



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

February 20 - 26, 2020

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Los Angeles County Public Housing Community Welcomes U.S. HUD Secretary Ben Carson

Secretary Announces HUD Award of \$1.8 Million to Develop Work Readiness Programs for Public Housing Residents

LOS ANGELES COUNTY - The Los Angeles County Development Authority (LACDA), Long Beach Councilmember Al Austin, and staff from Los Angeles County Supervisor Janice Hahn's office were honored to welcome U.S. Department of Housing and Urban Development (HUD) Secretary Ben Carson to the Carmelitos Public Housing Community in the City of Long Beach.

The Secretary's visit was in conjunction with an announcement from HUD that the LACDA is a recipient of a four-year \$1.8 million Jobs-Plus Initiative (Jobs-Plus) Program grant for Carmelitos. The Jobs-Plus Program seeks to develop locally-based, job-driven approaches to increase earnings and advance employment outcomes through work readiness, employer linkages, job placement, educational advancement technology skills, and financial literacy for public housing residents. The program requires public housing agencies to partner locally with Department of Labor Workforce Development



Emilio Salas, LACDA Deputy Executive Director with U.S. Department of Housing and Urban Development (HUD) Secretary Ben Carson.

Boards and American Job Centers. Additionally, Jobs-Plus grantees are required to demonstrate a 25% match from community partners, providing wrap-around supportive services to improve employment and earnings outcomes.

"HUD is committed to empowering public housing residents with new educational and

economic tools to improve self-sufficiency," said Secretary Carson. "HUD is proud to work with our local partners to help more residents find employment so that they can reach their full potential and become role models to future generations."

With support from the Jobs-Plus Program and in partnership with the Pacific Gateway Workforce Innovation Network, Long Beach City College, New Opportunities Organization, University of California Cooperative Extension, Long Beach Unified School

District Head Start, YMCA Greater Long Beach, Cottonwood Church and Los Angeles Community Development Foundation, the LACDA will effectively support its residents on their path to self-sufficiency and meet the employment, training and supportive service needs of over 1,778 Carmelitos residents, of which over 657 are non-disabled, ages 18-65, who can readily work and overcome barriers to employment through this program.

Emilio Salas, LACDA Deputy Executive Director said, "We are proud to have been selected as a recipient of a Job-Plus grant. These funds will allow the LACDA to further expand upon the supportive programming offered to help our residents on their road to self-sufficiency."

The LACDA maintains and manages 3,229 public and affordable units located at 68 sites throughout Los Angeles County. Carmelitos is one of its largest properties with 713 units onsite.

Protect Yourself From Social Security Scams

Calls and e-mails from scammers pretending to be government employees are widespread. Social Security phone scams are the #1 scam reported to the Federal Trade Commission. Chances are you, a friend, or a family member have received a call like this.

You don't have to be receiving benefits to become a victim. You may get a call saying there is a problem with your Social Security number or account. Everyone, regardless of age, income, and geography, is at risk. Scammers will try to scare and trick you into giving them your personal information or money.

Is It A Scam?

The best way to protect yourself and your money is to recognize a scam. Scammers use intimidating language and often offer a "solution" to fix what they say is a serious problem with your Social Security number or account. How can you tell when it's a scam? Social Security will not:

- Say your Social Security number has been suspended.
- Promise a Social Security benefit approval or increase in exchange for information.
- Call to demand an immediate payment.
- Insist you pay a debt without the ability to appeal the amount you owe.
- Require payment by re-



If you get a threatening call from someone saying they are from Social Security, it is from a scammer.

tail gift card, pre-paid debit card, Internet currency, wire transfer, or by mailing cash.

- Ask for your personal information.

Scammers prey on your fears. The stories they tell you would scare anyone. No matter how horrible the story, if they do anything above, it's a scam.

What Should You Do?

If you receive a suspicious call, the safest thing for you to do is:

1. Hang up!
2. Don't share personal information or make a payment.
3. Report the scam to the Social Security Administration's Office of the Inspector General at <https://oig.ssa.gov>.

And, if you receive such threats via e-mail, delete the e-mail and do not click on any links or download any attachments. Even if the e-mail or an

attachment contains Social Security's seal or names of real people, ignore it. Then, report the scam.

Other Tips

How about if Social Security needs to contact you? Generally, they will mail you a letter and only contact you by phone if you have requested a call or have ongoing business with them.

Usually, Social Security will mail you a letter that contains telephone numbers for contacting them. You can also contact Social Security by calling 1-800-772-1213 or visiting SSA.gov.

Scammers are always looking for the next way to trick someone. No matter how someone might try to scam you, learning the warning signs shared here can go a long way to protecting yourself and someone you care about from identify theft and financial loss.

If you think you have been scammed, don't be embarrassed. Report the scam to Social Security's Office of the Inspector General at <https://oig.ssa.gov> and share this important information with your family and friends. (NAPSI)

Glendora Community Coordinating Council Humanitarian Award

GLENDORA - Janna Wells has been a life long resident of Glendora. While her children were in school she was very active in Glendora's PTA, serving on many committees and in her children's classrooms. She was an active volunteer with the American Little League serving as a team mom and snack bar volunteer. From 1996 to 2001 Janna was a fundraiser volunteer with Ronald McDonald House and has been a member of the Glendora Kiwanians for the past 10 years serving as president from 2014-2015 and currently as Recording Secretary. It is with great honor we recognize Janna with February's Humanitarian Award.

The GCCC is always looking for volunteers from the city



Matt Bartlett, Glendora Community Coordinating Council's First Vice President with February's Humanitarian Award recipient Janna Wells.

to be recognized each month. If you have a nominee please visit our website at www.glendoraCOORDINATINGCOUNCIL.org for a form and contact information. We'd like to thank Christy Cave for being our meeting sponsor.

Senator Rubio's Bill Assists Low-Income Households Transition to Low-Carbon Appliances

SACRAMENTO - Sen. Susan Rubio (D-Baldwin Park) today introduced Senate Bill 1035. The bill will create a targeted program, administered by the California Energy Commission, to assist low-income households who want to reduce their household carbon footprint by providing financial assistance.

"Historically, low-income communities have disproportionately shouldered the burdens of poor air quality and high energy costs," Sen. Rubio said. "As we move forward to meet our clean energy mandates, it's time for California to empower low-income communities to lead the charge."

"Disadvantaged communities have the greatest exposure to conditions that adversely

impact their health, safety, and security. They are also typically the last to receive the cost and health benefits of new technologies. Central Coast Energy Services applauds Senator Rubio's efforts to increase California's low-income households' access to low-carbon appliances," said Dennis Osmer, Executive Director of Central Coast Energy Services.

Approximately 12 million Californians without access to

properly ventilated appliances are routinely exposed to nitrogen dioxide levels inside their homes. If found outside, these levels would exceed the federal and state health-based standards if found outside.

Incentivizing low-carbon appliances will ensure safer and healthier indoor air, carbon emission reductions, energy bill savings, and maximum benefits for disadvantaged communities.



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Inter-Community Hospital Auxiliary Installs 2020 Executive Board



Back Row: Janice Clark, VP Membership; Carol Koon, Treasurer; Peggy Monges, VP Special Projects; Nancy Kitamura, VP Programs; **Front Row:** Jody Mentzer, VP Publicity; Jane Lee, Secretary; Jackie Garretson, VP In Hospital; Phyllis Rounds, President.

COVINA - Phyllis Rounds, President and the Executive Board of the Emanate Health Inter-Community Hospital Auxiliary were installed at the Auxiliary's recent luncheon meeting.

Phyllis has been a member of the Auxiliary for the past 28 years. Since she joined, she has been very active and served the Auxiliary in many different ways. She was President in 2008 and has held most of the Executive Board positions. She has served on many special committees and special

projects. She is quick to offer her services wherever and where ever they are needed.

Janice Clark once again delighted us with one of her unique and entertaining installations.

Phyllis's energy will be the stimulus in bringing the Auxiliary to a success and prosperous 2020. Through her leadership the Auxiliary's accomplishments will be evident in the Medical Center and the community.

We always welcome volun-

teers and they are always needed in all areas of the hospital and at the Auxiliary's Bargain Box Thrift Shop and in hospital Gift Box. If you would like to learn more about the Auxiliary please check out our [website](http://www.EmanateHealth.org/ICHAuxiliary): www.EmanateHealth.org/ICHAuxiliary. An application link can be found there. You may also call Tiffany Ramirez, Director of Volunteer Services at (626) 915-6237 or email her at Tramirez@emanate-health.org.

