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Takeover Robbery in Glendora Ends with One Arrest and One Suspect Dead

By George Ogden

GLENDORA - A takeover robbery at a jewelry store ended up with a shootout with police which left one suspect dead, one suspect arrested and one still being sought.

Glendora police responded to a robbery call at 750 W. Route 66 on Friday, Sept. 6 just after 12 noon. When they arrived, they saw a woman in a vehicle which could be the get-away car. They detained and handcuffed the woman and took her into custody. Officers found out there were two male black suspects with guns in the Jewelry Store. Officers quickly started blocking off the area and after the robbery, the suspects ran through the rear door where they saw the police setting up a containment area. The suspects split up with one suspect heading east through the rear parking lot. He crossed Vecino Dr. and then ran through the parking lot of Flappy Jacks Pancake House and crossed Route 66 and continued to run east. He came to a mixed-use complex located at 633 W. Route 66 where he turned in to go through the parking lot. Soon he realized he was trapped because of the security gate and fencing. The officer who were giving chase ordered the armed



Officers set up a containment area along Route 66 and Vecino Dr. in Glendora.

suspect to drop his weapon. He refused to comply.

With the concerns that the dangerous armed suspect might try to gain entry into an occupied office or business and endanger other lives they had to naturalize a very bad situation. With the suspect being a threat to officers and others, they continued to order the man to comply, but it went bad and then a shooting took place with the suspect being hit and going down.

In the meantime, other responding officers attempted to track down the other male suspect who was described as being of thin build with short

dreadlocks with the sides of his head shaved. He was believed to be wearing a dark hoodie with a white t-shirt.

Officers set up a containment area and officers from other agencies joined in the search including one K-9 from West Covina to join the search with another K-9.

There was an eight-hour extensive search and it appeared that the suspect was able to get out of the area on foot before the containment was fully set up.

The woman that was detained was subsequently arrested for robbery as she was part of the gang of robbers. She was identified as 43-year-old Maria Luisa Valenzuela-

Ayala. She has a long arrest record over the last three years. Her bail was raised to \$570,000.00 and originally charged with armed robbery,

however she will most likely be charged with murder because someone was killed (the suspect) in the process of the robbery.

The suspect that was shot was transported to Pomona Valley Hospital Medical Center, where he was pronounced dead. Unfortunately for the suspect, the paramedics were delayed from getting to the suspect to treat and transport him was because the area was not secured or safe for the paramedics to come into the crime scene to treat the man. This suspect was not identified at this writing.

The L.A. County Sheriff's Dept. is assisting with the investigation and it appears that they may have good information on who the second suspect is.



A takeover robbery at this jewelry store in Glendora ended up in a shootout with police.

Photos by Andrew Mendez/Azusa City News

Are You Prepared for the Next Natural Disaster?



The devastation of Hurricane Dorian has left an indelible mark and also served as a reminder of the importance of being prepared for the unexpected. Worldwide, 281 natural disasters impacted more than 60 million people in 2018, according to the Centre for Research on the Epidemiology of Disasters. As unexpected occurrences continue around the globe, it is important to plan how to keep your family healthy and safe in the event an emergency or national disaster strikes close to home.

September is National Preparedness Month, and given recent news headlines outlining the devastation left in the wake of natural disasters, now is the perfect time to make simple preparations to ensure your family has essentials on hand for an emergency. While many comprehensive resources exist to help you build an emergency kit, the first step is to start with the basics: water, food, light, communications and first aid.

An emergency preparation element often taken for granted is access to safe and potable drinking water. From earthquakes and hurricanes to floods and wild-

fires, natural disasters can contaminate and disrupt water supplies and systems.

"During disasters, water systems are often compromised, and it may take days or even weeks for proper testing to be done and for systems to be restored," says Alison Hill, managing director of LifeStraw, a manufacturer of water filtration systems that has been on the ground in India, Indonesia, Myanmar, Mozambique, here in the US, and most recently the Bahamas, offering support to those affected by devastating natural disasters.

While most emergency preparation checklists include clean water, it can be difficult to plan for more than a few days' supply. Emergency preparation tips suggest keeping a few gallons on hand (about a 3-day supply), however for longer-term protection and to eliminate the bulk and weight of carrying large quantities of water during an evacuation scenario, a personal filtration device stored within your at-home emergency kit or go bag provides greater flexibility and longer-term protection.

Options from LifeStraw are a good choice, as they remove vir-

tually all bacteria (99.9999 percent) and parasites (99.99 percent) that can contaminate water when systems break down or present within backup water sources. Because of their ability to filter out these contaminants like E. Coli, Salmonella, Giardia, Cryptosporidium, and other waterborne bacteria and parasites, LifeStraw products make it possible to drink from any nearby river or body of water. The original LifeStraw, is durable, weighs only 2-ounces, is easy to store and lasts for up to 1,000 gallons of water. Its easy to keep a few in an emergency kit or even the glove compartment of your car. LifeStraw also offers other models, such as the LifeStraw Flex with Gravity Bag, LifeStraw Mission, and LifeStraw Community, which are ideal for families and groups.

To build out your emergency kit, check out these additional resources: ready.gov/build-a-kit and fema.gov.

This National Preparedness Month, take steps to prepare your family in the event of a natural disaster or other emergency. (StatePoint)

3 Tips for Finding a Lost Dog



Dogs are important and adored members of their families, however, millions go missing every year. The reasons are varied and probably not all that surprising. A curious dog might jump over a fence or dig a hole under one. A pup might sneak out a door or gate inadvertently left open. Worn or broken leashes or collars could also allow a dog to escape your control.

Regardless of how a dog is lost, what matters most is getting your pup back home. Here are three important steps to take before and after a dog goes missing:

1. Before your dog ever goes missing, you can help protect your pup. Leverage innovative technology designed to reunite dogs with the people who love them, like the recently launched Wag! Tag, a smarter dog tag from the dog walking and sitting app Wag! Pet parents can use their smartphones to scan the unique code found on the tag to create a profile for their dog with important information, such as emer-

gency and veterinary contacts, vaccination history, food and medicine allergies, and other relevant notes. If your dog ever goes missing, the person who finds your pup can scan the Wag! Tag with their smartphone to access the dog's profile and contact you. The additional information on the profile can help that person contact someone else if you're not available, as well as ensure your dog receives good care until you're reunited. "Our love for dogs is what led us to launch the Wag! Tag," says Wag! CEO, Hilary Schneider. "A smarter dog tag will help a lost pup return home more quickly by allowing a pet parent to share a lot more information than is possible with a traditional dog tag."

Wag! is launching the tags by first providing them free to animal shelters and rescue organizations to help ensure that once rescue dogs find forever homes, they can be quickly reunited with their families if they ever go missing. The company has a long commitment to helping shelter

dogs, donating a portion of its dog-walking proceeds to GreaterGood.org's Rescue Bank. To-date, Wag! has provided more than 8 million meals to shelter dogs in the U.S. For more information, visit tag.wagwalking.com/shelter.

2. Use social media to get out the word. Post to your own feed, asking friends and neighbors to share your post. Reach a wider audience by sharing your post on the pages of local community groups.

3. Of course, don't neglect the traditional tactic of pounding the pavement, asking your neighbors if they've seen your pup, as well as posting fliers in highly-trafficked areas in your community. Be sure to include a recent high-resolution picture of your pet. And of course, keep your eyes open!

You can imagine the heart-break that a lost pup brings. Luckily, new technology as well as old-fashioned neighborly networking, can help ensure a happy reunion. (StatePoint)

Supervisor Barger Unveils New Fleet Of Mental Health Transport Vans



Supervisor Barger and Dr. Sherin unveil the new fleet of Therapeutic Transport Vans

LOS ANGELES COUNTY - On Monday, September 9, L.A. County Supervisor Kathryn Barger and Dr. Jonathan Sherin from the L.A. County Department of Mental Health unveiled the new fleet of Therapeutic Transport Vans at the Hall of Administration.

The 10 brand new Ford vans will help reduce long waiting periods for the transport of individuals experiencing a mental health crisis and will mitigate the risk of trauma caused by ambulance or law enforcement transportation involving restraints.

Each van will be staffed with a clinician and a peer support specialist, in addition to a 40-inch monitor with teleconferencing capabilities that can provide access to a psychiatrist while in transport.

The Beauty of Sri Lanka on Display in Los Angeles



Oen of the many photographs of wildlife in Sri Lanka. This one of a herd of spotted deer was taken at the Yala National Park. Photo by Andy Samaraseena.

By Nandasiri Jasentuliyana

America Sri Lankan Photographic Art Society in association with the Consulate General of Sri Lanka in Los Angeles will hold a photographic exhibition titled, 'The Beauty of Sri Lanka', on 21 September 2019 at the University of California in Los Angeles (UCLA), in Los Angeles.

The exhibition is being designed to depict the beauty of fauna and flora, highlighted by one of last remaining rainforests, Sinharaja forest, as well as, the 2500-year-old historical and the cultural heritage of Sri Lanka.

