



San Gabriel Valley The Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

April 19 - 25, 2018

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Glendora Community Coordinating Council's Awardees

GLENDORA - Kathy Boyer has always been a servant of service. She is one of those who is the first to volunteer. On top of running a business Kathy has been delivering Meal on Wheels for years. She is also a board member of the Eye-DAS program working for years as secretary and Transportation Coordinator. In addition, she is a board member of the Library Friends Foundation holding a variety of positions and volunteering for many events such as the Great Trivia Challenge and Night on the Plaza. You will also find Kathy volunteering in her grandchildren's classrooms as class monitor, reading to the class and an active member of the Cullen Club. She is a very special person in all she does and the hearts she touches along the way. The Glendora Community Coordinating Council is truly honored to recognize Kathy as our April Humanitarian Award recipient.

Hunter Murphy is an 11th grade student at Glendora High School. For his Eagle Project Hunter organized a community collection drive plus went door to door collecting a total of 30 boxes of new and used winter clothing, shoes, coats and un-



Kathy Boyer, receiving Glendora Community Coordinating Council's Humanitarian Award from President, Gene Morrill.

derwear which were then donated to a shelter. Hunter serves on a youth council for his church, attends sporting events as a big brother to young kids in the community. With his father he makes monthly visits to several widows in his church and provides service and assistance to them including hanging their Christmas lights and trimming their trees. He has also worked on several projects helping to plant gardens at local schools as well as helping to clean trails in the Glendora hills. The Glendora Community Coordinating Council is truly honored to recognize Hunter as our April Youth Recognition Award re-

ipient. The GCCC is always looking for volunteers from the city to be recognized each month.



Hunter Murphy receiving Glendora Community Coordinating Council's Youth Recognition Award from President, Gene Morrill.

If you have a nominee please visit their website at www.glendoraordinating-council.org for a form and con-

tact information. They would like to thank Allowos & Company for being their meeting sponsor.

Susan Rubio For State Senate Kicks Off 2018 Campaign

By Jorge V. Rosales

WEST COVINA - On Saturday, April 7, 2018, Susan Rubio with a 17-year teaching career and 8-years of experience as a Councilmember in the City of Baldwin Park kicked-off her campaign to become the next California Senator for Senate District 22 encompassing the following cities and communities in the San Gabriel Valley: Alhambra, Monterrey Park, San Gabriel, South San Gabriel, Rosemead, El Monte, Baldwin Park, Irwindale, Industry, Avocado Heights, La Puente, Valinda, West Covina, Vincent, Azusa, Citrus, Covina, Temple City and Arcadia. Her campaign headquarters is located at 2516 E. Workman Ave., West Covina, CA 91791.

Rubio was born in Juarez, Mexico and is the daughter of immigrant parents. Her father came to USA through the Bracero program in Texas. After the program ended, her father continued working in farms and other available jobs to ensure a better future for his family, eventually settling in California. Rubio's upbringing and personal family experiences taught her the importance of hard work and determination.

She is the product of public schools. She worked as a bookkeeper doing payroll and taxes for a private company while putting herself through college. She attended Azusa Pacific University where she earned a Master's Degree in Education and Multiple Subject Teaching Credential. After graduating, she began her teaching career and is currently a fourth grade teacher with the



Susan Rubio for California State Senate 2018 (right) stands next to her sister Blanca Rubio, California Assemblywoman for District 48 during Susan's kick-off campaign on April 7, 2018. If Susan is elected, she and Blanca would be the first two sisters to serve concurrently in the California State Legislature.

Monrovia Unified School District.

Rubio was first elected to represent the City of Baldwin Park as the elected City Clerk, where she focused on providing transparency and protecting democracy for residents. In 2009, she was elected the next Councilmember, where she helped balance the city budget during the recession and protected vital programs. She also has a long record of volunteerism and partnership with local nonprofits, providing mentorships and college scholarships for local students.

Susan's Priorities in the State Senate will include, but not be limited to:

- Ensure that all kids, regardless of gender, ethnicity, or socio-economic background, have access to a quality education
- Fight for equal pay, better wages, and stronger protections

for women and people of color

• Make health care affordable and accessible and stand up to any attacks against Covered California by the Trump Administration

• Keep our neighborhoods, schools, and communities safe from gangs and gun violence

• Increase funding for services and programs to reduce child abuse and domestic violence, and provide more resources for homeless students and foster youth

• Pass common-sense gun safety laws to keep guns away from criminals, domestic abusers, and people with mental illness

• Supporting small businesses so they can thrive in California

Susan is a Teacher and Councilwoman focused on the future of the San Gabriel Valley. Primary elections will take place on June 5, 2018.

Elements of Stress and Their Effect on Students

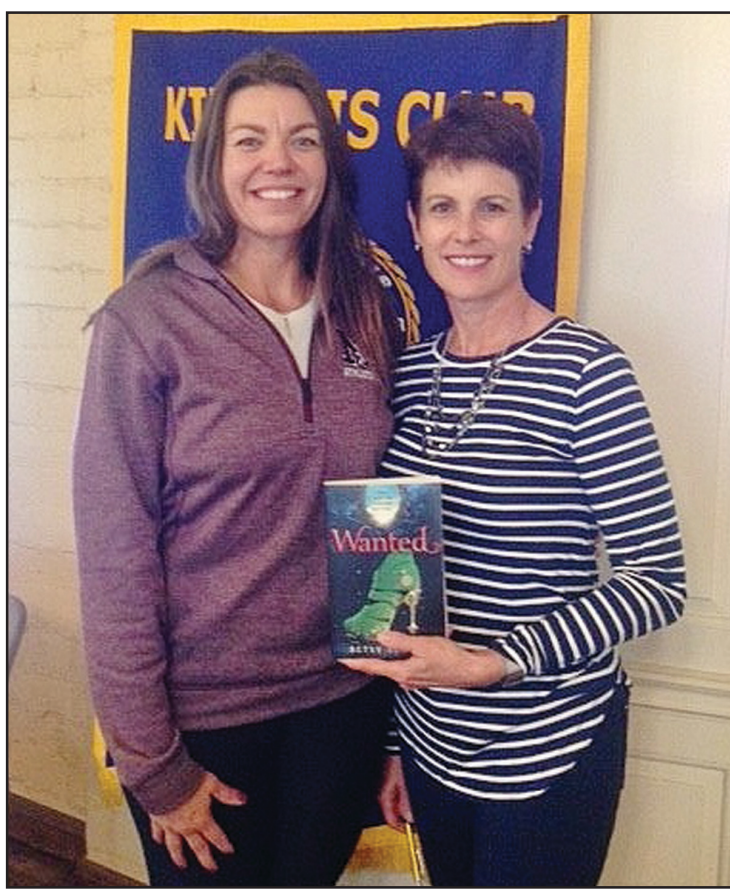
DUARTE - Ali Carey-Oliver is a committed educator. She is currently a Kinesiology Professor at Mt. SAC and the Volleyball Coach. At a recent Duarte Kiwanis meeting, she shared startling information regarding the impact of stress on current college students. Many students have never "failed" before in their lives, and are devastated when faced with something as simple as a bad grade. She shared that suicide rates are up in this group - and although resources are available, kids don't necessarily reach out.

She also shared the impact of constant connectivity is having on young people. Kids are currently on their mobile phones up to 5 hours a day and just aren't learning basic communication skills.

Ali shared a number of tools and techniques she is using in her classes to change some of these problems - from assigning different work groups to challenging students to observe others and then reflect back on themselves.

She also is coaching the first Beach Volleyball team for Mt. SAC and the college is building sand volleyball courts this summer.

If you are interested in join-



Ali Carey-Oliver and Duarte Kiwanis President, Diane Hernandez. Contact Tina Carey at tinac51@aol.com.

Toastmasters International's Toast To The Best Club

SAN DIMAS - The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7 PM to 8:45 PM. Learn to motivate and lead? Challenge yourself with Toastmaster's proven education programs. Let Toastmasters help you grow your strengths and accomplish your goals. Become a better speaker and learn to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmosphere.

Last Thursday, April 5th, Toastmasters Club #5880, "Toast To The Best" celebrated a great accomplishment. Tim Cheng was awarded his Competent Communicator badge

for doing the 10 introductory speeches that develop one's presentation skills.

Art Douglas, DTM repeated his last Pathways speech incorporating evaluators (Dan Lee) comments, which reinforces a speaker's good techniques.