Foothill Gold Line Construction Authority to Host Community Open Houses for Light Rail Project from Glendora to Montclair

Information meetings in March will help prepare stakeholders for major construction that is set to begin late this summer

Ahead of major construction beginning on the Foothill Gold Line light rail project late this summer, the Foothill Gold Line Construction Authority invites all interested parties to attend the upcoming community open houses to learn the latest about the project, meet the recently hired Kiewit-Parsons design-build team and understand how and when construction may impact the neighborhoods along the corridor. Each station artist/artist team will also be available to discuss the public artwork planned at their city-specific meetings.

The Foothill Gold Line from Glendora to Montclair will extend Metro Gold Line service to the cities of Glendora, San Dimas, La Verne, Pomona, Claremont and Montclair. The first nine miles of the project, from Glendora to Pomona, is fully funded and will begin major construction in late summer (and take five years to complete). If additional fund-

ing is secured before October 2021, the entire project from Glendora to Montclair will be completed altogether and take eight years. For this reason, the open houses will focus on the Glendora to Pomona segment; but the community from throughout the Glendora to Montclair project area is invited and welcome to attend these meetings, and the Construction Authority will host future meetings in Claremont and Montclair when the additional funding is secured.

All meetings will display the same information and run from 5:30 p.m. to 7:30 p.m. There will be no formal presentation, and project representatives will be available to answer questions. Each meeting will feature:

- Station Details - Displays will provide the station layouts, and 3D station models will provide a real view into the future.
- Station Art - See station art components and how the city's background is reflected in the

artist designs. At each meeting, the city-selected station artist for that city will be present.

- Project Schedule - Learn about the construction timeline and when you and your neighbors may be impacted.

- Construction - See what is to be expected during construction and ask questions of the project team.

Thursday, March 5, 2020
5:30 p.m. to 7:30 p.m.
Glendora Library, Bidwell Forum, 140 S. Glendora Ave., Glendora, CA 91741
Station Artist: Michael Hillman

Tuesday, March 10, 2020
5:30 p.m. to 7:30 p.m.
La Verne Community Center, 3680 D St., La Verne, CA 91750
Station Artist: Blue McRight

Thursday, March 12, 2020
5:30 p.m. to 7:30 p.m.
Stanley Plummer Community Building, 245 E. Bonita Ave., San Dimas, CA 91773
Station Artists: Eugene and Anne Olsen Daub

For more information visit www.foothillgoldline.org.

Community Articles Are Welcome

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



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Letters to the Editor

Opinions Are The Writer's

Reason To Oppose Measure WC

Many persons wonder why several former West Covina Mayors, including me, oppose Measure WC which is billed as a ¾ of a cent sales tax increase from 9.5% to 10.25%. My reason is simple. While the sales tax increase is straight forward and probably needed to stabilize West Covina finances and improve city services, it has a second ("hidden") component which grossly changes the governmental power structure in the City. Measure WC establishes an authoritative body that sits above the City Council, City Manager, and, most of all, the voting public. The new layer of authority is to be called an "oversight committee". As the name implies, it independently oversees and approves or disapproves all the financial actions made by the city council, city manager, and wishes of the residents. Our current city governing structure has an audit committee and several commissions. These are comprised, however, of local residents and they are strictly advisory to the city council and city manager. They don't have inde-

pendent "oversight" authority.

The "oversight" body is to consist of 2 sitting council members and 2 employees of the police and fire employee's associations. The latter don't have to be residents of West Covina. If Measure WC passes, it is easy to see that the real authority in the city would clearly be in the hands of only 2, rather than 5, council members in partnership with 2 members of employee associations who have obvious vested interests in their own salaries and benefits, and who fund campaigns. Neither the city council nor city manager would be capable of any practical disagreement with the oversight body.

The ominous potential of the "oversight" body is that it will have control of all city financial actions that would include such diverse decisions as a children's Easter Egg Hunt, which streets to sweep, and which businesses can enter the city including pot shops and hotels. Our city may not be perfect and have some challenges and flaws, but we have always been able to solve our local problems. Over the years we have

built a good city in which to live, work, and play with our 5-member city council and city manager. We have not needed an "oversight" body with non-resident members to override and/or dictate the decisions of our 5 duly elected council representatives and city manager.

It is important to point out that I cannot identify another city that has attempted an oversight body to monitor a general law city with a city manager and an elected 5-member council. Measure WC is, therefore, an experiment whose outcome is unknown. It needs much more public airing than as a secondary component of a sales tax increase.

Measure WC should be defeated. The single three-quarter cent sales tax and "oversight" body issues should be separately placed on future ballots so that the residents of West Covina can understand, debate, and vote on them without the confusion of these two issues being on the same ballot.

Forest Tennant
Former Mayor
West Covina

Glendora Woman's Club Welcomes New Members At Recent Meetings



Glendora Woman's Club President Chris Ohrmund, pictured at left, is shown welcoming a group of eight new members at a recent club meeting. They are, from left, Margaret Duran, Gretchen Peterson, Sue Chandler, new member, Joy Hancock, Marti Edwards-Mason, Sharon Hambricht, and Hellene Spear. The group is part of the club's 18 new members joining the Woman's Club, July - January 2020. (Photo by Rose Myers)

By Joan Hallidy

GLENDORA - Glendora Woman's Club President Chris Ohrmund has recently welcomed 18 new members who have joined the Woman's Club, July - January 2020. They are: Sue Chandler, Diane Delarvin, Valerie Dolson, Margaret (Sukie) Duran, Marti Edwards-Mason, Yvonne Fisher, Jeri Geleris, Charon Hambricht, Joy Hancock, Sylvia Jimenez, Lisa Mendoza, Rosie Medrano, Virginia Parker, Gretchen Peterson, Husna "Banu" Rahman, Ramona Soza, Hellene Spear and Chris-

tine Stewart.

For membership information, service projects or the club's Fashion Show coming up on April 21, call 909-598-0554; for information about renting

the clubhouse for an event or meeting, call Ryan at Cambria Catering at 626-335-7010. The clubhouse is located at 424 N. Glendora Avenue in Glendora



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Bill To Mandate Pet Microchipping Aimed At Reducing Number Of Euthanized Animals In Shelters

Senator Ling Ling Chang, Social Compassion In Legislation Team Up Again On Microchipping Bill

SACRAMENTO - California State Senator Ling Ling Chang (R-Diamond Bar) introduced SB 573, a bill to require local animal control agencies and public and private shelters to microchip all reclaimed or adopted cats and dogs. The bill, sponsored by animal advocacy group, Social Compassion in Legislation (SCIL), is a revised version of a bill that reached Governor Newsom's desk last year.

"Our pets are part of our family and it's heartbreaking to see how many photos of lost pets are posted on social media every week," said Senator Chang. "By microchipping our dogs and cats with their owner's information, we can help reunite pets with

owners, significantly reduce the number of euthanized pets, and save taxpayer dollars. I hope the Governor will support our revised bill - which now includes financial hardship exemptions."

More than 500,000 dogs and cats are brought into California shelters each year and more than half are euthanized. Only 15 percent of dogs and two percent of the cats in shelters without identification are ever reunited with their families.

"We have to do all we can to stop euthanizing dogs and cats in our shelters. It is morally abhorrent to kill these animals and a taxpayer burden as well," said Judie Mancuso, Founder and CEO of Social Compassion in Legislation. "For a miniscule cost of \$5 for a microchip, we cannot afford to overlook this common-sense measure."

Recently, Governor Newsom said, "We want to be a no-kill

state," and added a \$50 million one-time general fund allocation to the UC Davis Koret Shelter Medicine Program to develop a grant program for animal shelters. According to the budget summary, the funds will help local communities achieve the state's policy goal of not euthanizing any adoptable or treatable dog or cat.

"This goal cannot be accomplished without a microchipping mandate for dogs and cats that have already found their way into California's shelters," said Mancuso.

Senator Chang has advocated on behalf of shelter animals during her tenure. Last year, she authored SB 245, which waived pet adoption fees for California veterans. The new law brought together veterans seeking companion animals and pets in need of a home. SB 245 went into effect January 1, 2020.

City Of Glendora Police Chief Retires

GLENDORA - After more than three decades of service in law enforcement, Glendora's first female Chief of Police, Lisa Rosales, has announced her retirement as a law enforcement professional. Her last day in office was Tuesday, February 18, 2020. Chief Rosales has worked in law enforcement with the City of Pasadena Police Department as a Commander, as Chief of Police for the City of San Pablo, and as Chief of Police in Glendora. Chief Rosales truly rose from the ranks, having held a variety of positions from patrol; detective and administrative services, along with the ranks of Officer; Corporal; Sergeant; Lieutenant, Commander, and twice as a Chief of Police. Chief Rosales holds a Bachelor of Arts from the University of San Diego and an M.P.A. from the University of La Verne.

