellar credit, making a 20-percent down payment, and "buying down" the rate by paying an addi-



Julia Yoder

tional one or more points (1 point equals 1 percent of the loan amount). The mortgage rate you find on the internet usually does not take into consideration all of your specific financial details such as accurate credit history, income, expenses, available funds, and appraised value of the property. A real-person loan professional will "pre-dig" into most problems that might cause a delay during underwriting. Be honest and open. If there's a problem you are aware of, a well drafted Letter of Explanation gives the underwriter more understanding. Keep in mind that mortgage loan officers working at banks and credit unions are limited to the loans offered by that institution. Independent loan officers have access to multiple wholesale lenders, shop for and explain the best loan options that fit your particular needs, and are experts at helping you exercise your right to shop for rates.

I lost my job and don't want to leave my retirement account with that company! How do I move it without having to pay taxes?

To avoid the risk of having to pay taxes, it's a matter of doing the paperwork properly so that the money is transferred in a timely manner to another qualified account. In a 12-month period, you can do an unlimited number of institution-to-institution transfers, but only one transfer if the funds are handled by you. It's best to use the services of a financial professional to help you with this.

How much life insurance I should have?

How much money would your heirs will need to maintain their lifestyle without you? Let's say they could withdraw 4-percent annually from the earnings on a sum of money before touching the principal. If you currently earn \$50,000 annually, and purchase 10 times your annual income - a \$500,000 policy - your heirs could be able to withdraw \$20,000 (often income-tax free) per year without touching the principal. Ask yourself, "Is \$20,000 a year going to be enough to replace your \$50,000 annual income?"

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

American Heart Association/American Stroke Association Recognizes Emanate Health Hospitals for Heart Failure and Stroke Treatment

Health's three hospitals-Inter-Community Hospital (ICH) in Covina, Queen of the Valley Hospital (QVH) in West Covina and Foothill Presbyterian Hospital (FPH) in Glendora— (AHA)/American Stroke Asso-

COVINA - Emanate chairperson of the Quality Oversight Committee and Executive Vice Chair of Neurology, Director of Acute Stroke Services, Massachusetts General Hospital. "Research has shown that hospitals adhering have received awards from the to clinical measures through the American Heart Association Get With The Guidelines® quality improvement initiative

or recurrent stroke each year. The Emanate Health comprehensive cardiovascular services, includes one of the most extensive open-heart surgery

programs in the San Gabriel Valley. It is also an officially designated ST Elevation Myocardial Infarction (STEMI)

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

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

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

to steal one.

• Some problems can be fixed with a software download.

• Accidents will be minimal or non-existent.

• It won't matter if your reflexes or eye-sight aren't what they used to be.

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

• Hackers are already finding ways to get past a car's security system and hack in.

• With all the "partners" need-• It will be almost impossible ed to mobilize a self-driving car there are more ways for a hacker to infiltrate any system related to the vehicle, from the manufacturer to the software companies.

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

The good news is that manu-

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

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Count On!

ciation (ASA) recognizing their commitment to ensuring heart failure and stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines founded in the latest scientific evidence.

"Emanate Health maintains an unrelenting drive for excellence, quality and safety, and strives to continually improve all that we do," said President & CEO Rob Curry. "With guidance from the American Heart Association and the American Stroke Association, we're tracking and measuring our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes.'

ICH received the AHA's Get With The Guidelines[®]-Heart Failure Gold Quality Achievement Award, while QVH earned the silver-level award. The hospitals received the awards by meeting specific quality achievement measures for the diagnosis and treatment of heart failure patients at a set level for a designated period.

"We are pleased to recognize Emanate Health for their commitment to heart failure and stroke care," said Lee H. Schwamm, M.D., national

Accountant Prepare financial statements & accounting documents; Mail resume to job site: Joyce Zhu, CPA, 21015 Pathfinder Rd., Ste. 150, Diamond Bar, CA 91765, No calls

can often see fewer readmissions and lower mortality rates."

In addition, the stroke program at OVH has received the AHA/ASA's Get With The Guidelines[®] Target: Stroke Honor Roll Elite Gold Plus Quality Achievement Award, while FPH earned the silverlevel award. The hospitals received the awards by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period.

Achievement measures for both heart failure and stroke treatment includes the evaluation of the proper use of medications and education on the treatments aligned with the most up-to-date evidencebased guidelines. Before discharge, patients should also receive education on managing their health condition, get a follow-up visit scheduled, as well as other care transition interventions. These practices are aimed to speed up recovery, reduce hospital readmissions and reduce disability and death.

