



# San Gabriel Valley Examiner

To reach us:  
Phone: (626) 852-3374  
Fax: (626) 852-1904  
E-mail: [sgexaminer@aol.com](mailto:sgexaminer@aol.com)  
Web: [www.sgexaminer.com](http://www.sgexaminer.com)

25 cents

Since 1997 • Published in GLENDORA, California  
A Weekly Adjudicated Publication Serving all of Los Angeles County

Volume XXI, Issue No. 2

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

January 11 - 17, 2018

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# Tournament Of Roses Bandfest A Hot Ticket

by Howard Palmer

PASADENA - Everyone loves a parade and the Rose Parade is one of the biggest. Of course at the Rose Parade the beautiful floats are the highlight, however no parade is complete without the marching bands. The high-stepping drum majors lead their colorfully-attired band members down Colorado Boulevard and almost as soon as you pick up the beat the band has moved on leaving you wanting to hear more. The Tournament of Roses has an answer to this frustration - Bandfest. Two to three days before the parade you can see the majority of the bands in the parade perform their complete award winning field shows at the Pasadena City College Jackie Robinson Stadium.

There are three shows held each year and each has a different group of bands performing. Each three-hour show is kicked off by the Tournament of Roses Honor Band and Herald Trumpets. Three days before the parade is an afternoon performance and the next day is a full day with morning and afternoon shows. This year the second and third shows were sellouts, so word is getting out this is a "hot ticket".

The Bandfest is presented by Remo Inc., the world's largest manufacturer of drumheads



Master of Ceremonies, Jim Hahn, describing drumhead provided by Remo, Inc. (Photo by Marv Weston)

which has been in business for 60 years. They have for many years provided each band with drumheads depicting the theme of the Tournament of Roses in a colorful design.

The bands in the Rose Parade are selected 15 months in advance of their performing year giving them time to raise funds for this incredible opportunity. After the selection the band directors are invited to attend the events of the current year to familiarize themselves with all the

various activities for their bands.

The 38th Annual Bandfest more than filled the expectations of the spectators. As the Herald Trumpets entered the field at the fifty-yard line for each show with their spine tingling fanfare the crowd knew they were in for a treat. The bands came in from around the United States and were joined by bands from Australia, Canada, Panama, Africa and

Japan. The bands ranged from about 30 members in the Salvation Army Band from Angola, Africa to the University of Massachusetts Minuteman Band with its 412 members. Large or small the music was impressive.

The Bandfest temperatures soared into the 80's so this year it really was a "hot ticket". The bands travelling from the East Coast were more than happy to

be away from the freezing weather of their home towns. Unbelievably some of the band member's parents and relatives who had come to Pasadena to watch them perform sought out shade expressing "this is too hot".

The only issue facing the Tournament of Roses as this event becomes an even "hotter ticket" is how to handle the increasing crowd size. Even the stands opposite the side the bands perform toward were packed for the third show and nearly so for the second performance. Spectators on the backside could hear the music, but were mostly seeing the band members' backs. The desire of the T of R Music Committee is to keep the Bandfest in Pasadena so the solution for now is to get there early to enjoy the show from the best seats.

Most people who attend the Rose Parade are unaware of Bandfest, so it might be considered the best kept secret of all the Tournament of Roses events. Now that you know the secret, mark this event on your calendar for next year and it will become a New Year's tradition.

All of the 2018 Bandfest performances can be viewed at [www.youtube.com/music213](http://www.youtube.com/music213).



Tournament of Roses Honor Band and Herald Trumpets open every Bandfest show. (Photo by Howard Palmer)

# America's Christian Credit Union Celebrates "60 Years Strong"

By Jayam Rutnam

GLENDORA - The kick-off for the 60th Anniversary celebration of America's Christian Credit Union took place at 8 a.m. on January 3, 2018 at their offices in Glendora. Almost two hundred people, dignitaries, staff, friends, community, church leaders and well wishers gathered to congratulate and say thank you to ACCU.

Fawn Imboden, Vice President of Development for ACCU was the Master of Ceremonies who welcomed the gathering. Glendora Council Member Karen Davis, who is also the Glendora Police Chaplain opened with a prayer blessing. President and CEO of ACCU Mendell L. Thompson then recited the story of ACCU's humble beginnings in 1958. 27th District Congresswoman Judy Chu took time off from her duties to be present at this important event. Glendora Mayor Gary Boyer and Council Members, Karen Davis and Judy Nelson handed Mendell Thompson (who also happens to be a Glendora Council Member and Mayor Pro Tem), a proclamation from the City of Glendora. Other proclamations and presentations were by representatives of the offices of Congresswoman Grace Napolitano, Senator Anthony Portantino, Assemblywoman Blanca Rubio. A presentation



President and CEO of ACCU Mendell L. Thompson is presented with a proclamation from Glendora Mayor Gary Boyer and Council Members Karen Davis and Judy Nelson.

tation was made by Mayor of Azusa Joe Rocha and representatives of the Glendora Chamber of Commerce Gary Clifford and also the Azusa Chamber. Mendell Thompson thanked Glendora Police Chief Lisa Rosales and Bo Gutzwiller of the Foothill Christian Church for attending.

Everyone who attended was given a souvenir of the event. Refreshments were served immediately after the function.

The 60th Anniversary campaign will run throughout the 2018 year, using each month to highlight the distinctive values of the credit union. With the theme of "60 Strong," the campaign will feature how ACCU is creating space for stronger churches, stronger families, stronger fu-

tures, stronger finances and stronger communities.

In May of 1958, five men gathered a total of \$135 to launch a credit union that quickly grew to serve the financial needs of nearly 500 Nazarene ministers in California, little did these "founding fathers" realize the growth and impact that their cooperative enterprise would experience in the decades to follow. Each year since its founding, ACCU has sustained and enhanced its financial strength and realized its strongest year yet in 2017. After 60 years, ACCU has grown to serve the banking needs of over 140,000 members spanning the entire nation. Attendees exclaimed on social following the event, "May God continue to bless your organization and all those who give of themselves to see it prosper." Members can expect this year to be filled with exciting events, specials, and member stories commemorating the credit union's milestone year.

"We are excited to see what 2018 has in store for ACCU as we kick off the New Year with a bang," exclaimed ACCU President/CEO Mendell L. Thompson. "Reflecting on the history of this establishment reminds us of how present God's favor has been on this place. And we only anticipate that to continue through this 60th year and beyond," said Thompson.

# Toast To The Best Club Awardees



Xuling Wu-Gerbl, ACS, CL won the evening's Best Speaker award, Christina Sullivan (first-time guest) won Best Table Topics and Elsa Tovar won Best Evaluator. Maria del Carmen Covarrubias presented their awards.

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 them 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.

On January 4th, Toast To The Best held their first meeting of the new year. Art Douglas, DTM made club history by presenting

their first Ice Breaker speech in the new Pathways program that Toastmaster's International is instituting worldwide. Idaly Acosta, ACG, CL, talked about their Distinguished Club Plan. And Xuling Wu-Gerbl, ACS, CL presented a "Wow" presentation from The Leadership Excellence Series "The Value of Sticking Together."

On January 18th, they will have their second regular meeting of 2018. Two of their members, Elsa Tovar and Tim Cheng, will be presenting their final 10th speeches which will qualify them as Competent Communicators.

Come sharpen your commu-

nication skills. You can stop by to meet with them at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave (Between Walnut & San Dimas Canyon Rd) San Dimas, CA, 91773-3004 [<http://5880.toastmastersclubs.org/>]. Contact is Art Douglas, DTM, VP of Membership of Toast To the Best (951) 505-0555.

On January 13th (Sat.) from 7:30 AM- 4 PM District 12 of Toastmasters International will be presenting Toastmasters Leadership Institute in Riverside at the Bourns Technology Center. For more information and to register, visit <http://www.d12toastmasters.org/>

# Elks Hoop Shoot

AZUSA - The City of Azusa's Recreation and Family Services Department and The Duarte Elks Lodge will once again host the annual Elks Lodge Hoop Shoot on Saturday, January 13, 9:00 a.m. at the Memorial Park Recreation Center.

The Hoop Shoot is a free basketball skills contest open to all boys and girls ages 8-13. Boys and girls compete in three different age divisions, as they try to sink as many free throws as possible. Each contestant receives

(25) free throws. The contest winners will be those children who are successful on the greater number of those shots within their respective age divisions.

Registration for the contest is free and will be held on the day of the event (January 13, 2017) beginning at 9:00 a.m. at the Memorial Park Recreation Center, 320 N. Orange Place in Azusa.

For further information please call (626) 812-5280.

# Deep Vein Thrombosis: A Pain That Cannot Be Ignored



**Bernie McKay just months after a procedure to remove his blood clot.**

Fifty-three-year-old Bernie McKay never would have guessed that the pain he thought was a simple muscle cramp was actually a serious medical condition that could have stopped him in his tracks forever.

Bernie, who leads an active lifestyle and works in a hospital, experienced severe cramping in the back of his left thigh one morning while walking into work. The pain became so severe that he rushed himself to the emergency department, knowing that something wasn't right. After a series of consultations and tests, he was diagnosed as having deep vein thrombosis, or DVT.