In making her announcement Chief Rosales noted "I have served three amazing communities over the course of 33 years and have been a Chief for six of those years. Thank you for allowing me the honor to make a difference in the lives of others. I want to thank my family for supporting me through the rigors of this profession. Now it is time to focus on them; I'm looking forward to being a full-time "Grammy." I plan on staying connected with the honorable field of law enforcement in one way or another; whether it's teaching, mentoring, or consulting."

"The City of Glendora has appreciated Chief Rosales and her dedication to her community, the City of Glendora and to the women and men of the



Glendora Chief of Police Lisa Rosales
Glendora Police Department," noted Mayor Judy Nelson. City Manager Adam Raymond added that Chief Rosales "Has been a wonderful professional to work with. From day one, Chief Rosales was dedicated to her profession and always searching for ways to take the Police Department to next level and make the community safer."

Upon the retirement of Chief Rosales, Captain Matt Egan will assume the Acting Police Chief role.

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

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Legislative Republicans Lead Efforts to Repeal and Replace Anti-Worker Law

SACRAMENTO - Senate Republican Leader Shannon Grove (R-Bakersfield) and members of the California Senate Republican Caucus have introduced a legislative package to counteract the job-killing impacts of Assembly Bill 5 (2019). Senate Bill 806, authored by Senate Republican Leader Grove and co-authored by members of the Senate Republican Caucus, would repeal and replace AB 5 with a new test which supports much more worker freedom and saves business-to-business relationships.

Included in the Republicans' legislative package are bills to help many of the industries that have been decimated by the anti-worker law and were left out of AB 5.

- SB 806 (Grove): Repeal & Replace AB 5
- SB 867 (Bates): Protect Newspaper Carriers and Distributors
- SB 868 (Bates): Protect Freelance Journalists
- SB 875 (Grove/Jones): Exempt Interpreters/Translators
- SB 881 (Jones): Exempt Musicians and Music Industry Professionals
- SB 963 (Morrell): Protect Independent Umpires and Referees
- SB 965 (Nielsen): Exempt Healthcare Facilities
- SB 966 (Nielsen): Exempt Licensed Pharmacists
- SB 967 (Borgeas): Protect Franchisors and Franchisees
- SB 975 (Dahle): Assist Tim-

ber Industry
• SB 990 (Moorlach): Protect APP-based drivers
Senate Republican Leader Shannon Grove (Bakersfield): "Senate Republicans have continuously warned legislative Democrats about the horrendous consequences of limiting worker freedom. Independent contractors are being hurt by this anti-worker law and some have lost their ability to earn a living. This disastrous law must be repealed and replaced so Californians can once again have flexibility in the freelance economy."
Senator Patricia Bates (Laguna Niguel): "AB 5 took a sledgehammer approach to an employment problem that required a scalpel. The law hammered many Californians who truly wish to remain their own bosses. That is why we must repeal and replace AB 5 to address the legitimate concerns of misclassified workers and protect those who want to remain independent."
Senator Ling Ling Chang (Diamond Bar): "One of the unintended consequences of AB 5 is that more than a million independent contractors are now struggling to earn a living. I'm proud to work with my colleagues to author this much needed bill package. Let's protect Californians and fix this mess."
Senator Brian Dahle (Bieber): "California's economic strength is threatened daily by the actions of legislators who have little to no experience running a business."

As a small business owner, this reality scares me. Without some sort of correction to this anti-contractor law, we risk stunting our growth."

Senator Brian Jones (El Cajon): "AB 5 is one of the worst laws enacted by the Legislature in recent years. It should really be repealed in its entirety, but short of that we need to exempt as many industries as possible from it. SB 881 will at least help musicians and other professionals in the music industry get out from under the unfair and arbitrary AB 5."

Senator John Moorlach (Costa Mesa): "Californians providing for their families or earning extra cash shouldn't be put in the middle of a union fight in the State Capitol. There should be room in state code for both independent contractors and common law employees. If someone wants to drive as a full-time job, then drivers should be able to freely negotiate with the TNCs without the Legislature meddling in their right to earn a living."

Senator Mike Morrell (Rancho Cucamonga): "AB 5 has cost thousands of people their jobs simply because they chose lines of work that best fit their lives. That is wrong. Californians should have every opportunity to prosper and provide for their families. I am proud to join my Republican colleagues to reverse AB 5 and restore job certainty for those whose livelihoods are now at risk."

Senator Susan Rubio's Bill Expands Access to Cancer Medication

SACRAMENTO - Sen. Susan Rubio (D-Baldwin Park) introduced a bill that will allow cancer patients to donate their unused oral anti-cancer medications to patients in need.

Senate Bill 983 will provide relief to cancer patients who cannot afford or experience delays in receiving their medication. The program will also reduce improper medication waste that negatively affects our waterways and environment. Existing law authorizes a county to establish a voluntary drug repository and distribution program to distribute surplus medications but cancer medications are not included in these programs.

"Access to healthcare is one of my top priorities," Sen. Rubio said. "This program will help cancer patients receive critically needed medications. It would reduce costs, ensure timely access, and prevent unused medications from going to waste, all while protecting our medically fragile

patients."
"Cancer patients spend thousands of dollars on life-saving medications every year. The cost is often prohibitive, and at times, patients have medications they will not use for a variety of reasons, including, but not limited to, a lack of tolerance due to the side effects," said Autumn Ogden-Smith, Legislative Director of the American Cancer Society Cancer Action Network California.
"This bill will allow oncologists the ability to redistribute valuable medications, gives patients and their doctors the best opportunity to properly treat cancer as quickly as possible and reduces the waste of high-quality medications. Senator Rubio's proposed legislation will ensure that more cancer patients in California have access to needed treatment medications in a timely manner and reduce the amount of anti-cancer medications that

are wasted," according to the co-sponsors of the bill, the Association of Northern California Oncologists and the Medical Oncology association of Southern California.

Per the National Council on State Legislatures, as of 2018, 21 states have active drug donation and reuse programs. These states have served thousands of patients, and saved tens of millions of dollars over the years.

For example, Iowa's program has served 71,000 patients and redistributed \$17.7 million in free medications and supplies, and in Oklahoma, the program has filled 227,603 prescriptions, worth about \$22,518,462 through the end of May 2018. One medical practice in New Mexico, which represents the newest program that applies solely to cancer medication, saved patients more than \$300,000 in its first year in operation with no adverse effects.

Running for Office? Know the FPPC

The Fair Political Practices Commission (FPPC) is a five-member board purportedly of independent, non-partisan members to oversee and administer the Political Reform Act of 1974. There are a lot of fancy words describing their mission but ultimately it is to create transparency in government and our political system. Want to run for office? Beware! They will monitor you and all your forms.

The Commission is made up of five members serving staggered four-year terms. The Governor appoints the Chair and one member from another party, and others are appointed by the State Controller, Secretary of State and Attorney General. Not more than three may be from the same political party. The Chair is the only full-time paid member. None require Senate confirmation.

Governor Newsom appointed • Richard Miadich, Chair, on the Newsom's transition team and co-author of Prop.64 legalizing recreational marijuana. No party listed but I doubt he would be working on Newsom's transition team if he were other than Democrat. He is the only full-time commissioner, salary is \$158,572..

• Dotson Wilson, as commissioner, once a staffer for Willie Brown and longest serving Assembly Chief Clerk (27 years) is registered as No Party Preference. He receives a \$100 per diem.

Other appointments:

• Controller Betty Yee appointed Alison Hayward, member of Republican National Lawyers Association.

• Attorney General Xavier Becerra's appointment is Franck Cardenas, Cal State L.A instructor, former Executive Director Redistricting Commissioner and L.A. County MTA. Registered Democrat.

• Secretary of State, Alex Padilla appointed Brian Hatch, Democrat Ontario Fire Department and Union Leader for Local 1430. No political party stated.

The FPPC oversees the finances of a political campaign (receipts and expenditures) prohibits elected officials from voting on matters in which they have a potential interest (either a pos-



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

(itive or negative effect) keeps an eye on lobbyists requiring them to file financial statements and according to the analysis of Prop 9, the proposition creating this Commission, they may provide "criminal and civil sanctions for violations ..." and can ... enact and repeal statutes and other miscellaneous matters."

According to the last LAO report I found on the Commission, 2018-2019, it was somewhat confusing because it referred to several different years, activities and bounced the dollar amounts around as well as employee numbers. I was surprised this agency, monitoring candidates and lobbyists, was so "disorganized".

The budget for the FPPC in 2017-18 was \$12.4 million with \$11.7 million from the General fund and \$741,000 from reimbursements. Reimbursements was not defined but these dollars covered 82.5 positions.

The average number of complaints in any given year is estimated by the LAO to be 1,500. In 2016, the Commission, on its own, initiated 1,315 cases and imposed \$900,000 in fines to go on top of their state approved budget.

