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Surprise Military Homecoming Makes 2nd Grader's Christmas Wish Come True

WALNUT - Collegewood Elementary second grader Anton Carlos had no idea that his dream Christmas gift would arrive at school on Friday. He'd been really missing his beloved sister, Kathryn, a U.S. Navy Petty Officer on a Nuclear Power Training Command in South Carolina for the past two years. Anton had been wishing that she'd be able to come home for Christmas and time was running out.

In the morning, the sevenyear-old performed with schoolmates during the annual Christmas Around the World musical in the multipurpose room. He had no idea that his holiday request would be granted within the hour. Anton bravely stepped up to the microphone during his part describing a Mexican Christmas party with children breaking a piñata before receiving gifts.

The 80 children from four classes sang and danced the final numbers including Feliz Navidad, Frosty the Snowman, Let There Be Peace on Earth, and We Wish You A Merry Christmas. "We learned today that people celebrate holidays in all different ways!" said Principal Dr. Mary Wendland at the show's conclusion. The children took seats on the stage steps behind her.



Best Christmas Gift! Collegewood Elementary second grader Anton Carlos was surprised with his sister Kathryn's military homecoming during a holiday performance.

"This is the time of year that

people think about presents and things, but then we can forget the real importance of this time of year is families and peace," she said. Wendland said she'd been thinking a lot about those who are separated because they've given up a hero in their family who is defending the peace. "This time of year can bring us a lot of joy, but when people that we love are away from us, it's bittersweet."

Wendland then acknowledged members of the military in attendance as several stood to be applauded. Anton's eyes brightened as he tentatively looked around the room. But he didn't see any familiar faces and silently looked back down at his hands. "We recently learned that one of our second graders, Anton in Ms. Johnson's class, has had a heavy

heart because he has been missing his sister who is serving and protecting our peace," Wendland said. Anton looked up and intently met his principal's eyes as the school leader continued. "And we have a surprise for you, Anton - your sister has flown in to be here today!"

through the door, to the front of the stage, and into his arms. Anton, who hadn't seen his oldest sister in a year, gave her the biggest hug as she wiped away his tears. "I missed her a lot!" he said afterward. Parents, Sheila and Jun Carlos, proudly watched the emotional reunion of their children with audience members. The family is thrilled that they will be together for Christmas and for an entire month.

Kathryn, a 2017 Walnut High grad and IB student, is training to be a nuclear operator for aircraft carriers and submarines. "It's really cool, not a lot of people can do this," she said. "And out of the 80 crew members only two are girls." "She was the top of her A Class," her mom proudly shared. Kathryn graduated from Prototype School in October which included hands-on submarine training.

Earlier she surprised her younger sister, Kirsten, who is a Walnut High senior. "She had just gotten off work at Chick-fil-A and I was hiding in the front seat!"

What's she planning to do first? "Go to In-N-Out and get a Boba!" Katherine said grinning.

Then, there she was walking

Foothills Kitchen Serving Those in Need

DUARTE - Carol Daley has a call in her life. After retiring from a career at the Monrovia she was inspired by a gentleman who helped start Brothers' Helpers - an organization that feeds the homeless. From that meeting, Carol became one of the co-founders of Foothill Kitchen. Every Saturday, Foothills Kitchen provides lunch for those in need in the basement of the United Methodist Church of Monrovia. They also help serve those in need by connecting them with valuable community resources. The Duarte Kiwanis Club was able to help in the efforts by providing socks, underwear and other needed items for this winter season. If you are interested in joining Duarte Kiwanis or being a speaker at a future event, contact Tina Carey at tinac51@aol.com.



Upper District Awards Water Education Grants to Local Schools



Upper District Board of Directors Ed Chavez, Alfonso Contreras, Charles Treviño, Anthony Fellow, and Jennifer Santana present the grants to the school representatives.

Directors of the Upper San Gabriel Valley Municipal Water District (Upper District) awarded 19 education grants totaling \$13,413 to K-12th grade classrooms as part of the 2019/20 Water Education Grant Program (WEGP).

Through this program, Upper District provides funding of up to \$1,000 for water related projects. To qualify for a grant, any licensed school within Upper District's service area can submit an application for consideration. Projects must focus on subjects that further students' understanding of water stewardship, water use-efficiency and groundwater sustainability in a unique and meaningful way.

Since inception of this grant program, over 45 schools have been awarded grants and have successfully implemented innovative and creative projects into the science curriculum through hands-on activities. In total, the program has provided 150 grants equaling \$130,000 in funding. Among the programs funded are the effectiveness of water filters and water quality studies in their local community.

"Providing grants to support students' academic growth and applications beyond the water cycle is very important to us. We hope this program is a building

MONROVIA - The Board of block towards a greater interest in a career in water and an investment to water conservation," Board President Ed Chavez.

> The Board of Directors awarded grants to the following school projects:

• Mt. San Antonio Early College Academy - Sea Perch-Underwater Robotics

• Mt. San Antonio Early College Academy - Olla Water Saving School Garden

• Mt. San Antonio Early College Academy - Watershed Restoration

• St. John the Baptist School -Water as a New Perspective in Life

• San Gabriel Mission Elementary - San Gabriel Mission Outdoor Learning Space

 Andres Duarte Arts Academy - Water Conserving Educational Garden

 Andres Duarte Arts Academy - Discovering Energy Efficiency Through Water Conservation

 South Pasadena High School - Stream Water Testing

• Holy Family School - Clay Pot Irrigation Garden

· Holy Family School -Greywater Garden

• Holy Family School - Water-Wise Science

• St. Luke Catholic School -The Impact of Rain on Water Supply

• St. Luke Catholic School -

Water Shortage Crisis

• St. Luke Catholic School -How Does Weather Effect Our Water?

• St. Luke Catholic School -How Clean is Our Water

• St. Luke Catholic School -Living Organisms

• St. Luke Catholic School -Phototroprism and the Impacts of Light and Water Pollution on Plants

• St. Luke Catholic School -How Effective are Water Filters? • St. Luke Catholic School -Water Filtration

Upper District's mission is to provide a reliable, sustainable, diversified and affordable portfolio of high quality water supplies to the San Gabriel Valley; including water conservation, recycled water, storm water capture, storage, water transfers and imported water. Upper District services nearly one million people in its 144 square mile service territory. Governed by a five-member elected board of directors, Upper District is a member agency of the Metropolitan Water District of Southern California. Annually, more than 78 billion gallons of water is used in Upper District's service area. For more information about Upper District, please visit our website www.upperdistrict.org or call 626-443-2297.

Duarte Kiwanis Club President, Kaye Biggs and Carol Daley, Co-Founder Foothills Kitchen.

Girl Scout Troop 1994 Brings Holiday Cards for Veterans



Girl Scouts Sofia Guerrero, Jordyn Le, Avery Alvarez, Xitlali Esparza with VFW Senior Vice President Joanne Nagley.

WEST COVINA - A special thanks to Girl Scout Troop 1994 for bringing in Christmas greetings for our veterans who are serving overseas. Girl Scouts: Sofia Guerrero, Jordyn Le, Avery Alvarez, Xitlali Esparza arrived at the West Covina VFW with Christmas Cards in hand from their Girl Scouts troop. They turned them over to the VFW

Senior Vice President Joanne Nagley. The girls put together the Christmas cards with messages so the veterans could read them for the holidays. VFW Commander George Ogden told the girls how much he appreciates what they did for the veterans. The Commander stated, "These girls are very special. We

at the West Covina VFW Post 8620 thank Girl Scout Troop 1994 for their special efforts to make our veterans have a better Christmas." The Girl Scout Troop meets at the VFW monthly. If there are any girls that are interested in joining the group, contact the West Covina VFW and we can help make this happen.

The San Gabriel Valley Lexaminer

South El Monte High Teacher Honored with Esperanza Award at Tamalada Fundraiser



South El Monte High School business teacher Tam Ly Wong was honored with the Bobby Salcedo Esperanza Award for her dedication and commitment to students during the 16th annual Tamalada fundraiser event on Dec. 12.

ELMONTE – Tam Ly Wong, a 25-year teacher at South El Monte High School who has helped shape the future of El Monte Union's career pathways and those of her students, was honored with the Bobby Salcedo Esperanza Award during the 16th annual Tamalada fundraiser on Dec. 12.

The award – named for Roberto "Bobby" Salcedo, a respected El Monte Union educator who died in 2009 – is given to outstanding educators who exemplify Salcedo's tireless commitment to education.

"My purpose is to help students find direction in life and when I see that light turn on, it feels really good. It's what I work for and why I stay," Wong said. "I worked with Bobby when I was at South, and it is an honor to know that I received an award that exemplifies his mission for our students."

Wong emigrated from Vietnam in 1979 and grew up in El Monte, attending its schools and overcoming barriers as an English learner. She is the oldest in her family and is a first-generation college student.

"Even though we come from different cultures and ethnicities, I can understand our students and what their experiences are," she said. "I can identify with the parents, try to explain the benefits of our programs and encourage them to foster their children's growth."

Wong has helped shape El Monte Union's career technical education business and finance pathway to ensure students can explore career choices at all grade levels. She also mentors students in the Future Business Leaders of America club, in which she was a member as a senior in high school. She has been the club's adviser since 1994.

