



# San Gabriel Valley Examiner

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Fax: (626) 852-1904  
E-mail: [sgexaminer@aol.com](mailto:sgexaminer@aol.com)  
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# Veterans Honored at Citrus College

By Jorge V. Rosales

**GLENDORA** - Veterans Day 2016 came one day early at Citrus College on Thursday, November 10.

Citrus College, along with Azusa Pacific University and the cities of Glendora and Azusa, partnered to celebrate men and women who served in all branches of the U.S. military during the eleventh annual Saluting Our Veterans event at the Citrus College Campus Center Mall.

Each city and educational institution had a serviceman honored, and hundreds of students, faculty and community leaders were in attendance to recognize them. The honorees were: U.S. Army Specialist Jorge V. Rosales-City of Azusa; U.S. Navy Petty Officer Second class Valerie Floyd-Davis-Azusa Pacific University; U.S. Air Force Senior Airman Daniel Gigliobianco-City of Glendora; and U.S. Marine Corps Staff Sergeant Martha McDonald-Citrus College.

"Veterans, today we salute you. You have fought in all our nations' wars and you have served on the home front. To all of us, you are heroic," said

Geraldine Perri, Superintendent/President, Citrus College. "You are very special to us at Citrus College and we are committed to giving back to you for your service."

The Citrus College Veterans Center offers services for military personnel trying readjust to civilian life. With hundreds of veterans from Afghanistan and Iraq attending Citrus, the campus offers a place where all veterans can meet and speak about their experiences. The Veterans Center is also home to a transition course, the first of its kind in the nation, school officials said.

The Gladstone High School Marching Band directed by Mr. Joseph Calderon provided a music prologue at the event, which also featured a presentation of colors by the Army ROTC from Azusa Pacific University, salute to fallen veterans by the Valley Veterans Memorial Team, patriotic musical tributes by Company B-The Andrew Sisters Tribute, introduction of display of military artifacts and keynote speeches by Mr. Jon Carter, U.S. Marine Corps and Ms. Alma Plunk, U.S. Navy.



Part of the Salute to Fallen Veterans at the event included the folding of the American Flag into the required 13 triangles performed by members of the Valley Veterans Memorial Team.

## West Covina's Veteran's Day Event



Councilman Tony Wu, Councilman Lloyd Johnson, Congresswoman Grace Napolitano, guest speaker Bacon Sakatani, Police Lt. Ron Allen, Mayor James Toma, Councilman Corey Warshaw.

By Staff Writer

**WEST COVINA** - The City of West Covina had an outstanding Veteran's Day event at City Hall at the Veterans Memorial. The event was well attended and there were three Guest Speakers for the event.

Congresswoman Grace Napolitano attended along with a representative from Assemblyman Roger Hernandez's office.

The event started with Mayor James Toma welcom-

ing everyone and then there was the posting of the colors by the West Covina High School Jr. ROTC. Clarissa Arias sang the National Anthem. The invocation was given by police chaplain Pastor Kelly Dupee.

Joining Mayor Toma were councilmen Corey Warshaw, Lloyd Johnson and Tony Wu.

The guest speakers were Police Lieutenant Ron Allen, Bacon Sakatani, and Councilman

Lloyd Johnson who are military veterans. The speakers were very informative with what they had to say. You came away with something more that you did not know about.

After the event, many headed to a great Free BBQ at VFW Post 8620 to honor all veterans. Commander George Ogden and Auxiliary President Elsie Almer attend the ceremony.

## Azusa Holds Veterans Day Observance



Azusa Mayor Joe Rocha (2nd from left), Councilman Eddie Alvarez (far left) along with some family members of the four WW II Veterans in attendance at the ceremony: (from left to right): Elmer Skeldon, Gilbert Ortiz, Johnny Granados, and Mike Gonzalez.

