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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

February 7 - 13, 2019

INSIDE

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L.A. County Probation Continues Efforts To Combat The Trafficking Of Children For Sex

Victim of trafficking turned advocate honored by L.A. County Board of Supervisors recognizing National Human Trafficking Awareness Month

LOS ANGELES COUNTY -When most people think of human trafficking, they tend to consider it a crime that occurs overseas. The unfortunate reality is that this is a crime taking place daily right here in the United States and Los Angeles County is

considered a hub for such activ-

Since 2011 when L.A. County was identified as a major hub for the commercial sexual exploitation of children (CSEC), the Los Angeles County Probation Department has paved the way for innovative and collaborative efforts to identify and provide services and support for children who are victims of sex traffick-

The Los Angeles County First Responder Protocol was implemented in 2014 revolutionizing the way law enforcement and social services personnel approached and treated victims of sex trafficking. L.A. County Probation Director Michelle Guymon has been central to the effort to actively develop training programs to address the issue of sex trafficking and assist



DPO Terrika Woolfolk (holding Oree Freeman's baby), Jim Carson from Orangewood Children's Foundation, Amber Davies from Saving Innocence, CSEC Advocate Oree Freeman and L.A. County Second District Supervisor Mark Ridley-Thomas recognize January as National Human Trafficking **Awareness Month**

victims with getting out of "the life."

"Perhaps the most profound

thing that we have done is to

change the way in which we refer to these youth," explains Ms. Guymon. "We no longer call them prostitutes and treat them like criminals. They are in fact victims, and since they are victims, they need to be given access to services and treatment to help them heal and become whole again. Probation staff are trained to ask the right questions to help identify which kids in our custody are considered CSEC and how to best serve this growing population."

Since the implementation of the Protocol in August 2014 through August 2018, over 361 girls and boys have been rescued from the clutches of sex-trafficking. This January alone as part of the Los Angeles Regional Human Trafficking Task Force's Operation Reclaim and Rebuild, 14

minor victims were recovered. In that four-year period, data collected by L.A. County Probation revealed that the average age of a CSEC victim was 15 with the youngest being 11.

Oree Freeman, who at the age of 12 was a victim of sex trafficking in L.A. County, knows all too well about the horrors of commercial sexual exploitation. While still under Probation supervision, Oree created and presented "In Her Heels," an educational presentation about the sex industry and how children become victims of a multi-billiondollar black market often taking place in plain sight. In her presentation Oree educated foster care staff with her in-depth descriptions of how sex trafficking operates and how victims are se-

lected, groomed and forced to

Take Steps To Improve Your

work in dangerous conditions.

Survivors willing to speak about their experiences has contributed to a wave of awareness that ultimately led to significant reform. Oree is now a CSEC advocate and mentor helping to lead the movement that has resulted in law enforcement leaders changing their perceptions of sex crime victims.

The Los Angeles County Board of Supervisors formally recognized January as National Human Trafficking Awareness Month and honored Oree for her decade-long advocacy and work in helping survivors of human trafficking. As she spoke her former Probation officer, Deputy Probation Officer Terrika Woolfolk, was holding her newborn baby.

"Thinking back to when I first started at 12 years old and to where I am now has been a full circle and I couldn't have done that without the people who are here," Oree said thanking members of Probation. "We have a lot more work left to do. As we all go home to today, children will be exploited tonight, but they have a chance because of the people and compassion that you all give and that I received. I can't thank Probation and the Department of Children and Family Services enough for giving me hope when I had none, for giving me a new chance on life by being there consistently."

Oree continues to be a highly sought-after speaker, trainer and peer advocate with the community-based nonprofit organization, Saving Innocence. After a short time off to raise her newborn daughter, she plans to continue her college education in psychology to advance her work in child advocacy and combatting human trafficking.

Pasadena's Iconic Rose Bowl Stadium **Announced as Overall Finish Line for** 2019 Amgen Tour of California Race



Amgen Tour of California Pasadena Stage

LOS ANGELES - The 2019 Amgen Tour of California will be the longest and most challenging in its 14-year history, with details announced by AEG, owner and presenter of America's only UCI WorldTour race.

Throughout seven stages over seven days (May 12-18, 2019), the world's elite professional cyclists will contest mountain roads, highways and coastlines from Sacramento to Pasadena. The 773-mile course through 13 Host Cities will ante up 14 Sprints, more than 68,000 feet of elevation gain and 25 King of the Mountain (KOM) climbs, the most in race history, and a fanfavorite Mt. Baldy summit finish. More than half of the seven stages feature 120+-mile courses.

With seven new courses between them, the Amgen Tour of California Women's Race empowered with SRAM will run concurrently May 16-18, using many of the same routes as the men's course. Also the longest women's race in event history, the 177.8-mile, three-stage road race course will see the athletes climb more than 20,800 feet, including eight QOMs.

The Amgen Tour of California is designed to cover varied terrain, with opportunities for sprinters, climbers and general classification riders to shine throughout the week. Presented by Visit California, a visual overview of the men's and women's courses is viewable at www.amgentourofcalifornia.com.

"The Amgen Tour of California is the pinnacle of cycling in America. The 2019 race course is incredibly demanding – there's more climbing and more long road days than ever before. With the best of the best in cycling coming to California to contest it, we are in for another memorable race," said Kristin Klein, president of the Amgen Tour of California and executive vice president of AEG Sports. "We look forward to shining a spotlight on the beauty of California and the dedication of these athletes for fans, in person and via the worldwide broadcast, in what will be one of the most exciting sporting events in the country this year."

"We are thrilled the Amgen Tour of California overall finish will occur in Pasadena," said Michael Ross, chief executive officer of the Pasadena Center Operating Company, "This signature event attracts top cyclists from around the world and brings international awareness to our historic and world-class city. It is a tremendous privilege that Pasadena will once again get to play a part in such a storied sporting event for the sixth time."

Covering part of the 2019 Amgen Tour of California course on the steep hills of Mt. Baldy near Los Angeles, the annual L'Etape California by Le Tour de France public ride will return to Southern California this spring to take cycling enthusiasts on a mountain adventure. Riders of all levels can experience the essence of the Tour de France one month before the watching the professionals attack the Alps. Participants can expect spectacular views, peaceful twisting roads, and an abundance of climbing in this year's edition. Save the date of Sunday, June 9, 2019 and stay tuned for more details on registration opening on February 20, 2019. Visit the website www.letapecalifornia.com to sign up for the mailing list and be notified of event details as they are released.

Retirement Confidence A recent study by the Insured Retirement Institute found that only 25 percent of baby boomers believe they will have enough money in retirement and just 28 percent believe they did a good

job financially preparing for their

retirement years. This dismal view of their retirement prospects by so many aging Americans is concerning, but what is even more sobering is the study found that boomers are actually less satisfied with their finances than they were as recently as five years ago. In 2012, 41 percent of baby boomers believed they were doing a good job of financial preparation. This decline in retirement confidence has taken place in spite of healthy market conditions and rising interest rates for most retirees' investments.

Fortunately, the news doesn't have to be so bad if seniors allow this news to serve as a wakeup call for them to take action.