"In FBLA, we become a family and help each other out when needed. I have seen a lot of students blossom over the years," Wong said. "I am grateful to have the opportunity to help them find their wings and know there's a place for them."

Colleagues describe Wong as an educator who exemplifies passion, inspiration and empathy, constantly going above and beyond for students.

"I had the honor of working side by side with Ms. Wong at South, and each day I witnessed her enthusiasm in the classroom, the compassion in her actions and the extensive support she gave to our students as they were pursuing their postsecondary options," Superintendent Dr. Edward Zuniga said. "She is someone I have always looked up to. She is a shining example of what an educator should be."

The Tamalada, which raises funds to support the El Monte Promise Foundation's college savings account program, is hosted by the Foundation and partnering entities dedicated to working with parents, school districts and community groups to cultivate a college-going culture in El Monte.

Glendora Mayor Judy Nelson to Speak at Glendora Woman's Club

By Joan Hallidy

GLENDORA - Glendora Mayor Judy Nelson will be the guest speaker at the Glendora Woman's Club luncheon - meeting set for Tuesday, January 7. Her program topic will be "The State of the City, said program vice president Helen Storland, who also noted Mrs. Nelson is a member of the Glendora Woman's Club.

The club day will begin at 10:30 a.m. with a social time, followed by the business meeting at 11 a.m. The luncheon by Cambria Catering and the program by Mayor Nelson will follow.

A special display at each club meeting is the Member's Participation Art Display that features a different display theme each time, said project chair Susan Lepkojus. The theme this month will be 'Bring In The New Year" and members are encouraged to share an item from home for the display.

Also, each month, once of the club's four departments sponsors the Corner Cupboard project located at the check-in table. This month's department sponsor is Potpourri group with

Susan Lepkojus as chairman. The special project features an assortment of food items and other items for sale, donated by department members.

Once of the club's ongoing service projects is Shepherd's Pantry located in Glendora. Club



Glendora Mayor Judy Nelson is scheduled to present "The State of the City" program for the Glendora Woman's Club's meeting on January 7.

members are asked to donate nonperishable food items at the club's monthly meetings for families in need in 10 area cities, said project chair Gloria Liddle, and donations are always appreciated.

A special project that helps to raise funds for the club's service projects and philanthropies is the club's arrangements with the New Unto Others Thrift Shop at 167 N. Vermont Avenue in Glendora. When club members and community residents purchase or donate saleable items to the shop for the Woman's Club Bin 14 and mentions the Woman's Club name at the time, the club will receive credit, said philanthropy chair Gloria Aparicio. This arrangement replaces the club's Annual Rummage Sales held previously. One of the club's monthly display features items from the club's archives said Historian Rose Myers.

For information about our club, service projects, or special events, call 909-598-0554; for information about renting clubhouse for a special event or meeting, call Ryan at Cambria Catering at 626-335-7010

Community Preservation Partners Acquires 158-Unit Southern California Property for \$52M

Leading affordable housing developer conducting \$9.8M in renovations; preserves affordability for West Covina residents through 2074

WEST COVINA - In a deal that will vastly improve living conditions for hundreds of residents of Cameron Park Apartments in West Covina, Calif., Community Preservation Partners (CPP) has purchased the multifamily complex for \$52 million. The acquisition deal includes nearly \$10 million in ren-

standard facet of our business model is the improvement of residential structures - making them more presentable, functional and livable," said CPP President Anand Kannan. "But anyone who knows this multifaceted company - from our employees and business partners to our valued residents - can attest that CPP

• New energy-efficient lighting

- Stucco repair
- New paint

• Full unit turns (cabinets, counters, appliances, flooring, bath vanities, fixtures, lighting)

- •ADA upgrades
- Path of travel improvements · Common-facility improve-

Volunteers for the 2020 Homeless Count

City of Monterey Park Seeking

MONTEREY PARK - The City of Monterey Park will be participating in the Greater Los Angeles Homeless Count on Tuesday, January 21, 2020. The city is partnering with the Los Angeles Homeless Service Authority (LAHSA) and joining many other cities in Los Angeles County in the 2020 Homeless Count, #They-CountWillYou. The point-intime homeless count, an annual event coordinated by LAH-SA, is used to determine the number of people in the city experiencing homelessness.

The City of Monterey Park is seeking volunteers ages 18 and over to participate in the count on January 21, 2020. The volunteers will first undergo a brief training and safety presentation. They will then be placed in groups and be assigned to specific census tracts to count the number of homeless in those specific areas. The training and count are expected to last from 7-11 p.m. Snacks and drinks will be provided.

Volunteers should go to the LAHSA website listed below to register and obtain information. Listed below is a direct link to Monterey Park page.

Persons who live in other areas of the county that want to volunteer can go to www.theycountwillyou.org and find their local city to sign up.

Monterey Park volunteers, please go to: www.theycountwillyou.org/ monterey park count 20200121

For questions regarding Monterey Park's count or volunteering, please contact:

MPKHomelessCount-2020@montereypark.ca.gov.

ovations, plus measures to keep all 158 units at below-market levels for the next 55 years.

Cameron Park Apartments was built in 1970 and received a light renovation in 2002. The 14building multifamily property - a mix of 1- to 4-bedroom apartments - will receive a multitude of upgrades to the property's interiors and exteriors, along with improvements to the common area facilities and a reconfiguration of the community building and office space. Construction began in October and is expected to conclude in summer 2020.

"Whether in West Covina, or at any of our more than 50 communities across the country, one

proudly is in the business of improving lives, not just buildings." CPP was supported on the acquisition of Cameron Park Apartments by Foundation for Afford-

able Housing, Inc., the nonprofit managing general partner for the deal. Other equity and development partners include Citi Community Capital and CPP parent company WNC & Associates.

The rehabilitation at Cameron Park Apartments, which is at 929 West Cameron Ave., will include the following:

• Total roof and window replacement

New HVAC/AC

• Electrical load and plumbing upgrades

ments (reconfigured community room and office and BBQ areas for resident gatherings)

• Security upgrades and new landscaping

"We remain motivated and inspired any time our national footprint expands with the acquisition, rehabilitation and preserved affordability of a community, regardless of location," said CPP Vice President Karen Buckland, who oversees the development of Cameron Park Apartments. "Of course, the impact CPP is able to make in Southern California will always be extra special, as this region is where CPP maintains its corporate roots."

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*APY = Annual Percentage Yield

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Suby Examiner The San Gabriel Valley

Dec 26, 2019 - Jan 1, 2020LOS ANGELESDeath Rates In LA County Appear
To Be On The Rise In Some GroupsParks
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New Public Health Report Reveals Major Rise in Alzheimer's Disease and Drug Overdose Deaths

LOSANGELES COUNTY -A new report on recent mortality trends released by the Los Angeles County Department of Public Health (Public Health) indicates death rates in LA County appear to be on the rise in some groups in recent years, while deaths from Alzheimer's disease and drug overdose have dramatically increased in LA County. The overall mortality across the county decreased by 6.2% from 2008 to 2017, however, the decrease only occurred between 2008 and 2012. From 2012 to 2017, overall mortality showed little change. In addition, between 2008 and 2017, deaths from Alzheimer's Disease increased 71%, and deaths from drug overdose increased 28%.

"Mortality is one of the most important barometers of the health of our residents," said Dr. Barbara Ferrer, PhD, MPH, MEd, Director, of Public Health. "These findings indicate clear areas of concern which require a collective response to the com-



Glenn Purbaugh Photographer

Contributing Writers Pat Murphy Joan Hallidy Ken Herman Charles H. Bayer Jorge V. Rosales Lois M. Shade Julia Yoder Gene Morrill Jenny Park plex social conditions that contribute to the many health challenges we face as a county, especially for those residents experiencing the worst health outcomes."

The report also found a lack of progress in reducing the large health disparities seen across different populations. For example:

• Mortality among African-Americans remained 30% higher than the county average throughout the 10-year period.

• Mortality among Native Hawaiians and other Pacific Islanders was 41% higher than the county average, and among Native Americans, mortality was 27% higher than the county average.

• Mortality among residents of the Antelope Valley was 28% higher than the county average.

The Antelope Valley region was the only one of the county's eight service planning areas that had an increase in mortality from 2008 to 2017.

• Mortality among residents of South LA was 20% higher than the county average.

On a positive note, significant declines in mortality were seen for several of the leading causes of death.

• Although coronary heart disease was the leading cause of death, accounting for 18% of all deaths in the county in 2017,

mortality associated with this cause decreased by 29% from 2008 to 2017.

• Mortality from lung cancer and chronic obstructive lung disease (COPD), both associated with smoking, decreased by 27% and 15%, respectively, during the 10-year period.

The report also included statistics on the leading causes of premature death, defined as deaths occurring before age 75, a standard cut-off used in public health analyses. Overall, the leading cause of premature death in the county population was coronary heart disease, followed by drug overdose, suicide, motor vehicle crashes, and homicide.

"These premature deaths are particularly tragic, as they are almost always preventable," said Paul Simon, MD, MPH, Chief Science Officer for Public Health. "Not only do we need to take action to enhance integrated health care, mental health, and drug treatment services, but we must all work to create safer environments and more equitable institutional supports to ensure that all people have the opportunities and resources they need to be healthy, irrespective of race or income."