'The Beauty of Sri Lanka' beholds the Shady trees, green hills, valleys, streams, colorful fauna, and flora breezy air as well as the serenity of jungle life. These amazing creations of nature are not only the epitome of beauty but serve as a critical element in sustaining life. However, the effects of climate change driven by modern-day industrialization are ever-present threats to the serenity of the natural environment.

Nature Photographers are in the vanguard of the army of Nature Saviors.

This exhibition is designed to

introduce viewers to a range of issues that currently impact the environment including forest fires, the critical importance of which is quite apparent from the fires burning in the Amazon in recent times threatening the lungs of the Earth. It also depicts the unsurpassed beauty of nature in Sri Lanka, its wildlife, and the rich cultural heritage, through the creative eyes of Suriya Jayalath Perera, an award-winning Nature Photographer. Mr. Perera is the president of America Sri Lankan Photographic Art Society and he has demonstrated a sensitivity to the animal and human life that surrounds the pristine environs he has captured through his expert lens.

He is joined by six leading Sri Lankan photographers who will bring their award-winning masterpieces all the way from Sri Lanka to Los Angeles for this unique exhibition. Members of the National Photographic Art Society of Sri Lanka (NPAS), they have earned recognition from the International Federation of Photographic Art (IFPA), France. Among them are Vickum Senanayake; Life member of the NPAS and Country Liaison Of-

ficer & Membership Director of the Photographic Society of America (PSA), and Andy Samaraseena, trained at the New York Institute of Photography, is a photojournalist specializing in landscapes and wildlife, for several publications across the United States.

The Exhibition consists of several rare photographs of National Parks of Sri Lanka (Yala, Wilpattu, Udawalawa, Horton Planes), and one of the last remaining rainforests in the world, Sinharaja Forest, in Sri Lanka. The ancient cities of Sri Lanka with architectural gems that are part of the cultural and religious heritage of the nation, and blend with the tropical fauna and flora being exhibited, also form an integral part of the exhibition

The exhibition will be ceremonially opened on September 21st at 11.00 a.m. by Mrs. Swarna Gunaratne, the Consul General of Sri Lanka to the Western States of USA. Exhibition hours will be 11.00 a.m. to 5.00 p.m on Saturday, September 21st, 2019. Admission is free and all are welcome. For further information contact: 818-645-5726.

5 Cool Ideas for Self-Improvement Month



There's no good reason to wait until the new year to focus on self-improvement. There's also no excuse. September is Self-Improvement Month, and a fine time to learn a new skill, take up an old hobby or set a goal.

Here are five cool ideas to try out over the course of the month:

- Start coding: Whether you want to switch careers and become a software or web developer or simply take up a new hobby, learning to code can open up a world of possibilities, while keeping your mind active and vital. And these days, free online tutorials available in dozens of

programming languages, can help you get started without any tools required but time and dedication.

- Learn to play piano: Learning a musical instrument can improve focus, enhance memory and reduce stress. For a fast-track to playing songs skillfully, check out the Casio CT-X700, which features a Step-Up Lesson system to easily learn songs from the keyboard's built-in library. The display shows proper fingering and notation, and a six-track recorder allows you to quickly capture your inspiration.
- Set a reading goal: You don't have to be a student to complete

a reading challenge. Whether it's to read 5 non-fiction books over the course of the month or get through that classic tome that's been sitting on your bookshelf for years, give yourself a reading goal to achieve this month.

- Get outdoors: Spending time exercising in nature has powerful physical and mental health benefits. Give yourself the motivation needed to get outdoors with a wearable device, such as the WSD-F30 Pro Trek Smart Outdoor Watch, which includes a built-in compass, altimeter and barometer, as well as a slew of fitness and nature apps designed to promote wellness and help you better appreciate your surroundings.

- Start saving: If you don't have a savings account, think about opening one during the month of September. Make it painless by having the fund draw automated monthly payments from your checking account. Then sit back and watch your savings grow.

Long before writing up resolutions, celebrate Self-Improvement Month, a perfect mid-year motivation for change and growth. (StatePoint)

Student's Report of Kidnapping Attempt was a Hoax

By George Ogden

WEST COVINA - Recent reports to police about attempted kidnapping on Wednesday were being investigated when a report came in on Thursday, Sept. 5th of a 12-year-old boy who reported to police that on that morning while walking to Traweek Middle School that he was accosted by two individuals. He said he was able to escape from the two men. One man was driving a black Mercedes who tried to lure him inside his car and at the same time a second man, who was riding a bike, road up and attempted to assist the first man by grabbing and trying to push the boy into

the car. The boy claimed he fought off the two suspects and got away.


After the incident was put out by the news media, police later said the boy admitted to investigators that he made the whole thing up. It was unclear as to why the boy lied about the incident which caused alarm for students and parents. This also caused a lot of police resources to be used as well.

On Wednesday, there were two reports of attempted kidnappings where officers responded. Just after 1:00 p.m., a 10-year-old girl said a man approached her and asked the girl if she wanted a ride as she walking home from school. Around 3:00 p.m., a passerby said they were concerned when they saw a man driving a black

sedan following a young girl as she was walking on the sidewalk. This was in the area of Lark Ellen Avenue and Workman Avenue. Police responded to the area and they were not able to locate the reporting party or girl.

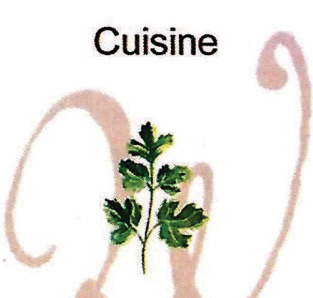
In both Wednesday and Thursday cases, investigators determined that no attempts were made to kidnap the children.

The West Covina Police Department put out information to let the public know that they have no evidence that they believe that there is anyone driving around attempting to get students into their vehicles. The police encourage the students to remain aware of their surroundings and if possible, to walk in pairs.



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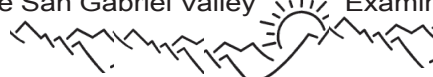
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Governor Signs Bill to Require Screening of All Sexually Violent Predators Before Release

SACRAMENTO - Governor Gavin Newsom has signed into law Senate Bill 141 coauthored by Senator Ling Ling Chang (R-Diamond Bar) and authored by Senator Patricia Bates (R-Laguna Niguel) that will require all inmates convicted of a sexually violent offense to be administered a comprehensive risk assessment before their parole hearing.

"As California continues to expand the possibility of early release of inmates sentenced to life terms, this added legal assurance will make our neighborhoods safer," said Senator Chang. "I'm proud to stand up for crime victims and improve public safety."

SB 141 will require the California Board of Parole Hearings to consider the results of a "comprehensive risk assessment for sex offenders" for inmates that have a prior conviction for a sexually violent offense before their parole hearing. The assessment specifically tests for an inmate's likelihood to engage in sexually violent behavior.

"Protecting California's communities is one of my top priorities and I am pleased that the Governor signed Senate Bill 141 into law," said Senator Bates. "Every sexually violent predator should be screened before their parole hearing. I thank San Diego County District Attorney Summer Stephan, my legislative colleagues, and the Governor for their assistance in strengthening the law."

Current law requires the screening of inmates sentenced to a determinate term for their potential to engage in a sexually violent offense before they are released on parole, but not those sentenced to an indeterminate term. SB 141 closes this loophole and ensures that those sentenced to an indeterminate term are also evaluated.

SB 141 was inspired in part by a Southern California man who was convicted of murder and rape with a foreign object in 1989 and is now eligible for parole. The inmate previously was committed as a Mentally Disordered Sex Offender (MDSO) to Patton State Hospital for previous crimes, had been diagnosed with sexual sadism, and was convicted for a sexually violent offense that otherwise qualifies him to stay behind bars.

L.A. County Launches Fair Chance Hiring Campaign to Raise Awareness of the Benefits of Hiring Justice-Involved Workers

LOS ANGELES COUNTY - Members of the Los Angeles County Board of Supervisors joined business leaders and community partners to announce the launch of an awareness campaign to promote the Fair Chance Hiring Initiative, which encourages businesses to actively hire members of the justice-involved community.

"Today, we challenge employers to think outside the box when making their hiring decisions," said Los Angeles County Supervisor Hilda L. Solis, who authored the motion to establish the Fair Chance campaign. "Studies clearly show that hiring rehabilitated people with past records is a smart business move: they work harder, stay longer, and promote faster than other employees. LA County also offers incentives and support to businesses that hire individuals who have been justice-involved. Everyone deserves a fair chance to get back on their feet - and when they do, everyone benefits."

As part of the campaign, business executives will be asked to sign the Fair Chance Hiring Pledge, which is a commitment to provide justice-involved individuals a fair chance to partici-

pate and to thrive in our economy by promoting fair chance hiring practices. The pledge is available at fairchance.lacounty.gov. Companies that sign the pledge will receive guidance from County Business Services Representatives who will work with them to recruit and keep qualified candidates. The County connects businesses to tax credits, training reimbursement, and other resources when they hire qualified workers who were once incarcerated.