By Jorge V. Rosales

**AZUSA** - The Azusa Veterans' Memorial Committee and over 300 community residents, including over 100 veterans, honored all Veterans in a ceremony on Friday, November 11 at 11:00 a.m. in front of Azusa's City Hall. The ceremony was in honor of all Veterans with emphasis on the known four remaining WW II veterans from Azusa: Johnny Granados, Mike Gonzalez, Gilbert Ortiz, and Elmer Skeldon.

The ceremony commenced with introductions and welcoming remarks by Jesse Martinez, Vietnam War Veteran and Commander VFW Post 8070, followed by the presentation of colors by the Azusa High School JROTC which were preceded by members of the Glendora High School Bagpipers, the invocation by Colonel Rick Givens, U.S. Air Force-Chaplain and the Pledge of Allegiance led by Jimmy Carmona. As is customary, the National Anthem was sung by Ana Aguilar. There were three musical interludes in the cer-

emony by the Center Middle School Band, the Gladstone High School Bagpipers, and the Christbridge Academy Heritage Singers.

As part of his remarks, Azusa Mayor Joe Rocha requested that all veterans to raise their hand in order that Slauson Middle School and Ellington Elementary Cheer could present them a yellow rose as a symbol of gratitude for their service, and then delivered his welcome remarks to the audience and to thank all AVMC members and the City for making this meaningful event possible. He also thanked all Veterans for their sacrifice.

A single wreath in honor of all fallen Veterans was graciously laid in front of the Veterans Memorial Monument by Committee member Bart Luce U.S. Army escorted by two members of Azusa High JROTC.

Prior to the closing remarks by three Azusa high schools students, Nicole Agob, Azusa High; Oscar Brambila-Christbridge Academy; Alyssa

Gallegos-Gladstone High; and Abel Carrillo-Sierra High and the Benediction by Pastor Dr. Patricia Vanegas-Without Spot or Wrinkle Ministries, there was a 21-gun salute to all Fallen Heroes by the Azusa Veterans Memorial Team Post 8070 and Taps played by Retired Sgt. John Lopez, Army and Korean War Veteran. The ceremony concluded with the singing of "God Bless America" by all in attendance led by Anna Aguilar.

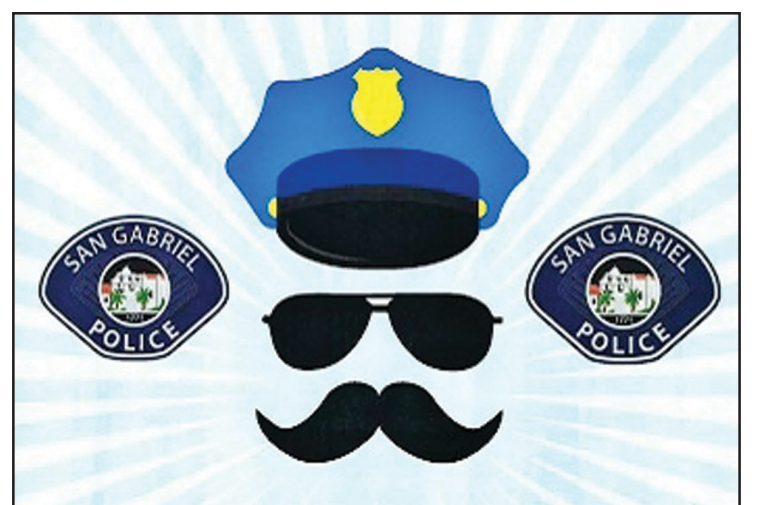
Closing remarks with respect to the Azusa Field of Glory, consisting of the placement of 650 American Flags in front of Azusa's City Hall, were presented by Jesse Martinez, Commander VFW Post 8070 and Henry Heflin, President of Azusa Rotary Foundation. The Field of Glory had been placed on November 5th.

## San Gabriel Police Department Participates in 'No-Shave November'

**SAN GABRIEL** - San Gabriel Police Department personnel might look a little scruffier than normal this month, but it's for a good cause.

The department is participating in "No Shave November" to raise funds and awareness for men's health issues. The men will grow out their facial hair throughout the month and women will wear a flower or bow in their hair. The idea is to raise awareness and start a conversation about men's health, to encourage a healthy lifestyle and to aid those fighting the battle with cancer.