For more information and a copy of the report, visit http:// www.publichealth.lacounty.gov/ epi/index.htm

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COULT 1 S.G.V. EXAMINER A3 Parks After Dark Returns for the Winter Season with Extended Hours and Free Recreational Activities

LOS ANGELES COUNTY – The Los Angeles County Department of Parks and Recreation (LA County Parks) begins its second consecutive Parks After Dark winter season with 31 county parks open late with free programs and holiday-themed events for all ages.

Free activities will be available across Los Angeles County, coinciding with school holiday breaks. Parks After Dark Winter programs will take place on Thursdays and Fridays from 5:00-9:00 p.m. and Saturdays from 2:00-6:00 p.m. on December 19-21 and January 2-4

"We invite everyone to participate in our nationally-recognized Parks After Dark program this winter season," said John Wicker, director of the Department of Parks and Recreation. "We're proud to open our parks to encourage healthy living and provide safe havens for everyone in Los Angeles County."

The winter Parks After Dark programming ranges from snow days, do-it-yourself (DIY) classes, paint nights, sports clinics, toddler storytime, healthy cooking classes, movies in the park, health outreach, and social service resource fairs. New for this season, LA County Parks will offer free ice-skating rinks at four parks (Hellen Keller, Sorensen, Ted Watkins, and Val Verde).

During this winter session, LA County's Our SPOT (Social Places and Opportunities for Teens) will offer teens a safe and fun environment at nine Parks After Dark locations to tackle important issues impacting today's youth, and provides youth leadership classes, a space to meet friends, and includes health and recreation. Launched at Summer 2019 Parks After Dark, Our SPOT is a year-round program that takes place after-school and is supported by the Departments of Public Health, Probation. and Arts Commission. Our SPOT is available at Amelia Mayberry, Bassett, El Cariso, City Terrace, Jesse Owens, Loma Alta, Mona, Salazar, and Stephen Sorensen parks.

Parks After Dark provides youth and their families expanded opportunities to experience healthy recreation and active lifestyles. Since starting in only three parks in 2010, Parks After Dark has expanded to over 30 parks to enable thousands of community mem-

bers to participate in quality programming.

Parks After Dark is led by the LA County Parks, with strong support from partners including the Los Angeles County Board of Supervisors, Chief Executive Office, Sheriff's Department, Department of Mental Health, Department of Workforce Development, Aging and Community Services; Probation Department, Department of Children and Family Services, and several community-based organizations.

LA County Parks' Parks After Dark program has received several recognitions including the 2018 Best in Innovation and Innovation in Health by the National Recreation and Park Association and the Golden Eagle Award by the County of Los Angeles 32nd Annual Productivity and Quality Awards Program (2018). The California Parks and Recreation Society honored Parks After Dark in the Marketing and Communications Digital Media category in 2018.

For Parks After Dark locations, schedules, and interactive map, visit the LA County Parks website at https:// parks.lacounty.gov/winter-pad.

Cold Temperatures Expected in Parts of Los Angeles County

LOS ANGELES COUNTY – The Los Angeles County Health Officer is extending a Cold Weather Alert due to the National Weather Service's forecast for low temperatures. Wind chill temperatures are expected to be below 32 degrees Fahrenheit. Affected areas include:

Antelope Valley – through Saturday, December 28
Los Angeles County Moun-

tain areas - through Saturday, December 28 • Santa Clarita Valley – Friday, December 27 "Children, the elderly, and people with disabilities or special medical needs are especially vulnerable during cold weather. Extra precaution should be taken to ensure they don't get too cold when they are outside," said Muntu Davis, MD, MPH, Los Angeles County Health Officer. "There are places where people can go to stay warm, such as shelters or other public facilities. We also want to remind people not to use stoves, barbeques or ovens to heat their homes due to the risk of carbon monoxide poison-

them frequently.

• If you have pets, bring them indoors and do not leave them outside overnight.

Take shelter during peak cold times:

• If you don't have a heater in your home, visit indoor public facilities such as shopping malls, libraries or senior centers.

• The Los Angeles Homeless Services Authority has a Winter Shelter Program available for those who need shelter. Locations and transportation information are online at https:// seek immediate medical care if you believe someone is showing signs of hypothermia or frostbite.

Prevent carbon monoxide poisoning when heating your home:

• Only use approved heaters, such as electric or natural gas heaters and fireplaces. Never use stoves, barbecues and ovens to heat your room or home, as these appliances can produce a deadly gas known as carbon monoxide that can collect inside your home.

• Install a carbon monoxide detector in your home to reduce the risk of poisoning.

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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.

Contributing Writers:

The San Gabriel Valley Examiner is grateful for the articles submitted by our unpaid writers who have contributed to the success of our newspaper. Our only request is that articles submitted be of minimal length in order to accommodate each and every writer. Thank you for your cooperation. CERTIFICATION Automotive Specialists Serving Glendora Since 1978 TWO IS BETTER THAN ONE!

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Take precautions to protect yourself from the cold:

• Dress in layers of warm clothing if you plan to be outdoors.

• Protect head, hands and feet from the cold by wearing a hat, scarf, gloves, and socks.

• Check on and help family members, friends and neighbors with limited mobility and limited access to heat, such as seniors or those who are ill. Check on www.lahsa.org/or by calling the LA County Information line at 2-1-1 from any landline or cell phone.

People exposed to cold weather for prolonged periods can lose body heat and develop hypothermia. Symptoms vary depending on how long you are exposed to cold temperatures. Early symptoms of hypothermia include: shivering, fatigue, loss of coordination, and confusion and disorientation. Late symptoms of hypothermia include: no shivering, blue skin, dilated pupils, slowed pulse and breathing, and loss of consciousness.

People exposed to extremely cold weather conditions, such as places where it snows and where freezing occurs, may be at risk of frostbite. Frostbite is a bodily injury caused by freezing that results in loss of feeling and color in affected areas. The most common affected areas are the nose, ears, cheeks, chin, fingers, or toes. • If you use an outdoor generator at home, place it at least 10 feet away from all doors and windows to avoid exhaust gases entering the home.

Carbon monoxide poisoning can cause shortness of breath, headaches, muscle and joint pain, and nausea. Exposure to high levels of carbon monoxide could lead to death within minutes. Those suffering from carbon monoxide poisoning should be taken outside, into fresh air, immediately, and should be taken to an emergency room for immediate medical treatment.

Los Angeles County residents and business owners, including people with disabilities and others with access and functional needs may also call 2-1-1 or visit www.2111a.org for emergency preparedness information and other referral services 24 hours a day and seven days a week. For the deaf and hard of hearing, call the TDD line at 1-800-660-4026.

Gently warm the person and

Barger Calls For Investigation Into Specialty Care Wait Times

LOSANGELES COUNTY

- The Board of Supervisors unanimously approved a motion by Supervisor Kathryn Barger, Chair, calling for an immediate and comprehensive investigation into wait times at specialty care centers at county health care facilities.

The Department of Health Services will report back to the Board of Supervisors on its efforts to provide efficient and timely care to the thousands of

patients throughout our health care system. The report will detail any deficiencies, delays or complaints as well as suggested improvements or remedial actions needed.

"This report supports our mission to take proactive steps to ensure our Comprehensive Health Centers and Hospitals make quality patient care, protection and safety its highest priority," said Supervisor Barger. The motion includes a written report to the Board of Supervisors in 10 days on average wait times at all County facilities that provide specialty care; and establishes a multidisciplinary approach with the Department of Health Services, Chief Executive Office and County Counsel to provide an analysis regarding staffing, average wait times, screening and the use of the E-Consult patient referral system.



Been to DMV - Go To LAVOTE.NET Christmas Memories

The DMV voter still-can't-getit-right registration debacle is back with us once again. I got an email from a Glendora resident who has a friend up in Shasta County. His friend was concerned when the son got a postcard asking him to choose which ballot he would like to receive for the March primary. They scanned the Shasta County Register of Voters card and sent it to me after they called the Registrar and were told if he was registered Republican, ignore the card. That answer didn't sound like a good one or the right response and they became concerned. Registrar never confirmed the registration status of the son.

I asked if the son had been to DMV lately. Then I got a call from another friend in Glendora who got the same card from L.A. County Registrar telling her the same thing - "Mark your single ballot choice below and return this card no later than January 3, 2020 ... If you do not respond by January 3, 2020, you will receive a ballot that does not include candidates for President." She had been to DMV to update her license and wasn't asked if she needed to register to vote. It seems now, she was just re-registered, as the Shasta County son was, as No Party Preference. And, not able to vote for President Trump in the March election until they re-register as Republicans.

The options presented on the card are:

• Option 1: Nonpartisan (NPP) which would give that voter no presidential candidates to select.

 Option 2: American Independent Party (AIP) includes AIP presidential candidates ONLY.

 Option 3: Democratic Party (DEM) includes DEM presidential candidates ONLY.

• Option 4: Libertarian Party (LIB) included LIB presential candidates ONLY.



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

Two other notes on the card for each of the four options are local contests and ballot measures. Do these bullet points mean they will be eligible to vote only for those issues in the election or are those included in the NOT able to vote category like the presidential choices?