"Hiring justice-involved individuals is not only good for business, but provides an opportunity to transform lives," said Supervisor Mark Ridley-Thomas. "Stable employment can help individuals reenter society with the tools they need to lead healthy and productive lives, leading to greater safety in our communities."

The Fair Chance Hiring initiative is a key component of the County's overall efforts to expand employment opportunities for justice-involved individuals and to reduce recidivism. Research shows that approximately one in three working-age Americans has a felony criminal record and up to 65% of individuals re-

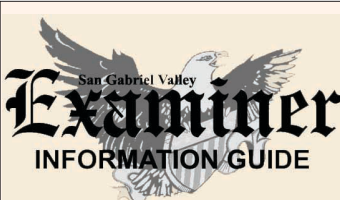
leased from incarceration are unemployed a year after release.

"There is a great need for work opportunities among members of the reentry community," said Vincent Bragg, who founded the advertising agency ConCreates after leaving prison. "Too many of us have been undervalued and overlooked because of complex circumstances. It is vital to have programs like this that can help move the needle toward meaningful change."

"We have been hiring reentry individuals for several years and can attest to the dedication, reliability and incredible work ethic of our justice-involved employees," said Ken Wiseman, Chief Workforce Development Officer at AMS Fulfillment. "It is great to see the County offering incentives to businesses that hire from this pool of qualified, talented people."

The Fair Chance Hiring Campaign also seeks to raise awareness of the State's Fair Chance Act, which went into effect in January 2018. The law generally prohibits businesses with more than five employees from asking about a job candidate's criminal record before tendering a conditional job offer.

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California Veterans Will No Longer Need to Pay Adoption Fees at Animal Shelters

SACRAMENTO - Following strong bipartisan support, Governor Newsom signed Senate Bill 245, authored by Senator Ling Ling Chang (R-Diamond Bar), which calls on animal shelters throughout the state to waive pet adoption fees for military veterans. California is home to two million military veterans, including many who struggle to cope with Post-Traumatic Stress Disorder (PTSD) and a companion animal could be beneficial with their recovery efforts.

"This is a big win for veterans and shelter animals," said Sena-

tor Chang. "As the saying goes, a dog is a 'man's best friend.' When I'm home my four-legged companions are a part of my family. Buster and Pepper bring me joy and laughter and I benefit from the positive effects of their companionship. Our brave heroes deserve the same happiness, and I'm glad we can reduce the barriers for bringing together veterans seeking companion animals and pets in need of a home."

Under SB 245, the process for confirming an eligible veteran by a shelter would be streamlined by using the state's existing "VET-

ERAN" driver's license designation. This law is effective January 1, 2020.

Since Senator Chang's tenure, she has advocated on behalf of veterans and shelter animals with other legislation that are on their way to the governor's desk for his signature. She co-authored Assembly Bill 427 which would exempt military retirement pay from state income tax for veterans who are residents in California, and introduced Senate Bill 64 which would require a microchip be implanted in all dogs and cats before they are released.

California Sends 6th Urban Search & Rescue Task Force to Bahamas to Assist in Response to Hurricane Dorian

SACRAMENTO - As a part of an agreement with the US Office of Foreign Disaster Assistance and the Los Angeles County Fire Department, California is providing a sixth Urban Search and Rescue (US&R) Task Force to the Hurricane Dorian impact zone.

In response to a request from the Government of the Bahamas, the US Agency for International Development/Office of Foreign Disaster Assistance is deploying an International Medium US&R

Team with Water Rescue Capabilities from the Los Angeles County Fire Department to the Bahamas to support search and rescue operations in response to Hurricane Dorian.

The Los Angeles County Fire Urban Search & Rescue team, known internationally as USA-2, will deploy to the Bahamas with 57 personnel, four US&R Canine Search, and an International Medium US&R equipment cache with additional water rescue capabilities.

Hurricane Dorian is the second strongest Atlantic hurricane on record and the strongest to ever hit the Bahamas. Dorian brought life-threatening wind, rain and flooding to the northwestern islands of Abaco and Grand Bahama.

The LA County Fire Department will also deploy a member of USA-2 to USAID Ops Center in Washington, D.C., to serve on the OFDA's Response Management Team in support of the urban search & rescue mission.

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Glendora Home for Sale

GLENDORA - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale. Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of re-

pair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free re-

port entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To order a FREE Special Report, visit www.CAhomesinfo.com or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-833-818-1082 and enter 2403. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

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CAGOP Ensures Trump Has Delegates

The Presidential Tax Transparency and Accountability Act, SB 27, introduced this year by Democrat Senators Mike McGuire and Scott Wiener "... requires a candidate for U.S. President and a candidate for California Governor to file copies of their income tax returns with the Secretary of State (SOS) ... "and must file the last five years' tax returns and do it by the end of November to be on the March California Primary Ballot. Gubernatorial candidates, however, will be required to file beginning in 2024. Gov. Gavin Newsom signed that bill believing it is "California's sovereign authority" to regulate who is listed on the state's ballot.

Newsom has told most of the news agencies, in so many words, it is important to have that tax information so voters know who they are voting for and what their real choices are for President and governor. Former Governor Jerry Brown was presented with a similar bill and vetoed it during his term after refusing to release his tax forms in the 2010 and 2014 elections as did his challengers.

Back from the Republican State Convention in Indian Wells this weekend, I can tell you those there feel it is unconstitutional and many of us are outraged that this Democratic legislature and Gov. Newsom feel they are able to create legislation that disenfranchises many of us voters with this bill for their own self-serving political end-run.

Republican National Committeewoman and Vice-President of the Republican National Lawyers Association, Harmeet Dhillon, has filed a lawsuit challenging SB



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora
27 in Supreme Court and told Republicans attending the Convention she believes they may get a decision back by the end of September. Currently Dhillon's Republican National Committee lawsuit is one of five lawsuits pending over SB 27 legislation. The California Republican Party, led by Chairwoman Jessica Patterson, has also filed suit.

San Francisco Chronicle article by Alexei Koseff on August 6th reported "... three Republican voters also sued in Sacramento, naming Newsom and Padilla as defendants in "a naked political attack against the sitting President of the United States" that "subverts the franchise for cheap political gain."

If SB 27 is found to be constitutional in California, and most believe it is not, the questions become far more serious for all voters in all the states in this country. It simply means, at the whim of any majority party, a voter could be disenfranchised by that majority who would decide who should be allowed on the ballot based upon majority party's demands. In this case, a president presenting tax forms to be

able to get on the primary ballot.

What other demands could eventually surface demanding of any, or all, other candidates to be eligible to be on a ballot? How about birth certificates for the candidate or even for family members? A candidate's health records that would violate in place privacy laws? School and college records? Where would it stop and do voters really need those personal records to make good decisions on electing those willing to serve in office? Perhaps it is the political opposition party that is the needy one.

The overriding question becomes should states be able to dictate ballot eligibility to the federal government by setting the qualifications and requirements for federal candidates and officers? At one time, when there was a movement to set term limits for Congress, the Supreme Court ruled the states can not set or add qualifications for federal candidates.

The California Republican Party took action this weekend to approve a rule change to make sure California will be able to send delegates to the Republican National Convention even if President Trump is kept off the California ballot. The measure would allow the State GOP to hold a special convention after the March 2020 primary to select delegates and alternates to send to that summer convention.

In the meantime, many of us become increasingly concerned with some of Gov. Newsom's actions and some have reached the point of talking seriously about an attempt to recall this Governor.

Honoring Our Country, Our Constitution And Our Flag

D. B. Shimel: My prospective The celebration of the founding of this great nation, July 4th, has come and passed. However, we are coming up on an equally important and almost never celebrated event in this nation's history. That day is Constitution Day. September 17th, 1787 was the date on which the United States Constitution was adopted as the supreme law of the land. At this time of year the nation should be holding a celebration honoring the beginning of this nation as it is today.

This country was born out of the new concept that all people have the right of self-government as so eloquently written by a most noted and renowned statesman, ambassador, educator and our third President - Thomas Jefferson. In the Declaration of Independence, he wrote "We hold these truths to be self-evident that all men are endowed by their creator with certain unalienable rights among these are the Life Liberty and the Pursuit of happiness - That to secure these rights governments are instituted among men deriving their just powers from the consent of the governed". These words emphatically state that the people of this country are sovereign - meaning that we the people are the rightful rulers of this country and of ourselves. The Constitution further states these principals with the first words of the preamble "We the people..." not we the government.

Prior to the founding of this nation, no other nation and the government that controls it had ever been based on the premise that all the people can rule themselves through a republic form of government. Democracies had been tried before but they always 'consume themselves' through greed. The idea that all the people of a nation are the true rulers of the nation was a truly innovative and novel concept. These concepts are symbolized in our nation's flag.

We should always feel pride in our flag and a pride in all the ac-

complishments that it represents. It has been planted on the moon, atop a mountain in the Pacific driving out a regime that enslaved much of Asia. I could go on but, the list of the accomplishments made by those who have revered our nation and the flag would be practically endless.

To give honor to the flag is to honor the heroes who have sacrificed all - their lives for this great nation. We must honor not only the men and women who have served and to this day serve in the armed forces but all the first responders who deserve our gratitude for their service to all of our people. All of these heroes deserve our gratitude and a hearty thank you for your service.

