



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

January 18 - 24, 2018

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A Brave Young Girl Opens a Cake Shop

By Jayam Rutnam

GLENDORA - On January 11, 2018 The Glendora Chamber of Commerce hosted a Ribbon Cutting and Grand Opening for "Dulcet Designs by Jenn" in Glendora. Dulcet Designs by Jenn is a sweet treat store that offers cupcakes, cakes, cake pops, apples, bark, cookies, pretzels and even treats for pets!

Dulcet Designs by Jenn was represented by owner Jennifer Moritz, along with her family, friends, staff and community members. From the Office of State Senator Anthony Portantino was representative Marco Lundgren. Representing Assemblymember Blanca Rubio was Ari Ruiz. And from the Office of Los Angeles Country Supervisor Kathryn Barger was representative Sandra Maravilla. Representing the City of Glendora was Mayor Gary Boyer, and Councilmember Karen Davis. The Glendora Chamber Board was represented by Board Chair Gary Clifford along with Board Members Fawn Imboden, Diedre Young, Zak Bushey, Jane Bock and DJ Jafari. Chamber Ambassadors present were Sue Laub, Karen Colasanti, Kenny Nguyen and Pam Drennan. Chamber Staff present were Business Development Coordinator Amy Elzik, Membership and Events Coordinator Michele Street and President/CEO Joe Cina.



Jennifer Moritz at the ribbon cutting arranged by the Glendora Chamber of Commerce. Pastor Luff Johnson of Loraine Avenue Baptist Church, Glendora Mayor Gary Boyer, Zak Bushey, Council Member Karen Davis, Glendora Chamber Chair Gary Clifford, Glendora Chamber President Joe Cina and Fawn Imboden of America's Christian Credit Union.

"It all started with a cake pop and a dream!" says Jennifer Moritz, owner of Dulcet Designs by Jenn, who has a passion and drive for creating all things sweet for people to enjoy. This clear love for her craft is evident in her creative pink interior design, that makes anyone feel as though they have entered the land of all things sweet.

In Jenn's words "It all started

when an old coworker of mine (back in the legal, corporate days) brought cake pops to us from a coffee shop in the office that I immediately thought "I can do this". For the next 7 years, I would continue working in the legal industry while making cake pops for friends and family on the side constantly being told, "hey, you should do this for a living" but I honestly never thought I

could make a living off of it.

"It was in September 2015, when my father was losing his battle to Brain Cancer and Parkinson's where I decided to take a cake decorating class at A&J Cake and Candy Supply. I immediately fell in love with cake decorating. It was the breath of fresh air that I needed and I instantly felt not only at home but PROUD of myself. It was what was missing in my life; the missing puzzle piece of what makes me, me. Leaving the office and rushing to my cake class was the new norm. Coming home each night and showing my mom and dad what I had accomplished was the most amazing feeling that I wasn't getting in the corporate office life.

My dad was home bound and having been a self employed contractor it was extremely difficult

on him and absolutely heart-breaking for me and my mom. I decided to take a chance and make cakes for friends and family from home. My dad loved to watch me construct and decorate my cakes. We bonded over it. January 2016 my dad lost his battle to cancer leaving me and my mom. My family was devastated and it was during this time of grief I grew an overwhelming obsession with how life is so short and absolutely nothing is guaranteed. We have one chance at this thing called life.

My corporate job was not fulfilling my soul and I couldn't get the "what if I just went for it?", out of my head. I signed my lease in September 2016 and October 2016 was my last month of the corporate life. I will never forget how scared and how fast my heart was beating walking into my bosses office planning to let him know my plans. I saw stars for the remainder of the day trying to catch my breath. I can laugh about that now lol. My family had gone through the saddest of times losing my dad and I made it my goal to make our negative times into a positive. I am beyond blessed to have a mom that believes in me and has been my biggest cheerleader. I could not do it without her.

I do not claim to know the secret to success but to be relentlessly optimistic in all that you do while having a supportive mom by your side and a cupcake in each hand sure has helped me."

Dulcet Designs by Jenn is located at: 1010 E. Route 66 Glendora, CA 91740 stop by for all your sweet tooth craving needs! For more information on their menu options or hours of operation, stop by their location or check out their website Dulcetdesignsbyjenn.com. Telephone 626-622-7257.

Neighborhood Homework House Celebrates Its "All Volunteer" Academic Mentors

AZUSA - In honor of National Mentoring Month, Neighborhood Homework House - a nonprofit providing tutoring and mentoring to at-risk youth in Azusa - is proud to celebrate its nearly 100 "all volunteer" academic mentors.

"Our academic mentors are not only the heartbeat of our work but essential in accomplishing our mission," says Jennifer Hicks, Executive Director of Neighborhood Homework House (NHH). "We would not be able to serve the number of students we do at the level we are able to without the investment of our marvelous volunteers."

Thanks to its army of academic mentors, NHH provides comprehensive reading and math tutoring to more than 300 at-risk youth in Azusa, ranging in age from preschool through high school. NHH's services are completely free to all of the students it serves. Tutors work with small groups of students (usually two or three students at a time) twice every week on homework and additional enrichment. On average, academic mentors tutor 1.5 to 3 hours a week.

Last year, NHH's academic tutors devoted more than 4,000 total hours of tutoring and mentoring to help NHH's students.

The majority of NHH's volunteers are students at neighboring Azusa Pacific University. Many volunteer initially



NHH Mentor, Kim, reading with a student during a tutoring session.

to fulfill a community-service requirement, according to NHH. However they often continue volunteering because they find the work so rewarding.

Take Andrea Lie. She started tutoring 3rd, 4th, and 5th graders at NHH during her freshman year at APU - and has continued to tutor at NHH off and on for the last three-and-a-half years. Now a graduate working at APU, she was thrilled to be able to remain in the area and continue tutoring at NHH.

"During the busyness and stresses of school and life in general, even now with a full-time job, volunteering as a mentor at NHH has always been a breath of fresh air in my week," Ms. Lie says. "I like being a mentor at NHH because I get to have the same group of students throughout the school year. This means that I have the opportunity to build better relationships with

my students. It's exciting to learn how my kids are doing inside and outside of school and seeing them grow."

NHH has started seeing more working adults and retirees volunteering as tutors. NHH acknowledges that retirees are a wonderful addition to their mentoring ranks, as they bring essential life-experience to youth.

Kim (last name not given) started tutoring at NHH in 2015, after she retired as a LAPD Dispatch/911 Supervisor. She's been tutoring ever since.