According to the AHA, more than 6.5 million adults in the United States are living with heart failure. Many heart failure patients can lead a full, enjoyable life when their condition is managed with proper medications or devices and with healthy lifestyle changes. Stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke everv 40 seconds and nearly 795,000 people suffer a new

Receiving Center (SRC), and performs more STEMI's then any other hospital in the region with documented best transfer time's door to balloon in Los Angeles County. Today, more than 1,900 procedures are performed annually in Emanate Health Cardiac Catheterization Labs and more than 200 open heart surgery cases are successfully completed each year. We have also launched and have had successful outcomes with our Structural Heart Program, which includes the TAVR and MitraClip procedures. These programs allow regional patients to receive advanced care and therapies close to home.

The Emanate Health stroke program at QVH is a Joint Commission-certified Primary Stroke Center with an established Neuroscience Unit. Evidence-based stroke protocols are followed by a multidisciplinary team in managing the care of patients along the continuum of service delivery. The center will ensure continuity and coordination of care of all stroke patients. FPH is a Joint Commission-certified Acute Stroke-Ready Hospital, a certification that recognizes hospitals that have met standards to support better outcomes for stroke care as part of a stroke system of care. ICH has implemented the "Drip and Ship" model of care for acute ischemic stroke patients-a model that involves the use of a telemedicine unit to allow a stroke teleneurologist to provide a prompt examination of the patient, and order thrombolytic therapy when indicated.

Protect Your Finances When Caring for Kids and Elderly Relatives

Despite actively saving and preparing for retirement, members of the sandwich generation have in large numbers been unable to build robust emergency savings and retirement account balances, primarily due to the strain of financially supporting other family members, according to a new survey from The PNC Financial Services Group.

The sandwich generation -defined as those who are caught between financially supporting children and elderly family members -- is acutely aware of its financial shortcomings, but instead of that knowledge spurring action, the stress of the responsibility is overwhelming to the point of creating an unpreparedness for the future. In fact, 32 percent of those surveyed report a retirement account balance of less than \$25,000, and are facing additional near-term financial burdens.

"The reality is that the only way to improve your financial situation is to be honest with yourself and commit to making the necessary changes required to prepare for the future," says Rich Ramassini, director of Strategy and Sales Performance for PNC Investments. "We can see that those in the sandwich generation are demands associated with family now and in the future, it paints a very grim picture for this demographic's future unless they take immediate action." (StatePoint)

struggling to save for their own

needs. When you add in the

The San Gabriel Valley Straminer

ALLEY/SENIOR N

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 loca-

tion 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 Holi-

TOPS (Take Off Pounds Sen-

sibly) meets every week on

Thursday at 6 p.m. at the Cortez

Senior Center, located at 2501 E.

Cortez St in the back classroom

building. Visitors are always

TOPS Meeting

days.

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

Wanted: Men and Women who want to lose weight. TOPS (Take Off Pounds Sensibly) is a nonprofit group that encourages men and women to lose weighy. TOPS is a hands on, Pounds Off approach to weight loss. No Quick Fixes, just helpful information you need to reach your weight loss goal. We offer the latest nutrition, fitness and medical information. We also have information on on the latest Diabetes resoaurces. Motivational stories from successful TOPS members. Our meetings are every Thursday at 9:30am to 11:00am at Azusa Memorial Park at 320 N Orange. For more information please call 626-967-8829

ARCADIA **Saturday Adult Basketball League**

Gather your friends, form a team and stay active in the adult basketball league. Whether it's casual or competitive, there's always an opportunity to stay fit and have fun. Games are played at the Dana Gym, 1401 S. First Avenue, Arcadia on Saturdays between the hours of 9:00am and 1:00pm, beginning Saturday, June 29, 2019. Saturday Open League is limited to six teams and is open to all levels of play. League fees area \$502 plus a \$40 forfeit deposit, which includes 9 league games, officials, scorekeepers, and championship award. Registration takes place on a first-come, first-serve basis. For more information please call

tional guidance is also offered. Eating well and exercising will not only improve your overall health, but also improves your mood and energy levels. Group meets in senior center dining hall Monday through Thursday from 8:00am - 9:00am. This class is free to participate. For more information on the class or registering, please visit the Julia Mc-Neill Senior Center or call (626) 813-5245, Ext. 323

COVINA **Community Garden** Parcels

The City of Covina Parks & Recreation Department has a Community Garden located at Cougar Park. Parcels are now available. Grow your own vegetables alongside other gardeners who are passionate about gardening and growing healthy organic produce! Annual fee of \$50 for large or handicap accessible parcel, and \$44 for small parcel. Applications are available at covinaca.gov. For more information, call (626) 384-5340.

