



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

March 9 - 15, 2017

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Community and Business Leaders Honored at Irwindale Chamber Dinner

IRWINDALE - The Irwindale Chamber recently presented several community and business leadership awards at their annual awards dinner.

The Irwindale Citizen of the Year was presented to Mrs. Rose Bernal Guerrero; the Joe DiShanni Business of the Year was presented to Kare Youth League, Business Person of the Year was presented to Ade Rogers from Rogers & Associates CPA Firm (Covina), Employee of the Year was presented to Eva Carreon, Finance Director at the City of Irwindale and the Chamber Business Ambassador of the Year was awarded to Teri Bainbridge of Spaghetti Eddie's.

Citizen of the Year, Mrs. Rose Guerrero is an original member of the Guadalupanas organization serving Our Lady of Guadalupe Church for over 50 years. Donating their time, ingredients and money, this club of women have been making delicious tamales and tacos for the church fiesta and donating the proceeds to the church. Mrs. Guerrero has organized and led the current bake/cake sales which are held at the Music in the Park summer programs and has donated the pro-



Gary Clifford of Athens Services at the 2017 Installation and Award Dinner

ceeds to the Joseph "Pepe" Miranda Scholarship Foundation for the past 15 years. Mrs. Guerrero is a member of the Senior Citizen Association in Irwindale and sells the most raffle tickets for the group's fundraisers every year. She is the mother of 5 children and has 14 grandchildren, 23 great grandchildren and 2 great great grandchildren. Mrs. Rose Guerrero is considered by many to be a true hero in the community giving of

her time and resources to help so many.

Joe DiShanni Business of the Year, Kare Youth League was founded in 1931 and has served well over 40,000 boys and girls since that time. They have built three activity centers for youth in Arcadia, Covina and Upland. A fourth center is being built in Irwindale and is due to be completed in late 2017. On annual surveys, parents give Kare Youth League's program high ratings for helping their sons and daughters improve in character issues like showing respect, teamwork, honesty, and loyalty. Kare Youth League serves over 1,000 boys and girls annually and they provide a year round sports and camping program that helps youngsters stay active and healthy with outdoor activities throughout the year.

Business Person of the Year, Ade Rogers is the President/CEO of Rogers & Associates, CPA, a full service accounting firm and Owner/President of Payroll Vault of Covina, a full service payroll processing firm. Ade Rogers is an entrepreneur by heart and has

devoted his career to helping small businesses grow and thrive. He is a visionary leader that has the ability to motivate his staff and clients through passion, conviction and clarity. Ade Rogers is actively involved in our local communities and churches. He is passionate about promoting educational empowerment amongst disadvantaged youth.

Eva Carreon has been employed at the City of Irwindale since October 2008, first as the City's Finance Manager and beginning in 2013, she was pro-

moted and currently serves as Irwindale's Director of Finance and City Treasurer. Under Ms. Carreon's direction, the City of Irwindale has received the Meritorious Award for the past 6 years and will be receiving its 7th award this year. Irwindale received the award for budgetary excellence and meeting exceptional standards for effectively communicating financial information to the general public. Irwindale has also received the Certificate of Achievement for Excellence in Financial Reporting for the past 5 years. This Certificate of Achievement which is presented by the Government of Finance Officers Association is the highest form of recognition in governmental accounting and financial reporting.

Teri Bainbridge is the General Manager at Spaghetti Eddie's in Glendora and has been very active with the Irwindale Chamber serving as a Business Ambassador and volunteering for numerous events. She has been a true "Irwindale Chamber" cheerleader. From the day she started as a Business Ambassador she has gone above and beyond in participating with Chamber events, visiting members and making them feel welcome.

Glendora Woman's Club To Hold Annual Fashion Show

By Joan Halliday

GLENDORA - "Step Into Style" will be the theme for the Glendora Woman's Club's Annual Fashion Show and Luncheon to be held on Tuesday, **March 21**. The event will be held in the club's ballroom at 424 N. Glendora Avenue in Glendora.

The social hour will begin at 11 a.m., followed by the catered luncheon at noon served by Ritz Catering.

A selection of spring and summer fashions will be presented by the Dress Barn in San Dimas on Arrow Highway, with commentary by Denise Brubaker, said show co-chairs Joy Martau and Camille Clarke. Clubmembers will serve as models and will be escorted by the Rev. Luff Johnson, said Helen Storland, model coordinator.

Included at the Fashion Show will be door prizes, drawings for opportunity baskets, and special music provided by Carl Bergquist-DeVoe at the piano.

Also for the event, table centerpieces of decorated shoes, designed by Jan Jablonski, will be coordinated with the show's theme of "Step Into Style."

Funds raised from the annual event help support the club's philanthropic activities that include donations for local charities and community service projects, said Club President Carolyn Cunningham.

To purchase Fashion Show



Glendora Woman's Club Fashion Show committee members display tickets for sale at \$40 per person and one of the table centerpieces for the Fashion Show set for March 21, with the theme "Step Into Style." Members pictured are, from left, Jan Jablonski, Club President Carolyn Cunningham, Chris Ohrmund, and Joy Martau

Remembering Officer Keith Boyer



Remembering Keith Boyer

The San Gabriel Valley Examiner grieves for Police Officer Keith Boyer, one of many officers that have died in the line of duty.

We respect them and are thankful for the protection they

give us. Police Officers are our only hope to live in peace. Evil does exist and they fight evil every day, even if it cost them their lives.

Thank you for your service.
Eugene F. Moses, Publisher



Dave Carson and John White (center) from Kare Youth League accepting Joe DiShanni Business of the Year Award



Ade Rogers (center) accepts Business Person of the Year Award



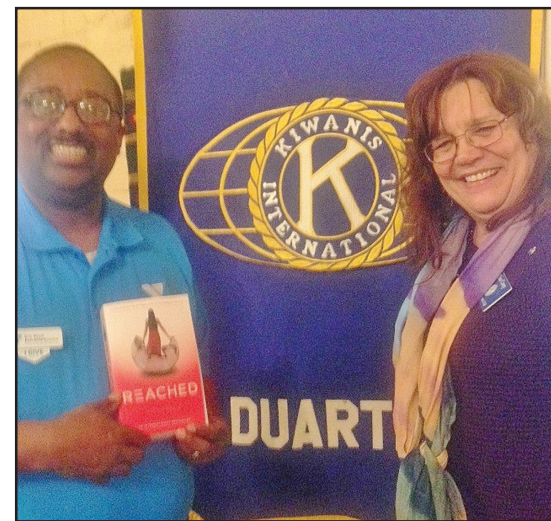
Rose Guerrero - Citizen of the Year

The Santa Anita YMCA Here to Serve our Community

DUARTE - Eric Boyd, the Executive Director of the Santa Anita YMCA shared an amazing history with the Duarte Kiwanis Club. The YMCA was initially started in 1844 in London, England. The Industrial Revolution had started in earnest, and young men from all over Europe had come to London to work in the new factories. However, when the work day ended, the young men had no outside activities other than the local pubs and fighting each other. The YMCA was created as a way to provide alternative activities - in a positive way - to these young men. Eric shared a beautiful sword that has emblazoned on it a triangle, symbolizing the three aspects of life - Spirit, Mind and Body. The concept being that "if a person is out of balance, they are less than God meant them to be."

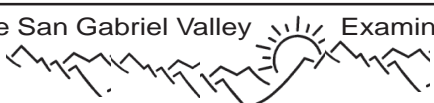
The YMCA in the US is the largest provider of group swim lessons, and the largest provider of childcare (outside of government supported organizations).