Xuling Wu-Gerbl presented a speech from the Better Speaker Series on How to do Table Topics "Born To Express". A very informative speech. Peter Romero then conducted Table Topics based on the word of the day, "Discover".

Art Douglas, DTM was voted Best Speaker. Dan Lee won both Table Topics and best Evaluator.

On April 19th, Toast To The Best will have their next regu-

lar meeting.

And BIG NEWS! May 17th Toast To The Best will hold an open house featuring a workshop on "Strategic Stories". Strategic Stories focuses on making internet and marketing content more persuasive by patterning company goals into a storyline clients identify with.

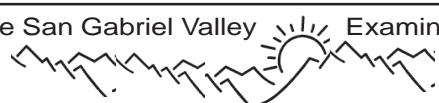
Division A of District 12 will hold their speech contest in Pomona April 14th from 7:30 to Noon. Check out the District 12 Toastmasters website at <http://www.d12toastmasters.org/event/division-a-speech-contest/>. May 12 will be District 12's Spring Conference at which all Division winners will compete. Details to follow.

You can stop by to meet with



Winners April 5th: on left, Dan Lee - both Best Table Topics and Best Evaluator; on right, Art Douglas, DTM - Best Speech.

the club at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave (Between Walnut & San Dimas Canyon Rd) San Dimas. Contact is Art Douglas, DTM, VP of Membership of Toast To the Best (951) 505-0555.



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The First Step After College: Leaving Campus

New college graduates may have the whole world at their feet, but first they have to get their feet—and everything else—out of the dorm and into their old home or new place.

To help make that transition a little smoother, the experts on moving at Penske Truck Rental offer 10 tips:

1. Plan ahead. Determine how long it'll take you to get to your destination—and then add in extra time for the unexpected. Take into account the time of day, likely traffic patterns and stops.

2. Reserve a moving truck in advance. For most students, a 12- or 16-foot truck is right for the job. Just remember, you're not the only one moving out. Try to reserve the truck and any accessories—boxes, packing tape, bubble packing material, moving blankets,

hand trucks and so on—at least two weeks before you plan on leaving.

3. Try it before you drive it. Before you load up and drive away, familiarize yourself with the truck's switches and gauges. Adjust the seat and side mirrors so they match your height and comfort zone. Remember, it's likely to be taller, wider and heavier than the vehicle you're used to driving. That means you may have to drive more slowly and carefully, particularly on turns. Also, be aware that trucks have oversized blind spots. Know where these are.

4. Make sure you understand the rental agreement. Most include language from the U.S. Department of Transportation that prohibits the "carrying or hauling of explosives and other dangerous articles." That

means you can't pack paint, chemicals and cleaning materials, flammable solvents, propane, gasoline and the like.

5. Be prepared for emergencies. First, you should know that most insurance and credit card companies won't cover truck rentals. You may want to sign up for additional coverage options to protect yourself and your belongings. Next, if you run into a problem, remember that you can call Penske for 24/7 roadside assistance.

6. Pack the back properly. Load the heaviest items on the truck first. Always bend your knees and lift with your legs, never your back.

7. Don't pack everything. Things you may need to grab in a hurry—paperwork, credit

cards, identification, a change of clothes, drinks and snacks—should be kept close at hand in a travel bag with you in the cab.

8. Share. See if someone you know is going your way. Sharing the ride can help you save money, time and effort.

9. Look for discounts. For example, Penske Truck Rental is the exclusive truck rental partner of AAA and offers a discount to all AAA members.

10. Park thoughtfully. Park the truck in well-lit areas only and keep a padlock on the rear door.

For more useful moving tips, call (800) GOPENSKE or see www.PenskeTruckRental.com. (NAPSI)



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Earth Day Festival 2018

GLENDORA - Glendora's Annual Earth Day Festival will be held on Saturday, April 21 at the Glendora Civic Center, located at 116 E. Foothill Blvd, Glendora, CA from 9:00 a.m. - 1:00 p.m. This popular free community event provides a unique opportunity to learn about the environment in a family - friendly setting. It's an entire day of "green" education, live entertainment, vendors, food and fun activities for all ages.

The purpose of Earth Day is to educate residents on ways to be environmentally aware and for them to learn ways in which they can make a difference. The goal is remind people to take action now to protect the environment before it's too late.

Event activities are listed below and will be free of charge to the public.

Collection Services - A number of collections services will be available including: Confidential Documents Destruction, Used Motor Oil and Filter collections, Safe Drug Drop Off and Beverage Container Recycling.

Community Bike Ride - This leisurely ride beginning at 9:00 a.m. through Glendora's

Historic neighborhood is family friendly, at approximately 4 miles in length and taking roughly 35 minutes to complete. Register ahead of time by visiting www.CityofGlendora.org/register and typing in the search code "Earth Day". Meet at City Hall along Glendora Ave by the Library Garden starting at 8:30 a.m.

Youth Activities - Come play some recycling games, a bounce house, an animal magic show, a scavenger hunt, a selfie stop with "Mighty Mike" of Athens services, face painting, gardening activities, a chance to take the "Earth Day Pledge".

Eco Tour of Glendora - A fun and informative shuttle tour designed to learn about Environmentally friendly projects and points of interest in Glendora!

Explore Big Dalton Wilderness Area - Shuttle to north end of the city, tucked in Glendora canyons. Hike the trail and discover the different ecosystems, from the riparian belt with streams traversing the trails to

the Oak Woodlands where Oaks twist and turn to reach specks of sunlight.

Earth Day Workshops - Learn how to select plants that will survive and thrive in a drought at the Drought Tolerant & Native Species Plants or maintain a successful garden at the Smart Gardening & Composting Workshop and maximize the use of rain water at the Garden Design with Rain Barrels.

Foothill Gold Line - Come and check out the booth of the Foothill Gold Line. The Foothill Gold Line will add new light rail stations in Glendora, San Dimas, La Verne, Pomona, Claremont and Montclair. Work has begun, with major construction starting in 2020.

Come join the city in making a difference. For more information or to become a vendor, please visit our web-site at www.CityofGlendora.org/earthday Vendors and food booths will be available all day. We look forward to seeing you there and sharing how together, we can make a difference in our environment starting today.

County To Improve Hiring, Recruitment And Retention Of Sheriff Personnel

LOS ANGELES COUNTY - The Board of Supervisors unanimously approved a motion by Supervisors Kathryn Barger and Hilda L. Solis to adopt an effective strategy to increase and maintain sworn staffing levels in the Sheriff's Department.

"In Los Angeles County and nationwide, law enforcement agencies are struggling with recruiting and hiring qualified sworn personnel," Supervisor Barger said. "The department is meeting many of its existing responsibilities by relying heavily on mandatory overtime, which prevents the department from addressing additional needs and places an added burden on deputies working extra hours."

"Sheriff McDonnell considers this challenge a top priority and our labor law partners are working collaboratively with us to help meet this need," she added.

The department hosts eight academy classes per year with an

average class size of 80 recruits. Coupled with a 25% attrition rate in the academy, the department can hire a maximum of approximately 480 sworn personnel per year. However, these classes have not been enough to alleviate the staffing crisis.

"Sheriff's Department vacancies lower morale and put our communities at risk," said Supervisor Hilda L. Solis. "I have heard from residents in my district including East LA about long response times - and this isn't due to a lack of trying on behalf of the Sheriff's Department. Especially as we further develop the county's diversion efforts, we must do what we can to identify the best way for the Sheriff's Department to fill their vacancies."

The problem is delaying expansion of the successful Mental Evaluation Teams (MET) and the implementation of the "Access to Care" bureau. Promo-

tions are similarly impacted as shortages in the deputy sheriff positions impact vacancies in other ranks, including sergeants who serve an important supervisory role and reduce risk and liability.

The Supervisors' motion directs the Chief Executive Officer to retain an outside consultant with subject matter expertise in recruitment and retention practices to assist with creative strategies and lasting solutions to the recruitment and retention of sworn personnel.

Some of the suggestions include a robust outreach effort, an advertising and marketing campaign and a thorough examination of best practices used by other law enforcement agencies for retention, including the use of stipends and/or bonuses. The Chief Executive Officer will provide a status report to the Board in 90 days and quarterly thereafter.