"I like being able to make a difference in the lives of kids," she says. "It is an honor to encourage them, remind them of how important they are, and to help them learn their math and reading. It is great when the kids learn how to solve a math problem on their own or learn how to sound out words that they do not know."

At the outset, Kim began tu-

toring a boy in 2nd grade and his sister in 3rd grade. Right away, she saw they were both behind academically, especially in reading. She was committed to helping them improve - and they've made great strides.

"It has been three years since Kim started working with the siblings, and things are looking very different for them," says Stephanie D'Avirro, Director of Programs at NHH. "They have improved their grades, grown leaps and bounds in reading, and best of all, established a mentor relationship with Kim that we know will span years to come."

Are you ready to become an academic mentor? Neighborhood Homework House needs volunteers who are available at least one afternoon a week to help tutor students. NHH provides complete training for all volunteers. For information, go to: ONHH.org or contact: Stephanie D'Avirro at Stephanie@onhh.org.

Living Well With Dementia In The Community



More support is available for people with dementia and their caregivers than ever before.

The good news is, Americans are living longer than ever before. While longer life spans bring great opportunities, however, older adults face an increased risk of developing a chronic condition or cognitive disorder.

In fact, one in 10 people age 65 or older lives with some form of dementia. Symptoms include memory loss, language difficulty, a loss of motor function, and difficulty with problem solving.

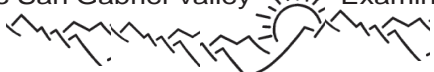
See A Doctor

There's no cure for dementia but early detection and treatment can greatly improve quality of life. In addition, reversible conditions—dehydration, thyroid issues, vitamin deficiencies—can have similar symptoms. So if you suspect you or

a loved one is exhibiting any of these symptoms, see a doctor.

Resources Available
Many people with dementia require supportive services to maintain independence and increase well-being. That's where the Eldercare Locator comes in. As the only national information and referral resource for issues affecting older Americans, it connects people who have dementia and their caregivers to a range of services. The Eldercare Locator is a program of the U.S. Administration on Aging, which helps older adults and people with disabilities live with dignity and choices.

For further facts and advice, visit www.eldercare.acl.gov or call (800) 677-1116. (NAPSI)



How Older Adults Can Combat Loneliness And Social Isolation Through Exercise



An exercise class can be a great place for older adults to make new friends.

When discussing health, people typically think of physical health—their weight, strength, mobility, and potential health issues they are facing. However, when looking at overall well-being, it's important to think beyond the physical and focus on mental health as well.

This is especially true for older Americans, as many are tackling physical and mental health issues alone. According to the U.S. Census Bureau, more than 11 million people ages 65 and older are living alone and are at risk for loneliness or social isolation. These issues can impact a person's mental and physical health significantly, leading to high blood pressure and disease, as well as depression. In fact, according to a Harvard Health study, "loneliness has an equivalent risk factor to health as smok-

ing 15 cigarettes a day, shortening one's life span by eight years."

Social isolation can also make it harder for people to take control of their health as they do not have a network to support and motivate them to remain socially or physically active. Activities that not only make people healthier but also allow them to connect with others can help those at risk for social isolation and improve health and well-being. SilverSneakers, the nation's leading community fitness program designed specifically for older adults, has seen the power of socialization combined with fitness, firsthand.

For more than 25 years, SilverSneakers has been helping older adults enjoy and get the most out of life by engaging participants in physical activity, as well as fostering new

friendships with a welcoming member community. Through exercise and social interactions, SilverSneakers helps people maximize their health and well-being, and maintain an active lifestyle—recognizing that community is just as important as the fitness aspect. In fact, a recent survey of SilverSneakers members revealed that 65 percent of members have made new and valuable friendships through the program.

Community exercise programs like SilverSneakers help engage older adults in social activities and give them a built-in network of support, while also offering the benefit of improving their physical health.

To find out if you are eligible for SilverSneakers or to find a class in your area, visit www.SilverSneakers.com.

"Activities that not only make older people healthier but allow them to connect with others can help those at risk for social isolation and improve health and well-being." (NAPSI)

Stuck in the Middle: What You Need to Know About Caregiving

As the population ages, more people (particularly women) will be "sandwiched" in between taking care of their parents or other family members in need, and their children.

Take telenurse and nurse educator Kathie Wells, RN, BSN, CCM. At age 55, she is juggling full-time work, while raising school-age kids and caring for her husband Robert, 64, who was diagnosed with Parkinson's disease (PD) in 2002.

As a nurse, Wells understood the onset and progression of PD, which often includes motor symptoms such as tremor, rigidity and balance issues. But her husband's disease progressed in a surprising way when he began to see and believe things that weren't real.

PD is a neurodegenerative brain disorder often involving both motor and non-motor symptoms, including hallucinations and delusions. When those symptoms appear, it may be Parkinson's disease psychosis (PDP) and it occurs in more than half the people with Parkinson's during the course of their disease. Yet, only 10 to 20 percent of patients will proactively report their hallucinations and delusions to their doctor.

When Wells' husband began to experience delusions, she found his behavior frustrating and alarming. For example, Robert would spend hours in the yard digging up garden stones, convinced he'd found valuable "treasure." Neighbors remarked on Robert's behavior and his children wouldn't invite friends over to avoid them seeing their dad relentlessly digging. Robert's delusions combined with his other PD motor symptoms were hard



Caregiver, Kathie Wells, her husband Robert, and their family.

for Wells to manage. She struggled to get enough sleep caring for Robert, and their children were hesitant to go out in public with their father because he shared his treasure hunting stories with strangers all the time.

While there's currently no cure for PD, there are different treatment options to address both motor and non-motor symptoms. Wells says it was a relief when her husband's neurologist suggested an FDA-approved medication indicated for the treatment of hallucinations and delusions associated with PDP.

Wells recommends the following to caregivers of people with Parkinson's.

- Consider talking to a professional, as caregivers are more likely to experience relationships or social life suffering and emotional stress than non-caregivers. Likewise, caregiving can take a toll on physical health. Take time to

sleep, de-stress, eat well and exercise.

- Seek logistical and emotional help from family, friends, support groups and advocacy groups, who often have free resources available. For example, the Parkinson's Foundation has advice for caregivers and a helpline staffed by nurses, social workers and therapists.

- Even if you understand your loved one's condition, report new symptoms or concerns to a healthcare provider as they arise. "I now know that delusions along with hallucinations are telltale signs of Parkinson's disease psychosis, however, I didn't recognize those symptoms immediately," says Wells.

For more information visit www.moretoparkinsons.com.