The Santa Anita YMCA serves Arcadia, Monrovia, Bradbury, Duarte, Irwindale and Azusa -



Eric Boyd of the Santa Anita YMCA and Duarte Kiwanis Secretary, Tina Carey.

and no one is turned away due to inability to pay. For further information on speaking or joining the club, contact Dr. Diane Hernandez at drdiane@drhernandezoptometry.com



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America's Christian Credit Union Plays Matchmaker For Animal Lovers and Loveable Pets



America's Christian Credit Union's President/CEO Mendell Thompson with Glendora Council Member Karen Davis and Friends.

By Victoria Ramirez

GLENDORA - Puppies and kittens took center stage on Saturday February 11th, as America's Christian Credit Union (ACCU) hosted its third annual "Pause for Paws" pet adoption event in Glendora. During this free community event at ACCU's Home Office, hundreds of guests, undeterred by drizzly weather, roamed the venue in search of the perfect four-legged valentine. Within the span of a few hours, ten animals found their forever home.

The Credit Union parking lot was filled with representatives from pet shelters, animal rescues, and other pet related services and vendors including: American Cancer Society's

"Bark for Life," Friends of Upland Animal Shelter, Inland Valley Humane Society, Priceless Pets, Farmers Insurance, Sitting 4 A Cause, Pet Fashionz, Daisy's Hope Foundation, Bark Place, KALEO Real Estate, Blankets For Hope, VCA Hospital, Best Buddies Pet Care and Surprise Pawty. Each person who adopted an animal received a complimentary gift bag from ACCU filled with goodies for their new pet along with a free training by Best Buddies Pet Care.

This event is quickly becoming a community tradition, offering a platform for rescued and sheltered animals. Community member Alice Montez stated "I'm so glad we went! Our doggies are so precious.

Everyone so far has just loved them and they're so mellow. I'm just so happy we got them. Thank you for helping find these animals a wonderful home."

President/CEO Mendell Thompson said, "Our mission is To Reach, Serve and Teach and today we accomplished that by placing 10 animals in loving homes. What a joy to work with these passionate pet vendors and to see the entire community coming together to support such a great cause." Mark your calendars for next year! ACCU's fourth annual Pause for Paws event is scheduled for Saturday, February 10, 2018. We look forward to seeing you there!

Summer Day Camp and Sports Camp!

ARCADIA - The Recreation and Community Services Department is pleased to announce we are now taking registration for summer Day Camp at Wilderness Park and Sports Camp at Dana Middle School. Both day and sports camps are \$127 per week. Both camps also offer extended care at Dana Middle School: morning care is \$26 from 7-9:30am; afternoon care is \$26 from 3-6pm and both morning and afternoon care is \$42.

Day Camp is held at Wilderness Park, 2240 N. Highland Oaks Drive, Arcadia and is nine (9) weeks starting June 12 to August 11. Each camp features a variety of fun summer activities for youth ages 5-12 and includes one excursion and two swim days. Sports Camp is held at Dana Gym, 1401 S. First Avenue, Arcadia and offers three (3) weeks starting July 24 to August 11. Weeks one and three are for youth ages 5-10 and week two is for youth ages 11-15. This camp utilizes the school's athletic fa-

cilities and features a variety of fun sports activities for youth including swimming, flag football, basketball, softball, soccer, volleyball and other fun group games. Each week there are two excursions and two swim days.

If you don't already have an account, go on-line and create your own. To register in person (March 6), come by our office. For more questions, please contact the Recreation Department at 626.574.5113.

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County Supervisors Call for Implementation of Foster Youth Pregnancy Prevention Plan

LOS ANGELES COUNTY - By age 21, one in three girls in foster care will give birth. These alarming numbers are proof that targeted education is necessary to overcome the stigma and challenges relating to early and unplanned pregnancy prevention. In response, the Board of Supervisors passed a motion, co-authored by Supervisor Hilda L. Solis and Supervisor Sheila Kuehl, to implement the "California's Plan for the Prevention of Unintended Pregnancies for Youth and Non-Minor Dependents," better known as "The Plan."

"The harms experienced by both young parents and their children come at a great expense. Worse, however, are the human costs of a lost childhood and a displaced future due to circumstances that could have been prevented with proper medical care and sex education," said Supervisor Solis. "Today, we're asking the County to help us ensure these girls can become the best they

can possibly be. With guidance, education, and support for them, I am confident we can achieve that."

Supervisor Kuehl added, "To me this motion can be summed up in one word: Opportunity. It's about making sure that girls in foster care have the necessary information to make informed decisions about actions that will ultimately affect their education, their employment, their aspirations and their readiness to start a family. We want them to know that the trajectory of their life could be dramatically altered by an unintended pregnancy."

"The Plan," derived from the California Department of Social Services, outlines the responsibilities of social workers and probation officers with respect to reproductive health care information for our youth in foster care. Supervisors have tasked the

Department of Children and Family Services and Probation, in consultation with the Health Agency, to implement "The Plan's" guidelines and develop a strategy to explore tools, public-private collaborations, and a communications plan in an effort to lower the rates of unplanned and early pregnancy amongst our foster care teens.

Teen childbearing cost the United States nearly \$10.9 billion in 2008, with child welfare system expenses accounting for \$2.8 billion of this amount. According to recent findings from the National Campaign to Prevent Teen and Unplanned Pregnancy, several factors put youth in foster care at risk for early pregnancy including: a history of abuse and trauma, concerns about using birth control, lack of guidance, and a lack of reliable relationships with trusting adults.

Supervisors Approve Barger Motion Supporting State Legislation Addressing Drugged-Driving

Bill by Assemblyman Tom Lackey Passes Assembly Committee on Public Safety

LOS ANGELES COUNTY - A motion by Supervisor Kathryn Barger, co-authored by Supervisor Mark Ridley-Thomas, unanimously approved by the Board of Supervisors, announces the County's support for proposed legislation that will address the issue of driving under the influence of drugs, including marijuana.

The bill authored by Assemblyman Tom Lackey (R-Palmdale) requires the California Highway Patrol Commissioner to convene a drugged-driving task force which will develop recommendations to address the issue of driving under the influence of marijuana and other drugs -- including prescription medications.

With a report to on its policy recommendations and the

steps state agencies are taking, the bill would also examine the use of technology to identify drivers under the influence of drugs and authorize the task force to conduct pilot programs using those technologies.

Colorado and Washington both legalized marijuana, and have passed laws addressing the impact of drugged-driving on public safety. Colorado's House Bill 1325 calls for DUI prosecution if a driver's blood contains 5 nanograms or more of delta 9-tetrahydrocannabinol per milliliter in whole blood at the time of operating a motorized vehicle. The State of Washington passed a similar law in 2012 which was outlined

in Section V of initiative 502 (i-502).

"With the passage of Proposition 64 in the State of California, it is imperative that we address the need for a driving under the influence law specific to the use of drugs," said Barger. "I applaud Assemblyman Lackey's effort to protect the public from dangerous drugged-drivers."

In addition to the Board of Supervisors, the legislation has received support from the Los Angeles County Sheriff's Department, California Police Chief's Association, California League of Cities, and the Foundation for Advancing Alcohol Responsibility.

Arcadia Unified Saves Taxpayers Over \$40 million by Bond Refinancing

ARCADIA - Arcadia Unified School District's Board of Education voted unanimously at its February 28 meeting on a resolution that will save Arcadia taxpayers over \$40 million.

The savings will come by way of refinancing bonds that were obtained through the Measure I, Facilities Bond. Approved by voters in November 2006, Measure I, or the Arcadia Neighborhood Schools, Health, Safety and Repair Measure, authorized \$218 million of general obligation bonds to be spent solely for the improvement and modernization of Arcadia Unified School District (AUSD) schools and facilities. Fiscal management of the bonds has been overseen by AUSD Business Services, headed by Assistant Superintendent Christina Aragon.

"We constantly keep an eye out for opportunities to be sound stewards of Arcadia taxpayer money," said Assistant Superintendent Aragon. In light of the bonds' call date occurring this year, AUSD Business Services partnered with a financial advisor to examine the option of refi-

nancing.