Landlord Outreach Event Aims to End Homelessness

County and City Incentives Take the Risk Out of Renting to Homeless Men and Women

LOS ANGELES COUNTY - Close to 200 landlords from across the County attended a HouseLA event to learn about programs that offer financial incentives in exchange for partnering with the County of Los Angeles, Cities of Los Angeles and Santa Monica, and non-profit service providers, to end LA's homelessness crisis. Chair of the Board, Sheila Kuehl, Third District Supervisor, and officials from each City shared information about the Homeless Incentive Program (HIP), which provides financial incentives to landlords who agree to accept subsidized tenants holding County or City issued vouchers such as Veterans Affairs Supportive Housing or Section 8 vouchers.

The HIP is part of an unprecedented and comprehensive effort by Los Angeles County and partner cities to end homelessness. It is comprised of three major components:

1. One-month payment to hold the rental unit while a tenant is referred.
2. Move-in assistance to homeless individuals such as money for the security deposit, essential furnishings, and utility connection fees.
3. Financial assistance to landlords to mitigate damage caused by tenants during their occupancy.

The Community Development

Commission/Housing Authority of the County of Los Angeles (CDC/HACoLA) and the Housing Authority of the City of Los Angeles (HACLA) initiated their programs in 2016 and have been hosting similar events since that time. To date, both agencies have collectively housed over 1,100 families. Both programs will continue to be funded through June 30, 2020.

"Landlords are an integral part of this process," said Monique King-Viehlend, CDC/HACoLA Executive Director. "We rely on their commitment and willingness to help combat homelessness and provide a home for thousands of individuals and families with limited means."

The event provided an opportunity for landlords to share their thoughts and ideas. Valuable insight provided by property owners at previous events has allowed the agencies to develop incentive programs like HIP that effectively address concerns.

"Over the last few years there has been a concerted effort by the County and its partners to improve the process of renting to Section 8 tenants. It is now more efficient, quicker, and a fairer deal that works for landlords. I encourage my fellow landlords to rent to people who have experienced homelessness as a way to give back, continue to operate their property in a financially re-

sponsible way, and be part of the solution," stated Ken Downing, a Los Angeles property manager supportive of the effort.

The impact made by HIP has led to hundreds of individuals and families moving from homelessness into permanent housing within the County. While the partners celebrate these accomplishments, they also understand that there is still much more to do to continue the progress that has been achieved.

"In this very difficult rental market with less than a 3% vacancy rate and high rents, HACLA's HIP has allowed us to be more competitive and build relationships with new landlords who are committed to helping us solve the homeless problem," said HACLA President and CEO Douglas Guthrie.

Other agencies in attendance included the U.S. Department of Veterans Affairs of West Los Angeles, Brilliant Corners, The People Concern, and St. Joseph's Center, who had staff onsite to answer questions and distribute material on services provided. These agencies have been strong partners in the effort to end homelessness.

Landlords interested in participating in Los Angeles County's programs are invited to visit hacola.org. Landlords interested in participating in HACLA's programs may visit haccla.org/HIP.

San Gabriel Valley Examiner
INFORMATION GUIDE

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- We believe in performing our journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

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21st Annual Cherry Blossom Festival

MONTEREY PARK - The Monterey Park Cherry Blossom Festival will celebrate its 21st anniversary at Barnes Park, ushering in spring once again on Saturday and Sunday, April 21 and 22. The Cherry Blossom Festival is a free admission, two-day weekend event that draws people yearly from all over the Southern California area to experience Japanese as well as Asian Pacific culture. The outdoor main stage program is packed with performances that range from classical Japanese dancing to vibrant taiko drumming, from contemporary music groups such as Local Mojo and Kokoro to exhibitions

of martial arts and local high school performance groups. Among the exhibits featured are Ikebana flower arrangements, Japanese Kimekomi dolls, mochi (sweet rice cake) making and sushi making.

This year, we are pleased to have KABC news reporter Denise Dador join us at the opening ceremonies on Saturday, April 21. Dador is currently the Channel 7 Eyewitness News health specialist. Her Healthy Living segment airs daily. Dador has been a long-time supporter of the Cherry Blossom Festival.

The Cherry Blossom Festival Marketplace area features nu-

merous vendors with merchandise having that unique Asian/Pacific Islander flair. In addition to a game area, the children's craft area makes this the perfect family affair. And, what is a festival without delicious food choices, ranging from teriyaki to the popular mochi desserts?

Barnes Park is located at 350 S. McPherrin Avenue in Monterey Park. For more Cherry Blossom Festival information, visit the city website at www.MontereyPark.ca.gov, contact Robert Aguirre at 626-307-1388 or email raguirre@montereypark.ca.gov.

Volunteer for Community Service Day

WEST COVINA - The City of West Covina will hold its annual Community Service Day on Saturday, April 28 starting at 8:00 a.m. The day is dedicated to promoting and celebrating the many projects and programs West Covina volunteers dedicate themselves to each year. The annual "day of service" provides opportunities for residents to volunteer and give back to the commu-

nity based on a specific focused project area. This year's project area is the Ridge Riders Equestrian Center located at 350 S. Citrus Street.

The event begins with a continental breakfast donated by Northgate Market at 8:00 a.m. at the Ridge Riders Equestrian Center. After breakfast, volunteers will be assigned to groups to complete a series of park

projects at the Center including painting, landscaping, and trash removal. Once all projects are completed, volunteers will enjoy a catered lunch at the West Covina Senior Center located down the street at 2501 E. Cortez Street. To sign up as a volunteer for the day, please call (626) 939-8862. All ages are welcome and you do not have to be a West Covina resident to volunteer.

MWD Takes Over Challenged WaterFix Project

As Metropolitan Water District moves forward to take over and build the Twin Tunnels / WaterFix project with the hope of bringing more water to Southern California and the Central Valley there is no denying the challenges they will face from the sheer scope of the project to dealing with the promised onslaught of environmental challenges.

Members of the Delta County Coalition (Contra Costa, Sacramento, San Joaquin, Solano and Yolo Counties) right off the bat, voiced opposition with one member saying the MWD is moving forward with this project with a complete disregard for the harm to the environment and the ratepayers and using the standard battle cry of "water grab".

A San Joaquin County Supervisor is reported to have said, "MWD's vote is irresponsible and short-sighted ... [and] risks ratepayer dollars on an ill-conceived, fiscally irresponsible project and permanently endangers the fragile Delta ecosystem." Others commented on the MWD split vote saying that was an indication there is concern the project isn't financially viable and will not produce the results Southern California needs or wants.

While the various coalitions voice their objections and protests at their various meetings, there is one ominous threat on the horizon that could seriously affect progress and ultimately the project altogether. That is lawsuits that are promised to be filed one after another as the project attempts to move forward. Many in the north believe this is the way to hold off and eventually eliminate the WaterFix tunnels and preserve their Delta ecosystem.

Cadiz, Inc., a publicly owned company, located in eastern San Bernardino County, is not only developing large agriculture par-



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora
cels with lemons, grapes and other crops, but is committed to a water conservation and delivery plan that is in progress while preserving many of the habitats in the area. I mention this company because not only on their website, but in other online newsletters I receive targeted at the Delta area, the Cadiz comments about and experience with the CBD (Center for Biological Diversity) may foretell the future experiences for the Metropolitan Water District as they move ... or try to move forward ... with WaterFix.

Cadiz, Inc says:
"The CBD has earned its reputation as a "litigation happy organization"; its legal department is five times larger than its science wing, with an estimated 49 lawyers and paralegals on staff, far outweighing the organization's science department comprised 10 employees."

Cadiz goes on to acknowledge CBD is once again, for the third time, suing them and this will be the 65th lawsuit pending against the Trump Administration while there are still dozens of active lawsuits against the Obama Administration. CBD website lists those lawsuits all over the U.S. - from Florida to Alaska including one regarding the Mexican border wall. Briefly on the border

wall, CBD says: "The Center and ally groups sued the Trump administration to challenge its waiver ignoring 25 laws to speed construction of 20 miles of border wall in eastern New Mexico, an area that's home to rare wildlife in one of the world's most bio-diverse deserts."

Some of us remember House Natural Resources Committee Chairman, Doc Hastings, when we were dealing with Cong. Judy Chu and her attempted creation of the National Recreation Area in our San Gabriel Mountains. Way before the NRA, Doc Hastings, in June 2012, requested information on CDB from Department of Justice asking for detailed information on how much taxpayer money was being spent on Endangered Species Act (ESA) litigation and settlements because of CDB lawsuits.