In addition, each participant will donate \$25, which will go



toward a men's health charity. Members of the public are encouraged to participate as well, and can make a donation at the Police Department, 625 S Del

Mar Ave. Police officers always have a plan, and officers encourage everyone to have a plan to detect the early stages of serious diseases impacting men today such as prostate cancer. Learn more about the early signs at [www.cancer.org](http://www.cancer.org).

For questions or more information, contact Officer Steve Gaona at 626.308.2828 or [sg122@sgpd.com](mailto:sg122@sgpd.com).



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# Azusa Unified Students Share Songs, Gifts During Veterans Day Flag Ceremony



Dalton Elementary School students celebrated the commitment and sacrifice of all who have served in the United States Armed Forces during a Veterans Day flag-folding ceremony on Nov. 9, which included participation from Veterans of Foreign Wars (VFW Post 8070) and Azusa city officials.

**AZUSA** - Proudly holding up tiny American flags amid boisterous chants of "U.S.A! U.S.A!," Dalton Elementary School students celebrated the commitment and sacrifice of all who have served in the United States Armed Forces during a Veterans Day flag-folding ceremony on Nov. 9.

VIP guests of Dalton included Jesse Martinez (Ret., Air Force) and Anthony Hernandez (Ret., Army) from the Veterans of Foreign Wars (VFW) Post 8070 in Azusa, which helped coordinate the ceremony. Joining them were representatives of the Army, Navy, Air Force and Marines, all of whom have sons, daughters or grandchildren attending Dalton.

"We are honored to pay tribute to the distinguished men and women who have put their lives on the line for our country so that we can live in a free, democratic society," Dalton Principal Laura Clarke said.

Azusa Councilman Uriel Macias, who served in Afghanistan as a lieutenant for the U.S. Navy, addressed the students on the importance of honoring those who serve their country in the



Azusa Councilman Uriel Macias, who served as a Lieutenant in the U.S. Navy in Afghanistan, receives a hug from his daughter Cecilia, during a Veterans Day ceremony at Dalton Elementary School in Azusa on Nov. 9.

military.

"They put themselves through a lot to protect our freedoms," Macias, an Azusa city council member, said. "If you ever see a veteran, please tell them 'thank you for what you did for your country.' They will appreciate it."

Two Azusa High students, junior Destiny Reese and her brother, freshman Daniel Reese, sang the National Anthem. Dalton students came on stage to sing "America the Beautiful" and then personally thanked the veterans

for their service and presented them with hand-colored cards and other gifts of appreciation.

To conclude the program, Martinez and Hernandez performed the flag-folding ceremony, while Macias recited to the students the purpose of each of the 13 folds, each fold representing a principle of American freedom.

At the end, the veterans were joined on stage by their sons, daughters and grandchildren, who gave them big hugs and smiles.

# Grand Opening of Ezze Sushi



**GLENDORA** - The Glendora Chamber of Commerce hosted a Ribbon Cutting for the Grand Opening of Ezze Sushi, a local and delicious sushi in Glendora. At the Ribbon Cutting Ezze Sushi provided a vast array of sampling of their top-grade sushi menu. Ezze Sushi is conveniently located at 650 S. Grand Ave, #104, Glendora, CA 91740.

In attendance were Ezze Sushi Owners and Partners Eddie and Ken along with Sushi Chef Chan, as well as staff, family, friends and loyal customers. Representing Assemblymember Roger Hernandez was Arturo Nevarez. From the City of Glendora was

Councilmember Karen Davis. Additionally, the Glendora Chamber was represented by Board Chair Fawn Imboden, Vice Chair Mary Ann Quay, Board Member Phil Goss, Chamber Ambassadors Keith Van Vliet and Karen Colasanti, along with Chamber Membership and Events Coordinator Michele Street and President/CEO Joe Cina.

