



San Gabriel Valley Examiner

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December 15 - 21, 2016

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Care Packages Sent to Deployed Troops

By Jorge V. Rosales

AZUSA - It was early on Saturday morning December 3 and it was cold and windy throughout Azusa, yet over 30 volunteers consisting of youth from all three Azusa High Schools, members of the Azusa Veterans Memorial Committee, and adult volunteers gathered at the Azusa American Legion Post 180 Social Hall, to assemble military care packages for twelve Azusa military service personnel serving in either Iraq or Afghanistan during the Holidays, as well as overseas in Japan.

Military care packages have in the past delivered the comforts of home to troops. Mayor Rocha and the volunteers know that because they have on several occasions received thank you cards or long distance phone calls from Azusa military personnel while deployed in. Also, in the past when Azusa troops return home for rest and relaxation with their loved ones or are discharged from the service, some of them become part of the volunteers in putting together care packages for those still deployed.

While the military provides



Over 30 volunteers from all three Azusa High Schools, the community, and Azusa Veterans Memorial Committee, including Azusa Mayor Joe Rocha and Councilman Robert Gonzales, pose in front of a table full of "goodies" to fill the 12 care packages to be mailed to deployed Azusans overseas.

the basics of food, shelter and gear, the soldiers must use their military pay to buy personal items and treats, such as gum, candy, or chocolate bars. However, even if they are willing to pay for such treats, some personal items are hard to find, especially in combat zones. Military care packages make soldiers' lives a little bit easier and more enjoyable by providing these extras, especially during the Holidays.

Many of the soldiers that have previously returned have expressed that they are so

happy to receive the packages because it assures them that they are remembered back home and that those back home are so grateful to them for their sacrifices. They also

inform Mayor Rocha that they share with their comrades the 30-40 pounds of treats they each receive just in time for the Christmas Holidays.

"Sending a care package to our troops is a way to let them know that we care for them. Whether you know of a specific service member overseas or are reaching out anonymously, volunteering to collect its contents, sort them out, or package them, is the right thing to do for those who love us and protect us," said Azusa Mayor Rocha.

It was obvious that everyone present enjoyed collecting the contents and assembling the care packages full of "goodies," weighing approximately forty-pounds per box for each known Azusa Military Hero, currently deployed. Everyone hoped that this year would be the last time that there was a need to put together care packages and that all Azusa heroes return home safely.



Volunteers sort out donated candies, energy bars, and sundry supplies to be placed in care packages for Azusa military personnel deployed overseas. Pictured are Azusa Veteran Memorial members: Bill Sena and Charlotte Augustine.

Glendora Police Chief Tim Staab To Retire

By Jayam Rutnam

GLENDORA - Police Chief Tim Staab will retire from the Glendora Police Department on Friday, December 16th (which will be his last day). Chief Staab has been with the Glendora Police Department for 33 years having started as a Police Cadet in 1983. He became a Police Officer in 1985, a Sergeant in 2001, a Lieutenant in 2006, a Captain in 2011 and he was appointed Chief of Police, by Glendora City Manager Chris Jeffers in December 2013. He has been Police Chief for three years.

It was in September of 2009 that I met Lieutenant Tim Staab for the first time. It was at the entrance to the Colby Trail. He was being interviewed by KNBC News after the body of 17 year old Vincent Giovanazzi was found. Vincent had taken his life in the woods of the Colby Trail.

What struck me about this spokesman for the Glendora Police Department was that while he was explaining what took place, one got the feeling that this man had a genuine sense of sadness and compassion that a young life had unnecessarily been taken away.

I met him a few times after that, whenever I needed information on something that was newsworthy.

It was in the first week of December 2013, that then Captain Tim Staab, was tipped to become Chief, and the announcement had just been made. I remember Captain Staab, directing traffic at the Glendora Christmas Parade. I remember a "seedy" looking character with an abundance of tattoos, being hugged by Captain Staab. I recognized the man as being a well noted drug addict, who obviously had "gone straight" thanks to the intervention of Captain Staab. I overheard the man thank him! The man was with his wife and son. I am sure Tim has many stories of how he helped



Glendora Police Chief Tim Staab

Glendorans.

You could expect to see Glendora Police Chief Tim Staab at every event put on by the City of Glendora. Of course he was the first to be there during a crisis, one of which was the Colby Fire. He was also in the forefront of preparing for the aftermath of possible flooding in the foothills.

Chief Tim Staab is retiring at 54 years old. He lives in Chino Hills with his wife Dawn who is a retired High School coach (cross country running). He has two daughters, Chloe 25, who is an officer in the U. S. Navy, serving on a ship in the Persian Gulf, and Annika 21 who is an Economics major at Cal Poly in San Luis Obispo. Although he has no immediate plans for his retirement, he will be "taking some vacations."

Tim's main hobby is running. He is the only police officer from Glendora who has taken part in the Barstow to Las Vegas

run for over twenty years. Seeing Chief Staab running through the Glendora neighborhood, is quite common.

The Glendora City Council expressed their deepest appreciation for his service to the community and the men and women of the Glendora Police Department as their Chief. "Chief Staab possesses unquestionable commitment, positive attitude, honesty, professionalism, loyalty and ability to make others achieve their best, which is a true trait of a leader," said Glendora City Manager Chris Jeffers.

There will be an announcement in January as to the new Chief of Police, who will be chosen from three final candidates. In the interim, Captain Joe Ward will serve as Police Chief.

A Retirement Celebration for Chief Tim Staab will be held on Saturday January 21, 2017 at the Glendora Country Club. RSVP Lisa Taylor (626) 914-8262.

Baldwin Park Unified Students Engage in Annual 'Hour of Code'



Teacher Gilbert Mendoza helps Vineland Elementary second-graders as they learn to code during the annual Hour of Code, an international effort to promote computer science education. Vineland students are engaging in the program throughout the week.

BALDWIN PARK - Two Baldwin Park Unified schools explored computer science this week as they learned coding through the annual Hour of Code, a global movement that reaches millions of students in more than 180 countries.

"This is a great program that encourages our students to see the world through a new perspective, to realize they possess the ability to create in the technical sphere no matter how young they are," Superintendent Froilan N. Mendoza said. "Coding is likely to become a foundational skill as our job market becomes increasingly technical."

Students participated at Central and Vineland elementary schools.

Central Elementary, which

pioneered the effort for Baldwin Park in 2015, engaged all of its 508 students during events spread across the week. Students coded in the school's computer labs from 8:10 a.m. to 2:45 p.m. daily.

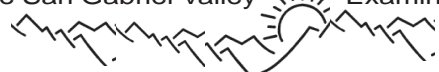
The school prepared for the program with inspirational assemblies last week, showing students careers in coding and teaching them about a 7-year-old who is the youngest game coder. Central students also participate in a STEM Saturday School that infuses students with an extra dose of science, technology, engineering and math instruction.

Principal Esther Garcia said she includes all students because of the potential for coding to become a foundational job skill. Many of the students who par-

ticipated in the 2015 event now code on their own, Garcia said.

About 125 Vineland Elementary students in second through sixth grades also took part in the event. Teachers at the school used the program to reward hardworking students in each classroom, those who have shown the most growth academically or socially. The event was held for an hour each day.

The Hour of Code was introduced in 2013 by nonprofit Code.org, which organized the event during Computer Science Education Week. Computers are everywhere, but fewer schools teach computer science than 10 years ago. Girls and minorities are severely underrepresented, according to Code.org.