The Shasta County son has been registered Republican since the day he was eligible to register to vote. Our Glendora Lady has been registered Republican since the day she registered to vote X number of years ago (X equals a long time ago). Further confusing the issue, is the sentence below the options: "I am not presently registered with a political party; however, for this primary only, I request a ballot for the party I selected above." NOTE: REPUBLICAN IS NOT ONE OF THE CHOICES AVAIL-ABLE!

After SB 27, passed by the Sacramento Democrats and signed by Gov. Gavin Newsom, requiring President Trump to submit five years of his personal income taxes to be on the March primary ballot was debunked by the Supreme Court, we are now witnessing another effort to defeat Trump in California. This time by blatantly disenfranchising Republican voters who have had the misfortune of having to

do business with the California Department of Motor Vehicles.

Our Glendora Lady has re-registered to vote as a Republican and will be voting for Donald J. Trump for President. I'm checking on the Shasta County son to make sure he has done the same so he can vote Trump in March on his ballot.

If I ever get around to writing a book chronicling my rather less than obnoxiously exciting "political career," there are certainly those in the political theatre, including the Sacramento hierarchy, that will make a dull book a little more exciting. While I ponder a creative title for my pending book, please do the following:

Go to LAVOTE.NET, at the top, click on RECORDS, scroll down past the large boxes with titles to the smaller gray-scale boxes and click on VOTER REG-ISTRATION on the top line, center box. That will take you to **REGISTER** and two blue boxes that tell you to REGISTER NOW or CHECK TO SEE IF YOU'RE REGISTERED. Click on the second box, CHECK TO SEE IF YOU'RE REGISTERED. That will take you to a page asking your name, birthdate, house number (number only) and zip code. Hit the search button and it will confirm how you are registered to vote. If it is not correct, and you register online as you want to be registered, go back online periodically and check to make sure your registration is correct.

Us average citizens need to step up and conquer the rampant voter fraud in California that dominates these days. You are entitled to vote your conscious. While I may disagree with your choices, I certainly don't disagree with your right to vote your choice unhampered by a dysfunctional system with a selfserving administration.

This column is being drafted several days prior to Christmas day. December 25 will be very quiet in apartment 204. Wendy and I will phone the children, hold each other and be thankful for another year. We will see neighbors and call out "Merry Christmas" to those we will meet in the dining hall or on the nearby streets. But there will be no children, few gifts to unwrap, no family deaths to mourn. Again this year the gifts I give in honor of the family will be contributions to my favorite—I cannot call it a charity-marvelous organization. Several other family members now do similar things.

But the day will be filled with visions. Among other memorable Christmases were those in the late 1930s when I was a grade school child. I can still see my father descending the stairs Christmas morning before dawn to turn on the Christmas tree lights, not knowing-or did he?—that my little brother Peter and I had crept down those stairs an hour earlier to observe the pile of gifts under the tree. That tree was always richly decorated with traditional-mostly homemade-- ornaments. The actual decorating did not take place until Peter and I were safely in bed. We were not to see the finished product until we were roused from a deep sleep—as if we really were still sound asleep.

My father and I had bought the tree from the neighborhood tree lot, but not until late Christmas Eve when the leftover trees were much cheaper even if almost bare on one side (the side we would turn to the wall). We nev-



Charles H. Bayer

er paid more than a dollar, and if we waited for the tree lot to close, they were even cheaper than that. We may have been poor, but didn't know it, never never complained about it or even discussed it. We were warm, well fed and surrounded with a love no money could buy. What more would a child want? There was no TV to show us what we didn't have

That tree would remain in place for weeks, until at night we could hear the needles falling on the newspaper used as a decorative base. When the tree had finished its assignment, it was carried to a nearby field and, with a couple hundred others, ignited in a great community bonfire.

Later on Christmas Day Nana and PopPop would arrive with wooden wonders PopPop had made. Christmas dinner would be turkey. Easter would arrive in a few months and the dinner would be ham. (Don't ask me why. Tradition doesn't need a reason.)

The gifts under the tree, or hanging from the fireplace mantel in mother's old stokings, tended to be apples and oranges. There were also warm clothes and at

least one game, or a little device for stringing beads to make Indian bracelets, or maybe even a child's chemistry set.

I remember the years when there was a serious snowfall, and after the gifts had been opened, hours would be spent building a snowman, complete with a carrot for a nose and lumps of coal for eyes. When we had finished that creation, we would lie on our backs waving our arms resulting in the the creation of angels. Then there would be hot chocolate.

During the war (WWII), we would sit quietly in a much subdued darkened house and remember Cousin Fred, who was a prisoner of the Germans somewhere in France. Mother would be hard at work creating braille books for blind veterans, and Dad, as the area's air raid warden, would have checked neighbor houses the night before, to be certain no light was escaping the curtained or boarded windows.

As deeply religious as was my family, we never went to church Christmas Day or Christmas Eve. In fact, there were no services at our church. That's only what Catholics did. Once when our youth group was going caroling, my parents were astounded that I wanted to join the carolers when Christmas was a day dedicated to the family.

Each of us will have our own stories. Some will be fountains of joy and others will be wet with tears. What are yours? Why not tell them to each other?

Contact Charles Bayer at candwbayer@verizon.net

Wishing You the Best... It was a Long Year

This past year may have had some ups and downs for you. Hopefully you learned something. Hope there was happiness and good times, but as we all know, it doesn't go without sadness.

For myself, I lost too many friends over the year. Some of you also had this happen as well, including losing family members. As the year turns, let's not forget them. If you do a New Year's Cheer, give a salute and remember them.



George Ogden That's just the way it is! like this. They don't because of the political alinement.

benefit of the doubt. You think, "Too bad I didn't follow suit with the others and organization that alienated themselves from these cancerous people."

I have to laugh at this one, over this past year, I have seen FACEBOOK become a political battle ground. Friendships have deteriorated and actual fights have erupted. FACEBOOK is so much fun. Oh well, I will still post my stupid little jokes and hope you laugh a little.

Actually, the past year had a lot

MY TURN: Our Living History is **Disappearing**

We are at a crossroads. We are approaching the 75th Anniversary of the end of World War II, the most significant era of



are also significant. One film, "The Story of G.I. Joe," used actual soldiers, and many of them did not survive the real war off screen, including the film's principle character, war correspondent Ernie Pyle. "The film "the Search" depicted real refugee children representing the loss of family in war torn Europe. "Best Years of Our Lives" showed returning soldiers coping with their life back in peacetime. "Best Years" and "It Happened on 5th Avenue" depicted the post war housing shortage. The little Dutch refugee girl in "Miracle on 34th Street," stands in line at the department store to see Santa. Brought by her adopted mother, both wonder how it will turn out, since the orphan girl speaks no English. Kris Kringle speaks to her in her own language and they sing a little song together and we can imagine Kris Kringle really is Santa Claus. In those days Hollywood supported the efforts as well. Famed Directors like John Ford and George Stevens filmed documentaries. Ford returned from Navy duty to make "They Were Expendable." Stevens filmed the liberation of real concentration camps. William Wellman made powerful films like "Battleground" and "The Story of G.I. Joe." The USO, Bob Hope and the Hollywood Canteen entertained troops. More unity. Everyone should see these many films, listen to the stories, grab those people before we lose them and let them tell their stories-in articles, in schools, anywhere and everywhere we can, to preserve what could be lost. Soldiers, sailors, Holocaust survivors, or citizens on the home front all have stories to tell. Living history by those who lived history.

time in many countless generations of history. As we approach that milestone we are rapidly losing the folks who were around in those times, witnessed its cataclysmic events and thankfully survived.

A friend of mine who is in his eighties often tells me of his experiences being a pre-teen and teenage boy in Kansas. He mentioned how they found out the Japanese had bombed Pearl Harbor, first with an interruption of their church service and then upon their chase to the automobile radios or the little transistors to hear the terrible news. There were also his descriptions of the rationing, and the restrictions of things like gasoline where an allocation may just be three gallons for the week and the requirement to not drive over 35 miles an hour. I asked him if that was the way to save fuel and he said it was more than that. It was saving tires. New or replacement tires were not available from 1942 to 1945. Rubber was valuable because the Asian rubber plantations that supplied the material were taken over by the Japanese. There were lots of acts of Conservation taking place as materials that were yesterday's junk became today's treasures, all being needed for the war effort. Everything from metal, to tin foyle.

But what my friend said that was most significant was how everybody got along, worked together and helped each other out. He said you wouldn't find someone speeding over the 35 mile limit. "We just didn't do that stuff."

Today we have experienced a

Charles Lopresto little of that unity as we did when 911 happened, but not nearly as much, in spite of all the rhetoric today about unity.

That spirit of days gone by can be captured to some degree if we just look for it, preserve it and appreciate it. And part of that appreciation comes from honoring, listening and considering the people rapidly leaving us before they do leave us. It is why when I am asked, "what are my favorite Christmas films," or "what World War II films do I like the best," that I always say the ones from the 1940's and early 1950's. They most accurately captured the times and the spirit because it WAS the time or just a few years removed from the time. And there was no revisionist spin to them, and contrary to popular belief, no sugarcoating. Christmas films Like "Miracle on 34th Street, It's a Wonderful Life, The Bishop's Wife," or "It Happened on Fifth Avenue" depicted Christmas with the reverence it deserved, not ridiculing it, making fun of it or trivializing it. Those folks in the greatest generation knew that Christmas was fragile and could have been gone in an instant during those terrible war times. There was no "war on Christmas" like today, because they were in a "war on civilization."