Remember that you're not alone. Support exists to help you manage the struggles associated with caring for loved ones. (StatePoint)

How To Help Sick Friends And Family Near And Far

Cold and flu season is here and may stay until next May, says the Centers for Disease Control and Prevention (CDC), and with it comes plenty of coughs and sneezes. Millions of Americans are affected—and infected—the CDC adds.

If those you care about are under the weather, whether you're there to look after them in person or far away, consider giving them a Get Well Care Package.

What To Include In A Get Well Package

1. Beverages to keep them hydrated: Drinking plenty of fluids has long been good advice for the sick. Whether your recipients are tea lovers or flavored water fans, send or bring them their favorite beverages to help keep them hydrated.

2. Drugstore necessities: Save them the trouble of needing to run out to the pharmacy by including such common necessities as Puffs tissues, NyQuil, DayQuil, cough drops and the like.

3. A thoughtful card: What's a get well soon care package without a "Get Well Soon" card? Buy (or better yet, make) a funny one to lift their spirits and ask other friends or family to sign it as well.

4. Low-key activities: Pick-me-ups can work wonders

while they wait to recover. Consider light reading, a feel-good movie, a gift card for fun new apps to download, Sudoku, crossword puzzles or word searches and the like.

5. Snack essentials: Include some healthy treats to tempt their sluggish appetites. Try packages of chicken soup (or bring them hot bowls if you can), fresh fruit—especially citrus—homemade granola to help keep up their strength and any other easy-to-eat food you know they like.

6. Tissues that are soothing to the nose: According to a Cold and Flu survey conducted by Clarus Research Group, two-thirds of consumers get sick at least once during peak cold and flu season, and with it comes plenty of coughs and sneezes. All the blowing means a nose needs plenty of soft tissues, such as Puffs Plus Lotion, to keep it from turning red and raw. These tissues lock in moisture to help soothe irritated skin commonly caused by rough or thin tissues. Then your friend or relative can say goodbye to a sore nose and hello to a "feeling better" glow.

For further facts and tips on preventing, easing and recovering from a cold or flu, go to www.puffs.com. (NAPSI)

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Art in Public Places Commission and Azusa Beautiful Accepting Applications for the Utility Art Box Program

Deadline to Apply is March 1, 2018

AZUSA - City of Azusa's Art in Public Places Commission today announced the unique opportunity for artists to submit an application and proposal for the City's Utility Box Art Program. The successful proposals will receive a grant to create a one-of-a-kind art project which will highlight six themes selected by the City to promote civic pride, increase pedestrian activity and showcase public art in the City's Downtown.

In partnership with the City's non-profit beautification program, Azusa Beautiful, the utility box art program will focus on creating beautiful works of art on six utility boxes located in the City's Downtown district. Azusa Beautiful, who spearheaded the effort, has contributed financial support to initiate the program.

"There are few places more fitting for a project like this than the City's historic Downtown," said Azusa Interim City Manager Don Penman. "The City's

Downtown -- a place of beautiful historic older buildings--will be greatly enhanced by turning utility boxes into historically themed public works of art."

Artist, groups or organizations that want to apply for the grants must submit an Azusa Art Box application, an artist statement and a proposed art work statement along with a color rendering of the theme, resume and examples of any previous works. Designs must be community appropriate, and acceptable to the City's commercial Downtown district businesses. For an application visit <http://www.ci.azusa.ca.us/DocumentCenter/View/37321>

"We're thrilled that together with the City we are bringing this project to Azusa," said Azusa Beautiful president, Maricela Cueva. "We encourage aspiring artists, young and old to apply for a chance to showcase their art in Azusa's historic Downtown district."

City of Azusa Arts in Public Places Commission will accept

the Call for Artists proposals until March 1, 2018 at 5:00 P.M. Proposals should be sent to Manuel Muñoz (mmunoz@ci.azusa.ca.us), Associate Planner, Economic and Community Development, Planning Division, City of Azusa, 213 East Foothill Boulevard, Azusa, CA 91702. Each artist must submit one color copy and one electronic copy of the proposed project.

The funds for this program are derived from the Art in Public Places Fund and a contribution by Azusa Beautiful. Selected artist will receive a total stipend of \$1,000.00 for each utility box and City Staff, Azusa Beautiful and the Art in Public Places Commission will review all work prior to its award and during the execution of the project.

For more information on this program, please contact Martin Quiroz at 626-812-5178 or Manuel Munoz at 626-812-5226.

Final Stages Of Renovations Underway For Nature Park

Community invited to informational meeting

BALDWIN PARK - Less than a year after re-debuting the upgraded Walnut Creek Nature Park, city officials are prepping to inform the community of some final touches on the venue's renovations.

A community meeting has been scheduled for Tuesday, January 16, to update residents and the general community on the final phase of the project, which may start as soon as Fall 2018. The meeting is open to the public and will begin at 6:30 p.m. at the Esther Snyder Community Center, 4100 Baldwin Park Blvd.

Local officials said they are excited to wrap up a restored venue they hope will help meet the public's interests in rediscovering nature. Walnut Creek Nature Park initially reopened to the community on March 30, 2017. The initial stages of the renovated nature park feature various upgrades, including solar lighting, drought tolerant plants and a new irrigation system, as well as paved walkways and increased surveillance.

Manuel Carrillo, director of the city's Department of Recreation and Community Services, said final blueprints for the new Walnut Creek Nature Park now call for mostly cosmetic changes, including added lighting, extended walking trails, and automated fencing.

But one of the greatest perks of the final, restored venue will come via an observation deck and a bridge that will offer direct connectivity to the San Gabriel Wash bicycle trail.

"These are going to be the staple of the park," said Carrillo.

The Los Angeles County Regional Park and Open Space District, along with the State of California's Natural Resource Agency, Land and Water Conservation Fund and the Rivers and Mountains Conservancy have all con-

tributed toward the \$1.4 million costs toward revamping Walnut Creek Nature Park. Carrillo added that he and his staff are still working on allocating funds for the final phase, which they hope could be secured within the next three years.

The renovated Walnut Creek Nature Park is suited for families to get outdoors and simply connect to their surroundings. Project associates have even integrated a state-of-the-art playground that is laid out like an obstacle course for children to explore.

"It's getting us back to our roots of nature. I think our families will have a place to play and reconnect," added Mayor Manuel Lozano.

Walnut Creek Nature Park is unique to Baldwin Park, which offers various local parks with community centers and some open space. Still, the city has been ranked as "park poor" under the Los Angeles County County-wide Comprehensive Park Master Plan. According to that report, Baldwin Park lists fewer acres of park space in comparison to the Los Angeles County average. The report also stated that 22 percent of Baldwin Park's population has accessibility to walk to a park, compared to the county average of 49 percent who live within walking distance of a park.