Here are five steps that experts say boomers can take to revisit their retirement plans now and fix things that have gone awry:

1. Reassess priorities. Take stock of your available resources and prioritize your needs vs. your wants, based on where your life is now and what is most important to you in the years ahead.

2. Raise cash. Consider op-



There are several things older Americans can do to improve their chances of a secure retirement.

tions that may be available to you for boosting your savings, such as a part-time job or perhaps selling off some possessions you no longer need.

3. Generate interest. Reevaluate where your money is sitting today and consider moving as much as you can out of cash and into interest-bearing accounts, which are paying depositors more than they have in several years.

4. Look for hidden assets. Inventory all your assets that might create cash flow, including those you may have overlooked in the past, such as a life insurance policy. A life insurance policy is your personal property and, if you no longer need or can afford it, you may be able to sell it for an immediate cash payment.

5. Leverage your house. If you own your home, consider a reverse mortgage or a home equity line of credit as a way to free up cash that you can use to pay off health care bills or other expenses.

Of these five steps, the one that could produce the most immediate cash flow may be the sale of a life insurance policy, known as a life settlement. Most consumers who qualify for a life settlement are 70 or older and own a life insurance policy with a benefit of at least \$100,000.

For more information or for a free evaluation of your life insurance policy, go to www.LISA.org or call the LISA office at 888-985-0773. (NAPSI)

S.G.V. EXAMINER February 7 - 13, 2019

Super Bowl Fun at the VFW

By George Ogden

WEST COVINA - On Super Bowl Sunday, Feb. 3, there were a number of fun parties and gettogethers all across the nation. However, what counts is what went on around here.

One such location was at the Veterans of Foreign Wars (VFW) Post in West Covina. The VFW rented the facility from themselves so everyone one could be invited. This included members, regular guests, and the general public.

There were some city officials that also came by and enjoyed the

There was plenty of food from salads, shrimp, devilled eggs, pastrami, and way too much more to mention including desserts of all kinds.

The fun event lasted all day and into the evening. Many who left



At the VFW, sports fans watching the game on 4 screens and the bartender Nikki (right) serves the fans.

seemed to have lost their voice.

The low scoring game got to the point of being boring at times. With the final score was 13-3 with the Patriots over the Rams. The Rams had nine penalties and that didn't help with the fact that they never really got started. The Patriots scored 10 points in the final quarter and that ended it for the Rams.

The halftime commercials were dull for the most part. One commercial, nobody could figure out, is where a girl was whispering into on mic and then another mic. Don't have a clue as to what she said.

The best part of the game was the food, the party and the comradery with everyone. Overall, a fun day.

Citrus Valley Inter-Community Auxiliary Fundraising Events

COVINA - Citrus Valley Inter-Community Auxiliary in Covina had a successful 2018 year largely due to its fundraising events. Peggy Monges, VP Special Programs, worked hard all year scheduling vendors and overseeing the sales. From January to December, Peggy was seen in the hospital from 7:30 a.m. to 4 p.m. This year Peggy will continue as VP Special Projects. There is no doubt that 2019 will be as successful.

Two sales coming up are Pop-o-Licious popcorn on February 11 in the Patio/Brown Bag Room from 8:00 a.m. to 3:00 p.m. Care Wear Uniforms which is health care attire and footwear will be on Wednesday March 6 and Thursday March 7 from 7:00 a.m. to 7:00 p.m. in the hospital's Conference Room. Proceeds from the



Peggy Monges with Lucy Bleecker and Patty Tris of Park-Lane Jewelry.

fundraising sales benefit the medical center. Peggy also volunteers her time at the hospital's front desk. Citrus Val-

ley Medical Center Inter-Community Hospital is located at 210 W. San Bernardino Rd. in Covina, CA (626) 331-7331.



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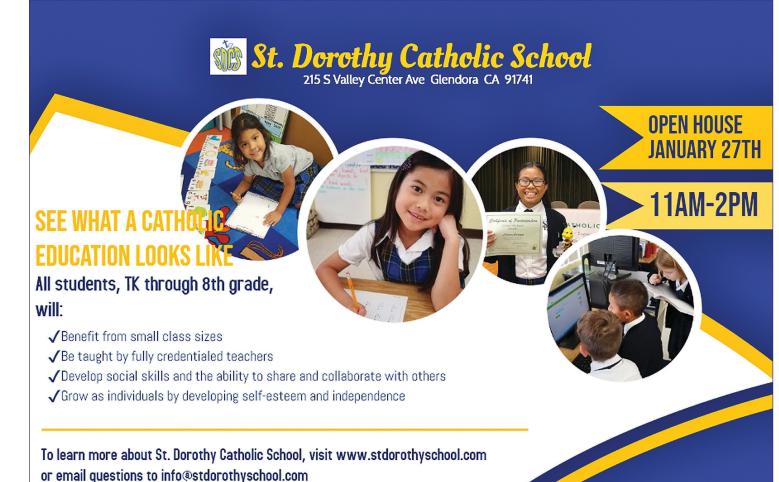
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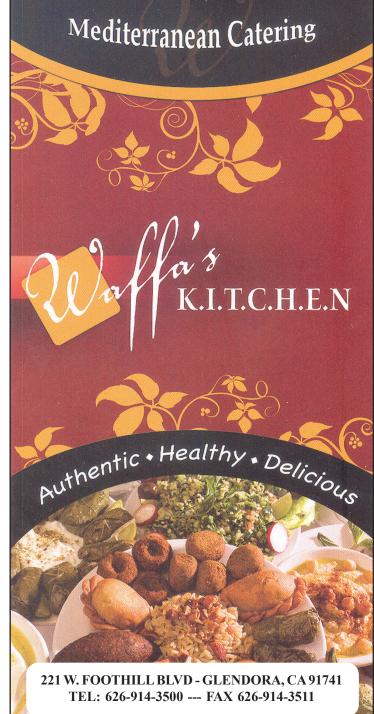
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Innovative Housing Solutions

- The Los Angeles County Homeless Initiative announced the winners of the first-ever Housing Innovation Challenge, a call for proposals that has awarded \$4.5 million in Measure H funding for game-changing creative and scalable permanent housing solutions for those experiencing homelessness in Los Angeles County. The Housing Innovation Challenge has made four awards at the \$1 million level and one at the \$500,000 level for faster, cost-effective construction/rehabilitation and/or creative finance models to produce permanent housing for the County's most vulnerable residents.

At a time of heightened collaboration in the region, this effort was designed to activate stakeholders and creative strategists across the region to contribute sustainable solutions to homelessness. The Challenge received more than 50 proposals, which were evaluated by a



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

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

accordingly.

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

Thank you for your cooperation.

LOS ANGELES COUNTY panel of experts in urban planning, real estate development, affordable housing and architecture. Each awarded project will result in the production of permanent housing for homeless families or individuals in

Los Angeles County. "Everyone who calls Los Angeles home should live in communities that afford them dignity and worth," Supervisor Mark Ridley-Thomas said. "These novel yet practical solutions will allow the County and its private sector partners to scale up compassion and innovation in a thoughtful manner. This is truly Measure H at work!"