DVT affects approximately 900,000 people in the U.S., according to the Centers for Disease Control and Prevention, and while a clot can form anywhere, it usually occurs in the legs or pelvis. Sometimes part of the blood clot can break off and travel to your lungs, which can cause a pulmonary embolism, a serious and potentially deadly condition.

Doctors typically diagnose DVT through tests such as an ultrasound or blood tests. First line of treatment can consist of medications and compression stockings, but these options don't actually remove or dissolve the clot. Many DVT blood clots can be absorbed by the body over time with the help of blood thinners; however, as long as the clot is

present, it can cause permanent damage to the valves in the vein, leading to chronic pain and swelling called post-thrombotic syndrome (PTS).

Another treatment option that physicians may consider for their patients is a medical procedure called a mechanical thrombectomy. This procedure can help quickly restore blood flow by removing the clot altogether, thus reducing the amount and duration of medications a patient needs to take, and may help prevent future complications.

"Recent medical advances are allowing more and more patients to have blood clots removed using minimally invasive procedures," said Dr. Kush Desai, Northwestern Memorial Hospital. "Some patients, like Bernie, may be candidates for a mechanical thrombectomy, which uses a special catheter designed to help break up and physically remove all or portions of the clot."

Only half of the people who develop DVT experience any symptoms, such as swelling, pain or tenderness in a leg with skin that's warm and red or discolored. However, there are risk factors that you should be aware of as they can increase your chances of developing DVT:

- Treatment for cancer;
- Prolonged lack of movement such as long distance travel or long periods of bed rest;
- A personal or family history

of blood clots;

- Older age;
- Pregnancy.

Understanding the risk factors and being aware of various treatment options can help reduce your chance of developing a dangerous blood clot and the serious health complications that may be associated with it.

"With such a short recovery time, the procedure allowed me to spend time with my family and friends -- without having to take medications for the rest of my life," said Bernie. "I'm more active than I was before, and I couldn't be happier with the outcome."

There are risks associated with all medical procedures. Talk with your doctor about the risks and benefits associated with mechanical thrombectomy. For more information visit [ClearingtheClot.com](http://ClearingtheClot.com) or the Clearing the Clot Facebook community, patient resources developed by Boston Scientific. For more information, visit [bostonscientific.com](http://bostonscientific.com).

Take control of your health to help decrease your chances of developing DVT by understanding the risks and treatment options available. (StatePoint)

# How to Have the Smartest Home on the Block

With all the talk about smart technology and connected homes, you may be wondering why you should take notice. After all, it is not that difficult or inconvenient to turn your lights on and off.

According to the American Lighting Association (ALA), smart technology is not just about convenience. It is not even just about lighting. It is also about energy efficiency and safety.

**Efficiency**  
Smart technology allows you to connect your home's electronic devices to one device, such as a phone, tablet or computer. Having a connected home means you have the ability to adjust your thermostat, open and close window shades, and activate your security system remotely, or program those devices to operate automatically at preset times.

**Safety**  
Efficiency is important, but safety is paramount. With the ability to connect to your home's devices from anywhere in the world comes the peace of mind of not wondering if your security system is activated and knowing your outside and inside lights will be on before you arrive home after dark.

**Convenience**  
Home automation apps make it a snap to change your room into the perfect setting for different activities. For example, for movie night, a system like Lutron's Caseta Wireless can be pre-programmed to adjust all the lights in your family room to set the scene for a great movie-watching experience.

If installing and operating smart technology equipment sounds complicated and expensive, it's not. According to the ALA, there are some simple and surprisingly inexpensive options available on today's market.

A number of ALA-member manufacturers, including



**Photo Credit: Lutron Electronics**

Legrand, Lutron Electronics, Philips and Acuity Brands Lighting offer reasonably priced, easy-to-install automation products designed to make your home more comfortable, convenient and safe. In many cases, it just takes simple retrofitting of an existing dimmer switch.

Erik Anderson, national sales manager for Lutron Electronics, explains that the Caseta Wireless is very retrofittable into existing homes. "All you have to do is take your existing dimmer or switch out of the wall and replace it with a Caseta dimmer or switch, add a smart bridge and you have the ability to control it from an app, or from voice control with Alexa, Google Assistant or Siri," says Anderson.

For added ease, Lutron's Caseta Wireless system can be

integrated with Apple, Amazon or Google platforms for use inside your home. And when you are outside, an app or geofencing allows you to adjust your inside and/or outside lights, even before you arrive home. That will make your home welcoming to you and your guests.

To learn more about making your home smarter, stop by your local ALA-member lighting showroom to see the latest technology for home environment automation. Go online to [DesignVideos.Lighting.com](http://DesignVideos.Lighting.com) to view a video from Lutron as well as lighting-trends videos from other ALA-member lighting manufacturers. Find more about all things lighting at [AmericanLightingAssoc.com](http://AmericanLightingAssoc.com). (NewsUSA)

# Winter Wellness Tips



A busy lifestyle and cooler weather can take a toll on the body, especially for those who suffer from chronic aches and pains. Whether the cause of your pain is due to injury, stress, or poor sleep, there are many ways to feel better while avoiding future pain.

To stay well this season and naturally manage muscle pain, consider these tips from professional ballroom dancer Tony Dovolani, who's no stranger to the subject of pain management.

• **Stretch.** Stretching is not just for before or after a workout. Stretch throughout the day to keep blood flowing, particularly if you have a job that keeps you sedentary.

• **Eat right.** Your diet should include lean protein and healthy carbs. "And I eat my vegetables, too!" says Dovolani. "Mainly spinach, string beans and broccoli."

Figure out which vegetables you like best, and be sure to incorporate them into your diet.

• **Hydrate, hydrate, hydrate!** Water is necessary for muscle

repair. Drink water throughout the day and especially when you're active.

• **Apply heat.** Heat is a timeless remedy, and it's clinically proven to relieve pain associated with muscle tension and stress, helping to relax muscles and improve blood flow. The increased blood flow restores oxygen and nutrients to inflamed areas to help accelerate healing.

"After every rehearsal and performance, I use heat to soothe aches and pains and improve blood flow to my neck and shoulder muscles," says Dovolani, whose pain relief routine includes using The Sunbeam Renee Neck Wrap. "It's great for providing relief to the back of my head, neck and shoulders."

Because it features an adjustable neck collar that contours to the shape of the neck of the user, it can provide high-level, concentrated heat for targeted relief.

Don't let aches and pains set you back. With a healthy, active lifestyle and simple, natural remedies, you can feel your best. (StatePoint)

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Registration 11:30 & Program Begins at Noon

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# City of Duarte Honors Dr. Martin Luther King Jr. on January 12th

**DUARTE** - A major theme in the life of the late Dr. Martin Luther King, Jr. was to urge people to join hands and work together for positive change. For the 17th year, Duarte youth, members of both the City Council and School Board, along with other residents will honor King's legacy by reflecting on his eternal impact during a special assembly at the Duarte Performing Arts Center, 1401 Highland Avenue, Duarte, CA 91010

Sponsored by the City of Duarte, Duarte's Promise: the Alliance for Youth, the Duarte Unified School District, and the Volunteer Center of the San



Gabriel Valley, the event will take place on Friday, January 12, 2018 starting at 8:30 a.m. The special educational program will feature the inspiring words of guest speaker Dominick Correy plus performances by Duarte Dance, and Califor-

nia School of the Arts, San Gabriel Valley students. The winners of the 8th annual Martin Luther King Jr. essay contest sponsored by the Duarte Teen Center will also be announced.

# Monterey Park Police Department's Next Citizens Academy to Begin in January

*Citizens Academy Class 27 runs January 25 through April 12, 2018*

**MONTEREY PARK** - For community members looking for an insider's view of the

Monterey Park Police Department, the Citizens Academy may be just what they're seeking. Citizens Academy provides an exciting, dynamic and informative course that meets once a week for eleven weeks. It is designed to provide residents and non-residents an interactive, hands-on, comprehensive overview of the Monterey Park Police Department and the city. Classes include an introduction to the detective bureau, K-9 units, patrol procedures and other various department programs.

Sign up now to participate in this exciting and informative experience. The class meets Thursday evenings for eleven weeks from 6:15 p.m. to 9 p.m. The first class will be held at the City Hall Community Room #102, on Thursday January 25, 2018. The course will culminate on Thursday, April 12, 2018. Upon completion of the program participants will

receive a certificate of achievement.

Applications can be picked up in the Monterey Park Community Services Bureau at 320 W. Newmark Avenue; mailed to you; or downloaded from our department's website under the Community Relations Bureau tab. Minimum age of participants is 16 years; minors under the age of 18 years must have a signed parental consent form on file. Participants cannot have any felony convictions, be on parole or probation, or have been arrested within the past year. Participants do not need to be Monterey Park residents to enroll in this class. For further information or to have an application mailed to you, please contact Sergeant Paul Yniguez at 626-307-1253 or any other member of the Community Services Bureau at 626-307-1215.