In spite of the politically correct attitude among those who would denigrate this nations accomplishments, this is the greatest, most diverse and most generous nation that has ever existed on this planet. The flag is a symbol of a great and powerful nation that has matured and been sometimes overly generous.

Of historical note is the fact

that originally as the number of states in the nation increased so too did the number of stars and stripes on the flag increase. Very quickly it became obvious that adding a new stripe for every new state was becoming too cumbersome so the number of stripes was returned to thirteen. The number of stars on the flag continued to increase to represent the 50 states in the union.

Of final note - our nation's flag must never be thrown in the trash but retired in an appropriate manner. The Boy Scouts and the Veterans of Foreign Wars have programs to properly dispose of worn out flags. Also, the Republican Center located in Covina has a collection box for collecting flags that have seen their better days. By bringing these flags into the Center people can be assured that the flags will be properly disposed of. The Republican Center is located at 200 East Rowland St. just east of Citrus Ave. in downtown Covina. The Center is open Monday through Saturdays from 11 Am until 2 Pm.

MY TURN: And just like that, the Left "happened."

by Charles Lopresto

And just like that we became a Nation Divided.

"Black Lives Matter, separate graduations, separate fraternities and separate clubs." And just like that, the Progressives and their supporting media, entertainers, sports figures and party of the Left, admitted they were segregationists.

"Blow up the White House, get in their faces, take the fight to the streets. When was the last time an actor considered assassinating the President? We also gave those who wish to destroy, the space to do that as well." And just like that, the Left admitted they were anarchists.

"Make the baby comfortable and then discuss what to do with it. Doctors take the Hippocratic

oath too seriously..." And just like that, the Left admitted they were baby killers.

"(Forced buy back of weapons) is exactly what we will do." And just like that, the Left admitted they wanted to confiscate guns.

"I am hoping for a recession if that will remove Trump from office." And just like that, the Left admitted they hated America.

"We will not support anything this President proposes. We are committed to slow walking Trump's nominees...draw out the confirmation process." And just like that, the Left admitted they were obstructionists.

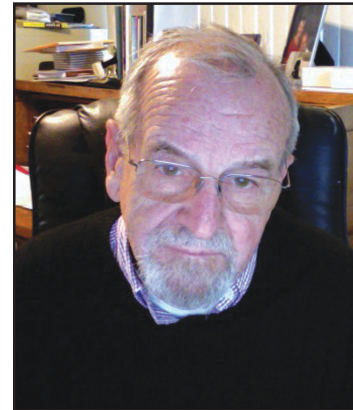
"Compile a list of Trump donors and we will make sure they no longer are allowed to work."

The Health Insurance Debate

"Life liberty and the pursuit of happiness" is the Jeffersonian trinity of values that stand at the heart of this independent nation. While exact definitions would come later, we are just becoming aware that "Life" must include universal health care, and every Democratic candidate for President has made that affirmation. The question is not "Should everyone be covered," "but "What is the best way to get it accomplished?"

The philosophical principle called "Occam's razor" holds that given a plethora of possible solutions, the best one will be the least complicated. As I looked at this issue in April of 2016, I had concluded that "Medicare for All" was the simplest solution, and I said so in a column. But as I have continued to study the issue, I have had to alter that opinion. Bernie Sanders wrote the bill calling for "Medicare for All," and has doubled down on his unqualified support. But he has framed it as an angry broadside attack on the insurance industry, the pharmaceutical industry, Wall Street and the "one percent." His plan would also declare illegal the existence of every health insurance company.

In the recent debates on this issue Bernie has been joined by Elizabeth Warren and Kamala Harris. At the core of the opposition to this solution is the obvious conclusion that when you obliterate the health insurance companies you cancel every one of their policies. That affects more than a hundred and fifty million Americans. Advocates of Medicare for All insist that they are just offering a less expensive better alternative without deductibles and co-payments, and as-



Charles H. Bayer

sume that Americans will gladly make the exchange.

Advocates, however, fail to recognize the millions who are now happy with their coverage, and the unions who have fought for decades to obtain it for their members. For Democrats to rattle even a minority of union members is a political death wish. What is more, a significant number of Americans are uneasy about the scope of big government and would see this as just another socialistic takeover of a legitimate capitalistic enterprise.

When these issues have been raised, the answer has come back, "Democrats need to stop using Republican talking points." I have long believed that in any dispute wisdom lies in listening to your opponents and taking seriously what they say, particularly if their appeals are directed at the very independents you need to cultivate.

I have an advantage over America's politically elite. I can consider new evidence and change my mind without being branded a flip-flopper. And change my mind I now have. Pushing Medicare for All may simply doom the American people to four more years of "Trumpism." And for that reason alone at this juncture I

have come to believe that it is a political disaster, and wisdom dictates that candidates unalterably committed to it must be rejected. Bernie Sanders is locked in. If Elizabeth Warren, who to this point has been my candidate of choice, cannot alter her position, and if she prevails, I'm afraid she will lead America into years of the racist, nationalist bigotry only celebrated by America's right-wingers including those who shouted, "Jews will never replace us!"

If Medicare for All is not the answer, what might be? Democrats have but a few months to clarify their position, but wherever they come out there are a few guiding principles: 1. The plan must cover everyone. 2. The plan must provide a choice. 3. The plan must allow every person the right to stay with their trusted physician and current plan. 4. The plan must be available to the poorest Americans.

Has any such proposition been proposed? It is unclear, but it may start with Mayor Pete's call: "Medicare for all who want it." This might come with an alternate government plan built on the Affordable Care Act. In addition, the proposal must guarantee that every American should have the right to seek private coverage or purchase supplemental insurance.

Having watched the latest debates and followed the responses, it appears to me that the overall winner was Donald Trump. Democrats, before it is too late, step back, take a deep breath and find a better answer to the health insurance issue.

Contact Charles Bayer at candwbayer@verizon.net

Don't Call List, How is that Working Out for You?

Remember that "Do Not Call" program that they had? Remember when you were supposed to tell the telemarketers to delete your number from their list. How about the computer solicitations where at the very bottom it said remove me from the list? Well, how is that working out for you?

I bet not very well. You wonder how they get your number and email addresses. Not hard at all. When you order online via your phone and/or computer, you just gave out your number. Heck, today you simply go visit a site online and then you get all kinds of emails from this company and other similar companies.

You can't seem to get away from all of this.

Then there are those ROBO calls from that Chinese lady, who knows what the hell she is talking about. For all I know she may be advocating to kill some political person.

How do you fight all this? Not that easy. You can block calls and emails, but they still keep com-



George Ogden
That's just the way it is!

ing. If you have time when one of those telemarketers call you, lead them on.

I had some guy call me about auto insurance. Some of you know I have a large number of vehicles. He told me he could get me the best deal. I had nothing better to do and we started the application process. This is where the fun begins. I started listing my cars. This guy thought he hit the gold mine with me. After feeding him the lengthy list he finally got around to my driving record. At this point, this is where the real fun begins. I told him I don't have a license because it was suspended for a number of reasons. I told him I didn't care. After spending time in jail for drunk driving manslaughter charges, running from the police and all kinds of hit and runs on different occasions they most likely will never give me my license in California.

You could hear his voice change from excitement to disappointment. I told him that I was SR-22 on any vehicle registered to me. This is "insured risk" if I could find anyone to insure me. He then wanted to hang up, but I still wanted to talk, and he didn't want to be rude and hung in there. He finally got smart and said he had another call and hung up.

Those other people that call, tell them you can't hear them and ask if they can call back. Then if they do, have that little air horn close by... use it when you answer the phone.

The Edison Scam Calls are the best. "They are coming to disconnect because they didn't get

the last payment." Something went wrong and it needs to get paid immediately. I keep them on the phone and pretend to get into a verbal altercation with the person who was supposed to pay the bills. (Note: there is nobody else in the office, I just pretend there is.) I escalated this while this "fake Edison representative" is still on the phone. I finally get to the point where I make sounds like we get into a physical fight. I start screaming at "the imaginary person in the office" I am having an imaginary fight and say "put down the knife or I will shoot you!" I let this scammer hear all of this while still the phone. I then take the phone and hit the desk or table two or three times to make it sound like gunshots and yell, "I told you I would shoot you!" I then tell the jerk on the phone that I just shot the guy that should have paid the bill. I ask him to call the police and paramedics and he stumbles around with his conversation with me as I am yelling into the phone. I then tell him I have to hang up and call the police. Then I say, "Can you believe that I killed this guy because you called to tell me that the electric bill wasn't paid and you're turning off the electricity?"

You folks, if you have time, can have a good time with the callers if you want. Make up your own storyline. The longer you keep them on the phone, the less time they have to scam others.

Don't buy, don't commit and certainly don't "donate" money over the phone to anyone. Not the police, fire department or any other organization. They don't solicit funds over the phone.