The funded projects are:

• Brooks + Scarpa Architects, Inc. - NEST: A Prefab Modular, Sustainable Kit of Parts that can be assembled on any typical 50 x 150 parcel (\$1 million)

• Flyaway Homes, LLC – Modular Permanent Supportive Housing Communities, to scale their model of leveraging private equity to develop supportive housing faster and at 1/4 the cost per person (\$1 million)

• LifeArk, SPC – LifeArk Micro-Communities, a kit-ofparts building system that is developable on any lot size or shape (\$1 million)

• United Dwelling - Detached Garage Conversion into Affordable Studios, for its institutional development of beautifully-designed garageconverted Accessory Dwelling Units (\$ 1 million)

· Restore Neighborhoods Los Angeles - South LA Bungalow Project for its neighborhood shared equity model for accessible units built by-right in a traditional bungalow style courtyard (\$500,000)

"The Challenge was issued at a critical juncture in the Countywide movement to combat and prevent homelessness," said Phil Ansell, Director, L.A. County Homeless Initiative. "While our collective efforts are moving in the right direction, this was a unique opportunity to solicit new approaches and continue to advance our efforts to help people move from homelessness to housing."

To view the winning submissions and honorable mentions, visit housinginnovationchallenge.com.

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L.A. County Awards \$4.5M for | L.A. County Assessor Receives **High Marks From State Board**

LOS ANGELES COUNTY

- The California State Board of Equalization released its most recent survey of the Los Angeles County Office of the Assessor's practices and performance. The Assessor's Office, led by Assessor Jeffrey Prang, received a near perfect rating of 99.67. The rating reflects the completeness and accuracy of the Assessment Roll, which is the list of all taxable properties Los Angeles County and their values.

The report stated, "In the

area of administration, the Assessor is effectively managing staffing, assessment appeals, disaster relief, and exemp-

"The survey gives us a great opportunity to reflect on how we can be of the greatest service to the public," said Jeff Prang. "I want to thank the Assessor's Office staff for the continued professionalism that has made such a positive review possible."

Although the County Asses-

sor has the primary responsibility for local property assessment, the Board of Equalization ensures that assessor's offices across California maintain fair and equitable assessments. The Assessment Practices Survey is a periodic evaluation of all California Assessors to make sure they meet State standards. The report is based on a sample of the 2015-16 Assessment Roll, as well as other records and interviews with staff and public agency officials.

LA County Registrar Kicks Off **Second Round of Community Meetings for Input on Vote Centers**

Community-Based Organizations Interested in Participating Can Apply Online

LOS ANGELES COUNTY

- The Los Angeles County Registrar-Recorder/County Clerk (RR/CC) is kicking off the second round of community meetings for the Vote Center Placement Project. Interested community-based organizations who want to partner and facilitate outreach meetings within their communities are encouraged to apply.

The purpose of these meet-

ings will be to engage the public on the suggested locations of Vote Centers for 2020 and will educate residents on the future voting experience in Los Angeles County.

Interested community organizations will need experience in conducting large-scale outreach events and facilitating community meetings. They can apply online: http:// vsap.lavote.net/vcpp-grass-

roots-community-meeting/

In 2020, Los Angeles County will transition to a Vote Center model that will provide more accessibility, convenience and time to vote. The Vote Center model will offer voters an 11-day period allowing any voter to visit any Vote Center within the County. Eliminating the one day, one location process that the County currently utilizes.

City of Duarte and DUSD present "State of the Art" Community Presentation

DUARTE - In partnership with the Duarte Chamber of Commerce, the City of Duarte and the Duarte Unified School District presents the "State of City, State of Schools, State of the Art" on Wednesday, **March 6** from 6:00 to 8:00 pm at the Duarte Performing Arts Center, 1401 Highland Ave. Duarte. The free event showcases why Duarte is a great place to live, work, learn & play. Duarte Mayor Tzeitel Paras-

Caracci and DUSD Superintendent Dr. Gordon Amerson will share how the city, school district and Duarte community are working together to create a dynamic and unparalleled CIty with an unmatched educational environment offering enrichment opportunities only available in Duarte. Student performances throughout the evening's program will spotlight this unique culture of schools and community. Presen-

tations by Chamber members Cal-Am Water, Southern California Gas Company, City of Hope, and other local businesses will be highlighted during the event.

For more information on this free event, call Duarte City Hall at 626 357-7931or visit www.accessduarte.com. Sign up in advance via eventbrite by vishttps://www.eventiting brite.com/e/state-of-the-citytickets-55673523006

Arcadia Senior Services Nominations for 2019 Senior Citizen of the Year

ARCADIA - Nomination forms are available at the Arcadia Community Center, 365 Campus Drive and the Recreation Department office, 375 Campus Drive for the 2019 Senior Citizen of the Year! Do you know someone who is:

- 55+ years of age or older - A current resident of Arcadia for a minimum of one year

- Contributed to better the Arcadia Community

- Not previously a recipient of the award If so, please stop by one of

these locations or log onto the City's website www.arcadiaca.gov and download the nomination criteria and nomination form. Recipient of the award will be honored at

the Arcadia Rotary Club Salute to Seniors Luncheon on Tuesday, May 7, at the Arcadia Community Center.

Nomination forms must be submitted to Gina Hernandez, Recreation Supervisor, by Friday, February 15 by 5:30pm. For more information, please call 626.821.4328.

Celebrate Libraries in Your Community

February is Library Lovers' Month, a time to reflect on the value of libraries. Here are four great ways to celebrate:

the last time you visited your library? If it's been some time since you've visited, you may not realize that libraries today host a variety of events for all ages, from lectures to live musical performances to free classes. Check out the calendar of your local branch and attend an event of interest to your family.

• Share it: Don't just visit the • Visit the library: When is library, tell the world about it! Use social media to share your love of libraries with friends and followers.

• Make a donation: Though libraries are publicly funded, they are always in need of private donations. Consider making a tax-deducitible donation.

Many library systems offer the oppotunity to earmark your donation for the program or branch of your choice.

• Shelve it: Short on cash? Sift through your gently used books and pick out titles you no longer need or want. Drop your books off at your library's donation bin so they can be put into circulation and read by everyone in the community. (SPM Wire)

Glendora Historical Society Hosts Benefit For The Glendora City Museum

GLENDORA - Come together and celebrate Glendora's rich history! Join us for an evening of history, music, cocktails, and dinner. Help to preserve the collections of our region. Your support will aid the Society to continue its stewardship of our history. The museum is one of the city's landmark structures and provides a valuable community and educational resource. Let's

celebrate history together on this special evening. A Night At The Museum will be on Saturday, April 13, from 6:00pm - 9:00pm at the Glendora City Museum, 314 N Glendora Ave, Glen-

Tickets are available at www.aNightatThe-MuseumGHS.eventbrite.com



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Newsom Agenda: Water Tax Is Back

February 17, 2017, Democrat Bill Monning (SD 17, Monterey /San Luis Obispo) introduced SB 623, the California Safe Drinking Water Act, with co-authors, Senators De Leon and Hertzberg. That was the first-ever attempt to levy a tax on water consumption with the argument against the proposal being water is the lifeblood to everything on this plant — animals, plants and human beings – and is California that hungry, that desperate for more

The argument against the proposal was not so intimidating as the backlash from water agencies, agricultural interests and the reminder of the upcoming midterm elections. The bill was held and marked up as a two-year bill, and, as promised, it is back again this year. The original bill proposed the State Water Resources Control Board (SWRCB) appointees of former Gov. Jerry Brown, would administer the final provisions of the bill.