Because there is a 5-year statute of limitations on complaints, the Commission initiated a Streamline Review Process allowing a reduced fine for persons against whom charges were filed if they agreed they had violated the law and agreed to pay a predetermined fine that would be lower than if the FPPC had to go through a longer, more intense process. LAO says 77% of the cases involving complaints are resolved through the streamline process.

The FPPC submits an annual

report and the LAO criticizes it is the only document that summarizes their actions for the year and provides little information for the legislature and public to evaluate their performance. This is a commission created through political appointments with no confirmation from our elected legislative bodies and no formal review of their reports or evaluation of their performance level.

The LAO reports various years had a variety of unfilled positions. In 2017-18, 17% of the authorized positions went unfilled for three years in a row, while it was reported for 2018-19, 68.8% of the positions were filled. I'm not a math major but I think that's 30% unfilled positions.

An example of what I would call erratic administration was the comment by LAO on the 2013 report "...indicating the FPPC had to keep its executive positions unoccupied for nearly eight months because the former executive director separated from the commission with leave balances approaching 70% of his salary."

For the FPPC, funding seems rather light and shaky for the number of positions allowed or needed for efficient operation. The Governor's appointment, as chair, is assigned to take charge of the organization, it seems as if manager or owner of a business, without any legislative oversight or confirmation. But then, I'm very tired of all the little committees here and there and new funds that pop up when a new crisis or conditions appears on the radar. All these appointed members of commissions and committees make decisions affecting my lifestyle and pocketbook, not the ones elected to office to do the business of our state. Almost like political favors for the current officer holders.

Beware of this organization if you are running for office or are in office. They have the power to investigate you any time they receive a complaint and can fine you to the hilt for the violation received in the complaint. They've been given the power to "... enact and repeal statutes and other miscellaneous matters." You don't want to become a miscellaneous matter with this organization.

Wong was on the council at the time, and made it clear, "although warm and fuzzy" this could bankrupt the city in the near future and he could not support this. The council moved forward and approved this. Many quickly retired and moved on and later on, things did get rough for the city. Major layoffs and cut backs happened. Things slowly changed as they scaled back on new personnel.

So, this new sales tax revenue, if it passes, stays with the city. The residents and visitors pay more at the register. The city controls the spending. As for it being \$10 million, I don't see it. Like I said, I may be missing something.

The best thing for the city is to have a contribution of \$10 per month to the city per household. Whereas, there are 33,000 households in the city, this would generate \$4,000,000 in just one year. This would actually be a form of a utility tax that could have locked down specifics for its use. This would be voted on by the people. ALL of this revenue goes to the city. Example, First responders and equipment only, nothing else. Put a max on this account at \$10 million dollars and at that point the contributions would stall until the funding gets down to, let's just say \$2 million dollars. Then it activates again. This is protected money for the city only. Not for the State or County.

The cities need to protect themselves from the gouging of our funds from the State of California.

"That's Just the Way It Is!"

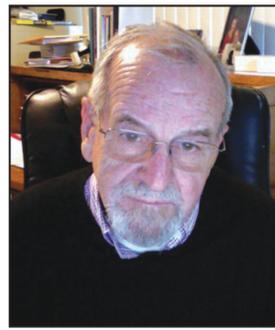
What's The Difference - The Church: A Curse Or A Blessing?

This in the concluding column--for now-- in a series scattered over the winter months asking whether the church has been a curse or a blessing as it has encountered society. We have looked, on one hand, at the Spanish Inquisition, the Salem witch trials, slavery, segregation and more; and, on the other hand, at the abolition of slavery and segregation, human rights, schools, hospitals and the inclusion of the marginalized, the left out, and more.

The clearest and most comprehensive analysis describing the relationship of the church to society has been H. Richard Niebuhr's seminal book, *Christ and Culture* (Harper and Brothers N.Y. 1951) While relying on Niebuhr's analysis, these columns seek to look at the data from a more restricted perspective. My simpler analysis sees the difference between viewing the church's essential nature as embodying doctrine or as embodying a lived-out ethic. It is here that the current division between conservative and progressive Christians has often taken shape.

Considering what has been my consistent position, it would be easy for me to say that when the church has based its commitments on doctrine, it has been a curse, and when it has based its commitments on ethically-based action, it has been a blessing. A trusted friend has suggested that he is committed to the religion of Jesus but not to the religion about Jesus. That probably captures my usual perspective as well.

However, I am aware that many faithful believers live out of a combination of faith and action, or doctrine and ethics. The role of the church as it interfaces with



Charles H. Bayer

society might well include both an appreciation of who Jesus was and what Jesus taught.

The Biblical account seems focused on this god/man made flesh, born of a virgin, suffered, died and was resurrected, and on a very human teacher who healed, welcomed the outsider and lived out of what we call the golden rule. Long before Jesus' ministry, this perspective was often proclaimed by Israel's prophets, and through the voices and works of those of other religions as well as those with no religion.

Jesus encapsulated his message in his declaration that his ministry centered on "good news to the poor, release to the captives, sight to the blind, and liberty to the oppressed."

The issue, however, that forces me to lean more to one side than to the other revolves around religious exclusiveness. Absolutism can be found in many of the world's faith claims. When any group of religious believers declare that they own an exclusive possession of the divine will and purpose, the result is almost always socially destructive. We can clearly see this in the Islamic claim that God's authentic and exclusive will has been revealed to Mohammad and written in the Koran. There can be no other

sanctified path to God. Islamic fundamentalism then becomes a blight on societies it dominates.

Just as clearly, when Christians hold that God's love is limited to those who call Jesus "Lord", their role in society tends to be destructive. This exclusivity is exacerbated with the claim that all others are lost and destined for an eternity in a fiery hell. Looking on how this declaration describes the relation of the church to the rest of the world; the results are clear. When the church or groups of Christians claim they possess the exclusive deposit of truth, and hold the Bible as the final and inerrant word of God, Christianity becomes a societal curse. Go back and take any of the historic episodes I have described in this series of columns, and you will see the negative impact of Christian exclusivism.

(I am not evaluating the truth of faith statements, only the societal results)

On the other hand, when the Church or Christians have focused on the religion Jesus articulated through his life and ministry, the results have most often been healing the wounds of a troubled world and offering hope to the world's non-persons. Faithfulness to what Jesus taught has blessed not only Christians, but also the lame, the halt the blind, the poor, the left out, the pariahs, the nobodies wherever they have lived.

So, we Christians are called to decide whether our lives are committed only to the religion about Jesus and its exclusive claims, or to the religion of Jesus and its call for inclusion, peace and justice.

Contact Charles Bayer at candwbayer@verizon.net

Local City Elections: Supporting the Incumbents is the Best Choice

By Joan Schmidt

As a resident of an unincorporated area, I cannot vote in city elections. However, the cities of Arcadia and Monrovia are within a mile of our home; my daughters graduated from Monrovia High School. I spend time in both cities and have become acquainted with their City Council Members.

Currently Monrovia Mayor Tom Adams and Council Members Becky Shevlin and Gloria Crudginton are running again for office. These three are a Republican, Democrat and Independent who put politics aside as they work well together for the betterment of their City.

Adams has been in office since 1994. At the recent State of the City, he stated that, "In less than a year, all curbs, gutters, sidewalks, water mains, sewer lines and roads will be up to at least the 70% mark." Adams also noted that the City is working with the San Gabriel Valley Council of Governments to capture county, state, and federal funding to create more affordable housing.

Before Gloria Crudginton, a forty year resident of Monrovia, was elected to office in 2015, she ran Measures A and B Campaigns that saved the Foothills from housing development. Since 1997, she has been on the Monrovia Historic Group Board of Directors. For twelve years, she has been a Community Services Commissioner. Gloria originally ran for office because "our infrastructure (Roads, sidewalks, water main and sewers were falling apart". She did not like Arcadia style Mc Mansions going up and historic homes being targeted for demolition.

Becky Shevlin has been on the Council for ten years. She represents the Council on Clifton's Adopt a School, Foothill Transit Governing Board, Monrovia Association of Fine Arts, SGV Mosquito and Vector Control

Board of Trustees, Healing Connections and Library Board. In addition, she supports Friends of the Monrovia Library, Historic Preservation Group, Historic Society and Museum, Monrovia Latino Heritage League, Monrovia Garden Club, LA County Commission for Women, Monrovia Reads, and Monrovia Coordinating Council. Like Tom and Gloria, I have seen Becky at all city events such as honoring Veterans.

Don't take my advice. Our wonderful Congresswoman Grace Napolitano has endorsed all three. Visit their websites for much more info.

