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July 25 - 31, 2019

Zacatecas was also a pivotal

city where major battles were

fought during the Mexican

Revolutionary War. Today, it

is a quiet and clean city with

amazing colonial architecture.

Because of its fine complement

of art, cultural, and historical

museums as well as its pleas-

ant parks and remarkable ar-

chitecture -- Zacatecas was

named by UNESCO as a Hu-

manity Cultural Patrimony site

"The Azusa Sister City

Program's mission is to foster

intercultural exchange, promote

goodwill with the citizens of

Zacatecas, and to stimulate the

economic development and

cultural diversity between

coastline.

in 1993.

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# **City Of Azusa Welcomes Official Delegation From Zacatecas, Mexico**

AZUSA - "It was a distinct pleasure of mine to welcome to Azusa ten students and two chaperones from Zacatecas, Mexico this past Wednesday, July 17, 2019," said Azusa City Council Member, Uriel Macias. "Our 53 year relationship with the cultural and the historically rich state and city of Zacatecas, Mexico has created many lasting impressions and lifetime friendships with the people of our official sister city. I'm honored that the Honorable Alejandro Tello Cristerna, Governor of the State of Zacatecas, chose to send this delegation of high school and university students to Azusa to further cement our long lasting bonds with our Mexican Sister City."

The visit is part of the "2019 Youth Cultural Exchange and Immigration Program," developed by Governor Tello Cristena to incentivize students from throughout the state of Zacatecas for excelling in their scholastic activities. Azusa was one of three cities that were visited by delegations of students from this program. Students also visited Chicago, Illinois; Fort Worth, Texas and



The Delegation from Zacatecas, Mexico together with members of the Azusa Sister City Program and City officials pose for a souvenir photo in front of Azusa City Hall.

Los Angeles, California.

The Azusa-Zacatecas Sister City relationship has been in existence for 53 years. It was initially formed by a jointly adopted Azusa and Zacatecas City Council resolution.

Zacatecas is a city rich in culture and history. In the 1500s, with the founding of its silver mines, Zacatecas became the point of deployment for Christian evangelist who traveled

north to what is now the Western United States to spread

of this period is the many mis-

### Mexico and the United States," sions along the Father Serra added Azusa Council Member, Christianity. A vivid reminder trail that dot the California Macias. West Covina Commissioner Phil Kaufman Remembered



**Preparing for the New School Year** 



Teachers, students and families busy prepping for the year ahead all know that having the right supplies in and out of the classroom can help pave the way for a successful back-toschool season. With that in mind, consider these ideas to hit the ground running:

• Math Class: There's no reason math needs to be your most challenging course. With the right calculator, it can be easy to view how mathematical concepts actually work. For example, the fx-CG500 brings touchscreen technology to the graphing calculator. Its extralarge screen allows for more complete and detailed viewing, and its drag-and-drop functionality enables students to quickly and intuitively pull information from one representation into another. Incorporating standard Natural Textbook Display, along with drop-down menus and a soft keyboard, it's easy to use, so you can concentrate on what matters -- absorbing the material.

• New Kicks: Kids are active and growing quickly, which means their shoes are getting worn out and outgrown regu-

larly. The new school year is a good time of year to take inventory of a child's shoe collection and to replace sneakers and fashion footwear that no longer fit or aren't in tip-top shape. This can help students return to school comfortably and ready for anything, from the hallways to the playing fields.

• Swift Set-Up: Time is of the essence during the school day and educators know how important swift set-up is. Tools that can help teachers transition between classes or components of a lesson plan are critical. Technology, such as the Superior Series from Casio's LampFree Projector line-up, can help. Using the Moderator Function, teachers can select a presenter from anywhere in a classroom and project their PC onto the screen. Data, classwork and presentations from students' devices can be shared via a wireless connection with ease. These features are designed to reduce set-up time in the classroom and keep students focused on the curriculum. • Ground Control: Parents can keep everyone organized by creating a central location where plans are recorded, notes are written, to-do lists are made and paperwork is organized. Whether it's in the mud room or kitchen, be sure to select a highly-trafficked location accessible to family members of all heights to reference and update. A wall calendar, paper organizer and chalkboard are just a few of the items to consider including in this space.

· Get Creative: Learning to play an instrument is a great idea for any student, as it can jump-start creativity, help students learn to focus and problem solve, and has even been associated with higher test scores. Check out instruments designed to assist in the learning process, such as the portable Casio LK-265 Keyboard, which has the potential to open up a whole world of music with its 400 tones and 150 built-in rhythms, including the all-new Dance Music Mode. Touchsensitive keys feature a lighting system to make learning fun, offering a great introducmusic-making. to tion (StatePoint)

Former Mayor James Toma talks about his friend Phil Kaufman.

By George Ogden WEST COVINA - I am both saddened and privileged to put this piece together about my friend, Phil Kaufman, who was a West Covina Communitv and Senior Services Commissioner and longtime resident. Sadly, Phil died July 3. He was 70.

After the West Covina City Council Meeting on July 2, Phil, Mayor Lloyd Johnson, Commissioner Herb Redholtz and myself went to Denny's for a late dinner. Phil was a Vegan and he had his tradition fries for dinner. We talked about everything from the meeting to baseball. Phil seemed to know about everything.

Redholtz dropped off Phil at his home about 1:30 a.m. with the expectation that Phil would be attending an event later that day. He was a no-show.

On July 5th, his daughter Robbin, who lives in Seattle, called Phil's friend former Mayor James Toma that she

was unable reach her dad. Toma called Mayor Johnson who went over to his house with another friend and tried knocking on the front and back doors. Getting no response and having great concern, they managed to gain entry into his home. Johnson made his way to the bedroom and found Phil who was not responsive and was cold to the touch. Authorities were called and he was pronounced dead at the home. It appears he passed of natural

causes.

On short notice, his daughter Robbin put together a remembrance in his honor. She organized a celebration of her father's life at AzoVino Wine Bar in Covina on July 11, and there was a nice crowd that showed up in his honor including a number of former mayors and other politicians.

Phil attended every city council meeting and every event in the city as possible. He was an icon for the city. He

was highly involved in social media such as Facebook where he would continue his debates with others. Just to show how much respect he earned, one of his adversaries who often had "Facebook Clashes" that were short of name calling came to the city council meeting and actually praised Phil for standing up for what he believed and was saddened at the loss. This was Bill Elliott who seemed to surprise everyone with his honorable comment and so many appreciated all the things that he said about Phil and that he will basically miss those many debates that he had with him.

He will be missed by so many and there will be a void in the city where you would expect to see Phil.





# How To Identify Flood-Damaged Vehicles



Getting a flood-damaged vehicle can put a real damper on the whole used car buying experience. But there are ways to tell.

Following record-setting rainfall in many areas of the country, flooding has taken its toll on vehicles. It's important for those considering buying a used vehicle to be car care aware and check for signs of water intrusion or contamination, advises the nonprofit Car Care Council.

"Purchasing a used vehicle and later learning it has been flood damaged can be very problematic and lead to costly issues down the road. Worse yet, these vehicles can be unhealthy to occupy because of mold and bacteria growing in the carpet and ventilation system," explained Rich White, executive director, Car Care Council.

The Car Care Council and the Car Care Professionals Network (CCPN), a group of automotive service providers, say it all comes down to how much water the vehicle took in and where it can be reached. They recommend these five steps to determine if a vehicle has been flood damaged:

• Take the sniff test. Close all the windows and doors and let the car sit for about five minutes. Then, crack open a door and sniff.

Mildew and mold have very distinctive smells and it doesn't take long for that smell to present itself.

• Try the touch test. Get some paper towels and press them against the low spots in the carpet. The paper towels will draw the moisture out and reveal if the carpet is wet under the surface. Some carpets can be several inches thick to insulate from heat and sound. If the paper towel becomes wet, it could mean water has gotten into the car.

• Investigate the interior. Look under the seats and dash for corrosion and rust and look for exposed metal that is untreated. There are metal springs under the front seats that are usually not painted. If they are rusted, that is a sign the interior has been wet. Look for mud and debris in places they don't belong.

• Inspect the instrument panel. Turn on the key and perform a bulb test. Make sure every bulb lights up. If a system has an issue, removing the warning bulb can hide it. Many times, vehicles that have flooded have malfunc-

tions in their anti-brake and air bag systems. If the light comes on and then goes out after the bulb test, that's an indicator that the system is on and has no active faults.

• Take it to a professional. Let a service and repair technician inspect your vehicle. He or she can raise the car and look underneath to see if there is any mud, sticks or rocks in the suspension. A professional can check the oil in the differentials to make sure they contain no water. Spend a few dollars to have it looked over to give yourself peace of mind.

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers.

For the latest car care news, visit the council's online media room at http://media.carcare.org. To order a free copy of the popular "Car Care Guide," visit the council's consumer education website at www.carcare.org. (NAPSI)

# **Officer Installation for Toastmaster's** Club 5880, "Toast To The Best"



Shaun Hade - Area A-3 Director, left, conducting installation of new officers for the 2019-2020 year from left to right: Tim Cheng - President, Dan Lee - VP Public Relations (guest Marianne Weber standing in), Rich Watson - VP Education, JoAn Haase - Treasurer & VP Membership and Art Douglas - Secretary & Sergeant at Arms.