This past week, Gov. Gavin Newsom has brought back the idea of a water tax to help disadvantaged communities with contaminated water systems.

The original proposal is below. When it is brought up again this year, I wonder if it will it look the same, or contain new elements or machinations?

- \$10 a month depending on the size of the water meter.
- Beginning July 1, 2020, anyone who purchased water from a public water system would be assessed a water fee established by the State Water Resources Control Board. (SWRCB).
- SWRCB consulting with California Public Utilities Commission would adopt regulations to exempt low-income customers but allowed SWRCB to update the water tax as an emergency regulation.

History Capital... Sacramen-

to is the capital of California but

its history is what made the Cap-

ital City the center of California.

Sacramento's proximity to the

terminus of the Pony Express line

and a major stop for the Union

Pacific Railroad, made the city

an important part of California's

growth. Much of Sacramento's

history still exists for us to re-

view and recall the significance

is a California State Park with

1850-era buildings are used as

stores, restaurants, and museums

for tourists to see for themselves

how California looked in the ear-

ly days of its statehood. A num-

ber of monuments have been

erected to memorialize the his-

toric people and sites within Sac-

ramento which served in Califor-

nia's history and growth. One

such monument honors Theodore

Dehone Judah, a pioneer civil

engineer and a leading advocate

Today, Old Town Sacramento

of Sacramento to California.

By Joe Castillo

"TIME JOCKEY"

gold mines of Mother Lode, a tors to finance his project. He



Shade's Perspective Lois M. Shade

Former Mayor of Glendora

• Imposed a tax on the sale of fertilizer and allowed the Department of Food and Agriculture (CDFA) to retain up to 2% for implementation and enforce-

• Imposed a Dairy Safe Drinking Water Tax and required CDFA to adopt regulations and retain up to 2% for implementation and enforcement.

• Established the Safe and Affordable Drinking Water Fund and required all those taxes collected, minus administration costs, to go into this fund and allowed SWRCB to appropriate those monies.

• Estimated new revenue would be \$140 million with \$6 million for SWRCB to cover their costs.

Gov. Gavin Newsom, respond-• A tax on water of \$0.95 up to ing to a 2018 McClatchy report developed with use of SWRCB data, said 360,000 Californians with water they are unable to drink because of contamination is unacceptable and he has immediately committed \$25 million to begin the remediation process in those areas affected. An earlier state report had estimated the number of Californians subjected to bad water at closer to one million people. Voters approved Prop 1 in 2014 providing \$520 million to clean up water

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railroad over the Sierra Nevada's

through Donner Pass and then

enlisted four Sacramento inves-

formed the Central Pacific Rail-

road Company along with Leland

Stanford, Charles Crocker, Col-

lis Huntington and Mark Hopkins,

and then went to Washington DC

to present his proposal to Presi-

dent Lincoln. The proposal was

accepted and ground was broken

Starting in 1860, the Central

Pacific worked steadily eastward

following the same path with

Judah had originally surveyed.

The Union Pacific Railroad was

laying track from the east and

would eventually join with the

eastward track being built by the

Central Pacific Railroad. On May

10, 1869 at Promontory Point,

Utah, both railroads met and the

last spike was driven. This was

known as the "Golden Spike" and

the significance of the spike

near "K" Street in Sacramento.

Judah surveyed a route for a

in disadvantaged communities; and, Prop 3 in 2018 another \$500 million for the same task.

Newsom made a surprise visit to the small town of Ceres, just south of Modesto promising help to that community with their drinking water. The Ceres community from Data USA says the city has a population of 47,231, median age of 30.3 years, median property value is \$180,200 with household income at \$49,518 and 12,950 households. The poverty rate is stated at 16.7%. Ceres is home to the California Department of Corrections and Rehabilitation.

Jon Copal, Howard Jarvis Taxpayers Association (HJTA) told the Sacramento Bee he didn't think water improvement systems should be addressed with a new tax. We know the state legislature has the ability to switch around unused bond money to another project in need of financing because they have done that before with water bonds.

Is unsafe drinking water unacceptable or should it be addressed as a critical need and could we not take some unused water bond money or some of the \$14 billion in the rainy day fund to deal with that emergency situation? We've been sitting on approved bond money to help with contaminated water systems and I have to wonder why. It appears to me there are some more interested in finding a new excuse for a new tax than resolving an immediate health issue.

Water - essential for human and animal life, as well as, a sustainable ecosystem and Newsom and the Sacramento progressives want to tax it? Tax it and make water unaffordable for our lowincome and homeless populations and place a huge strain on the middle class citizens of this

en-year project to connect the

Eastern United States with the

West. The first transcontinental

railroad was completed opening

up railroad transportation be-

tween and East and West Coasts.

seeing his dream of a transconti-

nental railroad coming true but in

1930, 67 years after his death, the

men and women of the Southern

Pacific Railroad Company which

grew from the Central Pacific,

raised money to build a monu-

ment to honor Judah and his ef-

forts in organizing the first trans-

continental railroad 150 years

ago. The monument still stands

today nearly 89 years later in

honor of one of California's and

Sacramento's most historically

significant persons, Theodore D.

historical writer who has been

covering Southern California

history for 10 years and has

written 4 books on the topic. He

reached

be

joeacastillo@aol.com.

Joe Castillo is a freelance

Judah died in 1863 without

- Sacramento

An Ever- Rolling Stream

Time, like an ever-rolling

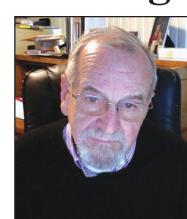
Bears all its sons away; They fly forgotten, as a dream Dies at the opening day.

Isaac Watts I am not fascinated with nor am I fixated on death. I do have friends who having reached an age and place in life where they have fulfilled what they believe they were born to do, they are ready to sit quietly and "let the rest of the world go by.'

The fragile craft in which they now floats carries them down that ever-rolling stream which one day will be emptied into the vast ocean called eternity. This immensity is the same ocean from which they came at birth. The time between birth and death is what we call ''life," and is the gift God gives us to use both for good and for ill.

While I do not obsess about death, over my years it has occasionally dropped in for a visit. But he comes, gets my attention, tips his hat and moves on. I suppose recently when he has visited he has decided to sit for a while before suddenly getting up and disappearing as he moves on to the next house.

He visited a few days ago when my living daughter, Beth, phoned telling me of the premature birth of her deceased sister's



Charles H. Bayer

grandson. At one pound six ounces, life and death for tiny Nick has been held in a delicate balance.(latest report) But then, death is no stranger to my blood

My grandfather died at 78, and my grandmother at 85.

My mother died at 66, and my father at 84.

My only sibling, Peter, died in

My son, John, died at 25. My daughter, Carol, died at

My Great Grandson, Ethan, Beth's grandson, died at birth. And now tiny Nick is fighting

for life. Sometimes it almost seems too much.

