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Pet Of The Week



"Miss Inky" / 15

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Monrovia Pack 66 Learn First Aid & CPR from Monrovia Fire & Rescue

MONROVIA - More than 25 Cub Scouts from Monrovia Cub Scout Pack 66 (Tiger, Wolf, Bear and WeBelos Dens) were educated in first aid, CPR, bleeding, emergency recognition and prevention, caring for injuries, choking response and what to do in emergency situations along with splinting on October 17th, while in the process of earning Emergency Preparedness and First Responder badges for WeBelos Scorpion and Husky Dens. Pack 66 was also joined by Boy Scout Adrian G. from Duarte Troop 185 whose two brothers, Lucas and Gavin, Cub Scouts in Pack 66, that are following in their older brothers footsteps.

Captain H. Hewitt and Fire Fighter R. Mitchell took time out of their busy evening to demonstrate basic first-aid bandaging on Wolf Max R. to control bleeding. Bear Jacob S. was able to perform chest-compression CPR on Rescue Annie and WeBelos Dylan M. was splinted to immobilize his arm.

Being a Cub Scout offers so much in life skills that children do not normally learn in school. These skills will benefit every boy, sibling and family member. They learn how to prevent acci-



Bear Jacob S. demonstrating Hands-Only CPR

dents and injuries as well as what to do when they occur. First Responder is one of the WeBelos CORE Adventure Requirements. For this adventure, WeBelos learn some basic first aid and emergency preparedness skills. Now more than ever will they will feel

ready if they encounter an emergency." said Mark Peters, Cub Master for Cub Scout Pack 66.

The Scouts were wonderful during the training. They seemed to learn a lot of skills and information on top of what they already knew, each Cub Scout had fun practicing "Hands Only" CPR on Rescue Annie (CPR mannequin). After the training MFD gave a wonderful tour to our Cubs of the station.

These days, you find it's the 6 year old calling 911 to save mom or dad, properly preparing them in case they are there when an

adult is hurt is vital and to empower them to respond accordingly in a calm manner. Monrovia Pack 66 Bear William K. did just that earlier this year when he had to call 911 to help save his moms life.

The Month of October WeBelos Scorpion Den has been learning Emergency Preparedness and have been asked as part of their homework to prepare a bug-out bag, a first-aid kit and to plan and map out an emergency route for their family incase disaster occurs. During the Fire Department training, now a

WeBelos William K. showed his bug-out bag to the fireman and Cub Scouts and properly demonstrated what should be in your emergency backpack.

Information such as this is vital to a Scout's training. These are lessons they will carry with them always and will benefit them throughout their lives. Pack 66 Cub Scouts receive training throughout the year through varied experiences, and it's "all due to the commitment of the volunteer parents who work tirelessly to provide unique experiences for the Scouts, and committed partners within the community who support the Scout's mission to empower youth, such as Monrovia Fire and Rescue, Monrovia PD, Monrovia City Council and Mayor Tom Adams who have given our Cubs so much in time and experience.

"Monrovia's own Cub Scout Pack 66, just like a trip on the famous Route 66 that runs through Monrovia, the scouts are traveling along a road of knowledge and discovery, earning memento and making memories that will last a lifetime." Wolf Den leader Mitch Rily. If you would like your son to join an active Cub Scout Pack who is deeply involved in the community and start a life long journey and if your son's are between 5 & 10 years of age please contact Cub Master Mark Peters at irishcelticknight@gmail.com & monroviacubscout-pack66@gmail.com or you can call at 626-485-1032.

Record-Setting College Fair Held at Citrus College

Students Considered Numerous Transfer Options

GLENDORA - Citrus College's Transfer Center recently hosted its annual College Fair where 61 colleges and universities participated, and hundreds of students interacted with representatives.

This was the largest number of educational institutions to participate in the history of the college event according to Dr. Martha McDonald, vice president of Student Services. "As a result of our extensive partnerships, we were able to increase the impact of the College Fair by connecting students to a wide variety of colleges and universities."

The College Fair provides an avenue for students who are planning to transfer to four-year colleges or universities to the variety of options available to them. "The annual College Fair is a terrific resource to support students' transfer goals," said Dr. Geraldine M. Perri, superintendent/president of Citrus College.

During the October 13 event, students received information about application filing periods, financial aid, housing, grade point average requirements, transfer student resources and much more. "This event helped raise awareness about the transfer process, which in turn allows students to make informed decisions about their future academic endeavors," said Dr. Lucinda Over, dean of Counseling Programs & Services.

Citrus College's Winter Session begins January



Citrus College students consider a variety of transfer opportunities available from over 60 colleges and universities participating in the annual College Fair.

3. Individuals interested in registering for classes or learning more about the college's 90-plus degree and certificate programs, can call (626) 852-6471 or visit www.citruscollege.edu



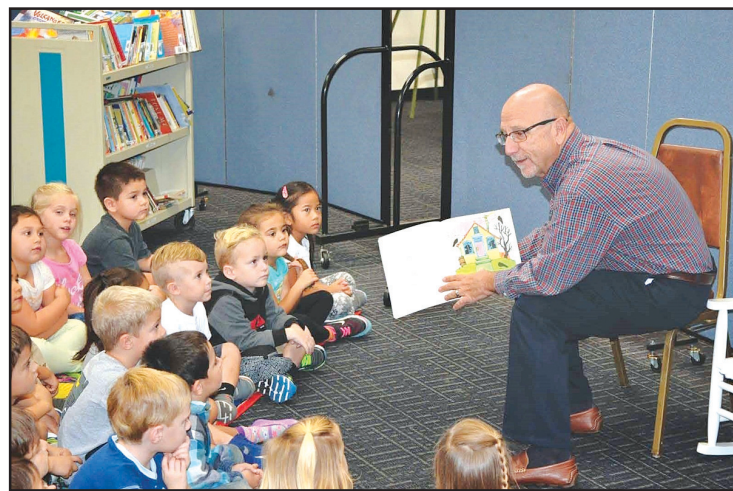
Monrovia Fire & Rescue and Monrovia Cub Scout Pack 66

Glendora Mayor Murabito Visits Hope Lutheran School

By Jayam Rutnam

GLENDORA - Mayor Gene Murabito of Glendora visited the Hope Lutheran School on Tuesday October 19th where he read the book "The Vanishing Pumpkin" by author Tony Johnston to the school's preschool students. "We believe that one of the major keys to a successful life is the ability to read, and we are proud to partner with the City of Glendora in supporting Children's literacy.

Hope Lutheran School provides an excellent education for preschool through eighth grade children, in a nurturing environment." said Preschool Principal Scott Ferguson.



Mayor Murabito reads "The Vanishing Pumpkin" to the students of Hope Lutheran School;

For information about Hope Lutheran Church School, please call Brandy Mayer, Admissions and Communications at 626-335-5315 or email bmayer@hopeglendora.org.

Glendora Chamber of Commerce Ribbon Cutting for Evergreen Shop Pharmacy



GLENDORA - The Glendora Chamber of Commerce hosted a Ribbon Cutting for Evergreen Shop Pharmacy, a local pharmacy in Glendora. Evergreen Shop Pharmacy is conveniently located at 150 S. Grand Ave. Unit K, Glendora, CA 91741.

In attendance Evergreen Shop Pharmacy Owner Atef Nemetalla and Pharmacy Technician Farah Rizk along with family, friends and loyal customers. Representing Supervisor Michael Antonovich was Ryan Senneff.

From the City of Glendora was Mayor Gene Murabito, along with Councilmembers Mendel Thompson and Karen Davis. Additionally, the Glendora Chamber was represented by Board Chair Fawn Imboden, Board Member Ken Salzman, Chamber Ambassadors Keith Van Vliet and Deidre Young, and Chamber President/CEO Joe Cina.

Evergreen Shop Pharmacy is a new full service Pharmacy located in Glendora with brand name, generic, and over the

counter medications, discounts on cash payment and generic prescriptions, a full line of all natural creams and soaps, and much more. They also offer free delivery. Stop by to support a local small business, today!

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Glendora Community Coordinating Council Annual President's Luncheon

GLENDORA - On Monday, September 12, 2016 the Glendora Community Coordinating Council hosted its annual President's Luncheon at the beautiful Rubel Castle. We had a total of 53 people in attendance. All proceeds from the luncheon was donated to the restoration fund of Rubel Castle's fire truck.

Representatives from various service clubs, churches and community organizations were in attendance. Each representative had a minute to discuss their organization and any projects they were working on.

Glendora Community Coordinating Council is a voluntary association of community organizations to support citizens through recognition of youth and adults with our Humanitarian and Youth Recognition Awards, the



Gene Morrill, President of the Glendora Community Coordinating Council addressing members and guests attending the President's Luncheon at Rubel Castle.

Holiday Basket Program and camp sponsorships through Glendora Community services.

If you are interested in joining this fine organization or perhaps have an adult or youth you

would like to nominate please visit our website at www.glendoraordinating-council.org for more information.

Live Healthy Key Message

DUARTE - What an inspiration Priscilla Hervey was at a recent Duarte Kiwanis Meeting! She has quite a message - her goal is to support and develop leaders to live healthy. She shared that "through the heart of service, we grow as leaders." Her Live HEALTHY program gives very key messages for each of us: Love, Integrity, Vitality and Excellence - create Live. Hydration, Eat Quality Foods, Activity, Livelihood, Toxic Clean Up, Heart Matters and YES!! Mentality make up the elements of HEALTHY. A great message for each of us.