SAN DIMAS Toastmaster's Club 5880, Toast To The Best had new Officers installed for the 2019-2020 year.

JoAn Haase was named "Best Speaker at the meeting. Our guest Marianne Weber won as best table topics speaker and Shaun Hade was named best evaluator.

"Toast to the Best" is open to all who are interested in improving their public speaking or leadership skills. The Toastmaster club meets at 7 p.m., every

first, third, and fifth Thursdays in the Parish Hall at Faith Lutheran Church, 505 E. Bonita Ave., San Dimas. For more information, visit https:// 5880.toastmastersclubs.org/, email info@toasttothebest.org, or call 951-505-0555.

pected; however, the driver of the

vehicle may have been blinded by

the sun which may have contrib-

uted to the crash. This is still

under investigation and police are

requesting if anyone saw anything

to contact them.

# **Fatal Motorcycle Crash Closes Intersection in West Covina**

### By George Ogden

WEST COVINA - An early morning motorcycle crash where the rider was killed is under investigation. West Covina police responded to the 7 a.m. crash on Tuesday July 16, at Vincent and Puente avenues.

The motorcycle was headed

west on Puente and crossing the

intersection of Vincent and a ve-

hicle going east on Puente turned

left to go north on Vincent. The

biker was unable to stop and avoid

the vehicle and hit the rear quarter panel and flipped over the vehicle. He was taken to the hospital with major head injuries where he later died. He has not been identified.

No drugs or alcohol is sus-

**Azusa Drive-By** Kills 24-Year-Old

### By George Ogden

AZUSA - On Sunday night, July 14 around 7:45 p.m. a 24year-old man was shot and killed. He was identified as John Medrano, 24, of Azusa.

Azusa police responded to a call of gunshots at Azusa Avenue and Gladstone Street. They found

There was no further description of the vehicle or description of the suspects.

Sheriff's homicide detectives are assisting Azusa police with the investigation. They may be checking video surveillance units in the area. Anyone with information about the shooting is asked to call the Los Angeles County Sheriff's Homicide Bureau at 323-890-5500. Anonymous tipsters can call LA Crime Stoppers at 1-800-222-8477 or use the website lacrimestoppers.org.

# **Nationally Recognized Summer STEM Program Coming to Life Bible Fellowship Church**

**Camp Invention Inspires Local K-6 Students to Become Future Innovators** 

GLENDORA - Camp In- — in a fun and engaging envi- importance of intellectual prop- dren will explore frequency, vention<sup>®</sup>, a nationally recog- ronment.

erty and the U.S. patent sys- circuit boards, motors and gears

nized, nonprofit summer enrichment camp program, is coming to Life Bible Fellowship Church the week of July 29 - August 2, 2019.

A program of the National Inventors Hall of Fame (NIHF), in partnership with the United States Patent and Trademark Office, Camp Invention challenges children in Grades K-6 to find their "inner inventor" by learning the process of innovation. Using hands-on activities, Camp Invention promotes science, technology, engineering and mathematics (STEM) learning; builds confidence, leadership, perseverance, resourcefulness and problem-solving skills; and encourages entrepreneurship

Each year, the program features a new curriculum inspired

by some of our nation's most world-changing inventors the NIHF Inductees. This year's Supercharged<sup>™</sup> curriculum features several video challenges from these Inductees encouraging children to be confident in their ideas and explore their innovativeness. These hands-on activities include:

Innovation Force®: \* Campers team up with the Innovation Force (NIHF Inductees as superheroes) to battle the evil Plagiarizer, a supervillain who is out to steal the world's greatest ideas. As children create a device to retrieve the stolen ideas, they learn about the

tem.

\* Deep Sea Mystery<sup>TM</sup>: The children embark on a research adventure at sea to dig up fossils. Using lessons and advice from NIHF Inductees, they invent island-survival tools and underwater equipment.

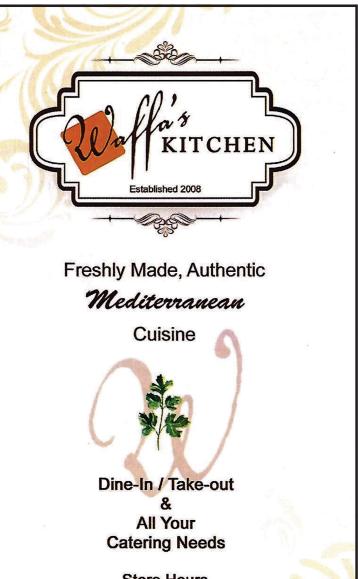
\* Farm Tech<sup>TM</sup>: Campers are put in charge of managing their own farm as they learn the basics of running a business. With the assistance of the Bot-ANN-E robot, they learn fundamental coding techniques to maximize their time and profits. Children also are introduced to DNA syntheses, where they perform their own mock experiment to check the health of their newly purchased cattle. \* DIY Orbot<sup>TM</sup>: The chil-

as they use real tools to reverse engineer a remote-control robot. Throughout the week, campers will adapt their DIY Orbot to perform increasingly challenging tasks.

At the end of the program, each camper will bring home a robot! Learn more about this year's all-new curriculum.

All local Camp Invention programs are facilitated and taught by certified educators who reside and teach in the community. Camp Invention serves 130,000 students every year and partners with more than 1,800 schools and districts across the nation. For additional information or to find a camp near you, visit invent.org/ camp.

the victim in the 400 block of Azusa near the corner. A teenage boy was with Medrano when the shots rang out. They were simply walking when a sedan slowed down and shots were fired and then it continued eastbound on Gladstone Street and out of view.



**Store Hours** Tue-Sat 10:00 - 8:00 / Sun 10:00 - 6:00 **Closed Mondays** 

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# **This Summer: Relax and Recycle**

Summertime means family outings, vacations and spending time outdoors. Amid all the fun, it's important to be conscious of your environmental impact. One small way you can be a force for positive change is by properly disposing of old rechargeable batteries once they no longer power devices. You probably don't know it, but battery recycling touches more areas of your life (and vacation) than you realize.

Did you know that the materials taken from rechargeable batteries in popular travel items like hand-held fans, lanterns and other electronic gear are used to create new everyday products? When batteries are recycled, valuable metals are guide: recovered and used in the manufacturing of new products like golf clubs and stainlesssteel appliances.

The best part? Battery recycling is easy and can help protect people and property. This is particularly true of lithium ion batteries, which power laptops, cellphones and other personal electronic devices -- many of which accompany summer travels. When these batteries no longer power devices, they can retain up to an 80 percent residual charge, making it critical to properly handle, manage and recycle them to avoid a safety incident.

Not sure how to recycle batteries? Here's a quick how-to

1. Protect: Just like you protect yourself with sunscreen, it's important to protect the terminals (ends) of batteries. You can either tape the battery terminals with non-conductive electrical, duct or clear packing tape or individually bag batteries in plastic bags (not grocery store bags).

2. Stay cool: While being shady is not usually a good thing, it is for battery recycling! Keep those batteries in a cool, dry place and aim to recycle them within six months.

3. Drop: Battery recycling is easy and convenient, as 86 percent of the U.S. population lives within 10 miles of a Call2Recycle drop-off location.

The San Gabriel Valley

The organization, which offers the country's leading consumer battery recycling and stewardship program, recently marked its 25th anniversary. Visit their anniversary page to learn more about their battery recycling journey and impact, at call2recycle.org/25years and find a nearby drop-off site to get started at call2recycle.org/ locator.

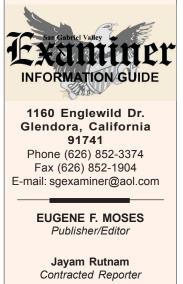
So, while you're enjoying all things summer, be sure to add easy environmental acts to your list, like picking up litter on the beach, responsibly extinguishing campsite fires and recycling your batteries. These simple acts can make a big difference! (StatePoint)

Suby Examiner

# LOS ANGELES C

### Provides Significant Funding for Public Health Intervention and Lead Paint Remediation

LOSANGELES COUNTY-The Los Angeles County Department of Public Health (Public Health) announces the settlement of landmark litigation that will provide significant funding for the remediation of lead paint hazards in residential housing throughout Los Angeles County. The County Counsels and City Attorneys of ten California jurisdictions have reached a settlement on behalf of the People of the State of California that will provide hundreds of millions of dollars to clean up the lead paint that poisons tens of thousands of children across California each year. Under the settlement agreement, Defendants, The Sherwin-Williams Company, ConAgra Grocery Products Company, and NL Industries, Inc., will pay \$305 million to the Counties of Santa Clara, Alameda, Los Angeles, Monterey, San Mateo, Solano, and Ventura; the City and County of San Francisco; and the Cities of Oakland and San Diego to address lead



George Ogden Contracted Reporter

**Glenn Purbaugh** Photographer

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

paint-related hazards in residential property. Lead paint is the most significant environmental hazard for children in Los Angeles County and in California. Almost 3,000 children are diagnosed with lead poisoning in Los Angeles County each year.