"By refinancing these bonds, we will be able to take advantage of current interest rates that are lower than those originally available in 2007," Aragon explained. "It will come at no cost to AUSD, and although it will not directly benefit AUSD, it will save Arcadia taxpayers over \$40 million in taxes. The savings are exclusively for the taxpayers."

The savings will be seen over the life of the repayment plan, which will save taxpayers, on average, 10 percent each year from taxes related to these bonds.

Measure I funding was approved for the purpose of making structural improvements to AUSD schools. To date, every project on the district's original capital improvement list has been completed, with every AUSD school receiving upgrades to classrooms and school facilities. Upgrades have included the following: improved technology and renovations in every classroom in the district; enhanced safety features, including additional security lighting and fencing; upgraded landscaping and

sidewalks; new phone and master bell systems; the Arcadia Performing Arts Center; improved utility and power infrastructure; new library and media centers; electronic marquees at every school; enhanced student support facilities and services; and several other needed restorations and repairs district-wide.

"The upgrades we have been able to make to our schools and facilities have created amazing learning spaces for our students and have equipped teachers with state-of-the-art teaching tools. None of this could have been accomplished without Arcadia taxpayers' support of our schools. It makes me very happy to know we constantly adhere to best practices of fiscal responsibility in our oversight of taxpayer money," said AUSD School Board Vice President Fenton Eng.

Post-resolution approval, AUSD Business Services will secure these taxpayer savings, with a presentation of the results of the refinancing anticipated to occur at the AUSD Board of Education meeting on May 9, 2017.

Azusa Police Department Community Open House

AZUSA - The City of Azusa and Azusa Police Department will host a block-party style Community Open House on Sunday, **March 19** from 11:00 A.M. to 4:00 P.M. The community will have the opportunity to meet with safety personnel from Azusa Police Department, LA County Sheriff, LA County Fire, Citizens Emergency Response Team (C.E.R.T.), Azusa Amateur Radio Communication Emergency Services (A.A.C.E.S.) and other safety and city officials and employees.

Tours of the police station

along with equipment displays, free child finger printing and the opportunity to meet the employees of the Azusa Police Department will be among the highlights of the Open House.

The event at 725 N. Alameda (directly in front of the Azusa Police Department) will make if necessary to close Alameda Avenue from Foothill Blvd. to Santa Fe Avenue to through traffic for the displays, exhibits and community booths. The street closure will begin at 7:00 A.M. on the morning of March 19, 2017 and last until 5:00 P.M. of the same day.

Reward Offered For Suspect In Murder Of Duarte Father

LOS ANGELES COUNTY - The Board of Supervisors unanimously approved a motion by Supervisor Kathryn Barger establishing a \$10,000 reward for information leading to the arrest and/or conviction of a suspect or suspects responsible for the murder of Kirinda Morehead, a 39-year-old husband and father of two, who was shot to death on Bashor Street in the City of Duarte on February 18, 2017, at approximately 8:18 p.m. A white

BMW with tinted windows was seen driving away west on Bashor and then north on Mount Olive Drive.

The Sheriff's Homicide Bureau is seeking assistance from the public with information that may aid in their investigation of this heinous crime. Supervisor Barger encourages anyone with information to contact Sheriff's Detective Philip Guzman at (323) 890-5500 or Sergeant Eric Arias at (323) 890-5500.

Glendora Mayor Gene Murabito Presents State Of City Report To Glendora Woman's Club

By Joan Hallidy
GLENDORA - Glendora Mayor Gene Murabito was the recent guest speaker at the Glendora Woman's Club where he presented the State of the City report for clubmembers.

Projects covered in Mayor Murabito's report featured many of the City's ongoing and new projects. Included were the Glendora Police Department and its many accomplishments, the new Police Chief Lisa Rosales, and the retirement of Police Chief Tim Staab after 33 years of service with the Glendora Police



Glendora Mayor Gene Murabito

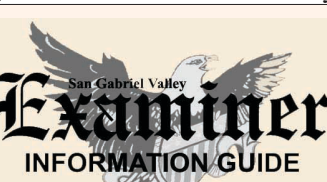
Dept. Other projects covered in the Mayor's report were storm water mandates, the Foothill Gold Line, and the Glendora Public

Library that offers a vast array of programing with the help and support of the Friends of the Library Foundation.

Also covered in the report were capital improvements, transportation, and the Public Works Dept. that included street, parking, and facility improvements.

Mayor Murabito also reported on the City's recent community survey of the City's residents where the results showed that over 90% of Glendora residents surveyed rated their quality of Life in Glendora as good to excellent.

At the close of Mayor Murabito's presentation, he answered questions from the audience regarding a number of subjects.



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Time to Make California Better For All

No one I talk to believes the economy in the golden state is good and certainly not outstandingly mediocre. The cost of the basics ... housing, food, utilities and how about the price of a car ... leave many living well below what used to be the standard middle class living level. It isn't just the poor who are struggling these days, but what used to be a comfortable middle class complains it is harder to make ends meet.

Statistics provided by the California Republican Party Chairman Jim Brulte and California Republican leadership gives fuel to fire all up for the 2018 Governor's race in this state with an aim to elect those who will listen and work to improve the lot of those living in this state and now struggling, both low-income and our middle class families.

Did you know:

- 2.5 million children are living in poverty today.
- More than 1 in 5 Californians live in poverty when you start figuring in the cost of housing and just living in this state with the basic necessities. A unit in a high-rise, high-density complex can cost \$400,000 and up with no grass in the backyard for kids to play in.
- Governor Brown and the democrats have raised income taxes giving California the highest in the nation.
- Governor Brown and democrats have supported raising the sales tax giving California the highest in the nation.
- Governor Brown and the democrats have taken this state into a budget deficit and have not begun to add in the pension and health care benefit deficits.
- Governor Brown and democrats are now proposing to raise the gas tax another 42 cents.

Under Governor Brown's watch with a super majority of democrats behind him we are losing businesses and jobs to other states. We have all read Nestle is leaving this state and taking its



Lois M. Shade
Former Mayor of Glendora

headquarters from Glendale to Virginia along with 1,100 jobs. CKE Restaurants (Carl's Jr.) has planned to take its Carpinteria headquarters and go to Franklin, Tennessee; Toyota Motor Corp. is planning on moving its sales and marketing headquarters from Torrance to Dallas, Texas; and, Occidental Petroleum Corp. will leave L.A. to go to Houston; and, American Apparel will close its L.A. headquarters and all 110 store locations by the end of April leaving 3,400 factory workers without a job.

While all this is happening, we see a rise in violent crime. Is there a day or night that goes by we don't read about gang violence that leave 8 year-olds dead from drive by shootings? And, we will now have many more early released law offenders back on our streets because there is no money to build more prisons we are told. How can we afford to continue to release criminals out to the streets to violate the rights of the law-abiding citizens? We need legislators in Sacramento that put law-abiding citizens first before all their favorite belt-notching projects for re-election purposes.

We are still reading about the bullet train Governor Brown wants to build or at least secure the project to be built no matter what the cost as a belt-notcher for his legacy. We flushed billions of gallons of water this last rain storm from Oroville dam down

decaying channels to the ocean instead of having the facilities to store that water for future use. Enough water I am told to irrigate most of the Central Valley for 10 years. True numbers or not, the fact is the Democrats were more focused on bullet trains that can't make budget and denying Republican members of the Senate the right to speak than they were carrying about our food source and restoring jobs and stabilizing the living standards in the Central Valley.

It is time to look past political parties and start focusing on the issues and those running for office that will make life better for those living in California. We need to restore and ensure continuation of the middle class of this state, many of whom confront the daily struggle to make ends meet. More and more are giving up the struggle and are starting to exit out to live in other states where housing costs are reasonable along with utility and needed commodities are more affordable. We need to provide the opportunities for our lower income residents to become successful and rise to a middle class standard that needs to be re-established.