Glendora is Ezze Sushi's second location! After great success in the original Ezze Sushi, located in Long Beach, the Ezze Sushi business partners decided to open a new location in Glendora. Ezze Sushi had a soft

opening three weeks ago, allowing the public to enjoy their supreme quality sushi. Their original menu was inspired and created by their very own, Chef Chan. Their staff informs all customers that their fresh fish is very high grade, higher than All You Can Eat Sushi places, for those sushi lovers out there! Why wait until dinner? Ezze Sushi is open for lunch and has daily lunch specials!

Visit Ezze Sushi for lunch or dinner, today! Check out their menu at [www.ezzesushi.com](http://www.ezzesushi.com) for a vast array of Sushi, and stop by their new location 650 S. Grand Ave, #104, Glendora, CA 91740.

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# West Covina's AFJROTC Honor Vets With Outstanding Ceremony



West Covina High School's AFJROTC Team. Another outstanding job.

By George Ogden

**WEST COVINA** - The West Covina High School's AFJROTC put on another fantastic program to honor our veterans. Over 40 veterans took part in the event. The guest speaker was Jimmy Weldon, the man with many voices. He gave a very inspirational speech about our American flag, and when he was done, there was a standing ovation.

The entire team, once again, did an outstanding job. West Covina High School has something to be proud of and they are to be recognized for this. Job well done.

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## Republican President, Senate and House

By Lois M. Shade  
Former Mayor of Glendora

Was anyone more shocked than the media when Donald Trump came out President-Elect of what has been called by most as the never before seen, most unusual election ever! Trump's challenges on the media's objectivity and fairness have hit home with a fierceness I hope makes most all of them cringe and reassess their role as reporters. The public should take the time to scrutinize media performance in this election - all elections -- and recognize the difference between reporting the facts and spoon feeding a desired outcome.

I went to one post-election meeting where someone involved in a local station reporting on the election results said there was not only a delay in reporting the Florida election results, but a pall covering the entire room when those results started coming in to that station. Shock or agony? A heavy obvious silence hit and then a concentrated effort, as with other media, to hold back on the Florida results. Tears, time outs to settle rattled nerves ... sounds like partisan agony to me.

Outrageous we have people presenting news on election campaigns that obviously could influence public opinions and affect the outcome of those elections they are covering and are not able to separate their personal feelings and opinions from just providing the facts. Just objectively presenting the facts. Some newspapers try to mask over an outstanding platform with their trumped up assessment just to claim having supported a winner.

I watched all the Sunday morning shows, flipping from channel to channel, and then 60 Minutes Sunday night. Donald Trump's positions on all the issues he brought up have not changed. One additional one he added, at least new to me, was term limits. Only heard him mention it briefly but that whisper has me very curious. And, of course, will send the media into a new frenzy of wild interpretations.

Conservative Republicans have put forth a yeoman's effort in California the past four years or so to re-establish the GOP but the election results on state races and the initiatives show the hard reality ... we conservatives have a lot more to do. And, for one, I'm in for the long-term no matter what.

Interesting I'm hearing Hillary Clinton allow the FBI Director Comey to take the blame for her losing the election by releasing concerns and questions on another round of her security-breaching emails at what she says was a critical point in the election. Or is that just the media hype? I believe it was the honest commentary from Donald Trump on the issues he brought up during the campaign that took him to the White House. While Clinton was focusing on the high population areas of our country, Trump was out talking to the people often ignored in elections. The farmers, the out-of-work people, the areas where there have been huge unemployment levels or very slow to no growth in those levels. Trump knew their issues and all those issues the average person in this country were concerned about and refused to stop

hitting on them.

While I bask in this refreshing new day for America, I will also mention Rep. Darrell Issa, who was re-elected, but for an incumbent with an outstanding track record in D.C. a very squeaky re-election. Issa introduced the Midnight Rules Relief Act of 2016 back in September that amends the Congressional Review Act to allow Congress to consider a joint resolution to disapprove multiple regulations federal agencies have submitted for congressional review within the last 60 legislative days of a session of Congress during the final year of a President's term. In a short, the Republican Congress can "en bloc" disapprove of any last minute liberal Democrat ditch efforts to get their agenda approved.