"Children are still being poisoned by the lead in paint that these companies sold decades ago," said Chair of the Los Angeles County Board of Supervisors Janice Hahn. "This settlement is an overdue victory and will finally allow us to remove lead from homes and protect generations of children to come."

"We are gratified that this settlement brings much needed funding to clean up lead paint hazards that exist in thousands of homes across Los Angeles County," said Barbara Ferrer, PhD, MPH, MEd, Director of the Los Angeles County Department of Public Health. "All our children deserve to live in homes and communities that are free of environmental hazards. Our Lead Paint Hazard Mitigation Program offers low-income families with small children, a chance to eliminate exposure to lead paint hazards."

This momentous settlement will provide the County of Los Angeles with the funding needed to protect children from ongoing exposure to lead paint hazards in their homes. Lead is toxic, and exposure of children to lead can cause severe and permanent damage to the developing brain, including learning disabilities, def-

icits in attention and concentration, memory, comprehension, and impulse control. This settlement will allow Public Health to create an intervention program that is targeted to provide services to those young children and their families who are most at risk for lead poisoning. Public Health will partner with the Los Angeles County Development Authority (LACDA) to create the Lead Paint Hazard Mitigation Program. "We are pleased to partner with the Department of Public Health to address lead hazards in older homes and provide solutions to protect our most vulnerable residents for generations to come," said Monique Viehland-King, Executive Director of the LACDA.

The Program will provide priority enrollment to Los Angeles County residential properties built before 1951 that house low income families with children under 6 years of age or pregnant women. The services will include testing for and remediation of lead hazards in indoor and outdoor surfaces in homes. In addition, the program will provide resources and education on lead hazards and how to prevent childhood lead poisoning.

Public Health and LACDA will partner with both State and local governments, and local nonprofits to implement the Program that is expected to launch in Fall 2019.

For more information about the Lead Program, call (800)LA4-LEAD.

### Los Angeles County Announces Settlement | Glendora Police Department "National Night Out Against Crime" event GLENDORA - Join the community that we stand to-NATIONAL NIGHT OUT

Glendora Police Department in celebrating the 36th Annual "National Night Out Against Crime" event which will take place on Tuesday, August 6th This Free event has a brand new location; please join us at Finkbiner Park at the shade structure at 160 N. Wabash from 5:30 p.m. to 8:30 p.m.

The entire community is invited to join us before the park festivities for a "Solidarity Walk Against Crime" that begins at 5 pm at the front steps of the Glendora Police Department. We will walk together to the park, signifying to the gether against crime and will do our best to help prevent it by joining Neighborhood Watch Programs and by looking out for each other. When we reach the park everyone can enjoy free hot dogs, play games, participate in a dunk tank fundraiser for the Explorers, face painting and more. This will be your last opportunity to donate to the "Pack a Police Car" program, where you can donate school supplies for K-8 kids who attend Glendora schools. Bring your families, neighbors and friends and join us for a night of fun.

is designed to heighten crime and drug prevention awareness, generate support for and participation in local anticrime programs as well as sends a message to criminals letting them know that neighborhoods are organized and fighting back. Residents throughout Glendora and across the nation are asked to turn on their porch lights, lock their doors, and spend the evening outside with neighbors and law enforcement to help build stronger policepartnerships and neighborhood unity in our fight for a safer community.

S.G.V. EXAMINER

**A**3

# L.A. County Fire Department Implements **Countywide Burn Permit Suspension**

LOSANGELES COUNTY - In an ongoing effort to prevent wildfires, all burn permits in Los Angeles County will be suspended. As of July 2, 2019, the Los Angeles County Fire Department has stopped issuing burn permits due to increased fire activity throughout Southern California. This burn suspension will remain in effect until further notice.

During this critical time, the Fire Department urges all residents to do their part to be safe by having an emergency plan in place in case a fire threatens their home or family. For more information, visit Ready! Set! Go!at Fire.LACounty.gov/rsg/

Nearly 95 percent of all wildland fires within the Fire Department's jurisdiction are human-caused. Here are some tips residents can follow to pre- for additional fire restrictions. vent fires: • Defensible space clearing,

such as mowing before 10 a.m. and never on a hot and windy day.

• Do not toss cigarettes out of your car window.

• Do not pull your vehicle off the road into dry grass or brush. Hot exhaust pipes and mufflers can ignite fires that cannot be seen easily by the driver.

• In wildland areas, spark arrestors are required on all portable gasoline-powered equipment (e.g., tractors, chainsaws, weed-whackers, mowers, motorcycles and all-terrain vehicles).

• Report any suspicious activity.

• Check with local officials Fire.LACounty.gov.

• Campfires within organized campgrounds or on private property are allowed as long as they are in a designated campfire site that prevents fire from spreading.

In accordance with Section 4423.2 of the Public Resources Code, the Fire Department may issue restricted temporary burn permits if there is an essential reason due to public health and safety. Agriculture, land management, fire training, and other industrial type burning may proceed if a Fire Department official inspects the burn site and issues a special permit.

For additional fire safety tips, visit ReadyForWildfire.org or the Fire Department website at

**Coyote/Human Interaction Workshop** 

AZUSA - The City of Azusa has invited Terri Hernandez from Adventures in Living Science to conduct a follow-on workshop to last year's meeting on coyote/human interactions. The workshop is scheduled for Saturday, August 3, 2019 at 10:00 a.m. in the Azusa Civic Auditorium, 213 E. Foothill Blvd. Some of the topics that Ms.

Hernandez will address are: • Where do they live?

· Can we remove and prevent coyotes from living in urban areas? • Are they doing harm or are

they beneficial? • Human/coyote interac-

Hernandez will take individual questions from the audience and share current research and management techniques. She has over 30 years' experience in animal behavior and works in wildlife education for the Santa Ana Zoo, Puente Hills Habitat Preservation Authority



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

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

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

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tions, and

• Hazing techniques During the workshop, Ms.

"Time Jockey" - The Eagle Has Landed

### By Joe Castillo

Golden Anniversary.... On July 20th 1969, one of the most significant events in the history of the world took place when the United States landed the first man on the moon.

We all have our stories of where we each were when the event occurred at 7:56 PM PST. Neil Armstrong slowly stepped on the surface of our closest extraterrestrial body and proclaimed the now famous saying "One small step for man, one giant leap for mankind". An estimated 530 million people watched Armstrong's giant leap and I was one of those millions. I remember that it was a hot summer evening just starting to cool down by the evening breeze. Since July 16, our family had watched the Apollo 11 mission from takeoff on our Magnavox black and white TV, all cramped into a small room. For such a historic event, we had to somehow watch it and this was the only means possible.

In May 1961, President John F. Kennedy boldly claimed that the United States would land a man on the moon before the end of the decade. The President had challenged a nation to do what no other county had achieved, what all of mankind had had not seen in sending a spacecraft to the moon, landing on its surface and then returning the crew back to Earth safely. The project would take the best of what the county had to offer, the best technolo-

gy, the smartest and bravest astronauts, and the most advanced equipment the country could manufacture. It was a tall order for something which had never been done before but the ingenuity of America pushed forward. From designing and manufacturing, to lots of testing, rockets and equipment had to be designed to handle a fuel capacity which had never been used before. Space transports required enough power to rise through the atmosphere and onward to the Moon. The command module Challenger would be used to descend to the Moons' atmosphere with the landing module jettisoned to land on the Moon.

NASA's space program had started with Mercury and Gemini, but the Apollo program would be the project which would land a man on the Moon. Each Apollo mission was established to learn from the previous mission, and to use that knowledge to gain data and information. In October 1968, the first manned mission was launched and the crew was successfully returned. NASA learned what sort of power was needed to get to the Moon, what type of equipment was needed and how man could survive. By April 1969, NASA gave the thumbs up for the first moon landing and Neil Armstrong was assigned as the mission commander and Buzz Aldrin selected as the Eagle Pilot. Both landed on the moon, each walked on its surface and performed their as-

and Adventures In Living Science.

signed experiments. Michael Collins was the third member of the crew whose job it was to man the Challenger module as it circled the Moon awaiting to re-link with the Eagle. Collins had been a pilot commander for Gemini and had become the first person to perform two EVA's or spacewalks on the same mission. Collins' biggest fear was returning to Earth without his two crew members if the surface mission failed. The mission didn't fail and even though Collins was selected to be on subsequent Apollo missions, he declined stating that he was satisfied in meeting the goal set by President Kennedy

eight years earlier.

The United States had landed on the Moon and he was part of the crew, program and mission which made it a success. The famous Apollo 11 mission patch depicting an eagle landing on the surface of the Moon with Earth visible in the background, was primarily designed by Collins. The image would be used on the U.S. Dollar coin, a reminder of one of America's greatest achievements and one of the most significant events in World History, both inspired by a Presidents' vision of what American can achieve in its greatness .....

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.



# **Creative Management Stretches** Water Resources

In 2018, President Trump became more closely involved in the California water debate to make sure he was able to fulfill his campaign promises to the Central Valley farmers desperately in need of a reliable water source, especially in years of drought.