9th Annual Festival Of Jewish Music

MONROVIA – This Saturday, **December 17** at 7:00pm, the Jewish Federation of the Greater San Gabriel and Pomona Valleys invites the community to its 9th Annual Festival of Jewish Music. This celebration of Jewish music has become an annual tradition and a community favorite.

This year's festival will be different than in the past and features some incredible musical groups. Headlining this

year's Festival is **MOSTLY KOSHER**, currently being featured as part of Disneyland's Festival of Holidays. In addition to **MOSTLY KOSHER**, Jubilation Musical Society, Kol HaEmek and the Jewish Youth Orchestra will be performing.

The festival will begin at 7:00pm and take place at Pasadena Jewish Temple & Center (1434 N. Altadena Drive, Pasadena). A delicious dessert reception, provided by PJTC's

Sisterhood, will immediately follow the Festival of Jewish Music.

Get your tickets today for this incredible concert. Tickets are \$10 for children (12 and under), \$12 for adults, and \$36 for a family. To purchase tickets or for more information, please contact the Jewish Federation at (626) 445-0810 or visit their website at federation@jewishsgpv.org.

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Angeles National Forest and San Gabriel Mountains National Monument Welcomes New Deputy Forest Supervisor

ARCADIA - Rachel C. Smith is the new Deputy Forest Supervisor for the Angeles National Forest and San Gabriel Mountains National Monument. However, she is no stranger to the Angeles/Monument having served as acting Deputy Forest Supervisor back in 2015. As deputy supervisor she will share broad management duties with Jeffrey Vail, Forest Supervisor who oversees the Forest/Monument which is one of the most highly urbanized forests in the nation providing 70 percent of the open space for millions of visitors.

Smith arrived from her previous position as Deputy Regional Fire Director of the Southern Region, a thirteen-state region stretching from Texas to Virginia and the U.S. Virgin Islands. She served at the Regional Office in Atlanta for five years.

Her Forest Service career began as a Union Hotshot on the Wallowa-Whitman National Forest in the 90s, later working as a

smokejumper in Redding, California. After completing a degree in Bioethics at Whitman College, Smith spent time working on natural resource management internationally, including work for the Nature Conservancy's Global Fire Initiative. In 2011, Smith completed her Ph.D. in Environmental Science, Policy and Management at the University of California at Berkeley. She returned to federal service in Atlanta, Georgia where she was selected as the Deputy Assistant Fire Director over Operations, serving as the Forest Service's liaison for two FEMA regions and lead Southern efforts for disaster response. She also spent time as Deputy Director for the inter-agency Service First Fire, Fuels & Aviation program serving the Bureau of Land Management and the Forest Service in Alaska,

Washington and Oregon; worked as District Ranger on the Angeles and Sabine National Forests; served a leadership role on the Southern Cohesive Fire Strategy effort and worked in the Washington Office on the Next Generation Air Tanker program.

"I am excited about the challenges that await me in this new position," Smith said. "This is known as one of the most complex and inspiring places to work in the country. Having the opportunity to serve here is an honor."

Smith and her husband A.J. are excited to move back to southern California. She enjoys travel, learning about other cultures and exploring the outdoors, and is getting ready to backcountry ski the Continental Divide through Rocky Mountain National Park in Colorado this winter.

Supervisor Barger's Pet Of The Week



LOS ANGELES COUNTY— At the Board of Supervisors meeting, Supervisor Kathryn Barger presented "Alvin," a 4-

month-old Chihuahua Mix ready for adoption. Please call the Department of Animal Care and Control at (562) 728-4610.

Baldwin Park Fatal Stabbing, Man Arrested

By George Ogden
BALDWIN PARK - Baldwin Park Police responded to the 4000 block of Harlan Avenue just after midnight, December 9, Friday Morning of a fight inside a residential garage and stabbing at a residence. When they arrived, they found one man stabbed to death and another who was injured in the fight.

When officers arrived at the residence they found 43-year-old Gilbert Ochoa Jr., a resident of Baldwin Park, laying on the driveway and suffering from a stab wound to his chest. The suspect, also a resident of Baldwin Park, was at the location with an injury to his forearm.

Prior to the incident the homeowner of the residence was having a conversation with Victim Ochoa, who was visiting, in the garage. The suspect, 54-year-old Steven Barron, who was the homeowner's tenant, entered the garage and started an argument with the victim that led to a fight. The victim struck the suspect with a metal pipe but the suspect then gained control of the pipe, striking the victim and stabbing him with a knife.

Victim Ochoa succumbed to his injuries and was pronounced dead at the scene.

Suspect Barron was taken to a local hospital, treated for his injuries (said to include a broken

arm), and released. He was transported to Baldwin Park Police Department where he was booked for murder. He is being held in lieu of \$2 million dollars bail.

The homeowner was not injured during the altercation.

The weapon, a large kitchen knife, was recovered at the scene. Neither the victim nor the suspect appears to have any arrest record.

The investigation is ongoing and there is no additional information.

Baldwin Park Police Department Receives Grant For Special Traffic Enforcement And Crash Prevention

BALDWIN PARK - Baldwin Park Police Department has been awarded a \$70,000 grant from the California Office of Traffic Safety (OTS) for a year-long program of special enforcements and public awareness efforts to prevent traffic related deaths and injuries. Baldwin Park Police Department will use the funding as part of the city's ongoing commitment to keep our roadways safe and improve the quality of life through both enforcement and education.

After falling to a ten year low in 2010, the number of persons killed has climbed nearly 17% across the state with 3,176 killed in 2015 according to the Na-

Marquez Runs for Reelection for Covina City Council Seat

By George Ogden
COVINA - Covina Mayor Pro-Tem Jorge Marquez recently held a campaign party at the "City Grill" to announce that he is going to seek reelection to the Covina City Council.

The well attended event had State and Local politicians show up.

Marquez has been a resident of Covina for close to 30 years and grew up in Covina. He has served for the City Council, as a City Commissioner, Covina-Valley Unified School District's Personnel Commissioner, an AYSO coach, member of the Covina Lions Breakfast Club, and as an active member of Sacred Heart Parish.

Marquez works as a Senior Field Deputy for the California State Legislature, and is responsible for handling a wide variety of issues, including Public



West Covina's Councilman Lloyd Johnson, Covina Mayor Pro-Tem Jorge Marquez and former Assemblyman Mike Eng.

Safety, Veteran's Affairs, and Housing. Jorge works everyday with cities, school districts, local agencies, community organizations, and residents to advance programs and projects that benefit our community in Covina as well as the greater San Gabriel

Valley. He has a successful record as a councilmember and is ready to continue his work.

His event had a nice cross section of the Covina community attending and showing their support.

Baldwin Park Unified Program Reinforces Positive Parenting Skills

More than 75 parents take part in Disciplina Positiva program



Parents of elementary students show off certificates for finishing six Baldwin Park Unified parenting workshops held mornings this fall at a District elementary school.

BALDWIN PARK – More than 75 parents from across Baldwin Park Unified participated in a series of six workshops this fall aimed at reinforcing positive parenting skills, reviewing and learning techniques for engaging children.

Disciplina Positiva classes were offered weekly and covered such topics as texting, social media promoting strong grades, and ways to make children feel

indispensable. A morning class at a District elementary school focused on tools for supporting younger children while an evening session at a high school focused interactions with older children.

The group was founded in 2010 and uses experiential tools, such as role-playing, to spread its message.

"These workshops are a wonderful resource for our parents,"

Superintendent Froilan N. Mendoza said. "They offer good elements parents already use and open the door to a variety of new tools for connecting with their children. These interactions have a ripple effect in our classrooms."