Walnut Creek Nature Park has been part of Baldwin Park since the late 1980s. It was designed to serve the community as a place for relaxation and exposure to nature; however, over time, the park has weathered its share of wear-and-tear, and it has never been updated since its inception. Finalizing updates of Walnut Creek Nature Park comes in due time.

"The Walnut Creek Nature Park is in an area of the county in high need of parks or park-

land," said Jane Beesley, an administrator with the Los Angeles County Regional Park and Open Space District. "This park offers a safe place to walk, run, play, and enjoy the green space by sitting on a bench for the children, families and members of the community. The benefits are found in both physical and mental health."

Beesley's group, along with the State of California's Natural Resource Agency, Land and Water Conservation Fund and the Rivers and Mountains Conservancy have all contributed toward the \$1.4 million costs toward revamping Walnut Creek Nature Park. All funding has been accounted for through federal and state grants, according to Carrillo.

City associates hope that the draw toward this revamped open space will be met with new security measures to help preserve the environment and dynamic of the nature park. For example, visitor walkways have been widened enough to allow police units to drive throughout the park, rather than forcing officers to patrol the area on foot, and for maintenance crews to get around more easily.

City staff said they have also partnered with the Baldwin Park Police Department to create a community neighborhood watch system that will assist with monitoring of park afterhours. The new Nature Park also features an access gate that will be closed outside of traditional operating hours, which are from morning to dusk.

"The Walnut Creek Nature Park is about the refurbishment of the park to better than its original plan. There are the modern accommodations for ADA that also make the park easier to use by children, the elderly, these changes make it easier for us all to enjoy the park," said Beesley.

Monterey Park Pet License and Vaccination Clinic

MONTEREY PARK - The City of Monterey Park in conjunction with Los Angeles County Animal Care and Control will hold a low-cost vaccination and licensing clinic for dogs and cats on Saturday, January 27, 2018, 9 a.m.- 2 p.m., at Barnes Park at 350 S. McPherrin Avenue.

All dogs in the City of Monterey Park must be licensed this is mandatory. Licenses are valid for one year from the date of issue. While at the clinic, all dogs must be on a leash or in a carrier. One handler per pet. The pet's handler must be at least 18 years old. Payment is accepted in cash only. No appointments necessary.

Vaccination clinic price list (cash only please):

- Rabies vaccine: \$10.00 (dogs 3 months and older / cats 4 months and older).
- DHLPP vaccine: \$14.00 (dogs 8 weeks and older).
- Bordetella vaccine: \$15.00

(dogs 8 weeks and older).

- Canine influenza: \$10.00 (dogs 8 weeks and older).
- FVRCP: \$15.00.
- Microchips: \$15.00 (includes lifetime registration).

Pet licenses may be purchased at the clinic after the pet is inoculated.

Annual (one year) pet license (cash only please):

- Unaltered dog: \$40.00.
- Altered dog: \$20.00 (with proof).
- Senior discount: \$7.50 (senior age is 60 years or older).
- One dog per household and dog must be altered and have current rabies vaccination.

Prices are valid only during this Monterey Park licensing and vaccination clinic.

For additional information please contact the Monterey Park Police Department Animal Services Bureau at 626-307-1217 or

www.MontereyPark.ca.gov.

San Gabriel Valley Examiner
INFORMATION GUIDE

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Thank you for your cooperation.

West Covina Will Participate In Annual Homeless Count

WEST COVINA - On Tuesday, January 23 the City of West Covina will participate in the annual Homeless Count in partnership with the Los Angeles Homeless Services Authority. The numbers collected during the annual Homeless Count assist the City of West Covina with receiving future funding for homeless resources in the community. Obtaining an accurate count is largely dependent on the number of volunteers that sign up to participate.

The Los Angeles Homeless Services Authority will begin the count with a meeting at the Cameron Community Center on Tues-

day, January 23rd at 8:00 p.m. The Cameron Community Center is located at 1305 East Cameron Avenue, West Covina, CA 91791. Light refreshments will be provided before volunteers are dispersed to start the count that evening and will count for 2-3 hours and report back.

The City of West Covina is over 16 square miles in size. With the help of volunteers throughout the community, the City of West Covina's homeless population can be accurately counted. During the Homeless Count, volunteers go out in groups to count homeless indi-

viduals, families, and encampments and report back directly to the Los Angeles Homeless Services Authority. To participate in the count, volunteers can either go online to www.theycountwillyou.org to sign up or contact Priscilla Perez at the Cameron Community Center at (626) 939-8856. Volunteers 15-17 years of age must have a parent or guardian present throughout the event.

For more information, you may also contact the Community Services Department at (626) 939-8430 or visit www.westcovina.org

Cellphone Store Robbed in West Covina

By George Ogden
WEST COVINA - The West Covina Police Department and other law enforcement agencies are looking for a robbery suspect who held up a cell phone store in

West Covina.
On Friday, January 12, around 4:30 PM, a masked man entered the Metro PCS store on Azusa Avenue at Rowland Avenue in West Covina. He demanded cash

from the two women that were working inside. He indicated that he had a weapon and would use it and the women handed over an undisclosed amount of cash to the robber.

After obtaining the cash from the women, he fled from the store on foot. No vehicle was seen and it is unknown at this time if one had been used to get away. There are a number of surveillance cameras in the area and there may be some good information that can be obtained from the recordings.

The suspect is being described as armed and dangerous, male Hispanic, 5'10" tall and with a medium build according to police.

Police are requesting that anyone with information to contact the West Covina police at 626-939-8500. Tips may also be submitted anonymously to L.A. Regional Crime Stoppers at 800-222-8477.

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New Budget And Another New Tax

Welcome to 2018 - 19 and a new Gov. Jerry Brown budget for the state of California. There are several things I'm concerned about given the past years of drought and the Sacramento hammer that came down on local governments in the San Gabriel Valley with MS4 state mandates.

Brown has given us a \$190.3 billion budget with \$13.5 billion "rainy day" fund with the projection of a future recession and impacts on the state from the federal tax reform law as a reason for that stash. A \$13.5 billion reserves fund after pushing through a gas tax that will raise \$52 billion. Pushing it though with \$1 billion of bought votes. Why would we raise a gas tax and car fees to make it more costly for Californians to get to work if we have an extra \$13.5 billion in the reserves?

I certainly believe in a conservative approach to government spending and budgets that should include a cushion for recession and emergencies but not at the expense of the lower and middle income working class.