In Arcadia, Peter Amundson and April Verlatto are running for reelection. I have known Peter for 35 years! My late husband and I rented in Arcadia before purchasing our current home. Peter's late grandmother, Edith was my next door neighbor. Peter was a responsible young man in college, working hard but never too busy to come and visit his grandmother and help her with anything she needed. I was proud when he first

was elected to Arcadia City Council and watched over the years as he did everything to keep Arcadia Great. He was born and raised in Arcadia, and he and his wife chose to raise their family there. He took over his late Dad's trucking business and has kept it quite successful.

April Verlatto also was raised in Arcadia. She and her husband also chose to raise their two children in Arcadia. April is an attorney, took over her dad's law firm. She is the Architectural Review Board Chair for the Highlands Homeowners Association and President of the Downtown Improvement Association working to revitalize downtown area since 2005.

Please visit Peter Amundson and April Verlatto's websites to learn more.

READ ALL PROPOSITIONS CAREFULLY! Don't be fooled by titles. The NEW proposition 13 has NOTHING to do with our real estate taxes! We don't want any voters' errors like Props 47 & 57 and their terrible repercussions!

West Covina Unified to Hold Preview Night for Performing Arts Academy

WEST COVINA - Incoming high school freshmen with a passion for the performing arts are invited to attend a spring preview night for the West Covina High School Performing Arts Academy from 6:30 to 8 p.m. Thursday, Feb. 27. Families can learn about what the Academy has to offer, gain insight into the application and audition process and meet Academy coordinators.

Launching in fall 2020, the Academy will provide an exclusive fine arts education in a free, public school setting. Its

first freshman cohort will be capped at 50 students. The preview night will be held at West Covina High's Bulldog Café, 1609 E. Cameron Ave., West Covina. The District is now accepting applications; students can begin the application process online.

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Valley Examiner
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Voting on Your Sales Tax Initiative

For those of you that have a "sales tax" measure on your ballot, do a little research to see the positive and negatives of this tax.

Supporters for and against this sales tax on the ballot are all over the social media. I am going to use West Covina for example which presently has a 9.5% sales tax. They want to raise it 0.75% to bring it to 10.25%.

One thing that people need to know is if this passes, the extra tax revenue goes to the city. If it fails, the city gets nothing. Right now, 10.25% sales tax is the max the state allows.

Now, think about this. If it fails, there is an open door so when the county raises sales tax across the board where West Covina would be raised to the max, the county gets the tax revenue and most likely the city gets next to nothing in return.

All over West Covina, people are being bombarded with information that may not be accurate. I have heard that this will bring over \$10 million dollars per year to the city. Looking back on some information, the city's sales tax was about \$18 million in 2016-2017 and \$17 million in 2017-2018 if I am looking at this right.

My math doesn't seem to calculate to a "plus" of \$10 million added per year. Again, I may be missing something.



George Ogden
That's just the way it is!

With this new tax implemented, they are saying this will go to their first responders, fire and police. Well, not exactly true. With this new revenue, the city has an option to spend as needed, where-ever, when-ever. This could include city repairs, all employees and so on. Now remember, the police and fire budget is around 75% of West Covina's budget per year. They are also paying out a lot in retirement benefits. A few years back, the city council approved a 3/50 PERS where an employee could retire at 50 years old at 3% per year of what their base pay was at time of retirement. Example would be, a police officer who started working as a cadet at 20 years-old and became a police officer could retire at the age of 50 and receive 3% per year of what they were making. The officer worked 30 years and was making \$100,000 per year, that officer would get \$90,000 and could go to another police department and work another 15 years and retire from there at the age of 65.

At the time, the council thought this would bring quality people to the departments. Ben

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

Swirling Information, Speculation And Rumors

Wall Street analysts published a 2020 forecast in December predicting stronger growth, lower inflation, and moderately lower interest rates. Since then fourth quarter inflation was weaker than expected (here and in Europe), but January growth indicators were stronger than expected in the USA. This combination made many analysts feel more confident in their earlier forecasts.

And then the coronavirus (Covid-19) emerged, threatening to cut a negative swath through global economic growth. Swirling information, speculation and frightening rumors suddenly created an uncertain outlook for national and international economies.

During the past week the announced decline in the number of new Covid-19 cases in China fueled optimism and spurred risk assets. Meanwhile, model projections of much higher numbers of cases, plus reports that China was not reporting asymptomatic cases, as well as a lingering doubt over the way Chinese leaders seem to instinctively hide bad news, combined to bolster many lingering doubts. Last Thursday (Feb 13), the doubters' fears were confirmed in at least three ways:

- China reported 15,421 new cases, mostly people who have displayed symptoms but have not yet been confirmed with test kits. There are now at least 60,406 cases, of which 7,613 reportedly recovered, At least 1,370 have died, and 8,087 are severe. Steady growth in severe cases - one day this week they increased 15% - is convincing proof that the total number of cases in China was being under-reported (possibly just due to strained resources).

- Jiang Chaoliang, Communist Party leader of Hubei, was ousted and replaced by Shanghai mayor and Xi stalwart Ying Yong. Then health experts confirmed Jiang was aware of the outbreak as early as November and suppressed the news (allowing it to

In A Nutshell What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

spread more than it might have had the problem been disclosed earlier).

- Health experts openly criticized WHO Director-General Tedros Adhanom Ghebreyesus in a front-page WSJ story. Dr. Tedros delayed the WHO decision to declare a global health emergency, discouraged countries from banning Chinese travel and praised the Chinese response. More than a few experts wonder if Dr. Tedros was just bowing to China out of concern for the need to court Chinese money and Chinese cooperation in fighting future outbreaks. Dr. Tedros denies political considerations influenced WHO's questionable announcements.

Above communications also ignore the reported 86 coronavirus cases in Japan, plus more than 20 in Singapore, Thailand, Hong Kong and South Korea. Then China (just this Friday) reported another sharp rise in the number of people infected with the virus, as the death toll neared 1,400. The National Health Commission said 121 more people died from COVID-19, and there were 5,090 new confirmed cases. The number of reported cases has been rising more quickly after the hardest hit province changed its method of counting them (just last Thursday). Friday's "official" numbers were corrected to 63,851 confirmed cases in mainland China, of which 1,380 have died. More than 560 cases have now been confirmed outside of mainland China.

Risk markets had rallied and Treasuries sold off before re-

versing recently (still resulting in lower yields). Optimism boils down to two things: First, the possibility of a real cure, even if it is months off. Second, the hope China can produce a drug cocktail that might have success treating the infection and getting it to patients faster than if it were developed in the US or Europe (with respectively more lengthy approval processes).

Many economists/analysts on Wall Street are very concerned in terms of exactly how much this outbreak will impact China's future growth. China recently accounted for 16% of global GDP, almost four times its GDP share in 2003 (when the SARS epidemic struck). Those forecasting 4.5% year-on-year Chinese growth in Q1 - by far the most common forecast - are assuming growth now will slow by six percentage points (below zero). SARS did not affect as many people, and still it knocked Chinese growth down six percentage points in that first quarter.

Early January data offered a clear picture of improvement in the US, but confusion in Europe. Beyond January, there's little doubt the Wuhan initiated virus will hurt global growth (at least in Q1). Growth should somewhat rebound in Q2. Lost in the focus on China's virus was Boeing's decision to curtail 737-Max production until the FAA approves the plane for flight again. That decision probably will cut into first half USA GDP (by as much as 0.8%). The net result is likely to be downside growth surprises for the next few months (at least), plus lower inflation for the year as a whole. One thing Wall Street has learned in the last ten years is that even temporary economic setbacks leave lasting inflation weakness in their wake.

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

Which is better: a 30-year mortgage, or a 15-year mortgage?

I always recommend a 30-year mortgage. Although it takes discipline, you can make payments equal to the amount you'd pay on a 15-year mortgage to pay the loan off quicker. If something unforeseen happens wherein your finances are suddenly decreased, you can fall back on paying the amount required for the 30-year mortgage payment until your financial situation improves. Interest rates are incredibly low. To find a mortgage broker who will shop the best loan for you, go online to findamortgagebroker.com

I'll be turning 72 next year. If I buy an annuity this year, will I have to pay surrender fees or penalties on money taken out to fulfill the RMD rules?

Insurance companies, which offer annuities, allow you to put your money into an annuity, and waive surrender fees on any amounts taken to fulfill the Required Minimum Distribution rules.

I recently started a sole-proprietor business. How can I find out what my tax deductions I might be able to take?

Go online to www.irs.gov, search, download, and print: Schedule C and the Instructions for Schedule C. These two pieces are packed with information on what are allowable tax deductions for non-incorporated businesses. Under the newer law, business owners can take a 20-percent deduction on their pass-through



Julia Yoder

business income. (There are earning limits.)

Should we put our annuities into the name of our trust?