**San Gabriel Valley Examiner**  
INFORMATION GUIDE

1160 Englewild Dr.  
Glendora, California  
91741  
Phone (626) 852-3374  
Fax (626) 852-1904  
E-mail: sgexaminer@aol.com

**EUGENE F. MOSES**  
Publisher/Editor

**Edward M. Moses, Esq.**  
Legal Counsel

**Jayam Rutnam**  
Contracted Reporter

**George Ogden**  
Contracted Reporter

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San Gabriel Valley Examiner, published weekly by Eumo Enterprises, has been adjudicated as a newspaper of General Circulation for the County of Los Angeles, California in Court Case No. KS 005341.

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- We also believe in accuracy in fact and context. Journalists should be accountable for any news or subjects they write about.
- We believe in growth. Therefore, complaints or mistakes erroneously committed will be entertained and investigated diligently and corrected accordingly.
- 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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The San Gabriel Valley Examiner is grateful for the articles submitted by our unpaid writers who have contributed to the success of our newspaper. Our only request is that articles submitted be of minimal length in order to accommodate each and every writer. Thank you for your cooperation.

# St Lucy's Priory High School Receives Campus Threat

**GLENDORA** - On Friday, January 5, 2018, staff from St. Lucy's Priory High School reported a threatening letter they received in the mail. Since the time of this report and continuously over the weekend, Glendora Police Detectives have been investigating this incident, and have worked together with St. Lucy's staff to coordinate a safety plan that was in effect this morning when classes resumed. Out of an abundance of caution, Glendora Police Officers and Detectives, along with regular school security, were on campus today while students and faculty were present, without incident. The theme of the threat tends

to indicate it was authored by a student and was directed toward senior class students and faculty. The author expressed concern with strict school rules along with their stresses of high school academic life. The threat involved burning down the school campus and shooting unspecified people. The Glendora Police Department takes every threat to high school students and campuses seriously, and we are working closely with the staff of St Lucy's High School to provide a safe school learning environment for all of the students. Updates regarding this investigation will be periodically posted

ed on the Glendora Police Department Facebook page, www.facebook.com/glendorapd, and through our Twitter account, @glendora\_pd. St. Lucy's is open and classes are in full session at this time, and while every effort is being made to keep the campus safe and distraction free, the ultimate decision on whether or not to send students to school is up to the parents.

Anyone who has information about this incident, even if they wish to remain anonymous, can contact Glendora Police Detective Ryan Lombardi at 626-914-8286 or via email at rlombardi@glendorapd.org

# Grand Opening for New Youth Training Facility at David & Margaret Youth and Family Services

**LA VERNE** - David & Margaret Youth and Family Services is pleased to invite the public to the grand opening of its Youth Workforce Training Center, featuring The Store at David & Margaret and Dave & Maggie's Café, on Wednesday, Jan. 24, 2018, from 11:30 a.m.-1:00 p.m., at 1351 Palomares Ave., La Verne (on the agency's south campus).

Both the store and café had a "soft opening" in November and are now open to the public. The store's hours are Monday, 1:00-6:30 p.m.; Tuesday-Friday, 9:00 a.m.-6:30 p.m., and Saturday, 9:00 a.m.-5:30 p.m. (It is closed Sunday.) The café is open Monday-Friday, 8:00 a.m.-3:00 p.m. Both provide training opportunities for foster youth.

The center is a key component of the agency's Youth Workforce Training Program. Another component, the Cedar Springs Village apartment complex, opened in 2016 on David & Margaret's campus and provides 25 safe and affordable homes for former foster youth.

"When foster children reach the age of 18, they are legally considered adults," says Executive Director Charles Rich. "They begin to 'age out' of the foster

care system. Without supportive families, they face challenges no youth should have to face alone."

The hurdles youth face in today's world are daunting. The odds are against those between the ages of 18 and 25 who strive to complete an education, acquire a stable job, secure housing, and begin building a family. Few are ready to face the economic and social trials awaiting them. In fact, recent studies indicate that on average, most young Americans do not achieve self-reliant financial independence until age 26 or beyond.

"Now imagine tackling these challenges alone, without the support of a family," Rich says. The Youth Workforce Training Program aims to provide support to these challenged youth as they start to make their way in the world. "David & Margaret has worked long and hard to introduce more opportunities for these youth to secure safe housing, gain confidence with job training, and receive assistive supervision from social workers until age 25, and beyond, if necessary."

The center also includes a resource center that provides job and education research facilities

and coaching, and a lending wardrobe for interviews. The agency's iconic Whitney Building will be remodeled in the next year or two to provide a safe space for leisure activities for former foster youth that includes counselors' offices.

*About David & Margaret Youth and Family Services: David & Margaret, established in 1910, serves more than 1,700 clients annually through a comprehensive range of services, including a residentially-based program for adolescent girls, shelter care for adolescent girls, a foster family agency, adoption assistance, mental health services, treatment for learning disabilities, transitional living programs, school- and community-based education and mentoring programs. Additionally, it has a chemical dependency program that is certified by the State of California for residents who are recovering from substance abuse. Joan Macy School, a specialized non-public on-grounds school, serves special education students in grades 1-12 from D&M, as well as students referred from surrounding school districts.*

# Kiwaniannes to Hear Irish Story Teller Bronwyn Schramm Speak

**GLENDORA** - The Glendora Kiwaniannes will hear Bronwyn Schramm tell stories and tales about Ireland at the **January 17** meeting of the club. The meeting starts at 5:30 p.m. at the Glendora Continental and cost to attend is \$15 for dinner.

Schramm has two degrees in the classics, taught Latin to young ladies, and has been a stage manager and a ballroom dancer. The great loves of her life are nostalgia, stories and dogs. She shares her loves through stories and songs.

The Kiwaniannes are a non-profit service club established in 1984. The club meets on the first and third Wednesdays of the month. For more information about the club, visit the Kiwaniannes website at www.glendorakiwaniannes.org.

# 2017 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 Library will receive IRS 1040, 1040 A, and 1040 EZ forms and a limited number of

instruction booklets. Forms and instructions will be available in the Library's lobby as soon as they become available (usually late January or early February). Please contact the Library at (626) 852-4891 for availability prior to making a special trip to the Library. These and other 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 librarian at the 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) for checkout. Please call the Library to check availability or to reserve your copy.

For more information about these and other Library services, 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.

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## Expensive MS4 Mandates Challenged

Potential good news to kick off the new year for Los Angeles County cities that have been under the MS4 gun that has the potential to level a huge financial impact, not only on the cities, but on citizens of those communities.

When cities are handed a mandate that could cost millions of dollars and given the choice to pay the bill -- and in some cases go bankrupt -- or levy increased property taxes on residents, it really puts pressure on local volunteers we call council members.

As a bit of a refresher course here, in 1990, U.S. EPA, under the Federal Clean Water Act, required cities and counties to obtain a NPDES (National Pollution Discharge & Elimination System) permit to measure and control discharges from pipes, man-made ditches and discharges from industrial and municipal sources, including parking lots, into surface waters.

Phase II came along, Municipal Separate Storm Sewer System, and was called MS4. It was never about sewers or sewer water but about stormwater run-off from parking lots, streets, playgrounds, and dry weather run-off caused by watering our landscaping, washing our cars or draining our swimming pools.

Council Member Judy Nelson came to the Koffee Klatcher Breakfast at the beginning of last year and explained the impact of the requirements of MS4 being handed down to cities in the East San Gabriel Valley by the Regional Water Board. One of the requirements in the permits was to build new infrastructure to convey stormwater to storage containment facilities or devices before that water got to the flood control channels. Council Member Nelson confirmed then 95% of the stormwater in our area flows along the San Gabriel River through existing regional infrastructure to settlement basins where it infiltrates into our water basins. The infiltration process naturally cleans and makes that water drinkable and swimmable.

None the less, our Regional Water Board laid out regulations, including new infrastructure, that, if this continues to go forward, will cost Glendora \$233 million; Azusa \$332 million; Covina \$156 million; West Covina \$380 million; and Baldwin Park \$194 million. Cost for non-compliance in fines we were told could range from \$3,000 a day per violation up to \$10,000; or, maximum \$25,000 a day per violation



**Shade's Perspective**  
**Lois M. Shade**  
**Former Mayor of Glendora**

if imposed by state court.

Recent news from an outspoken critic and local government ally on this MS4 issue, Ray Tahir, TECS Environmental, came in telling us ... "The Third Appellate (state) court dealt another tremendous blow to the MS4 Permit program in California. It ruled that many of the Municipal Separate Storm Sewer System (MS4) permit requirements adopted by the water boards (including the State Board) are unfunded mandates and that municipal permittees are entitled to compensation for costs incurred in complying with such requirements."

This is the result of Department of Finance v. Commission on State Mandates (2016) 1 Cal.5th 749 when Commission on State Mandates determined conditions being imposed by water boards were not federal mandates but discretionary choices made by water boards, including the State Water Board.

The court document states, "No federal law, regulation, or administrative case authority expressly required the conditions [imposed by water boards]. The requirement to reduce pollution impacts to the 'maximum extent practicable' (MEP) was not a federal mandate, but instead, vested the regional board with discretion to choose which conditions to impose to meet the standard."