We now have another pending tax before us in the upcoming legislative year, one that failed to gain ground last year. Unfortunately it is back again this year. A tax on drinking water to ensure disadvantaged communities end up with safe drinking water. If safe drinking water is a priority, and in my mind it is, why wouldn't that be a priority in the state budget? We are now going to tax people for their drinking water? Safe drinking water is apparently a priority for the Governor and Democrat controlled legislature



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

in Sacramento as long as there is a tax attached to it.

I haven't seen this year's form of the water bill tax, but last year's proposal looked like this.

Assembly Analysis of last year's bill told us:

- A tax on water of \$0.95 up to \$10 a month depending on the size of the water meter.

- Beginning July 1, 2020, anyone who purchases water from a public water system is to be assessed a water fee established by the State Water Resources Control Board. (SWRCB).

- SWRCB consulting with California Public Utilities Commission will adopt regulations to exempt low-income customers but allows SWRCB to update the water tax as an emergency regulation.

- Imposes a tax on the sale of fertilizer and allows the Department of Food and Agriculture (CDFA) to retain up to 2% for implementation and enforcement.

- Imposes a Dairy Safe Drinking Water Tax and requires CDFA to adopt regulations and retain up

to 2% for implementation and enforcement.

- Establishes the Safe and Affordable Drinking Water Fund and requires all those taxes collected, minus administration costs, to go into this fund and allows SWRCB to appropriate those monies.

Initial Fiscal Analysis of last year's proposal told us:

- Increased on-going annual revenue from this tax: \$100 million. SWRCB costs of up to \$6 million a year. (This appears to be a new funding source for this appointed board - and remember what they have done to local government with their MS4 dictates - L.A. County \$20 billion in costs.

- Estimated on-going revenue for California Department of Food and Agriculture (CDFA) is estimated at \$22.3 million from the tax.

From Shade's Perspective, this is another way to create a slush fund that will be very hard to keep track of and require regular accountability. We have \$13.5 billion in a "rainy day" fund but can't fully fund the Food and Agricultural Department? We have money going into the State Water Resources Control Board, an appointed board by the Governor, not elected by those paying the bill, and they can distribute money as they see fit minus their administration costs?

This is the same state water board that is currently being challenged in court by Commission on State Mandates for using their positions and over-reaching their authority when imposing MS4 mandates.

We Need Each Other- In An America Committed To Mutual Support

Our national genius offers the opportunity for a few among us to become very wealthy. For some this has been the result of hard work, personal ingenuity or inventive genius. For others it has boiled down to good luck. In addition, a substantial number of fortunes are inherited, and wealthy families have often successfully resisted having these passed-down riches taxed. And let's face it: some fortunes are generated by manipulation, greed and dishonesty.

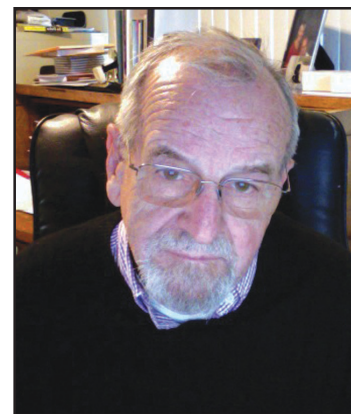
Nevertheless, the American dream suggests that everyone can share in the nation's abundance. In fact, we have come a long way in creating a substantial economic middle class, and have watched out for each other through a combination of private charity and public policy.

But the discrepancy between rich and poor persists, and with the creation of enormous wealth in a few hands, there exists a growing core of citizens who are trapped in an inescapable cycle of poverty and despair. If we are really committed to making America great again, perhaps we need to rediscover what has historically narrowed economic discrepancy and produced a culture of both achievement and hope.

Given our generative history, why has our commitment to care for one another today not only stalled but has now gone into full retreat? What has gutted the American dream?

Perhaps we should start our search by asking just what created the American dream. Let's look first at the creation of strong labor unions. Communities with them tended to be vibrant and healthy. When workers have banded together to form solid bargaining units whose power was on a par with corporate interests, both their communities and the nation at large reaped the benefits.

A second rung up America's



Charles H. Bayer

economic ladder came with the enactment in 1913 of the 16th amendment to the Constitution, authorizing an income tax. In 1916 that tax became "progressive," with the percentage of income subject to taxation increased with the increasing income of the taxpayer, allowing the government to support, those with the greatest unmet needs. In time this resulted in Social Security, Medicare, Aid to Families with Dependent Children and a host of other initiatives. The latest of these progressive steps has been the Affordable Care Act, commonly called Obamacare, which put us on the way to securing universal medical insurance.

At the same time, America's generosity grew as not-for-profit agencies dramatically increased funding in support of those with the greatest unmet needs. This combination of public and private efforts helped make for a more compassionate society in which fewer and fewer people were left out.

But sadly, that is not the end of the story, for beginning years ago, the political winds began to change, threatening every one of these advances and the social philosophy which produced them. The reversal began with the passing in 1947 of the Taft-Hartley Act, wiping out collective bargaining rights that had been guaranteed in the Wagner Act of 1935. The destruction of unions continued as States passed Right

to Work laws that destroyed union sponsored collective bargaining agreements.

In the city where I once lived, non-union younger workers now earn one-fourth in real dollars compared to the incomes earned by their unionized parents and grandparents for the same meat packing jobs.

Having effectively gutted the nation's industrial unions, right-wing attention has now turned to public unions primarily covering government employees.

And now the Trump administration has as a primary agenda dismantling every national structure guaranteeing the fair treatment of every citizen. A case in point: The recent rollback of taxes on our industrial giants has simply put additional billions of dollars in the pockets of those who hold the lion's share of corporate investment. Only 10% of America's voters actually own stocks while 78% of all stock portfolios are owned by less than 10% of us. The current market boom coupled with substantially lower tax rates benefits only a thin slice of our citizens-the already rich!

Sooner or later the American workers who swallowed what appeared to be support in the promises of the Trump agenda will realize that they have been conned and that the real benefits promised by this Administration have primarily gone to the already wealthy.

Nevertheless, we Americans are a benevolent people, not only in our amazing charitable agencies, but also in the way we have trusted government to act on our behalf in supporting those with special needs. The hope is that the better angels of our nature will turn us again to recapturing the dream that will be within the reach of every American

Contact Charles Bayer at candwbayer@verizon.net

Is It That Easy To Forget When It Rains?

With the recent rains that we had, it was very sad to see the loss of lives that occurred from the flooding in the burned-out areas of Southern California. To date, I believe 20 people have lost their lives in the flooding and mudslides. Please do not forget them in your prayers.

