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INSIDE

El Monte Union Breaks Ground on First Major Measure HS Bond Project



Police Checkpoint / A3

New Board President



Dr. Patricia A. Rasmussen / A7

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EL MONTE - The El Monte Union community gathered on Dec. 11 to celebrate the groundbreaking of the first major construction projected funded by its Measure HS facilities bond - a 15,000-squarefoot Multipurpose Building and Gymnasium at Fernando R. Ledesma High School.

The facility, which aims to promote healthy living, collaboration and sustainability, will serve as a gathering place for health and wellness instruction, physical fitness activities, athletic events, performances and functions for the El Monte Union community. The anticipated completion date is late spring 2021.

"We have been patiently waiting to start on this project for some time now, and we are excited to finally see it come to fruition, not only for the benefit of our students, but the larger El Monte Union community as well," Principal Freddy Arteaga said. "With this facility, we hope to provide our community with the tools to live and eat healthy and a space in which to come together for

Eugene F. Moses, Champion of

the Community, Laid to Rest



The El Monte Union community came together on Dec. 11 to celebrate the groundbreaking of a new Multipurpose Building and Gymnasium at Fernando R. Ledesma High School. The \$13 million facility is being funded primarily by the Measure HS facilities bond. Pictured are Board of Trustees President Florencio F. Briones (left), Board Clerk Carlos G. Salcedo, Member David Diaz, FRLHS Principal Freddy Arteaga, Board Member Ricardo Padilla, Vice President Maria Morgan and Superintendent Dr. Edward Zuniga.

our shared purpose of supporting our students' achievement."

The \$13 million facility is being funded primarily by Measure HS, a \$190 million facilities bond approved by voters in November 2018. Other funding sources include Mea-

sure D and developer fees.

"Over the last several years, we have dedicated our efforts to build and maintain environmentally sustainable schools that promote healthy lifestyles

among our students and the larger community," Superintendent Dr. Edward Zuniga said. "We are proud to be able to achieve our goal of providing

ria, performance space with grandstand seating, basketball court, an outdoor weightlifting area, snack bar, concession and lobby areas, restrooms, classrooms and a learning garden.

Other planned Measure HS Series A projects across the District include security upgrades; infrastructure upgrades (roofing, HVAC, classroom lighting); artificial track and field and snack bar replacements for two schools; designs for full modernizations at Mountain View and South El Monte high schools and construction of new Transition Center; furniture replacement; and various parking area improvements.

The site will house a cafete-

An independent Citizens' Oversight Committee oversees and monitors project expenditures.

Emanate Health Inter-Community Auxiliary in Covina Donates \$50,000

COVINA - Reyna Conrado, President of Emanate Health Inter-Community Auxiliary, presented Michelle Stoddard, CEO of the Foundaton, a check for \$50,000. These monies are a donation to the foundation from auxiliary fundraising and sales from the Gift Box and the Bargain Box. In addition to this donation a separate check for \$19,735 was also presented to Michelle for purchase of a new shuttle the auxiliary is donating to the hospital. The shuttle will be used to transport visitors from the parking lots to the hospital entrance. The new shuttle will replace the old one which is in major need of repairs. Volunteer Peggy Monges, Vice-President of Special Projects outdid herself in the area of fundraising in 2019. Proceeds of fundraising events, the hospitals's Gift Store under Manager Kristine McLeod and her staff of volunteers, plus the Bargain Box which is a thrift





Eugene Fred Moses was laid to rest on December 12, 2019 with Military Funeral Honors.

By Jenny Park

GLENDORA - It was a sunny day for the funeral of Eugene Fred Moses, former mayor of Azusa, held at 1PM on Thursday December 12, 2019. Luff Johnson was the presider and led the funeral service from the chapel to the graveside service at Oakdale Memorial Park. Words of farewell were given by family and friends, including from his son Michael Moses and his stepson Tony Pijuan, and Azusa Councilmember Uriel Macias.

Friends from the community including Mayor Pro Tem Michael Allawos who also shared his thoughts on the life of Eugene Moses: "He's opinionated. He's unvarnished and yet he's mindful of what he said not to hurt anybody. He wasn't politically correct and there isn't many like him today."

Allawos shared the fact that he encouraged Moses to get married at St. Dorothy Church in Glendora to his surviving wife Illuminada Moses. "He was a spiritual man, but not a religious man. He got married

in the church because he wanted to make her happy. He was a very good friend, mentor, and a staple in the community. It's hard to believe that he is gone," said Allawos.

Moses leaves also behind his brother Roger Moses, who is from Northern California. Roger shared his memories of working together with Gene selling newspapers or shining shoes from 1946 to 1950 because their father was in the hospital.

"From about age 12-16, Gene and I used to work together to help out our folks during rough times. We did what we could to put food on the table. We were very close. I was there for him and he was there for me. All throughout our lives we were like this," said Roger Moses.

Eugene Moses was captain of the football team in high school and junior college. Friends remembered him as a leader, entrepreneur, and political representative. He also ran for election to the Senate in 1994, but lost. He was elected

mayor from 1982 to 1994. Moses made an impact on the community and to his family.

"I never say goodbye. I say, I'll see you later. He was such a positive influence. He and my father taught me the importance of hard work and not to be afraid of work," said Don Moses, a nephew of Eugene Moses and a retired sheriff deputy.

A Final Salute with Military Funeral Honors included the playing of Taps, Honor Guards from the Navy did the flag folding and flag presentation and an honor guard team from the Veterans of Foreign Wars fired three volleys from rifles.

After Taps was played, the U.S. flag was carefully taken from the casket and silently folded into the symbolic tri-cornered shape. It was then presented as a keepsake to Eugene's wife, Illuminada Moses.

"He was a positive person who brought sunshine into the lives of many," said Luff Johnson.

Michelle Stoddard CEO of the Foundation on the left and Emanate Health Inter-Community Auxiliary President Reyna Conrado.

store auxiliary volunteers operate are all major conributors. Emanate Health Inter-Com-

munity Hospital is located at 210 W. San Bernardino Rd. in the City of Covina.

Azusa Murder Suspects Wanted

By George Ogden

AZUSA - Homicide detectives released the names of two men they say may have been involved in the shooting death of a 22year-old Azusa man back in November.

The Sheriff's Department released photos of Rene Orozco Garcia, 23 and Ronaldo Garcia, 20 as people of interest as they are "possible suspects" in the November murder. Sheriff's investigators want to bring them in for questioning.

Back on Nov. 1, Alexis Garcia of Azusa was sitting in his car on the 170 block of East Payson Street when someone from another vehicle cruised up alongside of him and shot him.

A number of calls came in to the Azusa police dispatchers about the shooting. When officers arrived, they found Garcia





Los Angeles County Sheriff's Department homicide detectives released the identities of "possible suspects" tied to the Nov. 1, 2019 killing in Azusa. Left: 20-year-old Ronald Garcia. Right: 23year-old Rene Orozco Garcia. (Courtesy LASD)

who had been shot in the upper torso. He died later that evening at a local hospital. Detectives have not stated if he was able to ID the suspects before he died.

Detective are not sure of a motive for the shooting, but believe it is gang related. Sheriff's homicide detectives are not releasing much about the case outside of the people of interest.

Rene Orozco Garcia is 5 feet 7 inches tall, 160 pounds, with black hair and brown eyes and Ronald Garcia is 5 feet 4 inches tall, 130 pounds, also with black hair and brown eyes. They are considered armed and dangerous.



Glendora Community Coordinating Council's December Awardees

GLENDORA - Karen Baiotto has been a teacher in the Glendora Unified School District for 45 years, teaching at Cullen and Sandburg. She always went above and beyond her job as a teacher to participate in school activities and encourage her students to excel. She is an active and dedicated member of the Glendora Methodist Church, was a member of the Glendora American Little League for 15 years, served on the Glendora High School football boosters board, has been a team mom for her son's soccer and basketball teams for many seasons and is serving her seventh year as a member of the Glendora Kiwaniannes. Karen dedicates herself fully to everything she volunteers for. Glendora Community Coordinating Council is very honored to recognize Karen Baiotto with December's Humanitarian Award.