For further information on speaking or joining the club, contact Dr. Diane Hernandez at drdiane@drhernandez-optometry.com



Priscilla Hervey and Aida Torres, Duarte Kiwanis Board Member.

Aris Banico Appointed Regional Administrator of DCFS Glendora Office



Aris Banico is the new Regional Administrator for the Department of Children and Family Services

by Feli Gutierrez, DCFS Adoption

GLENDORA - Aris Banico is the new Regional Administrator for the Department of Children and Family Services (DCFS) Glendora office located at 725 S. Grand Avenue, in Glendora. He oversees a staff of 256 including social workers that conduct emergency response investigations and provide continuing family services, supervising children in both in-home and out-of-home care placements.

Mr. Banico received his bachelor's degree in sociology from the University of the East and his graduate degree in guidance and counseling from the Philippine Normal University and has taught at several high schools and universities in the Philippines. He started working at DCFS in 1993 as a Children's Social Worker, investigating child abuse referrals, and over the years has served as a Court Dependency Officer, Children's Services Administrator and Assistant Regional Administrator of the Pomona and Covina offices since 2007.

For the past 5 years, he managed the specialized units of the American Indian, Asian Pacific and Deaf Programs. Mr. Banico is a recipient of the Director's

Employee Recognition Award and has received commendations from the LA County Board of Supervisors and various community organizations. He's frequently been featured on LA18 TV, Korean News, Filipino TV - Kababayan LA and in local newspapers regarding DCFS initiatives for the Asian, American Indian and Deaf community.

Mr. Banico welcomes all community partners who wish to contribute to programs promoting child safety, family development, parenting and permanency. For anyone interested in becoming a foster care or adoptive parent, please call 1-888-811-1121.

Lagunitas Beer Circus Held in Azusa



Beer fans enjoying one of the stage shows during the 2016 Beer Circus at Lagunitas Brewery.

By Glenn Purbaugh

AZUSA - The Beer Circus came to town on Saturday October 22nd at the site of Azusa's Lagunitas Brewery. The warehouse and outdoor area of the unfinished brewery was the site of the 2016 Beer Circus with the theme "See things you can't Unseen". Those that were lucky enough to purchase a ticket to the event were treated to bands, stage shows which included acrobatics and some classy burlesque. Food trucks, people powered mechanical rides and a midway where games of skills were spread throughout a large area between what will be the brewery's warehouse and production buildings.

Other local craft breweries from Covina, Rancho Cucamonga, Torrance and even one from San Diego were at the Azusa event and offered their own

beers to make for a great variety.

The event which benefits local nonprofit organizations had an estimated 1500 people including the staff and performers.

Once completed sometime in either late summer or fall of 2017 the 250,000 sq ft facility will be able to produce up to 1.8 million barrels of their beer with

names like Aunt Sally, Maximus, Little Sumpin', Hop Stupid, and Sucks.

There will also be a 5000 sq ft tap room, a gift shop and a 300 seat amphitheater when completed.

The 2016 Beer Circus will also make stops in Petaluma, Chicago, and New York.



Good friends enjoying some great weather and great beer at the 2016 Lagunitas Beer Circus.



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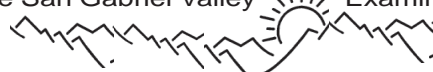
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Application Deadline Extended For Assemblyman Chris Holden's 2017 Young Legislators Program

Leadership Program for High School Seniors in the 41st Assembly District

PASADENA—Assemblyman Chris Holden (AD - 41) announced the deadline extension for the 2017 Young Legislators Program to November 15 at 5 p.m.

"I'm thrilled to launch the second annual Young Legislators Program for the 41st Assembly District," said Assemblyman Chris Holden. "We've put together a program that will have a lasting impact on participating students and maybe even inspire them to run for office one day."

The Young Legislators Program is a six-month, no-cost program that provides selected students from the 41st Assembly District an opportunity to learn about the legislative process, services provided to constituents by elected leaders, and the relationship between local and state governments. Students will meet at selected sites in the 41st District for the first five sessions, and

conclude with a two-day session in Northern California.

Last year's final session involved a tour of the Facebook headquarters in Menlo Park, followed by a panel discussion with members of Facebook's government affairs team. Day two brought the students to the California State Capitol where they toured the building, met Assemblymember Holden and sat in on a Senate Education Committee hearing.

"The Young Legislators Program allowed me to experience state government, make useful connections, and discover new, interesting options for my fu-

ture," said Darcy Stone, 2016 Young Legislator and now a freshman at the University of California, Berkeley. "It was a wonderful program and was glad to participate."

The 2017 Young Legislators Program is open to high school seniors living in the 41st Assembly District. Applicants must commit to monthly Saturday meetings starting in January 2017 and submit applications by November 15, 2016. Program details and application are available online at <http://asmcd.org/members/a41/other-resources/young-legislators-program>.

Superscooper Contract Extended Through Nov. 30

LOS ANGELES COUNTY - To ensure that the Los Angeles County Fire Department is prepared for any type of major fire incident, Supervisor Michael D. Antonovich announced that the lease contract for two CL-415 Super Scooper fire-fighting aircraft from the Government of Quebec has been extended through November 30, 2016.

"As a result of the County's lengthened fire season due to the six-year drought, it is vital that we maintain the best arsenal and re-

sources to protect life and property," said Antonovich.

Capable of carrying up to 1,620 gallons of water, Super Scoopers can also scoop water from a lake in only 12 seconds, be airborne in as little as five minutes and fly three hours before refueling.

At the direction of Supervisor Antonovich, the Los Angeles County Fire Department began leasing the Super Scoopers from the Government of Quebec in 1994.

Hikers Lost Overnight Found Safe

By George Ogden

AZUSA - Three hikers that went on an outing in the San Gabriel Mountains on Sunday, Oct. 30 did not show up at a predesignated meeting area with family members at 7:30 p.m. as planned. The concerned family members soon called police and the Los Angeles Sheriff's department to activate the Search and Mountain Rescue.

Just after 1:00 a.m., they started searching the San Gabriel

Mountains off Highway 39 (San Gabriel Canyon Road in the Angeles National Forest.

The rescue team searched throughout the early morning hours and around 5:30 a.m. Monday morning, family received a text message from the trio. About an hour later, the three were able to walk into an area where they were found.

They were not injured in their ordeal, just tired and cold.

Veterans Day Ceremony At Freedom Park

SAN DIMAS - On Veterans Day, Friday **November 11** at 4PM, the San Dimas HEROES (Helping to Establish a Remembrance Of Every Service-person) will hold their annual Veterans Day event at Freedom Park (corner of San Dimas Ave and Commercial St) in San Dimas.

As part of this year's event, over 50 names of veterans will be engraved onto the permanent granite wall honoring those veterans who have lived in San Dimas. Those individuals will be honored as part of the evening's ceremony. Each year more names are added for Vet-

erans Day and with the ones added this year, the total names will come to over 1000.

A portion of this year's ceremony will honor a number of our World War II Veterans who are living in San Dimas. The American Flag along with all the military flags will be raised by individuals who purchased a flag pole when the monument was built. Other special events will take place during the evening to honor all those San Dimas residents who have served our country. Seating is limited so you might want to bring your own chair.

Organizers Prepare To Celebrate Military

Skydiver injured during last year's event expected to return

BALDWIN PARK - As communities prepare to honor their military on November 11, officials from this city are putting final touches on celebrating their military as part of a special Veterans Day celebration.

Baldwin Park will commemorate its 25th Annual Veterans Day ceremony on Friday, November 11, at Morgan Park, 4100 Baldwin Park Blvd. Similar celebrations are popular nationwide, as officials from respective cities honor those who have served in the armed forces. Baldwin Park's Veterans Day celebration, which will feature Mayor Manuel Lozano as Master of Ceremonies, begins at 1 p.m. in the park's Cesar E. Chavez Amphitheater.

Program Supervisor Yuriko Ruizeparza said Baldwin Park's celebration is unique because it is one of only a few entities to host an aerial show as part of its program. Last year, a 67-year-old skydiver was injured when a large American flag he was carrying got tangled in a tree and forced him to crash into the ground. That veteran is expected to make a full recovery and will return for the Baldwin Park event as part of the aerial jumpers' ground crew, organizers said.

This year's Golden Stars Skydiving Team showcase will feature primary parachute jumper

Jay Fragoso, who is slated to perform his 2,771st career jump on November 11. Fragoso, himself a U.S. Army Veteran, will cascade into Morgan Park as he concludes his career as a demonstration jumper in Baldwin Park. This will mark his 23rd year performing at city's event.

Ruizeparza described the Veterans Day celebrations as a "momentous occasion [that] recognizes all of the brave men and women who have served in our military."

A national holiday since 1938, Veterans Day marks the anniversary of World War I's end. The national holiday is often marked with commemorations or special ceremonies aimed to honor United States veterans from all military branches, as well as victims of all wars.

On tap for next month's ceremony are a number of military rituals, including the Presentation of Colors, a 21-gun salute and the Golden Stars skydivers' demonstration at the conclusion of the event. Most importantly, organizers noted, local military heroes and a number of veteran organizations will be honored by local and state officials.

Organizers said several local veterans and veteran organizations are slated to be recognized here on November 11. Addition-

al nominations for Veterans Day recognitions may still be made by completing and submitting a simple form to the city.