The 276-page Department of Justice report told Hastings there were over 50 individual cases opened between 2009 and 2012; and, \$138,114.45 was paid out in court costs; and, \$2,148,572.46 was paid out in attorney fees.

Going back to the November 2-8 2017 Examiner - "President Donald Trump and his administration are rejecting financial support for Gov. Brown's Delta Twin Tunnel project, known as the WaterFix. Significant blows to the project came when major water purveyors declined to support the project. Metropolitan Water District pledged \$4 billion to the project currently estimated to cost \$17.5 billion, but several reports anticipate cost overruns pushing the cost of the 10-year project to \$50 billion. Water users can expect a rate increase, based on final cost, to pay for the project if it moves forward ... April 4, 2015, L.A. Times reported a \$25 billion conservation plan for the Delta."

A Fairer, More Effective Traffic Court Alternative

by Shlomo Frieman
Candidate for Judge of the Superior Court - Office 126

Traffic court is substantially the same as in 2015 when Governor Brown described it as a "hellhole of desperation" for the poor. Was it always this way? What are the alternatives?

Under the traffic court system, each infraction incurs a base fine, a penalty assessment, and other fees. In 1953 the first penalty assessment was \$1 per \$20 of base fine or \$5 for a \$100 base fine. Today, the penalty assessment and fees for the same \$100 base fine are \$390 - a 7,700% increase!

Due to the numerous unpaid tickets and suspended driver licenses spawned by traffic court fines, to date, there have been two traffic amnesty programs. Future ones are inevitable because these programs do not address the underlying cause for the unpaid tickets or suspended licenses.

While the theoretical purpose for penalty assessments is to have those who violate laws help finance programs related to decreasing those violations, that is not their purpose today. For example, the State Penalty Fund receives the largest portion of penalty assessment revenues, with the rest going to various funds including a State DNA Identification Fund and a County Emergency Medical Services Fund. What do the latter two funds have to do with decreasing infraction violations? The answer is simple: NOTHING. Furthermore, most of the programs receiving State Penalty Fund revenues also have nothing to do with decreasing traffic violations. Thus, the major purpose for penalty assessment and other fees is the need to fund programs unre-

lated to decreasing traffic violations.

There are fairer and more effective alternatives. For instance, a traffic court system that issues one or more points instead of fines for moving violations should be more equitable because points have a more even effect across the socio-economic spectrum. In particular, since people differ economically, a specific fine can be insignificant for the rich, but a hardship for the poor. However, a point brings every driver, rich or poor, equally closer to having a suspended license.

In addition to the current practice of removing points from drivers' record after three years, drivers can be rewarded by removing one point from their record after each shorter, continuous period of time they do not incur a new point.

Also, court resources could be better allocated by charging drivers for only the services they use. This approach will result in fewer drivers utilizing traffic arraignment courts because what a driver can accomplish at a court arraignment can generally be accomplished quicker and cheaper online or at a courthouse cashier window. Likewise, fewer drivers will go to trial because of the additional cost if found guilty. The resulting freed up traffic courtrooms and personnel could be used to handle heavily backlogged matters, e.g., small claims cases.

Besides the current traffic school option, approaches aimed at changing a driver's mindset, e.g., motivational interviewing, should be offered. In motivational interviewing, an interviewer helps a driver identify the reasons for the driver's behavior and works with the driver to identify

better ways of handling similar situations in the future.

To help build goodwill between the police and community, if a car has a defect unknown to the driver (e.g., a non-working taillight), the driver could be issued a courtesy notice instead of a fix-it ticket, given a reasonable time period to fix the violation, and, after providing proof of correction, the case would be closed without any fine or court appearance.

When a court is not the best agency for handling a matter before it, e.g., a mentally disabled defendant charged with blocking a sidewalk, justice would be better served and the underlying problem addressed if a judge, prior to rendering a decision, could refer the defendant to an appropriate social services agency to be linked to services the defendant needs to address the underlying reason for the infraction.

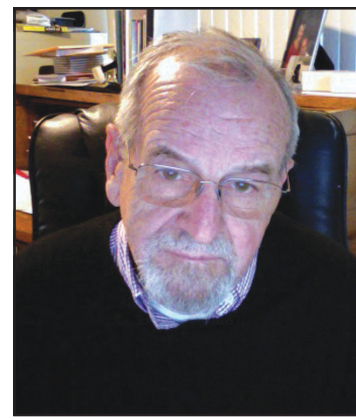
In "Barking to the Choir", Father Gregory Boyle quotes a Chinese proverb, "The beginning of wisdom is to call things by their right name". To fix the traffic court system, we have to recognize it for what it is: misfocused, inequitable, and a "hellhole of desperation" for the poor.

As Governor Brown suggested, the "whole business of those fines ought to be looked at". There are better alternatives including those discussed above. No doubt there are others. The important thing for us is to start a dialogue, come to a consensus as to better alternatives, and make the necessary changes. Only when a more equitable, traffic safety focused system is in place will we achieve safer roads and, at least in traffic court, fair justice for all.

The Great University Marching Band

My career as a musician is spotty at best. When I lived in Washington D.C. I did take flute lessons from the principal flautist of the National Symphony Orchestra, who was the husband of our church's organist. That venture came to a sudden end when the police knocked on the door informing me that there had been a complaint from a neighbor about the "saxophone." If that is how my flute sounded, I concluded it was time to give it up. But a few years later I was part of the marching band at a major university.

During the first quarter of the 20th century the most feared football empire in the nation was "The Monsters of the Midway." Alonzo Stagg had developed the football team at The University of Chicago into an unbeatable powerhouse, winning Big 10 championships year after year. But in 1939 Robert Hutchens, the University's new president, declared that football had to go, "The life of the mind should not be sidetracked by the straining of muscles. Instead of football, colleges should focus on sports useful later in life, like handball, skating and golf." That ended the football program, or at least resulted in an extended pause. So there was no football at the University of Chicago until 1963 when a group of students organized a football club that played a handful of sandlot teams in the Chicago area. In 1969 the Uni-



Charles H. Bayer

versity rejoined the NCAA, competing in the modest Division III.

When I arrived at University Church in 1967 the football club was a going student concern complete with uniforms, cheerleaders and a brass ensemble that sat in the stands and entertained the intellectual crowd with music of the Baroque composer, Gabrieli. There was also a marching band made up of students, staff and members of the community—and that included me. Every Saturday afternoon during the football season we would gather at halftime and march around the field. About 200 of us followed the band's mascot, a kayak remodeled to look like a giant kazoo. Those who showed up to march brought kazoos with us, the only instrument allowed. So when I claimed that I was a member of a halftime musical aggregation, it was as part of the great Marching Kazoo Maroons.

What brought this to the surface of my fading memory was

an event at our community's annual "Comedy Night" a couple of weeks ago. At the door we were all supplied with plastic kazoos, and about 120 of us marched around the room as we hummed a few familiar choruses into the kazoo—humming is what you do to make that obnoxious buzzing sound.

What's my point? I have two.

First: Hutchins may not have been totally wrong. The retired sports editor of the Los Angeles Times said he pleaded with his grandsons to avoid football. Each year, he suggested, there are too many serious injuries inflicted on young kids from which they might never fully recover. In addition, there are the well-documented permanent brain traumas among college and professional players. My super-athletic grandchildren, boys and girls, enjoy baseball, basketball, swimming, wrestling, cross-country and soccer. Happily, none of them play football. My TV football watching is confined to the annual Super Bowl, and I'm not sure why I even watch that.

Second: I enjoyed playing my flute, even if it may have sounded like a saxophone, and I never should have abandoned it for the reasons I did. So here is my other point: There are lots of things worth doing even when they cannot be done particularly well.

Contact Charles Bayer at candwbayer@verizon.net.

"TIME JOCKEY" - Trail of Crime

By Joe Castillo

Finding Manson... On September 19, 1969, on the outskirts of Death Valley National Monument, a dark cloud of smoke rose high into the sky in the early Friday morning hours. A road maintenance crew member noticed the obstruction in the early sky-light and immediately knew what it was. Two months earlier, the National Park Service had purchased a Michigan Articulating Loader for \$35,000 and was using it for a road project in Death Valley. The Loader was parked at a work site along with a grader, air compressor and 5-ton dump truck but the only damage to the stored equipment was to the Michigan loader. Someone had cut its fuel line and drained the diesel tank, using both accelerants to ignite the loader, its tires and any rubber coated wiring. The resulting fire left a black cloud high in the desert sky, a scene which attracted the road crew, park rangers, sheriff deputies and other local law enforcement officers. Two sets of vehicle tracks were discovered, each from a different type of vehicle. The Park Service wanted to follow all leads it could to find out who the arsonists were and prosecute them to the fullest extent of the law. So the investigation began with little to go on except a pair of unrelated tire tracks. Over the next 5 days, the investigators located a vehicle which matched one of the sets of tire tracks and also came across a group of 'hippies' which were living off the land in the harsh Death Valley environment.