Remember, these callers don't care about you, they just want your money

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China is Slowing and the U.S. is Growing

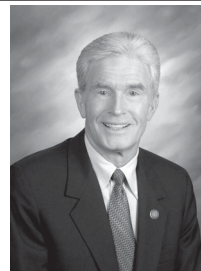
Few would argue against the position that when the S&P 500 hit a new all-time high in late July, it was a new high not to be trusted. Rumors of a trade deal and the prospect of a 50-basis point rate cut were somehow being thought of as being a "done deal". Both assumptions were at best rumors and guesses by many position takers on Wall Street. Such a fickle market that goes up on poorly grounded momentum was bound to give way after absorbing a double-dose of disappointment after the Fed cut rates by 25 basis points and China devalued the yuan.

Recent equity performance delivered another roller-coaster ride, but the S&P's net decline was only 1%, and just -4.5% from its all-time high on July 26. The big news was the ongoing protests in Hong Kong, which are casting a cloud over China and raising concerns about global growth. These protests have now become more violent, including petrol bombs by some rioters and tear gas by the riot police to disperse crowds.

Protestors congregated at the airport, knowing that the Chinese police would not use tear gas within the airport, but riot police stormed the airport recently to disperse the protestors. These protests are now hurting the Hong Kong economy, so it will be interesting to see how this fight over lost freedoms in Hong Kong will eventually be resolved. In the meantime, the Chinese military remains on the border and if they enter Hong Kong for the first time since just after World War II, the stock market will likely have an adverse reaction.

If you watch Bloomberg TV, CNBC, CNN, MSNBC (etc.), they are increasingly blaming the Trump Administration for the China trade talk standoffs. I look at things a bit differently. President Trump's negotiation style is to make everyone involved as uncomfortable as possible to try to get a better outcome. Whether the Chinese delegation will come to Washington D.C. in September for continued negotiations is now in question. If these formal trade negotiations get canceled, then all bets are off and

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

financial markets could have an adverse reaction.

In a surprise move to lure China back to the trade table, the Trump Administration delayed the 10% tariffs on \$300 billion in imported goods until December; this lifted the market. This move also gives the Trump Administration room to negotiate from strength in September with the threat of another 10% tariffs on \$300 billion to be imposed in December. Clearly, the Trump Administration wants to try multiple avenues to negotiate a new trade deal with China before the election season peaks in mid-2020.

The Chinese National Bureau of Statistics announced last week that its industrial output rose 4.8% in July compared to a year ago - a significant deceleration from the 6.3% increase reported in June. Retail sales in China also slowed to a 7.6% annual pace in July, down from a 9.8% pace in June and economists' expectations of an 8.5% annual growth in July, so this was a major disappointment. It appears the tariffs are working in cutting into the buying power of the Chinese economy.

In the meantime, the International Monetary Fund (IMF) apparently is not siding with the U.S. after it declared China a currency manipulator - which is a serious allegation. If the IMF had concluded that China is a currency manipulator, then U.S. businesses would be able to sue for damages, which would create a big, endless legal mess. Instead, the IMF apparently believes that the weakness in the Chinese yuan is due to its decelerating economic growth, exacerbated by the Hong Kong protests. I should add that since the head of the IMF,

Christine Lagarde, is due to become the President of the European Central Bank (ECB) in November, the last thing she wants is to pick a fight with China to tarnish her IMF legacy.

The big news from Europe last week was that mighty Germany's economy contracted at an annual rate of 0.4% last quarter. Declining exports were largely responsible for contracting GDP growth. The German 10-year bond is now yielding -0.684% and all maturities out to 30 years continue to have negative yields.

Europe is trapped in a negative-yielding economy with zero growth due in large part to a paralyzed and geriatric welfare-state whose "youth movement" is composed of immigrants who increasingly refuse to work.

The past two weeks show erratic behavior similar to last May - a market correction month like August, after which the market righted itself. My view is that the ground under the market has shifted and earnings growth tied to attractive P/E ratios will begin to matter more following the kind of shakeout investors have just endured. There will still be plenty of high-beta stocks that will trade higher, but only if they held their crucial technical support levels during the current washout.

Professional money is paying super close attention to those stocks that not only exceeded second-quarter sales and earnings estimates, but also provided solid upside guidance for the third quarter and for the full year. Plus, those stocks that have the luxury of dominating their space will also maintain a strong institutional fan base in some of the hottest secular themes, such as 5G technology, artificial intelligence (AI), digital advertising, space wars, mobile e-commerce, and advanced medicine. That may sound like a lot, but the playing field of superior stocks has actually gotten smaller.

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

Your Money - Ask Julia

9/11/2001 Always Remember!

Eighteen years ago, on September 11, 2001, terrorists successfully attacked America. I was shocked to learn that some schools do not allow students or teachers to even mention the events of that historic date. Parents, grandparents, aunts and uncles, big brothers and sisters, it's up to you to teach our youth, and remind forgetful adults, about this chapter of our American history. Military troops of American, and other countries, are still actively fighting the War against Terrorists. Please, never forget!

How can I help those who have suffered great loss from Hurricane Dorian?

Do not wait for a charity to call you. We've been told that the best way to help is to donate money. Beware of scams that pop up whenever there's a disaster. Go online to research how much of your charitable donation dollars actually go to the cause. You might be surprised that some of the larger, popular, non-profit organizations only spend 10-cents of every dollar to actually help those in need.

I just noticed that my life insurance policy states that it does not pay if death was caused by an act of terrorism, or act of war. Was that true on 9-11?

According to my internet re-



Julia Yoder

search, it took a request by then President Bush for resistant life insurance companies to pay benefits to the beneficiaries. Nowadays, more insurance companies include the clause that they will not pay if loss of life was due to terrorism or act of war. Those survivors with no insurance, or who were under-insured were left with adjusting their lifestyles by among other things, modifying plans for their children's education, and altering their retirement plans. Some life insurance policies with cash accumulation accounts would make those funds (not the death benefit amount) available to the beneficiaries. Some properly-set-up annuities would also pay out to beneficiaries.

Is now a good time to refinance our home loan, or will rates go down even further?

Mortgage interest rates could go up or down. Surprisingly,

mortgage interest rates recently went down. Your interest rate, compared to current rates, plus factors like your credit scores, employment history, equity, and the amount of time it will take to recoup your cost of refinancing, are involved in 'crunching the numbers.' You might want to use an online mortgage calculator to figure out the monthly savings between what your interest rate is now and what it could be at current rates. Keep in mind that rates quoted online are often based on stellar credit scores, low debt-to-income ratios, solid comparable/appraised value, and the borrower's ability to repay the loan. Banks are limited to their loan programs and rates. An independent mortgage loan professional has many more loan programs and rates, will crunch the numbers for you, and will shop for the best rates for you.

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/RE Broker 01238153/Nat'l. Ethics Assoc. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

Study Shows College Kids Hide Debt From Parents

For college freshmen looking to manage their own finances—often for the first time—heading to college can often mean a lot of unexpected expenses and even new debt.

Surprising Survey Statistics
A recent survey of college students and parents uncovered some startling information on school and their money.

- Almost half—44 percent of parents polled—said that their child's education was more expensive than they expected.

- Parents are confident—but kids still stumble. The majority of parents, 63 percent of those polled, rated themselves confident or very confident in their children's ability to manage their finances in their first year of school.

- Despite this, over a third of students polled said they incurred unexpected debt in their first year of school.

- One statistic that may help explain the disparity between confidence and stumbles: Almost one in three students said they hid the debt they incurred from their parents.

- Credit cards and banking fees add up fast. Credit cards can be a slippery slope for a newly minted adult. Forty percent of those who signed up for credit cards during their first year of college say they regretted the decision.

- Even navigating a bank account can be expensive. Nearly a third of college freshmen incur banking fees in their first year of college. How much in fees? Thirty-seven percent said they incurred over \$300 in fees, and 1 in 10 incurred \$1,000 or more.

So how can parents prepare their kids to avoid a financial freshman fifteen? Here are five tips:

Five Tips to Avoid the Financial Freshman Fifteen

1. Avoid the free t-shirt. While college students are often wooed by credit card companies with the allure of swag and perks, signing up for credit cards can be a slippery slope. Cover the basics about credit with your student.

2. Be careful with recurring fees. It can be tempting to get that free month of streaming music or premium TV just for signing up. But forgetting to cancel can lead to unexpected charges hitting your bank account on a monthly basis.

3. Plan for expenses. Managing day-to-day expenses is just the beginning; preparing for, and setting aside money for, big twice-yearly expenses such as books and class fees is critical.

4. Take advantage of student perks. Everything from flexible college meal plans to discounts on local stores, movie theaters and software are available to college students who take the time to do their research.

5. Keep a budget and check it regularly. Creating lifelong habits around financial management starts now—parents might consider a money management tool from Quicken, maker of the best-selling personal finance software in the U.S., as a great graduation gift for high school seniors.

For further facts and tips, go to www.quicken.com. (NAP-SI)

THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

Repairophobia

What is repairophobia, you ask? It is the fear of auto repair. I read this term just the other day and said to myself, "Yes, it is about time it had a name!" What are the reasons consumers have this dreaded condition?