What's sad is that some of these people were ordered to evacuate the area because of possible and expected flooding. We ended up with additional tragedies because these people did not heed the warning from the Sheriff's and fire departments. We have seen in the past what happens in burned-out areas when it rains. Is it that easy to forget? It is very sad.

As I had to drive around in the rain I could not help but watch some people drive carelessly in the rain. Slow down as the life you save may be your own. I saw cars on the side of the freeway facing in the wrong direction, why? Because they were driving too fast for the road conditions. I saw this guy go around the corner so fast in the rain that his car spun around and he hit the curb flattening his tire. As a Good Samaritan, I did the right thing. As he got out of his car to assess the damage I blew my horn and gave him a thumbs up.

Next time it rains, start counting how many people are breaking the law by not driving with either their headlights or driving



George Ogden
That's just the way it is!

lights. Remember people, it is the law. When you have rain, turn on your headlights. That ticket is not very cheap. I guess that one is easy to forget as well.

I think I have to give the driving award to the gray-haired lady that was driving an older model Cadillac, which was white in color, eastbound on W. Covina Pkwy. I noticed her at Sunset Avenue. It was raining hard and she was on her cell phone at the red light. She was in the number one lane and I was in the number two lane next to the curb area. The cars in the left turn pocket on the other side of her got a green arrow and so did the westbound traffic lane. When the cars moved out to make their left turn on the green arrow, we were still at a red light. I guess she noticed the cars moving out and drove through the red light almost hitting a car making a left turn in front of us. When we got the green light to legally go across that intersection she was detained by somebody trying to

make a left turn that didn't bother to turn into the left turn area that was marked by a double broken yellow lines. I was able to pass her, only to notice that she pulled in behind me and she did not have her headlights on. I moved to the number one lane and she passed me on the right. She was still on her cell phone and it looked like she was trying to text or read something. As we came up on California Street, there were two buses parked at the curb near the intersection. The street curves in that area towards the left and she nearly hit the curb and continued on and nearly hit one of the buses. The traffic control signal was red and she somehow was able to slide to a stop between the cars and the buses. She was amazingly lucky, and so is everybody else. When we got the green light as I go past her, she had no cell phone in her hand and it looked like she had a death grip on the steering wheel. Hopefully this scared the hell out of her. I guess she forgot that it is illegal to use your cell phone when driving. You also need to turn on your headlights and to drive at a safe speed in the rain... AND to wait for a green light.

More rains are expected, please drive safely and watch out for old ladies in older Cadillacs using their cell phones. This is easy to say that there are more people like her out there....

"That's Just the Way it Is!"

El Monte Celebrates Downtown Revitalization with New Norms Restaurant and More

EL MONTE—The City of El Monte is celebrating the groundbreaking of the much anticipated Norms Restaurant on January 18 at 10:00 a.m. Festivities will take place on the southeast corner of Valley Boulevard and Santa Anita Avenue.

The 24-hour restaurant will seat up to 220 patrons in a 6,800 square-foot space and is anticipated to draw more visitors to the area. The iconic eatery is also expected to boost the local economy by creating new employment opportunities and taxable revenue from food sales.

The celebration will also commemorate the renaming of Valley Mall back to Main Street and the reconstruction of City Parking Lot No. 1. These improvements are part of a larger effort to invigorate Downtown and the surrounding neighborhoods.

In early 2017, the City adopted the Downtown Main Street Specific Plan and Master Plan (Plan), which seeks to encourage transit-oriented development by creating better connections to public transportation, increasing housing density, and stimulating commercial and recreational ac-

tivities. The Plan also calls for the renaming of Valley Mall Back to Main Street.

The area was originally named Main Street but was renamed during the realignment of Valley Boulevard in the 1960s. The street renaming draws on El Monte's rich local heritage and the beginning of an anticipated year-long process for City staff to work closely with Downtown merchants and property owners to complete the transition.

The reconstruction of City Parking No. 1 comes as a reflection of the City's ongoing commitment to enhance public facilities and infrastructure within Downtown.

Visitors will be able to take advantage of the 179-space smart parking lot with up-to-date information on the number of available parking spaces, LED lighting, water efficient trees and landscape, new ADA sidewalks and improved traffic circulation.

Other recent completed projects within Downtown included the new Tot Lot, landscape

enhancements in the parkway along Main Street, sidewalk repairs and ADA improvements. With the ongoing implementation of the Plan, the City will continue to move forward with planned and improvement projects.

Residents in El Monte and surrounding communities can expect to see the new Norms open for business later this year.

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An Avalanche of Good News

As Wall Street traders close the books on 2017, it was a much better year than nearly any market pundit expected. The S&P 500 rose 19.4%, while the Dow Jones Industrials broke through the 20,000 barrier in January and never looked back, rising 25.1%. NASDAQ gained 28.2%. Gold added 13.5% to top \$1,300 per ounce.

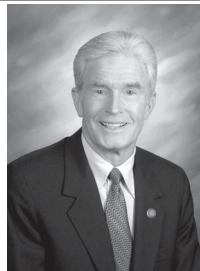
GDP should continue picking up in part because companies no longer have to shift production outside the US to save on taxes. Ending these tax-avoidance schemes should boost exports (without necessarily increasing total sales) by enough to boost GDP by 1% in 2018.

The biggest news in 2017 was the huge cut in top corporate tax rates (from 35% to 21%). Once the analyst community wakes up from their holidays and ski vacations, they will undoubtedly be revising their 2018 earnings estimates higher. As a result, this year (2018) will likely be characterized by positive analyst revisions, as well as strong quarterly results and new inflows from pension funding. Just as the market critics have been loudly voicing the notion of a grossly overbought market based on historical valuations, the Goldilocks Economy gets a huge shot in the arm of passing through more top line revenue to the bottom line. The economy should continue to operate in an optimal state by providing full employment and economic stability for the year ahead, characterized by a low unemployment rate, increasing asset prices, low interest rates, brisk GDP growth, and low inflation. This 1-2-3 punch will likely make this year a positive year, so I recommend that if you have new money to invest in the stock market you at least consider doing so.

A decade ago, the real estate market was falling apart after a bubble of historical proportions, leading to the 2008 financial crisis. It took time, but the U.S. real estate market is back on track.

Recently, the Commerce

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

Department announced that new home starts rose 3.3% in November to a 1.297 million annual rate, which was a big surprise since economists expected a 3.1% decline. Single-family housing starts are strong and expected to keep rising due to rising optimism and tight inventories.