After being caught up by the multitude of environmental organizations and committees in the Delta area, Trump directed the Secretaries of the Interior and Commerce to begin to streamline the water delivery process by placing one person in charge of creating an agreed upon plan to ensure water was delivered to all in an equitable fashion.

Since then, Gov. Gavin Newsom has begun the process of establishing an updated water plan for California. He started the process with his executive order stating ... "water is a human right and is central to California's strength and vitality ...". He quickly moved on to directing the secretaries of California Natural Resources, Environmental Protection Agency and Department of Food and Agriculture to prepare a water resilience portfolio that would meet the needs of all of the state's communities - economic and environmental.

The Governor has stressed in several communiques, there will be "listening sessions" at board meetings to ensure all segments of the state are able to communicate their water needs.

Newsom's water resiliency plan will be an update of Gov. Brown's Water Action Plan first created in 2014, updated in 2016, with ten priority actions documented in the Brown plan. The three objectives in the 2016 plan are to provide more reliable water supplies, restoration of the delta and habitats, and to ensure a "more resilient, sustainably managed water resources system that can better withstand inevitable and unforeseen pressure in the coming decades."

One of the "listen sessions" has already taken place at a Califor-



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

nia Water Commission meeting. The Water Commission is a 9member board - 7 with water knowledge and 2 who specialize in the environment - appointed by the governor, and charged with being a public forum on water issues, and advising the Department of Water Resources in charge of the State Water Project. CWC oversees Prop. 1, Water Quality, Supply and Infrastructure Improvement Act, including... "distribution of public funds set aside for the pubic benefits of water storage projects, and developing regulations for the quantification and management of those benefits." That is per voter-approved Prop 1.

In 2014, Prop 1 was approved by the voters dedicating \$2.7 billion for water storage projects. In 2018, the Commission approved maximum conditional funding amounts for eight projects to provide 4.3 million acre-feet of water storage. There are a variety of projects that will come on line through that defined process with the first project estimated to be completed in 2024 and the last two in 2030. The projects will range from creating ground water storage banks or conjunctive use, desalinization, and additional above ground storage with the largest being the Sites Reservoir Project creating 1.81 million acre-feet of water storage for the Central Valley Project and the State Water system. Sites is a \$5 billion project.

Locally, the Chino Basin Conjunctive Use Environmental Water Storage/Exchange Program (CBEWP) a \$385 million project, allows use of the Chino Basin to treat previously unused ground water, then ship that water, through a contractor, up to Lake Oroville where it will be stored until needed for environmental benefits. That water would be released into the Feather River from Oroville Lake, during the dry seasons, through the Delta and to San Francisco Bay to aid in salmon migration beginning in 2020. It is called the exchange program ... so once water is sent up to Lake Oroville, other water would be pumped back through the Metropolitan Water District (MWD) distribution system for use throughout Southern California ensuring a fair share return to the Chino Basin as needed by their purveyors. Chino Basin has a 100,000 acre-feet of water capacity. In 25 years, at the end of the ecosystem benefits agreement, Chino Basin will "own" the advanced water treatment facility (AWTF) and continue to pump and clean the basin water to be used for and by locals.

We are coming out of a 7-year drought, followed by heavy rains, and you can bet that will happen again. We are seeing growing population numbers that will demand increases in residential, business, and agricultural water needs, with heavy demands to protect the environment. Huge dollar amounts are being thrown around to ensure increased water availability and flood control measures are in place. Creative projects like water banking, water sharing, and use of our ground water basins (conjunctive use) that are already in place and ready for water storage will go a long way in in stretching our use of our water resources, ensure water is available to various consumers when needed and stretch our water budget dollars.

Last week I discussed the impact of the liberal optimism rooted in American history. In that column I examined this phenomenon from the perspective of a progressive Christian. I turn this week to another aspect of a cultural optimism that these days may be downplayed with the debilitating loss of confidence in our institutions, and in our current unease as a morally vacant egomaniac is in charge of the nation. Even facing these realities head-on, there lies buried in our recent history a compelling positive perspective to which I now turn. (side note: By the way, it is not the US that "the squad" and so many others despise-it is a racist tyrant who claims that to despise him is to hate America)

A major advocate of this cultural optimism is Steven Pinker, a social psychologist who is a distinguished professor at Harvard. Pinker has highlighted the framework of this undervalued dynamic in his recent book, Enlightenment Now: The Case for Reason, Science, Humanism, and Progress (New York, Viking 2018). Pinker lists a number of areas showing the marked improvement in the living conditions of the world's people.

Here are a few of the findings from the World Health Organization, comparing past conditions with the current reality. Where have we been, and where are we now.

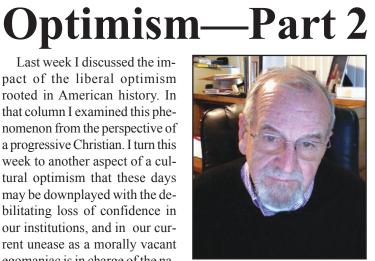
Life expectancy of the world's people in years : 1770-38 1900 - 47 1950 - 60 2015—78 and rising every year. In the developed world it is now well over 80.

Child mortality (percentage of deaths among children under 5 yrs): 1770 - 30% 1900-22% 1950-17% 2015—.02%

Maternal mortality:

# **MYTURN: Revelations from the** Four Ladies of the Apocalypse

How quickly the political winds shift and turn and shift again. And this time, did Presi-



**The Resurgence Of Liberal** 

**Charles H. Bayer** 

1770—1%; 1900— .07%; 1950-.03%; 2015-.01%.

Health: a steady dramatic rise every year in the levels of general positive health (excluding the years of the flu epidemic.)

Nourishment: percentage of the world's chronically malnourished: 1970-35% 2015-14%

Wealth seen in per capita GNP: 1850-\$2,000 2015-\$13,000.

Extreme poverty: numbers have declined every decade since results were compiled.

War by the world 's powerful nations: a steady dramatic decline every century since 1500

The above are only samples of Pinker's mammoth compendium of ways in which the world's people are wealthier, healthier, better fed, safer, less violent and more secure than at any time in modern history. Does this testimony to human progress prove that "every day in every way things are getting better and better," or is it simply indicative, as Pinker suggests, of the power of science on one hand, and the intellectual vision flowing from the Enlightenment on the other? Certainly there is no guarantee that the escalator producing so many human benefits is about to run its course.

In a later chapter Pinker reminds his readers of what he calls, "the existential threats" always hibernating just below the horizon. There is the constant threat of some overpowering natural cataclysm. The dinosaurs must have prided themselves on their good fortune, while somewhere in space a very large rock was hurtling in their direction. Then there is always the shadow cast by the stockpiles of nuclear weapons as well as the increasing threat to the continued viability of the planet as we continue our headlong flight into an environmental dead-end and the persistent approach of the fail-safe day when the ability of the earth to recover no longer exists. And this, the devastating end-product of a bull-headedness that insists that no such threat exists, no matter what science tells us about climate change.

To that list of warnings Pinker adds one more. He calls it "authoritarian populism" in which a rhetorically strong albeit ignorant chauvinist leader establishes a tribalism that pushes back every vestige of common sense, ridicules the clear indications of science, fumes against the wisdom born in the Enlightenment and glorifies nationalism at the expense of the survival of the world's people. So added to the other existential risks is the fate of a good people whose future may be sold cheaply to a snakeoil salesman.

At the same time, A recovery of a liberal optimism may be seen in the work of other thoughtful politicians, scientists, authors and academics whose vision and wisdom image a positive future despite any current darkness. A new optimistic day may be at hand!

Contact Charles Bayer at candwbayer@verizon.net

offset all the comments the four ladies made regarding open borders, caged children, anti-Semitism and all the other comments that Trump's been able to play off of quite well. But this time, did President Trump ruin the opportunity for the GOP to sit back and watch the Democrats eat each other? Was it a big mistake, a tweet too far? Maybe. But then again, maybe not. It would not be the first time that Trump, the chess master, would anticipate the next two or three moves beyond the move he was about to make. He once again emboldened "The Squad" which previously resulted in A O-C's Pelosi racist quote in the first place. Would it happen again? The press conference the four ladies called, seem to do just that as the influence they are fighting for and apparently enjoying is taking effect. And Pelosi can't be too happy. Are the Fab Four of the Democrat Party's Progressive wing going to split open, and remind us once again of the real Democrat party of today, void of any nuances or window dressing designed to subtly cover up the radical aspects of this movement, all while keeping the moderate Democrats, the traditional Democrats and the Trump haters on both sides of aisle safely in line? Advantage Trump? Who knows, maybe.

# **Young Kids and Babies at**

# **Ball Games?**

Once again, we have another child hit by a foul ball at a Major League Ball game. It was a 3year-old this time. It is bad enough that adults who are either drunk, on their cellphones or simply not paying attention are being nailed by a 100 mph plus baseball and now a rash of little kids.