In 1975, California enacted a law that said if any law or executive order is issued that mandates a new program or a higher level of service or additional requirements of an existing program, the state has to pay for it. The Commission decided that because the requirements being handed out by the Regional Water Boards were not a part of federal law or mandate, it became a state mandate through the water boards [members appointed by the Governor] and therefore the state must pay the costs.

The court document cited the San Diego Regional Board, when

they renewed a 2001 permit for San Diego County and cities in San Diego area, and issued new requirements ... "to reduce the discharge of pollutants in urban runoff to the maximum extent practicable (MEP)." It was agreed the requirements in the original permit were being implemented, but the San Diego Regional Board decided to tighten up the requirements to avoid violations of water quality standards.

The court document says when new requirements were issued to existing permits -- like Install and maintain trash receptacles at transit stops or inspect industrial facilities and construction sites or increasing street sweeping and drain clean out times - they became state mandates.

Tahir's communication continued by saying, "The collective impact of these two decisions [State Supreme Court and Third Appellate Court] will be devastating to the State's MS4 stormwater management program and will, no doubt, considerably reduce MS4 compliance costs for cities ... [and] as a result, there will be little incentive for local governments to adopt fees such as the ones authorized under State Senate Bill 231 and Assembly Bill 1180 to pay for MS4 permit-related [costs]."

SB 231 (Hertzberg-D) would have allowed a property tax assessment added to our annual property tax bill and AB 1180 (Holden-D) would have allowed L.A. County to levy additional flood control fees that would have ended up on our tax bills also. Estimated cost in the East San Gabriel Valley for additional flood control fees that would have ended up on our tax bills also. Estimated cost in the East San Gabriel Valley for additional flood control fees that would have ended up on our tax bills also.

These court decisions now give local government, especially here in the San Gabriel Valley, the opportunity to challenge water board permits that have been laid upon them fiercely, seemingly without reason or justification, and under the threat of horrendous and unaffordable fines.

Hopefully our cities will pursue rightful undoing of the MS4 mess the water boards have created and that will have a positive financial impact on our cities, counties and all of us personally who might have been asked to pick up the tab for out-of-control water boards, appointed by the Governor and not elected by the citizens of California to those positions.

in that workshop. There were about five individuals that were truly charismatic in their body language. I still remember one, stepping up to the podium and taking the mike with gusto. While looking at the camera and audience, he gestured with his head, "a hello" by nodding his head up quickly. Everyone laughed when he did that because it truly stood out from everyone else.

Another long-lasting principal I remember from the workshop, because I wrote it down of course is that we remember the mannerisms of a speaker more than their speech. When you think of a recent sermon or presentation you heard, what do you remember? Do you remember the whole message or the way it was presented?

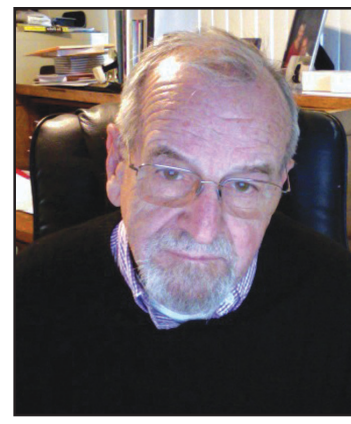
Over all a speaker has about 7-10 minutes to hold an audience's attention; however, the first 15 seconds is how much time you have to grab the attention of your audience. 15 seconds to prove what you are about to say is important to them and if you will be entertaining enough to keep their attention. Waste the 15 seconds and you can watch your audience fidget, turn away, and mentally leave the room.

## We Need Each Other - In This Fragile World

Four hundred years ago John Donne warned England about the impending disaster inherent in another European war. Centuries before, the Anglo-Saxon era was overcome by the pulling together of seven geographic areas previously ruled by feudal families each vying for power, and all under the continual threat of an invasion by Denmark's Vikings. A unified nation finally emerged, but its existence was further compromised by the Norman invasion and the French victory in the 1066 Battle of Hastings. This isolated island just off the west coast of Europe was never safe from aggressive regimes in France and Spain, and later from the papal passion to reclaim England for Catholicism.

John Donne was a devout Catholic in his early years, but renounced that faith at the age of 38 to become a noted Protestant preacher, and perhaps the best loved of all English poets. Donne lived, however, under the continual fear that his nation would again be divided by a bloody religious or territorial war, and would lose her place as an international power. Fearing the tragic results renewed conflict might bring, he pleaded for the embodiment of international interdependence. If England was to survive, it was essential that she see herself as part of a larger reality, not as an isolated "island, entire of itself." This plea was at the core of his best-known poem.

*No man is an island,  
entire of itself;  
every man is a piece of the*



**Charles H. Bayer**

*continent,  
a part of the main.  
If a clod be washed away by  
the sea,  
Europe is the less,  
as well as if a promontory  
were.  
as well as if a manor of thy  
friend's  
or of thine own were.  
Any man's death diminishes  
me,  
because I am involved in  
mankind;  
and therefore never send to  
know for whom the bell tolls;  
it tolls for thee.*

Now over 400 years later, the United States finds itself threatening to withdraw from those international structures that in our era ensure a degree of universal protection in a dangerous world. Increasingly nations large and small have known that it is one world and that the survival of any part of it lies in a recognition that what affects one affects all. Perhaps the most telling positive event in recent history has been the creation of the United Nations, and with it The Interna-

tional Court of Justice.

Recently, sensing the potential for global catastrophe posed by climate change, the vast majority of the world's scientists have banded together to warn everyone of the danger we face unless immediate steps are taken to curb global warming. It is now almost universally recognized that no nation or group of nations can believe that they live independently or can ignore the threats facing our increasingly fragile planet.

Perhaps the most absurd and dangerous notion currently being promulgated is that America's greatness lies in going it alone, trusting in our ability and our willingness to destroy any country that denies our power, and pretending that to be first depends on our economic or military hegemony. Ours is just no longer that sort of world.

If we ever had the power to successfully thumb our nose at the United Nations; to deny that we can be subject to the rulings of The International Court of Justice; to stand isolated from the commitment of the world's scientists, these arrogant absurdities now constitute a formula for disaster not only for us but also for all life on this tiny rock. We need each other, and wisdom lies not only in our interdependence but also in our willingness to watch out for the safety of all the world's people.

No, Donald Trump, America is not an island entire of itself.

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

## "TIME JOCKEY" - Andrew Higgins

By Joe Castillo

**Unsung Hero...** World War II was filled with heroes and heroes, some more known than others. For those who directed the war effort and fought in it, the real heroes are known and honored. One such person was Andrew Higgins. Higgins was an unknown designer whose genius rose beyond anyone's imagination. In the 1930's he was building small, flat bottom boats for use in the oil industry. The boats were used to explore the swamps in south Louisiana, run up the banks of the swamp and then extracted itself back into the swamp. He designed a boat and called it his "Eureka" model using wood as the main material.

Higgins was certain that war was on the horizon and the United States would be drawn into it. He foresaw a need for small boats and correctly guessed that steel would be in short supply and dedicated to military equipment. He was so certain that his wooden boats would be needed in the war effort that in 1939 he bought the entire crop of mahogany from the Philippines and stored it for future use.

Following the attack on Pearl Harbor, the United States military forces began preparations for fighting throughout the world.

The Navy, pushed by the Marines, was assigned the project of designing a landing craft for eventually attacking on European coast and islands of the Pacific. The Navy opened up the competition to outside private companies and Higgins entered the competition. The Navy wanted to design the crafts themselves and didn't want to deal with Higgins who had a reputation of being a loud-mouth, hot-tempered Irishman who drank a bottle of whiskey a day. He was also an unconventional designer who owned a small company (Higgins Industries), was a fly-by-night company located in Louisiana rather the more established firms located along the East coast and more crazy than anything else, Higgins built boats out of wood rather than metal.

For two years, the Navy avoided the persistent Higgins but the Marines eventually tired of the poor design attempts produced by the Navy and forced the Navy to consider using an outside company. That left the door open for Higgins and his prototype boat was overwhelmingly favored by the Marines. The contract was awarded to Higgins Industries and he immediately started to build a complete arsenal of landing

crafts: landing-craft, tank (LCT), landing-ship, tank (LST), landing-craft, infantry (LCI), patrol boats (PT's) and landing-craft, vehicle, patrol (LCVP). Higgins employed 30,000 men and women at their peak operation, paid top salary not matter their sex, and was the first New Orleans company to integrate blacks, women and men in the workforce. He pushed his employees like a general in the Army placing signs above the assembly line that read 'The Man Who Relaxes is Helping the Axis'. Higgins' boats were involved in every major Allied invasion including D-Day, the Philippines, Okinawa, Guadalcanal and Italy. Higgins produced 20,000 LCVP's for the war effort and his genius in using wood instead of metal gave the Allies an advantage in turning the momentum of World War II. President Eisenhower once stated that Andrew Higgins "was the man who won the war for us" reminding those who may have never heard of him of his place in history....