Beneficiaries receive payout from an annuity not in a trust faster than they would with an annuity within a trust. Always follow the specific annuity contract rules on taking money from an annuity. The most common reason for establishing a trust is to avoid probate. Because beneficiaries are named within the annuity policy, probate is already avoided. Keep in mind that it can take much longer for a trust to be read and for those instructions to be implemented. Quicker access to funds from annuities and life insurance can enable beneficiaries to pay bills and taxes in a much timelier manner.

Is whole-life insurance the only kind of life insurance that builds a cash account?

No, there's also universal life, variable universal life, and equity-indexed universal life. In my opinion, the best out there is Equity Indexed Universal Life. This

is life insurance with an underlying savings account that is not in the stock market. You are given the choice annually to allocate part of your premium to a fixed return premium, or to several other avenues with higher potential gains without risk of loss. (Guarantees are based on the strength of the issuing insurance company.)

What do you suggest for setting up a savings for our 6-year old's higher education?

Some states are eliminating their 529 college savings plans. With any of these plans, watch for fees which can eat up a considerable amount of the earnings. Most, if not all, college savings plans require use of the funds at an accredited higher-education facility. What if your child decides to attend a non-accredited religious or trade school? What if your child wants to buy or start a business rather than attend college? I recommend either an equity-indexed life insurance policy with living benefits, or a fixed-indexed annuity.

Ask Julia by email: juliyoder@yahoo.com

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

Characteristics of Leadership

Since time immemorial, leaders have guided humanity through its struggle for survival. A leader shows us a ray of light in darkness, makes our future brighter and life much simpler; he or she brings hope and happiness in our life. This is the optimistic view of a leader and this newsletter will focus on the positive influence of a leader keeping in mind that we all know that a charismatic leader can also be a dangerous one based on their belief systems and those of their followers.

What are the characteristics of leadership; people often wonder. Why is it that someone is a leader and someone else a follower? It has been observed that a leader possesses certain qualities which are markedly different from the common masses or those who do not want to lead. While the common man or woman gets entangled in their routine life, the leaders often overcome these difficulties and decide to bring radical changes in the environment in which they live.

There are two kinds of people in this world, proactive and reactive. Reactive people give vent to their anger whereas proactive people think for the future and try to find lasting solutions to any problem(s) and generally have a positive attitude. When Mahatma Gandhi was thrown out of the train, he didn't react at that moment but instead he devised a strategy, which threw the British out of India forever, indeed a lasting solution. Being proactive is considered one of the most important characteristics of leadership.

Having the capability of taking



Michael Allawos
Principal Consultant
Global Management Consulting Services

on tough decisions is considered an important characteristic of leadership. Being tough and or strong also means having the ability to withstand peoples' ire. Sometimes some decisions are unpopular or have vision beyond the here and now, but one needs to take it for the overall benefit of the people, which might be essential for a better future. A leader should demonstrate tremendous courage and stamina during that challenging period as well as not caring who takes credit for a job well done as long as it gets done.

A leader is always focused towards their goal(s). They exhibit complete dedication towards their work and demonstrate tremendous self-confidence. A leader is not fickle minded. He or she is determined; their communication with people is very effective. A leader never gets carried away by emotions. Their emotional quotient is exemplary and they never make decisions based on their whims and fancies. They are the personification of enthusiasm. He or she creates positive energy around their sur-

roundings, energizing everyone around them. In fact, people take great pleasure in working with such people.

The ability to motivate others is a vital characteristic of leadership. Anyone devoid of this characteristic should not even dream of becoming a leader. Vacillating or waiting for consciences is not part of the definition of a true leader. People stick to a leader because they find such a leader to be motivational. Once people get motivated, they stick to and work tirelessly for their leaders, helping them achieve their goals and objectives. If people are not motivated by a leader, then why will they follow?

In life there is an up and a down, a plus and a minus but nonetheless a constant struggle of nature; this will never change. Leaders struggle with this constantly and even to some degree have a bit of a dark side that must be overcome on a daily basis. Those that overcome to do good tend to be incredible, strong individuals and we all know what happens to leaders when they can't overcome the struggles of life.

It is believed that certain characteristics of leadership are by birth, similar to the color of our eyes and hair passed down by our parents through the great gene pool. Someone is a born orator; someone is a born singer and someone is a born writer. True to a certain extent, but it is also true that there is nothing in this world which cannot be achieved by hard work. Mahatma Gandhi started exhibiting his leadership traits when he was a young man, and surprisingly Colonel Sanders founded Kentucky Fried Chicken and spread his franchise across the United States when he was in his sixties. Sam Walton, although he'd owned a small chain of discount stores, opened the first true Wal-Mart in 1962 when he was 44. So, there's nothing that can't be learned.

Apathy is a choice; don't make it! What kind of LEADER will you be?

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



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

Drips and Puddles

Those annoying under the car drips can leave your driveway and garage floor a mess...in fact everywhere you park becomes a victim to this mess. They are also a sign that something is wrong and needs to be taken care of. The only drip you don't need to be concerned with is the condensation from your air conditioner. Everything else is a signal that there is a problem. The small drips are giving you fair warning that if ignored, serious problems are in your future. Here are a few examples:

- A reddish brown drip may mean one of three things; leaking transmission, over tightened pan gasket or a leaking front seal.
- A green or orange-red drip suggests a cooling system problem such as leaking hose or radiator.
- A brown to brownish-black

drip that is thick in consistency is more than likely engine oil. This is not a huge problem if it is slight but when it grows to puddle size it is a sign of something serious and if not kept under control could mean severe engine trouble.

- A leak that looks like tea and feels oily is brake fluid. This type of drip or leak is always serious!

If you notice a puddle three inches or larger under your car don't ignore it. Get it to the professionals as soon as possible. A puddle between one and two inches isn't as serious...yet...unless it is brake fluid. Don't put off having it looked at too long though...it could become a much more serious problem.

It is a good practice not to ignore drips because if left unchecked those drips will turn into puddles that get bigger and bigger until you no longer have a small problem, you have a major problem. Make an appointment with us today, and your car's health care professional at Certified Automotive Specialists will stop the drips.

Remember, minor problems come with minor price tags...major problems come with major price tags...maybe even the cost of a new engine!

Prevention is always the best medicine for your vehicle.

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

Hometown Service You Can Count On!

Public Invitation To The Grand Re-Opening of T. Phillips Glendora

GLENDORA - Restaurant: Impossible invites you to T. Phillips Glendora for their grand re-opening on Wednesday, February 26th at 7:00 PM!

Restaurant: Impossible is hosted by Chef Robert Irvine. Robert's Challenge: Save America's most desperate restaurants from impending failure in just two days with only \$10,000.

Come dine with us and be one of the first patrons to see the newly renovated space. If you are

interested in making a reservation at T. Phillips for their grand re-opening, please email the Restaurant: Impossible production at volunteer@restaurant-impossiblevolunteers.com by Friday, February 21st at 12:00pm (PST). Please use the following in your subject line: 1703 CA RESERVATIONS?.

PLEASE NOTE: Production is NOT covering the cost of your meal - you will be responsible for paying your own bill. This event

is first come first serve by email and we CANNOT guarantee everyone who responds will get a table. If you are selected, you will receive a confirmation email close to the date of the dinner. Unfortunately, we cannot have any guests under 8 years old.

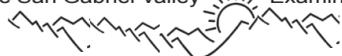
Please include your contact information (full name, email address, cell number) your party size (number of people at your table) and the names of the people in your party.

REWARD!

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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

It's Time to Read across America!

Celebrate Dr. Seuss' Birthday at the Arcadia Public Library at 10:30 am on Wednesday, **February 26!** The Arcadia Fire Fighters and Police Officers will be there to read great stories and lead tours of their safety vehicles. NEA's "Read across America" Day is a nationwide reading celebration that commemorates Dr. Seuss's birthday on March 2. Across the country, thousands of schools, libraries, and community centers participate by bringing together kids, teens, and books, and you can join them at the Arcadia Public Library!

For more information, please call 626.821.5566 or visit the Arcadia Public Library's website at www.ArcadiaCA.gov/library. The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia.

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

COVINA

Patty's Bash

Folks, it's time to "strut your stuff!" It'll be more than a "wee bit" of fun and even better than a

"pot of gold" at Patty's Bash on **March 13**. Well, maybe not a pot of gold, but it will sure be fun being a mean, green, dancing machine at this festive holiday event! Register by February 28

Cane Self-Defense Workshop

Here's how to turn your walking cane into a way to protect yourself. Learn real world cognitive and physical self-defense skills and safety awareness that will allow you to respond under stress. Please wear loose clothing, bring water and your own cane. Class is easily modified for students of all abilities. Instructor: Don Frack Date & Time: Friday, **March 6**, 9-11 am Fee: \$20/1 day

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

Income Tax Preparation For Seniors

Volunteer tax aides will be available to people 55+ to prepare 2019 income tax returns. Visit the Duarte Senior Center (1610 E. Huntington Drive) to sign up. Appointments are required.