I have no idea why people bring kids that are so young to the ball games. Often the parents let the kids run loose and don't keep them under control. I'm talking about the young ones, babies, that they bring. These little ones don't have a clue as to what is really going on in a baseball game in the first place. They can't grasp the concept. The kids are subjected to people who are getting drunk, using foul language and adults not seeing them and getting knocked down and hurt. Often times, this



### George Ogden That's just the way it is! is by their own parents. They get nailed with a 100+ mph foul ball then the parents blame the ball

park for their kids getting hurt. I'm sure you have often seen on the TV News when a dad holding a beer catches a baseball and never spills a drop. Then you have one of those special dads that is holding a baby and going all out to catch a baseball falling all over the place and sometimes hurting their child. Go to

YouTube and type in "Dads Catching Baseballs" and you will see a lot of videos... and the good one is "Mom angry as dad catches baseball with baby in arm" where MOM blows a cork because dad with the baby goes after a baseball while holding their baby.

Nothing like sitting by a family that won't control their screaming kids and them running back and forth while you are trying to enjoy the game.

Play it safe, leave the little ones at home or with a babysitter. When the kids are old enough to understand baseball then let's get them to the ball park. Bring their glove and hope to catch a lazy foul ball.

Ball parks, in my opinion, need to set a minimum age limit to get into the ball park. It is all about keeping our kids safe.

"That's Just the Way It Is!"

dent Trump step in it again?

Congresswoman Alexandria Ocasio-Cortez was feeling her oats even as people in her party were continuing to be concerned about where her brashness would take her...and them. She took it to a new level when she accused the Speaker of the House, Nancy Pelosi, of being a racist, all because Pelosi was trying to tamp down some of the brashness. "Her criticism of them was based in race," they claimed. The embattled Pelosi was getting sympathy from many corners including none other than President Trump himself, saying publicly "Nancy Pelosi is not a racist."

It looked as though the four women in Congress, women of color, now known as "The Squad," have been getting a lot of attention in a negative way. Ilhan Omar, Rashida Tlaib, and lesser known, for the moment, Aayana Pressley join Alexandria Ocasio-Cortez as the thorns in Pelosi's side. All this looked good for the

Charles Lopresto Republicans sitting back and watching the war.

And then Trump tweeted.

"Why don't they go back and help fix the totally broken and crime infested places from which they came. Then come back and show us how it is done...These places need your help badly, you can't leave fast enough. I am sure that Nancy Pelosi would be very happy to quickly workout free travel arrangements." That was all it was. But it was enough for the media to jump on and play up the "go back to where you came from" rhetoric that seem to effectively

**Governor's New Budget Deal Earmarks Funds** For "Tuition Free" Community College

### By Dr. Edward C. Ortell

"Tuition free," "debt free" and "free college for all" are some of the terms being used to describe college affordability plans being proffered by candidates running for president in 2020. It's clear that the \$1.5 trillion dollars in student loan debt held by the nation's millennials has made the student debt crisis a key issue in minds of many voters.

to higher education, California has recently made a commitment

to reducing the high cost of college. As part of the state's \$217 billion budget for 2020, which was approved by the Governor and state legislators on June 27, California will provide funding for the first two years of community college, tuition free, to first-time students who agree to attend college full-time and meet certain criteria.

Currently, tuition in the Com-In an effort to expand access munity College system is \$46 per unit. The annual cost for a student enrolling for two semesters

and taking a full-time load of 12 credits per semester would be \$1,104. However, as every student knows, there are many other costs of attending college, such as textbooks, transportation and living expenses.

Many of California's 115 local community colleges have already established "College Promise" programs, including Citrus College, located in the San Gabriel Valley. Each college devises its own eligibility requirements and financial awards,

The San Gabriel Valley Straminer

other costs. Local college promise programs require coordination of existing resources and some philanthropic support. The new state budget will take some financial pressure off of local college districts, while ensuring the state meets its burgeoning need for an educated workforce.

Currently, 51 percent of students graduating from a California State University and 29 percent of students graduating from the University of California in-

which can include textbooks and curred little or no debt for the first two years of college by starting at a California community college.

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



At age 59 <sup>1</sup>/<sub>2</sub>, as long as cer-

tain conditions are met, you can

start taking withdrawals from

qualified retirement plans and

IRAs without incurring a penal-

ty. Since these have been grow-

ing tax-deferred, you'll now have

ages, and why?

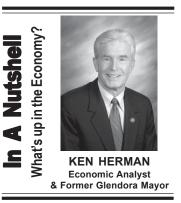
# Wall Street's Wall Of Worry

The old Wall Street maxim of climbing the "wall of worry" has to do with the stock market surmounting a number of negative factors while ascending to new high ground. Last Monday, the market's resilience to many new stumbling blocks was to be admired (as well as appreciated by investors). Most stock indexes had all made new highs, much to the amazement of many on Wall Street.

This impressive stand by the bulls came at a time when skepticism about any further market gains was running high - leaving many to wonder how and why this torrid 10% rally for the S&P off the June 3 low came to be. After all, the current takeaway from the G20 Summit was that nothing has really changed. Current tariff structures remain in place, while China and the U.S. appear to be moving further apart in trade negotiations. Talk of new tariffs on European goods is getting traction and tensions with Iran are on the rise.

Much of the credit for the June/July rally was being awarded to Fed Chairman Jerome Powell and the other Fed officials for putting their oral stamp on the assumption that a rate cut (of at least a quarter point) is a "done deal" (at the upcoming FOMC meeting scheduled for July 30-31). The latest Fed language is that a rate cut will be for "insurance purposes" and not because the economy is faltering. Who said a good old-fashioned Twitter-lashing from the White House doesn't carry some weight?

Conversely, institutional (foreign and domestic) bond investors would have nothing of it and were operating in lockstep (by hoarding U.S. and other investment-grade sovereign debt as if the world was going to run out of



newly issued debt). Global bond markets also have rallied sharply in response to weakening economic data and a dovish fiscal narrative from leading central banks. This has taken the benchmark 10-year Treasury yield down to 2.05%, a level not seen since the fourth quarter of 2016.

Even more amazingly, 25% of all the government debt around the world now has negative yields, most of which is issued by 14 European nations. This is rather perplexing and underscores the level of rising worry among some investors about a hard landing for the European economy.

According to the J.P. Morgan Global Manufacturing Purchasing Managers Index report, "The downshift in growth in the U.S. was the main driver of the slowdown in global manufacturing, as the U.S. PMI slipped to its lowest level in almost a decade (since September 2009)." With this information in hand, it's likely that the Fed, the European Central Bank, and other global reserve banks will be cutting short-term interest rates in the weeks and months ahead. However, J. P. Morgan's "downshift in growth" wording may overstate concerns about what really is occurring in our economy.

Forget the short-term negative factors that would typically derail a market, which once had in-

vestors walking on eggshells. Instead, investors have bought into the macro argument that the Federal Reserve will begin aggressively cutting interest rates while central banks in China, Japan, and Europe will pursue more aggressive fiscal stimulus measures. It's believed that this coordinated central bank intervention among the most powerful central banks will provide a floor under the global economy, potentially creating a second half reacceleration of growth that can be "invested into." It's a conundrum for sure. Meanwhile, the "fear of missing out" (FOMO) had underinvested professional and retail investors paying up for stocks that led to a melt-up of sorts recently. So much for summer doldrums in the stock market.

That's the big picture. Investors love interest rate reductions, which provide the steroids for a higher stock market, maybe even as the S&P trades at a forward P/ E of 17 times earnings (above its five- and ten-year historical averages). Additionally, with the world awash in low-to-negative bond yields, juicier yields from stock dividends that enjoy preferential tax treatment are driving capital flows into equity markets with less regard for earnings growth - at least for now. This might be why P/E multiples are expanding while earnings growth is decelerating. Continuing Corporate stock buy backs also should remain a positive market factor.

The best advice, buy for the long-term and don't fight market trends.

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

I use my debit card to buy everything, even a cup of coffee. When I look at my bank balance, I freak out! I've actually had to do a credit card transfer just to make it through the month! How can I stop this spend-then-freak-out cycle?

Take charge of your money! Start by looking at your online statement which should show each debit purchase. Add those purchases up for last three months. Now divide by 3. That amount is how much, on average, you are putting onto your debit card each month. Decide how much you can afford to spend and withdraw only that amount in CASH to use for every purchase for a month. No cheating! Don't get more cash. The easy habit of using a debit card results in your 'freak outs.' Every time you want to make a purchase, ask yourself, "Do I NEED this, or do I just WANT this?" If you don't need it, don't buy it. You'll be freaking out in a good way at how much you are saving!

Is there a way for me to cash out my existing annuity contract and invest in one that better suits my financial needs, and not pay income taxes on what I've accumulated?