*Joe Castillo is a freelance historical writer who has been covering Southern California history for 10 years and has written 3 books on the topic. He can be reached at [joecastillo@aol.com](mailto:joecastillo@aol.com).*

## Public Speaking and Body Language

By Michael Allawos, Principal Consultant, Allawos & Company

Over the years, I have attended many conferences both for business and self-growth. Among the many workshops and break-out sessions I took was one on developing communication skills. The presenters were in government relations and largely known in the public sectors as influencers as well as being in the same age group of the ones enrolled in the workshop. The presenters body language exuded confidence, experience and a sense of enjoyment in sharing what they've learned over the years.

I was surprised to hear that communication is 99% body language and only 1% verbal. I'm not sure how accurate that is or what tests prove that, but during the class we engaged in several body language exercises that prove this principal. In one exercise, each of the attendees in the workshop lined up against the wall. One by one, we simply walked to the podium and introduced ourselves as we were being recorded by video. We were told to simply say our name, what state we came from and our job title. We were warned that a bright spot light would be shining on us when we stood up on

the podium. They encouraged us to ignore the bright light.

When it was my turn, I gave my best greeting and felt confident it stood out from everyone else, but, during video playback we were told that no audio would be played. The instructors wanted us to see what our body language was communicating. Very interesting observations were made. The body language of many told how the light did distract them. Some consciously or unconsciously raised their hand to shield their eyes from the light. A good amount of people used hand gestures during their greeting. A majority of people seemed unanimated, moving their lips but not their head or eyes.

When speaking with others at the workshop they expected a lot more than what the others presented. Instead, they too seemed unanimated. Their overall body language came across as not wanting to be at the workshop, which is exactly how most felt deep inside. Most were deeply disappointed and wondered how many times they stood in front of people thinking that they were inspirational but in reality, the opposite. Consciously, the group at the workshop now strive to be like the handful of animated peers

## San Dimas HEROES Is Looking For A Few Great Restaurants

**SAN DIMAS** - The Vietnam Wall, "The Wall That Heals," is coming to San Dimas, and not only do we need to recruit approximately 150 -200 volunteers, but they also need to be fed. To that end, we are asking local restaurants to participate in our event by providing one meal for approximately 20 -25 volunteers during the four days that the "Wall" will be in San Dimas.

"The Wall That Heals," the Vietnam Veterans Memorial Replica & Mobile Education Center, will be at Lone Hill Middle School in san dimas march 22-25, 2018. It will be open to the public 24 hours a

day and it is free of charge to visit the "Wall."

The San Dimas H.E.R.O.E.S (Helping Establish A Remembrance Of Every Serviceperson) is hosting "The Wall That Heals." If your restaurant would like to participate in this "Once In A Lifetime"

event, or you would like to provide food or volunteer, please contact San Dimas HEROES at 909 677 9557.

This event is being co-sponsored by the City of San Dimas, LA County Supervisor Kathryn Barger, ADP and the Glendora Walmart.

## 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](mailto:SGExaminer@aol.com). Articles should be in Word format while photos should be in jpeg.



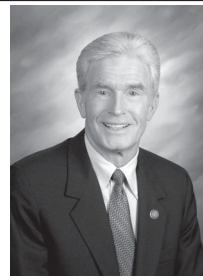
# The Absurdity or High Risk of Cryptocurrency Markets

Most people that own a line of code that represents the cryptocurrency Bitcoin did not buy it in order to use it in a financial transaction - as cryptocurrency enthusiasts tout their benefits - but because its price was going up. That's it! The price was rising because its chart had looked like a one-way street. Money was flowing in and there was very little flowing out. This appears to be something like what NASDAQ did in 1998-2000; but, it probably will end worse. The Nasdaq index recovered after 17 years and made a fresh all-time high last week, while bitcoin may eventually be worth little or nothing.

Bitcoin is not a business. It is a line of code which people were bidding up mainly because it was going up. But, the flipside of buying because it's going up is selling it because it's going down. After reaching almost \$20,000 and then trading at about \$16,000 the Thursday before Christmas, the value of one Bitcoin went down to \$10,835 before recovering to \$14,445 late on 12-22-17. A similar alternative currency called Bitcoin Cash fell 40% in 24 hours before the Christmas weekend. More valuation drops may come (from the lack of a reasonable valuation basis), the same way the Dutch stopped bidding insane monetary amounts for tulip bulbs in the 1630s. Futures contracts seem to legitimize this absurdity, but when Bitcoin does start to crash the effects of futures leverage probably will add fuel to the fire.

How might someone know when there is a Bitcoin top? If a break in the market is significant, maybe like before Christmas, or like we saw in March 2000 in the case of the NASDAQ, followed by a failed rally that fizzles out, that may indicate the speculative run is finished. In the case of NASDAQ, the fizzling ended in August 2000 and then a long and protracted slide began. Again, NASDAQ came back because

**In A Nutshell**  
What's up in the Economy?



**KEN HERMAN**  
Economic Analyst  
& Former Glendora Mayor

surviving businesses produced rising sales and earnings for the next 17 years, while Bitcoin has much less to support a comeback (other than new investor mania).

Cryptocurrencies (including Bitcoin) may be nothing more than an electronic tulip bulb. Or, it may be that as a non-regulated currency (with no government oversight) there exists a significant natural draw to unscrupulous characters who wish to move money "in the dark". Their secretive needs might prevent valuations from "crashing". That argument, combined with CNBC posting a Bitcoin ticker on screen, may provide a feeling that Bitcoin has room to run. Who knows?

What we have read is that many of the alt-coins (alternative versions of Bitcoin) also declined in late December. Of the 31 digital currencies that had at least a stated \$1 Billion market value, 29 were recently down (according to data provider CoinMarketCap). Ether, maybe the second biggest digital currency by market value, dropped 26%, while another (called litecoin) was down 32%. Charlie Lee, its creator, said he sold all of his holdings of that cryptocurrency.

Bitcoin trading volumes in recent months have been driven by investors/speculators in South Korea, Japan and other parts of Asia, where "digital currencies" have gained greater recognition. And, while the explosive growth in cryptocurrencies has drawn plenty of skeptics (including top bankers, central banks and governments) more people seem to

be offering to sell "coins" with no physical value.

Another potential "bubble" investment may be EOS, a virtual coin whose sellers admit it has no purpose. Block.one, registered in the Cayman Islands, says it has raised over \$700 Million (and counting) selling two million new "virtual tokens" each day in their auctions (apparently not available to buyers in the USA or China). Block.one claims the market value of their Bitcoin like operation's "tokens" exceed \$4 Billion.

Quotes from a 12-26-17 Wall Street Journal article (starting on page B1) include: "The Commodity Futures Trading Commission (the agency with closest oversight of bitcoin type trading) began the year by launching an in-house lab to encourage advances in blockchain (the technology that underpins digital currencies). Yet the agency recently sounded an alarm on bitcoin itself, noting most exchanges are completely unregulated, while the cryptocurrency is prone to wild price swings and potential flash crashes." "A lot of people, retail traders in particular, have gotten used to securities laws and commodities laws protecting them. And so, they don't even know what to be on guard for."

This Bitcoin investors quote is worth considering: "If it starts crashing, am I going to have enough time to get out of it?"

One thing in common with all of these bubbles is that all of the assets had a speculative value and an underlying value. The value of bitcoin is still very unclear and almost entirely speculative. This asset is rising because people are buying it. Its price could go to the moon first, but it will likely end very badly.

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

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

matter. On one occasion, the unsuspecting victim completed the wire transfer of funds and later discovered that they had been defrauded.

The Monterey Park Police Department Investigations Bureau is working with local, state and federal law enforcement agencies in order to identify and apprehend the perpetrators. We would like to remind all persons that government officials in the United States or overseas do not and cannot contact persons telephonically or via email and demand money in order to resolve issues overseas. The United States Government and Consulate Generals do not ask for money in order to resolve passport issues or criminal investigations. If there is an issue with a passport or there is an ongoing criminal matter, you are asked to visit your local consulate or local po-

lice department to resolve the matter. If you are required to pay a fine or other penalty due to an adverse action, this arrangement is done so through the local Consulate General, U.S. Attorney's Office, local District Attorney's office, or local government office such as the police or city clerk's office. You will always receive documentation regarding the incident and be given a receipt for any payment you make.

If you suspect you may be a victim of this type of fraud and reside and/or own a business in the City of Monterey Park, please contact the Monterey Park Police Department at 626-573-1311. If you reside or own a business outside of the City of Monterey Park and suspect you have been a victim of this scheme please contact your local police department to report the crime.

# Your Money - Ask Julia

*What are the new tax brackets?*

Note: these figures are for 2018 income; taxes due in 2019!

10-percent Indiv. income up to \$9,525; Married filing jointly income up to \$19,050

12-percent Indiv. over \$9,525 - \$38,700; Married filing jointly over \$19,050 - \$77,040

22-percent Indiv. over \$38,700-\$82,500; Married filing jointly over \$77,040 - \$165,000

24-percent Indiv. over \$82,500-\$157,500; Married filing jointly over \$165,000-\$315,000

32-percent Indiv. over \$157,500-\$200,000; Married filing jointly over \$315,000-\$400,000

35-percent Indiv. over \$200,000-\$500,000; Married filing jointly over \$400,000-\$600,000

37-percent Indiv. over \$500,000; Married filing jointly over \$600,000

*Please explain inflation and recession.*

Inflation is the increase in the price of products over time. Long-term inflation erodes your power to purchase. In other words, over time, your savings buys less; a dollar no longer buys what it could a few years ago. The factor to determine a Recession is two quarters (two 3-month periods of time) in a row of negative economic growth.