On another happy note, at least for me, the Transparency Initiative passed and will require legislation and legislative efforts to be available to the public for them to view and understand before the state legislature can approve / pass the bills to become law. We the people, you know, do have the right to know and understand what our state leaders are doing, what their agenda is through their legislative efforts and approve or disapprove of their efforts. I look forward to that and to two years in California of extremely hard work to help put this state back on a course of best jobs anywhere, choice in education to achieve the best for our kids, and the best economic climate for our young generation trying to get started and for our retiring and retired people who want to go out and enjoy life.

## Being Mindful

There are several lessons that I have had to learn over and over. By the time the next Presidential election comes around I will have passed my 90th birthday. The little electric circuits in that amazing organ between my ears will have further hardened, and my memory will have become much more fragile. So here I am the day after the election, and I need to pay attention to a couple of the lessons I have too readily ignored.

The first is a need to breathe deeply and take my time before registering any strong opinion about a current issue, particularly when I have an obvious emotional response. The cake must be given time to cool before it can be properly cut. When I have forgotten to put my mind in gear before I launch into a verbal or literary barrage, I have not only been wrong, but also embarrassed. So I am drafting this column on the morning following the devastation wrought in the election. While my emotions are in overdrive, I have decided keep my foot off the gas pedal, at least for now.

Some things are clear. Nobody much will really care what those of my generation will have to say. There is only a modest place for the old liberals who still think we are the wave of the future. We are not. We may be the wise old men and women of the past, but unless a new much younger generation seizes the reins linked to the important issues before the nation, what we have dreamed



Charles H. Bayer

about will just be that-fading fantasies. In the next weeks I will still occasionally write about a few political issues, but I will probably change directions and do more introspection than I will issue proclamations.

Those who live near me realize that I am having a major problem in locomotion, and use either a cane or a walker to get around. In this less than robust state I have found that most people-particularly strangers-are ready to go out of the way to be helpful, even when I tell them I can get across the street by myself. I have had to learn to graciously accept what they so readily want to offer.

Something happened a few days ago that I will not forget. I had driven to my bank, and had parked in one of those blue-signed handicap spaces. These days I need to take my time getting in and out of the car, so as I was hauling my leg from the door to the street, there appeared an older gentleman who was probably of Asian extraction. He did

not offer a hand but gave me a much more important three-word gift. He said, "Be very mindful."

I had often heard that expression from friends of mine who may be Buddhists, or at least know about that religion. But here in the parking lot of a bank I finally began to understand what mindfulness might mean. At the latter reaches of a very active life I may be learning to pay attention to what is going on at the moment. Among other things, it means to be a better listener to what someone has to say. It means to look seriously at nature-not to find an image to paint, but for its own sake. It means to be fully committed to a conversation that is taking place, without letting my mind wander as I plan what I should say next or think about what I am going to do that afternoon. It means digesting what is immediately before me before pontificating about it.

So, many future columns will be more focused on what is more interior and personal. I'll still deal with the political and social issues that will continue to consume me, but I will take my time before firing up my Mac. And my reaction to yesterday's election will take time to incubate before I am ready to proclaim.

To the unknown gentleman who suggested that I be very mindful of getting out of the car, he will take his place in the pantheon of saints who have helped shape me.

Contact Charles Bayer at [candwbayer@verizon.net](mailto:candwbayer@verizon.net)

## Unite Behind Trump? Are You Kidding?

by Ralph E. Shaffer

A disappointed and defeated Hillary Clinton and an equally dejected Barack Obama appealed to the nation, particularly to shocked Democrats, to unite behind president-elect Donald Trump. Nonsense! We accept that he won an election that gives more voting strength to vast deserts and mountain ranges than it does to sprawling cities and therefore he will be president for four years. But don't ask us to rally behind a man who is diametrically opposed to our stand on fundamental issues. There will be no unity, no honeymoon, no let up in our criticism of president-elect, or president, Trump.