This is Baldwin Park Unified's third year offering the program. A second set of workshops is being planned for spring, in late April or early May.



Parents of secondary students show off certificates for completing six Baldwin Park Unified parenting workshops held evenings this fall at a District high school.



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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.

One Election Down; On to Local Elections

We've just finished electing a new President (although some are still questioning the vote count) getting ready for an inauguration and looking to seat a new House and Senate, and now we will roll right into local elections on March 7th.

We have three cities in the 48th Assembly District who will be voting on March 7th to select either two or three council members and one will elect their Mayor.

Azusa will be electing their mayor, two council members, and a city clerk and city treasurer. As of last week, current Mayor, Joe Rocha, pulled and filed re-election paperwork but will have two challengers. Sitting Councilman Uriel Macias has pulled and filed papers to seek the mayor's chair. If he is unsuccessful, he will remain on the Azusa Council as a council member with two years left in that term. Russell Rentschler, former school board candidate, is now seeking the mayor's chair in Azusa.

Two council seats are up with incumbents Robert Gonzales pulling and filing papers, and Edward Alvarez pulling papers. Two challengers have pulled papers - Carol Williams and Andrew Mendez. Last update on website appears to be December 5th.

City Clerk Jeffrey Cornejo pulled papers; and, Arthur Vasquez, City Treasurer pulled and filed papers. There are no challengers



Lois M. Shade
Former Mayor of Glendora

to those positions but again, website may not be complete depending on filing deadline.

City of Covina elects her council members who in turn elect their mayor. Two incumbents, Kevin Stapleton and John King, according to the website have not filed paperwork for re-election to their seats. Last date the site was updated was December 8th.

Kevin Stapleton pulled papers then announced he was not seeking re-election. John King pulled papers but as of today while I write this, it is not noted on the website he has filed those papers. King has until December 12th to file and if he doesn't then others may pull and file up to December 14th. Incumbent Jorge Marquez pulled and filed papers to recapture his seat on March 7th.

Two non-incumbents, Victor Linares and Neil Polzin, pulled papers and have filed them for a

council seat. City Clerk Mary Lou Walczk and City Treasurer Geoffrey Cobbett have pulled and filed with no challengers as of December 8th.

City of Glendora gave notice the filing period is closed with two incumbents both filing for re-elections. Mayor Gene Muribito pulled papers on November 14th and filed November 21st; and, Karen Davis pulled papers November 14th and filed November 16th. Glendora council elects a council member to serve as mayor but usually on a rotation basis.

Others who have pulled and filed paperwork are Michael Alawos who ran two years ago unsuccessfully; Erica Landmann who has run before but unsuccessfully also. Stephan Kamal pulled and filed paperwork on the December 9th deadline.

Tom Colangelo, involved with the past elections of John Harold, pulled papers on December 5th but did not file them before the filing period closed.

On Thursday, December 15th the Secretary of State will hold the standard randomized alphabet drawing to determine the order in which candidates names will appear on the March 7, 2017, ballot. As always, the public and media are invited to go to the Secretary of State's Office to watch the procedure. If you are planning on attending, the drawing will commence at 11:00 a.m.

The In-Between Time

We are in the midst of our annual in-between time. The nation's most important non-political celebration, Thanksgiving, is over and we are left with the carcass of the great bird that brought so much family enjoyment, and which will see its last as soup. The frantic hour consumed with gifts, greetings and tissue paper is an obsession now well over the horizon. Will we have chosen the right presents? Did we forget anyone? Did we stay within our budget? Will we receive the gift we want, realizing that as we grow older what we unwrap has long since become far less important than what we have put under the tree to be unwrapped by someone else.

Many of us now take the business of gifts-given and received far less seriously. Somehow the Christmas buying orgy has lost much of its glitter. In recent years I have been making a substantial annual financial contribution to an organization I hold close to my heart that needs and can use the gift in ways that will have lasting benefits after all the Christmas wrapping are ash. So I will again write family members and others telling them of my gift on their behalf.

I need these in-between days. The past months have been brutal, culminating in an unexpected and, I believe, a calamitous election, after which many of us wondered what has happened to



Charles H. Bayer

the great dream that has guided America. Has not that dream turned sour in our mouths? The bad taste centers, of course, on the election of an egomaniac, ethically vacant, unprepared billionaire. But what is even more depressing is the decline into absurdity of the American people who failed to take seriously the concerns, needs and hopes of an neglected minority who previously were championed by the Democrats.

But here we are between the two great national/religious celebrations and many of us will wash out the sour taste and invest ourselves in what may be a time of healing for our wounded hearts. These days may offer an opportunity to rediscover the depths of love too long neglected in our own families-those near and those far; to write or call those we have not contacted for too long; to listen to some good

music, to sing Christmas carols or choruses from Handel's Messiah with hundreds of others; to watch The Nutcracker or read just one more time, Dickens' A Christmas Carol; to get down on the floor and listen to a little child talk about herself; to tell stories about how it was when we were children; to write a poem or a story.

Thanksgiving is now a pleasant memory with its lovely, albeit mythical, tale about the Pilgrims and a feast with the friendly Indians. Christmas is at hand with, for some, a sadness over what is no more, and the hope of what is yet to be, even if that hope comes only as a little child born in a manger to a migrant couple.

In a few weeks we will get back to mourning the current tragedy that has assailed the country, even as we do what we can to bind up the nation's wounds. But for these in-between days it may be a time to turn inward-not that we will live there for long, but because we now need the healing that these days may provide. Perhaps I am only expressing a need I have right now, and if so, be patient and indulge me about it. But if it is a need you share, know that there are probably many others for whom these in-between days are precious.

Contact Charles Bayer at candwbayer@verizon.net

"Time Jockey" - American Resolve

By Joe Castillo

Remembering Pearl Harbor Last week, the 75th Anniversary of the attack on Pearl Harbor was remembered throughout the United States, especially at Pearl Harbor, Hawaii. On December 7, 1941, the Japanese attacked the United States' Pacific Fleet in a well-planned and completely surprising aerial attack. Nearly 150 ships comprising the Pacific Fleet were stationed in Pearl Harbor on the day of the attack and most of them sustained damage of significance on that day. A total of 2,409 U.S. servicemen were killed and another 1,178 were wounded. It was the largest single day loss of American forces during any military conflict. The attack by the Empire of Japan was a well-orchestrated and designed military operation which had been planned for months.

War with the United States became inevitable once the United States established an oil embargo and froze Japanese assets. Joined by Great Britain and the Netherlands in the summer of 1941 in their restrictive actions, the availability of oil became Japan's greatest issue. Japan's ad-

vancement into China and Southeast Asia, and their desire to control the Pacific, drove up the demand for oil to fuel their navy and armed forces. Even though the Japanese had been stockpiling oil for several years, it was only enough for about one year of warfare. With nearly 80% of its oil imports cut off, and wanting to avoid an economic crisis at home as well as supporting an aggressive, expansive military plan, the leadership of Japan needed to make an immediate decision.

In mid-October 1941, the Japanese Army appointed General Hideki Tojo as the new premier giving the militarists complete control of Japan. By November, Japan finalized its new strategy in its "Central Agreement" document which clearly identified Japan's intentions. In addition with continuing its war with China, the war plan included a) simultaneously invading Thailand, destroying the U.S. Pacific Fleet located at Pearl Harbor and delivering air strikes against the Philippines and Malaya; b) conquering the Philippines, Borneo, British Malaya and Sumatra, c) occupying Java and the oil-rich Dutch East Indies and d) estab-

lishing a defensive perimeter running as far east as Wake Island and the Marshall Islands.