In my job, I know free and reduced lunch applications at school have risen between 8 to 10% in the last 10 years increasing each and every year. That is my benchmark in understanding something about the economy, business development, and lack of good jobs coming into the East San Gabriel Valley area. It tells me what should be happening under the current administration, isn't happening. It also gives a small peek and a better understanding of some of the home environments our kids and their families are dealing with on a daily basis. You want good citizens and high-achievers for a better California -- this broken state needs to be fixed pretty quick. Check out #CADeservesBetter.

How Things Have Changed in 40 Years

Many of us can look back to 40 years and think about the things that have changed. Some are for the good but some certainly are for the bad.

The manner of dress has changed drastically from the 60s and 70s. It is casual today, with women dressing like men and some dress down so much, they sometimes look homeless. At the workplace, we have what they call casual Fridays. Really? Some of these people come in dressed like slobos who in turn make that company or organization look bad in my opinion. The professionalism went right out the window. It has been proven over and over again, if you dress for the job, you do the job. If you dress sharp, you automatically get the respect.

I still can't understand with all of this body piercing that these people are doing today. In their eyebrows, lips, nose and some of these people serve our food. In my opinion, they look like freaks.

Another new thing over the last 20 years that hardly happened back in the 60s and 70s are young ladies getting tattoos. Back in the old days, if you saw a woman with a tattoo, you will look at her like she was a motorcycle gang mama, or lowlife of some sort. Even today, young woman may be highly qualified for a job but with



George Ogden
That's just the way it is!

the tattoos and her appearance to others compromises that opportunity to secure that job. Still today, people do not care for tattoos on women. Some guys feel that they are too masculine and it is a turnoff. However, there are a few that like this.

Back in the 60s and the 70s you could see a diversity change in the San Gabriel Valley. Various cultures were moving into the area. Some of these folks were welcomed with open arms while others didn't care for it at all. Those of you who remember this started blockbusting with the real estate agents. This caused what we call white flight where white people moved out of the area because they didn't want to live in an area where other cultures were moving in. Pretty sad, isn't it?

Today, we have well mixed diversities in many cities across the San Gabriel Valley this has resulted in racial issues and animosity. This is also very sad.

Over those years, crime has gone up. To reduce the numbers and percentage, state legislators simply decriminalize some crimes and thus the numbers are lower. Over the recent years, it's okay to release criminals into our community with this early release program that the legislators put into effect. Back in the old days, this would be unheard of and our legislators would've been strung up just for thinking about it.

Graffiti, there's another epidemic that has occurred over the past 40 years. This cost the cities hundreds of thousands of dollars, not only to clean this up, but to combat it. Citizens also get stung by this criminal act, both ways. If their property gets tagged with graffiti, they have to clean it up in a timely manner. If you don't, the city can issue a fine against you for not doing so. So if you're a senior citizen on a fixed income, guess what? You get hit twice. Once by those criminals that damaged your property, and next, because you can't afford to get it fixed right away, you get hit with a fine from the city. This is what I call a perfect world. The laws are too lenient on this type of crime.

So welcome to the new generation of life, what's next?

"That's Just the Way It Is!"

Trump Needs to Drain the "Healthcare" Swamp

by Jane M. Orient, M.D.

In his Feb 28 address to the Joint Session of Congress, President Trump called the Affordable Care Act (ACA, or "ObamaCare") an "implosion disaster."

His references to soaring premiums, contracting choices, and market collapse are all spot on. And of course everybody wants "reforms that expand choice, increase access, lower costs, and at the same time, provide better Healthcare." "Trump wants Americans to be able to choose "the plan they want, not the plan forced on them by the Government."

But what must we do "first" and "second"? From a physician's perspective, "first" is to make the diagnosis. "Second" is to remove the cause of the ailment if possible. And that means to drain the swamp.

Unfortunately, Trump's "first" is to "ensure that Americans with pre-existing conditions have access to coverage" and "second" to "help Americans purchase their own coverage, through the use of tax credits...."

These "popular" ideas emanate from the swamp, percolating up through lobbyists, think tanks, and congressional "leadership." Correctly translated, these mean to abolish true insurance—and the only reason for buying it when healthy—and to force healthy or higher-income people to pay more than their fair share. A "refundable tax credit" is a disguised subsidy, courtesy of present and future taxpayers.

And who are the swamp dwellers? They are the ones who siphon off a huge portion of \$3 trillion "healthcare" dollars—perhaps 50 percent or more—before it goes to anything recognizable as a medical good or service received by an actual patient. They are part of the vast growth in the number of administrators compared with physicians. They include the "nonprofit" hospitals that charge up to ten times as much for a surgical procedure as the Surgery Center of Oklahoma does. They include brokers who "re-price" medical bills—getting a 30 percent "discount" from a bill that is overpriced by a factor of two or more and pocketing a cut of the "savings." And they include the code writers, the regulation writers and auditors, the software and hardware vendors, and the data aggregators who are selling your medical record for profit.

Denizens of the swamp are self-identifying, as in a Jan 25 letter to President Trump and Vice President Pence offering to help implement "value-based" care. The more-than-120 signatories include the American Medical Association (whose main cash cow is the CPT procedure codes that doctors must purchase), numerous other medical trade associations (who help doctors learn how to comply with ever-changing rules), insurers, giant hospital systems, pharmaceutical companies, and self-certified "quality" agencies.

The "resources" they plan to save come from care denied to patients, and especially from the 19 percent of medical spending that goes to physicians' practices. Instead of paying doctors more if they work more ("fee for service") the system will pay for data collection and protocol compliance, and punish doctors if they order more tests or treatments for patients. And of course, all those involved in determining "value" get paid first.

The healthcare planners' bane is the 10 percent of medical spending that goes directly from the person getting the service to the person providing it. None of this leaks into the swamp, and the value is determined by patients, who are presumably too ignorant to make complex judgments.

Swamp dwellers generate reams of studies about the resources that go to actual medical care—some of which would be exposed as being of limited value if patients had to pay out of pocket for them voluntarily. But such studies avoid mention of the enormous resources that go to "planning," "certifying," "evaluating," "reviewing," etc.—which vanish without a trace into the bureaucracy. Of course, these agencies like to conflate "care" with "coverage": care is a loss, not a profit center. Even if ACA demands a "medical loss ratio" of 85 percent, that means at least 15 percent is diverted from actual care, and 15 percent of \$3 trillion is a huge amount of money. If coverage is "comprehensive," third-party managers have access to much more than they would if insurance covered only unpredictable catastrophes.

Trump needs to see through the subterfuge, and drain the third-party ("insurance") swamp before it drains the life out of American medicine—into activ-

ities that patients would probably find to be of zero value.

Jane M. Orient, M.D. obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She completed an internal medicine residency at Parkland Memorial Hospital and University of Arizona Affiliated Hospitals and then became an Instructor at the University of Arizona College of Medicine and a staff physician at the Tucson Veterans Administration Hospital. She has been in solo private practice since 1981 and has served as Executive Director of the Association of American Physicians and Surgeons (AAPS) since 1989. She is currently president of Doctors for Disaster Preparedness. Since 1988, she has been chairman of the Public Health Committee of the Pima County (Arizona) Medical Society. She is the author of YOUR Doctor Is Not In: Healthy Skepticism about National Healthcare, and the second through fourth editions of Sapira's Art and Science of Bedside Diagnosis published by Lippincott, Williams & Wilkins. She authored books for schoolchildren, Professor Klugimkopf's Old-Fashioned English Grammar and Professor Klugimkopf's Spelling Method, published by Robinson Books, and coauthored two novels published as Kindle books, Neomorts and Moonshine. More than 100 of her papers have been published in the scientific and popular literature on a variety of subjects including risk assessment, natural and technological hazards and nonhazards, and medical economics and ethics. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.