Do you have any early surrender fees that would be due on your annuity? Sometimes this can be countered with all or part of a bonus offered on a new annuity. IF it is beneficial and suitable for you, a 1035 exchange would allow you to exchange an existing annuity contract for a newer one without having to pay taxes on the accumulation in your old contract. You could possibly gain



Your Money - Ask Julia

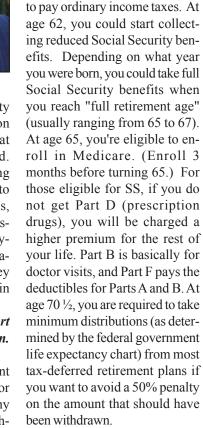
Julia Yoder

new opportunities for flexibility and tax-deferred accumulation without paying taxes on what you've already accumulated. Newer annuities offer anything from a bonus, easier access to funds, nursing-home benefits, guaranteed lifetime income, possible increase in retirement payout, and/or a bonus to beneficiaries willing to take the money over several years rather than in one lump sum.

### We'd like to set up some sort of an account for our grandson. What do you suggest?

There are several investment accounts you could establish for your grandchild, but one that my clients fall in love with is a cashvalue life insurance policy. Starting while your grandson is young, and paying less than \$100 per month into a \$100,000 life insurance policy, the cash-value could be enough to pay for college or enough to put a sizeable down-payment on a house. Of course, if he waited even longer to access the cash value, he could possibly have more than a million dollars for his retirement.

In regard to financial planning, what are the important



Ask Julia by email: juliayoder@yahoo.com

This is your opportunity to simplify your life by having one professional working personally with you to coordinate your finances, investments, real estate, mortgage, insurance, retirement, and estate plans. CA Insurance 0C83859/Real Estate Broker 01238153/Nat'l. Ethics Assoc./ Accident-Medical-Dental discount plans: CalStarBenefits.com/28485



**City of Azusa Approves the Purchase of 30 Megawatts of** Wind Energy Starting 2022

AZUSA - Under a 25-year field Renewable Partners. power purchase agreement, on

"The project is located in a "Brookfield Renewable is ex- well-established wind resource

May 28, 2019, the City of Azusa agreed to purchase 30 Megawatts (MW) of wind energy from a Mesa PR30 Wind Energy Center in Palm Springs, California. Beginning in 2022, the energy purchased will provide approximately 50% of the electricity supplied to Azusa residents and businesses. This purchase will increase Azusa's renewable energy portfolio to over 80% starting in 2022 and 67% sustainably after 2030.

Mesa RP30 Wind Energy Center is a project owned by Brookcited about our new agreement with the City of Azusa," said Marco Talamo, Regional Vice President for Brookfield Renewable. "We are always looking for ways to help municipalities and states meet their renewable goals while preserving or growing renewable energy infrastructure and capacity."

The project will help Azusa achieve its environmental sustainability goals and comply with renewable portfolio standards established by Senate Bill 100 in 2018.

area, which will provide Azusa customers with a long-term supply of clean, reliable, and competitively priced energy well into the future," said Manny Robledo, Azusa's Director of Utilities.

Additionally, under this agreement, Azusa will only purchase output as it is produced by the facility, and the risks of production, ownership, and technology are borne by Brookfield Renewable, which is a good example of a public/private partnership that benefits both parties.

# **How Much To Budget**

AAA estimates maintenance costs at around 4 cents per mile driven, which means you should set aside \$50-60/month for this line item. Sadly, many put off service/maintenance and they end up having an expensive repair that could have been avoided. I then thought...maybe they don't realize how much it costs to maintain their vehicle annually. With that thought in mind I've decided to share with you something in print so you can fill in the blanks for yourself. Granted...this is just an overall average but hopefully you will find it very helpful!

If you have a new car expect to pay \$200 to \$350 each year on preventive maintenance until your vehicle is three years of age. After that, a good rule of thumb is to plan to pay \$600 to \$1200 annually and this includes tires. Preventive maintenance is the best way to keep your car from having to undergo repair. As it ages, certain parts will need to be replaced, of course.

Those old sayings, "prevention is the best medicine" and "an ounce of prevention is worth a pound of cure", have

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

### stood the test of time for a rea- rotations and alignments preson. They are true! Take a moment, if you will, and figure out the annual cost of vehicle ownership. You might be surprised at how it adds up!

Annual vehicle payment Annual finance charge on loan

Annual gasoline costs Annual car insurance Annual maintenance/repair Annual license fee and other fees

Total (Annually) Total Divided by 12 (Monthly)

This is how much it costs you to drive each year/month. I just think knowing the facts helps you plan a little better. Remember:

• Keeping current with oil and filter changes prevents the need for a new engine.

• Keeping current with tire

### vents buying new tires less often.

• Keeping current with brake fluid and/or brake pads prevents replacing brakes as often.

• Replacing filters and fluids keeps your vehicle going longer for less.

• Preventive maintenance reduces your expenses going forward.

I think this gives you the idea. Keep your vehicle healthy and it will be good to you and your bank account!

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# **Police Department Warns Public About Dangers of Leaving Children In Hot Cars**

### July 31 is National Heatstroke Prevention Day

inside of a vehicle is much warmer that it is outside, increasing the risk of heat stroke for children left inside for even short periods of time.

Outside of crashes, vehicular heatstroke is the leading cause of vehicle-related deaths among children. It is why Monterey Park Police Department is reminding parents, babysitters and anyone who cares for children to avoid leaving them alone in a hot car.

Last year, 52 children were killed as a result of being left in a hot car, a 21% increase from 2017 and the highest number in more than 20 years. More than half of all vehicle-related heatstroke deaths in children are caused when a parent or caregiver forgets they are in the car.

**MONTEREY PARK** - The car can rise nearly 20 degrees in just 10 minutes and children are more prone to heatstroke because their body temperatures rise much faster than adults.

> "Whether your child is fussy and doesn't want to leave the car or is sleeping, it is important that you take them with you," Monterey Park Chief of Police Jim Smith said. "Even in temperatures under 80 degrees, the inside of a car can reach triple digits in half an hour."

To avoid tragedy and a lifetime of pain, Monterey Park Police Department is encouraging parents and others who care for children to take extra precautions to make sure a child is not left in the back seat or gets into a hot car:

• Make it a habit to look be-The temperature inside of a fore your leave and lock the car.

Put a stuffed animal, purse, phone or wallet next to the car seat as a reminder.

· Always lock your car and keep the keys out of the reach of children. Teach your child that a car is not a play area.

If you see a child in a hot vehicle that appears to be in pain or unresponsive, call 911 immediately. Try to find the parents or notify businesses in the area to use a PA system to alert the car owner.

# ALLEY/SENIC

# **Around the Valley & Senior News**

8235,

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-

**Cars 4 the Community** 

exciting vehicle donation pro-

gram, called Cars 4 the Commu-

nity. We are asking for your old

car, boat, motorcycle or RV, run-

ning or not, be donated and re-

ceive a 100% tax deduction for

the proceeds. This program helps

our schools, community, coun-

try and the world. Call 626-963-

LA VERNE

**Concerts In The Park** 

and/or lawn chairs to listen to the

wonderful music while relaxing

in the warm, balmy, summer

nights. Concert series will be-

gin at 6:30 PM on Sundays. All

concerts are held at Heritage

Park, 5001 Via De Mansion, east

of Wheeler and north of Base-

line. The entire line-up features

• Sunday, July 28 - Cold Duck

· Sunday, August 11 - The An-

Get About provides transpor-

tation for seniors aged 60+ and

disabled residents of Claremont,

La Verne, Pomona, and San Di-

mas. The door-to-door service

can be used for shopping, doc-

tor's appointments, church, se-

nior nutrition sites and many oth-

er locations within the four cit-

ies. 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 informa-

the following:

swer (Classic Rock)

**Transportation** 

Get About

(Variety)

Come with your own blankets

0814 for more information.

Glendora Rotary has a new and

jmarkel@ci.glendora.ca.us.

or email

at

### **AZUSA Volunteer Drivers** Needed

Do you have some extra time to spare? Are you a good driver? The Azusa Senior Center has a great volunteer opportunity for you! The Azusa Senior Center is currently recruiting volunteer drivers to deliver lunches to our homebound seniors in the city of Azusa between the hours of 10:30 a.m. and 12:30 p.m. If you are interested, please contact Lynda Prewitt for more information at (626) 812-5204, ext. 5303.

### **TOPS** Meeting

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

### ARCADIA **Saturday Adult Basketball League**

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

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.

### Walk The Walk

The City of Covina Parks & Recreation Department offers "Walk the Walk." This is a casual walking experience where you can walk at your own pace, improve your heart's health, and meet new friends. Wear your walking shoes and bring water. The walk takes place on Wednesdays at 9 a.m. at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina). For more information, call (626) 384-5380.

### **Medicare & Vitality** Center

The City of Covina Parks & Recreation Department in conjunction with Inter Valley Health Plan, invites seniors to the Medicare & Vitality Center on Tuesdays, 11 a.m.-12 p.m. and Fridays, 9-11:30 a.m. at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina). Obtain information on how to maintain your vitality and stay healthy. Vitality Center offers free screenings, informative presentations, "Doc Talks" and refreshments. For reservations, call (800) 251-8191, ext. 625. 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 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 Sonia Schupbach at (626) 963-6186. The program is Wednesdays 8:30 a.m - 12:00 pm.