*Because we have a small downpayment, we are told we have to pay mortgage insurance. Can you explain a little about the mortgage insurance?*

Mortgage insurance is charged on any loan that has less than 20-percent equity. The purpose of



**Julia Yoder**

mortgage insurance is to pay the lender in case you fail to make your payments and have to foreclose. Different lenders charge different mortgage insurance premiums. There are non-FHA loans (Conventional) that allow a small downpayment (5-percent or even less).

*My mom is trying to decide whether to give her home to me now, or just have me inherit it upon her passing. What is the best thing to do?*

It depends. Look at the difference between the Estate tax rate vs. the Capital Gains tax rate applicable in your mother's and your specific case. For example if the estate tax rate is lower than capital gains tax, it would probably be better to wait. On the other hand, if the Estate tax rate would be higher than the capital gains tax, it could be better to take action now. Also, check with your CPA about the tax ramifications of gifting equity (rather than cash) up to the annual parent-to-child annual limit. Keep in mind that life insurance is included in the value of one's estate when calculating estate tax.

*I have the option of taking all the money now out of my fixed*

*annuity, without any early surrender charges. I like annuities. Although I don't plan to use the money, I might want to access it later. What do you suggest I do with this money?*

Depending on your entire financial picture and what is best for you, I'd probably suggest either reinvesting in an annuity or purchasing a paid-up life insurance policy. Some company's products offer an option of almost immediate access to a good part of your money. Some policies offer penalty-free, accelerated access if you need the money for a nursing home. It really boils down to what you want your money to do for you and what is most suitable for you.

*How long will it take to double my investment?*

The Rule of 72 is a mathematical ruled used to estimate approximately how many years it'll take an investment to double at a specific percentage rate of return. It's just division. Take 72 and divide it by the rate. Your answer is how many years it'll take to double your money.

**Ask Julia by email: julia.yoder@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/Nat'l. Ethics Assoc. Home loan application: <https://blink.mortgage/app/signup/p/allsourcemortgage/juliyoder>. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

# Monterey Park Police Warn of "Chinese Consulate General" Phone Fraud

**MONTEREY PARK** - The Monterey Park Police Department has recently investigated cases of theft by false pretense. This fraud has occurred when the victim received a telephone call from a male or female suspect posing as an employee of the Chinese Consulate General and/or the Beijing Police Department.

The suspects have told the victim that they were under investigation for passport fraud or money laundering and have requested the victim to return to China for interviews and to assist with the investigation. In each case the victim requested additional information or questioned the reason for their return to China. The suspect then requested that in lieu of returning to China the victim wire transfer a predetermined amount of money to a designated account in order to resolve the

matter. On one occasion, the unsuspecting victim completed the wire transfer of funds and later discovered that they had been defrauded.

The Monterey Park Police Department Investigations Bureau is working with local, state and federal law enforcement agencies in order to identify and apprehend the perpetrators. We would like to remind all persons that government officials in the United States or overseas do not and cannot contact persons telephonically or via email and demand money in order to resolve issues overseas. The United States Government and Consulate Generals do not ask for money in order to resolve passport issues or criminal investigations. If there is an issue with a passport or there is an ongoing criminal matter, you are asked to visit your local consulate or local po-

lice department to resolve the matter. If you are required to pay a fine or other penalty due to an adverse action, this arrangement is done so through the local Consulate General, U.S. Attorney's Office, local District Attorney's office, or local government office such as the police or city clerk's office. You will always receive documentation regarding the incident and be given a receipt for any payment you make.

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## THE CAR GURU

**WHAT YOU "AUTO" KNOW**

**By Gene Morrill - Certified Automotive Specialists**

# When The Odometer Reads 100,000 Miles

Back in the day it pretty much meant you needed to go shopping for a brand new car when the odometer turned over to 100,000 miles. The components would be completely worn out and the body would more than likely be the worse for wear too. Today's cars are designed to keep going and going...as long as you take good care of them!

Cars aren't all that much different than us humans! If you eat right, exercise, take supplements, have regular checks up and get plenty of fluids...they tell us we will be around a lot longer and should lead a long and healthy life.

Your car is the same way. It needs to be given the right fluids on a regular basis (and exchanged periodically), its battery and cooling systems checked and the brakes and exhaust system kept

in good working order.

Today's cars do go longer between service visits than the previous 3,000 miles that we all adhered to, but you still need to visit your automotive repair shop at least two to three times a year. There is a seldom read book in your glove box...take it out and look at it. Notice that it has recommendations for certain items to be taken care of each time you fill up with gas? Other items are to be checked monthly? I can tell you from looking at my customer's cars that these items do not get checked between visits to my shop! That is why those that put off service for 1,000 miles or longer are pushing the envelope!

Newer vehicles have a friendly built in alert system that tell you when services are due to be taken care of. This is good because ignoring your car is not as

easy as ignoring your owner's manual or your mailed or emailed service reminder!

When your vehicle celebrates 100,000 miles treat it to some major preventive maintenance. It would be like giving a friend a day at the spa for rejuvenation. Look at it as a birthday gift for your car. Even though they are built to go many miles these days...reaching 100,000 miles is still a major milestone and should be treated as such. Then...wish it 100,000 more miles!

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](http://CertifiedAutoCa.com).

**Home Town Service You Can Count On!**

# Avoid Pipe Damage with Advice from Best Service

Best Service, a leading residential electrical, plumbing, heating and air conditioning company serving homes and businesses in Orange County, wants to help homeowners prevent pipe damage that if left ignored could prove to be costly to repair.

"We live in a beautiful area, but it's one that is unfortunately known for extremely hard water," said Brian Vardiman, owner of Best Service. "And hard water can lead to costly pipe damage. It's important to not only recognize the signs of hard water damage, but also to do everything you can to prevent permanent damage to your home's plumbing."

Best Service offers the fol-

lowing tips to avoid expensive pipe damage:

**Look for early signs of hard water** - Hard water and issues with scaling can be detected early by keeping an eye on items easily affected by the minerals that may be present in the water. A coffee maker, for example, can provide great early warning signs for hard water. If the maker is failing early in its life due to clogs and requiring multiple descaling treatments, there is a good chance that attention needs to be given to the home's water lines. Noticing spikes in a utility bill with no notable changes in usage can serve as a good indicator that there are leaks in need of atten-

tion.  
**Consider a water softening system** - A water softener is a system that helps lower the hardness of incoming water and therefore reduces the amount of minerals that can adhere to the inside of pipes and appliances. Purchasing or building a home in a known hard-water area is reason enough to invest in a water softener, and it is best to have it installed and in good operational condition before beginning daily life in the new home.

**Install a pressure regulator** - Having a pressure regulator installed is a great way to monitor possible clogs and detect any issues before they result in seri-

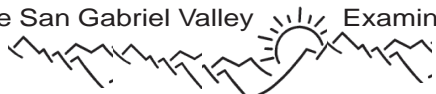
ous damage. As minerals from hard water or other intrusions clog pipes, they restrict water flow and increase pressure on the walls of the pipes. Setting the regulator between 50-70 psi is normal, but noticing pressure between 100 and 120 psi is a sign that something is restricting water flow and may cause damage to the pipes.

**Check the landscaping relative to the water lines** - In addition to taking hard water into consideration, it is worth noting the approximate distance of trees to the water lines. As pipes age, they can develop tiny cracks and holes that can allow water to begin leaking at rates less detect-

able by meters and bills. Tree roots, which can grow quite extensively underneath yards in search of water, will sometimes pick up on these sources and try to invade the pipes. These roots can penetrate the cracks in the pipes and begin to grow, clogging the water flow and putting more stress on the already compromised structure of the pipe. If a home is over 25 years old, the piping may be steel or clay. Steel is susceptible to corrosion, and clay is more porous. At this point in their lifespan, both of these materials will be more likely to leak and attract tree roots than modern materials such as PVC or

concrete.  
"Following these tips can help prevent damage to your pipes and grant advance warning should clogs already be forming," Vardiman said. "If you're already concerned about leaks or clogs, following up by scheduling a leak detection test might be wise. Advanced technologies like ultrasonic detection can find trouble spots more accurately and help localize any repair efforts."

To find out more about preventing pipe damage or to schedule a leak detection test, visit [www.callbest.net](http://www.callbest.net) or call 714-400-BEST (714-400-2378) today.



# 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

### Orchid Hobbyists Monthly Meeting

San Gabriel Valley Orchid Hobbyists invite you to our **January 18** Monthly Meeting at the L.A. County Arboretum 301 N. Baldwin Ave. Arcadia, Ca. Palm Room. Judging at 7:00 p.m. Meeting at 7:30 p.m. Our speaker is David Toyoshima, Program on Cattleyas from Postwar to 1970. Refreshments. We welcome you to our first meeting of the New Year!