If for most people exploring the family genealogy has them looking back to discover something about older long-gone relatives, mine is a very different quest. From my grandparents to my great grandchildren I have thus far outlived all the deceased members of my family. As I approach these last years—or days-do I look forward to a family reunion in some pleasant place, all of us picking up where we left off here? While I respect those who hold such a belief, that is not how I understand what is beyond this life. But who knows?

The older I am, and the closer my tiny craft gets to the immensity which is the great eternal ocean, questions about death seem no closer to an answer. The Mystery remains. I do, however, identify with Sidney Lanier who describes death in the conclusion of his poem about that vast area off the coast of Georgia, The Marshes of Glynn.

And now from the Vast of the Lord will the waters of sleep Roll in on the souls of men, But who will reveal to our waking ken The forms that swim and the shapes that creep Under the waters of sleep? And I would I could know what swimmeth below when the tide comes in On the length and the breadth of the marvellous marshes of Glynn.

Contact Charles Bayer at candwbayer@verizon.net

My Turn: Free Speech Is Not Free

Grand Canyon University, an up and coming college on the border of west Phoenix and Glendale, Arizona, has made the news recently with its refusal to provide a venue for speaker Ben Shapiro. Back in 2017, Shapiro made headlines when his invitation to speak at the University of California at Berkeley was being disputed. In a less politically charged time when we weren't experiencing a full frontal Leftist assault on every thing Conservative, these two incidents would not have been a news story. At Berkeley, it would not have required a half a mile radius of barricades to protect Shapiro and his audience. It would not have cost what officials said would be as much as 600,000 dollars to set up security We don't hear about this with the more welcomed Liberal speakers. They don't necessarily have a better message, just an opposition on the Right that is often better behaved.

Opposition at Berkeley is not surprising and certainly not a news story, but GCU is a Christian Bible University and many of its students like Kelsey McKenzie, a Sophomore, said "It honestly hurt me. That's my first amendment and GCU shouldn't be making me feel this way."

Why are the bastions of faith based, traditional American values "caving in" so often these days? Notre Dame covers up the Columbus murals at old main. Georgetown University covered religious icons at its Gaston Hall when President Obama spoke. They even covered the "IHS" des-

program exclusively for stu-

dents age 16-24. The Credit

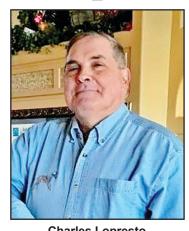
Union also offers Student

Choice—a private loan solution

to help fill educational funding

gaps. Contact the Credit Union

Christian Community Credit



Charles Lopresto

ignation, which is a reference to Jesus Christ. Covington Catholic High School in a recent protest incident threw their own students under the "school" bus for passively standing before a Native American protestor.

speech is not just in regard to tions and attend films complete Christian religion. Shapiro spoke at Berkeley wearing a yarmulka to illustrate a garb of clothing that he said "White Supremacists don't really like." Shapiro is Jew-

In another situation in the same news cycle as the GCU story, a Holmdel, New Jersey high school Junior named Boris Kizenko was not included in the National Honor Society, because, in spite of his stellar record and 4.0 grade average, fully qualified, he was an admitted President Trump supporter and even coined some Trump inspirational comments like "thinking big."

But what are we to make of the Left leaning students and faculty who support the ban of Conservatives and alternative speakers that have included Condoleezza Rice and Aayan Hirsi-Ali? Berkeley and others have felt the need to supply free mental health therapy to those reacting to such "dangerous" speech because they have apparently been taught that

"speech is violence." What is absurd about the

whole thing is young men, and even some young women, of that age that were known as the "greatest generation," were storming beaches and raising the same flag that the newer young folks want marginalized, on a mountain at Iwo Jima. They were facing real violence and real "Macro Aggressions."

And am I suppose to believe that the speeches from Conservatives like Shapiro, Dennis Prager, or the folks from Turning point USA, Charlie Kirk and Candace Owens, are harmful to the ears of these college students? These same students attend rap concerts with harsh adult The issue of freedom of language and inflammatory acwith series killers, zombies and graphic violence. Their cynicism and negative outlooks of our country and our traditions didn't come from watching the "Waltons" or "Little House on the Prairie." They are not exactly listening to Pat Boone or Perry Como

> But yet, Ben Shapiro is harmful to their ears.

I hope someday, the professors who should know better will wise up to the fact that we have entered a bad place in our country and they are partly responsible. A bad place where now free speech comes with conditions. Not the common sense kind of conditions where we don't yell "fire" in a movie theatre when there is no fire. But the conditions of continually paying a price for the privilege, no longer the right, to express our own opinion. It already cost us a lot of servicemen's deaths.

And free speech should not have to cost 600,000 dollars.



CCCU Awarding \$70,000 in Multi-Year Scholarships

Christian Community Credit Union's 2019 Scholarships for Success program is awarding \$70,000 in scholarships. Awardees will receive multiyear scholarships of \$1,000 per year! The scholarship program is open to members of Christian Community Credit Union with a Checking Account (newly-opened or existing). The scholarship application deadline is March 31, 2019 and scholarships will be awarded by mid-May. To date, the Credit Union has given over \$874,000 in scholarships.

Christian Community Credit

scholarship.

for details.

Union has \$650 million in assets and over 31,000 members nationwide. For over 60 years, the Credit Union has served as a financial partner of Christian ministries, churches, and their members. For a scholarship application and/or Credit Union membership information, please call 800.347.CCCU (2228) or visit myCCCU.com/



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blue of california

137 N. Glendora Ave. Glendora, CA 91741 CA LIC. #0809588

The San Gabriel Valley Lexaminer

Fed Finds Patience

In last Wednesday's (Jan 30) Fed statement following the FOMC meeting, the most important thing people were looking for was patience, and they got it. Where the Fed had once said the FOMC thought some further rate increases would be appropriate (within its policy goals) the statement now reads: "In light of global economic and financial developments and muted inflation pressures, the Committee will be patient as it determines what future adjustments (to the target range for the federal funds rate) may be appropriate."

That's the clear language supporting a pause traders wanted and did not get on December 19. In reaction the yield curve has steepened 4bp (2s to 30s), gold is sharply higher, and equities popped over 400 points.

The Fed's economic assessment was little changed. The labor market is strengthening and economic activity is "rising at a solid rate." There was no mention of the void in hard economic statistics created by delays in government releases. Inflation remains near 2%, and consumer inflation expectations have not changed, though an increase in market-based compensation has fallen. If they left it there, this would have been a "nothing has changed" Fed statement. With the shift in guidance, however, the statement strikes a markedly different dovish tone.

The stock market celebrated wave after wave of generally better-than-expected fourth-quarter results last week. It appears that the analyst community was way too cautious with their 4Q earnings estimates, since many companies are providing positive guidance above analyst consensus estimates. Still, we must remember that good earnings anWhat's up in the Economy?

Economic Analyst & Former Glendora Mayor

nouncements tend to come out early. By mid-February, earnings announcements may not be this strong, so I expect the market to get increasingly bumpy over the upcoming weeks.