### **Instructors** Needed At The La Fetra Center

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

# **Dinner With Covina**

at

na presents the first ever "Din-reserve your table and (6) chairs ner with Covina" on Saturday, Au- for \$50. There will be an offigust 3 from 5:30-9:30 p.m. Cov- cial dinner toast, free table decina was officially "Incorporated" as a City in August 1901. To commemorate this historical event, please join us for a sitdown dinner on Citrus Avenue. Bring your picnic basket full of delicious food or purchase food from one of the participating restaurants. The Dinner will be held on Citrus Avenue between Badillo and College Streets.

COVINA - The City of Covi- www.covinaca.gov/parksrec to

tion, contact Abby Nuyda at 909.621.9900, Extension 228.

### MONROVIA **Senior Blood**

### **Pressure Screenings**

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

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

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

### Senior Stretch & **Exercise Class**

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

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 Sensibly) meets every week on Thursday at 6 p.m. at the Cortez Senior Center, located at 2501 E. Cortez St in the back classroom building. Visitors are always welcome and your first meeting is free. Come now and learn about nutrition, portion control, food planning, exercise, motivation, and more every week. This group has members from all over the San Gabriel Valley. For details, call Erika Hernandez at 626-384-0502.

### **Senior Lunch**

The West Covina Senior Center has an award-winning lunch program that provides a daily lunch service for seniors, Monday through Friday at 11:30 a.m. The lunch program is funded in part by the Los Angeles County Area Agency on Aging. There is a suggested lunch donation of \$2.00 for those 60 years and older. Persons younger than 60 years old pay \$4.00, and persons with disabilities younger than 60 years pay \$3.00. West Covina Senior Citizens Center is at 2501 East Cortez Street.

### 626.574.5113. **BALDWIN PARK 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 **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.

**Community Garden Parcels** 

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

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Suby Examiner

and the state of the second

orating contest, live music, free kid's crafts and activities. For those 21 & over, bring your favorite craft beer or bottle of wine to enjoy with friends. Wine and beer will be sold at the event as well.

Booth spaces available for non-profit organizations for \$25. For more information, call (626) 384-5340 or visit www.covinaca.gov.

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



# **City of West Covina Appoints David N. Carmany as City Manager**

WEST COVINA - The City of West Covina is pleased to announce the recent appointment of David N. Carmany as the City's new City Manager. David Carmany has been leading the City of West Covina in the interim since April 3, 2019.

Mr. Carmany looks forward to assisting the City Council with core values of competence, compassion, and truth. As Interim City Manager, his major focus has been preparation of a balanced budget and organizational leadership. "I am honored to be named City Manager of West Covina. It's a privilege to serve such a great community. I'm looking forward to the challenges and giving it my very best," said Mr. Carmany.

Mayor Johnson said, "Mr. Carmany has worked hard and done a great job since he was hired as interim City Manager in April." Mayor Pro Tem Tony Wu added, "Mr. Carmany brings stability to our management team to lead the City."



West Covina City Manager David N. Carmany

# **El Monte Union to Launch Access for All Digital Learning Initiative in 2019-20**

Program includes 1:1 laptop and free at-home internet access

EL MONTE – El Monte Union High School District is gearing up to launch its new Access for All digital learning initiative, which will put technology into the hands of every student and eliminate barriers to learning, ensuring academic success at school and at home.

This fall, El Monte Union students will receive their own dedicated Chromebook laptops, carrying cases and chargers to use at school as part of the 1:1 digital learning initiative. The program will provide all high school students instant access to technology to do homework, research, communicate and collaborate with peers.

To boost student engagement and ensure equitable access to technology, El Monte Union will also provide students with limited or no athome Internet access the opportunity to apply for a free



# **Find Resources For Social Security Disability Beneficiaries Who Want To Work**

coming a certified orthotist and prosthetist to help people who, like her, experienced limb loss, she was concerned that earning the income she would need to afford the necessary training and education would affect her Supplemental Security Income (SSI) from Social Security. But working with Social Security's Ticket to Work (Ticket) program and using other Social Security Work Incentives helped her create a path to success.

Ticket to Work Program

The Ticket program supports career development for people age 18 through 64 who receive Social Security disability bene-

When Laura set a goal of be- fits, either SSI or Social Security Disability Insurance (SSDI), and want to work. Through this free and voluntary program, participants select a service provider to help them prepare for and find a job.

If you, like Laura, have a career goal and receive Social Security disability benefits, whether it's SSI or SSDI, you might have questions about how work will affect your benefits. The Ticket program can help you find the answers.

From the Comfort of Your Own Home

Free, monthly Work Incentives Seminar Event (WISE) webinars offer you the opportunity to learn

from the comfort of your home. Each month, the Ticket program team discusses the supports and services that are available through the program and shares resources that can help you on the path to financial independence through work.

You will learn about Work Incentives and discover how you can transition to the workplace without immediately losing your Medicare and/or Medicaid and, in some cases, your cash payments from Social Security. Each month, presenters also explain how you can access free supports and services such as career planning, job placement assistance and ongoing employment support. You can also find informa-

tion and ask questions about different types of work goals, including starting your own business, working for the federal government or planning for financial independence once you start earning income.

WISE webinars are held on the fourth Wednesday of each month. You can learn about this month's topic and register online at https://choosework.ssa.gov/ wise. Or call the Ticket to Work Help Line at 1 (866) 968-7842 or 1 (866) 833-2967 (TTY) Monday through Friday, 8 a.m. to 8 p.m. ET.

Learn more about how to use the Ticket program to succeed, visit https://choosework.ssa.gov/ success-stories. (NAPSI)

MiFi wireless hotspot through a 1 Million Project Foundation grant.

"We are very excited to launch this initiative, which will not only enhance and transform learning for our students, but also ensures that they are provided every tool available to thrive in a 21st century learning environment," Superintendent Dr. Edward Zuniga said. "Access for All is an essential goal in our District, and we are committed to prepare our students for an ever-expanding digital learning environment."

Teachers have been provided access to a new online professional development program, called "FREE" (Future Ready EMUHSD Educators), which is designed to assist them with integrating 1:1 laptop use into daily instruction

and their teaching practices.

"We are incredibly proud of our efforts to support our evolving learning environments, both in and outside of the classroom," said Erick Steelman, Director of Information Services. "Students will have everything they need in order to take advantage of these great digital resources, which will allow them to create, contribute and compete within our global society."

Students may receive their device during registration week or as they enroll within the District once they have submitted the online student technology usage agreement form and watched the orientation video.

For more information about the program, visit www.emuhsd.org/accessforall.



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\*APY = Annual Percentage Yield

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



The San Gabriel Valley Mr. Examiner

# **Azusa Mayor Joe Rocha Will Seek His** Seventh Term As 'The Mayor For All Azusa'

By Jorge V. Rosales AZUSA - "There are many reasons why I have decided to seek your support for one more term as your Mayor. One of them is that this wonderful town has been my home for 74 years, over 12 of them as the Mayor for ALL Azusa and prior to that 13 years as one of your Council member. It is here where I met my wife, Linda and together raised our four children and 14 grandchildren. It is here where I met many of you who I am proud to call my friends and neighbors," said current Azusa Mayor Joe Rocha as he's ready to announce his candidacy for Mayor of Azusa for the seventh two-year term in the upcoming March 2020 elections.

"I have a Master's degree in Administration and a Bachelor's degree in Social Science, with a minor in English, both from the University of La Verne. Before I retired from teaching in 2008. for 38 years, I taught many of you and your children. You trusted me with that great responsibility. One of the main reasons that I have decided to seek the office of Mayor one more time is because many of you have asked me to do so. The support I have received from all of you is overwhelming," continued to add Mayor Rocha as he justified his decision.



fornia," said Mayor Rocha.

"But even with the economic

development hardships for the

next 10 years, the City of Azusa

continued with the implementa-

tion of my initial promises as

your Mayor, that is smart eco-

nomic development and growth,

public safety and support of our

seniors, veterans and children,

preservation of our open space

and continued City services with-

out cuts or employee layoffs,"

The City of Azusa is currently

1. THE AVENUE: The prop-

thriving in Economic Develop-

ment. Current major develop-

erty located on the southeast cor-

ner of Azusa Avenue and 9th

Street will feature a four-story

added Mayor Rocha.

ment projects include:

Azusa Mayor Joe Rocha to seek his seventh term.

Shortly after Mayor Rocha became the Mayor of Azusa in 2007, the entire nation faced the Great Recession of 2008 due to irrational exuberance in the housing market which led many people to buy houses they couldn't afford. Low interest rates for the previous four years helped create the housing bubble which led to a drastic decline in housing prices resulting in abundant foreclosures. The recession caused great impact to ongoing redevelopment projects in Azusa and to compound the economic development projects in Azusa, in 2011 Governor Jerry Brown eliminated all Redevelopment Agencies and its funding mechanisms which "caused widespread and significant economic pain in communities throughout Caliproject anticipates 12,000 square feet of retail on the first floor with 127 residential units 2. THE ORCHARD: The prop-

erty located on the southeast corner of Azusa Avenue and Foothill Boulevard will feature a fourstory mixed-use development. The project anticipates approximately 31,500 square feet of retail to include anchor tenant Laemmle Theater. The project will include 163 residential dwelling units above.

mixed-use development. The

above.