Officials added that, while the event highlights our local military heroes, it also honors those military heroes who never returned home. A special POW-MIA remembrance table will be set up so loved ones may leave a memento of military personnel who were left missing in action.

The Veterans Day ceremony is memorable for military veterans, but it also serves as a celebration for honorees' family members and friends.

"Families are really appreciative because they're so proud of their family member," added Ruizeparza. "It's about highlighting these special individuals in our community, and basically giving them thanks for protecting our community and protecting us and putting their life at risk for us."

"It's a proud feeling that they're from Baldwin Park."

To include additional Baldwin Park veterans in the local Veterans Day ceremony, or for more information about the November 11 event, contact Ruizeparza at (626) 813-5245, Ext. 268, or e-mail her at ruizeparza@baldwinpark.com as soon as possible.

Baldwin Park Unified Educators to Join City's 60th Anniversary Celebration

Bands, drum majors, auxiliary and cheer squads hold places of honor in city's annual parade

BALDWIN PARK - This year's Celebrate Baldwin Park Anniversary Parade, 9:45 a.m. to 12:15 p.m. Saturday, Nov. 5, will feature marching bands, drum majors and auxiliary squads from Baldwin Park Unified's two comprehensive high schools, as well as Sierra Vista High School's cheer squad, members of the Board of Education, Superintendent Froilan N. Mendoza, K-12 Teacher of the Year Cyn-

thia Milian and Baldwin Park Adult and Community Education Teacher of the Year Rosalinda Ong among its 89 participants.

This year's parade is the city's 60th.

The parade starts at Olive Street and Baldwin Park Boulevard, where Holland Middle School is located. A judges' stand is set up on Baldwin Park Boulevard just north of Los Angeles

Street.

Baldwin Park High School's auxiliary, drum major and band will march as the second, third and fourth positions, preceding the grand marshal. Sierra Vista occupies positions 16 through 18, followed by the Board of Education, Superintendent and the Sierra Vista cheer squad. Milian's float is at the 40th position and Ong is 63rd.

VA Brings Mental Health Support Closer To Home For Rural Veterans

When Jesse* moved back to North Carolina after serving in the Vietnam War, he grew out his hair and pretended to be a war protester.

"I didn't want to say I was a Marine," he said.

He struggled with depression and feelings of shame. Later, nightmares got worse and other signs of post-traumatic stress disorder affected his marriage.

One in five Americans face mental health challenges, according to the National Alliance on Mental Illness. Because of stigma, many people—especially veterans—who need mental health support remain hesitant to talk openly about it. Only about half of those who are affected receive treatment.

"I felt like an outsider," Jesse said. "People couldn't understand me, and I couldn't open up to them. I kept everybody at arm's length."

Only years later did Jesse seek help for the mental health issues that resulted from his military service.

Although the majority of America's 22 million veterans do not have a mental health issue, the number of veterans receiving mental health treatment from the U.S. Department of Veterans Affairs (VA) was 1.6 million in 2015. Many of those veterans live in small communities, far from mental health specialists.

To serve the growing need, VA is expanding access to mental health services, especially in rural areas where fewer clinicians practice. VA increased resources and staffing, allocating

more than \$24 million from VA's Office of Rural Health toward innovative mental health programs for rural areas this year. VA leaders say these programs will provide increased access for veterans like Jesse.

"Long travel times, harsh weather, stigma associated with seeking services and provider shortages all make it more difficult for rural veterans to get mental health support," Gina Capra, director of the VA Office of Rural Health, said. "VA is coming at these barriers from all sides to support rural veterans in accessing the services they earned and deserve."

The targeted funding will grow telehealth programs that bring mental health care closer to home for rural veterans. Telehealth uses secure phone and video technology to link a provider with a veteran, who might be hundreds of miles away at a small local clinic or even in his or her own home. It allows for the same quality of care, without the burden sometimes associated with travel.

The National Telemental Health Center and VA's Telemental Health Hubs make therapy more accessible using telehealth to connect with medical specialists who are trained and experienced in supporting veterans with their unique mental health needs.

In addition to telehealth, VA also supports rural community programs that raise awareness of veterans' mental health needs and how to refer veterans and their families to the VA

for services and support.

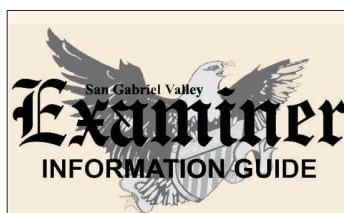
Chaplain Keith Ethridge leads the VA Rural Clergy Training Program, which educates local religious leaders in rural communities on how to recognize signs and symptoms of mental health issues among veteran parishioners and their families.

"The clergy is a trusted source for counsel and often the first-line contact in small, rural communities. The confidentiality it provides is important to veterans, especially when discussing mental health issues," Ethridge said.

Veterans can also engage directly with resources online. VetsPrevail.org combines social media and expert mental health support for veterans. Make the Connection—VA's national mental health awareness campaign—features personal stories of recovery from veterans. Veterans and their loved ones can visit MakeTheConnection.net to locate resources and hear from hundreds of other veterans who experienced similar challenges.

"The MakeTheConnection.net website features hundreds of other inspiring stories of veteran and family member resilience in dealing with and overcoming mental health and other life challenges," Dr. Wendy Tenhula, VA's deputy chief consultant for specialty mental health, said.

For the latest news on VA rural programs, visit www.ruralhealth.va.gov. (NAPSI) *Last name withheld for privacy.



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It is All About the Supreme Court Finally--- Relief !

By Lois M. Shade
Former Mayor of Glendora

First question to ask yourself when you vote for President this time around - Who do you want to select the Supreme Court Justice to replace Antonin Scalia? And, given the age of several others, perhaps replacements for some of them also. The Supreme Court, the final authority when it comes to interpreting the U.S. Constitution, our law of the land that makes the United States of America the great country that it is today, will be reflected by the appointment of the next President.

We've been through all the ridiculousness of 11 or 12, maybe more, (I forgot to count) women who after how many years, all of sudden remembered they've been offended in one form or another by Presidential candidate, Donald Trump. And, a first lady, horror-stricken by these women and their unsubstantiated pronouncements but can't remember Hillary Clinton, the candidate she's supporting, had a husband who lied about his affair with a 22-year old in the White House and was impeached.

Anyone besides me believe

that all that all those women against Trump was bunk and was deliberately set up to distract from the real issues? We have an establishment in Washington, D.C. of which Hillary Clinton is a major player who has done nothing about the uncontrolled violence that has swept this nation targeting our police officers, and with random shootings occurring on a regular basis. Just turn the TV on early morning to listen to and view the list of victims.

We got into the immigration issue on occasion, but no real plan from Hillary only campaign ads mocking the wall Donald Trump proposes to secure that border and this country from the flow of illegals, some of which are law offenders, and drugs. President Ronald Reagan believed, "A nation without borders is not a nation," and both Donald Trump and I agree. And, the rumor I'm hearing and correct me if I'm wrong, Tom Steyer, the lead on many of the campaign ads being run now is planning on running for governor next election when Brown leaves. Watch the ads and he's pretty much established his platform if he does run.

We didn't talk about the middle-east crisis, the economy, job growth, Obamacare and the 13% to 20% purported increase in costs for medical insurance. Bill Clinton did make some derogatory remarks about the health care programs functionality, but that went away quickly. But that does raise another question in the back of the minds of some --- Is a vote for Hillary Clinton a vote for Bill Clinton's 3rd term as President?

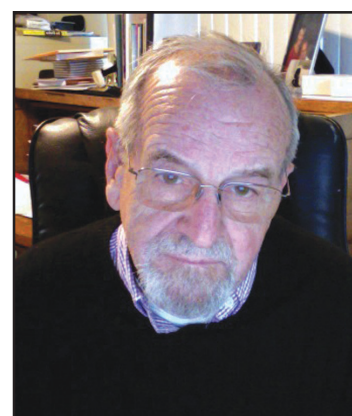
Voters will certainly have some hard decisions to make this time around. Seventeen ballot initiatives, a host of candidates for other offices and the big one ... Donald Trump or Hillary Clinton for President.

Remember when you step into that ballot box or go stand in lines for early voting, your vote will have a huge, huge impact this time around. You will be casting the vote for a President, not only to run this country, but who will appoint the next Supreme Court Justice and perhaps more than one, who will define how we interpret the law of this land ... the Constitution of the United States of America.

It happened during the middle ages---mine, not Europe's. I had developed a very distressed gall-bladder. I realize my discomfort level was nowhere near the agony of childbirth, but for me the hours of the level ten pain were bad enough. There was nothing I could take that would relieve the discomfort, no posture I could assume, no way out of the agony. I just had to wait it out, and then, five or six hours after the onslaught had begun, the pain would ease and I would again become a full human being. While I cannot now relive the level of discomfort I experienced, I can remember how marvelous it felt when finally the spasms that had immobilized me faded. "Oh" what blessed relief!

These days not an hour goes by when I do not hear from friends, colleagues or even complete strangers how painful these last months have been. Political campaigns usually have been exciting tension-filled times, but this one has been different. It was more than the sheer nastiness of the charges and counter-charges, but an overriding sense that something had poisoned the American dream.