Tiffany Gomez, a junior at Glendora High School exemplifies what it means to put service above self. During a football game between Glendora High School and Bonita High School two students from each high school were selected to participate in a half time field goal kicking contest. The winner would receive a year's worth of weekly lunches from Chick-fil-A. Tiffany put her soccer kicking skills to the test and kicked a 35 yard field goal to win the contest. When Tiffany learned that Bonita's football coach John Langilotti (also a former Glendora High School football coach) had been diagnosed with advanced stages of pancreatic cancer the same week of this football game she donated her prize to John and his family as she believed they could benefit from these weekly meals during this difficult time more than she



Rose Wentz, Glendora Community Coordinating Council President, December's Humanitarian Award recipient Karen Baiotto and Humanitarian Award Chair Debbie Deal.



Glendora Community Coordinating Council President Rose Wentz with December's Youth Recognition Award recipient Tiffany Gomez.

could. We are truly honored to recognize Tiffany with Glendora Community Coordinating Council's December's Youth Recognition Award.

The GCCC is always looking for volunteers from the city to be recognized each month. If you

have a nominee please visit our website at www.glendoracoordinatingcouncil.org for a form and contact information. We'd like to thank Rose Wentz of State Farm for being our meeting sponsor.

Enter the Money Smart Kids Contest to Win Big For Your Child's School

If you think your kids could be help elementary students to bemore money conscious, you're far from alone. In fact, according to the National Financial Educators' Council, fewer than one

come financially empowered adults.

cartoon characters from the Cha-Ching band. Storylines spotlight the importance of earning, sav-Now through Dec. 12, el- ing, spending, and donating. They ementary school teachers and also help reinforce healthy money habits.

Two San Gabriel Valley Students Selected for the 2020 "Water is Life" Art Calendar

Local students were winners of Upper District's art contest

MONROVIA – Upper San Gabriel Valley Municipal Water District (Upper District) is proud to announce two San Gabriel Valley student art submissions were selected to be featured in the Metropolitan Water District of Southern California's 2020 "Water is Life" student art calendar.

"Water is Life" is a student art contest hosted by Metropolitan Water District of Southern California every year. Students from grades K-12 submit artwork through their participating member agencies of Metropolitan. At the end of the year, 36 art pieces from each of the member agencies are selected to be featured in Metropolitan's annual calendar. The calendar has a significant reach and is distributed to about 11,000 recipients. The goal of the contest is to help raise awareness about conservation and educate students about the importance of preserving our most valuable resource.

This year, Upper District's "Water is Life" art contest received a total of 167 art submissions from 33 different schools throughout the district's service area. Of those 167 sub-



Bianca Lim, 1st Grade, St. Martha's Catholic School



Jessica Mayo, 9th Grade, California School of the Arts, San Gabriel Valley

missions, 20 were selected as Upper District's winners and were honored at a Board of Directors meeting in May.

This year. two of Upper District's student winners, Bianca Lim and Jessica Mayo, were selected by Metropolitan

to be included in the 2020 student art calendar. Lim is a first grader from St. Martha's Catholic School and Mayo is a ninth grader from the California School of the Arts, San Gabriel Valley.

The Glendora Christmas Parade



Mayor Pro tem Michael Allawos with his wife Cynthia ride on the back of a red convertible. By Jayam Rutnam award winning Tartan Band of bag- Members Mendell Thompson.

in four children talk to their parents about money with any frequency. Fortunately, teaching kids about managing money can pay off in more ways than one. It can mean thousands of dollars could come to their school and other deserving recipients as part of an inspirational contest.

What It's All About

For the third year in a row, the Jackson Charitable Foundation, a nonprofit with the mission to advance financial knowledge on a national scale, and Discovery Education, the global leader in standards-aligned digital curriculum resources for classrooms, are running the "Cha-Ching Money Smart Kids! Contest" to

families of students in grades K-6 can enter the contest for the chance to win \$10,000 for their school, plus an additional \$1,000 to donate to charity. The winning school will receive a fun financial literacy event at their school. Entrants pledge to teach kids how to earn, save, spend, and donate.

A fun, engaging path into financial education, Cha-Ching Money Smart Kids! is a financial education program designed to provide critical 21st century skills. Available at no cost to classrooms nationwide, the program provides:

• Music Videos and Game-Helping children learn money management concepts with lively

• Classroom Activities-Standards-aligned classroom lessons that pair with the music videos.

• Educator Guides-Enhancing educators' background knowledge of financial literacy to better equip them to facilitate the classroom activities.

• Family Activities—Offering parents, families, and communities helpful tools to teach their children how to be money smart.

Further facts and financial literacy resources are available at www.cha-chingusa.org and through Discovery Education Experience at www.discoveryeducation.com. (NAPSI)

GLENDORA- It was a foggy, gloomy day in "the Village" in Glendora, but that did not deter the many people who lined the street to see the parade. It seems that the crowd gets bigger every year as people from surrounding cities find out that this is a parade one should not miss.

The Glendora Christmas Parade, staged at the northern end Glendora Avenue, started off at 9 a.m. sharp as always.

Unfortunately, the helicopter that leads the parade could not make it due to the foggy weather conditions in the mountains. The Honor Guard of the Glendora Police Department headed the parade followed by the Glendora High School cheerleaders and the

pipers. Immediately behind them was the full contingent of the Glendora High School Band. Jan's Towing always participates by donating their flatbed trucks and oversized U.S. Army vehicles. Cub Scouts and Boys Scouts from various troops, as always, were present as marchers.

Then came the dignitaries. Citizen of the Year Rose Wentz rode in a convertible, and so did representatives from the School Districts, Pat Rasmussen of Citrus College and the Glendora Council Members, who all rode atop open sports cars. Glendora Mayor Judy Nelson, Mayor Pro Tem Michael Allawos, Council

Gary Boyer and Karen Davis, State Senators, Assemblymen who represent the district also participated. At the very end of the parade, riding in a big red fire truck, was the star of the parade, Santa Claus!

There were more than one hundred participants including bands, trucks and marchers, which is more than they have ever had. The route was packed with Glendorans as well as residents of surrounding cities. This annual event is looked forward to and attended by many regulars regardless of the weather. The Glendora Christmas Parade is organized by the Glendora Chamber of Commerce.

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*APY = Annual Percentage Yield

1. New Member Certificate: This 12-month Term Share Certificate (TSC) has a \$1,000.00 minimum balance and \$4,000.00 maximum balance per member. Account must be funded with new funds or funds deposited less than 30 days prior to opening. Early withdrawal penalties do apply which may reduce the principal. At maturity, this TSC will automatically renew for a 12-month term at the prevailing 12-month rate unless we are notified in writing prior to the maturity date. Offer valid for 60-days from membersh opening. One certificate per memb

Rates are accurate as of 07/01/2019. Rates, terms and conditions are subject to change without notice. Additional restrictions apply. Must qualify for membership. A \$2 membership fee may apply. The credit union is federally insured by the National Credit Union Administration. Added savings protection provided by American Share Insurance. Please speak to a credit union representative for details. Equal Housing Opportunity.



Sty Examiner The San Gabriel Valley

NGELES C

Baldwin Park Wins Major Legal Victory To Protect Residents' Quality Of Life Remember: Drive Sober or Get Pulled Over

Judge Rules "No Materials Recovery Facility In Neighboring Irwindale"

BALDWIN PARK - Baldwin Project. Park won a significant legal victory preventing the construction of a polluting waste facility in the adjacent City of Irwindale. If built, this waste facility would have posed serious health and environmental risks.

At the direction of the Mayor and Councilmembers, the City of Baldwin Park pursued a multiyear lawsuit to prevent the waste facility from being constructed. On December 11, 2019, the City of Irwindale will set aside all project approvals for the Materials Recovery Facility and Transfer Station Project (Project) slated for construction at 2200 Arrow Highway. This is a direct result of the City of Baldwin Park's 2016 and 2017 challenges to the environmental impact report (EIR). The Superior Court of California for the County of Los Angeles found that the City of Irwindale violated the California Environmental Quality Act (CEQA) and ordered Irwindale to vacate its approvals for the Waste

The Court held that the EIR was deficient in five key ways:

• the project description and analysis was inadequate as to truck fueling operations;

• the EIR failed to analyze transportation energy impacts adequately;

• the EIR ignored health risks associated with the Project's emissions of ROG, NOx, and ozone, or failed to explain why this analysis would be infeasible;

• the EIR inadequately analyzed greenhouse gas emissions (GHG); and

• the EIR failed to properly assess the effectiveness of mitigation in reducing GHG emissions to a less than significant level

Baldwin Park community members continually spoke out against the Project, which would have processed up to 6,000 tons of waste per day, operated 24 hours a day, 7 days a week, and received waste-including municipal solid waste, green waste,

and construction and demolition materials-from across the region. On January 21, 2009, the City Council adopted Resolution No. 2009-0002 in opposition to the Project to protect Baldwin Park's residents and businesses against the Project's impacts. Since that time, Baldwin Park's Mayor and City Council have opposed the Waste Project, which would have posed detrimental effects to the health and quality of life of Baldwin Park's families.