"TIME JOCKEY" - Resurgence

By Joe Castillo

Olvera Street In 1926, the Plaza of Los Angeles appeared to have no future after its vibrant past as the historic heart of the city. A local woman by the name of Christine Sterling was shocked to see the plaza in the condition of demise. Knowing the historical significance of the area, she made it her cause to revitalize Olvera Street and its surrounding sites. Sterling recruited her friends to help her in the endeavor most notably Harry Chandler, Henry O'Melveny, Lucien Brunswig, General H.H. Sherman, James Martin and Rodolfo Montes. Each put up \$5,000 for the formation of a corporation to be named the Plaza de Los Angeles Inc., for the purposes of revitalizing Olvera Street by first renovating the Avila Adobe and re-opening it as a historical museum. She followed a simple plan of accessing available and free resources. For the restoration of the Avila Adobe, the labor was donated by the Native Sons of the Golden West Ramona Parlor, lumber came from the Hammond Lumber Company and Whiting Mead Company, and the bricks from the Simon Brick Company. Others donors included the Blue Diamond Company and the Advance

Roof Company.

In 1929, the City Council passed an ordinance closing Olvera Street to through traffic. Sterling's plan called for the creation of a Mexican marketplace along the closed street and again she sought resources which could assist her in transforming the marketplace. Sterling requested to the Chief of Police to use prison inmates to provide labor for her project. In her personal diary, Sterling wrote of the use of prisoners and noted in her November 12, 1929 entry, 'One of the prisoners is a good carpenter, another one an electrician. Each night I pray they will arrest a bricklayer and a plumber'.

Other donations were given to the Sterling project including trees, grapevines and even sandstone troughs. At the north end of Olvera Street, a ficus nitida tree was planted and a grapevine was planted in the courtyard of the Avila Adobe. Both still exist today. Also at the northern entrance, the Department of Water and Power placed an 1897 sandstone trough which was used to transport water through the plaza. It replaced the Zanja Madre which was excavated during reconstruction of the plaza but is now marked with diagonal bricks to delineate the waterway

through Olvera Street. Sterling's plan not only included restoration of historic buildings but she invited craftspeople such as candle-makers, blacksmiths, and potters to open up shops. She also sought restaurant owners to open up a business along the street. Finally on Easter Sunday 1930, Olvera Street was opened as a Mexican Marketplace. Immediately it became a tourist attraction with artisans welcomed to display their skills and wears along with the customs and trades of early California.

Movie stars found Olvera Street very popular and even President John Kennedy and First Lady Eleanor Roosevelt visited the historic site. On June 21, 1963, Christine Sterling, the "mother of Olvera Street" died but her story of preserving the most historic place in Los Angeles is documented in the Avila Adobe museum. And Christine Sterling's legacy continues to grow each year with over 2 million visitors coming to Olvera Street to enjoy the results of her vision and dedication to preserve the history of El Pueblo de Nuestra Senora la Reina de Los Angeles

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

Dr. Croissant Addresses Changing Definitions of our Environment

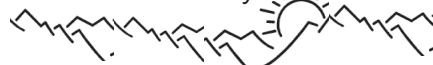
GLENDORA - The Rt. 66 Republican Koffee Klatchers will be meeting on Saturday, March 11th, 8 a.m. to 10 a.m. at Denny's Restaurant, 546 W. Baseline Rd., Glendora (210 freeway at Grand Ave.) to hear Dr. Ann Croissant, Professor Emeritus, and founder of Glendora Community Con-

servancy and San Gabriel Mountains Regional Conservancy.

Dr. Croissant will be talking about the changing definitions of "environment" and why environmental planning and care is more Republican than Democrat. With the drought California is suffer-

ing, water restrictions and clean water regulations costing local governments billions of dollars we should all take the time to understand the changes we are all facing.

Please RSVP to 626-963-3895. Cost: \$12 for breakfast.



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To Raise or Not to Raise: That is the Question

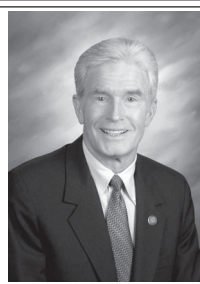
Considering the slew of data and the two-day testimony by Fed Chair Janet Yellen in Capitol Hill recently, it would require some creative thinking to design a week of events more bearish for U.S. Treasuries, with the expectation for higher interest rates; but by last Friday's close U.S. bond prices remained mostly unchanged for the week. Specifically, the economic calendar delivered a bevy of reports which saw the PPI, CPI, retail sales, and housing starts for January all exceed economists' forecasts. Empire State Manufacturing and the Philly Fed report also beat expectations handily, showing strength in sentiment for the mid-Atlantic's manufacturing sector. So, it is a bit of a head scratcher that virtually all of these factors that normally boost interest rates failed to push them up yet.

Fed chatter also helped the stock market (performing opposite to what The Street expected). In her testimony before the Senate Banking Committee, Fed Chair Janet Yellen implied that the Federal Open Market Committee (FOMC) would gradually raise key interest rates at its upcoming meetings. Fed Vice Chair Stanley Fischer backed up her commentary by saying that the Fed sees signs of strengthening in the economy and "is a little more confident about where we're going and how soon we'll get to full employment with stable prices." Translated from Fed-speak, my guess is that the "data dependent" Fed will most likely raise rates at its March FOMC meeting.

Ms. Yellen sounded more hawkish than usual in her semi-annual Humphrey-Hawkins testimony to the Senate and House committees. Her presentation was carefully calibrated, as it almost always is, yet one can make a case that she let down her dovish guard a bit. Specifically, she reiterated what the market already knows - and, has priced in - namely, that waiting too long to remove accommodation would be unwise and that if incoming data suggests labor market conditions continue to strengthen and inflation ticks higher, a further adjustment of the federal funds rate would most likely be appropriate.

With the March FOMC meeting roughly two weeks away,

In A Nutshell What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

Yellen took the occasion to reiterate that every FOMC meeting should be considered a "live meeting" for a possible rate hike. The stock market handled her commentary with great resolve, comforted perhaps by the understanding that any future adjustment in the fed funds rate would be occurring for the right reasons, namely due to stronger economic growth that would be supportive of stronger earnings growth. There is a plurality of FOMC members that thinks the fed funds rate should end 2017 at between 1.25% and 1.5%. Given where we are today, that would equate to three rate hikes of 25 basis points each during 2017.

And then we had Yellen's speech on Friday, March 3 in Chicago. Chair Yellen's speech was about the long run process of adding accommodation and then removing it. She mentions the current conduct of policy just once:

"Indeed, at our meeting later this month, the Committee will evaluate whether employment and inflation are continuing to evolve in line with our expectations, in which case a further adjustment of the federal funds rate would likely be appropriate."

Does that mean Yellen thinks the odds of a hike are 90%+, as the market does, or not? She said they have not yet decided, which implies at least some uncertainty. But, she also drew attention to a particular meeting, which has been used in the past to signal odds of more than 50%. My sense is she believes the FOMC is likely to hike in two weeks, but she has not made up her own mind definitively and will not until she is in the meeting.

Inflation is at the top of the list of things likely to affect interest rates in 2017. Many on Wall Street believe inflation fears are overblown, meaning the current inflation story will ultimately prove bond positive or

lower interest rates. Still, there is plenty of trepidation between now and their next FOMC meeting, in part because inflation is increasingly critical to the Fed's policy outlook.

The Fed's inflation forecast is shaped by things outside their control (global growth, the value of the dollar and oil prices) and things in their control (inflation expectations and labor slack). Fed rate policy is directed toward the latter because the FOMC is convinced outside forces are transitory. And, because the Fed is convinced it has effectively tamed inflation expectations, Fed policy may be really all about labor slack.