DUARTE **Duarte Museum Needs Docents**

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

358-0329 for more information. **Blood Pressure** Checks

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

Meals on Wheels

Eligible seniors can receive a hot lunch and cold dinner plate delivered each weekday, or seven trozen 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.

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.

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 at jmarkel@ci.glendora.ca.us.

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.

<u>LA VERNE</u> **Concerts In The Park**

Come with your own blankets and/or lawn chairs to listen to the wonderful music while relaxing in the warm, balmy, summer

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 **Shuttle Service** 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

Go West

Louie Pompei Golf Tournament

GLENDORA - On June 9, nament was created to raise date is August 12th at the Glen-1995, Glendora Police Officer money for the families of po-Louie Pompei was shot and lice officers who have been tion begins at 10am with a 12 killed while attempting to stop killed in the line of duty. Since noon shotgun start. The cost the inception of the tournament following Louie's death, a generous portion of tournament proceeds have been donated to the California Peace Officer Memorial Foundation each year. Additional proceeds are also donated to charitable organizations in Glendora throughout the year. This year the tournament

dora Country Club. Registraof the tournament includes: cart, green fees, range balls, lunch, unlimited drinks on the course, and dinner poolside at GCC.

welcome and your first meeting is free. Come now and learn about nutrition, portion control, food planning, exercise, motivation, and more every week. This group has members from all over the San Gabriel Valley. For details, call Erika Hernandez at 626-384-0502.

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.

626.574.5113 **BALDWIN PARK Birthday Celebration**

Join the Julia McNeill Senior Center monthly Birthday Celebration on the third Wednesday of the month (8/21) from 12:30 pm - 2:30 pm. Dance to the music of DJ Sonic Boom as active adults celebrate their birthday. Have some cake and lots of music, as well as door prizes for your celebration! \$1 door admission. Visit the website at www.baldwinpark.com or call the office at (626) 813-5245 ext. 323.

Annual Fashion Show

Join us on Wednesday, August **21th** from 9:00 am - 12:00 pm for an event filled with fashion and intrigue as we will reveal this year's theme for the 26th Annual Award Winning Prom. Seniors will be modeling the latest fashions and have the opportunity to purchase items after the show. Presale Prom Tickets after the Fashion Show! For more information contact the Julia McNeill Senior Center at (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. Nutri-

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

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.

Senior Lunch

The Senior Center serves hot lunches Monday through Friday

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nights. Concert series will begin at 6:30 PM on Sundays. All concerts are held at Heritage Park, 5001 Via De Mansion, east of Wheeler and north of Baseline. The entire line-up features the following:

• Sunday, July 28 - Cold Duck (Variety)

• Sunday, August 11 - The Answer (Classic Rock) **Get About**

an armed robbery at a grocery store. Louie's sudden and violent death was the most devastating occurrence in the history of the Glendora Police Department. Louie's charm and infectious smile will long be remembered by members of the Police Department and the community.

In Louie's honor, the Louie Pompei Memorial Golf Tour-

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Sty Examiner The San Gabriel Valley

L.A. County Probation To Present **Medal Of Valor Awards To Employee Heroes Of The Woolsey Fire**

LOS ANGELES COUNTY - For the first time in its 116 year history, The Los Angeles **County Probation Department** will be presenting a Medal of Valor Award to Probation employees who valiantly assisted with the evacuation of youth at Campus Kilpatrick in Malibu on November 9, 2018 due to the fast approaching Woolsey Fire. The ceremony to honor these brave individuals will be part of the Department's Employee Recognition Awards which will take place September 5 at East Los Angeles College.

Also being honored at the event will be staff from across the Department's bureaus who were nominated by their peers for demonstrating leadership, diligence, mentoring, engagement, reliability, ethics and earned respect from their coworkers, clients and the community. Outstanding programs and leaders from Probation's



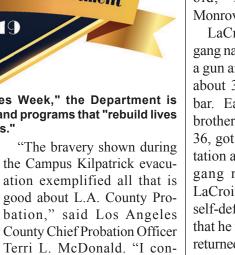
In honor of "Probation Services Week," the Department is highlighting the amazing people and programs that "rebuild lives and provide for safer communities."