Mayor Lozano stated, "The court's ruling is a victory for the residents of Baldwin Park. Their voice was heard loud and clear and sent a message that we will go up against any project that is harmful to our health and not compromise or disrupt our quality of life."

This is one part of the City's ongoing effort to preemptively tackle long term environmental challenges that will affect the quality of life of Baldwin Park's residents.

Glendora Police to Hold Checkpoint

GLENDORA – The Glendora Police Department, in partnership with the California Office of Traffic Safety (OTS) and the National Highway Traffic Safety Administration (NHTSA), will be holding a DUI and Driver License checkpoint following its participating in a nationwide enforcement campaign, aimed at targeting drivers who are impaired by alcohol and/or drugs. The Drive Sober or Get Pulled Over winter mobilization campaign is aimed to get impaired drivers off the street and to spread the word about this dangerous behavior.

As part of the enforcement

campaign, the Glendora Police Department will be hosting a DUI Checkpoint on Saturday, **December 21**. In addition to the checkpoint, officers will be actively enforcing laws pertaining to driving under the influence of alcohol or drugs throughout the weekend.

"Keeping our roads safe for those who live and work in the City of Glendora is important to us." said Police Chief Lisa Rosales.

The consequences of driving under the influence of alcohol or drugs can be devastating and deadly. Nationally in 2017, there were 10,874 DUIrelated deaths, 29% of total

vehicle traffic collision fatalities. The greatest tragedy associated with these deaths is that they were 100% preventable.

S.G.V. EXAMINER

A3

The Glendora Police Department would like to remind the public that DUI does not just include driving under the influence of alcohol, but also includes the use of prescription drugs and marijuana.

Funding for this DUI checkpoint operation is provided to the Glendora Police Department by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

West Covina Unified Opens **District of Choice Enrollment**

WEST COVINA - West 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

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 immersion. 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.



Contributing Writers Pat Murphy Joan Hallidy Ken Herman Charles H. Bayer Jorge V. Rosales Lois M. Shade Julia Yoder **Gene Morrill** Jenny Park

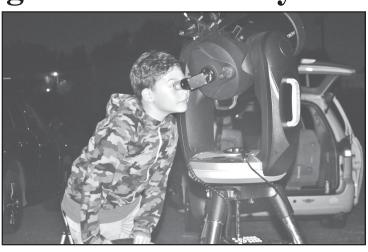


Monrovia's Bradoaks Elementary Students Explore the Night Sky during Inaugural Moon Party

MONROVIA – Bradoaks Elementary second-grader Brendon Rose held onto the lens of a powerful telescope and searched the stars for a glimpse of Saturn, Jupiter and Venus during a "Telescopes in the Sky" Moon Party family event that celebrated the school's effort to transition to a science emphasis school.

"I always thought that Jupiter was one of the smallest planets in the solar system," Rose said. "I actually learned that Jupiter is the biggest planet when I looked at it through the telescope."

Clifton Middle School sci-



Bradoaks Elementary students look at Saturn, Jupiter, Venus, and the Moon through telescopes provided by the Monrovia Old Town Sidewalk Astronomers, which partnered with the school to host a "Telescopes in the Sky" Moon Party family event.

through four telescopes pro- love of STEM education in our

lies looked at the night sky emphasis school will foster a students and prepare them for

pathways in engineering, com-

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

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Believe me... you call me unsolicited I hang up unsolicited... **Book of BART**

ence teacher Tom Traeger is a member of the Monrovia Old Town Sidewalk Astronomers, which partnered with Bradoaks Elementary to host the event.

"Our members come from all walks of life; I am a teacher, some of our members are scientists, some are engineers, some are retired and some are people who just have a love of the night sky," Traeger said. "The purpose of the event is to give the Bradoaks community an evening where they can learn about astronomical objects like Saturn, Jupiter, Venus, and the Moon that are in the evening sky."

Refreshments were provided while students and their fami-

Task Force Make Arrests in the San **Gabriel Valley**

By George Ogden

AZUSA - Police gang taskforce went throughout several San Gabriel Valley cities making arrests and collecting evidence. The Law Enforcement Agencies said they were tied to recent gang-related killings.

It was reported that at 4 a.m. Friday morning, officers with the Azusa Police Department and seven other law enforcement agencies and Los Angeles County Sheriff's deputies raided a large number of locations throughout Azusa, Covina and Glendora and county areas near Azusa, stated an Azusa Police representative.

A large number of suspects were arrested on suspicion of murder, conspiracy to commit murder and other violent crimes, according to an Azusa police press release.

Police investigators would not comment on the arrests other than what was in the press release made available. They would not release the identities of suspects arrested or the location of their arrests.

vided by the Sidewalk Astronomers.

"This is a fantastic opportunity for our students and parents to learn and explore together," Board of Education President Ed Gililland said. "Monrovia Unified is dedicated to the academic and personal growth of our students, and events like this shine a light on that focus."

"Telescopes in the Sky" is just one example of the many science, technology, engineering and math (STEM) focused events that Bradoaks Elementary plans to implement as it transitions to a science emphasis school.

puter science, math and much more," Principal Jayne Nickles said. "We are grateful to our community partners who help us put on these special events for our students and their families." "Monrovia Unified wants to

expand the lens through which our students see the world, and what better way than by providing them with a glimpse of the world beyond the terrestrial?" Superintendent Dr. Katherine Thorossian said. "Thank you to our teachers, community partners and families for supporting memorable enrichment opportunities."

"Transitioning to a science

SUV Crashes into Dialysis Clinic in Baldwin Park

By George Ogden

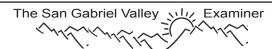
BALDWIN PARK - On Saturday morning just before 8 a.m., police responded to a crash where an Audi SUV crashed into the Advanced Dialysis Center at 3932 Downing Ave. in Baldwin Park. There were a number of patients inside and only three were injured. They were receiving treatment when the vehicle came into the building.

A woman in her late 70s had for some reason lost control and drove into the Dialysis Center.

The three people inside the center were taken to a hospital with various injuries ranging from pain and cuts to two victims legs and one victim with a possible lower leg fracture. The staff attended to all victims until paramedics arrived.

The SUV driver, who was not identified, was not injured and was not arrested.

Those that use this facility are requested to call to see if they are operating and what alternatives they have. Their number is 626-856-3333.



ENTA

Homelessness By The Numbers How That Manger Child

Homelessness is front-page news and newspapers have done reems on the issue as local elected officials struggle to get people off the streets into some form of shelter. We listened about the inhumanity of the situation, about our responsibilities as a society ... and then we heard, all it would take is a little money to fix this problem.

"... Los Angeles voters approved a \$1.2 billion bond program to build up to 10,000 housing units for the homeless ... the ten-year goal to build 10,000 units of homeless housing is in serious jeopardy, beset by delays, losses in federal tax credit funding, and skyrocketing construction costs." (Los Angeles Magazine).

"L.A. County voters approved Measure H, which raised the sales tax by one quarter of a cent, with the revenue earmarked to provide services for the homeless. ... and prevent homelessness." A May 2019 report indicated the count of homeless the year before was 52,765 homeless persons... but also said 14,000 people had been placed into sheltered housing. (NBC May 2019)

\$500 million in state funds are ready to be released as applications are received for local government assistance with another \$650 million allocated in June. New homeless numbers will be published in January.

Steve Lopez, L.A Times, reports approximately 3 people a day die on the streets of L.A. County with a total reaching 960 so far this year and since 2013 the number is about 5,620 dead. I became curious about all the "crisis level" numbers.

Homeless numbers are increasing in each of our cities, and in large cities seem to be exploding. Does that mean more are becoming homeless or more are migrating into the area? L.A. Almanac provides statistics on homelessness in L.A. County in 2019

• 50,000 to 60,000 at any time are homeless with 44,000 living on the streets.