- Many consumer news reporters love to feature a certain shop or auto repair chain routinely ripping drivers off. They go under cover and take a well-maintained vehicle into the shop and then share with the public the long list of repair items the shop claims are needed. This hurts all auto repair shops, not just the culprit who apparently can't earn enough money being honest. The majority of auto repair shops are honest, hard working individuals. The con artists are few and far between.

- Consumers are worried that they won't have enough money if they take their vehicle in for routine maintenance and the service advisor informs them they need a repair as well. They hadn't budgeted for more than the routine service. Always ask for a price before you tell any shop to proceed with a repair. If you can't afford to have it done right then, tell them you will have to come back at another time.

- Consumers may be pressed for time and don't want to be without their vehicle for very long. Even if the shop offer rides to and from home or work, they like the convenience of having their ride ready to go when they are.

- Consumers aren't experts in auto repair! They may be highly intelligent individuals, but

this isn't their area of expertise. Ask the service advisor to explain what is needed in layman terms. If they start spouting off phrases you don't understand, tell them. It is up to them to make you feel comfortable. If you are at the shop when they are explaining, tell them to show you. If you are on the telephone, get an explanation you feel good about.

Our job is to take the phobia out of auto repair. You can count on us!

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Hometown Service You Can Count On!

New Voting Experience and District-Based Election Process

MONTEREY PARK - The Monterey Park City Clerk's Office and Los Angeles County Registrar Recorder's office (RRCC) will host a joint presentation regarding upcoming changes in the elections process on **September 12** from 2-4 p.m., at the Monterey Park Bruggemeyer Library, Friends Room, 318 S. Ramona Avenue, Monterey Park.

The public is invited to attend and learn about the new voting experience and information on district-based voting. RRCC will be making a presentation on the modernized voting experience including vote centers, the new voting system, changes in vote by mail process and the look of the of-

ficial ballot, security and much more.

The Monterey Park City Clerk's Office will be presenting information on district-based voting including the process of the 2020 and 2022 election. Staff will be available to look up residents' specific districts and answer questions.

If you miss this event, please join us at one of the other events:

- Monterey Park City Hall, Community Room, 320 W. Newmark Ave.: November 13, 2019, January 22, 2020 (County presentation), and February 12, 2020; 6-8 p.m.

- Farmers' Market, City Clerk's booth, George Elder Park, 1950 Wilcox Ave.: Sep-

tember 26, October 24, November 14, December 12, 2019, and January 23, February 27, 2020; 4-8 p.m.

- Langley Senior Center (for seniors), City Clerk's table, 400 W. Emerson Ave.: October 17, December 11, 2019 and February 17, 2020; 10 a.m.-1 p.m.

For additional information, or to look up your respective district, visit www.MontereyPark.ca.gov/DistrictElections or contact the city clerk's office at 626-307-1362 or mpclerk@montereypark.ca.gov.

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Around the Valley & Senior News

AZUSA

Volunteer Drivers Needed

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

TOPS Meeting

Wanted: Men and Women who want to lose weight. TOPS (Take Off Pounds Sensibly) is a non-profit group that encourages men and women to lose weight. 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 the latest Diabetes resources. 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

Orchid Hobbyists Meeting

San Gabriel Valley Orchid Hobbyists invite you to our **Sept. 19** Monthly Meeting at the Los Angeles County Arboretum, 301 N. Baldwin Ave. Arcadia, Ca. Palm Room. Judging at 7:00 p.m. Meeting at 7:30 p.m. Our Program will be Empress of the Night, New Color Forms of Phalaenopsis Species. Speaker Norman Fang is the owner of Normans Orchids. Refreshments. All welcome!

Arcadia Senior Card Club Looking For New Members

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

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

BALDWIN PARK

McNeill Fitness Program

A challenging but accessible workout regimen, which includes

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

Explore Tuscany 9 Days & 8 Nights

The Julia McNeill Senior Center in partnership with Collette will be traveling to South Dakota on October 31 through November 8, 2019. Prices are \$3,449 for Single Person, \$3,149 for Double, and \$3,119 for Triple. Included in price is round trip air from Los Angeles Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, and 10 meals. Cancellation waiver and insurance can be purchased for an additional \$315 per person. For more information regarding prices or trip details, please contact Daniel at (626) 813-5245 ext. 271, email at TTours@baldwinpark.com, or visit the following website link: <https://gateway.gocollette.com/link/904277>.

COVINA

Community Garden Parcels

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

DUARTE Duarte Museum Needs Docents

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

Blood Pressure Checks

Health Care Partners will provide a medical assistant to do free blood pressure checks. No appointment needed. **Every 2nd Tuesday** of every month from 10:00 a.m. - 12:00 p.m. For more

information call the Senior Center at (626) 357-3513.

Meals on Wheels

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

Alzheimer's Safe Return Registration

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

Volunteering Does Your Heart Good!

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

Senior Lunch

The Senior Center serves hot lunches Monday through Friday to individuals over 60 years, or the spouse of someone over age 60, and must check in by 11:45 a.m. for lunch. Reservations are requested by calling 357-3513, 24 hours in advance, and 48 hours, in advance, for a choice day. The suggested donation is \$3. The Duarte Senior Center is located at 1610 Huntington Drive.

GLENDORA

Glendora Genealogy Group

The Glendora Genealogy Group meets Tuesday, **September 24** at La Fetra Center, 333 E. Foothill Blvd., Glendora. Pat Chavarria leads a refresher class at 6:00 pm. The business meeting is at 7:00 pm, followed by the program: "Using Records of Transported British Convicts Who Were Sent to the American Colonies," by Barb Russell. For questions about our group or this meeting, please call Pat Chavarria at 909-592-4030.

Stress Management & Controlling Chaos

Feeling overwhelmed can peak from a long to-do list which is increasingly common as demands on human attention increase. A clear sign of being overwhelmed or stressed is forgetfulness, anxiety, anger, and emotional chaos. Learn to manage personal space, time, and energy in this interactive class where your challenges, experiences, and solutions will be so-

lited. Pre-register at the La Fetra Center: 333 E Foothill Blvd., Glendora, CA or by calling (626) 914-0560. Fee: \$12.00 material fee payable to instructor, Mondays, September 16-30, 6:30pm to 8:30pm

Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers re-learning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. For more information, please call Toni Levyssohn at 909-843-5239. The program is **Wednesdays** 8:30 a.m. - 12:00 pm.

Instructors Needed At The La Fetra Center

The City of Glendora's La Fetra Center is looking for new class instructors! We are seeking out instructors to teach the following: Cooking classes, Spanish lessons, and American Sign Language (ASL) classes. Share your talents with your peers! If you would like more information on teaching a class at the La Fetra Center contact Jennelle Markel at (626)9148-8235, or email at jmarkel@ci.glendora.ca.us.

Cars 4 the Community

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

LA VERNE

Get About Transportation

Get About provides transportation for seniors aged 60+ and disabled residents of Claremont, La Verne, Pomona, and San Dimas. The door-to-door service can be used for shopping, doctor's appointments, church, senior nutrition sites and many other locations within the four cities. The service operates seven days a week and membership is free. To Register: (909) 621-9900. To Schedule a ride: (909) 596-5964. For more information, contact Abby Nuyda at 909.621.9900, Extension 228.

MONROVIA

Senior Blood Pressure Screenings

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

tact the Department of Community Services at (626) 256-8246.

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

Caring Crafters

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

Senior Stretch & Exercise Class

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

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

SAN DIMAS

San Dimas

Toastmasters Club

The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7PM to 8:45 PM. Learn to motivate and lead. Challenge yourself with Toastmaster's proven education programs. Let us help you grow your strengths and accomplish your goals. Become a better speaker and learn

to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmosphere. Meets at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave. Contact Art Douglas at (951) 505-0555.

WEST COVINA

Go West Shuttle Service

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

TOPS Meeting

TOPS (Take Off Pounds Sensibly) meets each Saturday at 9 a.m. at the Cortez Senior Center, located at 2501 E. Cortez St in the back classroom building. Visitors are always welcome and your first meeting is free. Come now and learn about nutrition, portion control, food planning, exercise, motivation, and more every week. This group has motivated members from all over the San Gabriel Valley. For details, call Erika Hernandez at 6 2 6 - 3 8 4 - 0 5 0 2 (ehernandez57@aol.com).

Senior Lunch

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

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

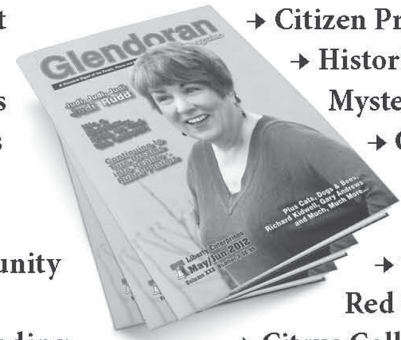
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Motivated, Dedicated Teens and Young Adults Wanted at Glendora Library

GLENDORA - The Library's Youth Advisory Boards are seeking teens and young adults grades 5-12 who want to help shape the youth programs at the Glendora Library. Join us to meet new friends, gain volunteer experience and

have fun! The Teen Advisory Board, for students in grades 5-7, meets the 2nd Wednesday of each month at 4 p.m. The Young Adult Council is for students grades 8-12 and meets the 2nd Wednesday of each month at 6 p.m. The first

meetings of the year will take place on Wednesday, September 18th. For more information, please contact the Library at (626) 852-4891, email us at youthservices@glendoralibrary.org or check the Library's website at www.glendoralibrary.org.