In the summer of 1967, the so-called 'hippie movement' sprouted up in San Francisco and a free-love, open relationship, drug happy and flower themed culture engulfed the younger generation. The happy times eventually gave way to a violent element

among scheming intruders and soon remnants of the movement were relocating to the mountains and desert. One of the groups which would later become known as 'The Family' took up residence at Spahn's Ranch in the Simi Hills north of Los Angeles and at Barkley Ranch in Death Valley. The youths, mainly young females who had lost their direction, were living in commune style conditions under the leadership of Charles Manson, a 33-year old parolee who was able to charm his followers into his selfish and irrational philosophies.

Back in March 1968, Manson met with a former jail inmate who took him to a house at 3267 Waverly Drive in the Silver Lake area of Los Angeles, where he stayed a couple of nights. The house located next door would be sold in November of the same year to a couple named Leno and Rosemary LaBianca. In April 1968, Manson befriended Dennis Wilson, a founding member of the Beach Boys musical group, who introduced him to song produc-

er Terry Melcher. Melcher agreed to hear a few of Manson's songs as a favor to Wilson, but Melcher was not impressed and gave Manson his critical but honest evaluation. Manson was outraged and vowed to brutally end Melcher's life if given the opportunity. Melcher's house was located at 10050 Cielo Drive but the lease was signed over to Roman Polanski and Sharon Tate in February 1969.

When investigators were searching for the arsonists who burned the National Park Services' Michigan Loader, they had no idea it would lead them to the dangerous criminals who committed the heinous murders of Sharon Tate, Leno and Rosemary LaBianca, and four other innocent victims just five weeks earlier.....

Joe Castillo is a freelance historical writer who has been covering Southern California history for 10 years and has written 4 books on the topic. He can be reached at joecastillo@aol.com.

Community Articles Are Welcome

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

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Market Still Has Plenty of Upside Potential

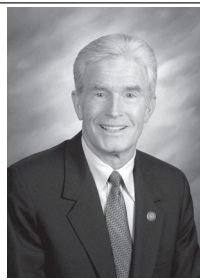
The first quarter thankfully came to a close with the storm clouds of uncertainty showing the first signs of lifting. Whether clear skies are in the offing will be determined over the next six to eight weeks as the mother of all earnings announcement seasons descends upon the investing landscape.

The first three months of 2018 have truly been like a roller coaster ride, as the major averages soared to a dozen new all-time highs in January followed by a textbook correction in early February, followed by two failed attempts to reassert the uptrend after which a retest of the February lows was realized in late March. April continues to be challenging with hot and cold news (from tariffs to the threatened bombing of Syria).

When geopolitics, domestic politics, and highly-charged emotions collide with trillions of dollars in real money, it sows the seeds of fear, mistrust, and a host of potentially bad decisions. Many investors appears to have been in a "sell first, ask questions later" mindset. It's really too bad that so many people buy with irrational exuberance on the way up and sell on irrational fears when a fundamentally sound stock market is pulling back.

Elevated levels of volatility are never fun to ride out, and there is plenty of volatility being fueled by what I call "overblown headline risk." As if investors needed more angst to complicate the landscape, the notion of retesting key technical support levels for the S&P 500 was again in the minds of market participants.

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

On the final trading day of the quarter, as many on Wall Street predicted, fund managers aggressively window-dressed their portfolios to reflect winning stock holdings. The quarter closed on a solidly higher note, led by none other than the IT sector. Computer-generated program trading was likely to blame for a good portion of the March selling pressure as well as what we have seen so far in April. However, if one has cash to put to work, it is my firm belief that the storm clouds will lift with opportunities aplenty, especially since earnings season gets into full swing starting this week.

Last Tuesday, JPMorgan noted that the S&P 500 had declined 7.5% since its high for the year on January 26. In a note to clients, their U.S. equity strategist Dubravko Lakos-Bujas wrote: "Most of the selling seen over this period has been largely technical (trend-following strategies and option hedging in an illiquid market environment), and as such represents a buying opportunity for fundamental investors."

The note continues: "The market appears to be overreacting to sequential negative narratives

(e.g., inflation scare, rising yields, hawkish Fed, rising deficits). We believe strong macro and fundamentals will continue to prevail." Lakos-Bujas said the S&P 500 is trading at 16 times forward earnings estimates, which is lower than its 30-year historical median valuation. He believes the market's fundamentals are "strong" and predicts earnings per share will grow by more than 30% over the next two years due to lower tax rates and robust sales growth. "In our view, there is still room for estimates to move higher given indirect benefits of tax reform are difficult to model (i.e., the impact of dynamic scoring, rising disposable income, higher business investment)." He reiterated his year-end 3,000 target for the S&P 500.

I am quoting this analysis because I personally place much significance in the views of the largest U.S. investment bank and equity research firm. What JP-Morgan says tends to matter more than most other opinions.

After a rough and tumble month of March - which came in like a lamb and went out like a lion - we should see the bull trend resume its upside bias as the heart of earnings season approaches. Earnings are ultimately what the market cares about most and, by all accounts, they will be fantastic.

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

I'm not sleeping well at night, thinking about what would happen to my retirement savings if the stock market crashes. What should I do?

There are other places you could put your money, but you'd have to be willing to sacrifice some of the highest potential returns that could be possible in the stock market. In turn, you would gain the following advantages: You could have safety for your investment dollars, along with a promise that you cannot lose your investment (based on the strength of the company). Your gains could be locked in annually. You could possibly enjoy deferred taxes or even no income taxes. And, you could potentially receive lifetime income.

We're considering long-term care insurance. Some friends say it isn't worth it; others say they are very happy they have a policy. What do you have to say about it?

Differences of opinion usually come from different experiences. The friends who have long-term care insurance have probably seen, or personally experienced, the financial burden that befalls those folks (and their families) without an LTC insurance policy. If you are financially able, and you've decided that's where you want to spend your money, and your heirs' inheritance, then go ahead and consider self-insuring. At this time, in California, you can expect to pay between \$45,000 and \$70,000 per year per person. In 20 years, the cost is expected to be over \$100,000 per year. The average stay in a nursing home is 5 years.



Julia Yoder

If you are planning to rely on Medicaid/MediCal, then you might want to determine when you think you might need this form of government welfare for your nursing home care, and set the date to spend-down your assets to coincide with the government's compulsory 5-year look back period. If you have other plans for your money and assets, you might want to consider long-term care insurance. Long-term care insurance premiums can be tax-deductible (within published limits). There are differences in the plans offered, so make sure to do your research.

My business partner and I are concerned that if something happened to the other, the survivor might not be able to keep the business going while looking for a competent replacement. What can we do?

The most common way to accomplish what you want is for the business to buy life insurance on each partner, with the business as the beneficiary. The expense of the life insurance policies can be a write-off as a business expense. Some insurance can be set up to supply retirement income, too.

My wife is employed part-time, and I have been self-employed for over 5-years. We want to purchase a home. We're being told I'll need to show 2-years' tax returns. My income last year was considerably higher than the previous year, so they say we have to wait another year. By then, interest rates will probably be much higher. What can we do?

They want to see that your income is "reliable" and that there's a great probability that you will be able to continue making the mortgage payments. There are some lenders who only look at 1-year tax return, especially when you have been in the same line of business for a number of years and it looks like you'll continue. Also remember that there are many loan programs, both fixed interest and adjustable, and very low down-payments for a conventional loan. There are VA loans with zero down-payment, FHA loans, and Reverse Mortgage (with age requirements) purchase loans.

Ask Julia by email:
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/RE Broker 01238153/NMLS 248681/Nat'l. Ethics Assoc. Home loan application: <https://blink.mortgage/app/signup/p/allsourcemortgage/juliayoder>. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

Investment Opportunity

DUARTE - Business Owners - what are your biggest concerns in our current times? I suspect that finding qualified candidates for job openings ranks high in those concerns.

Did you know that there is a concerted effort between the State of California, Economic Partnerships, Community Colleges, Universities and local School Districts to begin to help prepare students for work?