Donald Trump had introduced a virus into the American psyche. Never have we had to witness such a display of bitterness and



Charles H. Bayer

invective. Not only had he fouled his own political nest, but he had also poisoned the dreams of millions of disillusioned citizens who believe that Hillary is so deeply flawed she cannot be trusted, but who decided to vote for her anyhow. I never fell for that line and do not believe it even now. But that suspicion has drained the nectar out of the fruit of electoral politics and left us with a dry bitter pulp.

This campaign has gone on far too long. There ought to have been a way to responsibly limit the months of invective we have lived through. The pain has been terrible, but now we realize that in less than a week blessed relief will be on the way.

Even though the crisis will soon pass, the seed planted in the body politic by the emergence of

the tea party remains in the background. This seed has been fertilized and watered by the right wing of the Republican Party through the idiocy of Donald Trump, not realizing that neither he nor the Party could survive the poisonous results. America has been left with the Republicans in shambles, a cloud over the Presidency and the nation's future uncertain.

For now we will try to focus on how Hillary puts her administration together as America plans for the celebration that accompanies the inauguration of a president. At this writing, while the Senate may be friendly, the House may still be controlled by enough angry antagonists that the nation may have a difficult time as a new leadership seeks to move us ahead.

But the pain is easing off, even if the debilities it produced remain. ISIS thrives in the wake of a series of Middle East wars we never should have fought, the economy staggers along, racism has again reared its ugly head, the devastating results of climate change grow more ominous every year, a major political party has been disassembled, and I grow older without becoming wiser.

Contact Charles Bayer at candwbayer@verizon.net

Are Our Cities Being Victimized by Legalized Extortion?

By George Ogden

A number of California Cities, including a number in the San Gabriel Valley are being sued alleging the city's election method violates the California Voting Rights Act by diluting Latino votes.

Really? Let's take West Covina for example. They are being sued by a number of attorneys who have conspired together to go after cities. They Lawyers identified in the scheme are: Laura Ho (SBN 173179) Morris Baller (SBN 48928), Counsel GOLDSTEIN BORGEN DARDARIAN & HO. Kevin L. Shenkman (SBN 223315) Mary R. Hughes (SBN 222622) SHENKMAN & HUGHES. R. Rex Parris (SBN 96567) Jonathan Douglass (SBN 289300) REX PARRIS LAW FIRM. Milton Grimes (SBN 59437) LAW OFFICES OF MILTON C. GRIMES. Robert Rubin (SUN 85084) LAW OFFICE OF ROBERT RUBIN. (The SBN is the State Bar Number assigned to attorneys.) They will represent three West Covina citizens: Armando Sanchez, Alfred Williams; and Juan Reinoso.

The lawsuit filed can cost cities millions and will cost the City of West Covina possibly millions as well. It doesn't matter if the city wins or loses; the plaintiffs get paid by West Covina even after they win their case in court.

One of the attorneys, Robert Rubin helped write the law, which appeared to use language that allows for this type of action to be filed and get paid by the cities win or lose. They simply send out a letter of demand and the city automatically seems to be liable. The lawsuit challenges the city's at-large election system dilutes the Hispanic vote. They want the cities to do districting, example, cutting the city into 4 or 5 districts with one council representative from each district on the council. This would take away the voting rights of the citizens to choose all their councilmembers and just vote on one. In my opinion, this is taxation without rep-



George Ogden

That's just the way it is!

resentation. The other four councilmembers get to spend our tax money and we have no say so in the matter.

This appears that this is clearly extortion by these plaintiffs and attorneys. The people already voted "not to do districting" by a 2-1 vote. With what appears to be a loophole in the law, it allows these attorneys and these plaintiffs to sue, knowing that they will get rich no matter if they win or lose. They work for a settlement knowing the cities are handcuffed and it would cost them more if they fought the lawsuit. What is horribly sad, the judges have supported these attorneys and given big settlements. I wonder why... oh yeah, most of these judges are attorneys themselves. This clearly seems like legalized blackmail and extortion of the cities and to get the people's tax money.

At a recent city council meeting, staff presented 35 cities and 9 school districts that had to pay out over \$12 million collectively. Some cities paid millions. It appears some cities paid huge amounts even when they basically won the case or settled.

People at the council meeting called for a criminal investigation and it appears that they are exempt and immune from criminal prosecution for what clearly seems like criminal conspiracy and criminal extortion. Some may move to have the DA's office or the Attorney General's office take a look at this issue. The process also seems like a criminal federal issue as there may be a civil rights violation concerning the right to vote and that being removed.

What is confusing, about 57% of the people are Hispanic and they voted "not" to do districting. The Hispanic community voted not to do this. The lawyers claim that only 9% of the people voted on this and is not representative of the people. Well who in the hell's fault is this? They choose NOT to vote, that is their choice. But for those who did vote, this means their vote means absolutely nothing. It doesn't count. This is our government in action. How do you like it?

People gave their lives to have the freedom to vote and this is being taken away by people like this.

There were harsh words tossed out at the Williams, Reinoso and Sanchez as well at their attorneys. At one point, one person can't wait until they all die and hopes he is around when this happens.

Alfred William a community activist and Juan Reinoso who is president of Urban Graffiti who didn't win the contract with the city, so, many think this is one way he can get even with city and citizens for not contracting with him.

These lawsuits seem to be a copy and they paste new city names into the paperwork to sue. The language all seems the same.

A lot of residents are extremely angered at the plaintiffs and the attorneys for legally taking money from the city with this scheme. It will cost the city a number of police officers and firefighters because of this action.

Personally, I see people so pissed off that I fear for the safety of the plaintiffs, their families as well as those attorneys. There are enough "whack jobs" out there that they may want to take care of business their own way. They chose to lead themselves and families into this situation and I can't help but feel that this is on them if something happens.

"That's Just the Way It Is!"

Bruggemeyer Library Presents Veterans Day Programs

MONTEREY PARK - Monterey Park Bruggemeyer Library will remember and honor veterans with several programs in November. On Sunday, November 6 at 2 p.m. in the Friends Room, a program on World War II history will feature the exhibit "Remembering Pearl Harbor 75th Anniversary;" stories of those who served during WWII; and guest speaker Ernest Miller a food historian, chef, and educator will present a talk on the history of WWII food rationing in America. The program is co-sponsored with the Historical Society of Monterey Park.

The exhibit "Remembering Pearl Harbor 75th Anniversary" will feature WWII posters, photos, post cards and newspapers from the collection of exhibit organizer Pedro Chan, Ph.D. The public can view the exhibit November 3-30 in the display cases located on the first floor of the library.

Filmmaker E. Samantha Cheng will introduce and screen her documentary film "Honor and Duty: The Mississippi Delta Chinese" on Sunday, November 20 at 2 p.m. in the Friends Room. The film, a tribute to the Chinese communities in the Mississippi Delta and their contributions during WWII, follows the history and impact of the Chinese community in the Mississippi region with archival images of the rural communities where families lived and includes interviews with the Mississippi Delta Chinese American World War II veterans and the impact of the war in the delta region. The filmmaker will hold a question and answer session after the film screening.

For more information about the free program, contact the library at 626-307-1368. The Monterey Park Bruggemeyer Library is located at 318 S. Ramona Avenue, Monterey Park.

Who Needs a College Education? You Do.



Barbara R. Dickerson
Citrus Community College
District Board of Trustees

that require more than a high school diploma but less than a four-year degree, currently make up the largest segment of jobs in the U.S. economy.

What are the trends driving change in the workplace of the 21st Century? Several of the fastest-growing jobs in the state didn't exist 10 years ago. Opportunities for jobs such as mobile applications developer, social media manager or data science analyst are growing rapidly. They also pay well. Projections for California in the next 10 years reflect thousands of job openings in occupations like health informatics and home health care; mobile development and user interface design; and data mining and virtualization. Baby boomers are beginning to retire in record numbers from middle-skill jobs, which also adds to the

demand for workers with a college education.

Initiatives to address the need for college-educated workers have increasingly focused on community colleges. Community colleges are uniquely positioned to provide postsecondary education or training requirements, whether it is by providing skill awards, vocational certificates, or associate degrees - or by transferring students to four-year colleges and universities to complete a bachelor's degree.

This past year, Citrus College ranked number one out of all community colleges in California for the number of students who completed their career technical education (CTE) goals. One reason is the college's wide variety of outstanding CTE programs, which includes 17 associate degrees, 31 certificates and 17 skill awards. This is good news for those in our community who are contemplating career options that lead to financial security and personal satisfaction.

Demand for workers who are trained for middle-skill jobs will remain strong for the foreseeable future. Historically, our state has been a global leader in entrepreneurial innovation, and California's jobs of the future will offer great opportunities for those who are trained and ready. Make sure you have the skills you need for the career of your dreams.

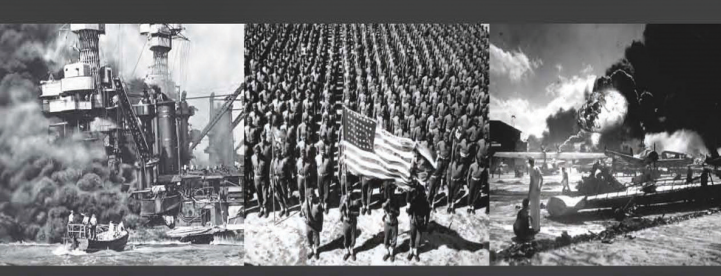
Community Articles Are Welcome

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


Monterey Park Bruggemeyer Library

VETERANS DAY PROGRAM

★★ SUNDAY, NOVEMBER 6 ★★
2 PM • FRIENDS ROOM



Remembering Pearl Harbor 75th Anniversary Exhibit



World War II Food Rationing Lecture with Food Historian, Ernest Miller

Will Our Political Circus Impact This Market?