Juvenile, Adult and Administrative Divisions will be spotlighted as well as the Department's Baker-to-Vegas relay team and Probation employees who have 40 or more years of County service.



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bation," said Los Angeles County Chief Probation Officer Terri L. McDonald. "I congratulate everybody that will be honored at this unique awards event. Those being awarded are just a small sample of the amazing employees who work tirelessly to improve client's lives across the County every single

day." The L.A. County Probation Department Medal of Valor Award is for staff who, on or off duty, distinguished themselves by conspicuous bravery or heroism above and beyond the normal demands of service displaying great courage in the face of immediate life-threatening peril and with full knowledge of the risk involved.

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

Monrovia Bar Murder Conviction. Sentencing Date Set

By George Ogden

MONROVIA - On Monday, July 22, a 33-year-old gang member was convicted in a shooting at Gem City Grill 115 E. Olive Street in Monrovia on Dec. 2017.

Using a semi-automatic firearm, Jeremiah LaCroix was found guilty of second-degree murder, attempted voluntary manslaughter and assault with a firearm. On Dec. 2, 2017. he shot and a killed 43-yearold, Michael Lowe of Monrovia.

LaCroix, who goes by his gang name "Ciego," pulled out a gun and shot into a crowd of about 30 to 40 people at the bar. Earlier, he and his older brother, William LaCroix Jr., 36, got into a verbal confrontation and fought with several gang members in the bar. LaCroix stated that it was in self-defense, but the DA stated that he went out of the bar and returned with a semi-automatic weapon and started shooting. The surveillance video from inside the bar shows what happened.

There were a number of arrests as LaCroix left the area



Jeremiah LaCroix convicted of murder.

and was helped by his father and mother to get out of the area. They were arrested and served time (156 days) in jail. LaCroix turned himself in to the Banning Sheriff's Dept on New Year's Eve. Others that were arrested are already serving

time for the shootings and assaults. The Los Angeles Superior Court Judge set sentencing for Sept. 27 of this year. Also the victim's family members will be there to give impact statements.

Recovery Efforts for Federally Endangered Species Continue

ARCADIA – Close to one thousand Los Angeles Zoo bred mountain yellow-legged frogs and tadpoles (Rana muscosa) will be released into a tributary to Cooper Canyon, located in the Angeles National Forest. Representatives from the U.S. Fish and Wildlife Service, Los Angeles Zoo, and Forest Service will release the tadpoles Aug. 14 as efforts to save this

federally endangered o

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marks the second year tadpoles have been released into Angeles National Forest.

"Not withstanding that it's a federally endangered species, it's important that we save the mountain yellow-legged frog from extinction for future generations to enjoy because it brings balance to the ecology of the national forest," said Daryl Hodges, Angeles National Forest Fisheries Biologist.

When the species was listed as endangered in 2002, there were only 100 adults remaining in the wild. Factors contributing to the sharp decrease in population included habitat

gan in 2006.

Since 2006, more than 3800 captive-bred mountain yellowlegged frog tadpoles and subadult males have been released into their historical habitat in the San Gabriel, San Bernardino, and San Jacinto Mountains in Southern California.

Other efforts to assist in the recovery of the frog include removal of non-native fish and bullfrogs from streams in the species' historic range; monitoring; and continued research to inform recovery actions.

Partners in recovery of the species include: the U.S. Fish and Wildlife Service, U.S. For-



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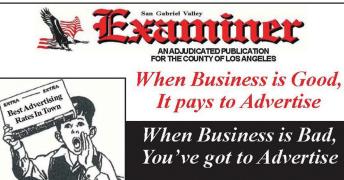
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loss, pollution, and introduction of non-native predators.

It was determined by scientists captive breeding offered the best chance to save the species. Reintroduction efforts be-

est Service, U.S. Geological Survey, Los Angeles Zoo, San Diego Zoo Global, California Department of Fish and Wildlife and others.



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*APY = Annual Percentage Yield

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Rates are accurate as of 07/01/2019. 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



The San Gabriel Valley Mr. Examiner

El Monte Union 2019-20 Spending Plan Aims to Boost Achievement for All

EL MONTE – The El Monte Union Board of Trustees on June 19 adopted a \$135 million 2019-20 budget that supports its Local Control and Accountability Plan (LCAP), which calls for developing wellness centers, additional afterschool enrichment programs and implementing a new data analysis platform that will allow teachers to collaborate and modify instruction to ensure student success.

The state's new funding law, the Local Control Funding Formula, allows districts to decide how to use state dollars to meet the needs of students, particularly low-income students, Foster Youth and English Learners.