There is an opportunity to serve on the Foothill Consortium Advisory Board. The purpose is to advance the region's

workforce by:

- Growing high school students within career academies to address the high-wage, high-skill, high-need workforce gaps
- Creating a forum for employers, educators, workforce and economic professionals to support the development of our future workforce
- Making it easy for employers to directly start shaping their future workforce

There are four school districts participating in this consortium by creating Learning Academies

- Duarte
- Monrovia
- Azusa
- Charter Oak

There are four Regional Growth Industries the Academies are focused on

- Healthcare
- Aerospace/Engineering
- Biotech and Life Sciences
- Tourism and Hospitality

The Academies offer the opportunity to connect all the core classes a student is required to take within the framework of their selected focus. So when you get an English or Math assignment, it is grounded in the focus area of the Academy.

I'm sure you're thinking - how what is required of me? Time

- At this point in time, I've been to two sessions totaling a total of three hours of my time.
- I have been able to observe students in two academies in Monrovia High School - one focused on IT and one on Visual Arts

I have been able to provide input as to how my company has used an intern in the Visual Arts Field

I will have the opportunity to help define what are the key core competencies employees need to enter my workforce

So it this sounds like an opportunity for your business to use your time to help define and create our future workforce, this is a great match.

Feel free to contact the Duarte Chamber (sheryl@duartechamber.com) and we'll get you connected.

THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

What's Stopping You?

Imagine driving along and suddenly pushing down on the brake pedal and "yikes!" ... you don't stop! That is something we hope you never experience. Another very scary experience is this; you do stop but not until you slammed the pedal to the floor! This indicates a brake line leak! Certainly, you need to have this taken care of immediately! Today most cars are equipped with a brake "warning light" that will illuminate when you have a leak in your system. This alert should not be ignored or you may find yourself unable to stop at all.

Here are some signs that your

brakes need attention! When you apply the brakes, you experience:

- The pedal pulses or vibrates
 - A scraping noise
 - Squealing occurs
 - A jerky feel
 - The pedal to the floor
- Your brake system includes the following:
- Pads and shoes
 - Rotors and Drums
 - Calipers (disc brakes)
 - Fluid
 - Hardware
 - Hoses and steel lines

These components work in perfect harmony to make your vehicle stop when you need to.

Generally, these components don't all fail at once but need to be maintained individually to keep them working well together. If left unattended though, the consequences aren't good. Our technicians are here to make sure you can stop when you need to! Contact us today!

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!

Renowned Food Critic Peter Dills to Join the Taste of Duarte

DUARTE - The Duarte Chamber of Commerce is excited to once again have renowned food critic Peter Dills at our Taste of Duarte and Business Expo on **May 23** at Westminster Gardens in Duarte. A strong supporter of local restaurants, Peter has been drawn to the variety of food and beverages at Taste of Duarte for the last three years.

Participant Dean Lyon, owner

of Dickey's Barbecue Pit in Duarte, was happy to hear that Mr. Dills was returning. "It's awesome to have Peter Dills at the Taste of Duarte again. Having him here motivates our team to showcase our awesome smoked meats and home style sides. We know Dickey's in Duarte is the best around, and to be able to share it with Peter is a highlight of our year," said Dean.

Chamber President Sheryl Lefmann related that, "Having Peter join us again means the world to us. His interaction with the participants and attendees is a highlight of the night. We are proud of our event and his participation is an affirmation of what a great affair it is."

Peter, also known as the King of Cuisine, readily admits to being born into a world of food. The son of noted restaurant critic

Elmer Dills, he and his family moved to Pasadena in 1970 from the "Crab Capitol of the World," Baltimore.

As far back as he can remember Peter was following his father from restaurant to restaurant, always tasting, always learning about food and always discovering new and exciting foods.

As his food adventure comes full circle, he now stars on TV with the popular Food and Travel show, "Dining with Dills", named after his father. He also is on The Answer AM 870 radio and KLAA Angels Radio AM 830.

To get your tickets, apply as a participant, or inquire about the event, and for detailed pricing packages contact the Duarte Chamber of Commerce at 626-357-3333, or www.tasteofduarte.com.

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Around the Valley & Senior News

AZUSA

Volunteer Drivers Needed

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

TOPS Meeting

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

Spring Fling - An Evening in Paris

Bonjour! Grab your passport and spend an evening in "Paris" dining on French themed food, dancing to live music by Linda Herman, enjoying the photo booth, dessert bar, raffle and more! The Spring Fling will be held on Friday, **April 20** from 4:30-7pm at the Arcadia Community Center - 365 Campus Drive. Tickets are \$13 and are for sale now both online at arcadiaca.gov/recreation and in person at the Arcadia Community Center. Don't wait to purchase your ticket for an unforgettable evening in Paris.

Infectious Diseases: What You Need to Know?

Do you ever wonder if you have a cold or the flu? Arcadia Senior Services in partnership with Methodist Hospital is presenting "Fighting Back against Infectious Diseases" on Tuesday, **April 24** at 1:30pm. Infectious Disease Specialist, Dr. Atia Shah, will be the guest speaker. Dr. Shah will discuss advances in rapid disease diagnosis, infection control and treatment for infectious disease including flu vs. cold. This free health seminar will take place at the Arcadia Community Center, 365 Campus Drive. The program is for individuals age 50 and over. If interested in attending please call Arcadia Senior Services 626.574.5130 before April 23.

Instructors Needed

Do you have a talent you want to share or have a love for teaching? The City of Arcadia is always looking for quality, dedicated instructors to offer a variety of programs to residents and surrounding communities. The best contract instructor candidates are individuals who combine a sincere interest in community service with a desire to supplement their existing income. Go to www.ArcadiaCA.gov/recreation for the Prospective Instructor Application or call the Recreation Office for more information.

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 pro-

vided for a nominal fee or bring your own lunch.

The group is open to men and women 50 or older. The annual dues are \$5.00. For more information call 626-281-6771.

BALDWIN PARK

Ramona Outdoor Play in Hemet, CA:

Come join us on Saturday, **April 28th** from 12:00 pm – 8:00 pm to watch the Ramona Outdoor Play. Nestled in the heart of the beautiful rolling hills of Hemet, California, embraced by a backdrop of stunning natural beauty, The Ramona Bowl, established in 1923, is a genuine historic landmark and a California treasure. The Ramona Outdoor Play is much more than just a love story. Woven into the romance of Ramona and Alessandro is a glimpse of the tragic history of Southern California's native people. It is a love story with a moral, a message that is as important today as it was when the story of Ramona was written more than a century ago. We will be making a lunch stop at Angie's Diner before arrival, lunch at your own cost. Food booths will be available on site, as well as pre-show entertainment. Limited Tickets! Meals not included. Tickets are \$40 for Baldwin Park Residents and \$45 for Non-Residents.

For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

McNeill Fitness Program

A challenging but accessible workout regimen, which includes basic calisthenics, arm workouts, legs and torso, and a steady run/walk around Morgan Park. Nutritional guidance is also offered. Eating well and exercising will not only improve your overall health, but also improves your mood and energy levels. Group meets in senior center dining hall Monday through Thursday from 8:00am – 9:00am. This class is free to participate. For more information on the class or registering, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

COVINA

Cinco De Mayo Celebration

The City of Covina Parks & Recreation Department is hosting a Cinco de Mayo Dance at the Covina Senior Center (Temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Friday, **April 27**, 1:30-4:30 p.m. The cost is \$5. There will light refreshments served. Register by April 20. For more information or to register, call (626) 384-5380.

BUNCO!

The City of Covina Parks & Recreation Department is hosting BUNCO at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on the 2nd and 4th Thursday of each month, 1-3 p.m. The cost is \$2. For more information, call (626) 384-5380.

Senior Lunch Program

The City of Covina Parks & Recreation Department hosts a daily nutrition program for senior citizens at their senior programs site, located at the former Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina. Lunch is served Monday-Friday at 12 pm. For those 60 and older there is a \$3 suggested donation. For those under 60, the fee is \$5. For more information, call (626) 384-5380.

Community Garden Parcels

The City of Covina Parks & Recreation Department has a Community Garden located at

Cougar Park. Parcels are now available. Grow your own vegetables alongside other gardeners who are passionate about gardening and growing healthy organic produce! Annual fee of \$50 for large or handicap accessible parcel, and \$44 for small parcel. Applications are available at covina.gov. For more information, call (626) 384-5340.