Chalk up Clinton's and Obama's conciliatory statements to simply doing what was expected from them. Losers concede to winners, offer their best wishes and urge their supporters to rally behind the victor. That's what we expect. Even Al Gore was gracious in his call for unity behind George Bush after the 2000 election fiasco. But that doesn't mean we aren't going to fight Trump tooth and nail as he attempts to dismantle the social progress of the past eight, or more, years.

Trump has made clear that his first days in office next January will see a roll-back of various Obama programs. We don't know all the executive orders that he will undo, but be assured that anything to do with delaying deportation of illegal aliens will be a top priority. Trump's commitment to rolling back environmental restrictions also puts those orders near the top of the roll-back list. He will open up more areas to oil drilling, lessen restrictions on coal mining and the use of coal, and run pipelines everywhere.

If Trump is to be believed, the Affordable Health Care system will be undone immediately, replaced by a private insurance sys-

tem that is free from state regulation. It's striking that a candidate and a party that calls for local control is so insistent on taking away from state governments the regulation of health insurance companies operating in each state. But economic opportunity always trumps the state's rights principle.

And we are expected to unite behind a president who has promised us another war in the Middle East within two months of his inauguration. To that end, he will expand the military - and its voracious budget - far beyond what now exists. At what cost?

If he cuts taxes on the rich and on corporations, where will the money come from to pay for the increased cost of an expanded military? Easy. It will come from cutting various, as yet unspecified, social programs. Oh, Trump will claim that the tax cuts will increase the economy so greatly that even with the reduced tax rates more money will flow into the treasury. They always claim that. It never happens. So we cut money for education, public broadcasting, food stamps, assistance to the elderly, etc.

Oh, and Trump would dismantle the public education system that made this nation great. Trump believes in school choice, which means that parents can't take state

education funds to pay tuition at religious schools, private for-profit elementary and secondary schools, or even at schools run by emirs teaching who knows what. Competition, Trump's backers claim, will improve education. It will also destroy the excellent public school system that California has created. Politicians and right-wing zealots love to attack our schools, but they don't realize that the education our kids get in schools such as those in Glendora is far, far better than what we got in similar California public schools twenty, forty, or in my case, seventy years ago.

There are more reasons - his stand on gay marriage, Roe v Wade, Syrian refugees, etc. - why those of us who did not vote for Trump should reject the calls for unity, but these are enough in themselves. Donald Trump may be sworn in as our 45th president, but he is not entitled to a free pass. We expect, and so do his supporters, that he will fervently try to push through the outrageous roll-backs that he promised during the campaign.

Unite? Not one bit. We will fight him on every vital issue that comes up.

Ralph E. Shaffer is professor emeritus of history at Cal Poly Pomona. [reshaffer@cpp.edu](mailto:reshaffer@cpp.edu)

## Any Excuse to Riot on the Freeway, to Damage and Destroy

By George Ogden

I'm sure by now you have seen on the news the thugs and lowlives that got up on the freeways and blocked traffic to do what they call a peaceful protest on the election of Trump.

What a joke this is. These people demonstrated in front of City Hall and started fires and started damaging and destroying things around them. One news reporter walked up to a middle-aged guy and asked why he was tagging (spray painting graffiti) on a power box. The man didn't know he was being filmed by CBS news. The same rioters ended up marching down on the 101 freeway and stopped traffic. They started attacking cars and citizens on the freeway. Many had their cars damaged or spray-painted as well as a news van with graffiti all over the side. They were spray painting profanities on people's cars and getting up on top of cars and kicking at the windows. There have been reports that some people were beaten and women had their purses stolen when the windows were broken.

One acquaintance who was in the area and got stuck in this mess soon realized that he and his family were in danger. They got out



George Ogden  
That's just the way it is!

of their car and went to the trunk of their vehicle and retrieved weapons from a lockbox and armed themselves. They could not leave the area because they were trapped by other vehicles that were stopped by the rioters. He made it known that he and his adult son were armed as they stood outside their vehicle. They were protecting themselves and other people around them. He told me a CHP officer came up to him and told him to put the weapons away or they would be arrested. That didn't happen.