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

Genealogy Group

The Glendora Genealogy Group meets Tuesday, **February 25** at La Fetra Center, 333 E. Foothill Blvd., Glendora. "Our Veteran Ancestors" is at 6:00 pm. The business meeting is at 7:00 pm, followed by the program: "The Language of Heraldry" by Julie Huffman, the genealogy librarian at the Central Library of Los Angeles Public Library. For questions about our group or this meeting, please contact Steve Dugan at sjdugan@hotmail.com.

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

Line Dancing Party

The La Verne Community Center invites you to attend our Line Dancing Party on Tuesday, **February 25**, from 1:00pm - 03:00pm! Hosted by line dancing instructor Jan Takemoto! Refreshments and snacks will be provided. \$2 fee at the door. All entry fees will go back to our Senior Programs. La Verne Community Center is at 3680 D Street, La Verne.

Pick Your Own Oranges

Enjoy a "Slice of La Verne's Past" while picking some of the best tasting oranges around. The Heritage Foundation offers you one of the last working orange groves in the area as a place to enjoy with your family. Bags of oranges are \$6, and mesh bags and the picking poles are sup-

plied. The historic Weber house will also be open for tours from 10:00 a.m. - 12:00 p.m. Orange Picking is open Saturdays and continuing approximately until the beginning of March. For more information call (909) 293-9005 or check out their web site at www.laverneheritage.org. Heritage Park is at 5001 Via De Mansion, 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 contact the Department of Community Services at (626) 256-8246.

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

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

Senior Stretch & Exercise Class

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

Classes are at the Community Center, 119 West Palm Avenue on Mondays from 1:00 p.m. - 2:00 p.m. and Fridays from 9:00 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 from 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.

Republican Women Federated Meeting

WEST COVINA - The East San Gabriel Valley Republican Women Federated are having their next meeting on Friday, **February 28**, at the Holiday Inn in West Covina, 3223 E. Garvey, North, West Covina (off the 10 Freeway). Social/check in is 10:30, meeting at

11:00, lunch at noon and guest speaker at 1:00. The guest speaker is Loren Spivack, economist and author. Her subject is "Why Environmentalist Predict and Why They Fail." For reservations please call (626) 824-8717. Guests are welcome

Library Events at a Glance

GLENDORA - The Glendora Public Library has something for everyone! All of these events are proudly presented by the Glendora Public Library and GPL Friends Foundation.

Novel Idea Book Discussion

February 26, 5:30 pm - 7:30 pm / Friends Room
Book discussion group: join us to discuss The Girl who Wrote in Silk by Kelli Estes.

War on Weeds Workshop

February 29, 11:00 am - 12:30 pm / Friends Room
The Glendora Conservancy Program presents the War on Weeds Workshop where attendees get a WOW patch.

Great Trivia Challenge

February 29, 3:00 pm / APU: Upper Turner Campus Ctr

Be part of the action as teams representing local businesses compete for the title of Trivia Champion at the Great Trivia Challenge! This is a fundraising event hosted by the GPL Friends Foundation and a community-loved tradition that promotes friendly competition to support the Glendora Public Library. For more info visit www.gplff.org or call 626/852-4894.

Unless otherwise noted, events are free to the public and will take place at the Glendora Public Library, 140 South Glendora Avenue, Glendora 91741.

For more information, please contact the Library at 626/852-4891 or visit www.glendoralibrary.org

Billiards Tournament

ARCADIA - Rack 'em up and join us for a single elimination 8-ball billiards tournament and lunch. Winner will receive a \$50 gift card and bragging rights! Special prize for runner up and raffle prizes throughout the event. The tournament will be held on Tuesday, **February 25** from

11:30am-1:30pm at the Arcadia Community Center - 365 Campus Drive. Tickets are \$10 and are for sale now both online at ArcadiaCA.gov/recreation and in person at the Arcadia Community Center. Don't wait to purchase your ticket for this fun event!

TRUST - Nearly 100 years of Service to the community
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Duarte Welcomes New City Manager Daniel Jordan

DUARTE - The Duarte City Council unanimously voted Daniel Jordan as its next City Manager during its regular meeting of the City Council on Tuesday, February 11, 2020.

"I am honored to be selected as the next Duarte City Manager," said Jordan. "The Duarte community is one of a kind; I intend to work closely in collaboration with both the City Council and staff to preserve its proud tradition as the City of Health as we transition into the next decade."

During its current fiscal emergency, Jordan brings a strong financial background to the community serving as Finance Director in both La Cañada Flintridge and most recently, Westlake Village. During his tenure in Westlake Village, he also served as Interim City Manager during their most recent City Manager recruitment process.

The City Council approved a 15-month employment agreement for Jordan, effective immediately with at start date of March 3, 2020; the same day Duarte voters consider Measure D, a ¾ cent local sales tax increase. Jordan's annual salary will begin at \$210,000, and he will receive a standard benefits package that includes health insurance, three weeks' annual va-



Daniel Jordan, Duarte's new City Manager.

cation, administrative leave, membership in the PERS retirement system (2% @ 60) and an auto allowance. Severance provisions are consistent with the Duarte Municipal Code.

Daniel earned a Bachelor of Arts degree in Political Science and Government from UC Irvine, and both a Master's Degree in

Public Policy Analysis and a Doctor of Philosophy, PhD. in Political Science from Claremont Graduate University. Jordan, a lifelong resident of the San Gabriel Valley, has a deep appreciation for its unique culture, social and political fabric and lives locally with his wife and three sons.

Protecting Your Ability To Drive Safely For As Long As Possible



It may be the safest, wisest course to get help with your driving before you have to give it up.

Driving a car means maintaining independence for many older adults. Driving allows you to shop, see friends and family, keep up with medical appointments, and avoid social isolation. But sometimes staying safe behind the wheel as you age can be a challenge.

Age-related physical and mental changes can affect your ability to drive safely. If you're alert to these changes and manage them carefully, you may be able to continue driving safely for some time.

To keep your skills as sharp as possible, consider following these suggestions from experts at the American Geriatrics Society (AGS), healthcare professionals dedicated to improving the health, independence, and quality of life of older people:

Check your eyesight to keep it as sharp as possible by getting a complete annual eye exam once you turn 60. Test yourself to monitor your vision:

- Do you have problems reading street signs?
- Are you having difficulty seeing road or pavement markings, curbs, or other vehicles or pedestrians, especially at dawn, dusk, and nighttime?
- Is glare from oncoming headlights making it hard to see when driving at night?

Assess your physical fitness to drive by asking yourself:

- Can I comfortably turn my neck to see over my shoulder when I change lanes?
- Can I easily move my foot from the gas pedal to the brake? Can I easily turn the steering wheel?
- During the past year, have I fallen one or more times?
- Do I regularly walk more than a block a day?
- Can I raise my arms above my shoulders?

Perform a reality check on your attention span and reaction time:

- Are you overwhelmed by signs, traffic signals, and car and pedestrian traffic, especially at busy intersections?
- Does it seem harder to merge into traffic on the highway?
- Do you take any medications that make you sleepy, dizzy, or confused?
- Do you feel less confident about driving at highway speeds?
- Do you react slowly to cars entering your roadway, or to cars that have slowed or stopped in front of you?

Pay attention to changes and warnings:

- Have friends or family members expressed worries about your driving?
- Have you ever gotten lost on familiar routes or forgotten how to get to familiar destinations?
- Has a police officer pulled you over to warn you about your driving?
- Have you been ticketed for your driving, had a near miss, or a crash in the last three years?
- Has your healthcare pro-

vider warned you to restrict or stop driving?

Consider Getting a Professional Driving Assessment

If you've experienced driving problems like these or are worried about your ability to be a safe driver, consider getting a professional assessment of your skills.

Occupational therapists trained as driving rehabilitation specialists can evaluate your driving skills and strengths, as well as any physical, visual, and cognitive challenges you may face. They can also evaluate your ability to operate a vehicle safely and, if needed, recommend ways to reduce your risks.

Driving rehabilitation specialists are trained to evaluate older drivers for:

- Muscle strength, flexibility, and range of motion
- Coordination and reaction time
- Judgment and decision-making skills
- Ability to drive with special devices that adapt your vehicle to your needs

The specialist may recommend ways for you to drive more safely after the evaluation. Suggestions may include getting special equipment for your car or helping you sharpen your skills.