The National Association of Realtors also reported that existing home sales surged 5.6% in November to an annual pace of 5.81 million, the highest level in 11 years. The inventory of existing homes for sale remains super-tight at only a 3.4-month supply, so prices are expected to continue to rise. Median home prices rose 5.8% vs. a year ago, the **69th consecutive month of home price increases.**

The Commerce Department announced that new home sales surged 17.7% in November to an annual rate of 733,000, the highest annual pace in more than a decade (since July 2007), and substantially higher than economists' consensus estimate of 654,000. Over the past 12 months, new home sales are now running 26.6% higher than a year ago.

Why Bitcoin Volatility is Likely NOT Good News

Last week, I wrote about concerns and sensitivities about Bitcoin. For emphasis I will share a written response from one of my colleagues on Wall Street:

"In my professional opinion, since you are a client and we owe you fiduciary guidance, bitcoin is a scam. It is designed to cram a rising amount of people into a limited number of bitcoins (will top out at 21 million or so), that's why the price is rising. This is a

bigger scam than Madoff, but in plain sight. I think it ends like Madoff, but it is not over yet."

A recent Bloomberg article described how clients call advisors to ask how to invest in bitcoin. Confusion regarding the trade cannot be rationalized to trading a common stock. But given the action in volatility we have seen recently, many professionals I talk with on Wall Street believe that we have reached the top. Just how volatile this trade can be: the trendy electronic crypto-currency collapsed from \$19,363 on Sunday, December 17, to a low of \$12,148 (down 37% in five days) before recovering a bit.

The interesting part is that Bitcoin closed at \$8,095 on November 21, 2017, so this "electronic tulip bulb" as I like to call this crypto absurdity saw its price more than double before it crashed. If one had bought bitcoin on November 21, one would still be up more than 50%, although I am not sure for how long, given how fast the market for bitcoin is moving. Also, bitcoin trading is 24/7, including weekends.

The popping up of other cryptocurrencies is similar to the numerous dot.com IPOs at the height of the Nasdaq mania in 1999-2000. In addition to bitcoin we have "bitcoin cash," a different crypto absurdity named to only associate itself closer with its namesake electronic tulip bulb. Most other cryptos also had really bad sell-offs recently, but the drama is obviously concentrated on bitcoin because it is the only one with futures trading and it is also the biggest (legal to trade in this country). The "value" of this electronic nothingness reached over \$300 billion recently and as of this writing is still near \$220 billion, so there probably is a lot more pain to come.

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

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

Your Money - Ask Julia

Are home loan interest rates going to go up in 2018?

Economists are saying that the Feds will increase the rates they charge banks for money twice in 2018, maybe three times, and although not probably, possibly as much as four times. The unexplainable 'mystery' of our current economy is that we should be seeing inflation, but we aren't. When the Feds raise the rate, interest rates for mortgages, credit cards, and other loans will go up.

I got a bonus in December and cashed the check in January. Can I claim it as income in 2018?

No. You'll need to claim it as income received in 2017 because that's when your employer paid you. In the future, if you anticipate a bonus next December, talk to your boss to see if other arrangements can be made. Beware that, in some cases, unless you specify, some employers do not subtract withholding taxes when they issue bonus checks.

I'm a Realtor, and I'm frustrated with mortgage loan people who say my buyer has loan approval and then days before close of escrow that lender says there's a problem with the appraisal and their mortgage insurance certification! Is there a way to avoid this disaster?

Yes. Get a loan originator / loan officer who has access to loans offered by wholesale lenders who transparently communicate your buyer's loan status, including appraisal results, and who stand by their mortgage insurance certification from early in the loan process all the way to funding.

The stock market has been doing great! How long will this last?

Yes, it has been doing great,



Julia Yoder

and, sorry, but nobody knows how long this will last. We all know that the stock market is risky. Go online and get the big picture by looking at a chart that covers 5 to 10 years of the stock market ups and downs. Overall, from the beginning of year one to current, do you see that the stock market has gone up? Regardless of whether you have time to ride out the lows, or if you are nearing retirement, you should look into diversifying the types of investments you are using to reach your goals. Don't limit yourself to only investing in the stock market and CDs. There are other good places to invest.

I have some money that I'd like to pass on to my beneficiaries. What do you suggest?

It really depends on what's really suitable for your individual situation. If you qualify, I'd recommend putting your money into a paid-up life insurance policy. That way, upon your death, your beneficiaries could receive the money income tax free. If you use the right kind of life insurance policy, you could have access to those funds during your lifetime - just in case your plans change. If you don't qualify for life insurance, I'd recommend putting your money into a fixed, or equity-indexed annuity. You

could select a bonus annuity, have access to the funds in your lifetime, and choose between methods for your beneficiaries to receive their inheritance via a lump sum, or a gradual payout over five or more years.

I'm thinking about investing in Mutual Funds because I was told they are safer than individual stocks. What's load vs. no-load?

For educational purposes, the risks involved in owning share in a mutual fund are the same as those involved in directly owning the underlying securities. These risks are generally spread over a range of securities by the fund manager, with the objective of helping to minimize the impact of any one stock's risk on the fund's performance as a whole. Load typically refers to a commission paid to purchase shares in an open-end mutual fund. No-load funds do not charge a commission to purchase their shares, but other fees or expenses may apply. I recommend putting your money where it's safe, with a company-backed guarantee that you cannot lose your money, and a guarantee of lifetime income if chosen.

Ask Julia by email:
juliayoder@yahoo.com

This is your opportunity to simplify your life by having one professional working personally with you to coordinate your finances, investments, real estate, mortgage, insurance, retirement, and estate plans. CA Insurance 0C83859/Realtor 01238153/NMLS 248681/Nat'l. Ethics Assoc. Home loan application: <https://blink.mortgage/app/signup/p/allsourcemortgage/juliayoder>. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

DMV to Offer REAL ID Driver License and ID Cards January 22

SACRAMENTO- The California Department of Motor Vehicles (DMV) will offer federal compliant REAL ID driver licenses and identification (ID) cards beginning January 22. This optional card is being made available to Californians who want to continue to use their driver license or ID card to board a domestic flight or enter secure federal facilities when new federal requirements take effect October 1, 2020. Californians will have the choice to apply for a REAL ID driver license or ID card, or renew or apply for a federal non-compliant card.

There is no need to rush into a DMV field office. Until October 1, 2020, a valid California driver license or ID card can be used for federal purposes, including boarding a domestic flight and entering military bases or secure federal facilities. After that date, only a REAL ID card or other federally approved documents will be accepted, such as a U.S. passport, passport card or military ID.