The ambitious war plan to expand throughout Southeast Asia and the Pacific Ocean all required the precious resource of oil and in order to get enough time to acquire it, the U.S. Pacific Fleet had to be eliminated. So a plan was conceived to do just that. Admiral Isoroku Yamamoto, Commander-in-Chief of the Japanese Combined Fleet drafted an air attack plan on Pearl Harbor. Yamamoto had been a naval attaché in Washington from 1925-1927 and knew the American ways, industrial strength and what would trigger the Americans to fight or not fight. Initially opposed to war, Yamamoto was persuaded to change his thinking after the military seized control of the Japanese government. Knowing that Japan would not be able to sustain a long defensive battle, Yamamoto's plan focused on striking first by immobilizing the U.S. Pacific Fleet and then invading the Philippines and the Dutch East Indies. Using these acquisitions, a defensive line would be established which Japan hoped would discourage the United States, Great Britain and the Dutch from fighting an enemy so far from their own shores. Hopefully, these countries would be exhausted from fighting a two ocean war and would be ready to make peace with Japan. But even though Yamamoto claimed to know what would make the Americans not fight, he was totally off base in understanding the reaction of the Americans. The United States became more determined, united and committed than ever following the attack on Pearl Harbor, and turned their entire might on the Empire of Japan and avenging the losses suffered at Pearl Harbor on Sunday December 7, 1941.

Joe Castillo is a freelance historical writer and can be reached at joecastillo@aol.com

Does the Media Influence Elections?

You bet they do in many cases. With the television every room and the Social Media such as Twitter, Facebook and all the others, the impact of information is unreal. Your job is to try and decipher what is truth, fiction, exaggerated, lies or myths.

Trump and Clinton both used the media in their campaigns. Trump was upfront with what he thought of the media and their reporting methods. As you know, he wasn't too fond of the news media and their reporters, often berated them in public and offered his opinion on their reporting ability and their honesty with their reporting. He often singled them out by name and their agency by name.

When certain media outlets are supporting a candidate, you can see them lean that way. In many cases, they can turn the vote of the people on "how" they report on the candidates. Some people are not smart enough to see through some of the information that is put out there. The media may dwell on certain negative topics because it is a popular topic. An example is Clinton's responsibility for the loss of American lives in Bengasi and her missing emails. Trump took a lot of hits on his dingbat comments and his ranting and raving. This gave the media all kinds of material. How they used it, depended on which candidate they supported. You could see when they support a candidate; they would frost over the topic. If not, they would do a heavy impact on the topic and run the candidate down.

The sad part is the voters take a lot of this as gospel and they don't do research.

This past presidential election was one long comedy show for



George Ogden
That's just the way it is!

over a year. The voters ingested this crap that is put out there not only in the news media, but in the social media. If you are on Facebook, you could see a massive impact this had. Fights on Facebook broke out all over the place. This insane fighting broke up friendships and you could see people being "unfriended" all over the place. If they stayed connected, they duked it out in the public view on Facebook. The fun part is you could join in the fight. One posting got a negative response about Trump which opened up a can of worms with all kind of mudslinging. Then that same person would slam Clinton with negative comments and he got more people who sided with Clinton who came down on him. It was actually hilarious as those responding didn't realize they were being set up. Others would then join in and you would end up with a Facebook riot. Sadly, these did in fact breakup friendships and create problems with family relationships as well.

If you recall, Oprah was a big influence in the Obama elections. She didn't do all that well with the support of Clinton and made comments that she would leave the country if Trump was elected. In fact, many "named" people stated that they would leave. So far, they are all still here.

Even our local elections are affected by the media. Often they do high impact reporting on a topic of those in local office. Some is legitimate reporting and needs to be known; however, when there is a slow period for news, they may dwell on something old and blow it out of proportion.

An example of this is the DUI issue with local Councilman Mike Spence. He was involved in an accident while taking methamphetamine (meth) medication. He admittedly took more than he should have and it caused a problem and a medical reaction. Methamphetamine can be addictive on ones central nervous system (CNS) stimulant that can cause euphoria, decreased appetite, and increased energy and attention. Spence is overweight and admitted to abusing the medication. He was given a misdemeanor traffic citation and pleaded guilty to the charge. He was given 3 years' probation and a fine. He has admitted that he has had problems with alcohol and medication abuse in the past. However, the news media jumped all over this. Not only in news print, social media, but on the television news. They turned this into a major felony when in fact it wasn't. Yes, he had issues in the past, but he had been sober for eleven years from alcohol (and drugs) and that was never brought up. His issue with the charge made it all the way to the council where they publicly discussed his issue.

This is a perfect example how the media can work. Slow work day, and they look for something or someone to beat up and embarrass.

"That's Just the Way It Is!"

Green and Recycle Your Holiday Tree This Season

BALDWIN PARK - The season of giving is almost here and with it comes Christmas trees that families all around the globe will decorate with twinkling lights and ornaments. But after the festivities have come and gone and presents have been unwrapped, what happens to these trees? This year, Waste Management of San Gabriel Valley invites residents to recycle their trees through its curbside tree collection program.

Curbside tree collection for residents in the following cities/areas will take place on the following dates on customers' scheduled collection day:

- Arcadia: Dec. 26-Jan. 11
- Baldwin Park: Dec. 30-Jan. 6
- Diamond Bar: Dec. 26-Jan. 15
- La Verne: Dec. 28-Jan. 5
- Pomona: Dec. 28-Jan. 14
- San Dimas: Jan. 3-Jan. 10.

When placing trees on the

curb for collection, customers should follow these guidelines:

- Remove all decorations, including tinsel, lights, ornaments and tree stands, and place your tree on the curb for recycling. Please do not block carts.
- Trees taller than six feet must be cut in half.
- Please note that flocked trees cannot be recycled. They will be collected by your trash collector.

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Wall Street's Expectation Once Trump Becomes President

Donald Trump will be sworn in as President with the most ambitious agenda since Barack Obama in 2009. But unlike Obama, he does not have a powerful party machine behind him. Not only is the Republican majority thin and fractious, many Congressional Republicans questioned whether Trump was a "real" Republican just a month ago. He will have his work cut out getting things done.

Many on Wall Street have considered each of Trump's major proposals and the ways they might be implemented. There is enough wiggle room in all of them that computing the range of outcomes borders on useless. Instead, what Wall Street has done is use judgement and guidance from the transition team, House and Senate leadership, markets and Fed officials, to handicap priorities, and estimate what is achievable. Everyone I have spoken to agrees everything is subject to change, but here are some of their thoughts:

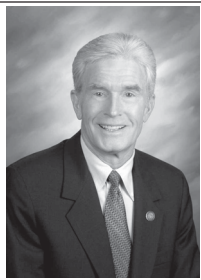
>Markets will have a bigger impact on the economy than policy through the first half of next year. After all, it takes time to get anything done in DC.

>The dollar is at a new 14-year high. Interest rates have risen 70bp since early October. These will set the economic tone at least until the second quarter. Wall Street expects the economy will slow significantly in the first half as net exports and interest-sensitive sectors falter.

>Stimulus likely will lift the economy in the second half. Government spending will be the smallest part of this. Business-fixed investment and consumption should contribute more to growth. Part of the stimulus relies on private investment from businesses and households boosted by tax and regulatory relief.