• Youth through age 24, ac-



Shade's Perspective Lois M. Shade Former Mayor of Glendora count for 8,915 of the homeless

up from 8,072 in 2018.

• 9% are under age 18.

• 31% are female. • 15% are in family units (often headed by a single mother}.

• 16% are physically disabled.

• 28% are chronically homeless. • 15% of the homeless popu-

lation have substance abuse disorders

• 25% of the homeless population suffers from serious mental illness.

• 7% of the homeless population were victims of domestic/ intimate partner violence.

The San Gabriel Valley has some interesting numbers fluctuating over the years with few specific stated reasons. As I read through the reports, I decided to pick out a few numbers to see if that gave me a little perspective.

• 2019 - San Gabriel Valley had 4,479 homeless and that was up 197 from 2018.

• In 2011 the homeless number was reported to be 2,499 giving us almost a 55% percent increase by 2019.

• 2019, State of Homelessness in America, Council of Economic Advisors, reports half a million people are homeless on any given night in the U.S.

• 65% are in shelters and 35% are on the streets, in cars, or abandoned buildings.

• 47% of those unsheltered homeless are found in California.

Reasons given in this federal report for California having almost one half of the homeless

'TIME JOCKEY' - Pasadena City College

population in America are: • Cost of housing, and as the

report states, from over-regulation. • The mild weather conditions

over the last seven years.

• Lack of homeless shelters. · Characteristics of the homeless

Counting the homeless is a challenging task so these numbers are never exact. Surveys are done by the homeless themselves and, as we've seen, many don't trust nor want to be involved with government.

In 2011, the Supreme Court required California to reduce its prison populations from almost 200% of prison capacity to 135%. Then Gov. Jerry Brown supported AB 109 written by Democrat legislators that released "non-serious" criminal offenders to the streets rather than build new prisons or contract out for more space in private facilities.

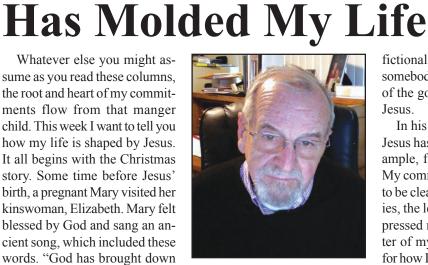
Were the estimated 45,000 released from prisons to our streets by AB 109, followed up with Propositions 47 and 57 releasing more, many with mental health and drug addiction issues, part of that homeless increase in the San Gabriel Valley after 2011? And, are they still a major part of our homeless problem in California?

We know from the office of Sen. Shannon Grove, who fought the release of a Sexually Violent Predator (SVP) in Joshua Tree, the state leadership has been unwilling to address the mental health issues in the criminal justice system and one that has overloaded our local jails. When placement outside of a state facility was not found for this SVP, he was given a tent to live in with a 24-7 state approved babysitter to monitor him at a cost of \$500,000 a year.

The federal report notes: "Severe mental illness, substance abuse problems, histories of incarceration, low incomes, and weak social connections each increase an individual's risk of homelessness, and higher prevalence in the population of these factors may increase total homelessness."

Whatever else you might assume as you read these columns, the root and heart of my commitments flow from that manger child. This week I want to tell you how my life is shaped by Jesus. It all begins with the Christmas story. Some time before Jesus' birth, a pregnant Mary visited her kinswoman, Elizabeth. Mary felt blessed by God and sang an ancient song, which included these words. "God has brought down the powerful from their thrones, and lifted up the lowly. God has filled the hungry with good things, and the rich God has sent away empty."

Mary's child was subsequently born in a barn. His first visitors were rural boys, whose bottom-rung job was to protect a flock of sheep during the long Judean nights. When the powerful sought to kill this infant, Jesus and his parents became povertystricken migrants, and crossed the border to what they hoped was a safer country. He later grew up in a town about which it was said, "Nothing good will ever come from that place." His father was a simple craftsman, and his friends were fishermen. In his first sermon, delivered in his hometown, he outlined what was to be his life's work. The text he chose came from the prophet Isaiah, who had lived centuries before. "God has anointed me to bring good news to the poor...to proclaim release to the captives...to restore sight to the blind and freedom to the oppressed." And that was the commitment by which he lived and worked until the entrenched had had enough of his social radicalism and executed him along with two other political criminals.



Charles H. Bayer

tered on welcoming all those the well-placed in society despised and belittled. Among them were the poor, who "heard him gladly," the diseased, government underlings, foreigners, prodigals, Samaritans, children, women, the mentally ill and a sturdy collection of other nobodies. Here were the very people his mother had affirmed before his birth and to whom he had committed himself in his first sermon.

It is interesting that many of the stories that have been generated in the secular readings of the Christmas account also identify the nobodies as the heroes.

"All of the other reindeer laughed, and used to laugh and call him names.

They never let poor Rudoph join in any reindeer games."

It was the littlest angel who hung the star. It was "The Other Wise Man" in Henry van Dyke's story, who somehow understood the profundities of the holy birth. The child, Emil, secretly arrived with the

'Night Visitors and alone discerned the meaning of their journey. It was the "little drummer boy," whose "pa rum pum pum pum" was the humble gift that made the baby smile. Here were fictional nobodies who became somebodies. And that is the heart of the gospel: the good news of Jesus.

In his birth, life and ministry, Jesus has been the guide and example, for all I believe and do. My commitments must continue to be clear: justice for the nobodies, the left out, the poor and oppressed must remain at the center of my life. The implications for how I relate to individuals and what I want to be the goals of society at large must be determined by that ethical imperative. My profound regret is that I have often failed miserably to live up to that vision.

I have often been asked about the relationship between these columns and my faith. In the Christian world, including the church, I speak "religionese." In the larger world I speak "secularese," which is really just a translation of "religionese." But it encapsulates the same ethical imperative devoid of doctrine. In the synoptic accounts, Jesus never said, "believe in me," but only "follow me." Beginning with Mary's song, that vision describes what the world might look like if God's reign would come on earth as it is in heaven. And it all begins with compassion for the left out one at a time, and social justice for the all nobodies in the world.

Beginning with that social imperative, I have endeavored, often poorly, to stand with those for whom the well-placed in the world have little regard-the nobodies Jesus believed to be somebodies and treated them that way.

Contact Charles Bayer at candwbayer@verizon.net

His three-year ministry cen-

Combating Criminal Transients

We see all too often transients coming up to people in parking lots, on the streets and almost anywhere asking for money. You see them in intersections disrupting traffic, holding signs that the need money for a family funeral of a child. This is nothing more



ness. CALL THE POLICE and don't go back outside unless it is extremely necessary. When police arrive, DISARM yourself. Don't go out there with a gun strapped on your side. The police don't know who you are.

Don't escalate anything with

By Joe Castillo

Growing School District... Each year, the Pasadena Tournament of Roses Parade proceeds down Colorado Boulevard following a 5¹/₂ mile path in front of 400,000 enthusiastic people. The parade has followed the same route for over 50 years and this year will be no different. About halfway along the route sits one of the more popular spectator viewing sites in Pasadena, in front of Pasadena City College whose origins date back to 1912 when the original Pasadena High School was completed. The City of Pasadena was growing in number of students and had voted to add a new high school to the district. A bond was passed and after two years Pasadena's newest high school had been completed. It was constructed so well that when the State of California surveyed its 102 high schools, Pasadena High School ranked number one in its construction and design. In 1924, Pasadena faced another need for higher post-high-school ed-

ucation, and the Pasadena School Board came up with a plan to convert Pasadena High School into Pasadena Junior College. A vote of Pasadena citizens approved the Pasadena City Junior College District and a first-year college curriculum was added to the 4-year high school curriculum while the school was renamed to Pasadena High School and City College. It continued to operate under the same structure until 1928 when a 4-year college curriculum for the college was added. Pasadena continued to grow and the potential for an upcoming war pushed more students to join military programs in locale high schools. John Muir High School was one of the schools that expanded its military programs and a greater need for a second college was apparent. John Muir Junior College was established as the second Pasadena Junior College but its existence came to an end as the war progressed. The name Pasadena City College (PCC) was established for Pasadena Junior Col-

lege on July 1, 1947. It was an attractive destination for educators and students, and even offered extended courses for older adults to live up to its objective of being "a community-centered college". The college became the first in a number of events including the first college to fly an airplane, the PCC-1, in 1937. It was the first airplane built in a public school. The astronomy building was first dedicated in February 1931 by the famous Albert Einstein. In 1931, the Pasadena City College Band was designated as the official band of Pasadena Tournament of Roses Band, a position it continues to hold today. The campus continued to operate as a high school and junior college which caused significant student overcrowding. In 1954, approval was given to build a new high school which would become the new site of Pasadena High School on Sierra Madre Boulevard, which today is the terminus of the Rose Parade. Pasadena City College has grown in its curriculum and maintained it community-centric focus but its position along Colorado Boulevard will always make it a prime location for parade viewers, students and events as it maintains its front row seats along Colorado Boulevard.....