The market volatility on Wall Street appears to be affected by the sparing of the two disliked candidates. The S&P 500 fell 1% recently and -1.63% for the first half of October, probably due in part to this dismal political scene. The S&P is up only 1.2% in the past 15 months, as investors may be distracted by this political circus. The Presidential debates have been an outlandish mix of Entertainment Tonight and Ultimate Fighting. Like most of America, we are simultaneously in shock and maybe even entertained by this Presidential election cycle.

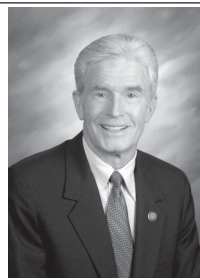
We're seeing that when Donald Trump seems backed into a corner he will come out fighting and will not hold back. Like a good boxer, Trump seems to lure the media into beating him up; and then, when he has been on the ropes, he counter-punches viciously. Trump seems to be running against a biased news media - as well as the Washington establishment, including many in his own party!

Like much of America, Wall Street does not think that the Presidential election can get over soon enough, so we can finally move on. But there may be ongoing disruptions after the election. The Electoral College process favors Hillary Clinton, but she needs a big winning margin to minimize ongoing corruption allegations. Trump might benefit from a strong turnout from his passionate anti-establishment base. Many on Wall Street fear that Hillary Clinton will win the Electoral College by just a few votes, causing recounts in one or two states. Many would not be surprised if Trump tries to contest those states and declare that the process is "rigged," causing the political circus to continue well after Election Day.

This political circus may fade into the background if Hillary or Donald emerge as a clear winner. But if a recount is required, any prolonged vote count will promote even more uncertainty.

Like the political world, the stock market sometimes lives in a fantasy world. The analyst community is almost always too optimistic before a Presidential election, so expect wave after wave of analyst earnings estimate cuts in the New Year. In the meantime, third-quarter earnings for the S&P 500 are expected to decline by -0.7%, which would be the sixth quarter in a row of negative earnings. However, when energy and financials are excluded, the earnings environment is

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

positive and gradually improving, thanks in large part to more favorable year-over-year comparisons from the negative growth rates in late 2015.

EMPLOYMENT GROWTH IS THE HEART OF FED INCONSISTENCY

All year, Federal Open Market Committee participants have insisted US economic data supports a rate hike. According to the FOMC: GDP growth is fine; inflation - while too low now - will soon rise to 2% because job growth is excessive. In other words, forget about whether the Fed can raise rates. The Fed must raise rates as long as job growth exceeds potential.

But what is potential job growth? According to the Fed, it is much lower than the prevailing rate, which raises a question: If the US really is close to full employment, how can the FOMC continue to drag its feet on tightening?

THE FOMC'S JOBS SPEED LIMIT

Stop for a moment and consider how far apart the financial market concept of "strong" and "weak" employment growth is compared to the Fed's thinking on the subject. Start with San Francisco's John Williams, who has spent a considerable number of words on the subject in recent years. The last time, two weeks ago in fact, he explained the Fed has stated it must justify raising rates because "the current pace of job gains is well above what we need, which I put to be somewhere around 80,000 a month."

If Williams is right, Wall Street must recalibrate. If the Fed is targeting payroll growth of only 80k a month, it's time to stop thinking of 150k as disappointing and under 100k as alarming. And yet, the Fed behaves as if payroll increases of less than 100k are very weak. The FOMC has backed off from raising rates on multiple occasions in prior years when job growth slowed to a pace Williams says is still too fast.

Thankfully, both population growth and labor force participation have improved beyond the

Chicago Fed assumptions - mostly because they used annual data, which hides the recent trend, but also because they used a simple polynomial trend which completely misses the participation rise late in every single business cycle. That's a huge mistake, because the only time there's any reason to worry about the pace of job growth is late in the cycle when the economy is near full employment. A higher participation rate allows for faster job growth.

Bottom Line: Start Making Sense

FOMC members are fooling no one but themselves. If their longer-run forecasts were still in the mists of the future, it wouldn't matter. But now the FOMC is actually forecasting a tightening process they say will lift the fed funds rate to 3% in the next two years! That 3% forecast is shredding their credibility.

And the FOMC's position on employment growth is an even more immediate credibility challenge. Does the Fed really intend to target job growth of less than 100k per month? If it does, why are rate hikes ruled out when employment growth slows to less than 150k? If it doesn't, why do FOMC participants including Chair Yellen keep citing a jobs speed limit of 80-100k?

The Fed's credibility is important, not just because a credible central bank can jawbone the markets (an essential tool given the increasingly limited power of rate cuts and QE) but also because a credible Fed may be better insulated against political meddling.

Chair Yellen seems to understand the importance of credibility, but she claims any divergence between what FOMC members say and what they do can be explained by the "data dependence" clause in every FOMC statement and pronouncement. The inconsistency between what they say about job growth and what they do about it suggests data dependency is not the issue, however. Rather, it suggests the Fed doubts what it says about the data as much as the rest of us. Or, has Fed commentary, limited actions as well as inaction been driven by politics supporting establishment control?

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

Exercise your right -- VOTE!!!

We have a family-run business. What do you suggest as the most practical and cost-effective way for us to divide up our family business?

You might want to talk to a qualified legal or tax advisor about a Family Limited Partnership. This is an agreement between family members who are actively involved in a trade or business. The family's objectives could be set up in the partnership to divide rights to income, appreciation, and control. You could set up transferring the limited partnership interests in increments over time, resulting in a gradual, systematic transfer of ownership. These transfers to your children can be excluded from your estate, resulting in estate tax savings later. Using the method of incrementally transferring interests in your family business could be set up to take maximum advantage of around \$13,000 annual gift tax exclusion. I highly recommend that you also look into cross-insuring (via life insurance policies) each family member.

I'm a top-producing Realtor. How do I start a retirement plan?

You probably have a couple of options, but it depends on what is most suitable for you with your individual circumstances and qualifications. There are retirement plans that understand the fact that independent contractors have variable income. These plans allow intermittent investing and/or payments. If you also need life insurance, there are policies which have living benefits which



Julia Yoder

can be used for any reason, including retirement income.

I own a restaurant and have a wonderful chef who I don't want to lose. Is there a cost-effective financial benefit I could offer him?

You could set up an Executive Bonus plan by using a fixed-indexed universal life insurance policy. The premiums could be a tax deduction for your company, and the policy could not only offer a death benefit, but also offer benefits during the lifetime of the insured.

Our 529 plan has lost a lot of money. What do we do now?

Minimize further losses by moving that money to a more conservative allocation or a different investment product altogether.

My checking, savings, CDs, an IRA, and an annuity at my bank are FDIC insured, right?

No. Too often folks trust their bank, and banker - period. Your money could be safe, but you cannot be sure without fully understanding where your money is truly invested, the strength of those sub-companies, and whether or not your money is protected - either due to FDIC insurance or

other guarantees. If your checking account, savings account, and CDs are within the established limits, they are FDIC insured. Chances are high that your IRA and annuity are not FDIC insured. Often obscure, a standard bank disclaimer statement typically reads: Investment products offered through ABC Bank Investment Services, annuities offered through ABC Bank and its subsidiaries, and insurance products offered through ABC Bank Insurance Services are not FDIC insured, are not bank guaranteed, may lose value, are not deposits, are not insured by any federal government agency, are not a condition to any banking service or activity. Your IRA is usually invested in the stock market, which means it could lose value. Regarding your annuity, I would advise you to find out what insurance company it's with, and do some due-diligence on that company's strength. While you're at it, review your beneficiaries. And, remember, if you have a safety deposit box, the contents are neither FDIC insured, nor bank insured, and can be difficult for heirs to access.

Got a question? Ask Julia by email:

Email questions and comments to:
juliayoder@yahoo.com

This is your opportunity to simplify your life by having one professional working personally with you to coordinate your finances, investments, real estate, mortgage, insurance, retirement, and estate plans. CA Insurance 0C83859/Realtor 01238153/NMLS 248681/Member: Nat'l. Ethics Assoc.



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morill - Certified Automotive Specialists

The Basics Of A Healthy Car

Cars are built better than ever these days and give us miles of service. Keeping them healthy is important and extends their life.

- Oil is their lifeblood. Dirty oil makes it harder for your engine to turn over and causes premature engine wear.

- Belts and hoses are made of very durable material with relatively long lives but they do deteriorate over time. We recommend an eight to ten-year replacement cycle.

- Leaks are not normal except for condensation from your air conditioner. 11 different fluids keep your car running; brake fluid, antifreeze, engine oil, power

steering fluid, air conditioner refrigerant, shock absorber fluid, battery electrolyte, windshield washer solvent, rear axle or CV boot lubricant and fuel. If any of these leak, they need to be fixed right away.

- Tires need to be kept properly inflated to save gas and tire wear and rotated every six months.

- Coolant, when neglected can corrode and leave sediment throughout your cooling system causing clogging that results in damaging hot spots that can harm your engine. Flushing every two years is recommended.

- The battery needs to have the

cables securely attached and free of corrosion in order to get power to the starter and accessories so the alternator receives a charge.