>Because punitive tariffs on Chinese made products or deportation of the entire undocumented immigrant workforce would cause inflation to spike and growth to slow markedly,

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

neither is really expected initially.

>Wall Street expects the Fed to keep doing what it has done since the financial crisis: spouting economic optimism, threatening to raise rates, but bowing to economic reality and laying low until the economy can stand another rate hike. The Fed too is a serious economic risk, as it always is. There is only one 2017 rate hike in Wall Street's forecast, but there is nearly a 50% chance of another hike, probably in June, as the Fed now foresees credible upside inflation risk.

What Could Possibly Go Wrong?

Congress has to pass legislation to accomplish anything but the smallest tweaks. Some of Trump's proposals might pass through reconciliation, a once-a-year, filibuster-proof process Congress normally reserves for the budget. House Republicans are already discussing trying to repeal the Affordable Care Act.

Beyond that Trump will need a broader coalition if he is going to accomplish his stated objectives. There are 10 Senate Democrats facing reelection in 2018 in states that voted for Trump. They may be willing to cooperate and support legislation appealing to centrists. But others, like Elizabeth Warren, have suggested they would work with Trump only if he pushes a progressive agenda.

Chances are, Trump has two years to get big things done. The minority party almost always picks up Congressional seats in midterm elections, not least because the Party in the White

House grows complacent, while the one in the Wilderness gets fired up.

The Markets

Currency volatility in the aftermath of the US dollar's 2014 surge left export weakness in its wake. The dollar is surging again now, but because much of the 2014 rise has played through the economic data, it may have to rise significantly further to have a material economic impact next year. Wall Street expects it will, for the same reason I expect bond yields to rise further before possibly falling back next year... markets were complacent.

After eight years, Wall Street traders knew the Obama Administration and expected gridlock with the Republican Congress. The Fed, too, has become easier to predict. However, while some FOMC participants may be coming to terms with a long-term, low-rate reality, the committee is also staffed with a pretty solid contingent of people who insist on using models calibrated to 1995-05 economic conditions to make policy decisions.

The Fed

Fiscal stimulus warrants a faster pace of rate hikes, as several FOMC participants reminded us recently, but it's too early to speculate what type of stimulus is coming and how the Fed should respond to it. They pretty much all said that, too. So in a sense, it is safe to think of the Fed as more likely to react to evidence that stimulus is working rather than the stimulus itself. In other words, the Fed remains data dependent.

Wall Street expects a hike this December. After that, Wall Street is counting on the Fed to recognize the weakness in the first half and refrain from raising rates again until the economy is back on a firm footing in Q4-17.

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

Practice safety to avoid a potential financial crises.

Although use of marijuana is now legal in California, you can get a DUI if found driving 'high.' Also check the warnings on your prescription and over-the-counter drugs for advice against operating machinery (includes vehicles). If you drink (even if you only have a 'buzz') don't drive. Put your packages in your car trunk when shopping. Don't advertise to burglars. Lock your doors, and keep your garage door closed when not in use. Be aware. Be alert. Please check your smoke detectors and install new batteries. (I encourage you to do this for a senior, or disabled, neighbor, too.) If you are taking a trip, be discrete about loading luggage into your car. Stop your newspaper and mail delivery, or ask a trusted neighbor to collect them for you. Be kind to others - do at least one random act of kindness on a daily basis.

I'm getting a bonus at work, but I don't want to claim it as income for 2016. Can I just wait to cash the check in 2017?

No, the income would still be earned in 2016. However, you could ask your boss to issue the check in 2017. Make sure to ask for taxes to be withheld. An important factor in deciding whether to get your bonus this year or next is to determine whether or not you are going to



Julia Yoder

be forced to pay the Alternative Minimum Tax (AMT.) Either do your research online at the tax websites, or talk to your CPA.

What's the deadline for opening a Roth IRA?

To start a new Roth IRA for 2016, you have until April 18, 2017. (IRS and State tax due date will be April 18, 2017 because April 15 falls on a Saturday, and Monday is Emancipation day in Washington, D.C.)

How do I go about figuring out my RMD?

The IRS provides worksheets and tables for calculating your Required Minimum Distribution. (See IRS.gov) You must receive the RMD for the year you turn age 70 1/2 by April 1 of the following year. For all subsequent years, you must receive your RMD by December 31st of that year. Failure to do so results in a 50% penalty of the amount that should have been distributed to you.

Can I buy a life insurance policy on my grandchild?

Yes. A life insurance policy that could build up a cash value account might become a very sizeable gift for your grandchild to use for a higher education, purchasing a home, retirement savings, and more.

What's the website for money the State is holding, waiting for people to claim it? If I find any funds there, how do I go about claiming it?

For the state of California, go to www.SearchTheVault.com. If you or a relative ever lived in another state, go to www.unclaimed.com. Don't let anyone charge you to do this for you. (If you do not have access to the internet, I'll look it up for you - no charge.) The method for claiming depends on the amount of the funds. Instructions are on those websites, too.

Got a question? Ask Julia by email:

Email questions and comments to: juliyoder@yahoo.com

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Waste Management and Sanitation Districts of Los Angeles County Awarded Municipal Project of the Year

Partnership Recognized for Food Scrap Wastewater Biogas System

Waste Management and Sanitation Districts of Los Angeles County received the Municipal Project of the Year Award for their Food Scrap-Wastewater Biogas System at the American Biogas Council's Biogas Industry Awards held late October. The partnership was recognized for their contributions to the progression of the U.S. biogas industry.

"Not only are these projects great examples for future project development, our winners are breaking new ground for the growing biogas industry," remarked Patrick Serfass, executive director of the American Biogas Council at the

awards ceremony. "We are proud to award these outstanding projects and look forward to the next wave that are already following in their footsteps."

Waste Management and the Sanitation Districts of Los Angeles County's operating public-private partnership demonstrates the full-scale co-digestion of urban residential and commercial source separated organics (SSO) at an existing community wastewater treatment facility in a way that can be replicated at other water utilities.

"Put simply, it's all about working together and making

our community a greener place," said Tom Koutroulis, senior manager of Organics Project Development for Waste Management. "We couldn't be more proud of this partnership and development. What started as a demonstration project, is now award-winning proven technology that is creating renewable green energy—bio gas."

First, food waste is pre-processed at the Waste Management facility in Orange, Calif., through its patented CORE® process which removes physical contaminants, de-cases plastic and metal containers, creates a consistent Engineered Bio Slurry™ (EBS) for energy generation, and reuses 100% of wash down water. Next, the EBS is delivered to the Joint Water Pollution Control Plant in Carson, Calif. The project processes roughly 65-85 tons per day of SSO and co-digests the resultant food EBS product with sludge, converting food waste into renewable biogas, which is used to generate electricity.

"Our partnership with Waste Management serves as an example of the positive impact that private-public partnerships can have on the environment," said Mark McDannel, Division Engineer for the Sanitation Districts of Los Angeles County. "Together, we are diverting food waste from local landfills and making a significant positive impact by producing renewable energy locally."

THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morill - Certified Automotive Specialists

Finding An Auto Repair Shop You Can Trust

AAA just did a survey and found that two out of three U.S.A. drivers do not trust automotive repair shops! Why?

The top reasons that U.S. drivers do not trust repair shops are:

- Recommending unnecessary services (76 percent)
- Overcharging for services (73 percent)
- Negative past experiences (63 percent)
- Concerns that the work will not be done correctly (49 percent)

The survey also noted that older drivers trust auto repair shops' more. Why?