Covina's T.E.A.M.

The City of Covina Parks & Recreation Department is looking for Covina teens who would like to help out and volunteer in their community. Join Covina's T.E.A.M. (Teens Endeavor to Accomplish More) and participate in service projects and community events each month. Attend a meeting for more information. Meetings held on Tuesday **April 10**, 6-7 p.m. at Cougar Park, 150 W. Puente Street. No preregistration required.

For more information, call (626) 384-5340.

Basketball And T-Ball

The City of Covina Parks & Recreation Department is offering Winter Basketball for ages 18 months-11 years and T-ball for ages 3-6. These programs provide instruction and fun in a non-competitive atmosphere. For more information or to register, please call (626) 384-5340 or visit covina.gov.

Walk The Walk

The City of Covina Parks & Recreation Department offers "Walk the Walk." This is a casual walking experience where you can walk at your own pace, improve your heart's health, and meet new friends. Wear your walking shoes and bring water. The walk takes place on Wednesdays at 9 a.m. at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina). For more information, call (626) 384-5380.

Medicare & Vitality Center

The City of Covina Parks & Recreation Department in conjunction with Inter Valley Health Plan, invites seniors to the Medicare & Vitality Center on Tuesdays, 11 a.m.-12 p.m. and Fridays, 9-11:30 a.m. at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina). Obtain information on how to maintain your vitality and stay healthy. Vitality Center offers free screenings, informative presentations, "Doc Talks" and refreshments. For reservations, call (800) 251-8191, ext. 625. For more information, call (626) 384-5380.

Indoor Chair Beach Volleyball

The City of Covina Parks & Recreation Department hosts "Indoor Chair Beach Volleyball" at the Covina Senior Center (Temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Thursdays, 1:30-2:30 p.m. For more information, call (626) 384-5380.

DUARTE

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 \$3. 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.

Volunteering Does Your Heart Good!

The Duarte Senior Center is always in need of volunteers. If you would like to give back to the community, please consider being a Senior Center volunteer. For more information call 357-3513.

GLENDORA

Alzheimer's Peer Support Group

Caring for a loved one with Alzheimer's can be frustrating, challenging, and sometimes distressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the **2nd Thursday of each month** from 6:30-8:30 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.

Cars 4 the Community

Glendora Rotary has a new and exciting vehicle donation program, called Cars 4 the Community. We are asking for your old car, boat, motorcycle or RV, running or not, be donated and receive a 100% tax deduction for the proceeds.

This program helps our schools, community, country and the world. Call 626-963-0814 for more information.

Instructors Needed At The La Fetra Center

The City of Glendora's La Fetra Center is looking for new class instructors! We are seeking out instructors to teach the following: Cooking classes, Spanish lessons, and American Sign Language (ASL) classes. Share your talents with your peers! If you would like more information on teaching a class at the La Fetra Center please contact Jennelle Markel at (626)9148-8235, or please email jmarkel@ci.glendora.ca.us.

LA VERNE

Get About Transportation

Get About provides transportation for seniors aged 60+ and disabled residents of Claremont, La Verne, Pomona, and San Dimas. The door-to-door service

can be used for shopping, doctor's appointments, church, senior nutrition sites and many other locations within the four cities. The service operates seven days a week and membership is free.

To Register: (909) 621-9900
To Schedule a ride: (909) 596-5964

For more information, contact Abby Nuyda at 909.621.9900, Extension 228.

MONROVIA

Senior Blood

Pressure Screenings

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

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

Caring Crafters

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

Senior Stretch & Exercise Class

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

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

La Fetra Center

Senior Classes

Sing For Health Sing For Joy

You don't have to sing well to get all the benefits! Come join our group for a great time of laughter and singing. Singing releases endorphins known as those "feel good" chemicals in your brain. It also increases circulation and oxygen to your blood. Singing is a great way to relieve stress and will leave you feeling happy for the rest of the day! Mondays, through April 30, 2018 9:00am - 10:00am Pre-register at the La Fetra Center or by calling (626)914-0560. *\$10.00 is payable to the in-

structor for printed materials.

Classic Cinema

Join us as watch classic films from the golden years in Hollywood. This class will focus on how movies were made and the background of the films. Following the movies there will be a question and answer portion that will help you appreciate your favorite movies even more! Mondays, through May 21, 2018 1:00pm - 4:00pm. Pre-register at the La Fetra Center or by calling (626)914-0560.

SAN DIMAS

San Dimas

Toastmasters Club

The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7PM to 8:45 PM. Learn to motivate and lead. Challenge yourself with Toastmaster's proven education programs. Let us help you grow your strengths and accomplish your goals. Become a better speaker and learn to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmosphere. Meets at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave. Contact Art Douglas at (951) 505-0555.

WEST COVINA

TOPS Meeting

TOPS (Take Pounds Off Sensibly) meets **every Thursday** at 6 pm at the West Covina Senior Center, 2501 E. Cortez St in the classroom building. The weight loss group seeks members who wish to lose weight and maintain a healthy lifestyle. Meetings last until about 7:30 and the first meeting is free. Visitors are always welcome. Come for support with your weight loss journey. You can do it! For more information, contact Erika Hernandez 626-384-0502 or email: ehernandez57@aol.com

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 has an award-winning lunch program that provides a **daily lunch service** for seniors, Monday through Friday at 11:30 a.m. The lunch program is funded in part by the Los Angeles County Area Agency on Aging.

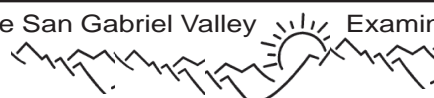
There is a suggested lunch donation of \$2.00 for those 60 years and older. Persons younger than 60 years old pay \$4.00, and persons with disabilities younger than 60 years pay \$3.00. West Covina Senior Citizens Center is at 2501 East Cortez Street.

Family Promise Of San Gabriel Valley To Hold Seventh Annual Empty Bowls

PASADENA - Save the date for Sunday, **April 29th** when Family Promise of San Gabriel Valley will hold its seventh annual Empty Bowls fundraiser at the Sierra Mar United Methodist Church, 695 West Sierra Madre Blvd., Sierra Madre. The soup

luncheon with bread and cookies is from 12:00 to 3:00 P.M. Each attendee can select a beautifully handcrafted soup bowl made by local artisans and then enjoy a delicious soup donated by local restaurateurs. Tickets are \$30 in advance or \$35 at the door. Reg-

istration is also available online at <http://www.familypromise-sgv.org/>. Click on Empty Bowls 2018 at the top of the page to get to the registration form. For more information contact Karen Roberson at (626) 354-6514.



Superhero Family Fun Run & 2nd Annual Pancake Breakfast Highlight National YMCA Healthy Kids Day

MONROVIA - The Santa Anita Family YMCA invites families from all communities along the 210 Fwy corridor to join in the fun at their inaugural Superhero Family Fun Run and 2nd Annual YMCA "Kids to Camp Pancake Breakfast", all of which is part of the 27th Annual National YMCA Healthy Kids Day celebration. The two events happen simultaneously on Saturday, **April 21** from 8:00am until 12:00pm at the YMCA, 501 S. Mountain Avenue, at the northeast corner of Lemon & Mountain Avenues in Monrovia's Recreation Park.

The Superhero Fun Run features kids and their parents, dressed in their favorite Superhero garb and participating in a friendly, but competitive run in the park to celebrate wholesome, healthy habits. Check in for the Superhero Fun Run is 8 - 8:45am, with the First Wave (kids 5 & under with their parents) starting at 9:00am.

Meanwhile, the Pancakes start flippin' onto plates at 8:29am, along with a number of prize opportunity games, information booths from various vendors promoting healthy habits and/or services for kids and families, plus special deals on early sign up for YMCA-Summer programs. "Saturday April 21st will be - as the kids would say - 'crazy busy' here at the YMCA", said Eric Boyd, YMCA Executive Director. On that same action packed Saturday the Y will host its regular Y-Jr. Clippers youth basketball league games (over 200 participants ages 3-15 and their families), YMCA Swim lessons and Santa Anita Y Piranhas Swim Team practice (about 180 participants), and the usual fitness activities for adults and senior citizens.