Keeping your car healthy means getting it serviced regularly. Remember, we are a full-service preventive maintenance and auto repair center. We work on all makes and models, import and domestic!

Please call us with any questions at 626-963-0814 or visit our website at www.CertifiedAutoCA.com.

Hometown Service You Can Count On!

Housing Rights Center To Host Free Workshop On Rent Increases, Evictions, Discrimination, Foreclosure And More!

POMONA - The Housing Rights Center (HRC), and the City of Pomona, will be hosting a FREE 'Fair Housing Workshop' for Pomona landlords, residents, and community members on Wednesday, **November 9th** from 5:00pm to 7:00pm at the Pomona Library located at 625 S. Garey Ave, Pasadena. HRC will present information and resources regarding housing discrimination and landlord-tenant rights and responsibilities.

Topics will include: discrimination against families with children, disability rights, sexual harassment, evictions, repairs, security deposits, rent increases, substandard conditions, and much more!

Title VIII of the Civil Rights Act of 1968, known as the "Fair Housing Act," provides protection from discrimination in all housing related transactions based on race, color, religion, sex, national origin, familial status and disability. Furthermore, the California Fair Em-

ployment and Housing Act provides additional protections against housing discrimination based on marital status, ancestry, sexual orientation, and source of income. The California Unruh Civil Rights Act also provides protection from housing discrimination based on age and protects the right to freedom from violence and intimidation in housing.

For more information, or to RSVP for this workshop, please call Oscar at (800) 477-5977 extension 1103. TTY users please call (213) 201-0867. This location is handicap accessible.

HRC is California's largest nonprofit, civil-rights agency dedicated to promoting and securing fair housing. HRC investigates over 1,600 housing discrimination complaints annually and assists over 17,000 individuals with their housing-related concerns. Individuals who believe they are victims of housing discrimination or who have questions about the fair housing laws or their landlord-tenant rights are encouraged to contact Housing Rights Center. Additional information is also available at www.housing-rightscenter.org.

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Around the Valley & Senior News

AZUSA

Dalton Elementary Students to Host Veterans Day Ceremony

Students from Azusa Unified's Dalton Elementary School will join VFW Post 8070 to pay tribute to servicemen and women at a special Veterans Day ceremony at 1:30 p.m. Wednesday, **November 9**. Azusa city officials will also participate in the ceremony, which will include a musical tribute, presentation of the colors and a gift offered to veterans. The ceremony will take place outside Dalton's courtyard at 500 E. 10th St., 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

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

Food For Fines Can Drive

The City of Covina Parks and Recreation Department-Library Services Division will be hosting Food for Fines canned food drive! Have any overdue fees? Bring in a canned food item anytime from **October 25- November 19**. One can = \$1.00 off fines! Limited to \$10.00, for more information, please call (626) 384-5303.

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 box-

ing, 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 stressful. 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 Cen-

ter and the Glendora Community Services Department.

Glendora Public Library launches e-magazines!

GLENDORA - Visit the Glendora Public Library website, www.glendoralibrary.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.glendoralibrary.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.

Senior Center Dances

Come on over to West Covina Senior Center and meet other single and amazing couples. The fun awaits you every first and fourth Thursday of each month. Dance to the Big Band Sounds of Sentimental Journey at West Covina Senior Center, 7:30 to 10:00pm, 1st and 4th Thursday of each month. 2501 E. Cortez St.

Designer Bag Bingo Tickets Selling Fast

GLENDORA - Nearly half of the 300 tickets to this year's Designer Bag Bingo event, planned for Saturday, November 5, have been sold according to the chairs of the Kiwanianes sponsored event, Pam Richards and Janna Wells.

"We've sold approximately 18 full tables and many single tickets have been sold on-line," said Richards. This is the second year the Kiwanianes have sponsored the event which raises funds for scholarships for local Glendora students.

The \$45 tickets provides admission to the event, complimentary wine, appetizers and 20 bingo cards. The winner of each game receives a designer bag valued at \$250 or more. "Basically, people are playing a game of bingo for \$2 for a chance at the beautiful designer bags we'll have at the event," said Wells. Bags from Brighton, Coach, Kate Spade, and Michael Kors are among the prizes. In addition, a silent auction for other beautiful bags will be held.

The event will be held at the Crowther Teen & Family Center at 241 W. Dawson Avenue,



Janna Wells (left), Pam Richards and Mary Jane Bettfreund display some of the many purses and bags that will be prizes when the Glendora Kiwanianes host Designer Bag Bingo

Glendora. "Individual tickets are \$45 but people often get together and purchase a table for \$500 which provides eight seats and double the number of bingo cards plus other extras," said Richards.

Athens Service and Citrus Valley Health Partners are platinum sponsors for the event. To purchase tickets on line with a credit card, go to www.glendorakiwanianes.org.

Veterans Day Recognition Luncheon

ARCADIA - Arcadia Senior Services is having their annual Veterans Recognition Luncheon on Thursday, November 10, 2016 at 11:30am. It will take place at the Arcadia Community Center, 365 Campus Drive, Arcadia. Join us as we honor those who served in the armed forces. The program will include guest speakers and a delicious catered lunch. Your entertainment will be the Vel-

vet Frogs, a vaudeville-style barbershop quartet. This special event is \$10; veterans will receive a complimentary ticket with proof of service. Tickets are on sale now until October 31 and can be purchased at the Arcadia Community Center. This program is for individuals age 50 and over. For additional information please call Arcadia Senior Services 626.574.5130.

Convalescent Aid Society Presentation

GLENDORA - Convalescent Aid Society will give presentation at the Glendora and Arcadia clubs. Community Senior Services will speak on Medi Care fraud and other pitfalls to avoid at the West Covina Club.

EYE-DAS ("Eye Diseases are serious") provides social and educational services to the visually impaired throughout the San Gabriel Valley. Clubs meet in West Covina on **November 7** at noon in the West Covina Senior Center on Cortez; in Glendora on November 14 in the La Fetra Center at 6:30p.m.; in Arcadia on November 8 at the Assistance League Building on Alta at noon. Both the visually impaired and their friends and family members are always welcome. For more information, contact EYE-DAS at (626) 335-3937 or (909) 392-0488.

Kick-Off Your Holiday Shopping at Treasure Fair Thrift Shop's Open House

PASADENA - Treasure Fair Thrift Shop, the major source of funding for the Assistance League of Pasadena®, rings in its holiday shopping season with an Open House on Monday, **November 7**, from 5 PM to 7 PM. The shop, which is normally closed on Mondays, opens its doors for this exclusive event and invites you to join the fun. Enjoy light refreshments while you browse through a delightful array of holiday décor, festive table settings, and a variety of gift-quality, gently-used merchandise.

Treasure Fair Thrift Shop, voted 2016's "Readers' Choice, San Gabriel Valley's Best Thrift Store," is located at 3239 East Foothill Blvd., in East Pasadena

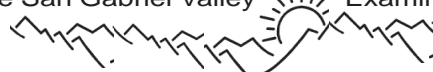
near the corner of Sierra Madre Villa and Foothill Blvd. The shop is open Tuesday through Saturday from 10 AM to 3 PM with extended hours until 6 PM on Thursdays. The proceeds from all sales fund the many philanthropic programs of the Assistance League of Pasadena.

The Assistance League of Pasadena, celebrating its 75th anniversary this year, is a chapter of Assistance League® - a national, nonprofit, volunteer organization formed in 1935, with over 26,000 member volunteers in 120 chapters. Chartered in 1941, Assistance League of Pasadena is one of the longest standing chapters. Through their hands-on philanthropic efforts, last year

the chapter's volunteers -- an active, dedicated, diverse group of individuals -- dedicated over 15,000 hours of service and touched thousands of lives in Pasadena and the surrounding communities.

Membership in Assistance League of Pasadena is open year round to both residents and non-residents of Pasadena. Information will be available at the open house for anyone interested in becoming a member.

For additional information on the Assistance League of Pasadena, contact the chapter office at (626) 449-2068 or visit its website at www.pasadena.assistanceleague.org.



Noted Former Player To Coach Duarte Basketball

DUARTE - Basketball has taken Jelani Gardner all over the world and now he's ready to share a few of the lessons he's learned with the boys basketball team at Duarte High School.

It's a perfect match for both Gardner and the Falcons as he brings a lifetime love affair with basketball to a campus that has struggled to field a successful team in that sport in recent years.

"We are very fortunate to be bringing on a coach who has had a lifetime of success in the sport and who believes in the power of positive coaching," said James Heggins, Dean of Athletics at Duarte. "He gives our basketball players an outstanding role model with a great work ethic."

Gardner's basketball highlights film began in high school at St. John Bosco in Bellflower, and included being named the 1994 CIF and California State High School Player of the Year, honors on the USA Today and McDonald's All American teams, as well as successful playing time at the University of California and Pepperdine.

Basketball has also taken him to Israel, Germany, Australia, France and Russia, over a 12-year international playing career before he started his coaching career in 2012-23 at La Salle High



Jelani Gardner, new Duarte High School Boys Basketball Coach. (Photo courtesy of the Duarte Unified School District).

School in Pasadena. He has since coached with the JAG club teams, as well last year at Bristol University in Orange County.

"I'm so grateful to the people at Duarte," said Gardner. "I'm fortunate to be coming to a school

where the athletic director (Heggins) and the principal (Mark Sims) both have a history of success in sports and know what it takes to compete. This is a community that appreciates what sports can do for its young people."