Overall, the stock market has reverted to fundamentals, so Wall Street traders remain especially happy with dividend growth as well as growth stocks. Smallcapitalization stocks are off to an especially strong start this year. Essentially, many stocks continue to "melt up" on persistent order imbalances. Currently, an investor's best defense may be a strong offense of fundamentally superior stocks, especially "A" rated stocks. I consider such an approach a powerful "tool" as you strive for investment success.

Despite a positive undercurrent, volatility will continue to have an effect on stock prices and ultimate market movement. My Wall Street colleagues have been carefully monitoring stock spreads to see if the stock market is finally becoming "normalized." I am happy to report that the abnormally-wide bid/offer spreads in the fourth quarter which complicated and deepened the correction - tightened up. This was important for investor confidence.

If there is an impending global event that we need to pay attention to, it may be the implementation of Brexit scheduled

for March 29th. Britain apparently has no intention of paying the billions of pounds or euros in exit fees that the European Union (EU) is demanding. Furthermore, the euro and the British pound are not acting well on fears of what might happen. If anything, the U.S. is expected to continue to be an oasis for international foreign capital that may be fleeing both the euro and the British pound. As a result, Treasury yields may decline somewhat as we approach March 29th if Brexit does not go smoothly.

First-quarter GDP is now expected to be flat due to the federal government shutdown and severe winter weather in the Midwest and Northeast. Interestingly, the stock market rose well over 10% during the federal government shutdown, so I would not worry excessively about the market's reaction to another possible shutdown in upcoming

Furthermore, the economic news released recently was not very promising. On Thursday, the Conference Board announced that its Leading Economic Index (LEI) declined 0.1% in December (which is not surprising, since the stock market, Treasury interest rate spreads, and building permits are some key LEI indicators). Ataman Ozyildirim, Director of Economic Research at The Conference Board, said, "While the effects of the government shutdown are not yet reflected here, the LEI suggests that the economy could decelerate towards 2% growth by the end of

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

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

Your Money - Ask Julia

I'm determined to pay off my credit card debt, so money is really tight. Any ideas on how I can treat my Valentine well, not look like penny-pinching tightwad, and still stick to my goal?

It's the thought that counts, not the price of the gift(s). It should mean more to your Valentine that you took the time to think about, and plan a fun, memorable, yet inexpensive way to show your love. Look for a community concert, take a hike, enjoy a romantic picnic, write a love letter and read it out loud in a romantic location. Start saving a little each month for the next event.

Is there a way for us to avoid paying taxes on our Social Security income because we earned too much interest and dividends on our investments?

You could minimize your reportable earned-income, (thereby distancing yourself from the Social Security income threshold), by moving your investment dollars to a tax-deferred product. Using a tax-deferred product, the compound interest helps your investment balance grow faster, too. There are even tax-deferred products that offer a bonus on all money you move there. Perhaps this would be a way for you to recoup some of the taxes you have to pay this year.

Twenty years ago, we each bought a 30-year term life insurance policy. We're still in good health. Could we save money by buying a new life insurance policy now, or should we just wait until the 30-year policy runs out?

Do not let your current life insurance policy run out. It's usu-



Julia Yoder

ally not a good idea to wait. Once you have life insurance in place, you'll have it for the full term of that insurance policy, regardless of changes in your health. When you get a good quote, apply to see if you qualify. If you decide to buy a new policy, cancel your old policy only after the new policy is fully active.

I'm 53 years old, married, with 2 kids in high school, and 2 in college, and am the only employee in my own business. I pay myself well. Is there a retirement plan for me?

What you might want to look at is a one-person defined benefit plan. There are pro's and con's to this type of plan. It allows the individual to build a retirement account fast, and can be a tax deduction for the business. However, it is expensive to make any changes in the plan. This is a problem if there is a lack of funds due to a down year in business. Instead, you might consider buying a life insurance policy with living benefits. The cash account of this type of life insurance can be used by you for anything, and does not have the government RMD (required minimum distribution) rule that hits at age 70-1/

My wife has told me that she will take care of me when I get old rather than sending me to a nursing home. But, what happens if she dies before me?

And, what if she needs care first, and is alive and unable to care for you? Talk to her about these concerns. It's a good idea to do some planning, just in case. Call around and find out the costs for Assisted Living and Nursing Homes. Learn the rules for Medicare, specifically with regard to assets. (Look for the 5year look-back rule.) And, get quotes on long-term-care insur-

When we got married, my wife moved into my home. We want her to be on the Title, too. How do we do that?

To add a person onto the Title (Deed), you can contact an Escrow company or attorney to get that done. For information on different ways to hold Title (right of survivorship, etc.) you could contact any title company rep (Bob Mello 818-240-4912, Kim Fanucchi (626) 675-1008).

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 displans:

CalStarBenefits.com/28485

Cosmetology Class and Salon

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

a full-time basis, students must

BALDWIN PARK - The attend Monday through Friday from 8:00 am until 4:30 pm. A part-time program requires attendance Monday through Thursday from 5:30 pm until 9:30 pm and Saturday (Mandatory) from 8:00 am until 12:00 pm.

> The classes are offered at 4640 N. Maine Avenue in Baldwin Park and students may register for the classes at the same location.

To complete the course on services to the community at

nominal prices and all senior services are offered at 50% off the regular cost.

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

Duarte Partners with Ring to provide a \$100 Discount for Residents

dents, don't miss out! The City of Duarte has partnered with Ring to provide a \$100 discount for residents who purchase select home security devices. Funded by the City of Duarte and Ring, the program has already enabled 185 verified Duarte residents to receive a

DUARTE - Duarte Resi- \$100 promotional code toward select Ring security devices. There are 7 remaining discounts, so apply today by stopping at the Duarte Public Safety Office. Please bring California ID or license and a piece of mail to verify residency, The Duarte Public Safety is open

Mon-Thurs., 7:30 am to 6:00 pm and Friday and Saturdays, 7:30 am to 4:00 pm. Discounts are available on a first come, first serve basis!

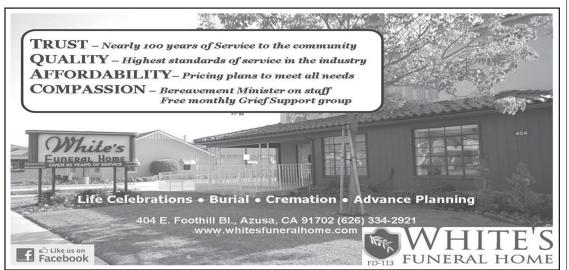
For more information, please contact Aida Torres: a2torres@lasd.org or by phone at 626-359-5671 ext. 316

We Make A Difference! You Can Too!

looking for a way to serve your community? Do you like interacting with people? Citrus Queen of the Valley hospital,

WEST COVINA - Are you West Covina, needs volunteers who would be willing to help in the gift shop and front desk. It's challenging, rewarding and Valley Health Partners at fun. Four hour shift, weekly minimum requirement.

For more information, call Tiffany Ramirez, director of volunteer services at 626-925-6337 email tramirez@mail.cvhp.org



WHAT YOU "AUTO" KNOW By Gene Morrill - Certified Automotive Specialists

Dil Consumption Question: How often

should you check the oil level in your car?

Every 1,000 miles of driving; the newer the car and the lower the mileage. This seems to be the forgotten "check list"

Question: How often do you check the oil level in your car?