Films depicting the war itself

Over the year we have seen a political party divide the Nation. We have seen crime grow in our communities. We have seen the state government "handcuff" our law enforcement officers from doing their job. We have seen an influx of illegal or undocumented people come to this country looking for a better life and we end up supporting them. The politicians from city, county and state use our tax money to defend these people and give them sanctions. They should ask our permission to use our money

Over the year, we have our soldiers die in our armed conflicts overseas. Give honor to them on New Year's Eve...

We have had huge fires throughout the state and now many people will not have their homes for the holidays. We should be thankful for what we have.

This past year, we have found which people are a "cancer" to be around or to have them in our community. For some, it doesn't take long for you to see what they are. Sadly, for others, it takes longer because you give them the

of pluses as I am a little more ambulatory. In other words, I'm moving around better and still healing. I'll be back on the Harley soon. There is less food in the world today thanks to me. I gained 20 lbs. Go figure.

Wishing all of you a fun Holiday period. Be safe and have a good time. The best to all of you for the New Year. So, kick back and think about the positives and negative for the past year. There is plenty to laugh about.

"That's Just the Way It Is!"

Volunteers Still Needed For *Every* Person Has A Name, A 25-hour Vigil **To Commemorate UN International Holocaust Remembrance Day**

PASADENA – The Jewish Federation of the Greater San Gabriel and Pomona Valleys is partnering with the City of Pasadena and the community's synagogues, to hold Every Person Has a Name. This 25-hour vigil will be held on the steps of Pasadena City Hall on Saturday, January 25 – Sunday, January 26, 2020.

The program will begin with a commemoration ceremony at 7:00pm and it will feature speeches from elected officials, including Pasadena Mayor Terry Tornek, LA County Supervisor Kathryn Barger, local clergy, as well as performances by the Jewish Federation's Jewish Youth Orchestra.

Immediately following the

The San Gabriel Valley

ceremony, the program will transition into the reading of the names of people who perished during the Holocaust. Holocaust survivors and children of Holocaust survivors from around the community will begin by reading the names of their family members who were murdered during the Holocaust, and then will be followed by volunteers from throughout the community reading names.

"With every passing day, survivors are dying, and with them go their stories... my concern is that the memories will be dying as well," explains Jason Moss, Jewish Federation's Executive Director. "An event such as this allows the community to come together and to remember that each person that was killed was someone who lived and whose life was cut short. While our readers and those who listen may not know the people they are reading the names for; by saying their names aloud... they are remembered.'

The event is open to the public. Volunteers can sign up by visiting the Jewish Federation's website (www.jewishsgpv.org) or by calling 626.445.0810.

For more information, please contact the Jewish Federation at 626.445.0810 or by sending an email to federation@jewishsgpv.org.

Fed On Hold, Growth Remains **Alive, All Appears Ok**

At this time last year, the FOMC decided to raise rates for a fourth time in a year; and, it signals three more hikes in 2019 and 2020. At the same time, the White House was ramping up trade tensions with China and Europe. This combination deepened panic selling in stock and commodity markets, choking off the last remnants of global business investment, and slowing growth enough to pose a recession risk in the US. Just two weeks after announcing its policy goals at the December FOMC meeting, the Fed "had to" abandon them. A year later, relative calm has returned to financial markets, as well as the global economy (and apparently the Fed). Even economies that remain in trouble, like Japan and Germany, are no longer major financial-markets concerns. After the Fed raised rates at least once too many times last year, it took three rate cuts to repair the damage. Nevertheless, recession risks today appear minimal. With trade deals on track, US growth should stabilize early next year and possibly accelerate later, allowing the Fed to stick to its plan for no change in rates in 2020.

President Trump's initiative, USMCA, will boost growth, especially as a China "drag" fades. Judging from the latest work by economists inside and outside the Fed, the current 1.50-1.75% target range may still be modestly restrictive. Nevertheless, the economy will get a boost from the US Mexico Canada trade agreement, plus a possible further boost if negotiators produce worthwhile change via China Phase One. Even if the US-China deal does not produce a surge in investment as well as agriculture exports, the negative effects of the trade impasse appear to be fading (even as the volume of trade remains down). During 2019 this "fight" probably hurt Europe and the US almost as much as it hurt China. During 2020, the drag of China on the



USA (especially our agriculture interests) and Europe should fade in relation to the gains expected from elsewhere in the world, as well as domestically. As a result, China's incentive to compromise with President Trump could even grow.

Just a year after Chinese President Xi's elevation to President for life, China appears incapable of the decisive change needed to prevent hollowing out of its manufacturing sector. Single-party rule does not guarantee a singleminded policy approach. There are powerful forces within the Communist Party opposed to a compromise needed to achieve the kind of deal that will allow US-China trade to grow again. Nor does one-party rule necessarily mean quick action. China seems incapable of negotiating the same kind of straightforward trade agreement Mexico managed (despite Mexico's change in government). It's almost as if, after dominating global manufacturing for 30 years, the Chinese government thinks the world will "stand still" while it waits out the United States.

In the meantime, after 18 months of tariffs, counter tariffs, and negotiation, US trade is moving away from China (which is probably a good thing). US imports from China have fallen 12.1% from their peak, while US exports to China have fallen over 22%. China's retaliation against the US was extreme, on a percentage basis, as well as becoming effective months before Chinese exports to the US began to

weaken. That's why the early 2019 analysis from Bloomberg Economics and others believed the trade war was affecting the US economy more than China's. But, because US exports to China (except for agricultural products) were never very big compared to US imports from China, the change in the US-China trade balance was almost as big as the change in Chinese exports. That is, the US trade deficit with China has fallen 12.0% (which is a good start), almost as much as the 12.1% drop in imports from China.

As any recession fears fade, and inflation remains tame, the correct Fed rate path seems much easier to find (than it was a year ago). The Fed may not be on exactly the right path, but it is close enough to most likely ensure inflation in the vicinity of 2% in 2020, which is more than good enough until its policy review is finished and the approach can be gradually modified.

Global trade volumes should also stabilize. After all, there has been considerable global monetary stimulus in 2018. Europe and the UK hopefully will get a boost from the near certain finalization of Brexit next year. The US, Canada, and Mexico should get a boost from the USMCA. And, America should benefit if the Phase One US-China trade deal includes enough material change to reinvigorate US exports (especially of agriculture products). Indeed, even if the China deal is lacking, the rest of the world's economy may be good enough to ensure the US economy accelerates back toward 2.5% growth next year (even with the Fed on hold); but that also is assuming inflation remains stable in a 1.5-2% range.

LIVE LOCAL, SHOP LO-CAL - THIS IS THE TIME **OUR MERCHANTS NEED US** I welcome your questions and comments: kenherman46@hotmail.com

Your Money - Ask Julia

New Year. New Start.

Each new year is an opportunity for a new start. Believe me when I say that there are people in your life who want you to LIVE. There are even more people who have loved ones they want to live. A DUI or ACCIDENT can really mess up your life and the lives of others! Plan ahead to have a designated driver, or to call a Taxi, UBER, or LYFT. Since there might be intoxicated drivers on the road, drive defensively, be aware of your surroundings, give the other driver the right of way, and avoid road-rage. Please be safe.

What's the impeachment process? Will it affect the stock market, interest rates, inflation?

The impeachment process officially started with a formal impeachment inquiry, and the drawing up of formal allegations. Next, the House voted and passed the Articles of Impeachment by simple majority. Normally, the House would then hand the matter over to the Senate, the Chief Justice of the U.S. would preside over trial proceedings, and the Senate would have to reach a 2/3vote in order to convict and remove the President. However, the process has come to an abrupt halt as Pelosi is not handing the matter to the Senate.

Whenever a leader of a country is removed, there is a reaction in the finances of that country. There are many factors that affect the stock market, interest rates, and inflation. Hope for the best, and plan for the worst. Diversify where you have your retirement savings invested. Get out of debt. Set aside emergency fund savings. These are basic guidelines, regardless of the



Julia Yoder economy.

I need advice about setting New Year's resolutions. (I've failed so many times in the past.)

Has anybody every made a promise to you, and then not kept that promise? Is it hard for you to trust that person to keep their promises? When you make a promise to someone, do you keep it? When you make a New Year's resolution, you are making a promise to yourself. And, when you don't keep it, you find it hard to trust yourself to keep any future promises. This year, you can make New Year's resolutions and keep them! Here's how: Write down your goals in a very specific manner. Write down the daily actions necessary, and a date to accomplish this goal. Add WHY you want to accomplish this, and the reward you'll give yourself. Now, here's a difficult challenge: give a copy of your written plan to a friend or coach, with the understanding that you will report to them at a set time each week, or once a month. Read your goals every morning and take action. Every evening review what you did that day and decide to do even better the next day. Don't forget to report to your friend or coach. This will help them set and reach their goals, too.

I know that I'd save time and money by being more organized, but I cannot seem to get into a routine. Do you have any recommendations?