Gardner succeeds Earl Sanchez, who resigned after leading the Falcons to a 4-22 record in his one season. Duarte has had just one winning record in the last 10 years (13-12 in 2005-06) and the boys basketball team has struggled to keep up with the girls program, which went to the CIF Finals last year.

"I'm smiling when you mention that (the record)," said Gardner. "I believe anything is possible, and my faith is strong. I believe we have what it takes to turn the Duarte Falcons into a winning program. I've gotten winning vibes and feel very positive about the things I have seen in this community. Duarte is willing to embrace me and I'm excited

about starting with a blank canvas. The players and I have a chance to paint a bright picture from scratch."

If nothing else, Gardner is a positive man. While still in college, he needed a kidney transplant (from his mother) and that short-circuited his plans to advance to the National Basketball Association. Instead, he opted to play internationally, and 12 years later, believes it was the best possible experience for him.

"You can come out of college with some knowledge about Europe or the rest of the world, but that's nothing compared to what you will gain from living and competing there," he said. "I've lived in Siberia in Russia, in a town near Tel Aviv in Israel, in Hamburg in Germany and in Townsville, Australia. I've played in France and my wife is from France and my kids were born there."

But Gardner sees those experiences as chapters in the book leading up to the latest plot development, which has him perfecting his skills as a coach.

"Our goal as a group is to focus on accountability and to play for each other, for our parents, for the school and for the community," he said. "These young men will learn they are playing for the name on the front of their shirt, not the name on the back. Basketball teaches a lot of life's lessons. It's not a perfect game. You learn discipline, punctuality, selflessness, sportsmanship; and you learn that the winning team is usually the one that makes the fewest mistakes."

Gardner said he thinks often of something his father, Tommy, has reminded him about his new role: "It's about teaching, not coaching."

After a lifetime learning lessons from basketball, and seeing the world, Jelani Gardner is ready to teach those lessons to the Duarte Falcons. Check the Duarte High School website at dhsfalcons.org for game schedules.

Technician Shares Five Tips To Get Your Ride Holiday-Ready

This year, AAA predicts nearly 42 million Americans will travel more than 50 miles by car to visit family during the Thanksgiving holiday, and many will make similar journeys in December.

When you're juggling road trips, holiday shopping and other seasonal activities, the last thing you want to worry about is your car.

John Latner, an ASE-certified master technician and technical training manager for ACDelco, shares five tips to ensure your car is ready for your holiday travel.

Batteries: The increasing number of electrical systems in today's vehicles can tax your battery even in perfect weather conditions. Do a quick visual inspection to make sure your battery is securely mounted and the connections are clean, tight and corrosion-free. If your battery is more than three years old, it's a good idea to have it tested.

Brakes: Properly functioning brakes are one of the most important safety systems on your vehicle, and stop-and-go traffic can put a lot of wear and tear on your calipers, pads and rotors. Latner recommends inspection by an ASE-certified technician at your dealer or independently owned facility at least yearly.

Coolant/Antifreeze/Wiper Blade Fluids: This is important all year, but especially so before particularly warm or cold seasonal driving condi-

tions. Keep your washer fluid reservoir filled with the variety recommended in your owner's manual.

Check the coolant level in your coolant reservoir (never open your radiator cap if your engine was recently running), and add a 50/50 mixture of the antifreeze recommended in your owner's manual and distilled water if it needs to be topped off. If you notice consistent coolant loss, have your system tested for leaks by a technician.

Oil: Following the oil and filter change schedule for your vehicle can help you avoid costly engine issues. Most modern vehicles have oil life monitoring systems that "tell" you when a change is needed; for older vehicles, the typical factory-recommended oil change interval is 3,000 to 5,000 miles. Manually check your oil level per the instructions in your owner's manual and watch for leaks under the vehicle that could signal a more serious problem.

Windshield Wipers: Latner recommends customers replace their wiper blades every six months or sooner if they notice increased streaking or damage to the blades. This is particularly important if you travel in snow, sleet or ice.

For additional car care tips, finding a local service center near you or to browse maintenance products for your vehicle, visit www.ACDelco.com. (NAPSI)

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Resources For Seniors

If you or someone you care about is among the over 64 million adults age 60 and older in the U.S., here's a resource you need to know about: the Eldercare Locator. Funded by the Administration on Aging, a part of the Administration for Community Living, it's the National Association of Area Agencies on Aging's largest and longest-running national, direct-to-consumer program.

Where to Turn

The Locator's Call Center at (800) 677-1116 is an essential, trusted gateway to help older adults, caregivers and health professionals navigate the maze of aging programs and services, as well as to assist them in identifying and accessing the resources that match their needs best.

The Eldercare Locator website, www.eldercare.gov, lets visitors search for local resources and services, check benefits and download and print informational materials, among many other helpful features.

For more complex situations, skilled certified eldercare counselors provide additional assistance with home and community-based services, long-term

care decisions, senior transportation, benefits eligibility and caregiver issues. Callers may also receive support from a Spanish-speaking Certified Information Specialist or counselor.

Free Brochures

In addition, the Eldercare Locator publishes a variety of useful brochures that can be viewed or ordered online.

They include:

- "Before You Give Up the Keys: Create a Roadmap for Transportation Independence"
 - "Brain Health: You Can Make a Difference!"
 - "Employment Options: Tips for Older Job Seekers"
 - "Housing Options for Older Adults: A Guide for Making Housing Decisions"
 - "Prescription Drug Options for Older Adults: Managing Your Medicines"
 - "Home Improvement Scams: Tools to Reduce Your Risk"
 - "Staying Connected: Technology Options for Older Adults" and many more.
- (NAPSI)

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The Advantages Of Offering Health Benefits To Small-Business Employees

Despite media hoopla about the Affordable Care Act's (ACA's) regulatory and compliance burdens, the advantages of offering employer-sponsored health benefits to America's 60 million-plus small-business workers and their families have never been stronger or more important.

After salary, health care benefits remain one of the most powerful tools for attracting and retaining employees. A 2016 Harris Poll survey commissioned by jobs and recruiting site Glassdoor hammers home this point. It found that workers rank health insurance—including medical, dental, vision and so forth—as the number one wanted benefit. Others, such as vacation time, retirement plans or even bonus programs, typically rate much lower.

For the nation's approximately 27 million small businesses, however, providing employer-sponsored health plans is often easier said than done. It typically comes down to a key question: Does the advantage of offering health benefits outweigh the costs?

In today's highly competitive job market, many experts continue to say yes. "Going without benefits may boost your bottom line in the short run, [but] the penny-wise philosophy could strangle your business' chances for long-term prosperity," says Entrepreneur magazine.

Beyond recruitment and retention, small business-sponsored



Good health care benefits are among the best ways to attract and retain good workers.

plans provide a number of other advantages. They typically offer workers more choice and options to affordably mix and match benefits packages. Another is the ability to use pretax dollars to help offset plan costs.

Other pluses include access to options such as Flexible Spending Accounts, or FSAs, that enable employees to save money to pay for certain out-of-pocket health care costs. FSAs are only available through companies and—in many instances—are subsidized with employer contributions. Chiropractic, acupuncture and other so-called ancillary services, which are hard to get through individual policies, are also more readily available in small-group plans.

So how do small businesses deliver these benefits yet manage the costs, all while navigating a complex industry immersed in an era of health care reform? And how do employees take best ad-

vantage of offered benefits?

"Start with a good broker or benefit adviser," recommends Ron Goldstein, president and CEO of CHOICE Administrators, the nation's leader in developing and administering employee-choice health benefit programs for employers, and CaliforniaChoice, the country's first multicarrier private exchange specifically for small business.

"They are experts who will help employers navigate their options and ACA requirements and they'll provide employees with hands-on help to design and select plans that work best for their needs."

Goldstein added that teaming with a professional is more important than ever for small employers to help traverse the vast—and often confusing—variety and array of group benefit plans. They also help routinely serve as the de facto human resources, personnel and/or payroll departments as many smaller firms have fewer staff and resources to research, manage and administer plans.

Offering health benefits continues to be one of the strongest incentives for attracting and retaining the best workers. Cost pressures and compliance requirements must be addressed, but the smartest small businesses will recognize that choices and options are available to provide their workers with the benefits they want most.

For additional information, visit www.mycalchoice.com or www.calchoice.com. (NAPSI)

Majority Of U.S. Adults Say The Convenience Of Public Wi-Fi Outweighs The Risk Of Cyberthreats

At the end of 2013, SAP Software Solutions reported that there were more mobile devices on Earth than people. That's a staggering statistic, especially when you take into account the large number of cyberattacks that happen every day. The world is more connected than ever and people are constantly using smartphones and other interconnected devices to find their news, use social media or stay in touch. There are numerous benefits of interconnectedness, but with it also comes cyberthreats people should be aware of.

In 2004, the U.S. Department of Homeland Security designated October as National Cybersecurity Awareness Month to raise awareness of cybersecurity issues. FBI findings suggest that millions of cyberattacks happen each day. Utah alone reported 20 million attempts per day last year. Connection to public Wi-Fi networks could be partially to blame. Many of the features that make public Wi-Fi so appealing, like free and easy internet access without using data, are also attractive to hackers looking to steal personal information.

A recent survey of 2,235 U.S. adults conducted by the University of Phoenix suggests that the majority of people use public networks despite the risks. A quarter of adults say they almost always use unsecure networks when away from home and more than half (52 percent) say the convenience of using public Wi-Fi outweighs the risk.