Not sure how to find a driving rehabilitation specialist? Talk to your healthcare provider or contact the American Occupational Therapy Association for a directory. You can also visit the AGS's public education website, <https://www.healthinaging.org/driving-safety>, for more safe driving resources for older adults and caregivers. (NAPS)

Fatal Freeway Crash in Monrovia

By George Ogden

MONROVIA - The CHP received calls Sunday Morning, Feb. 16, around 4:40 a.m. about a wrong way driver on the 210 freeway which ended up in a head on collision. This was in the eastbound lanes near Huntington Blvd. in Monrovia.

When CHP arrived, they found a 2017 Chevrolet Cruze that was westbound in the eastbound lanes of the Foothill (210) Freeway had crashed head on into a 2017 Toyota Tacoma driven by a 19-year-old man from Hemet. This caused the Tacoma to flip and

ended upside down and they found the critically injured driver of the Tacoma still inside the vehicle.

They found the 19-year-old woman in the Chevrolet Cruze had been killed in the crash.

The freeway was shut down for rescue efforts and an investigation followed. The man was extracted by paramedics and was taken to Huntington Memorial Hospital in Pasadena with major injuries.

Both drivers were alone in their vehicles and have not been identified.

CHP is looking for additional information. They would like to know where the woman entered the freeway and when. The CHP's Baldwin Park area office is asking anyone who may have seen something to call them at 626-338-1164.

At this time, it is unknown if alcohol or drug were a factor in the crash.

All lanes were closed during the investigation and clean-up with the slow lane opening up around 5:15 a.m. and then all lanes opened around 1:15 p.m.

SATURDAY APRIL 25, 2020

WWW.SUPERHERORUNWALK.ORG

info@superherorunwalk.org | 844-853-HOPE

Bonelli Regional Park
120 Via Verde Park Road, San Dimas, CA 91773

7:00 am - 11:00 am Health & Safety Expo

7:00 am	Registration
8:15 am	Warm Up
8:30 am	Special Guest Presentations
8:45 am	Survivors Dove Release
9:00 am	Run/Walk

IF YOU SEE SOMETHING, SAY SOMETHING.

REPORT SUSPICIOUS ACTIVITY TO THE POLICE

THURSDAY, FEBRUARY 27

BLOOD DRIVE: 9A-2P | CHAMBER MIXER: 3P-5P

VISITING ANGELS | 131 E FOOTHILL BLVD | GLENDORA 91741

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SAVE THE DATE

FEBRUARY 20th

Azusa Woman's Club

Invites you to attend our

Candidates Forum

MEET THE CANDIDATES FOR AZUSA CITY COUNCIL & MAYORS RACE

THURSDAY, FEBRUARY 20TH

7PM - 9PM

AZUSA WOMAN'S CLUB
1003 N. AZUSA AVE
AZUSA, CA 91702

FREE EVENT
OPEN TO THE PUBLIC

Great Trivia Challenge 28

Saturday, February 29, 2020

New Location! Azusa Pacific University Upper Turner Campus

2:00 pm Doors Open
3:00 pm Trivia Begins
\$15.00 per person

Be a part of the action as teams compete for the title of Trivia Champion!

Enjoy an afternoon of delectable desserts and trivia!

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All proceeds benefit the programs and services of the Glendora Public Library

If You're Feeling Down, You're Not Alone. It's That Time of Year



You don't have to let the dark days of winter get you down. Learn how to beat the blues and when to recognize it's time to seek help.

You may have heard the terms—winter blues, Seasonal Affective Disorder (SAD), Depressive Disorder with a Seasonal Pattern. No matter what you call it, with approximately 17.3 million adults in the U.S. experiencing seasonal depression, according to the National Institute of Mental Health, feeling gloomy this time of year isn't uncommon—but it can be overcome.

The Problem

Depressive Disorder with a Seasonal Pattern (formerly called SAD) can affect anyone of any age. Whether you're a student returning to class, a busy working professional who's always playing catchup, or even newly retired with found time on your hands, the excitement of the holidays is long over and wintry dark days are here. While January and February are the typical peak months for the disorder, symptoms can persist through April, according to Mental Health America.

Doctor's Advice

When that feeling of sadness persists for several weeks, it's time to take action, according to Dr. Desreen Dudley, a licensed Clinical Psychologist and Behavioral Health Provider of Therapeutic Services for Teladoc Health. But, she points out, often the toughest thing for many is how to discern whether what they feel is temporary or something more serious.

"If someone has a few days of feeling low, that's normal and typically nothing to worry about. It's when the feeling lingers for weeks and people lose interest in daily activities and suffer persistent negative thoughts, that lend a stronger basis for Depressive Disorder with a Seasonal Affective Pattern diagnosis," she says.

What To Watch For

Other symptoms she warns about are:

- Change in appetite
- Change in sleep pattern
- Decreased energy
- Decreased concentration
- Feelings of worthlessness or guilt

•An inability to think, concentrate, or finish tasks at work or school

•Thinking about suicide, self-harm, or death

Dr. Dudley contends individuals already struggling with depressive disorders are suscep-

tible to SAD patterns. For older Americans, a Vitamin D deficiency can exacerbate low moods. On the other end of the spectrum, she has worked with newly independent college students who find SAD a heavy burden and say their new responsibilities of classes, exams and jobs can compound their depression. For some, not rising as early for classes as they did in high school means sleeping in more and further limiting their exposure to sunlight.

What To Do

In addition to considering therapy, such as virtual care, which is available on your terms and from any location you choose, Dr. Dudley recommends:

- Avoiding or cutting back on alcohol and other addictive substances
- Eating healthfully—more lean proteins, fruits and vegetables, and eliminating sugar
- Daily exercise at least 30 minute a day (walking counts)
- Yoga or meditation
- Learning about and trying

light therapy

•Regularly surrounding yourself with those you enjoy being around.

When To Seek Help

According to a recent global study conducted by Ipsos MORI for Teladoc Health, individuals often recognize when they're struggling, but even so, over a third of the respondents who have had one mental health episode admitted to not seeking professional help. The reason? For many, it's often the difficulty in finding mental health care.

"Thankfully, virtual care is becoming increasingly available as a source of convenient mental health care," Dr. Dudley says. "It eliminates the traditional obstacles of in-person visits and has opened up access for anyone with a busy schedule, individuals who may have difficulty getting out of the house and students who may fear the stigma of walking into the campus mental health clinic."

For further information, visit www.Teladoc.com/therapy. (NAPSI)

The Same Tools at School and Home Can Help Students Achieve



PHOTO SOURCE: (c) Wavebreakmedia / iStock via Getty Images Plus

Cutting-edge technologies have long been used in classrooms to help students engage with material and better grasp tough concepts. And now, many of these same technologies are becoming available for use at home.

Here are a few ways that educational technology can help students transition from classroom instruction to home study seamlessly:

- Digital learning: Software tools make it easier for students to connect with classroom materials long after the bell rings. Apps such as Edsby, give students access to lesson plans, study guides, homework assignments and school calendars 24/7, while providing a convenient platform for teachers to communicate with parents.

• Better visuals: Sharp, bright imagery provided by ultra short-throw projectors, such as the XJ-UT351WN from Casio, allow students in even the smallest classrooms to harness the power of visual learning. And now that the market has widened accessibility to high-quality projectors, students can use them in bedroom-sized spaces to review lesson plans, research term papers, cram for exams and more.

• More math: Mathematics software is giving students an all-in-one platform to grasp new concepts both during classroom instruction and while doing homework. The free online calculator, Classpad.net, includes calculation, graphing, geometry and statistics functionality and is particularly versatile for students on-the-go, as it auto-saves work

to a free cloud account that can be accessed anywhere, as well as allows students to customize their workspace with resizable and draggable "sticky notes."

• Updated reading: E-readers give students a burden-free way to take home vast quantities of reading materials with them, and an ink-free way to annotate text. When connected to the internet, students can collaborate on group projects or discuss passages in-depth with each other from anywhere, and teachers are able to see how students are interacting with the reading.

As access to technology tools widens, students will benefit from the seamless transition that using the same platforms at home and school provides. (StatePoint)



ELECT DAVID FREDENDALL Glendora City Council 2nd District

“ This is not a stepping stone for me, rather a destination of doing the job well for you the community. ”



"I STAND FOR LEADERSHIP, NOT POLITICS..."



contact info - fredendall@aol.com

- 34-year Glendora resident
- Member of the Trustees overseeing preservation of City's Historical Landmark, the Fairmount Pioneer Cemetery
- I have become a staple in the youth programs of the City through commitment to youth development and service for tomorrow's leaders.
- My unselfish agenda is to serve the people of Glendora by supporting and developing Strategic Planning that emphasize fiscal responsibility, customer service and open leadership through honesty and accountability.

Thank you for your vote!

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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.