In theory, once the unemployment rate reaches the NAIRU - the nonaccelerating inflation rate of unemployment - the Fed wants a fed funds rate consistent with economic growth that equalizes job growth and labor force formation. This would be difficult enough if labor force growth were steady, but it is highly volatile. Monthly swings are erratic, an even more troubling, the growth trend varies significantly from year-to-year. Nevertheless, the Fed cannot make policy without first forecasting the rate of labor force participation.

Monetary policy is more difficult when the economy sits at full employment than any other point in the cycle. Full employment mandates higher interest rates - but how much, how fast and when to start all depend on conditions unique to each economic cycle. The fact the FOMC raised rates only once last year, despite four hikes forecast by the FOMC in December 2015, is testimony to how hard it is to know the right course. Nevertheless, Yellen appears more confident (than we have ever seen her) that the Fed will get policy right this year. Her confidence is justified, not because the Fed's forecast is likely to be better this year than last year, but because the FOMC has proved adept at making the right policy decisions despite consistent over optimism.

LIVE LOCAL, SHOP LOCAL - THIS IS THE TIME OUR MERCHANTS NEED US

I welcome your questions and comments : kenherman46@hotmail.com

2016 Tax Forms at the Glendora Library

GLENDORA - In cooperation with the Internal Revenue Service (IRS) and the California Franchise Tax Board (FTB), the Glendora Public Library is distributing tax forms and other tax-related resources.

The IRS Tax Forms Outlet Program has made some changes to the products they can deliver; most forms now need to be accessed online. The Library will receive a limited number of IRS 1040, 1040 A, and 1040 EZ forms and a very limited number of instruction booklets. Forms and instruc-

tions will be available in the Library's lobby as soon as they become available (usually late January or early February). Please contact the Library for availability prior to making a special trip to the Library for forms. IRS forms are available online at www.irs.gov.

The Library will also receive California Resident 540 and 540 2EZ booklets. Forms are included in the booklets. Forms and instructions can be found at the California Franchise Tax Board at www.ftb.ca.gov

The Library Information Desk can assist you in finding

and printing tax forms. All tax forms can be printed at the Library for 10 cents per page.

The Library also has tax preparation computer software (TurboTax) available for checkout. Please call the Library to check availability or to reserve your copy.

For more information about these and other Library services and programs, please contact the Glendora Public Library at (626) 852-4891 or visit the library's website at www.glendoralibrary.org. The Library is located at 140 S. Glendora Ave., Glendora.

San Gabriel Unified Hosts Parent Workshop on State Standardized Tests

SAN GABRIEL - San Gabriel Unified will host a parent workshop on Friday, **March 10** at Roosevelt Elementary covering the upcoming administration of state standardized

tests in math, English language arts and science. The workshop will allow elementary school parents to learn more about the tests their children

will take in April and May, including how to prepare students for success. Roosevelt is at 401 Walnut Grove Ave., San Gabriel.

Azusa Unified High School Seniors, Adult Students Eligible for Scholarships

AZUSA - The City of Azusa will fund six scholarships for qualified Azusa Unified high school seniors and adult education students. Students who

reside in the city are eligible to receive an award of up to \$1,000. Applications, available on the city website, will be accepted until 5:30 p.m. Thurs-

day, **March 16**. Applications can be mailed or hand delivered to City of Azusa City Clerk's Office, 213 East Foothill Blvd., Azusa.

Your Money - Ask Julia

We'd like to buy a new home or condo. Is it best to use the agents that are at these newly built places, or should we use a different Realtor?

If you want your best interest to be of utmost importance, to your own Realtor. The agents on-site are representing the builder-seller. As the buyer, you don't pay realtor fees, the seller does. So, the price is right for you to have a Realtor on your side! By the way, this principal is best for almost all real estate transactions. And remember, get pre-approved (not just pre-qualified) for your home loan before looking for a place to buy.

Can I deduct something on my tax return if I don't have a receipt?

It's always better to have a receipt. If you cannot obtain legitimate proof, sometimes an entry on your calendar, diary, or log of some sort might help. "Standard" deductions don't require receipts. Check with your CPA for further tax advice.

I have a 401k at work, several CDs, and a little savings. I'm about 5 years from retirement. Should I put some of my money into an annuity rather than a CD?

How you invest depends on your specific financial situation, your personal risk tolerance, age, goals, and other factors that establish what's suitable for you. Some annuities offer an upfront



Julia Yoder

bonus, and they all offer deferred taxes. With CDs you pay taxes on the gains annually; with annuities, you pay taxes when you use the money. Many annuities offer living benefits: access to at least some of the money without penalties, nursing home benefits, death benefits, and more. CDs don't offer those!

I saved and planned, but various things happened during my life which have undermined my plans to have plenty of money in retirement. How can I get over being scared and depressed?

Good and bad events in our lives (marriage, buying a house, unemployment, dependents' needs, serious health issues or accidents, divorce, economy) impact our best-laid plans. Each event typically derails a person's savings for almost 5 years. We really need to plan for the worst and hope for the best. Insurance and emergency funds help in

many cases. Your feelings are normal, and to be expected. What you're experiencing is equivalent to the death of a loved one. And, as such, the 5 stages of grief are applicable. Stage one is denial. This involves not looking at your investment statements, hoping your losses are not real. The second stage is anger, when you ask, "Why did this happen to me?" Stage 3 is reasoning. When it comes to investments, this involves hoping the market will rally enough to return your retirement investment and plans to the way they were. Then comes Stage 4, depression, where folks find themselves giving up in hopelessness. And finally, there's the 5th stage, acceptance. This is where you realize that you've got to make the best of what you have, that bad things don't last forever, and that you need to make necessary adjustments.

Got a question? Ask Julia by email:

Email questions and comments to: juliyoder@yahoo.com

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



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morill - Certified Automotive Specialists

In The News!

Here are a few interesting news items I wanted to share with my readers!

- Traffic jams are costly, in both time and money. In the United States the average driver wastes \$1200 just by sitting in traffic.

- Virtual reality experiences may help you buy a car! Forrester predicts that by 2022, the use of a VR headset will let consumers see what it would be like to own a certain vehicle without going through the traditional test drive.

- An artificial leaf that turns CO2 into fuel could cause fossil fuel to become obsolete! The University of Illinois is researching how to reverse the

process of fossil fuels to greenhouse gas by recycling atmospheric carbon into fuel with the use of sunlight. The good news is this sustainable fuel would cost the same as a gallon of gas.

- Michigan is testing self-driving cars at the American Center for Mobility. This is a 335-acre site strictly used for research and development of these vehicles. The University of Michigan has a 32-acre site at MCity for the same purpose and Ford has tested vehicles there.

- Airbus is working on a flying car prototype and hopes to demonstrate it by year's end.

Airbus says this will be a "clean" technology and will make the need for bridge and road construction obsolete, saving billions. This will be a single passenger vehicle. Makes me think of George Jetson!

We will see where all this goes! I'll keep you posted as I hear more.

Certified Auto Specialists wants to be your GO-TO place! Feel free to call 626-963-0814 with any questions and we will be glad to help, or visit our website at CertifiedAutoCa.com

Hometown Service You Can Count On!

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

ROSEMEAD - The Housing Rights Center (HRC), and the City of Rosemead, will be hosting a FREE 'Fair Housing Workshop' for Rosemead residents and community members on Saturday, **March 25** from 11:00am to 1:00pm at the Rosemead Library located at 8800 Valley Blvd, Rosemead. 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 Employment 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 FREE 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 HRC for additional information at 1-800-477-5977 (voice) or 213-201-0867 (TTY). Additional information is also available at www.housingrightscenter.org.

Around the Valley & Senior News

AZUSA Volunteer Drivers Needed

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

TOPS Meeting

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

ARCADIA Teen Night - Kong: Skull Island Movie Night!