He also stated that he saw one man go to the trunk of his car and get out a tire iron after one of the rioters jumped on the hood of his car. As a guy was dancing around on the hood caving it in, the driver struck the man in the leg and

when he fell he struck him in the head area. He and the other men ran from the man in between the stuck cars. He said other people got out of their cars and started to chase them but then stopped.

Hillary Clinton had made a comment that half of the Trump supporters were basically lowlives. So what are these people? The pillar of our society?

Some people supposedly came out for peaceful demonstration, and if that was the case, why did they cover their faces? Personally, I'm tired of all this. I feel our citizens need to be able to protect themselves and should be able to carry a firearm legally for this purpose. They make it extremely difficult today for someone to get a concealed weapons permit, and I cannot say that I support this. People should be able to protect themselves and this is being taken away from them.

You never know when one of these incidents is going to happen and one of your loved ones gets injured or killed from these people. What has become of our world? Do you know what? Good Luck people...

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November 17, Start



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FICTITIOUS BUSINESS NAME STATEMENT 2016276295 The following person(s) is/are doing business as: LITCHFIELD ELDERCARE CONSULTING, 819 W COM- MONWEALTH AVE APT. C, ALHAMBRA, CA 91801...

the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law...

which he or she knows to be false is guilty of a crime.) Signed: MARVIN JOEL DAVID, GENERAL PARTNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 07/2009...

Help Protect Yourself From Pollution

According to the World Health Organization, air pollution is the world's single biggest environmental health risk, with indoor and outdoor pollution killing more people than smoking, traffic accidents and diabetes combined—but there are ways to help protect yourself and your family.

The Risk Every day you are exposed to a barrage of chemicals that are not naturally found in your body which can take a toll on your overall health and wellness, including your immune system. Exposure to environmental threats can lead to a wide range of childhood and adult health issues.

What You Can Do There are simple things you can do to minimize exposure to environmental threats. For example, the experts at the American Lung Association suggest you do not burn wood or trash, avoid exercising outdoors when pollution levels are high, and do not smoke or let anyone else smoke around you or your children. At home you can:

- Use an indoor air purifier.
• Keep filters on air conditioners and heaters clean.
• Vacuum often.
• Keep hard surfaces clean of any mold and mildew.
• Open the windows to circulate the air when outdoor air quality is good.
• Incorporate a dietary supplement that helps support your body's natural detoxification process and your immune health into your daily routine.

The National Institutes of Health suggests eating a balanced diet, advising "A prudent diet is a key determinant to health throughout the whole life

and could reduce the deleterious impact of air pollution on health." Eating right is indeed necessary for maintaining overall health, although there are times we need a little help.

Supplement Your Diet

With daily schedules becoming increasingly congested due to work, school, and extracurricular activities galore, it can be difficult to maintain overall health and wellness through diet and exercise alone. Thankfully, a new, patented, dietary supplement called Avmacol Immune™ can help to stimulate your body's natural detoxification process and provide immune support. This innovative supplement combines the essential ingredients needed for sulforaphane production with beta-glucans to promote immune health.

When environmental threats enter your body, your natural detoxification process works to remove them via two phases: Phase 1 enzymes process them into molecules known as metabolites. These metabolites can be potentially harmful to your DNA and need to be converted to harmless and more easily excreted molecules. Phase 2 enzymes do just that—they process the potentially harmful metabolites into molecules that the body can more readily excrete.

Sulforaphane production, as supported by the ingredients in Avmacol Immune, boosts phase 2 detoxifying enzymes so potentially harmful metabolites can be more readily removed from the body. The beta-glucans in Avmacol Immune help to support the immune system, which is often threatened by exposure to certain environmental toxins.

The once-a-day Avmacol Immune tablet delivers "consistent levels of high-quality ingredients providing glucoraphanin and an active myrosinase enzyme. Both are essential ingredients needed to allow for the full benefit of natural detoxification and immune support," explains sulforaphane expert Dr. Brian Comblatt. Research has shown that sulforaphane also supports the body's defenses against oxidative stress and cell damage, supporting brain, heart, kidney and liver health.