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Arcadia Unified's Karalee Nakatsuka Named California History Teacher of the Year



Jack Bareilles, Gilder Lehrman Institute, Karalee Nakatsuka, Superintendent Dr. David Vannasdale

ARCADIA-- Arcadia Unified history teacher Karalee Nakatsuka recently made her own history. Of the tens of thousands of history teachers throughout California, Nakatsuka, who teaches at First Avenue Middle School, was named the 2019 California History Teacher of the Year and top ten finalist for the National History Teacher of the Year award by the Gilder Lehrman Institute of American History.

There was standing room only in First Avenue Middle School's auditorium on Friday, Sept. 6, as Nakatsuka's students, family, friends, and colleagues gathered to celebrate Nakatsuka for a ceremony in recognition of her esteemed accomplishment. Bouncing off the walls were roars of applause and cheers of support from a sea of green that filled the seats (Nakatsuka's favorite color and a color that represents her passion for frogs and frog-tastic puns).

"My mission as a U.S. History teacher is to educate the whole child by making history come alive so students learn the lessons of the past in order to inform the decisions of today and plan and prepare for tomorrow," said Nakatsuka while reflecting on this esteemed distinction in an award ceremony in her honor on Friday, Sept. 6 in First Avenue Middle School's auditorium which was bursting at its seams with. "In my classroom, my goal is to establish a climate and a culture that encourages my students to be critical thinkers, effective collaborators, life-long learners and empathetic, informed citizens who care and

contribute to society."

The ceremony stage saw Arcadia Unified's Board of Education members and Superintendent Dr. David Vannasdale as well as First Avenue Middle School Principal Dr. Semeen Issa, Arcadia Mayor April Verlatto, and Gilder Lehrman Institute representative Jack Bareilles gathered together to share words, certificates, and other congratulatory tokens to celebrate Nakatsuka's commitment to her students, colleagues, and profession.

"Ms. Nakatsuka teaches important historical concepts in meaningful ways, opening the door for students to understand and engage with history and paving the way for rich conversation and interaction with the subject matter," shared Jack Bareilles, Gilder Lehrman Institute Representative, who made a trek all the way from Humboldt County to Arcadia to present Nakatsuka with her official certificate of recognition.

Nakatsuka has been an educator in Arcadia Unified since 1990. She earned a B.A. in American Studies at Occidental College and has a Social Studies Credential and Master of Education degree from the University of California, Los Angeles.

In conjunction with Nakatsuka's recognition, First Avenue Middle School will receive a \$1,000 honorarium as well as a core archive of American history books and Gilder Lehrman educational materials.

The Gilder Lehrman Institute's History Teacher of the Year Award program seeks to illuminate the crucial importance of history education by honoring

exceptional American history teachers from elementary school through high school. The award honors one K-12 teacher from each state, the District of Columbia, Department of Defense schools and US Territories. Nakatsuka has advanced as a top ten finalist from the pool of state winners being considered for the National History Teacher of the Year Award. A national winner will be named in a couple of weeks Bareilles said during his speech.

The institute's National History Teacher of the Year will be presented with his or her recognition in New York City, scheduled for Oct. 2, 2019, and will be presented by John Avlon, Senior Political Analyst and anchor at CNN. In alignment with the prestige of the program, past ceremony presenters include the Honorable Sandra Day O'Connor, Good Morning America's Robin Roberts, First Lady Laura Bush, former US Secretary of Education Arne Duncan, and former New York City Mayor Michael Bloomberg.

Acclaimed teachers like Nakatsuka exemplify why Arcadia Unified was recently named in the top 1% of school districts with the best teachers in America, California, and Los Angeles by Niche.com. In correlation, Arcadia Unified was also named by Niche as being in the top 1% of the best school districts in America, California, and Los Angeles. For more about the Gilder Lehrman Institute, visit gilderlehrman.org and for more information on the Arcadia Unified School District, visit ausd.net.

Arcadia Moon Festival On September 21

ARCADIA - The Arcadia Chinese Association and the City of Arcadia are hosting the City's Annual Moon Festival on Saturday, September 21, 2019 from 6:00 p.m. to 9:30 p.m. at Arcadia City Hall. The event will feature delicious multicultural food including moon cakes, Chinese dance performances and music, games, and arts and crafts exhibits.

The Moon Festival, also known as the Mid-Autumn Festival, is a harvest celebration that originated in ancient China more than 3,000 years

ago. Throughout many of the Asian cultures in which it's celebrated, the Moon Festival is a chance to spend time with family and friends, light colorful lanterns and pay tribute to the moon as a symbol of harmony and unity.

"We are thrilled to be partnering again with the Arcadia Chinese Association to host the Moon Festival," said Mayor Verlatto. "Our Chinese neighbors are an important part of our local community and the City is always pleased to honor their celebrations and tradi-

tions."

"The stories associated with cultural celebrations like the Moon Festival help to express shared values," said Arcadia Chinese Association President Jamie Lee. "We are proud of our continuous partnership with the City and look forward to another memorable event featuring multicultural festivities."

Free parking for the Moon Festival is available at Santa Anita Race Track through Gate 5. For more information, please call Arcadia City Hall at 574-5401.

Duarte Unified School District Announces Vacancy on Board of Education

DUARTE - Due to the resignation of Douglas Edwards, Board President, the Duarte Unified School District will have a vacancy on its Board

of Education, effective September 20, 2019. At the next regular meeting of the Board of Education, scheduled for September 19, 2019, the process to fill the vacancy will be decided.

Pending the decision made at the September 19, 2019, meeting of the Board of Education, either the process for a provisional appointment or a special election will begin.

If you have an interest in serving on the Duarte Unified School District Board of Education and would like to be placed on a list to receive further information, please send your full name and contact information to mruiz@duarteusd.org. For forthcoming announcements, you are invited to visit the district website, www.duarteusd.org.

An Out-Of-This-World Collectors' Edition



A great way to celebrate the 50th anniversary of the first Moon landing is with a stunning set of luminous commemorative stamps.

It was "One small step for man, one giant leap for mankind," when Neil Armstrong and Buzz Aldrin walked on the Moon. Now, half a century after the first Moon landing, you can hold some of the wonder of it all in your hand with a set of commemorative stamps.

In collaboration with the Smithsonian's National Air and Space Museum, Philatelic Mint has developed a collection consisting of 27 postage stamps issued from the Cook Islands and the Kingdom of Tonga. They're treated with blue phosphor ink that glows under UV light.

As the world's largest museum and research complex, Smithsonian brings unique stories to life for you and your family through officially licensed products like these.

This stunning limited-edition collection by Philatelic Mint comes with a presentation folder that is 11 inches tall and 6.5 inches wide when closed and that opens to a breathtaking spread over 3 feet wide.

What's more, a limited number of the commemorative stamps first issued in July 1969 by the U.S. Postal Service to

honor the event, picturing mission commander Neil Armstrong planting the U.S. flag on the lunar surface, are also available.

Other Collections

If getting the Moon isn't enough, Philatelic Mint plans many other collections of elegant, timeless stamps featuring scores of fascinating topics. For example, there will be a set on the history of space, one featuring animals from the National Zoo and Conservation Biology Institute, and many more. Subscribers will get new sets of stamps from countries all over the world, on topics both familiar and new.

In fact, Philatelic Mint is dedicated to bringing entertaining collections of stamps and related material to a growing public of subscribers and collectors. The stamps can be a treasure for you and your family for many years to come.

Why Collect Stamps

Stamp collecting helps the collector learn about geography, biography, history, culture and art. Stamps are miniature gateways to the world.

How to Collect Stamps

You don't have to buy expen-

sive equipment to enjoy stamp collection, but one essential rule to remember is that the condition of a stamp is a very important consideration. Badly torn and mishandled stamps are not only unpleasant to the eye, they're worth next to nothing when compared to their undamaged counterparts. Try to acquire the finest possible specimens for your collection.

Because their condition is so important (and stamps are only bits of paper, after all), handle them with care—and perhaps a pair of tongs.

Because stamps are small, it's often difficult to see all their minute detail with the naked eye. Magnifying glasses can help you not only see the design better but, in some instances, discover small details that distinguish one stamp from another. Sometimes, when stamps appear to be the same, they're not.

Learn More

For more facts, a look at the latest collections and information on how to subscribe, go to www.pmintstamps.com or mail to P.O. Box 3162, Sag Harbor, NY, 11963. (NAPSI)

4 Tips to Dress for Success at Work



In today's workplace, many employers have abandoned strict dress code policies, providing employees with more flexibility to dress casually.

In fact, 59 percent of American workers described their current employer's policy as "business casual" or "casual," according to a recent study from Randstad US. Although a more relaxed dress code gives you the creative freedom to express yourself, not everything may be appropriate for a work setting.