"Time is money." Start with a budget. Using your bank and credit card statements, receipts for cash payments, and memory, write down every expense you've had for the last 2 or 3 months. Make special note of semi-annual and annual bills (taxes, car registration, etc.). Take that information and create a monthly budget. Every day, make a note of your income (paycheck, pension) and your outgo (bills, and all money spent). It will soon become apparent to you where you could reduce your spending, or what you could do without in order to get something you want. For example, if you really want to save for a vacation, what part of your budget could you trim? Create a specific place to put your receipts, bills, tax returns. Let me know if you'd like some help with setting up your budget. For a free monthly TO DO list, go to www.GetOrganized.com. For routines that you could customize and use right away, try www.flylady.net.

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

Holiday Hazards | Deck the Halls Safely

'Tis the season! It's the time of year to decorate our homes inside and out - which comes with climbing ladders and crawling on rooftops. While in sunny Southern California we may not have to worry about slipping on ice, we're still susceptible to falling as we decorate our homes for the holidays.

In fact, more than one-third



a holiday jam and do need us, we have emergency room wait times the same as your typical doctor visit. Schedule with us through In Quicker, found on our website.

For more holiday safety tips, visit Emanate Health on Facebook @EmanateHealthNow or Instagram @EmanateHealth . For additional information visit www.emanatehealth.org. Michael Yeranosian, MD, is an Orthopaedic Surgeon at Emanate Health, practicing at Emanate Health Queen of the Valley Hospital and Emanate Health Inter-Community Hospital. At Emanate Health, he works to keep people moving through life and get them back on their feet after injuries. Dr. Yeranosian received his medical degree from University of California San Diego School of Medicine, completed an internship and residency at Rutgers New Jersey Medical School, and completed fellowships at Kerlan-Jobe Orthpaedic Clinic and University of California Los Angeles Research. Dr. Yeranosian is now accepting new patients! Book an appointment with him by calling (626) 918-6655.



Did You Know?

just 5,000 pages of technical information were needed to repair vehicles. Today's repairs require more than 1,500,000 pages! Each year, some 125,000 new pages are required.

- A well-maintained vehicle can last well over 200,000 miles!

- Federal Law prohibits new car dealers from implying or denying warranty services because routine scheduled maintenance was performed at an independent repair facility. (Magnusen-Moss Act). Your newly purchased or leased vehicle does not have to return

- A little over 20 years ago, to the dealership for routine service.

> - If you lease a car, you might want to read this! Lessee shall use each vehicle only in the manner for which it was designed and intended, so as to subject it to normal wear and use. Lessee shall not modify or make alterations to the design of any vehicle, repaint or place any lettering, advertisement, accessories or insignias without prior written approval of Lessor. Lessee shall maintain each vehicle in good operating condition and working order, using as a guide the maintenance program described in the Owner's Manual

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supplied by the manufacturer of such vehicle, and unless otherwise provided in the Order, Lessee shall perform all preventive maintenance required by the manufacturer (including, but not limited to, any service adjustments or inspections required by the manufacturer or Lessor) to insure full validation of the manufacturer's warranty. All repairs and maintenance must be performed by a duly authorized repair facility, using original manufacturer equipment or equivalent quality parts. Failure to perform all required preventive maintenance, and provide such records to dealer upon request, may result in additional charges assessed against the Lessee upon the vehicle's return.

We are here to keep your vehicle (owned or leased) in excellent condition!

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

Hometown Service You Can Count On!

of holiday-related visits to the emergency room were related to falls. And since 2009, there have been more than 12,000 holiday hospital visits each year!

Here are a few ways to stay out of the ER this season and stay safe as you get festive for the holidays.

1. Clear the cutter. Keep decorations off the ground and up on shelves and tabletops. And when kids' presents turn into roaming toys, keep it tidy so you always have easy walking ways throughout the house.

2. Ladder up. Never stand on furniture to put up decorations or lights. Use a sturdy ladder and make sure it's on level ground before you step up. Better yet, partner up with someone to string up lights. One person should decorate



while the other should hold the ladder in place and spot the other person.

3. Tidy up quick. If you're hosting a holiday gathering, always take care of any spills right away to prevent anyone from slipping.

4. Trip-proof your tree. Don't get caught peaking at presents before the big day! Particularly if your tree and its skirt are on tile, you might slip. Secure your holiday tree's skirt in place with double-sided tape or slip-resistant backing. You'll have a tidier and safer holiday tree.

On behalf of all of us at Emanate Health, we want you to stay safe this season and know that we're always here whatever it takes. If you're ever in

Lancaster Homes Waiting List For Elderly Families Remains Open

Interested Applicants Must Register Before March 31, 2020

LOS ANGELES COUNTY - The Los Angeles County Development Authority (LACDA) is pleased to announce that it is extending the closing date from December 31, 2019 to March 31, 2020, 11:59 p.m., for the Lancaster Homes 120unit multi-family site. The LACDA has been accepting registrants since August 26, 2019. Lancaster Homes provides housing for elderly families and is a one and two-bedroom, smoke-free community located in Lancaster, California.

Registrants may add their name to the waiting list between now and March 31, 2020 at 11:59 p.m. Interested persons may register at lacda.org, or call (626) 586-1845. This waiting list is not for the Section 8 Housing Choice Voucher Program.

An elderly family is a household whose head, co-head, spouse, or sole member is a person who is at least 62 years of age. The elderly family may include two or more persons

who are at least 62 years of age living together, or one or more persons who are at least 62 years of age living with one or more live-in aides. Registrants will not be accepted for households that are non-elderly (61 years old or below).

Applicants will be selected from the waiting list in order of admission preferences, followed by date and time. For more information on LACDA's programs, please call (626) 262-4510.

The San Gabriel Valley Lexaminer

ALLEY/SENIC

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 **Bingo And Lunch**

Arcadia Senior Services is having a fun event of BINGO and lunch on Friday, January 10. It will take place at the Arcadia Community Center, 365 Campus Drive starting at 10am. Cost is \$10 and includes a 10 pack of BINGO sheets, pizza and salad served during intermission plus great gift card prizes. The final game of "Cover All" is a \$50 prize. A professional BINGO board is used. Daubers are available for \$1. This program is for individuals age 50 and over. Tickets are on sale now and can be purchased at the Community Center. For additional information, please call Arcadia Senior Services, 626.574.5130.

Surprise Musical Pre- Needs Docents

626.574.5130. Arcadia Senior Card **Club Looking For New** Members

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

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

BALDWIN PARK McNeill Fitness Program

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

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**

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

Meals on Wheels

Eligible seniors can receive a hot lunch and cold dinner plate delivered each weekday, or seven frozen meals delivered once a week by YWCA Intervale Senior Services. For more information, please contact the Duarte Senior Center at 357-3513 or Intervale at (626) 214-9465.

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 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 Genealogy Group Meeting

The Glendora Genealogy Group meets Tuesday, January **28** at La Fetra Center, 333 E. 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 Toni Levyssohn at 909-843-5239. 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)9148-8235, or email 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.

LA VERNE Volunteer for **Christmas Morning Candy Delivery**

Volunteers are needed for the 94th Annual La Verne Christmas Morning Candy Delivery.

Check-in at the La Verne Community Center at 3680 D Street at 6:00 AM Christmas Morning, Wednesday, December 25.

For route information and to sign-up, to go www.cityoflaverne.org/santatracker.

Get About Transportation

Get About provides transportation for seniors aged 60+ and disabled residents of Claremont, La Verne, Pomona, and San Dimas. The door-to-door service

Pressure Screenings

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

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

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

Senior Stretch & Exercise Class

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

Classes are at the Community Center, 119 West Palm Avenue on Mondays from 1:00 p.m. -2:00 p.m. and Fridays from 9:00 meets every 1st and 3rd Thursday from 7PM to 8:45 PM. Learn to motivate and lead. Challenge yourself with Toastmaster's proven education programs. Let us help you grow your strengths and accomplish your goals. Become a better speaker and learn to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmosphere. Meets at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave. Contact Art Douglas at (951) 505-0555.

WEST COVINA Go West **Shuttle Service**

The Go West Shuttle service consists of three alignments (Red, Blue, and Green) that serve destinations throughout the city including Plaza West Covina, Eastland Shopping Center, Heights Shopping Center, West Covina Civic Center, West Covina Senior Center, Cameron Community Center, and many more. For questions on the location of shuttle stops, assistance in locating the stop closest to you, and route schedules please call (800) 425-5777. The fixedroute service operates Monday through Friday from 6:30 a.m. to 7:00 p.m. The fare is only \$1.00 each way. No Service on Holidays.

TOPS Meeting

TOPS (Take Off Pounds Sensibly) meets each Saturday at 9 a.m. at the Cortez Senior Center, located at 2501 E. Cortez St in the back classroom building. Visitors are always 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 motivated members from all over the San Gabriel Valley. For details, call Erika Hernandez at 6 2 6 - 3 8 4 - 0 5 0 2

(ehernandez57@aol.com).

Area Agency on Aging.