Student volunteers from Azusa Pacific University and the Duarte Kiwanis Club's high school key club will join YMCA Board members in flipping and

serving Pancakes from 8:29 - 11:59am. Pancake breakfast proceeds will help to provide financial assistance/scholarships for Santa Anita Family YMCA summer camps, swim lessons, and the Y's "Get Summer Initiative", which offers FREE Y-Summer Memberships for teens ages 12-17. "The 27th Annual National YMCA Healthy Kids Day celebration is happening at over 2000 Y's across the country on April 21", Boyd added. "This is the official Y-Healthy Kids Day event for the area of the San Gabriel Valley that includes Arcadia, Azusa, Bradbury, Duarte, El Monte, Irwindale, Monrovia, and Temple City."

For information on becoming a booth vendor, volunteer help, Superhero Fun Run and/or Pancake Breakfast tickets, call the YMCA at (626) 359-9244, or email YMCA Office Manager Gabby Galvez at gabrielagalvez@ymcal.org.

Baskets For Children At YWCA WINGS Shelter



Glendora Woman's Club committee members display the eight Easter gift baskets assembled and wrapped by clubmembers pictured are, from left, Susan Lepkojus, Rose Myers, Eleanor Shetron, Connie Roberts, Evie Larimore, Connie Halbert, Patty Guzman and Trudy Hite. (Photo by Sue Falls)

By Joan Hallidy

GLENDORA - One of the Glendora Woman's Club's service projects each year at Easter time is the YWCA WINGS (Women In Need Growing Strong) Shelter for battered women, accompanied by their children.

For the Woman's Club's recent Easter project, clubmembers packaged and wrapped eight Easter Baskets, one for each of the children currently staying with their

mothers at the Shelter. Each basket was filled with toys and gifts basked on the child's age and gender, said chair Rose Myers.

During the year, the Woman's Club also provides Mother's Day corsages and gift bags for the others staying at the WINGS shelter on Mother's Day. In addition, the Woman's Club provides personal supplies, clothing for children, and gifts for children at Christmas time.

This year marks the 30th year that the Glendora Woman's Club has selected the WINGS Shelter as one of its ongoing service projects, said Club President Chris Lear.

For information about joining the Woman's Club, special events, or service projects, call Patty at 909-929-0684; for information about renting the clubhouse for an event or meeting, call Ryan at Ritz Catering at 909-592-1130

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Teen Driving Tips: Five Ways To Stay Sane

When your teen is officially licensed to operate a vehicle, you may feel simultaneously proud—and terrified. Following these five tips, however, can help.

Model Your Expectations

Your teens grew up watching you drive, learning your habits and creating their own concept of "safe driver" based on your actions. Parents of new teen drivers should follow all the rules of the road, which includes keeping smartphones out of reach or paired with hands-free systems.

Provide Practical Knowledge

Adults pick up all sorts of useful car knowledge over a lifetime of driving. Most teenagers don't have any practical skills. Parents need to provide useful knowledge, including:

- How to change a tire—Show teenagers where the spare tire is, how to access the jack and what steps they need to safely change a tire. Get outside and get your hands dirty.
- What to have on hand—This includes a spare GPS in the glove box, a first-aid kit in the backseat or trunk, snow shovel, a jerrican and blankets or warm clothing in case they become stranded.
- Create A Contract

According to Drive It Home,



A few simple steps can help you help your teen be a better, safer driver.

one way to help improve teen driving safety is creating a "new driver" contract, signed by both the parents and the teen. Lay out specific rules and expectations, such as when the car can be used or what the consequences of breaking the law or damaging the vehicle would be. Include provisions for expanding privileges if your teens keep up their end of the contract.

Talk About Accidents

Teens need to know what they should do if an accident occurs. In all cases—even minor parking lot scrapes—teenagers must have their insurance information on hand and request the same from

any other drivers involved. According to the Centers for Disease Control and Prevention, "drivers ages 16 to 19 are nearly three times more likely than drivers aged 20 and older to be in a fatal crash." Mitigate the risk by talking frankly about accidents with your teen.

Get Real-Time Peace Of Mind

You can have the benefit of real-time crash alerts, vehicle speed monitoring, easy access to roadside assistance and one-touch emergency SOS with the ADT Go app. Get notifications when your teenagers get home from school and get driving reports on your teenagers' trips; you'll have peace of mind and they'll have their independence.

For further facts, see www.adt.com/go. (NAPSI)

Hope Lutheran Church Has New Organist

GLENDORA - Hope Lutheran Church of Glendora is pleased to welcome a new organist, Mr. Pavel Petrov. Mr. Petrov made his solo debut at the Bolshoi Hall of the Moscow State Conservatory at the age of 14. Since then, he has received critical acclaim for his performances throughout Russia, Europe, Asia, and North America. Memorable recitals include appearances in front of Pope John Paul II, Boris Yeltsin (the first President of Russia), and other numerous dignitaries. He has also earned the Artist Diploma and Master of Music degree in Piano Performance from USC Thornton School of Music in Los Angeles, California, where he continues as a doctoral candidate. Mr. Petrov has also served as organist for several Lutheran churches before coming to Hope.



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A Heart Disease Risk Even Your Doctor May Not Know About

If you're like most people, you're familiar with LDL (low-density lipoprotein) and HDL (high-density lipoprotein), particles in the blood that carry what is often referred to as "bad" and "good" cholesterol. There is, however, another lipoprotein particle you should be aware of: lipoprotein(a), also known as Lp(a), which poses a high risk of early cardiovascular disease.

The Danger
High levels of Lp(a) travel through the bloodstream and enter into the arteries, leading to gradual narrowing of the artery that can limit blood supply to the heart or brain. This increases the risk of blood clots, heart attack, stroke and aortic stenosis. Lp(a) is the most prevalent genetic risk factor for coronary heart disease and aortic stenosis. One in five people have inherited high Lp(a)-63 million in the U.S. Anyone with a parent with elevated Lp(a) has a high risk of inheriting it.

We Make A Difference! You Can Too!

WEST COVINA - Are you looking for a way to serve your community? Do you like interacting with people? Citrus Valley Health Partners at Queen of the Valley hospital, West Covina, needs volunteers who would be willing to help in the gift shop and front desk. It's challenging, rewarding and fun. Four hour shift, weekly minimum requirement.

For more information, call Tiffany Ramirez, director of volunteer services at 626-925-6337 or email tramirez@mail.cvhp.org

People with high levels of Lp(a) can be at risk even if they're physically fit and have "normal" LDL and HDL cholesterol levels. Unfortunately, for many, the first sign of the disease is a heart attack or stroke.

A Simple Test May Be The Answer

The good news is a simple blood test measures Lp(a) concentrations, though it's not included in most standard lipid panel tests. Current cholesterol guidelines miss 8 percent of people who have a cardiovascular event whose only risk factor is high Lp(a). Knowing Lp(a) levels could be the first step in preventing up to 120,000 cardiovascular events in the U.S. every year.

Saving Lives In Three Easy Steps

1. Recognition: Test everyone for high lipoprotein(a) once in their lifetime.
 2. Prevention: If you have high Lp(a), work with your physician to develop an aggressive prevention plan.
 3. Vigilance: People with high Lp(a) levels should be aware of stroke and heart attack symptoms.
- "Fit, healthy people can inherit genetic factors like high

1 out of 5 people have high Lipoprotein(a) and are at increased risk of cardiovascular disease. It's genetic.

www.TESTLpa.org

It's a healthy idea to know all your cholesterol numbers, no matter how fit you feel.

Lp(a) that cause early heart disease," said Dr. Henry N. Ginsberg, the Irving Professor of Medicine at Columbia University. "Research continues to show the significance of Lp(a) as an independent, genetic risk factor for cardiovascular disease."

The Lipoprotein(a) Foundation's mission is to empower patients to prevent cardiovascular events and support

research into a specific treatment for elevated lipoprotein(a). "We are advocating that Lp(a) testing be added to the standard cholesterol test to increase the rate of early diagnosis and provide a more accurate prediction of risk," said Sandra Revill Tremulis, founder of Lipoprotein(a) Foundation.

For further facts, visit www.TESTLpa.org. (NAPSI)

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CITY OF GLENDORA EARTH DAY FESTIVAL

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NO ACTION IS TOO SMALL ...

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- WORKSHOPS
- GIVEAWAYS
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- VENDOR BOOTHS
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- Scavenger Hunt
- Face Painting

FOR ADDITIONAL INFORMATION ABOUT THE EARTH DAY FESTIVAL PLEASE CALL 626-914-8278 OR EMAIL PLANNING@CI.GLENDORA.CA.US

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