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

than a SCAM.

I see people giving them money. Once you pull out your wallet, vou have a HIGH risk of becoming a robbery victim. They grab your wallet and take off. Often, there is a second person involved that will run interference if you try to chase them.

I see people hand money out their car window to these people. Did you know that it is against the law and you can be ticketed for doing this?

Women are good targets in parking lots of grocery stores. The get intimidated and give up money just to get away from them. Ladies, when these people come up to you, tell them you don't carry cash and you only have a store credit card. Don't carry on any other conversation with them. Just keep moving and be aware of what else is going on around you. If you have pepperspray, take it out before you get out of your car. It is okay to let people know you have it with you. Once the transient sees this, they will most likely stay away from vou

Did you know you can carry a loaded firearm on your own



George Ogden That's just the way it is!

property or business? The sidewalk and/or curb along the perimeter of the property is Off LIMITS. Don't go beyond that. If you have problems with people coming on to your property, openly carry your firearm so they can see that you are armed for your protection.

If this is something you would feel comfortable doing, take some firearms safety classes first and learn the law. Don't go out into your yard and start pulling out your gun and pointing it at the criminal transient out on the street. That is not going to work and you will be the one in serious trouble.

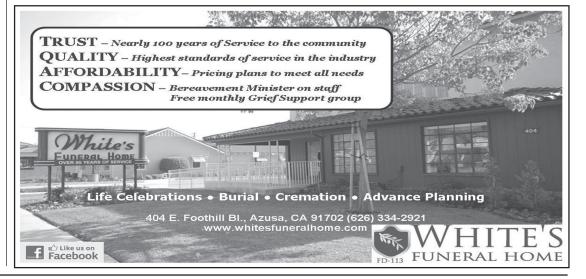
If people are on your property, then you need to make the decision based on those circumstances at what point you want to be at the "ready" position. Make every effort to remove these people peacefully. Let them "see" that you are armed for self-protection. If these people don't leave, then YOU leave and retreat back into your home and/or busi-

these transients as they may be armed as well. If you can neutralize the situation and have them leave your property, you have done your job.

On a number of occasions, I have had to remove people from the property. I ask nicely and if at any point I feel they are getting testy with me, I turn my "loaded side" towards them and let them see I have a holstered firearm for my protection. The attitude changes for the better and I thank them for understanding that this is private property and they can't be on the property. They seem to appreciate that fact. I say "thank you for understanding."

Now, what have I done? I have reacted in a safe and protective manner. I approached with caution and resolved the situation. They now know that there is someone that is armed on the property and it is not a good idea to return. This information gets passed on to their friends. Also, you did not call the police and kept the officers out in the field protecting our community and not wasting time.

"That's Just the Way It Is!"



The San Gabriel Valley Suby Examiner



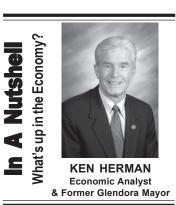
Employment Surges In A "Goldilocks" Economy

Nonfarm payrolls rose 266k in November, a much biggerthan-expected rise! The recent update also indicated a 41k upward revision to September and October. September job growth was revised up 13k to 193k, while October was revised up 28k to 156k. Adjusting for the GM strike October would have increased about 206k, while November might have been closer to a 216k job increase number. Needless to say, that's very solid employment growth! Add a drop in the unemployment rate from 3.6% to 3.5%, plus as-expected average hourly earnings increase, and this was all extremely encouraging news!

How do you improve on a solid rise in payrolls, another drop in the unemployment rate, and decent growth in hourly earnings? The Fed will surely see this as clear vindication of their decision to stop cutting rates.

The S&P 500 made 13 new alltime highs in November! In the only previous occurrences since 1945 in which the S&P 500 made at least 10 new highs during any month, the S&P 500 rose a median of 3.3%, 6.9% and 10.7%, during the next three, six and 12 months, respectively! It is also worth considering that during the 11 months from Christmas 2018 to Thanksgiving 2019 the S&P 500 gained 34.1% and NASDAQ is now up 40.6%. In my opinion this all bodes well for stocks in 2020.

Most of us reading this weekly letter won the lottery, assuming we were born an American. Despite more than a little ungrateful rhetoric from those living within our nation, America is where most of the world's residents shopping for a new home want to live. The USA is also where the best market returns



have been this year, counting from New Year's Day through late November.

We have many reasons to be thankful. Our Country's unemployment rate is at a 50-year low (including a 50-year low for teenagers, an all-time low of 5.4% for African Americans, and an all-time low in September of 3.9% for Latinos)! The collegeeducated unemployment rate is only 2.1%. The number of fulltime jobs rose 1.6 million during the first 10 months of 2019, to a record-high 131.5 million (up 21 million jobs, or +19% in the last decade). Over the previous 10-year period, total employment in America was erratic, and net total jobs even declined a bit. However, more recent fundamentals have helped push the Consumer Confidence Index and Consumer Sentiment Index to cyclical new highs.

On December 2, 1974 (a Monday evening), President Gerald Ford addressed the nation in a televised speech which sounded the alarm bell for three major economic crises at once - inflation, recession and an oil shortage. The market went into a panic, going down 6.64% that week, reaching a Dow of 577.6, its lowest reading since the Cuban Missile Crisis of 1962 (which was the lowest Dow reading in the last 57 years).

Now, 45-years later, those



three problems (that America faced in 1974) are primarily faint memories. There is no significant inflation, nor near-term expectations for recession or another oil shortage. Future recessions have not been eliminated; but, they hopefully have been minimized (by turning recoveries into long, slow engines of growth, so that recessions can be softer and further between). Fracking has also turned North America into the world's #1 energy storehouse, no longer reliant on Saudi oil.

I might sound like a broken record on this; but, I believe that the truth in this BULL Market lies in the data. The continuation of same (in my opinion) is dependent on the reelection of President Trump. Consider that President Trump will be on a perpetual promotion campaign for the stock market in 2020, commencing with his State of the Union speech. As a cheerleader for the U.S. economy, he simply has no peer. Even when his Democratic opponent is finalized at the National Convention in mid-July, I doubt that this opponent will be able to match President Trump's economic skills or enthusiasm or energy in campaigning. In addition to having a "Cheerleader in Chief" propelling the USA's stock market higher, envisioned improving earnings and positive guidance also bode well for the stock market in 2020.

However, our world continues to be dangerous and somewhat unpredictable, so disruptions to my positive vision cannot be ruled out.

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

Give the gift of kindness. Being thoughtful toward others will make your Christmas and Holidays more peaceful, too. Be courteous to other drivers and shoppers. Be pleasant and patient to cashiers, restaurant servers, public transportation drivers, flight attendants and all those who are working while you are shopping, traveling, or partying. Christians, be the Good Samaritan. And remember, if you drink alcoholic beverages, or take any drugs, don't drive. DUI stands for Driving Under the Influence [of drugs or alcohol].

Is it too late to get a lower rate without a lot of origination, etc., fees? I'm currently paying almost 6-percent interest rate on my old 30-year mortgage, which seems to be a high rate. The loan started at \$350,000, I currently owe \$110,000, and my *monthly payment (not counting* property taxes and insurance) is \$2,000. I'm on a fixed income.

Providing you qualify (income, credit scores, other debt), and based on your current rate and payment amount, you could considerably lower your monthly mortgage payment. Don't procrastinate, as interest rates are not expected to stay this low for much longer. Keep in mind that an independent mortgage broker has access to a much larger selection of loans and rates than any bank or credit union. (Let me know if you need a referral.) There are refinance loans available now that match the number of years you have left in your current loan. However, a 30-year mortgage could dramatically



Julia Yoder

lower your current payment . Refinancing does cost and it takes time to recover those costs. Depending on your age, the amount of equity, and the condition of your home, another option to learn about might be a reverse mortgage.