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

There is a suggested lunch do-

nation of \$2.00 for those 60

years and older. Persons younger

than 60 years old pay \$4.00, and

persons with disabilities younger

sentation

Arcadia Senior Services is having a surprise musical presentation on Friday, January 17 at 1:00pm. The program will feature Bluegrass, Folk and Old Time Music. Come join us for a sing along, clap along and refreshments! It will take place at the Arcadia Community Center, 365 Campus Drive. Cost is \$3 and you can purchase your ticket at the Arcadia Community Center. This presentation is for individuals age 50 and over. For additional information, please call Arcadia Senior Services at

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 pro-

Christmas Tree Recycling Program for Duarte

DUARTE - Through Burrtec Waste Industries, the City of Duarte will provide a Christmas tree collection service for residential customers.

Christmas trees will be collected on regular trash collection days from Dec. 26, 2019 through Jan. 11, 2020. All decorations, tinsel, and stands must be removed. Flocked trees will not be accepted.

For information about Christmas tree recycling programs in unincorporated areas, call 1-(888) CLEAN LA between 7 a.m.-5 p.m., Monday through Thursday.

For more information about the Christmas tree recycling program in the City of Duarte, contact City Hall at (626) 357-7931 or Burrtec Waste Industries at 1-(800) 325-9417.

Foothill Blvd., Glendora. Pat Chavarria leads a refresher class at 6:00 pm. The business meeting is at 7:00 pm, followed by the program: "Share an Heirloom". For questions about our group or this meeting, please call Pat Chavarria at 909-592-4030.

Glendora After **Stroke Center**

A non-fee program for stroke survivors and their families. This 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**

Christmas Tree Recycling Program for La Verne

LAVERNE - As part of the City of La Verne's curbside recycling program, Christmas tree recycling will be available again this year on Monday, December 30, 2019, and again on Monday, January 6 & 13, 2020. Residents who have curbside recycling available must first remove all decorations, the stand, and place the Christmas tree next to their recycling bins. A separate truck will pick-up the tree and take it to be recycled as alternative daily cover at the landfill. Participation in this program helps the City of La Verne meet California requirements to divert thousands of tons of materials from area landfills. If your tree is six feet or more, please cut in half and avoid flocked trees if possible, as they cannot be recycled.

For more information on this or other recycling programs, please contact La Verne Customer Service at (909) 596-8744.

a.m. - 10:00 a.m. Fee: \$2 per class.

SAN DIMAS San Dimas **Toastmasters Club**

The San Dimas chapter of Toastmasters International, Toast

than 60 years pay \$3.00. West Covina Senior Citizens Center is To The Best Club, Club # 5880 at 2501 East Cortez Street.



Believe me, my sensitivity toward your sensitivities is quickly becoming senseless... **Book of Bart**





West Covina Unified Opens District of Choice Enrollment

Covina Unified will soon begin accepting enrollment applications for the 2020-21 year through the state-certified District of Choice program until Tuesday, Dec. 31. As a District of Choice, West Covina

WEST COVINA - West Unified is eligible to accept families from throughout Southern California in its engaging, highly competitive academic programs. The District's signature programs include Mandarin and Spanish dual-language im-

mersion, California's only TK-12 International Baccalaureate Continuum and dual college enrollment through the Mt. SAC Early College Academy. Visit the WCUSD website for enrollment information.

> The San Gabriel Valley Suby Examiner

Bill Patterson Named Official Artist Of 46th Acura Grand Prix Of Long Beach

LONG BEACH – Prominent motorsports artist Bill Patterson has been named the Official Artist for the 46th Acura Grand Prix of Long Beach, April 17-19, 2020.

Patterson, a resident of Bulverde, Tex. who became hooked on motorsports when he saw his first race in Argentina at the age of 13, has also been the Official Artist of WeatherTech Raceway Laguna Seca since 2004.

For the Acura Grand Prix of Long Beach, Patterson's colorful artwork illustrating an Indy car and IMSA DPi racing on Long Beach's world-famous front straightaway will serve as the official souvenir race poster. It will also be used on the covers of the race's Fan Guide and Official Program.

"I got the call to be the artist for the Acura Grand Prix!" said Patterson. "To be included in the historical record of this iconic event is an honor and I'm loving the finished image. I can't wait to be back in Long Beach this year and absorb the sights and sounds – and turn that inspiration into a series of Live Art paintings."

Drawn to downhill skiing at an early age in his native Wyoming, Patterson, who attended his first Grand Prix of Long Beach in 1988, immediately recognized in auto racing the same "edge" he knew from skiing. He describes it as the edge of precision, calculated speed and technical limits with infinite exhilaration.



Bill Patterson's artwork illustrating an Indy car and IMSA DPi racing on Long Beach's front straightaway will serve as the official souvenir race poster and will be used on the covers of the race's Fan Guide and Official Program.

Patterson is regularly commissioned by private clients for parties as well as corporate clients, such as Honda, Firestone, IBM, FedEx, Microsoft and Lamborghini, to perform "live art." The 2020 Acura Grand Prix will also feature Patterson's live art, as he will create original paintings in various locations

throughout the racetrack during the weekend. He will also be available at select times during race weekend to sign fans' 2020 souvenir posters.

gplb.com

For additional information on Bill Patterson's live art and expressive work, visit BillPattersonArt.com.

Ribbon Cutting at Salon de Beaute in Monrovia



Alan Awar owner of Salon de Beaute with Monrovia Mayor Tom Adams after the ribbon cutting opposite the new Salon. Also in photo are other dignitaries and representatives.

By Jayam Rutnam

MONROVIA - The Grand Opening and Ribbon Cutting ceremony of Alan Awar's new Salon de Beaute in the City of Monrovia was on the evening of December 11th. Arranged by the Monrovia Chamber of Commerce, the function was attended by the Mayor of Monrovia Tom Adams and members of the Monrovia City Council. Also in attendance were representatives of the State of California Senate Anthony Portantino, California Legislature Blanca E. Rubio and a representative of the County of Los Angeles' Kathryn Barger.

Owner and stylist of the Salon Alan Awar.was born in Beirut. Lebanon. He left Lebanon in the 80s looking for success and opportunities. which took him to West Africa. After 7 years in West Africa he moved to Paris, France to be trained by one of the best institutes in the beauty business, L'Oréal. He graduated from the L'Oréal Academy in Paris as a color specialist where he worked for 3 years. In 1996 he came to the United States. He began his career in California with \$500 and two English words. A few years later he was

able establish himself and start his own business. He built a very successful business with 23 employees. He took training classes by a hair and scalp research laboratory in Atlanta, Georgia and became an educator. Building a successful business was a blessing that he truly appreciated. In his words, "with my 30 years experience I have confidence in my work to offer the best to my clients."

Salon de Beaute is located at 522 S. Myrtle Avenue in Monrovia, Ca. Tel: 626-899-2411.

Help For The Self-Employed

Whether you run a part-time business, do freelance work, or own your own business, you're in good company. About 16 million adults in America work for themselves, and nearly half that number are baby boomers.

Even though self-employment comes in many forms, with a wide range of specific needs, some of the challenges are universal—including taxes. If you're new to the self-employment journey, you'll need to be prepared for some financial adjustments.



Home Improvements For Safety

Research shows that most older adults want to live in their homes and communities for as long as possible. Most homes, however, were not built to support the mobility, sensory and cognitive changes that often accompany aging.

Fortunately, older adults and caregivers can make simple updates such as clearing clutter from the floor, improving lighting and removing rugs to help prevent falls—all of which can make homes meet the changing mobility, sensory and cog-



One call to the Eldercare locator can connect older adults to local

Avoiding Surprises at Tax Time Older adults who have spent most of their careers benefiting from the services of a human resources department are often caught off guard by the tax requirements for self-employment.

Instead of the familiar W-2 from a single full-time job, selfemployed adults may find themselves juggling multiple 1099s, wrestling with the time-consuming work of tracking expenses learning how to plan, save and submit quarterly tax payments.

If you work for yourself, you may need a resource that can help you handle multiple self-employment tax requirements. AARP Foundation Self-Saver is an online tax-tracking resource that allows you to connect your bank account and automate your selfemployment tax withholding and payments.

As user Connie Johnson ex-



Managing your self-employment taxes just became easier with AARP Foundation Self-Saver.

plained, "I'm an AARP member and I just happened onto Self-Saver. I felt like a miracle had happened. I had no idea I had to pay self-employment tax because as a contractor you're considered self-employed, so that was a little bit of a shock. I feel peace of mind knowing that has been taken care of."

AARP Foundation Self-Saver

Self-Saver saves you time and money with a set of tools that make tax time simpler, automated and less of a surprise.

By syncing to your bank account, Self-Saver informs you automatically about self-employment income received and expenses paid. The program provides an estimated tax rate based



Self-Saver also gives you the option to automate your tax withholding, storing the right amount in an FDIC-insured bank. At the end of the quarter, Self-Saver submits your quarterly tax payments to the IRS automatically. Learn More

For additional self-employment education or to sign up for a FREE account, go to Self-Saver.org. Sign up before 04/15/ 2020 and Self-Saver will always be free! (NAPSI) nitive needs of the older adults who live in them. Other changes such as installing a stair lift or renovating a bathroom are more complex and require outside assistance.

Many older adults who need to modify their homes don't know where to turn for advice or assistance—or even what modifications they may need. That's where the Eldercare Locator, a public service of the U.S. Administration for Community Living, comes in. It connects older adults and caregivers across the country to Area Agencies on Aging and other resources—that can help determine what needs to be done, how to find a contractor



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resources that can help them modify their homes so they can live there safely for many years to come.

to do it and look for ways to pay for it all—that can help ensure their homes meet their evolving needs.