- Baby Boomers are twice as likely than younger generations to fully trust auto repair facilities in general, with one-in-five

reporting they "totally trust" the industry.

- Baby Boomers (76 percent) are also more likely to have a chosen auto repair shop that they trust compared to Millennials (55 percent) and Gen-Xers (56 percent).

What does this survey tell us?

- It takes time to find a great repair shop...many times through trial and error.

- Due to this, older, more established adults have found a shop they trust and they stick with them.

- Driver's happy with their repair shop aren't "repair shop hopping" based on coupons, but stick with the shop they know will do a good job at a fair price each and every time.

• The 75 million drivers who haven't found a trusted repair facility need to ask for recommendations from those who have.

What does AAA recommend?

- Find a shop you trust before you are in breakdown mode.
- Start off your search by having a shop do small items first such as oil changes, tire rotations and filter replacements.

There are a lot of great shops out there. Today it has never been easier to find one you trust! Read reviews and ask friends, family and neighbors. It pays great dividends in the long run. Please call us with any questions at 626-963-0814 or visit our website at www.CertifiedAutoCA.com.

Hometown Service You Can Count On!

Top Tech Picks For Certain People On Your List

This holiday season, show that you have the gift for giving with the latest in mobile innovation from Lenovo—the new Moto Z family and Moto Mods.

With premium features like an ultra-thin design, Moto's longest-lasting battery ever and Moto ShatterShield technology, the Moto Z family of smartphones never disappoints. Each of the three sleek and powerful devices can be transformed into a mini projector, speaker, advanced camera and more in a snap with Moto Mods.

There's truly something for everyone on your list!

- For Music Lovers: Turn up the volume with the gift of high quality stereo sound with the new JBL SoundBoost speaker. No pairing means no hassle. Plus, get an extra 10 hours of battery so you can listen louder for longer.
- For Budding Photographers:

With the Hasselblad True Zoom, photography enthusiasts get a one-of-a-kind Hasselblad experience on their smartphone in a snap. Featuring 10x optical zoom, a Xenon flash and physical shutter and zoom controls, this Moto Mod takes smartphone photography to the next level.

- For Your Favorite Cord-Cutter: Nowhere to watch your favorite new show or movie? No problem. With the Moto InstaShare Projector, you can share your favorite content in a snap on almost any flat surface. The best part? It goes up to 70", which means you can also share photo slideshows, home movies, and more!

- For Talkative Teens: With the Incipio offGRID Power Pack, teens can ditch the wall charger and add 20 hours of extra battery life, keeping them connected

through endless social media posts, selfies and texting frenzies, without worrying about running out of battery. It also gives parents peace of mind that their teen will stay connected, longer.

- For Fashionistas: Streamlined and designed for comfort, the Moto Style Shells add style without adding bulk. Plus, choose from premium materials including real wood and leather, or patterned fabric. Shopping for the fashionistas in your life? Get them a Tumi or kate spade new york premium designer edition of the Incipio offGRID Power Pack.

The Moto Z family of smartphones and Moto Mods are available for purchase at Motorola.com, as well as at Verizon and retailers like Best Buy, Amazon and Costco. (NAPSI)

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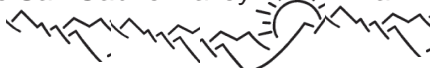
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Around the Valley & Senior News

AZUSA

TOPS Meeting

TOPS (Take Off Pounds Sensibly) #950 Azusa has been serving the San Gabriel Valley since 1967 and has successfully supported and assisted men and women in their pursuit to lose weight. Through group support to start living the good life by eating healthy and doing exercise.

TOPS is a non-profit weight loss group which meets weekly every Thursday at 9:00AM to 11:00AM at Soldano Senior Village in their meeting room in Azusa. There is no obligation, all visitors are welcome.

For more information, call Norm Klemz, 626-967-8829

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.

ARCADIA

Orchid Hobbyists Monthly Meeting

San Gabriel Valley Orchid Hobbyists invite you to our **December 15** Monthly Meeting at the L.A. County Arboretum, 301 N. Baldwin Ave. Arcadia, Ca. Judging at 7:00 p.m. Meeting at 7:30 p.m. Our Program/Demonstration on Adgias Virus Test Strips, will be presented by members Jim Gomes and David Campen. We hope to see you there!

Christmas Service

While bells are ringing and

crowds are singing, Christmas and the holiday season can feel isolating for those who have experienced loss or are struggling. Church of the Good Shepherd, United Methodist, will host a special service for those for whom the holidays are a difficult time. All are welcome to this meditative and healing service. The service will be on the longest night of the year, Wednesday, **December 21** at 7 p.m. in the Chapel.

Church of the Good Shepherd, United Methodist is located at 400 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.

COVINA

Toy Loan Program At Covina Public Library

In partnership with Los Angeles County Department of Public Social Services, the Covina Public Library offers a new Toy Loan Program, a toy lending service allowing children to borrow toys. Honor Awards are also given to children who bring toys back on time. The Toy Loan Program is sponsored by the LA County Board of Supervisors and the Department of Public Social Services. For more information, or to sign up please visit the Children's Department. Covina

Public Library is located at 234 N. Second Ave, Covina.

For more information, please call (626)384-5303.

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.

DUARTE

Youth Boxing Program

Youth Boxing is an excellent program to help boys and girls ages 8-17, develop their self-esteem and self-discipline. Our knowledgeable coaches are here to teach the fundamentals of boxing, while developing footwork, speed and upper body strength. The training program will also help children gain flexibility, stamina, and coordination.

The Duarte Teen Center Gym is open Monday through Thursday from 4:00 p.m. - 8:00 p.m. and Friday from 4:00 p.m. - 7:00 p.m. There is a \$10 monthly fee for each participant. Non-residents are welcome for \$20 per month. Register now at the Duarte Teen Center. Call (626) 303-0863 for more information or just stop by to see if you are interested.

Hot Lunches at Senior Center

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

\$2. The Duarte Senior Center is located at 1610 Huntington Drive.

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.

GLENDORA

Alzheimer's Peer Support Group

Caring for a loved one with Alzheimer's can be frustrating, challenging, and sometimes distressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the **2nd Thursday of each month** from 6:30-9:30 pm at Glenkirk Church, 1700 Palopinto Ave., Glendora, in Room #11. We caregivers look forward to lifting each other up as we journey through this season of life. For more info, visit glenkirkchurch.org or call Glenkirk's church office at (626) 914-4833.

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

Glendora Public Library launches e-magazines!

GLENDORA - Visit the Glendora Public Library website, www.glendoralib-rary.org, to download the latest copies (and back issues, too) of your favorite magazines. Titles available include: Consumer Reports, Cooking Light, Men's Health, People, Sports Illustrated, Lonely Planet Traveller and more! For more information, please contact the Glendora Public Library at (626) 852-4891 or visit us at www.glendora-library.org.

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

Senior Movies & Munchies

The Department of Community Services invites you to attend the FREE Movies and Munchies program open to all active adults and seniors 50 years and older. Enjoy an afternoon movie and then browse the Library's collection of movies available for rent. For additional information and future movie titles, please contact (626) 256-8246. Movies & Munchies is at the Library Community Room, 321 South Myrtle Avenue on the **Last Friday of the month** at 12:00 p.m.

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.

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 Thanksgiving, Day after Thanksgiving, Christmas Eve, Christmas Day, New Year's Day, President's Day, Labor Day, Memorial Day, and Independence Day.

Senior Lunch

The West Covina Senior Center is 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.