From what we can tell...rarely! Our shop is seeing more cars come in with no visible oil on the dipstick. Granted, the majority of the cars have 75,000 miles or more. Remember, that many cars with smaller engines also have less oil capacity (four quarts or less) to lubricate the moving parts.

When technology builds in lights, bells and whistles to replace opening the hood and pulling a dipstick or visually inspecting the under-hood fluid, I get concerned. The warning systems are great backups but should not replace physically inspecting items.

The reason for the oil consumption concern is due to low tension piston rings, used to get better miles per gallon. This causes engines to run hotter than ever to achieve better MPG. Today, lighter oils (0w20 and 5w20) are also used for, you guessed it, better MPG, with 0w16 in the new models coming into production.

The latest change is GDI (gasoline direct injection), which is a completely different way for the fuel injector to deliver the fuel into the engine. Yep, this is for MPG also. Combine all these changes and add the extended oil change interval, and you get major oil consumption.

The car mentioned above, with no oil on the dipstick, also did not have a warning light on to let the driver know what was going on. That tells us the light comes on when the car is beyond critical for the oil level and is doing internal engine

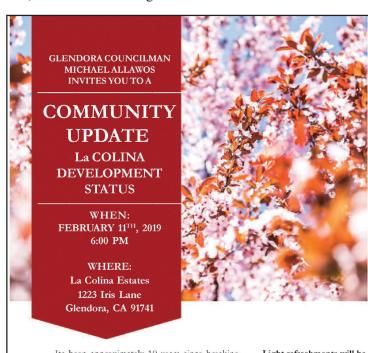
The old adage that an ounce of prevention is worth a pound of cure, in car terms, means servicing your car more, and often equals 200, 300, or even 400,000 miles of driving. We

have many customers that have continued success because they adhere to regular servicing of their car!

We have a new service that is helping cars with oil consumption issues. It cleans the piston rings and keeps the car running longer.

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!



Its been approximately 10 years since breaking ground at the old Monrovia nursery site and even longer in the planning stages.

With the planned development entering into its northern stage of development, offsite improvements, and local residences

enduring this long period of building, I found it necessary to inform the community on those burning questions and a possible

Lyon Homes has been gracious in providing the venue and a

Michael Allawos

Glendora City Councilman

Light refreshments will be served by our host Lyon Home

Members from Glendora City staff will be in attendance to help answer

It is anticipated that this community outreach will

last from 1 to 2 hour



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-

ARCADIA

African Folktale **Storytime**

Celebrate Black History Month with an evening of wonderful African folklore on Thursday, February 7, at 6:30 pm. Share in the adventures of Anansi the Spider and other favorite characters, and make a fun craft to take home. The event is free and no registration is needed.

For more information, please call 626.821.5566 or visit the Arcadia Public Library's website at www.ArcadiaCA.gov/library. The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m.

Romantic Love Songs from the Past

Arcadia Senior Services is having a special Valentine musical program on Tuesday, February 12 at 1:30pm. Guest Speaker, Jay Munns will take you on a sentimental journey as he talks about classic love songs from the 1920s, 1930's and 1940's. It will take place at the Arcadia Community Center, 365 Campus Drive. Cost is \$3 and you can purchase your ticket at the Arcadia Community Center. This presentation is for individuals age 50 and over. For additional information, please call Arcadia Senior Services at 626.574.5130.

Orchid Hobbyists Meeting

San Gabriel Valley Orchid Hobbyists invite you to our **Feb. 21** Monthly Meeting at the L.A. County Arboretum, 301 N. Bald-

of Valentine BINGO will be

held at the Arcadia Woman's

Club, 324 South First Avenue,

Arcadia, on Wednesday, Feb-

ruary 13 at 6 p.m. This light-

hearted and casual fundraiser

will benefit club activities and

is open to the public. The Ar-

cadia Woman's Club is a non-

profit organization and con-

ducts a variety of community

The reservation cost is \$30

for adults and \$20 for children

under twelve and includes

sheets for 10 bingo games and

dinner, dessert and soft drink.

A no host wine and beer bar

service projects.

Sweet Night of BINGO at

ARCADIA - A sweet night will be available. Bingo game

Arcadia Woman's Club

win Ave. Arcadia, Ca. Palm Room. Judging at 7:00 p.m. Meeting at 7:30 p.m. We are pleased to have Dylan Hannon speak about his travels in Columbia. Dylan is the curator of the Conservatory & tropical collections at the Huntington Library. Refreshments. All welcome!

Instructors Needed

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

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 Valentines Dance

Come enjoy a romantic evening at the Julia McNeill Senior Center on Saturday, Febru**ary 9th** from 6:00 pm - 11:00 pm. There will be live music performance by Yari More Latin Band, raffles, and much more! So bring your sweetheart for a night of fun and dancing. Hot meals will also be available for a nominal fee of \$6.00. \$15 for pre-sale tickets and \$20 at the door. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

The Getty Museum

On Wednesday, February 13, from 9:30 am - 5:30 pm, we will be heading to The Getty Center in Los Angeles. The Getty Center is renowned for its permanent collection, which includes pre-20th century European paintings, drawings, illuminated manuscripts, sculpture and decorative arts. With its fine art exhibitions, impressive architecture, lush gardens and spectacular city views, the Getty Center has something special to offer to both art lovers and casual visitors. Bring your own lunch and enjoy a picnic on the lawn adjacent to the Central Garden, or dine at the restaurant or café available inside. We will also stop by Downtown Santa Monica to shop and dine as well. Meals not included. Tickets are \$10 for Baldwin Park Residents and \$15 for Non-Res-

prizes will be cash and gift

cards. Tickets at the door are

ers, pull tabs, opportunity

drawing tickets, and sheets for

the \$100 Blackout game (not

included with admission) will

by February 10 as tickets at the

door will be \$35. For reserva-

tions and information, please

contact Dianne Chapman at

dcc6825@aol.com or Cheryl

Alberg at 626-287-2831 or

626-287-0232

caja2@aol.com.

Reservations are encouraged

be available for purchase.

Extra bingo sheets, ink daub-

idents. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

Birthday Celebration

Join the Julia McNeill Senior Center monthly Birthday Celebration on the third Wednesday of the month (Feb. 21) from 12:30 pm - 2:30 pm. Dance to the music of DJ Sonic Boom as active adults celebrate their birthday. Have some cake and lots of music, as well as door prizes for your celebration! \$1 door admission. For more information. please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

McNeill Fitness

Program

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

COVINA

Annual Pizza/Bingo

The Republican women will be holding their annual Pizza/Bingo on Saturday, February 16 at the Red Devil Pizza, 116 W. Badillo St, Covina. All the pizza, salad and drinks you can eat for \$18.00 from 11:30 to 2:30. Guests are welcome. For reservations please call (626) 695-6364.

BUNCO!

The City of Covina Parks & Recreation Department is hosting BUNCO at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on the 2nd and 4th Thursday of each month, 1-3 p.m. The cost is \$2. For more information, call (626) 384-5380.

Indoor Chair Beach Volleyball

The City of Covina Parks & Recreation Department hosts "Indoor Chair Beach Volleyball" at the Covina Senior Center (Temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Thursdays, 1:30-2:30 p.m. For more information, call (626) 384-5380.