In 2019-20, the District will invest \$27.5 million in these students through programs outlined in the District's LCAP, a three-year spending plan that district guides efforts to improve student achievement and built with extensive input from parents, students, staff, teachers and stakeholders.

"Our LCAP continues to support the success of all students, providing targeted services to those who need it and boosting resources to students, parents and staff alike to ensure our classrooms and campuses are strong," Superintendent Dr. Edward Zuniga said. "As we continue to monitor areas of need, we are focused on boosting the academic and personal performance of all El Monte Union students."

Some ongoing programs and



services that will provided District-wide and school-wide include:

• Technology/Internet access and online learning programs

• Free AP/PSAT/SAT testing, prep and materials

• Upgraded computer and science labs

• College/career counseling and college field trips

• Career Technical Education pathways and vocational education programs

• Summer school and tutor-

• Increased comprehensive student support and mental health services

• Parent workshops and trainings

• Districtwide attendance initiative

• School resource officers and campus supervision

• Ongoing professional development

• Academic language development classes, added support to ELs through paraeducators

Board of Supervisors Honors Five Nationally-Recognized DPSS Service Programs



Five innovative programs implemented by the Los Angeles County Department of Public Social Services (DPSS) and honored by the National Association of Counties with Achievement Awards were recognized by the Board of Supervisors.

Chair of the Board, Supervisor Janice Hahn, praised the innovative approach to providing a safety net for at-risk and hard-to-serve County residents. DPSS Director Antonia Jiménez joined her program managers at the Board meeting to celebrate these achievements:

CalFresh Participation Rate

The CalFresh Program (nationally known as Supplemental Nutrition Assistance Program or SNAP), serves as the first line of defense against food insecurity. DPSS provides this nutritional safeguard to approximately 551,900 households. DPSS implemented a three-pronged approach to increase enrollment. The initiative included comprehensive marketing, community outreach, and the development of highly creative media and social media strategies to not only increase CalFresh enrollment but also retain active/open cases.

sponsors with DPSS customers who are undergoing a hardship during the holiday season. Sponsors are provided with the adoptee's contact information, along with their personalized wish list, which may include groceries, clothing, gift certificates or toys. The purchased gifts are delivered by the sponsors or picked up by the family at a designated DPSS site. In 2018, over 1,000 sponsors provided gifts to 1,500 families. The automation of the Adopt-A-Family application has significantly improved the program by simplifying the sponsor-family matching process. Sponsors are now able to apply online to sponsor one or more families. The system also allows DPSS to monitor the number of sponsors and families matched and the number of families who have yet to be matched.

"Help the Homeless" Volunteer Project

DPSS initiated its annual "Help the Homeless" volunteer project in June 2016. The project solicits employees, friends, and family members as volunteers for a day of service to help the homeless population at the Weingart Center in downtown Los Angeles in collaboration with community partners. Volunteers assemble hygiene kits, sort clothing donations, prepare and serve food, work as teams on community beautification projects and conduct community outreach. To prepare for the event, DPSS employees conduct donation drives of clothing and personal hygiene items.

Each year the number of department staff, family and friends continues to grow, increasing from 108 in 2016 to 261 in 2018. The objective of this volunteer program is to bring employees together, mostly eligibility workers, to volunteer as a team outside of their regular work locations within DPSS offices to provide a service for the greater wellbeing of the community.

The Family Stabilization Health Coordination Program

This program offers shortterm assistance to DPSS customers and their family members who are experiencing a barrier that is destabilizing the family unit and hindering their ability to participate in Welfare to Work activities. It includes intake assessment, case management, assistance with obtaining public benefits, and limited temporary financial assistance.

Career Development Resource Center

This center provides a dedicated space for professional development workshops, presentations on relevant workforce development topics, and exclusive specialized trainings and meetings. The center also helps DPSS employees plan their career path. Employees who visit the center receive assistance with resume building, interview preparation, online skill-building programs, career exploration through college/university information sessions, County exam preparation materials and other skill-building materials.

5 Tips for Managing Your Student Loan Debt



Student loan debt is a fact of life for many college graduates and their parents, with borrowers owing approximately \$1.6 trillion in federal and private student loans in 2019. While some graduates easily repay their loans, others struggle to manage their debt.

Nearly one-quarter of respondents in a recent CFP Board/ Morning Consult survey reported they or someone in their household has student loan debt. Only 21 percent of respondents with student loans were very confident they could manage and pay off their debt. Another 21 percent knew their student loan debt would be overwhelming and were not at all confident in their ability to repay.