We found a newly constructed home we'd like to buy. The builder's salesperson emphatically said that we have to get our financing from his lending company to get the discounts and perks that we can apply to the closing costs or to upgrades. Is that true?

The bottom line is that builders can entice, wheedle, and woo buyers with great deals, but it is illegal for them to threaten you. If a buyer does feel threatened, they should first stand their ground, then complain to the builder and to the state and federal consumer affairs officials. Most builders will say they are just giving you the choice of using their lender. An option would be to use that builder's lender, get all the discounts and perks, and then refinance. Read the fine print in your contract. It could be CalStarBenefits.com/28485.

worthwhile to have a real estate attorney look at the contract, too.

Is there an investment that will pay me like a pension, starting now, so I have income for life?

Depending on your specific situation, you might have several options. If it turns out to be the best and right thing for you, you might consider an immediate annuity. You can get the same security as a monthly pension check, it is simple, and it is tax efficient.

I have some money in stocks. I regularly contribute a set amount, and the same stocks are purchased. Should I sell my stocks and buy different ones?

I am not licensed to give you advice about stocks. I encourage my clients to invest where their money is safe (based on the strength of the company). As Will Rogers said, "I'm not as concerned about the return ON my money as I am the return OF my money." That said, my clients did not lose a penny in the investments (annuities and indexeduniversal life insurance) that I have recommended over the last 18 years.

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:

Leadership Exercises

The success of every corporate organization largely relies on its team-members' performance from the janitor to higher designations of CEO and others. These managerial individuals perform various leadership exercises to improve the performance of their organization on a daily basis to stay on their game and to constantly grow their sphere of influence. By using these leadership exercises, they can easily regulate, manage and maintain the atmosphere of their corporate sector vibrancy, high spirits and always try to maintain their employees' morale and satisfaction. By using the leadership exercises, the person can increase the productivity and quality of the company. He or she has several leadership qualities to manage the performance of any corporate organization. One of the integral parts of these leadership exercises is the consistent teamwork. The ability to perform with groups increases the strength, productivity and quality of such organization. Such teamwork as a part of leadership exercises contains the skills of the leader to spot the positive points of his or her team members. Also, apart from his or her teammates, this also gives the importance to strengthen their organizing abilities. The leadership exercises also include the quality to unite the skillful individuals into one unit. Also, while uniting these skills and different human characteristics, the consent about the type of work, organization, and ideology of the organization is one of the integral parts. If the leadership exercises fail to satisfy their team members, the productivity will lessen and/or make several crises in the organization. Creating an environment of mutual understanding is a vital leadership exercise for making the environment fresh and vibrant--as well as creative, which is the life blood of any organization. A true leader always gives emphasis to leading from the front with humble assurance. Leading a team with courage and confidence is the significant part of the leadership exercises. Such



Michael Allawos **Principal Consultant**

etc. so these are a few vital leadership exercises in a training program which makes a potential leader well prepared for the actual situation in society while facing crises.

The following is a brief list of leadership skills and attribute that one should consider and or try to attain:

• Honesty and Integrity

Good Communicator

• Decision Making Capabili-

· Delegation and Empower-

• Confidence

Accountability

- Inspire Others
- Commitment and Passion

ties



Holiday Travel

Ah...the holidays. Tis the your time. season to spend with family and friends and more people are getting to these family festivities in their cars because they don't want to worry about airport hassles and canceled flights. No one wants to spend the holidays stranded at the airport!

Of course, no one wants to get stranded on the side of the road either, due to a malfunctioning vehicle. To determine if your vehicle is roadworthy

Your service technician wants to make sure you reach your destination safely. The technician will:

• Check the tires including tire pressure and tread

- · Check all fluids
- Check hoses and belts
- Check wiper blades and windshield washer fluid
- Check brakes
- Check exhaust system
- Check heater/defroster

An inspection will tell your only takes a few minutes of technician quickly if you are

good to go... or if you need to take care of a few items to make sure vou arrive at vour destination before all the holiday goodies are gone! Safe Travels and Happy Holidays!

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!

Monterey Park Police: Drive Sober or Get Pulled Over This Holiday Season

National enforcement campaign through New Year's

MONTEREY PARK -Monterey Park Police Department encourages everyone attending holiday parties and gatherings where alcohol may be involved to use a designated sober driver.

holiday season, This Monterey Park Police Department will have more officers on patrol looking for drivers suspected of being under the influence of alcohol and/or drugs.

"Unfortunately, this time of year is when we see more people driving impaired," Monterey Park Police Chief Jim Smith said. "There is no excuse for driv-



designate a sober driver ing after drinking or using drugs that impair. There are many ways to get home safely without driving."

Monterey Park Police Department reminds the public that impaired driving is not just from alcohol. Prescription medications, over-the-counter drugs and marijuana can also impair, especially in combination with alcohol and other drugs.

So, if you are hosting a holiday party, offer non-alcoholic drinks for designated sober drivers and monitor how people are getting home. If someone has been drinking and tries to leave, offer to have them stay the night or take ride-share home.

Funding for this program is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

Global Management Consulting Services

positive signs from the leader make the environment of the organization positive and optimistic. Also, such leadership exercises possess positive and critical thinking which makes his or her teammates hungry for success.

The encouragement, admiration and appreciation of the qualities and dynamics of the team members are one of the types of the leadership exercises. These techniques are essential to increase the confidence among the group.

While recruiting and appointing eligible candidates to be part of your team, keep in mind the various leadership exercises would be held by the corporate sectors or government sectors. Although both should have the same foundation and approach, inherent cultural differences may be present as well as legal obligations. The main aim of such leadership exercises is to familiarize the trainee candidates with factual leadership tasks, responsibilities and problems regarding the leadership task(s).

In professional courses such as MBA programs, various internships, technical courses, and civil services examinations; there is a hierarchy of conduct of leadership exercises for those that are selected and would be eligible candidates. The main objective behind leadership programs is to develop leadership qualities like teamwork, decision making in critical situations, developing the positive mindset, attacking attitude, asking the who what where and when, as well as knowing when to get out of the way,

ment • Creativity and Innovation • Real Empathy Leadership exercises: • Group Sports activities • Cross-cultural experience · Social groups

• Internships

Volunteering as a group

· Student government and organizations

• Passion projects

• Group brainstorming (problem solving, strategic planning, etc.)

• Group gift statement (this can be tricky; as a group prepare individual gift statements)

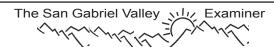
• Any time you worked in a team

In such leadership exercises, the inclusion of leadership tips gives the individual an idea or experience about the adversity of the exact problem. Such leadership tips contain the objectives of the leaders which are a vital part of the leadership exercises. These tips are making a plan to achieve the target, building a competent team to achieve that target, and making the coordination between team members to achieve such targets.

Effective leadership is not about making speeches or being liked; leadership is defined by results not attributes.

Peter Drucker

Allawos & Company has helped countless individuals and companies alike reach their goals and discover new potential.



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

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 Needs Docents**

It's fun and educational! Volunteer to serve as a docent at the Duarte Historical Museum in Encanto Park. You will serve about every other month on a Wednesday (1-3 p.m.) or Saturday (1-4 p.m.) with a seasoned docent who will train you. Greet visitors, show them around the museum and learn about local history. Training sessions are available. Call Claudia at (626) 358-0329 for more information.

Blood Pressure

Checks

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

Meals on Wheels

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

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

Glendora After **Stroke Center**

A non-fee program for stroke survivors and their families. This supportive program offers relearning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. For more information, please call 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, email or at jmarkel@ci.glendora.ca.us.

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, go to 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 can be used for shopping, doctor's appointments, church, senior nutrition sites and many other locations within the four cities. The service operates seven days a week and membership is free. To Register: (909) 621-9900. To Schedule a ride: (909) 596-5964. For more information, contact Abby Nuyda at 909.621.9900, Extension 228.

MONROVIA **Senior Blood**

Pressure Screenings

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

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

ting, crocheting and hand work or a.m. at the Cortez Senior Center,

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

creases risk of injury. Participants should wear comfortable clothing and shoes. Bring a towel and bottled water. For additional information, please contact the Department of Community Services at (626) 256-8246.