### Musical Presentation "Salute to Marriage"

Arcadia Senior Services is having a program by Timeless Melodies Foundation for Education on Friday, **January 19** at 10am. The musical lecture will take place at the Arcadia Community Center, 365 Campus Drive. It will discuss the origin and background of various marriage songs on film and Broadway musicals. Married couples portrayed on film and in musical entertainment will also be featured. Cost of the program is \$3; registration is currently underway and can be made at the Arcadia Community Center. For additional information please contact Arcadia Senior Services at 626-574-5130. This program is for individuals age 50 and over.

### 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 pinocle. 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.

## BALDWIN PARK

### MLK Jr. Southern Luncheon

In honor of Martin Luther King Jr., The Julia McNeill Senior Center will be hosting a southern style luncheon on Monday, **January 15th**. We will also be showing a presentation of the "I Have a Dream" speech. Lunch will include: Chicken with gravy, corn on the cob, green bean & mash potatoes, biscuits & fruit cobbler, and milk. Presentation starts at 10:00 am, and lunch will be served at 12:00 pm. Tickets are \$5. Julia McNeill Senior Center, 4100 Baldwin Park Blvd., Baldwin Park. Call (626) 813-5245, Ext. 323 for more info.

### January Birthday Celebrations

Join the Julia McNeill Senior Center monthly Birthday Celebration on the **third Wednesday** (Jan 17) of the month from 12:30 pm - 2:30 pm. Dance to the music of DJ Sonic Boom as active adults celebrate their birthday. Have some cake and lots of music, as well as door prizes for your celebration! \$1 door admission. Julia McNeill Senior Center, 4100 Baldwin Park Blvd., Baldwin Park. Call (626) 813-5245, Ext. 323 for more info.

### Cabazon Outlets Trip

On Saturday, January 19th from 9:00 am - 6:00 pm, we will be heading out to do some shopping at the Cabazon Outlets in Cabazon, California. Conveniently located between Palm Springs and Los Angeles, the Cabazon Outlets offer a unique desert landscape shopping experience nestled between the San Rosa and San Geronio Mountain Ranges. This quaint 65,000 square foot retail shopping center features 19 specialty retailers in a relaxed open-air environment. As a reminder, the trolleys are always available to Morongo Casino, where you can enjoy playing slots, table games, or even feast on a Las Vegas-Style Buffet. Meals not included. Tickets are \$10 for Baldwin Park Residents and \$15 for Non-Residents.

### 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

## 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

### Trip to the Aquarium Of The Pacific

Dive with us into this adventure at the Aquarium of the Pacific in Long Beach! The Aquarium boasts over 11,000 animals in more than 50 exhibits making it the fourth most attended Aquarium in the nation. Have lunch on your own at the Scuba Café or enjoy one of the many restaurants within walking distance. Ages 8 and up are welcome on this fabulous trip! Register online at [www.ci.glendora.ca.us](http://www.ci.glendora.ca.us) or at the La Fetra Center; 333 E. Foothill Blvd. Glendora. \$30 for Adults, \$20 for Children (8 to 11 years old) Sunday, **January 14**, 9:00am to 4:00pm.

### Annual Health And Information Fair

Multiple agencies and organizations will be on hand to provide information on housing, health insurance, Social Security, utilities, transportation, and more! In addition, several health screenings will be offered. Do not miss this FREE opportunity to be informed and check your health status on Thursday, **January 18** from 2:00pm to 4:00pm. No reservations needed. For more information, please call the La Fetra 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 6:30-8:30 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](http://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, to 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.

## LA VERNE

### Farmers Market

"La Verne Fresh," Old Town La Verne's certified Farmers Market continues every Saturday from 8:00 a.m. - 1:00 p.m. The Farmers Market is located at the corner of D Street and Third Street, south of Bonita Avenue. The market features a wide variety of fresh fruits and vegetables, specialty foods, fresh flowers and plants, tasty food offerings, and unique handcrafted artisan goods. Live music is always provided. The merchants of Old Town La Verne sponsor and support this Farmers Market and hope you will support La Verne's own Farmers Market. For current information please check out La Verne FRESH Old Town Certified Farmers Market on Facebook, or call (714) 345-3087 or City Hall at (909) 596-8706.

### 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.

## 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](mailto: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.

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## Duarte Museum To Honor Larry Walls At Black History Month Celebration

**DUARTE** - Larry Walls literally fought his way to success. His childhood in Duarte's Rock Town was rife with bloody noses, black eyes and worse. While he was often a victim, he was much of the time a perpetrator. He kept this in mind when he wrote the following in his autobiography:

"Here I am on a hot day in the Compton Superior Court

waiting on the jury verdict in a double murder and triple attempted murder trial." Walls could have been a defendant in the above trial. But, no, he was the Deputy District Attorney. How could this happen?

Celebrating Black History Month, the Duarte Historical Museum will honor Walls on **January 13**, 4-7 p.m. at 777 Encanto Parkway, Duarte.

Walls will talk about life in Duarte during the volatile 1950s through the 1980s and how Duarte moved forward to the town it is today. He will sign and sell his book entitled *Hurdles; Struggles of a Black Man in the Land of Milk and Honey*.

Admission is free. For more information call (626) 358-0329.

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## MERCI Announces The Retirement Of Executive Director Marta Escanuelas

**MONTEREY PARK** - After 22 years of service as Executive Director of MERCI, Marta Escanuelas will be retiring this month. She has been in the human services professions for 40 years. At the December 3rd "Trees of Enchantment" the MERCI Board honored her by naming the new Multipurpose Building, the Marta R. Escanuelas Building" for all her years of service. Escanuelas has been the Executive Director of MERCI since 2005 returning to the position after three years working for the San Gabriel Schools. In her position at MERCI she led the building project which built a new group home for six adults called "John and Mary's Place," a new Administration Building and a new Multipurpose Building.

The project started with the City of Monterey Park awarding \$829,000 in HUD funds for part of the cost of the project. She worked with Genesis, LA and the Non-profit Finance Fund and other agencies to provide the needed loan funds to complete the buildings. She also worked with donors and foundations to help fund the projects. To complete the buildings she worked with the architect and the contractor over a period of more than ten years. These buildings make a wonderful addition to Monterey Park and for adults with developmental disabilities.

Escanuelas is a past President of Monterey Park Rotary and



**MERCI Board telling Marta that the Multipurpose Building will be named in her honor. Marta with the photo of how the building will look when the letters are installed. (Photo by Danny Pedroza)**

Past President of East Los Angeles-Montebello Business and Professional Women (BPW). Escanuelas served on the Mt. Baldy Community Association, has been the Chair of the Mt. Baldy Run to the Top, has written grants for thousands of dollars to benefit the community and also foster parents abandoned dogs. Former 49th District Assemblymember Mike Eng recognized her in 2008 with a women's leadership award, former Monterey Park Mayor Benjamin "Frank" Venti in January 2009 awarded her the Mayor's Award of Excellence, in May 2008 the American Jewish University awarded her the Mickey Weiss Alumni of the Year Award, in October 2009 the East Los Angeles-Montebello BPW awarded her their "Woman of Achievement," in May 2011 the

YWCA of the San Gabriel Valley awarded her their Woman of Achievement Award for "Promoting Freedom Through Community Service" and in 2013 Congresswoman Judy Chu selected her as a "Women of Distinction." She will be moving to Tehachapi with her husband J.T. Green after retirement.

A group of parents of children with developmental disabilities from the San Gabriel Valley and East Los Angeles formed MERCI in 1955 as a school because at that time there were no educational options for their children. In 1962 MERCI moved into the 525 N. Chandler Avenue site which had been built in 1919. Over the years MERCI has moved into supporting adults with day programs and adults in residential homes.

MERCI presently serves 125 adults with developmental disabilities from all over the San Gabriel Valley in five programs and in two residential homes.

Donations to MERCI can be made by mailing a check to MERCI, P.O. Box 676, Monterey Park, CA 91754 or via MERCI's website at <http://www.merci.org>. Donations to MERCI are tax deductible, as MERCI is a 501 (c) 3 non-profit organization. For more information contact Associate Directors of Program Bernice LaScala or Reyna Peña at (626) 289-8817 or E-mail them at [blascala@merci.org](mailto:blascala@merci.org) or [rpena@merci.org](mailto:rpena@merci.org).

## Margaret Smith Celebrates 99 Years Young at West Covina VFW

By George Ogden

**WEST COVINA** - Margaret Smith is 99 years young and still going very strong. The VFW was privileged to have her attend a breakfast where those that were there sang "Happy Birthday" to her. Although, she actually has her birthday on January 2nd, the VFW still wanted to wish her well.

Margaret is most likely the longest member and maybe the oldest member of the VFW Auxiliary. She became a member back in 1946 and most of us were not even born then.

"She is a delightful and one of the sweetest ladies I know", stated Auxiliary President Elsie Almer. Commander George Ogden



**Margaret Smith (left) who is turning 99 years-young with Angie LaCasella at the West Covina VFW**

stated that it was a privilege to have her at the VFW Post. A Danish Cake was outfitted with one candle burning and everyone gathered to sing Happy Birthday.

## How Older Americans Can Benefit From Chiropractic Care

It's not just you.

As a nation, America is getting older - with another 10,000 Boomers turning 65 every day. And whether you like to admit it or not - and who does? - odds are you're probably already experiencing at least some of the same nagging health issues you once thought only happened to your parents.