To that end, the Eldercare Locator at eldercare.acl.gov. locator created a brochure, (NAPSI)

"Modifying Your Home for Healthy Aging." For a free copy and further advice, call (800) 677-1116 or visit the Eldercare Locator at eldercare.acl.gov. (NAPSI)



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Why Is There No Charge **For Search And Rescue?**



By Carolyn Grumm

The Sierra Madre Search and Rescue Team (SMSR) wants you to know that if you are ever lost or injured in our local mountains, you will not be charged for the help that the Team provides. Our unpaid professional rescuers are ready and willing to drop whatever they are doing, 24 hours a day, 7 days a week, and come to your aid. Whether you twist an ankle while hiking to Sturtevant Falls or get lost and caught in the dark while hiking to Mount Wilson, you do not have to pay for the assistance we provide.

SMSR does not want anyone to hesitate to call for help because of fear about paying for their rescue. If you are lost, trying to get yourself "unlost" may make it harder for searchers to find you. If you are injured, delaying a call for help may worsen your injuries. If you get injured, call 911 or send a fellow hiker for help. As a backup, you should tell a responsible friend at home that if they don't hear from you by a certain time, they should call for help. Don't worry about the cost, because there is no charge for search and rescue.

vehicles, ropes, radios, medical equipment, maps, avalanche beacons, and so much more. These costs, however, are covered mainly by voluntary donations to the Team.

Team members also cover many costs themselves. To date in 2019, members of the all volunteer Team spent over 4,000 hours on search and rescue missions. They are not paid for this time, nor for the over 15,000 hours they've spent in training. New members spend over \$3,000 in their first years purchasing personal equipment, and periodic expenses continue for as long as members are on the team as they maintain, replace and buy new equipment.

Who Does Pay for a Rescue? Across the country, thousands of search and rescue operations are executed every year with millions of dollars in expenses. Search and rescue teams, the National Park Service, and fire departments accrue millions of dollars of expenses. Different states and counties are pursuing different ways of covering these expenses. For example, individuals in New Hampshire, How is search and rescue Maine, Vermont, and Colorado

insurance because individuals will be charged for rescue.

In our local mountains, though, individuals are not charged for rescue, and SMSR gets no money from any government organizations. All of the Team's funding comes from charitable donations. The Team depends on the community, and SMSR is thankful that for 68 years the community has provided the financial support that enables us to function.

Recently, the Rotary Club of Sierra Madre provided a grant to SMSR that enables the Team to purchase new medical backpacks. While a portion of the Team's budget is fulfilled by grants like these, most of the budgetary needs are met by individuals who give to the team. When you donate to SMSR, you help ensure that no one who is lost or injured in our local mountains needs to worry about how they will pay for help. You can contribute through the Team's website at smsr.org or via mail at Sierra Madre Search and Rescue Team, PO Box 24, Sierra Madre, CA 91025.

Since 1951, the all-volunteer Sierra Madre Search and Rescue Team has responded to calls for

Homeless Marine Remembered, Wasn't Alone At The End



West Covina Councilman Lloyd Johnson (with cowboy hat with Marine logo on it) and West Covina Commissioner Glenn Kennedy (far left) act as pallbearers for the deceased veteran.

By George Ogden **COVINA** - An unclaimed body of a homeless combat Marine was laid to rest with honors thanks to Foothill Funeral and Cremation in Glendora. Foothill Funeral and Cremation took custody of the body of 74-year-old U.S. Marine Corps veteran Michael Bissonnette. He was a Vietnam Veteran.

Bissonnette died Sept. 22 at Queen of the Valley Hospital in West Covina, and Foothill received the remains at the beginning of December. Manny Godoy with Foothill was looking through the paperwork on Bissonnette and found some indication that he was a veteran. Upon investigating this, it was found that he was a Vietnam Veteran and a Marine.

As a service to the community, Foothill takes care of the "indigent dead" from some area. If Godoy did not notice a little notation in the paperwork for this man, he may have ended up in a pauper's grave.

On Tuesday, Dec. 17, at Historic Sacred Heart Chapel in Covina, they had services for this Marine before he was buried at Riverside National Cemetery. He was not alone for the church services. Thanks to the San Gabriel Valley Tribune doing a story on

this Marine, a large number of people showed up out of respect and to honor this soldier who died alone. Now ... he was not alone. People from all over came to honor this man, this included former West Covina Mayor and now councilman Lloyd Johnson, who is also a Marine. West Covina Commissioner Glenn Kennedy was there to honor the Marine as well.

Lloyd Johnson stated, "He had no family members there. And yet we came to honor this veteran who died homeless. What a tragedy. As a Marine, we never leave a man behind! Semper Fi Marine."

New Decade, New Career

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



funded?

You will not pay for your rescue but that doesn't mean there aren't costs. Every year SMSR responds to approximately 100 calls for help. To maintain an organization that is ready to respond to every call, the Team maintains a station, five

can be charged for rescue, but these states also offer annual cards that in most circumstances protect the cardholder from being charged. Proceeds from the sale of these cards generally go to the local search and rescue teams. In Europe, most outdoor enthusiasts carry specialized

help in the local mountains and beyond. SMSR also provides a range of free wilderness safety education programs. For more information on the Team, to donate, or to arrange a wilderness safety demonstration for your school or group, visit www.smsr.org.

California's Premiere High School Basketball Tournament Underway At Damien High School

by Howard Palmer

LA VERNE - Basketball fans throughout Southern California should head to Damien High School in La Verne for the fourth annual "The Classic at Damien" presented by Mark Christopher Auto Center on December 26-30. The tournament will feature 80 teams from California, Nevada, Hawaii, Washington, Florida and Idaho. The teams are placed in five divisions of 16teams each, Platinum, Gold, Silver, Bronze and Green. They will play in seven locations, two on the Damien campus and five at nearby schools.

"The Classic" has grown in reputation each year for drawing many of the strongest programs in high school basketball. Among those programs returning is the 2018 Platinum champion Rancho Christian - led by the No. 1 player in the country and 2018 tournament Most Outstanding Player, 7-foot, USC bound Evan Mobley.

In addition, newcomer to the event is Sierra Canyon, one of the top teams in the nation. They are the 2018 California State Open Division champions and have returning starters Terran Frank and



Amari Bailey. Joining the team are high-profile newcomers, notably projected 2020 McDonald's All-Americans in Ziaire Williams and B.J. Boston who is committed to Kentucky, as well as sons of NBA legends LeBron James of the Lakers (freshman Bronny James) and the recently retired Dwyane Wade (senior Zaire Wade).

Many of the local high schools will also be participating including Glendora, Bonita, Charter Oak, Northview, Pomona, Rowland, South Hills, Diamond Bar, San Dimas, and the host Damien.

All of the details about the tournament can be found at www.theclassicatdamien.com.

"The Classic at Damien" - This is a major high school basketball tournament right here in the San Gabriel Valley. Come see the best of the best!

The San Gabriel Valley Lexaminer

Employment in the U.S. is expected to grow by 8.4 million jobs in the next decade, according to a recent report by the Bureau of Labor Statistics (BLS).

The BLS's list of the 20 fastest growing occupations sounds a bit like futuristic fiction. Solar photo-voltaic installers lead the list at 63 percent job growth, followed by wind turbine service technicians at 57 percent. Other high-tech jobs in top 20 list include information security analysts, genetic counselors and operations research analysts. These are all high paying jobs, and most require at least some college.

The BLS cites an aging population as a factor in its projected changes in workforce demographics. That population also will result the need for more healthcare workers. It's interesting to note that while there will be an exodus of retiring older Americans in the next 10 years, the share of baby boomers and those over 55 remaining in the workforce longer is expected to increase from 23.1 percent to 25.2 percent.

For those searching for a new, profitable, in-demand career, here are a few options to consider:

Wind Turbine Technician -Wind turbine service technicians install, maintain, and repair wind turbines. These jobs typically require a postsecondary non-degree award (i.e. some college) and pay a median annual wage of \$54,370.

Information Security Analyst - These workers plan and carry out security measures to protect an organization's computer networks and systems. Most positions require a bachelor's degree in a computer-related field. The median wage for these jobs is

Dr. Edward C. Ortell examines human simulator in Citrus College nursing lab. (courtesy photo)

\$98,350.

Physical Therapist Assistant -Physical therapist assistants entering the profession need an associate's degree from an accredited program. The median annual wage for physical therapist assistants is more than \$58,000.

Medical Assistants - Medical assistants complete administrative and clinical tasks in hospitals, offices of physicians, and other healthcare facilities. These jobs typically require a postsecondary non-degree award. Employment of medical assistants is projected to grow 23 percent in the next decade, much faster than the average for all occupations. The median wage is about \$33,610.

Community colleges throughout California provide low cost, high quality academic and career training to prepare students for the jobs of the future. Whether it's an associate degree, a vocational certificate or the first two years of a Bachelor's Degree that's required, a community college is a great place to start.

About the Author:

Dr. Edward C. Ortell is the senior governing board member at Citrus College and a Professor Emeritus at Pasadena City College. He has served on the California Community College Trustees (CCCT) state board of directors and 11 terms as president of the Citrus College Board of Trustees.



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