The survey also highlighted the impact student debt can have on an individual's ability to achieve important milestones, such as saving for retirement. Approximately one-third of respondents said it was unlikely they would be able to contribute to a savings or retirement account while paying off their student loans, while nearly 50 percent said they would not be able to fund an investment portfolio.

If you have student loans, a Certified Financial Planner (CFP) professional can provide competent, ethical advice on managing debt while building a retirement fund and balancing other financial goals. Here are five tips to get you started:

• Get organized. Borrowers may miss student loan payments simply because they're unaware of the terms of their loans. Knowing how much you owe, to whom, and the terms of your loans can help you make informed budget and repayment decisions.

• Consider consolidating loans. Many students graduate with loans from multiple sources. Consolidating student loans simplifies repayment and may decrease the amount you pay monthly. However, keep in mind that consolidation isn't the best strategy for everyone. Evaluate your specific loans and learn more about what consolidation might look like for you.

• Set up automatic payments. Automatic payment plans save time, stress and, in some cases, money. Some lenders will decrease the interest rate on your loan (usually less than 1 percent) as an incentive to set up automatic debit payments. Even a small reduction can save you money in the long run.

• Know your repayment options. There are several repayment plans for federal student loans. This includes options that lower monthly payments in proportion to income. Or, you can apply for a deferment or forbearance, which allows you to stop making payments for a certain period.

• Get employer assistance. Ask if your company offers financial assistance for school expenses or student loan payments. Although not directly related to student loans, if your employer matches employee retirement contributions, make sure you're maximizing that benefit. Failing to make your own contributions up to that match is likely leaving a significant amount of money on the table. Finding a balance between all your financial goals is important.

For more debt management tips and to find a CFP professional near you who can help you review your options and determine the best plan for meeting your goals, visit letsmakeaplan.org. For questions or for more information about your specific loans, contact your student loan provider.

With the right information and assistance, you can better manage student loan debt while preparing for the future. (StatePoint) Automated Adopt-A-Family Application

For over 30 years, DPSS has brought joy and smiles to many individuals and families during the holiday season through its Adopt-A-Family Program, hosted annually by DPSS Toy Loan and Volunteer Services (TLVS). The goal is to match

County to Explore Expanding Inspector General Authority to Investigate Sheriff's Deputy Secret Societies

LOSANGELES COUNTY - The Los Angeles County Board of Supervisors voted unanimously to explore giving

unanimously to explore giving the Office of the Inspector General greater authority to investigate deputy secret societies as well as subpoena power to review other matters involving the Sheriff's Department.

"These reported secret deputy cliques are dangerous and I think they have no place in our Sheriff's Department. They not only erode public trust and undermine the chain of command, we have seen them promote racism and violence," said Supervisor Janice Hahn, who authored the motion. "Giving our Inspector General the authority to investigate these secret societies could shed light on these deputy subgroups and help us ensure transparency and accountability within the Sheriff's Department."

"The existence of secret societies — or deputy gangs, as they're sometimes called — not only diminishes public trust in our Sheriff's Department but also undermines the very nature of constitutional policing," said Supervisor Mark Ridley-Thomas, the motion's co-author. "This problem has been longstanding and intractable. The Board must consider measures to bring these secret societies out of the shadows and into the light, including potentially subpoena power for the Inspector General."

LA County's Inspector General, Max Huntsman, requested expanded authority in order to better understand the full extent of these secret societies, as well as the ability to issue

ARCADIA - Are you a movie

buff? Enjoy trivia events-espe-

cially in a different venue? Put

your knowledge to the test at Ar-

cadia Public Library's Movie

Trivia Night on Friday, August 2,

at 7 pm. The event is open to

adults and high school students

with ID. Teams of one to four

people will compete at this free

after-hours Library event. Call or

subpoenas should the Sheriff's Department continue to deny access to information and refuse efforts by the public to hold them accountable.

The motion passed by the Board directs County Counsel, in consultation with the Inspector General, to develop recommendations to expand the authority of the Inspector General to investigate deputy secret societies within the Sheriff's Department, as well as grant the Inspector General the ability to issue subpoenas in their ongoing review of matters involving the Sheriff's Department, and report back in ninety days.

"After Dark" Movie Trivia

stop by to register!

For more information, please call 626.821.5569, or visit the Arcadia Public Library's website at www.ArcadiaCA.gov/library. The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m.