Damien High Announces Boys Hoops Classic Extravaganza

by Howard Palmer

LA VERNE - Basketball fans in the San Gabriel Valley, Inland Empire and points east and west, north and south will have the opportunity to watch many of the elite high school basketball teams in Southern California, as well as from Northern California, Nevada, and Arizona, as they participate in what promises to be the most attractive and competitive post-Christmas tournament for the 2016-2017 season in California.

The event runs December 26-30, with the bulk of the event's 109 games on the Damien High School campus in the city of La Verne and the others at near-by San Dimas High School and Life Pacific College.

The inaugural "The Classic at Damien" has been in the planning for over five months and will feature 48 teams in three distinct 16-team brackets - Gold, Silver, and Bronze divisions based upon strength of program. The No. 1 seeds in each division are: Gold, Santa Ana Mater Dei; Bronze, Woodland Hills Taft; Bronze, La Canada.

Mark Christopher Auto Center and Brandblack will serve as the event's title sponsors. "We see this as an excellent opportunity to partner with education and the extended community," said Mark Christopher Auto Center owner, Chris Leggio. "The Inland Empire has become well known for its athletic excellence, but this tournament takes it a notch higher as student-athletes representing schools from a number of areas and states will have the opportunity to bond over a full week," added Leggio.

"We were very hopeful of attracting the best possible quality programs when our committee members started on this last spring" said Mike LeDuc,



Damien High School Coach and event director. "The response we got exceeded our expectations. So many of the most successful and respected coaches in the West are bringing their teams to the event. And we believe that will be reflected in the quality and competitiveness of the product that will be on the courts."

The Gold Division is loaded with highly ranked programs. Gary McKnight (the most successful coach in California history, at 1,051-95 in 34 seasons) will bring a Mater Dei squad that has four returning starters, including first-team all-CIF Southern Section Open junior guard Spenser Freedman, from a 27-5 season.

The Mater Dei Monarchs are one of six programs in the Gold Division that participated in last spring's CIF-SS Open Division playoffs, along with Mission Hills Alemany, Corona Centennial, Encino Crespi, Eastvale Roosevelt, and Damien. The 2 through 4 Gold seeds are Crespi (33-4 last season), Long Beach Poly (24-11) and Las Vegas Centennial (24-4).

Crespi won the California State Division 1 championship last spring while fellow Gold Division entrants Santa Monica and Temecula Rancho Christian captured CIF-SS titles in the 1A and 5A divisions, respectively. Long Beach Poly (1AA) and Lynwood (2A) lost in CIF-SS finals, Hayward Moreau Catholic was

Northern California's NorCal Division 3 Champion. 2

The Silver Division No. 1 seed Woodland Hills Taft was 26-8 last season and a L.A. City Open Division playoff participant and the top seed in the State Southern D-11 Regional. Joining Taft in the Silver Division are Hacienda Heights Los Altos (24-4), L.A. Windward (11-17) and Compton Dominguez (19-9) as the 2-4 seeds.

The Bronze Division's top seed, LaCanada, was 26-4 last season after entering the CIF-SS playoffs last February as the 4A division's top seed before being upset in the quarterfinals. Hesperia (25-4), Pasadena LaSalle (23-9) and San Dimas (21-7) are the division's 2-4 seeds.

Each team will play a minimum of four or a maximum of five games over the week-long tournament. This is due to schools from some states having different rules as to how the number of allowable contests is counted in a tournament. Therefore, the December 28th games include a 13-game "crossover-bracket" schedule where teams can play outside their division.

In addition to "The Classic at Damien" title sponsors, Mark Christopher Auto Center and Brandblack, other major sponsors of this prestigious event include State Farm Insurance, James Litho, Sheraton Fairplex, McWil Sport Surfaces, Boost Digital Displays, Krossover, Ritz Catering, and Spaulding.

This is an opportunity to enjoy a week full of exciting high school basketball action at a level that has never before been available right here in the San Gabriel Valley. Details of participating teams, division placements, and brackets are available at www.classicatdamien.com.



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Genuine Facts About Artificial Christmas Trees

For hundreds of years, the Christmas tree has been a popular symbol of the holidays. Most people celebrated with a real tree until the early 2000s, when artificial trees began to gain in popularity for their practicality. Advances in technology let designers make artificial trees that are both incredibly realistic and durable.

In 2015, 81 percent of the more than 99 million households that displayed a Christmas tree used an artificial tree, according to the survey from the American Christmas Tree Association, conducted by Nielsen. Only 19 percent of American homes displaying Christmas trees last year used real trees.

Artificial trees don't need water, they don't shed and they can last for years, saving you money over time. If you're looking for an artificial tree this year, go online to find the widest selection and best quality for your budget, then consider these tips.

- **Size:** Artificial trees are available in a variety of shapes and sizes to fit just about any home. Even lower-priced brands offer full (traditional), narrow and "pencil" trees in sizes ranging from 4 to 10 feet. Measure carefully and consider a "flatback" or corner tree if space is very tight.

- **Setup:** Today's artificial trees are designed for easy setup but

the amount of time it takes to go from box to beautiful can vary. Check out the www.TreeClassics.com Snap Tree if you want more holiday fun in less time. Available in several branch styles and sizes, this tree is stored on its rolling stand and sets up in a snap, without heavy lifting of multiple sections.

- **Lights:** Untangling and stringing lights can be difficult, which is why the most popular artificial trees are pre-lit. "Look for 100 lights per foot," suggests Thomas Harman, CEO of www.BalsamHill.com, retailer of what have been called the most realistic artificial trees on the market. "A 7½ foot tree, the standard for most homes, should have at least 750 lights on it." Balsam Hill's unique trunk design comes with premade light connections—just stack the sections together and plug into a wall socket.

- **Realism:** Artificial Christmas trees molded from polyethylene, or PE, have what many say are the best quality, color and shape. Look for branches with a mix of brown and different shades of green in the branches. "Our designers carefully craft our trees to mimic nature using cuttings from live trees as their guides. So our Balsam Fir looks just like a real balsam fir in color and needle shape," says Harman.

For a truly different look, visit www.Treetopia.com to find tinsel

trees in a rainbow of fun colors.

- **Warranty:** A good artificial tree should last at least 10 years. Look for a warranty of no less than five years on the tree and no less than three years on the lights. Proper storage will also extend the life of the tree. Most manufacturers will provide a storage bag for the tree and recommend storing the tree in its shipping box to prevent crushing.

If you still want a real, fragrant Christmas tree, get the freshest one you can find—many trees sold in lots are cut in October. Fortunately, www.GreenValley-ChristmasTrees.com offers premium tree species, grown in their native soil at farms across America. Pick the date you want your tree to be hand cut. It will be cut within 48 hours and shipped straight to your door. (NAPSI)

Honoring Soldiers

If you or someone you care about has ever served in the U.S. Army, there's something you should know: The Army Historical Foundation wants to make sure everyone who has done so can take his or her place in history in the future National Museum of the United States Army.

The Foundation invites current Soldiers, Army veterans and loved ones on their behalf, to submit their stories of Army service to the Registry of the American Soldier. This will be one of the largest collections of American Soldier profiles ever assembled. The Foundation currently features these stories online and the collection will be made available on kiosks throughout the future National Army Museum.

The Foundation is also accepting the stories of the people and animals that supported America's Soldiers.

The Registry of the Army Community recognizes the ser-



Stories of once and current American Soldiers, as well as civilians and animals supporting the Army, will be preserved in registries at the future National Army Museum.

vice of civilians such as Army spouses, Department of the Army civilians and USO employees.