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

SAN DIMAS San Dimas **Toastmasters** Club

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

WEST COVINA Go West 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 Sen-If you have an interest in knit- sibly) meets each Saturday at 9 would like to learn, join us at the located at 2501 E. Cortez St in

Customs Collector from Iran Visits Family in Eastvale



Razieh Djahanshahi, Mahin, Somayeh Rohani, Mehrdad Kheiripour, Hojat and Iraj Djahanshahi.

By Jayam Rutnam

EASTVALE - A Chief Customs Collector from Tehran visited family and friends recently. Razieh and Iraj Djahanshahi of

Eastvale, Ca. hosted Hojat of Iran Customs and his wife Mahin, at their home. The occasion was attended by family

Christmas Services at Lake Avenue Church

PASADENA - For Christmas Lake Avenue Church will hold three Christmas Eve candlelight services and a morning service on Christmas Day.

On Christmas Eve there will be a 4 p.m. family service led by the worship team with a Christmas Eve message by Pastor Jeff Mattesich. Children are welcome to participate and child care is available in the Family Life Center for children up to age five.

Then, at 7 and 9 p.m., the church will hold services led by choir, orchestra, and worship team, with a message by Pastor Jeff Mattesich. No childcare is available for these services.

First-time guests, elderly, those with special needs, and families with strollers are welcome to use the parking lot just west of the main church building. There is additional parking at Gateway Plaza, 300 N. Lake, on the southeast corner of Lake and Corson Street, just south of the freeway.

On Christmas Day there will be a 10 a.m. family time for singing carols and a message from Pastor Greg Waybright celebrating Christ's birth. No childcare is available but all ages are welcome at the celebration. Ample parking available in the the parking lot just west of the main church building.

Lake Avenue Church is located at 393 N. Lake Avenue in Pasadena, right next to the Gold Line station at Lake Avenue and the 210 Freeway.

For further information contact worship@lakeave.org or (626) 817-4530.

and friends from California.

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.

Old Fashioned Christmas - Meet and Greet

WEST COVINA - The Historical Society of West Covina is presenting a December Old Fashioned Christmas -Meet and Greet on Friday December 20, 6:30 - 8:30pm.

There will be special music, caroling, hors d'oeuvres and refreshments. Entertainment is with Top Billing Singers and Dancers.

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

For information about

Christmas tree recycling pro-

grams in unincorporated areas,

call 1-(888) CLEAN LA be-

tween 7 a.m.-5 p.m., Monday

For more information about

the Christmas tree recycling

program in the City of Duarte,

contact City Hall at (626) 357-

7931 or Burrtec Waste Indus-

West Covina Historical Mu-

Those attending will have an

seum is at 336 S. Glendora Ave.

opportunity to purchase a cus-

tom made ornament for a Me-

morial Tree in Honor of or in

Memory of a loved one or

For any additional informa-

friend. Cost is \$25. or \$150.

tion call 626-716-2689.

West Covina.

tries at 1-(800) 325-9417.

through Thursday.

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 de-

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).

Senior Lunch

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

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

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.

The San Gabriel Valley Lexaminer

Dr. Patricia A. Rasmussen Named President of the Citrus College Board of Trustees



The Citrus Community College District Board of Trustees in December 2019. Pictured (L-R): Nancy Gonzalez-Villatoro, Dr. Edward C. Ortell, Joanne Montgomery, Dr. Patricia A. Rasmussen, Susan M. Keith and Dr. Barbara R. Dickerson. (Photo courtesy Citrus College.)

GLENDORA - Dr. Patricia A. Rasmussen was installed as president of the Citrus Community College District Board of Trustees during the board's annual reorganization meeting on Dec. 3.

First elected to the board in 2007, Dr. Rasmussen represents the city of Glendora and portions of San Dimas. This will be her fourth term as board president, having previously served in 2011, 2014 and 2018.

"It is an honor to once again serve Citrus College and my community as president of the board of trustees," Dr. Rasmussen said. "As a career educator, I am passionate about higher education and know that community colleges play a vital role in society. I am looking forward to working alongside my fellow board members in the months ahead as we continue to do all we can to help Citrus College students reach their academic and professional goals."

Dr. Rasmussen's professional

background includes time spent teaching English and journalism at the high school and college levels. In 1983, she joined the Citrus College staff where she held several administrative positions, including dean of planning and economic development; administrative dean of planning and institutional advancement; director of development/assistant to the president; and director of public affairs.

Since retiring as vice president of institutional advancement at Mt. San Antonio College in 2005, Dr. Rasmussen has devoted her time to serving her community. In addition to representing Glendora on the board of trustees, she is also active in several other community organizations. In September 2017, Dr. Rasmussen was recognized as a "Community Hero" during Glendora Day at the Los Angeles County Fair. She was selected for the honor because of her decades of service and many valu-

International Cultural Club of

San Dimas Christmas Party

able contributions to the city.

Susan M. Keith was also installed as vice president during the board's annual reorganization meeting, while Joanne Montgomery was installed as clerk/ secretary. Dr. Barbara R. Dickerson and Dr. Edward C. Ortell are members of the board, and Nancy Gonzalez-Villatoro remains the student trustee until May 2020.

"On behalf of the college community, I thank the members of the board of trustees for their dedication, hard work and advocacy. Their vision has helped advance Citrus College as a national leader in higher education," said Dr. Geraldine M. Perri, superintendent/president of Citrus College. "As the college continues to work toward its overarching goal of increasing student success and college completion, the leadership of our board members remains instrumental in ensuring our progress."

"God's Christmas Tree" at Hope Lutheran Preschool



Some of the children who participated in the Hope Lutheran Preschool Christmas Program, with their teachers Sheri Tingesdaaahl, Heather Trisler, Joanne Rodgers, Tanisha Goins, Barbara Molina and Ellen Head.

By Jayam Rutnam

GLENDORA - The Hope Lutheran Preschool in Glendora had its Christmas Program at 7 p.m. on December 12th. It was a cold evening, and some of the children in the audience were bundled up, some wore Christmas costumes, while they anxiously waited for the nearly sixty little children who smiled and

waved as they entered the church. They walked up to the altar and turned around facing the "standing room only" audience.

The event started with a welcome by Ms. Ellen Head. The Opening prayer was by Pastor Terhune. The Principal Mr. Scott Ferguson, then welcomed the attendees. There was an introduction of "God's Christmas Tree." The selection of songs and Christmas Carols were, Oh! Christmas Tree, Jesus Loves Me, Twinkle, Twinkle Little Star, Mary Had a Little Lamb, This Little Christmas Tree of Mine, Jesus was born on Christmas and We wish you a Merry Christmas!

At the end of the program, the children received a bag of goodies for their participation.

Santa's Safety Suggestions For People, Pets And Packages

It's near the time to celebrate the holidays with family and friends. The United States Postal Service has long been known as a Santa's helper, and we take this role seriously. Here are some tips to help keep people, pets and packages safe.

People: Last year, 18,684 Postal Service employees experienced a slip, trip or fall. Carriers are encouraged by the Postal Service to wear proper footwear, avoid areas of patchy snow or ice, avoid wet leaves and mud or cracked or uneven surfaces.

Postal customers also have safety responsibilities.

Last year, 6,000 Postal Service employees and 4.5 million Americans were attacked by dogs. Here's what you can do to help:



To ensure that you, your pets and your postal carrier have a happy holiday season, be sure to follow a few key safety tips.

 Don't leave your delivered mail and packages unattended.
Going out of town? Hold your mail at your local Post Office using the USPS Hold Mail service on www.usps.com.

3. Customize the delivery by authorizing the carrier to leave it in a specified location. Visit usps.com, enter the tracking packages, opt for Registered Mail service, which receives special handling from mailing to delivery, with documentation at each step.

6. If you have a home security camera system, ensure it captures activity at your front door and mailbox, and alert your local Postal Inspectors of

For more great tips you can

The Postal Service wishes

you a safe and happy holiday

use during the holidays, and

year-round, visit: uspis.gov.

package thefts.

season. (NAPSI)



Members of the International Cultural Club pose for a photo. By Jayam Rutnam mas Carols.

SAN DIMAS - The International Cultural Club's Annual Christmas Party was held at the home of Vice President Gladys Dyo. With the help of Esther Koch, Gisela Pickens and other members, this event was extremely enjoyable, with good food, refreshments and Christ-

The International Cultural Club, has members from various countries, including Germany, UK, Sweden, the Philippines, India, Pakistan, Nigeria, Mexico, Peru, China, Colombia and France.