Here is the fashion 411 on workplace attire today.

- Understand your company's dress policy. If you're unclear of your employer's dress code policy, just ask your manager or HR. Thirty-eight percent of 25 to 35-year-olds say they've been asked to dress more professionally by their manager or HR, and 45 percent say they know someone who has been sent home from work for breaking dress code policies. Unclear policies may be the culprit, and no outfit is worth the risk -- or embarrassment -- of being sent home. Another tip is to simply take note of what people around you are wearing, especially those in se-

nior-level positions. As the saying goes, dress for the job you want, not the job you have!

- Dress for comfort and performance. Don't be afraid to embrace your personal style, as long as it stays within your company's guidelines. Sixty-three percent of younger workers (aged 18 to 35) say they actually prefer dressing up for work, as it boosts their confidence and performance. The definition of "dressing up" can vary from person to person, ranging from casual to conservative, depending on one's taste.

- Don't break the bank. Fifty-five percent of managers agree they care more about performance than what their employees wear, so don't feel pressured to break the bank in order to keep up with the workplace Joneses. Your expertise is more valuable than any sparkly set of cufflinks or a pair of heels will ever be. However, you can look great for less with a few smart strategies. Visit the Randstad US career resources portal for workplace fashion tips to "casually" rip the (office) runway at [sources/personal-brand.](http://randstadusa.com/jobs/career-re-

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- Leave the weekend wardrobe at home. According to many U.S. employees, some things are still considered a bit too casual for the office. In fact, the survey found that the majority of Americans think ripped jeans and leggings are not appropriate, even in a casual office environment. Therefore, if you show up to work in ripped jeans, there's a good chance (statistically speaking) that you won't be making a great impression. The same goes for leggings -- sorry athleisure lovers!

For more tips on how you can make a good impression at work, visit www.randstadusa.com.

"It's great to show your personality and wear what you feel most confident in, though it's always a best practice to be mindful of today's cultural norms and what most people -- according to our survey -- feel is appropriate for the workplace," says Traci Fiette, CEO of non-technical staffing, Randstad US. "You want to be evaluated on your performance and what value you bring to your company, not just on your clothes." (StatePoint)

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

The Terraces at Via Verde – A San Dimas Memory Care Community



Terraces at Via Verde Rendering

SAN DIMAS—Advocacy Development Partners' ground breaking of their latest luxury senior housing community, a 32 unit Memory Care Community in San Dimas took place on September 4th, 2019. The development, named The Terraces at Via Verde – A Memory Care Community, is located at 1155 Via Verde and is scheduled to open by early fall 2020.

The Terraces at Via Verde is specifically designed and staffed to assist those with Alzheimer's and various forms of Dementia. The result will be to provide an adoring home like environment, but with individualized care and activities. The Terraces will be the first and only memory care focused building not only in San Dimas but also in the surrounding cities.

The community is being built on 1.2 scenic acres near Via Verde Park and across the street from the Via Verde Plaza—a Von's anchored neighborhood shopping center, allowing for ample resident activities in close proximity. Once complete, the community will feature two secure 15,000 square foot neighborhoods with 16 suites. There will be a range of living options from private suites, to private rooms with shared restrooms and companion rooms—the aim being to accommodate a range of budgets and various resident needs. All suites will have walk in showers, nurse call/emergency alarm systems, individual thermostat controls and 9-foot high ceilings.

The Community will be operated by Frontier Management, a best in class regional operator of over 80 seniors housing communities of which a quarter are free standing memory care buildings similar to the Terraces.

"Selecting Frontier Management to operate the building was an easy choice for us... over the past five years they have successfully opened and operated our free-standing memory care facility in Northern California, and, in the industry, they are widely considered a best in class operator, particularly when it comes to free standing memory care facilities." Said Nick Kavayiotidis, a partner with Advocacy Development

Partners.

This amenity-rich and carefully crafted community will exceed expectations with farm-to-fork opportunities, a Wine Room for family members and ample secure outdoor areas. The ample common areas and amenities coupled with Montessori programs and activities will provide a welcoming and socially interactive setting for residents and their visitors.

Greg Roderick, Frontier Management's President and CEO, stated, "high staff to resident ratios, our SPARK life enrichment programming based upon the Montessori-Inspired methods and exceptional restaurant dining will be among the Frontier signature features at the Terraces. We'll be offering all



At the Ground Breaking Ceremony of The Terraces at Via Verde were Partners of Advocacy Development Partners Paul Bunton, Seamus O'Connor, Nick Kavayiotidis and Executive Vice President of Frontier Management, Matthew Dunham.

the comforts of a home in a secure, memory care focused environment." As for the location in San Dimas, Mr. Roderick added, "We know there is a lot of unmet demand for memory care services in this Community—so we anticipate a lot of interest, but we also want to provide a higher level of quality care and accommodations than currently exists. We are looking forward to welcoming the Community to visit our building next Summer—we'll certainly be planning a large and festive grand opening celebration!"

To meet the diverse demands of seniors with cognitive impairment, the community's will provide:

- Gourmet meals served in a restaurant-style dining room
- On and off-site recreational and social activities
- Activity rooms with sched-

uled social events, games and Montessori based programs including arts and crafts

- An onsite salon and day spa
- A secure sensory garden, walking path, interior courtyard and a second floor terrace overlooking the courtyard
- Transportation to activities and medical appointments with a community van and car.

In addition, care options will be customized to the needs of each resident and will include medication management, house-keeping, health monitoring and assessments, grooming assistance, dietary guidance, and coordination of onsite medical appointments.

Irwin Partners, Architects partnered with Advocacy Development Partners to design this

new facility. Greg Irwin stated "the architecture is a stunning Spanish style that contextually relates to the history of San Dimas with classic architectural detailing intended to make the residents feel at home." Teaming with Irwin Partners, is PacifiCore Construction, the General Contractor and Conley Design whose interior design focus is a Spanish revival theme—a blend of traditional, modern and homelike designs with warm and welcoming colors and finishes. Fremont Bank, who recently announced an expansion of their senior housing lending platform, is providing the construction and bridge financing for the project.

For more information, contact Advocacy Development Partners', Nick Kavayiotidis at nick@advocacydevpartners.com

Tips for Seniors to Ensure a Healthy Road Trip



Photo Source: (C) monkeybusinessimages / iStock via Getty Images Plus

When thinking about road trips, you might envision college kids heading on adventures, but older adults take road trips, too, according to a recent survey by Cigna.

Travel is a top priority for 37 percent of older adult respondents in the survey. In fact, more than 30 percent said they take three or more trips annually.

With automobiles topping the list of older adults' favorite ways to travel, Cigna is offering helpful tips for heading out on the highway.

- **Get shut-eye.** The National Sleep Foundation recommends people 65 years and older get seven to eight hours sleep nightly. Unfortunately, 17 percent of older adults responding to the survey indicated they have trouble maintaining sleep schedules when traveling. According to the National Highway Traffic Safety Administration, 91,000 crashes occurred in 2017 due to drowsy driving, resulting in 50,000 injuries and nearly 800 deaths. Repeated yawning is the first warning sign that it's time to pull over and rest.

- **Stretch your legs.** Some long-distance travelers are at risk of a potentially dangerous condition called deep vein thrombosis, according to the Centers for Disease Control and Prevention. Though you should talk to your doctor if you feel you're at risk, it's a good idea for everyone to take breaks to stretch and walk around.

- **Keep eyes healthy.** Good eyesight is critical to safe driving. Before long trips, make sure you've had an eye exam and your prescription is up-to-date. Many Medicare Advantage plans cover annual eye exams and glasses.

- **Prioritize safety.** Twelve percent of older adults responding to the survey said they travel

alone. Solo travelers should prioritize safety. Tell friends and family your route, destination and when to expect you. Also, check in occasionally so they know your trip is progressing well.

- **Eat healthfully.** Twenty-six percent of traveling seniors have difficulty eating healthfully while traveling, according to the survey. Avoid stocking the car with junk food. Instead, pack nutritious snacks, like fruits and vegetables. Plan ahead, finding restaurants with healthy fare along your route. If you have to eat fast food, make healthy choices like salads. Finally, drink water instead of soda. It's healthier and will better hydrate you.

- **Pack prescriptions.** According to the Cigna survey, 96 percent of senior travelers get a large enough prescription supply to last the entire trip. One way to do this is by getting a 90-day fill.

Write down your medication

schedule and the names and numbers of your doctors and pharmacy in case you need them. If you have questions about changing time zones, talk to your pharmacist before leaving. Always carry medications in their original labeled containers to prevent anyone from mistaking them for other substances.

- **Act quickly.** For health-related emergencies, time is of the essence, so go to the nearest emergency room or hospital or call 911 as quickly as possible and then notify your insurance plan as soon as you reasonably can.

"Travel is an important part of older adults' independence," says Shannon Adams, who leads the Cigna customer experience team that completed the travel survey. "With a little planning and by knowing their limits, they can reach their destinations in good health." (StatePoint)



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