Come down and join Arcadia Recreation Department's staff for Teen Night, Friday, **March 10** - from 6-11 pm at the Arcadia Community Center, 365 Campus Drive, Arcadia. The fee is \$22 per person and includes pizza dinner. After dinner the teens will walk over to the AMC Theater in the Santa Anita Westfield Mall to watch "Kong: Skull Island" (PG-13). Advance registration is required and will not be taken on site. Teen Night is for middle and high school teens ages 12-18, grades 6-12. Registration for Teen Night can be done on-line at ArcadiaCA.gov, by fax, 626.821.4370 or by coming into the Recreation Office, 375 Campus Drive, Arcadia. For more information please call 626.574.5113.

Arcadia Senior Card Club Looking For New Members

The Arcadia Senior Card Club is accepting new members. Arcadia residency is not re-

quired. 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 Attention All Local Home Gardeners

Plan to stop by The Covina Woman's Clubhouse on Thursday, **March 23rd** at 11:00 AM. The Friendship Garden Club will be having a plant sale which is open to the public. Members will bring cuttings, potted plants and special flowers for sale. We are bringing items directly from our own gardens and they will be very low priced. The address is 128 S. San Jose, Covina. One block south of Badillo.

Members of the community are invited to visit our club meetings, if they are interested in joining a garden club. Our program that day will be about care and propagation of Begonias, by Bobby West. Please contact Jeanette Gulli for questions. Jeanette Gulli, jhgulli@verizon.net, 909-599-1904

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 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.

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.

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 Regional Food Bank Distribution Program

The La Fetra Center and the Los Angeles Regional Food Bank invites SENIORS (Ages 60+) to participate in the Commodity Supplemental Food Program. Current Food Bank participants can receive a FREE food kit once per month which contains items such as canned meats, canned fruits and vegetables, dry milk, cereals, and related products.

Participants must meet the following income guidelines to be eligible: one person household income must not exceed \$1,211 per month and a two person household income must not exceed \$1,640 per month. You must provide income verification and a photo ID with birthdate at your first visit. The La Fetra Center distribution takes place on the **Fourth Tuesday of Every Month** from 1:00 p.m. 3:00 p.m. For additional information, please call the Center at (626) 914-8235.

Alzheimer's Peer Support Group

Caring for a loved one with Alzheimer's can be frustrating, challenging, and sometimes distressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the **2nd Thursday of each month** from 6:30-9:30 pm at

Glenkirk Church, 1700 Palopinto Ave., Glendora, in Room #11. We caregivers look forward to lifting each other up as we journey through this season of life. For more info, visit glenkirkchurch.org or call Glenkirk's church office at (626) 914-4833.

Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers re-learning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. Lunch is available (\$3 senior lunch or \$2.75 deli sandwich). For more information, please call Sonia Schupbach at (626) 963-6186. The program is **Wednesdays** 9:00 a.m.-3:00 p.m. Co-sponsored by The After Stroke Center and the Glendora Community Services Department.

Glendora Public Library launches e-magazines!

GLENDORA - Visit the Glendora Public Library website, www.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 Tenth Annual Women's Evensong Invitational

St. Luke's Episcopal Church in Monrovia will present its tenth annual Women's Evensong Invitational on Sunday, **March 19**, at 4 p.m. at the church, 122 South California Avenue at Foothill Boulevard in Monrovia.

The public performance will spotlight the women of the choir, along with invited guest singers. Music will include Denis Mason's Magnificat and Nunc Di-

mittis, Luigi Cherubini's Like as a Father, and the Monrovia Preces and Responses, written for this group by Kent Bennett Jones, Music Director.

A freewill offering will be taken, and a wine and cheese reception in Guild Hall will follow the performance.

Senior Blood Pressure Screenings

The Department of Community Services invites active adults and seniors, 50 years and older, to attend a monthly blood pressure screening. The free program is hosted by Methodist Hospital. The program is designed to detect high blood pressure. For additional information, please contact the Department of Community Services at (626) 256-8246.

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

Caring Crafters

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

Senior Stretch & Exercise Class

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

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

WEST COVINA Pechanga Casino Day Trip

Queen Of The Valley Hospital Auxiliary is sponsoring a day trip to Pechanga Casino on Wednesday, March 22. Donation is \$21.00 for roundtrip (includes tip for bus driver). Bus will leave hospital parking lot at 9:00 am. Return trip is at 6:00 p.m. refreshments are provided during ride. Reservations may be made at gift shop at the hospital or contact Lucie Frias 626.338.7279. Deadline for reservations is Thursday, **March 16**, 2017

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.

TLC Quilters Guild "Adventures in Color"

COVINA - TLC Quilters Guild of Covina announces Peggy Martin as the speaker for the March 11th meeting. Her topic is "Adventures in Color" with a trunk show of beautiful quilts to share with us.

Persons with all levels of quilting experience are invited and welcome to attend Guild meetings in Dougherty Hall at Covina Methodist Church 437 W.

San Bernardino Rd in Covina on the second Thursday of the month at 6:30 PM. Social and sharing time starts at 6:00PM.

The TLC Guild is a non-profit organization dedicated to friendship, education and philanthropy through sharing and learning while making quilts. Web/Facebook: TLC Quilters (public group)

Empty Bowls... Fighting Hunger One Bowl at a Time

GLENDORA - The 14th annual Empty Bowls Benefit will take place on **March 10** from 5 - 7 p.m. at First Christian Church, 300 N. Glendora Ave. For the \$20 ticket price, individuals will receive a delicious bowl of soup and bread donated by local restaurants, and they will go home with a beautiful handmade ceramic bowl and the satisfaction that they are helping to fight hunger one bowl at a time.

The Citrus College Ceramics Department, under the leadership of Mike Hillman, and Tri Community Adult Education's "Pioneer Potters" have donated 1,000 bowls to the event, allowing for wide selection and variety. Sev-

eral service groups will come together, including Citrus College students, Glendora police Auxiliary and Explorers, Jan's Towing, volunteers from Southland Properties and Church of Jesus Christ of Latter-day Saints youth, to support the First Christian Church Empty Bowls project.

Proceeds will benefit food assistance programs administered by Shepherd's Pantry, St. Vincent de Paul Society and the Glendora Police Department. For more info and a complete listing of our event donors, go to www.firstchristianglendora.org/empty-bowls/

Annual Ham & Potato Dinner

GLENDORA - Our annual ham and potato dinner is a popular event. We add in a bagpiper to spice up the evening. Ham and Potato Dinner is at La Fetra Senior Center, 333 E. Foothill Blvd., Glendora, on Monday, **March 13**, at 6:30 p.m.

EYE-DAS ["Eye Diseases are serious"] provides social and educational services to the visually impaired throughout the San Gab-

riel Valley. Clubs meet in West Covina on March 6 at noon in the West Covina Senior Center on Cortez; in Arcadia on March 14 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.

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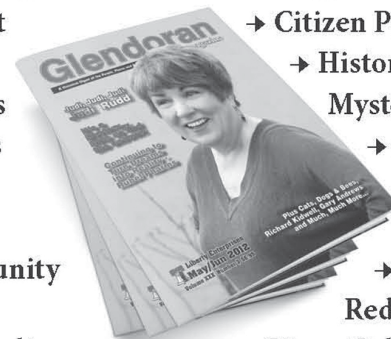
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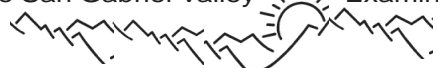


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Margaret Heath Elementary Poetry Festival Celebrates the Spoken Word

Students bring their favorite literature to life in English and Spanish



Margaret Heath Elementary School students await their turns to recite their favorite poems during classroom performances before the school's annual poetry festival. Three finalists from each grade will recite a poem in English or Spanish for the school and community during an assembly on Feb. 23.