They meet on the first Monday of every month at the San



Dimas Senior Citizens Center, 201 E. Bonita Avenue in San Dimas. For more information, please call (909) 592-3031. • If a carrier delivers mail to your door, keep the family dog secured.

• Children and other family members should not take mail directly from carriers in the presence of the family dog, who may perceive the carrier as a threat.

• If a carrier feels threatened by a dog, or if a dog is loose or unleashed, the owner may be asked to pick up mail at a Post Office until the pet has been restrained.

Packages: The Postal Inspection Service is asking for your help to keep your mail and packages safe. Here are a few tips:

number in Track a Package, and select Delivery Instructions.

4. Secure the shipment using USPS Special Services by requiring a signature at the time of delivery.

5. For your most valuable

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1708158

May the joy of the season bring you love and peace. Merry Christmas to a wonderful community!

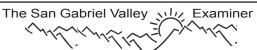
Wishing

you a Merry

Here to help life go right.®

Christmas.





Tournament Of Roses Bandfest A Must See Warmup To The Rose Parade



Tournament of Roses Honor Band kick-off Bandfest Shows.by Howard PalmerRose Parade on Januar

PASADENA - Everyone loves a parade and the Rose Parade is one of the biggest. Of course, the Rose Parade is known for the beautiful floats. However, a parade is not complete without the marching bands. The high stepping drum majors lead their colorfully attired band members by too quickly to fully enjoy the music and their performance. Whether you get up early to view the beauty of the parade from sitting in the grandstands, standing along Colorado Boulevard, or choose to be at home in front of the TV, the frustration of wanting to see and hear more is the same. The Tournament of Roses has a solution when it comes to hearing and seeing more of the parade's bands - Bandfest.

Rose Parade on January 1, 2020, you can see the majority of the parade bands perform their complete award winning field shows in the Pasadena City College Jackie Robinson Stadium. There are three shows held each year and each has a different group of bands performing. Each three-hour show is kicked off by the Tournament of Roses Honor Band and Herald Trumpets that will get you excited for what is to come. Sunday, December 29 is an afternoon performance at 1:30pm. The next day, the 30th, performances are at 9:30am and 2:00pm.

on of wanting to see and hear
ore is the same. The Tour-
ment of Roses has a solu-
on when it comes to hearing
d seeing more of the parade's
mds - Bandfest.The 40th Annual Bandfest
will more than fill your eyes
and ears as the colorful attire
and sounds fill the stadium.
The Bandfest is presented by
Remo Inc., the world's largest
manufacturer of drumheads

which has been in the business for over 60 years. They have for many years provided each band in the parade with drumheads depicting the theme of the Tournament of Roses in a colorful design.

The bands in the Rose Parade come from around the United States and this year will be joined by bands from Costa Rica, Denmark, El Salvador, Japan, Mexico, and Puerto Rico.

If you want to see this spectacular event do not wait to get tickets. The "sold out" notification has gone up earlier and earlier each year as word is passed - "This is a must see!"

You can obtain tickets from Sharp Seating Co., 737 E. Colorado Blvd., Pasadena, 6 2 6 - 7 9 5 - 4 1 7 1 , www.sharpseating.com. \$15 for each show (under 5 free)

Official Visitor Hotline Open through December 31st to Assist Tourists Attending The 131st Rose Parade and 106th Rose Bowl Game



The Pasadena Convention & Visitors Bureau kicked off its 36th Annual Visitor Hotline with Laura Farber, 2020 Tournament of Roses President, and the 2020 Royal Court at the Pasadena Convention Center in Pasadena, CA on December 11, 2019. From left to right: Rukan Saif, Mia Thorsen, Emilia Risha, Laura Farber (2020 President of the Tournament of Roses) Camille Kennedy (2020 Rose Queen), Reese Rosenthal Saporito, Michel Wilkins, and Cole Fox.

PASADENA – Pasadena Mayor Terry Tornek, Laura Farber, President of the 2020 Tournament of Roses® and the 2020 Rose Queen Camille Kennedy, along with the Tournament of Roses® Royal Court helped kick off more than a month of community and media events in Pasadena, when they attended the ribbon cutting ceremony for the Pasadena Convention & Visitors Bureau's 36th Annual Visitors Hotline this morning.

Following the ceremony, the

Rose Queen and Royal Court

briefly staffed the Visitor

Hotline phones to assist incom-

ing guests with questions about

the 131st Rose Parade® and

106th Rose Bowl Game® on January 1, 2020.

Through Wednesday, December 31st, the Pasadena Convention & Visitors Bureau will provide information about the Rose Parade, Rose Bowl Game, all parade and gameday activities, dining, directions, accommodations and other holiday-related events. Each year, the Rose Parade attracts over 700,000 visitors who line the streets of Colorado Boulevard in downtown Pasadena to take part in the parade's celebration of music, artistry and community.

Along with the 102nd Rose Queen Camille Kennedy, the seven-member 2020 the Royal Court includes Rukan Saif, Mia Thorsen, Emilie Risha, Reese Rosenthal Saporito, Michael Wilkins and Cole Fox.

Community Articles Are Welcome

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



Lighting Up The Holidays For Children In The Hospital

The holidays may be the most wonderful time of the year, but the reality is, many children won't be able to enjoy time with family at home. Instead of shopping for gifts and trimming the tree, countless children will be in the hospital, fighting to get stronger. Missing family traditions. Missing holiday events. Missing waking up to see that Santa has visited.

However, thanks to dedi-



cated doctors, nurses, child life specialists and more at pediatric hospitals across the country, there's still a bit of holiday magic to help brighten the days of patients and their families.

One Child's Journey

After two rounds of chemotherapy and more than 130 days in the hospital, there's a lot 12-year-old Meg doesn't like about the hospital. But there are also a lot of things that help make her fight easier.

Meg's journey began on vacation this past summer when her parents noticed bruises and red pin holes covering her legs. Concerned, they brought Meg to Children's National Hospital, the premier pediatric hospital in nearby Washington, D.C., where the doctors diagnosed her with Acute Myeloid Leukemia. After months of aggressive treatment, Meg will continue her care through the holidays this year.

"There were not words to describe the feeling when you learn you have cancer. You go from complete childhood freedom to living in a hospital room," says Meg. "After receiving my diagnosis, I started learning about my treatment and was crushed to learn I was probably going to be in the hospital for treatment through all my favorite holidays."

One of the most challenging parts of any hospital stay is finding ways for kids like Meg to still be kids. It's especially difficult during the holiday season when the last place they want to be is in a hospital bed. Pediatric hospitals establish programs such as art and music therapy, play time with

Meg (left) and Aniyah (right) are best friends with a lot in common, even cancer. Together, they have fun just being kids.

freedom, but I could not imag-

ine my stay here without hav-

ing these types of programs.

They allow me to focus on

something else and not just sit

in a room all day thinking about

Lighting Up the Holidays

have what they need to grow

up stronger and let brave chil-

dren and their families know

they're not fighting alone,

Children's National Hospital

Foundation recently launched

its annual Light Up Dr. Bear

holiday campaign. Every time

someone makes a gift to

Children's National, more than

300 light-up bears shine simul-

taneously in the hospital, at out-

patient centers and at locations

across the Washington, D.C.

Children's National and how

you can donate, visit

www.ChildrensNational.org/

For more information about

metropolitan region.

Lights2. (NAPSI)

To ensure children like Meg

my diagnosis," says Meg.

therapy dogs, and access to video games and teen lounges that help make the hospital feel more like home. Unfortunately, these efforts aren't covered by insurance, and Children's National relies on the support of donors to fund programs like these that help treat the whole child and help them grow up stronger.

For Meg, art therapy is particularly impactful. Even on her roughest days of intense treatment, art reminds her of home. It gives her something to look forward to and a sense of self and the ability to express how she's feeling, while also providing opportunities to spend time with visiting friends. Art time is a way Meg can bond with her sister Ashlee, who visits often. Meg also enjoys playing soccer in the Healing Garden at Children's National, goofing around with therapy dogs and getting massages each Wednesday.

"It is hard to not have my





During this holiday season, we want to thank our customers old and new for supporting us over the last 40 years.We want to reach out and ask you to keep us going strong.We are grateful you put your trust in Canyon Air, below are some ways of saying "Thank You"!



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