DUARTE 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 pro-

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

Meals on Wheels

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

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.

Alzheimer's Safe **Return Registration**

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

Volunteering Does Your Heart Good!

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

GLENDORA 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. Lunch is available (\$3 senior lunch or \$2.75 deli sandwich). For more information, please call Sonia Schupbach at (626) 963-6186. The program is Wednesdays 9:00 a.m.-3:00 p.m. Co-sponsored by The After Stroke Center and the Glendora Community Services Department.

Cars 4 the Community

Glendora Rotary has a new and exciting vehicle donation program, called Cars 4 the Community. We are asking for your old car, boat, motorcycle or RV, running or not, be donated and receive a 100% tax deduction for the proceeds. This program helps our schools, community, country and the world. Call 626-963-0814 for more information.

Instructors Needed At The La Fetra Center

The City of Glendora's La Fetra Center is looking for new class instructors! We are seeking out instructors to teach the

Co-ed Volleyball League

ARCADIA - The league is organized to provide a fun, non-competitive, learning experience. All skill levels are encouraged to participate. League registration is limited and will take place online www.ArcadiaCA.gov or in person at the Recreation Office beginning Monday, February 4 and will remain open until filled. The league is open to both boys and girls in grades 6-8. Practices will be held two times a week after school at each middle school campus. Rotating teams will scrimmage each other at the Dana Gym on Friday evenings and/or Saturday mornings. The league will run from March 25 through May 24. Transportation to and from games/practices is the responsibility of the participant. For more information please call 626.574.5113.

following: Cooking classes, Spanish lessons, and American Sign Language (ASL) classes. Share your talents with your peers! If you would like more information on teaching a class at the La Fetra Center contact Jennelle Markel at (626)9148email or jmarkel@ci.glendora.ca.us.

LA VERNE Pick Your Own

Enjoy a "Slice of La Verne's

Oranges

Past" while picking some of the best tasting oranges around at Heritage Park. The Heritage Foundation offers you one of the last working orange groves in the area as a place to enjoy with your family. Bags of oranges are \$5, and mesh bags and the picking poles are supplied. The historic Weber house will also be open for tours from 10:00 a.m. -12:00 p.m. Orange Picking opens Saturdays beginning January 12 and continuing approximately until the beginning of March. For more information call (909) 293-9005 or check out their web site at www.laverneheritage.org. Heritage Park is at 5001 Via De Man-

Get About Transportation

sion, La Verne.

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

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 Commu-

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

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

Caring Crafters

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

Senior Stretch & **Exercise Class**

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

vices 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.

<u>SAN DIMAS</u>

San Dimas **Toastmasters Club**

The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7PM to 8:45 PM. Learn to motivate and lead. Challenge yourself with Toastmaster's proven education programs. Let

us help you grow your strengths and accomplish your goals. Become a better speaker and learn to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmosphere. Meets at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave. Contact

Art Douglas at (951) 505-0555. **WEST COVINA**

TOPS Meeting

TOPS (Take Pounds Off Sensibly) meets every Thursday at 6 pm at the West Covina Senior Center, 2501 E. Cortez St in the classroom building. The weight loss group seeks members who wish to lose weight and maintain a healthy lifestyle. Meetings last until about 7:30 and the first meeting is free. Visitors are always welcome. Come for support with your weight loss journey. You can do it! For more information, contact Erika Hernandez 626-384-0502 or email:

ehernandez57@aol.com

Go West

Shuttle Service

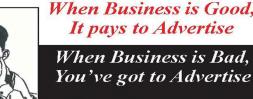
The Go West Shuttle service consists of three alignments (Red, Blue, and Green) that serve destinations throughout the city including Plaza West Covina, Eastland Shopping Center, Heights Shopping Center, West Covina Civic Center, West Covina Senior Center, Cameron Community Center, and many more. For questions on the location of shuttle stops, assistance in locating the stop closest to you, and route schedules please call (800) 425-5777. The 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.

Senior Lunch

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

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





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If you do have an open airbag recall, call your dealer immediately to set up a FREE repair. Recall repairs are FREE and will always be done at an authorized dealer, even if you purchased the vehicle somewhere else. Alternative transportation may be available at some dealers.

Even after you've checked your vehicle, it's important to set a reminder to check every six months for airbag and other safety recall notices. Recalls are announced by automakers throughout the year, and if you miss a recall announcement—or have lost touch with your





CheckToProtect.org for auto recalls

Stay on the road to safety. Check for a recall notice and get them fixed, free.

original dealer—you could be driving a vehicle with a dangerous safety recall.

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Glendora Genealogy Group Meeting

GLENDORA - The Glendora Genealogy Group will hold its monthly meeting Tuesday February 26 in the Elm Room of the LaFetra Senior Center, 333 East Foothill Blvd, Glendora. There will be a refresher class led by Pat Chavarria at 6:00 PM. They will have their business meeting at 7:00 PM. This will be followed by our speaker Francie Kennedy. Francie will present "Cyndi's List: Your Personal Internet Catalogue for Genealogy."

When was the last time you used Cyndi's List? This carefully curated and indexed resource has been around since the begin-

ning of the Internet, and is better than ever. Francie illustrates how to navigate Cyndi's List as a portal, a catalogue, and an index, using interesting examples of categories and sub categories to inspire us to explore. Cyndi's List has a search box--when and how should it be used? How can you submit a site to Cyndi? What surprises and delights may come along as unexpected bonuses for our research? This amazing site has been built and maintained by one person as a labor of love, if you are not already using it on a frequent basis, it is time to take another look!

Francie is a 4th generation Californian, and studied English and Biology at Pomona College. She managed a landscape design and consulting business before joining the local water district in the early 1990s. Francie has been helping city residents and businesses manage their water use for over 22 years. For seven years she taught conservation to professionals at Santiago Canyon College and she continues to teach landscape classes to resi-

Any questions about the meeting or our group please call Pat Chavarria at 909-592-4030.

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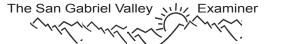
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2. Auto Loans: APR = Annual Percentage Rate. Loans subject to credit approval. Not all applicants will qualify. Advertised "as low as rate" APR assumes excellent credit history and maximum rate discount of 0.50% for ACH/automatic payment. Your actual APR may vary based on loan type, your credit history, ability to repay, approved loan amount, term, and applicable discounts. Not all applicants will qualify for the lowest rate. The 2.99% APR is available on terms up to 60 months. There is a \$25.00 loan funding fee. Used vehicles are subject to Kelley Blue Book valuation. Estimated monthly payment is \$290.00 for a \$15,000 auto loan with a 60-month term at 5.99% APR.

3. Student Loan Refinance: APR = Annual Percentage Rate. Student Loan Refinance loans subject to credit approval. Advertised "as low as" APR assumes excellent credit history and maximum rate discount of 0.25% for ACH/automatic payment. Your actual APR may vary based on loan type, your credit history, ability to repay, approved loan amount, term, and applicable discounts. Savings or Checking Account is required to fund the loan. Estimated monthly payment is \$458.00 for a \$25,000 fixed interest rate solution with a 5 year term at 3.74% APR.

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