The Registry of Animals in Service to the Army preserves the history of animals loyally supporting Soldiers through roles such as transportation,

communications, security and bomb detection.

All Registries are free. Visit www.armyhistory.org/the-registries to get started. The process takes only a few minutes but the stories you share will be preserved forever. (NAPSI)

Tips To Help Baby Boomers Stay Active And Independent Well Into Their Golden Years

As the baby boomer generation—around 78 million people born between 1946 and 1964—reaches what was once considered its "golden years," many are redefining what it means to be an older adult. Instead of retirement and rocking chairs, these baby boomers are working longer and enjoying a much more active lifestyle than their parents ever did.

That can come with its own set of problems, however. "The demands of keeping up with friends, family, work and hobbies can take a toll on even the healthiest older bodies," says David Elton, DC, and Senior Vice President of Clinical Programs for Optum Physical Health. "As we age, muscles, bones and joints undergo physiological changes that can affect mobility."

What You Can Do
Dr. Elton offers these tips to help Baby Boomers maintain healthy joints and bones and continue living an active, indepen-

dent lifestyle well into their 60s, 70s and even 80s:

- **Maintain a healthy weight:** Being overweight at any age can increase your risk of major health issues such as heart disease, diabetes, hypertension and even depression. Carrying excess weight can also be especially hard on older bones and joints, leading to complications or injuries that significantly limit mobility.

- **Stay fit, but be smart about exercise:** Daily physical activity, combined with weight management and a balanced diet, helps support healthy muscles, bones and joints. But be smart about choosing how to exercise—talk to your health care provider to determine which activities are safe for your health status and be sure to get the proper nutrition to support your body's needs.

- **Don't ignore low back or joint pain:** While it's normal to experience more aches and pains with age, it's important to know when to seek professional help

for a more serious issue. Most back and joint pain can be eased with rest and simple at-home treatments, such as an ice pack or heating pad. If you have severe pain or have been hurting for more than a week, however, see your health care provider. Acute and ongoing pain is your body's way of telling you something is wrong—ignoring it could lead to complications that require serious medical intervention.

- **Consider all treatment options if the need arises:** If you do have an issue that requires professional care, explore all your

options. Chiropractors and physical therapists offer treatment plans that may help you avoid invasive and costly medical procedures. Surgical techniques and long-term outcomes for joint replacement surgery have also improved a great deal over the past 20 years and can significantly reduce pain and improve mobility.

Learn More
Find further tips and information to help older adults stay active at www.Optum.com/HealthyAging. (NAPSI)

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Gifts That Teachers Really Want

Many parents, students and others are glad to learn there's an easy way to give teachers a truly meaningful gift for the holidays, at the end of term or for Teacher Appreciation Week. The non-profit AdoptAClassroom.org makes it simple to donate to your favorite teacher.

Consider this: U.S. teachers spend an average of \$600 out of their own pockets each year to ensure each student has the school supplies they need to succeed—one in five teachers spends more than \$1,000. With part of the school year already past, many teachers need to replenish the dwindling inventory of classroom supplies and materials for their students. This puts an added financial burden on teachers during the holiday season.

Fortunately, an answer is at hand. AdoptAClassroom.org provides teachers with an online platform to crowdfund for classroom materials.

Making a donation to a teacher's AdoptAClassroom.org account is a lot like giving a gift card for school supplies but with a wider selection of stores from which to shop.

"Receiving funds through AdoptAClassroom.org is much better than receiving a gift card to a specific store," said math teacher Jennifer Cummings. "AdoptAClassroom.org gives me the freedom to shop online with a variety of stores and when it's convenient for me."

Donors can see how their gifts benefit the classrooms they support because they receive reports showing what the teachers purchased for their students.

AdoptAClassroom.org makes it easy for individual donors and corporate sponsors to donate funds to K-12 classrooms in public, private and charter schools throughout the U.S. To date, AdoptAClassroom.org has served more than 216,000 teachers. To give a teacher a holiday donation, make a donation in someone's honor, or to donate in general visit www.AdoptAClassroom.org.

For further information or to adopt a classroom, visit www.adoptaclassroom.org. (NAPSI)

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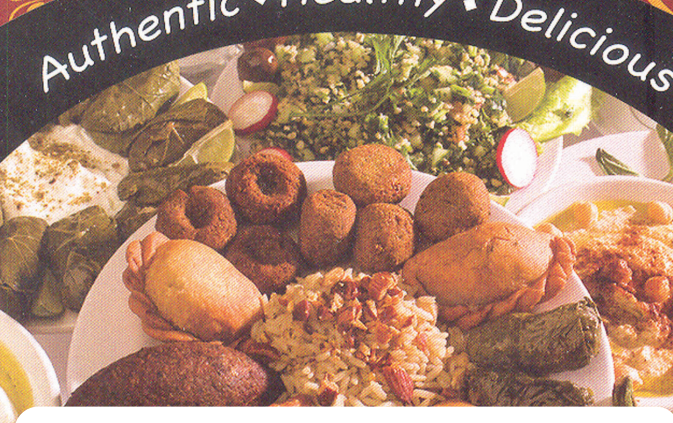
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Dr. Barbara Dickerson Installed as President of the Citrus Community College District Board of Trustees



Dr. Geraldine M. Perri, president/superintendent, at far left, joins the Citrus College Governing Board, during the board's organizational meeting. From left-right: Student Trustee Jennifer Chavez Ramos, Mrs. Susan Keith, Dr. Patricia Rasmussen, Dr. Barbara Dickerson, Mrs. Joanne Montgomery and Dr. Edward Ortell.

GLENDORA - Dr. Barbara Dickerson was installed as the president of the Citrus Community College District Board of Trustees during the board's annual organizational meeting held on December 6. She was first elected to the board in 2013, and as one of five governing board members, Dr. Dickerson represents Azusa and portions of Duarte.

An Azusa resident, Dr. Dickerson has a strong history of involvement with education, including serving eight years on the Azusa Unified School District Board. Her professional career began in Arizona in K-12 education, first as a classroom teacher and later as a resource provider. Dr. Dickerson has served in key leadership roles in both a private university as well as at Arizona State University, the nation's second largest public university.

Dr. Dickerson holds a bachelor's degree from Grand Canyon University and earned her doctorate at Arizona State University in Curriculum and Instruction.

Board of Trustee members also installed as officers during the meeting were Dr. Patricia Rasmussen, vice president; and Mrs. Joanne Montgomery, clerk/secretary. Dr. Edward Ortell, and outgoing board president, Mrs. Susan Keith, are members of the board. Jennifer Chavez Ramos remains as the Student Trustee until May 15. All officer positions are one year terms.

"The dedication, hard work and advocacy of our board of trustees has advanced Citrus College as both a state and nationally recognized community college," said Geraldine M. Perri, superintendent/president. "Over the past year alone, we opened the \$19 million, three-story Visual Arts Building, approved a five-year strategic plan, celebrated the 50th anniversary of the Citrus College Foundation, entered into agreements with five K-12 school districts to provide college classes to high school students, and received numerous regional, state and national accolades—all to increase student success and completion."

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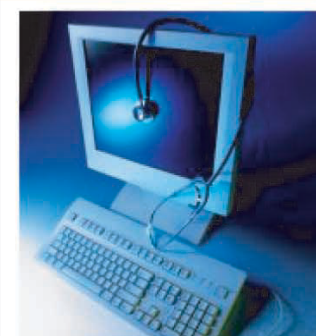
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