What's also likely, assuming you're one of the nation's 100 million chronic pain sufferers, is that you're seeking a safer alternative to opioids after being scared off by news headlines of people becoming addicted and even dying from them. Read on to see if drug-free chiropractic care may be right for what ails you.

\* Back and neck pain. It's the primary reason older Americans visit doctors of chiropractic every year. And as Dr. Phillip Pizzo of Stanford University's School of Medicine has said, "We see that for many patients, chronic pain becomes a disease in its own right."

Blame the aging process itself for why even the most active seniors - weekend athletes, say - aren't immune from such pain: Our muscles, spinal discs, facet joints and ligaments simply become less hydrated, weaker, and less able to withstand normal stresses. Doctors of chiropractic, who are highly educated and trained in the structure and function of the human body, can help provide relief through hands-on techniques that enhance flexibility, muscle strength, and range of



**Even the most active seniors can suffer from back pain.**

motion.

\* Osteoarthritic pain and dysfunction. Knees or hips acting up? As with back and neck pain, doctors of chiropractic can also outline a program of exercise - monitoring your progress along the way - aimed at rehabilitating and strengthening specific muscle groups.

\* Overall wellness. This, it's been said, is "the wheelhouse of

a chiropractor." Exercise. Nutrition. Alignment. Posture. He or she can advise you on all those and more.

"Doctors of chiropractic are dedicated to helping patients get the best outcome from their body," said the Foundation for Chiropractic Progress' Sherry McAllister, DC.

For more info, visit [f4cp.com/findadoctor](http://f4cp.com/findadoctor). (NewsUSA)

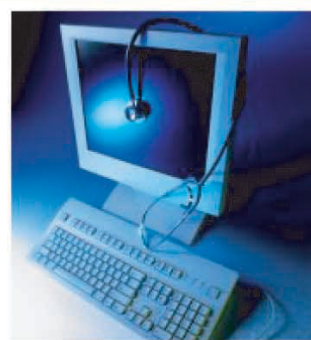
## La Fetra Center Events

**GLENDORA** - Join us at the La Fetra Center for a night of drinks, snacks, and most importantly ... painting! The City of Glendora's La Fetra Center along with Let's Paint Tonight invites you to a fun evening of step by step painting. Each participant will go home with their own 16 x 20 painted canvas. No prior painting skills are required! Price includes entry, all painting supplies, instruction, snacks, drinks, and a raffle ticket. Register online at [www.ci.glendora.ca.us](http://www.ci.glendora.ca.us) or at the La Fetra Center; 333 E. Foothill Blvd. Glendora. \$40 per person Friday, **January 26** 6:00pm to 9:00pm. Co-Sponsored by the Partners of La Fetra

### Not Exactly! THE PRICE IS RIGHT GAME SHOW NIGHT

Guests will enjoy a Mexican style dinner with fun games and entertainment even before the show begins! The Travelin' Game Show will be hosting "Not Exactly" The Price is Right at the La Fetra Center. You'll have a chance to come on down and play games similar to those on the classic game show we all know and love. Don't miss out on this opportunity for a fun night! To register, please sign up in person at the La Fetra Center. \$12 per person Saturday, **February 10** 5:00pm to 7:30pm. For more information please call (626)914-8235.

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<p style="text-align: center;"><b>Villa Mesa Care Center</b></p> <p style="text-align: center;">99 Bed Skilled Nursing Facility <b>Programs provided include:</b> Physician directed plan of care Post surgical and wound care Pain Management Skilled Rehabilitation services Cable TV provided to each resident Wi-Fi availability throughout the facility Accepting Medicare, Medi-Cal and HMO Insurances <b>867 E. 11<sup>th</sup> Street, Upland, CA. 91786 (909) 985-1981</b></p>	<p style="text-align: center;"><b>Available services include:</b> Skilled rehabilitation services Weekly MD supervised wound evaluations Respite, Short term, Long term &amp; Hospice stays Nutritional oversight of medical conditions Cable TV provided to each resident Wi-Fi availability throughout the facility Accepting Medicare, Medi-Cal, HMO and Kaiser insurances <b>638 E. Colorado Ave., Glendora Ca. 91710 (626) 963-6091</b></p>

## Glendora High School Music Program To Present 2018 Bandorama



Scene from 2017 Bandorama. (Photo by Kitty Hang)

by Howard Palmer

**GLENDORA** - The Glendora High School Tartan Band and Pageantry has completed another very successful season of parade and field competitions for 2017 and will be presenting their 49th Annual Bandorama on Friday January 12 at 7:30p.m. at the Citrus College Haugh Performing Arts Center.

Bandorama features the instrumental music program of GHS. The presentation will include the Tartan Marching Band and Pageantry 2017 competition field show, "Mysteries of the Desert". In addition there will be showcase performances by the Jazz Band, Concert Band, Wind Ensemble, Pipe Band, Drum Line and ever popular traditional Scottish dancing.

Band Director, Scott Schwarz, now in his 26th year leading this program has ex-

pressed, "This is our opportunity to showcase the musical talent at Glendora High to the community and let them know how much we appreciate their support". When there are significant accomplishments by the students Scott is always one to point them out as he exclaimed, "Our Band Drum Major, Alex Seim, is rated #1 in Southern California and the Pipe Band is #1 in the Western United States".

Mr. Schwarz is also very proud of the Tartan Pageantry under the direction of Linda Bergslien who has worked with him for 22 years. The Drill Team has been undefeated in competition for the past two years.

Donning traditional Scottish uniforms accented by the Royal Tartan and modeled after the famous 42nd Black Watch, the GHS Tartan Band

and Pageantry presents a stunning sight. The finale with the playing of "Scotch on the Rocks and Scotland the Brave" will bring the audience to their feet. This is an evening of fun and music, so add this program to your "must see" list to start off the new year. Attend and applaud the students for their hard work and dedication.

Tickets are \$15 for general admission or \$25 for a seat within the Golden Circle and are available by calling Scott Schwarz at the Band Music Department, 626-963-5731, ext.262. Golden Circle ticket holders are invited to a special reception before the show and have preferred entry to the auditorium where they will have the best seats in the house. Tickets may also be purchased at the Haugh Performing Arts Center at Citrus College the night of the performance.

## West Covina's VFW Post Re-Opens after July Flooding

By Staff Reporter

**WEST COVINA** - On July 20th, the West Covina VFW Post 8620 became flooded throughout the building and had to shut down their business. It opened back up Dec. 17th. This is about 5 months of being closed.

The damages were throughout the building. Carpet, floor tile, walls and some furnishings had to be removed and disposed of. Mercury Insurance Company for some reason delayed the payouts and only paid part of the claim. The VFW actually had to use its own money to do the repairs and basically run out of funds. The loss profit has not been settled at all.

The Hall rentals for wedding and birthday parties was still used, but with restrictions to the cocktail lounge. Now, everything



VFW Commander George Ogden playing "Bar-Pretender" at the VFW cocktail bar.

is ready to go with available dates for rentals.

The members and guests were glad to see the facility back open again. It will be a hard and long recovery process. Volunteers

will be working the bar which includes VFW Commander George Ogden who is more of a Bar-Pretender than a Bar Tender. Everyone is welcome to come by and see what has been done.

## New Ways to Improve the Way You Feel

Nearly 25 million Americans experience daily physical discomfort, according to the National Institutes of Health, which can affect mood, mobility and quality of life.

While the reasons for discomfort vary, the way it is experienced doesn't -- peripheral nerves are responsible for delivering sensory information, such as itch, temperature change and physical pressure to the brain.

With this in mind, experts are identifying new ways to promote nerve health and comfort by inhibiting inflammatory compounds in nerve cells, and at the same time, encouraging healthy neurotransmitter levels in the brain.

They have discovered that a fatty acid called palmitoylethanolamide (PEA), produced naturally by the body as part of a healthy inflammatory

and immune response, inhibits the secretion of inflammatory compounds from mast cells, a type of white blood cell. As we age, our number of mast cells decreases, causing our remaining mast cells to work harder. That can make them overly sensitive, activating inflammatory processes linked to nerve discomfort.

"By inhibiting inflammatory compounds released by mast cells, PEA promotes the body's natural response to uncomfortable nerve stimuli at the cellular level," says Michael A. Smith, M.D., senior health scientist and spokesperson for Fort Lauderdale, Fla.-based Life Extension.

Smith points out that it is now possible to take PEA in supplement form. One option is Life Extension's ComfortMAX, a dual-action nerve support

supplement which contains both PEA as well as Honokiol, a naturally occurring lignan compound derived from magnolia that is shown to support "calming" receptors in the brain, known as GABA receptors, which affect the way the brain perceives discomfort.

These statements have not been evaluated by the Food and Drug Administration and these products are not intended to diagnose, treat, cure, or prevent any disease, however, many experts believe they can be effective in pain management. More information can be found at [www.lecomfortmax.com](http://www.lecomfortmax.com).

"It's only natural to think topically or locally when we wish to inhibit discomfort. However, taking in the bigger picture could mean more effective relief," says Dr. Smith. (StatePoint)

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