BALDWIN PARK – Dressed in their most whimsical costumes, Margaret Heath Elementary School students will transform the written word into theatrical performances as they celebrate literacy at the school's annual Poetry Festival at 8:15 a.m. Thursday, Feb. 23.

Three students from each grade will recite a poem of their choosing before classmates, staff, teachers and community members. Students were selected based on evaluation of their memorization, clarity, expression and originality.

Now a 20-year institution at Margaret Heath Elementary, the poetry festival began as a way to introduce students to a variety of authors and poems in English and Spanish.

"The vocabulary we see in a poem is often different from the language we use in every day speech," said Adriana Ortiz, who teaches first grade at Margaret Heath Elementary and co-organized this year's event. "This event provides an excellent opportunity to expose

our students, both native and non-native English speakers, to experience language in different forms."

Teresa Mott, a second-grade teacher who coordinated the event with Adriana Ortiz and first-grade teacher Hilda Cortez Ortiz, said it also meets California Standards that stress the importance of presentation skills such as eye contact, enunciation and expression.

"This a wonderful tradition that highlights student achievement and celebrates the diversity of our District," Baldwin Park Unified Superintendent Froilan N. Mendoza said. "I commend our talented educators for finding fun and engaging methods of challenging our students to do their best."

The poetry festival also celebrates student creativity through the poetry selections and the use of costumes and props. Fifth- and sixth-graders have an additional opportunity to express their individuality: they can write and recite their own poems, a challenge that

many students embrace.

"It is always fun to see what the children have chosen to recite," Mott said. "Will it be in English, or Spanish? Will it be whimsical, or serious? The selection always depends on where and how students do their research."

In the past, the works of Shel Silverstein and Christina Rossetti were popular selections, though some ambitious students opted for Shakespeare. Spanish recitations of Cuban-American author Alma Flor Ada are also popular every year.

"Even though we see many of the same authors and poems every year, the presentation of them is always different," Ortiz said. "We are always excited to watch these poems come to life through the eyes of our students and see their creativity at work."

Monrovia High School Celebrates 50th Anniversary of Historic Boys Basketball CIF Championship Win



Monrovia High School's varsity boys basketball team celebrates its victory over San Marino High School below a newly unveiled banner commemorating the school's 1967 CIF Southern Section Championship title. This year marks the 50th anniversary of the school's first CIF championship win.

MONROVIA—Amid raucous cheers and thunderous applause, Monrovia High School kept history alive through a special ceremony recognizing the 50th anniversary of its first boys basketball CIF Southern Section Championship title.

"When students work together to achieve a goal, the results are often impressive – in the case of

the 1967 Monrovia High School basketball team, they were historic," Monrovia Unified Superintendent Dr. Katherine Thorossian said. "It is important to highlight these accomplishments, even 50 years later, to remind students that hard work can transform dreams into reality."

The February 9 celebration, which took place during halftime of the final boys varsity home game, recounted the thrilling tale of the 1967 game as the school unveiled a commemorative banner based on an illustration displayed in the school 50 years ago. The banner will hang in the gym paying homage to the team's history and inspiring future players.

"Monrovia is a close-knit, proud community with an unparalleled sense of school spirit," Monrovia High School Principal Kirk McGinnis said. "It is essential to keep the memory of our accomplishments alive to remind current and future students of the greatness we have achieved and can achieve again."

On March 11, 1967, Monrovia High School an undefeated El Segundo High School team in the state championship. In a nail-biter of a game, Monrovia outscored El Segundo by six points in overtime to take the prize, 62-56. The 1967 title was the school's first CIF championship win.

Honoring the memory of their

predecessors, Monrovia High's varsity boys basketball team triumphed over San Marino High School in their final home game with a shot at the buzzer, winning 51-49.

"I have been announcing at Monrovia High School's games for 10 years – the love our community has for its student athletes is outstanding," MUSD Board Vice president Terrence Williams said. "I feel very fortunate that I could be here along with my dear friend David Brubaker, who brought this idea to our attention and also knew the coaches and players that we pay tribute to on behalf of the 1967 champs with the rest of this excited crowd. The boys' win tonight definitely adds to that excitement."

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Community Day At Citrus College

By Jorge V. Rosales

GLENDORA - Last Friday, March 3, the Citrus College Foundation sponsored Community Day at Citrus College. This special event originated during the college centennial celebration as a way to showcase their exceptional students, programs and services to various community leaders.

Community members, including myself, took a campus tour and heard presentations from several college staff. We were greeted by Christina M. Garcia, Citrus College Foundation Director, Dr. Geraldine Perri, Superintendent/President, Dr. Patricia A. Rassmussen, Board of Trustee's Clerk/Secretary.

The areas that were showcased during Community Day at Citrus include the new Hayden Library, the BioTech program in the refurbished Physical Science building, the Technician Development Center (TDC) in the new Technology Center and Technology Development buildings, the Veteran's Center, the new Visual Arts Center building, the existing Haugh Performance Arts Center, and the new Student Services building.

After the tour over lunch, Dr. Perri shared the 2016-2021 Citrus College Strategic Plan booklet and discussed the key components of the plan, including the one overarching institutional goal which is to "Increase Student Success and Completion." The 5-year strategic plan is required by the State of California Community Colleges. The plan focuses in 11 areas measured by 18 objectives: Preparedness, Enrollment, Instructional Quality, Instructional Responsiveness, Student Support, Safe Environment, Sustainability, Techno-



Dr. Geraldine M. Perri, Citrus College Superintendent/President, stands in front of the Veterans Success Center

logical Advancement, Diversity and Equity, Image, and Community Relations. The plan can be viewed at: <http://www.citruscollege.edu/admin/planning/Documents/StrategicPlan2016-2021.pdf>.

Additionally, Fred Diamond, Director of Facilities and Construction, made a Measure "G" Update presentation, a \$121 Million bond approved by the voters in 2004 which is governed by Proposition 39 and is overseen by a Citizens Oversight Committee. The bond included a State matching fund of \$31.3 Million, for a combined \$152.3 Million budget. The purpose of the bond is to upgrade campus safety and security, expand academic facilities, repair and modernize aging facilities, and equipping buildings and laboratories. To date \$138 million has been spent leaving a balance of \$14.3 Million. The 2016 COC update may be viewed at <http://www.citruscollege.edu/finance/bond/Pages/default.aspx>.

Celebrating 101 years of service, Citrus College is located in Glendora in the foothills of

the San Gabriel Mountains, approximately twenty-five miles northeast of metropolitan Los Angeles. The college has the distinction of being the oldest community college in Los Angeles County and the fifth oldest in the state, it was founded in 1915 and operated by the Citrus Union High School District until 1961.

In July 1961, the Citrus Community College District was created to include the Azusa and Glendora unified school districts. In 1967, the district expanded to include the Claremont, Duarte and Monrovia school districts.

Today, Citrus College occupies a 104-acre campus. The college is currently experiencing a major facilities expansion project that will change the look of the campus.

The college enrolled 27 students in 1915 and currently the college serves more than 20,000 students annually. A total of 90 academic programs prepare students for careers and transfers, with the majority of incoming freshmen identifying their goal as transfer to a 4-year institution.

Join the Arbor Day Foundation in March and Receive 10 Free Trees

The Arbor Day Foundation is making it easy for everyone to celebrate the arrival of spring by planting trees. Join the Arbor Day Foundation in March and receive 10 free white pine trees or 10 white flowering dogwood trees.

The free trees are part of the nonprofit Foundation's Trees for America campaign. With planting instructions included,

the trees will be shipped at the right time for planting, between March 1 and May 31. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge.

Arbor Day Foundation members also receive a subscription to Arbor Day, the Foundation's bimonthly publication, and The Tree Book, which contains information

about tree planting and care.

To become a member of the Foundation and receive the free trees, send a \$10 contribution to Ten Free White Pine Or 10 Free Dogwood Trees, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by March 31, 2017. Or join online at arborday.org/march.

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