"People need to understand that everything you put online can be exposed when the network you're using isn't secure," says Dan Konzen, University of Phoenix College of Information Systems & Technology campus chair. "Bank credentials, passwords and other personal information can be stolen when you use networks that are open to anyone."

The same survey suggests that people are unaware of the dangers of public Wi-Fi or simply don't care. Sixty-one percent of adults use unsecure networks every day, but 60 percent say they don't trust public Wi-Fi to keep



You can learn to protect yourself and others from cybercrimes

their data safe. More than half of people use public Wi-Fi in places like parks, restaurants, libraries and hotels but keep online banking (2 percent) and social media use (28 percent) relatively low.

"What we post and do online is like a tattoo. It never goes away," Konzen says. "We can't always use secure networks, especially when we're away from home, so people should be smart about the types of information they're sharing when on public networks."

If you have to use public networks, Konzen suggests using virtual private networks (VPNs), web proxies, and anonymous browsers, like Tor; confirm a network is safe before joining and make sure to limit the amount of personal information shared on-

line. Using strong passwords, keeping software up to date, and using wireless hot spots, if available, are other ways to stay secure, he says.

University of Phoenix College of Information Systems & Technology prepares cyberprofessionals to combat increasing cybercrimes. The University offers associate, bachelor's and master's degrees that teach the risk management and information assurance skills vital to an organization's success.

For more information about each of these programs, including on-time completion rates, the median debt incurred by students who completed the program and other important information, please visit www.phoenix.edu/programs/gainful-employment. (NAPSI)

San Gabriel To Host 41st Annual Turkey Trot Nov. 19

SAN GABRIEL – The City of San Gabriel will host the 41st Annual Turkey Trot on Saturday, **November 19**.

The Turkey Trot is an annual city tradition in which locals can make a little extra room for Thanksgiving dinner by participating in a 10K run, a 5K run, a 5K walk or a 1K youth run. Over the last several years, hundreds of runners and walkers have participated in the event.

Participants are encouraged to register online in advance at www.sangabrielcity.com/turkeytrot. Registration will also be available on the day of the event in person. Registration includes awards, a T-shirt, raffle ticket, race entry and refreshments and a finisher medal. The top three finishers in each age category will earn a special medal and each first place finisher will receive a gift card for a turkey.

Registration and packet pickup will begin at 6 a.m. The 10K run and 5K walk will begin at 7 a.m., the 5K run will begin

at 7:25 a.m. and the 1K youth run will begin at 8:15 a.m. Vincent Lugo Park is located at the corner of Wells and Ramona. For questions or more information call the Community Services Department at 626.308.2875.

Registration costs \$35 per person for the 10K and 5K runs, and \$20 for the 1K and 5K walks. Proceeds from this event will benefit San Gabriel Youth programs.



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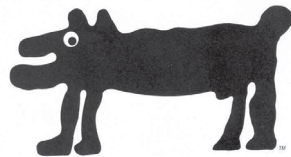
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Supervisor Antonovich's Pets Of The Week: "Miss Inky" And "Mighty"



LOS ANGELES COUNTY — At the Board of Supervisors meeting, Supervisor Michael D. Antonovich presented "Miss Inky," a 2-month-old Domestic Shorthair, and "Mighty," an 8-month-old shorthaired Chihuahua, ready to be adopted. For more information about adopting a pet, please call (562) 728-4610.

Delegation Of Chinese Educators Visits Haynes Family of Programs in La Verne



Delegation Of Chinese Educators At Haynes

LA VERNE - Fifteen administrators and special education teachers of the Nanjing Municipal Education Bureau in Nanjing City, China, visited with their educational counterparts at the Haynes Family of Programs in La Verne recently to tour the campus and learn how the local facility works with special education students. The group selected Haynes for a visit after researching special education schools and centers in the Southern California area, and said Haynes "stands out because of your long history, your expertise, your targeted and diversified programs (and) how you work closely with families and community." Haynes Education Center Director Amy DeLoera said questions from the group primarily focused on specialized education for autism, how the school provides individualized attention, the schools pro-

gram and goals and how teachers are credentialed. Speaking through an interpreter, Linguo Yang, Deputy Director of the Nanjing Municipal Education Bureau, said he was impressed by the school's teaching quality. "I think the education in this school is more individualized and is much more effective and more professional" than his own program. "We need to learn from you in many, many ways," he added. "We have to make progress." Pictured, from left, are Haynes President and CEO Dan Maydeck, Haynes Director of Mental Health Tisha Langley, school directors Amy DeLoera and CC Schumm and members of the delegation from China.

The Haynes Family of Programs provides specialized treatment and educational services to children with special needs relating to emotional development, autism, Asperger's Disorder, learning disabilities, neglect and

abandonment. The group home facility has grown from its initial 10 residents to six cottages, each housing 12 children. Mental health treatment services are provided to every resident. The Haynes Education Center, a non-public school founded in 1989 as a companion to the group home facility, initially provided schooling to the children of what was formerly LeRoy Boys Home. It has grown to serve not only the children who live on campus but the community as a whole, accepting children (boys and girls) from 14 school districts throughout Southern California.

Credentialed teachers working in a highly structured environment address curriculum as well as learning disabilities including autism, emotional challenges and developmental disabilities. The entire facility last year served more than 1,200 clients (800 youth and more than 400 family members or caregivers).

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Candlelight Dinner for Halloween at Mesa Glen Care Center



Residents at the Candlelight Dinner were Herbert and Ann Vierra, Carlos and Celia Gonzalez, Connie Cisnero Activities Assistant, Patricia Cruz Activities Director, William Ripley and Bill Spurlock.

By Jayam Rutnam

GLENDORA - The Mesa Glen Care Center had their annual Candlelight Dinner for Halloween on October 26th. Relatives and friends visited with residents, who were treated to a special dinner, served by the staff of Mesa Glen Care Center. The music of Frank Sinatra and others of that genre, was provided by Tony Millot, who is their favorite Disc Jockey. Tony is a singing DJ.

Mesa Glen Care Center is a 96

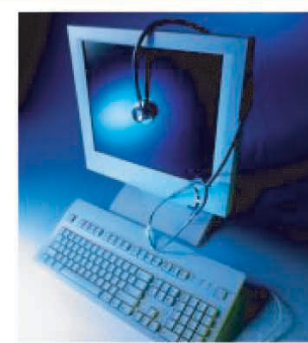
bed skilled nursing facility. They provide individualized attention to residents who require a short term stay to recuperate from traumatizing or acute medical conditions and also those who are in need of a long term or an unknown length of stay.

The facilities favorite activities occur on Mother's Day, Thanksgiving and Christmas Eve. On these holidays the resident's families join their loved ones for a wonderful luncheon prepared by the dietary staff. They also

have a great 4th of July party. Once a month they have a party celebrating a special theme or occasion. This includes 50's sock hop with Elvis or a casino night. They also enjoy celebrating the resident's birthdays with tea parties and chocolate parties.

Mesa Glen Care Center, located at 638 E. Colorado Avenue in Glendora, is a CMS 5 Star Rated Community. You may contact them for tours of their facility at 626-963-6091.

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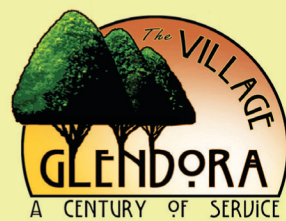
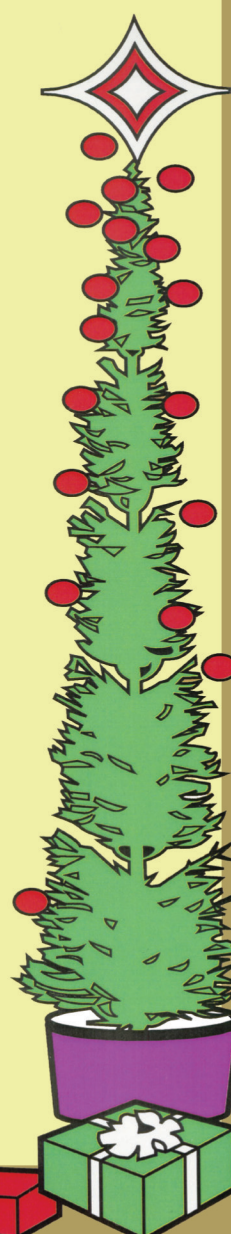
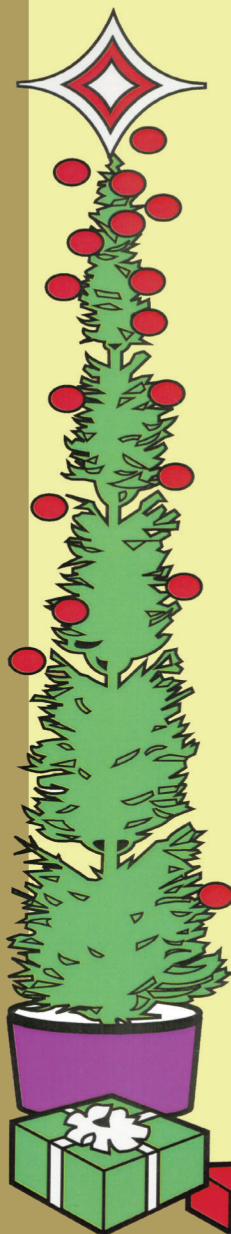
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