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Avmacol Immune is vegetarian and gluten-free. It is packaged in BPA-free bottles and undergoes more than 80 quality checks. For more information and to purchase the product, visit www.AvmacolImmune.com or call 1-855-286-2265. (NAPSI)

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# Crossfit Insurgent Celebrates Third Anniversary

By Jayam Rutnam

**WEST COVINA** - Crossfit Insurgent was packed with youngsters celebrating the third anniversary since it opened its doors in West Covina. Brian Franzen CEO and Coach of Crossfit was there supervising the competition activities. 250 athletes from Crossfit's all over Southern California were there competing. There were athletes from Orange County, San Fernando Valley, Los Angeles, San Gabriel Valley and San Bernardino competing.

We were able to speak to a couple of the athletes, Sofi Prorock said, "I love the atmosphere and the community of people. Everyone comes together to push and encourage each other." Amador Arteaga said, "Brian has always been welcoming to everyone that walks through his door and I love that about him and his gym."

"Our programs makes you get leaner and stronger, it makes you



Amador Arteaga, Sofi Prorock, Samantha Djahanshahi, CEO Brian Franzen and Natalie Contreras at the anniversary celebration tournament.

feel more positive and energetic, it helps reduce injuries, illness and disease, it improves performance at chosen sports. We have passionate coaches, life changing programs and a state of the art facility," said Brian Franzen CEO of Crossfits Insurgent.

They welcome teenagers who get trained at no charge, "yes, its free," said Brian. They also have after school programs.

Crossfit Insurgent is located at 2229 E. Garvey Avenue, N., West Covina, Ca. 91791.

# Blanca Rubio Wins 48th District Bid

By George Ogden

**BALDWIN PARK** - An election party turns to a "Victory Party" for Blanca Rubio for the 48th Assembly District. The event was attended by family, friends and supporters.

West Covina James Toma, Councilman Lloyd Johnson and the Commander for the VFW, George Ogden came by as well to congratulate the Assemblywoman elect. She will be taking over when Roger Hernandez terms out.

This was a hard run campaign with Cory Ellenson losing to Rubio in a Democratic and Hispanic District. This was one of the cleaner and respectable campaigns around. Rubio got 64%



Blanca Rubio, speaks at an election party event and thanked all of her supporters for electing her to the 48th Assembly District.

of the vote as the Hispanic community came out and voted for Rubio. Rubio, a teacher, is excited to

turn her direction toward politics but will miss teaching her kids. She plans to make a difference.

# New Police Officers for West Covina

By George Ogden

**WEST COVINA** - The West Covina Police Department is pleased to announce and to introduce two new West Covina Police Officers Joseph Mello and Officer Carlos Gonzalez.

Mayor James Toma and Chief Dave Faulkner introduced the two at a West Covina City Council meeting. Faulkner talked about both officers and their history in law enforcement and was happy to have them on board.



Mayor James Toma, Chief Dave Faulkner and their New West Covina Police Officers Joseph Mello and Carlos Gonzalez

# Glendora Veterans Day Service

**GLENDORA** - On November 11th at 11am, community members gathered at the Memorial at Glendora City Hall to honor their local Veterans. Each Veteran present was given a small token of appreciation as well as a handwritten thank you from the local school children.

They also honored Veteran of the Year, Anthony Porter, for his service and thanked his family for their sacrifice. A wreath was placed in remembrance of the POWs as they are not forgotten. The American Legion Auxiliary Unit #475



was given a certificate of appreciation for their efforts in working to meet the needs of our veterans, active military and their families.

# 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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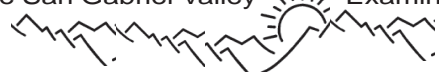
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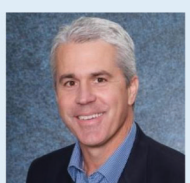
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