3. GLADSTONE SENIOR VILLAS: The project consists of sixty (60) senior housing apartments on a 1.23-acre site. Six (6) of the units will be designated as low-income units for affordable senior housing. The project will include 9,826 square feet of common open space with a community garden.

Ongoing or recently completed new developments in Azusa include: the Gold Line Light Rail and 532 parking structure, the 30-unit Metro Walk project, the Taco Bell, the Popeye's Louisiana Kitchen, the second In-N-Out Burger in Azusa, the Lagunitas Brewery and Azusa Business Canter on Todd Avenue and many housing projects throughout the City.

"I want to continue to be the Mayor for ALLAzusa and see the completion of all these ongoing redevelopment projects in our Community, which is why I am asking once again for your vote in March of 2020," concluded Mayor Rocha.

# **Arcadia's Summer Concert Series**



### The Kings of 88

ARCADIA - The City of Arcadia's FREE 2019 summer concert and movie series is here, so make sure you don't miss out on the fun! The summer concerts and movies are both on Thursday evenings. Concerts start at 6:30pm and movies at dusk on the west lawn between City Hall and the Police Department (240 West Huntington Drive). This is fun for the entire family! Bring There is also a FREE fun zone for kids, featuring games, crafts, and activities each week. In addition, there will be food and beverages available for purchase. A portion of the proceeds will be given to the Recreation and Community Services Department! Please note parking is provided at City Hall and Santa Anita Race Track

at Gate 5 only. For more information, please call 626.574.5113. Below is the lineup for July 25, 2019.

### The Kings of 88 (Classic Piano Rock)

The Kings of 88 present a funfilled concert experience featuring the music of Billy Joel, Elton John, and the Piano Men who inspired them - Rock & Roll heroes like Fats Domino. Jerry Lee Lewis, Little Richard, Ray Charles, and more!

### **Ralph Breaks the Internet -**(**PG**)

Video game villain Wreck-It-Ralph must brave the Internet to help Vanellope fix her game Sugar Rush.

# **Be The Coolest, Most Energy-Efficient Home On The Block This Summer**

don't have to choose between being cool and eco-conscious. Today's innovations make it "no sweat" to enjoy both with smart home climate control technologies and advanced airconditioning systems created to achieve maximum energy efficiency and comfort.

Many might be surprised that home cooling accounts for nearly half of home energy use and is responsible for nearly100 million tons of carbon dioxide emissions every year. It's no wonder optimal energy efficiency is a home buyer's top "Green Preference," with nearly half of home buyers willing to invest between \$1,000 and \$9,999 for a \$1,000 annual savings on their utility bills, and 37 percent are willing to spend upward of \$10,000, according to the National Association of Home Builders 2019 "What Home Buyers Really Want" Report. With air conditioner energy expenses costing homeowners more than \$11 billion a year, a little knowledge can go a long way.

This summer, homeowners controlled thermostat could save an additional 10 percent a year. And professional expertise is key because a system can lose 20 to 40 percent of its energy efficiency from poor installation.

> How do mini-splits work? Thin copper tubing is used to pump refrigerant from an outdoor compressor directly into an indoor air-handling unit, where the air is quietly distributed to the interior space. This eliminates the need for basement or attic evaporators and bulky, expensive ductwork. Mini-splits are easy to install and usually require only a 3to 4-inch hole through a wall or ceiling to connect the indoor and outdoor units.

via mobile devices and now voice-activated control via Amazon Alexa and Google Home.

optimal Built for customization, ductless minisplit systems let you control the individual temperature in each room, so you don't waste money cooling unused spaces such as guest bedrooms, bonus rooms, sunrooms and basements. Ductless systems operate at much higher efficiency levels than central forced-air systems and window units, as duct losses in a central AC system can account for more than 30 percent of your energy con-

# How to Never Miss A Day **Of Your Medication**

Most people can't go a day without a cup of coffee or checking their e-mail. But with the demands of everyday life it's not surprising that about 50 percent of patients sometimes fail to take their daily medications as prescribed.

According to a new survey by WebMD, over the past six months one-third of respondents either sometimes or most of the time missed taking their medication as prescribed even though 76 percent know it can cause their condition to worsen or symptoms to return. When asked why they'd missed a dose, 66 percent of survey respondents said that they forgot, 38 percent said they experienced side effects, and 26 percent weren't able to get to the pharmacy to refill their prescription on time. "Not following a prescription correctly can seriously impact your health," said Jamal Downer, a Walgreens pharmacist. "Your local pharmacist is an expert who can help you understand your medications and provide tips on how to use tools like smartphone apps that make it easier and more convenient to stay on track."

Steps to help you take your medications include services online, through apps and in store:

• Getting help whenever you need it: A pharmacist is an integral part of your support team, and now they are available anytime via phone. Walgreens Pharmacy Chat service provides 24/ 7 access to pharmacists who can answer questions to help you better understand your medications, including side effects and how the other medicines you take and food you eat may interact with another drug.

Pharmacists can also coordinate your prescription refills to a single pickup date with the Save a Trip Refills® program for free. Refilling your prescription can be made more convenient by switching to a 90-day supply or setting up automatic refills.

• Making refills convenient: Just like you can order purchases online from your phone, you

Get "Smart" About Home Climate

When it comes to smart home temperature control, there are Smart HVAC Systems and Smart Thermostats. Smart HVAC systems have built-in Internet capability and can be controlled directly without additional equipment. Smart Home Thermostats create "smart" systems by enabling remote temperature control via a mobile or Internet-connected device or voice-operated home automation system. Several leading manufacturers, including Fujitsu General America, offer Smart Systems as well as a Thermostat Converter, which can control their single and multizone Halcyon and Airstage heating and cooling systems using a third-party thermostat.

Amp Up Energy Efficiency, Lower Bills Up to 25 Percent

A system upgrade and a smart home thermostat equals energy savings. The most energy-efficient heating and cooling products on the market, ductless mini-split systems, can save as much as 25 percent on your utility bill. An efficiently

Heighten Customization and Convenience

Take individualized comfort to new levels. Most HVAC manufacturers offer apps that enable systems to be controlled from anywhere using a mobile device. Now, voice-control capability uses digital assistants to verbally dictate home temperatures—"Alexa, set the living room temperature to 70 degrees." For instance, Fujitsu offers a free FGLair app that enables Web-activated control

sumption.

Whether you take a "staycation" or kick back at your vacation home, following some practical tips will help you bask in ultimate comfort while lowering utility bills and respecting the environment.

Many Fujitsu systems with the Energy Star rating are more than twice as efficient as the minimum standard set by the government. To learn more or find a contractor, call (888) 888-3424 or visit www.constantcomfort.com or www.fujitsugeneral.com. (NAPSI)

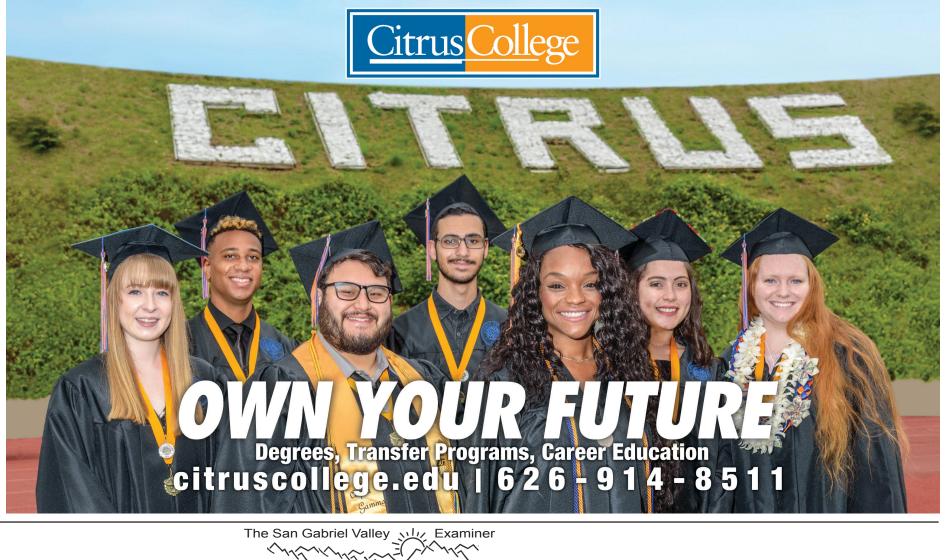
• Setting reminders: Whether you need a quick prompt to take your pill or a text alert that your refill is available, calendar notifications and free tools like a pill reminder can help ensure you always have your medication on hand.

• Simplifying your refills:

can have refills shipped directly to your home. With Walgreens Express<sup>TM</sup>, patients can prepay and pick up prescriptions in a dedicated line or get their eligible medications delivered.

From pill reminders to tools for conveniently managing your condition, the answer to improved health and saving money could be in the palm of your hand. Download the Walgreens app or ask your local pharmacist how they can help you stay on track with your medications.

For further information, go to http://bit.ly/redphone-wakeup. (NAPSI)



The San Gabriel Valley