"We want to make sure Californians are prepared to apply for a REAL ID driver license or ID card, if they choose," said DMV Director Jean Shiimoto. "Customers need to visit a DMV field office and bring original or certified documents with them when applying for a REAL ID."

To apply for a REAL ID:

- Make an appointment (recommended) to visit a DMV field office on or after January 22, 2018.

ommended) to visit a DMV field office on or after January 22, 2018.

- Provide proof of identity, such as a certified copy of a U.S. birth certificate, U.S. passport, employment authorization document, permanent resident card or foreign passport with an approved form I-94.

- Present proof of your Social Security number, such as an SSN card, W-2 or paystub with full SSN.

- Show a California residency document, such as a rental or lease agreement, mortgage bill, utility bill or employment, medical or school document.

- An original or certified copy of a name change document, such as a marriage certificate or divorce decree, may be required.

A full list of document options is available on the DMV website. Customers can also use the REAL ID interactive checklist to gather the documents needed to apply for a California REAL ID driver license or ID card.

If you know you will not be boarding a domestic flight or visiting secure federal facilities or military bases, you do not need a REAL ID driver license or ID card.

You do not need a federal compliant REAL ID to do the following:

- Drive

- Apply for or receive federal benefits

- Enter a federal facility that does not require ID (post office)
- Visit a hospital or receive life-saving services

REAL ID and federal non-compliant cards are both valid forms of identification. All driver licenses, including REAL ID driver licenses, cost \$35 and ID cards cost \$30.

For more information about REAL ID, visit REAL-ID.dmv.ca.gov.

Beginning January 22, all California driver licenses and ID cards will also have a new card design. The new card features include a gold miner image on the right side of the card and California poppies on the bottom left. Under ultraviolet light you can see an image of the cardholder's photo, birth date, Golden Gate Bridge and Coit Tower.

Evensong in Epiphany at St. Luke's Monrovia

MONROVIA - St. Luke's Episcopal Church in Monrovia will present the first Evensong performance of the year on Sunday, **January 21**, at 4 p.m. at the church, 122 South California Avenue at Foothill Boulevard in Monrovia.

Evensong in Epiphany, directed by Kent Bennett Jones, Music Director, will be sung by the St. Luke's Choir and friends from throughout the Diocese. Jim Campbell will be guest cantor. Music will include Christ, Mighty Savior by David Charles Walker, the Norwich Use Preces



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

An Oil Change and Fuel Economy

Usually, when we talk about fuel economy, an oil change isn't at the top of the list of discussion. The manufacturers are requiring lighter and lighter weight engine oil in all vehicles. 5w30 and 5w20 are being replaced with 0w16. I can hardly believe it, as 0w16 is like pouring water, it's so thin.

The reason for the light weight oil is to give better fuel economy to satisfy the CAFÉ (corporate average fuel economy) standards. This standard is set by our state and requires all car manufacturers to average 54.5 MPG by the year 2025. Don't think for a minute that the changes are going to slow down anytime soon.

Believe it or not an oil change can and will affect your miles per gallon and here is why. Us old

guys always grabbed the 20w50 oil for our cars and today two of the most popular oils is 5w20 and 0w30. The comparison would be 20w50 oil will pour like molasses, while 0w20 will pour like water. Thicker oil creates resistance inside the engine, slowing down moving parts and lowering your miles per gallon. A hybrid or very high mile per gallon car can lower mileage by 1 to 2 miles per gallon. We have observed this from some testing that we have done.

Is installing 5w30 oil in a car requiring 5w20 a concern? Yes and no. Yes, because it will affect fuel mileage, sometimes it is noticeable, sometimes not. And no, because using a slightly thicker oil will not hurt the internal engine components at all. Warning!! Thicker is not better, so please don't use a very thick oil

like a 20w50 in a modern car as that will cause issues.

Other ways car makers are working to meet the CAFÉ standards are:

- Using lighter materials
- Turbo chargers
- Gasoline direct injection
- Hybrids
- Smaller engine size
- 10 speed transmissions
- Synthetic oils in transmissions

With all these changes happening today, preventive maintenance is more critical than ever.

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.

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Proud Sponsors Of The "The Wall That Heals"

SANDIMAS - The City of San Dimas, Los Angeles County Supervisor Kathryn Barger, ADP, and WalMart are all co-sponsoring "The Wall That Heals" when it comes to San Dimas, March 22-25, 2018. The "Wall," a Vietnam Veterans Memorial Replica & Mobile Education Center, will be located at Lone Hill Middle School in San Dimas. It will be open 24 hours a day and is free to the public. San Dimas HEROES will be hosting the event.

Other contributing sponsors include Golden State Water Company, Inland Valley Humane Society, Custom Coolers of San Dimas, State Senator Anthony J Portantino, and Holy Name of Mary Stars & Stripes.

You too can be a sponsor of "The Wall That Heals!" For further information, call San Dimas HEROES at 909 981 9500, visit them on Facebook, or their website at SanDimasHEROES.org. Their email address is SanDimasHEROES@aol.com.



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Around the Valley & Senior News

AZUSA

Volunteer Drivers Needed

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

TOPS Meeting

TOPS (Take Off Pounds Sensibly) #950 Azusa has been serving the San Gabriel Valley since 1967 and has successfully supported and assisted men and women in their pursuit to lose weight. Through group support to start living the good life by eating healthy and doing exercise.

TOPS is a non-profit weight loss group which meets weekly every Thursday at 9:00AM to 11:00AM at Soldano Senior Village in their meeting room in Azusa. There is no obligation, all visitors are welcome.

For more information, call Norm Klemz, 626-967-8829

ARCADIA

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

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 Geronimo 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. Call (626) 813-5245, Ext. 323 for more info.

Candlemass Cultural Celebration

Join us on Friday, **February 2nd** from 9:00 am - 11:00 am in celebrating Candlemass with a warm tamale and coffee for breakfast. We will also be having live performances by a Mariachi and Ballet Folklorico. Tickets are \$5. Last day to register is Thursday, **February 1**. Call (626) 813-5245, Ext. 323 for more info.

Valentines Dance

Come enjoy a romantic evening at the Julia McNeill Senior Center on Saturday, **February 10th** from 6:00 pm - 11:00 pm. There will be live music performance, raffles, and much more! So bring your sweetheart for a night of fun and dancing. Hot meals will also be available for a nominal fee of \$6.00. \$15 for pre-sale tickets and \$20 at the door. Call (626) 813-5245, Ext. 323 for more info.

Annual Lunar New Year Celebration

The City of Baldwin Park in partnership with Baldwin Park Unified School District Older Adult Program, will be hosting our Annual Lunar New Year Celebration. Please join us as we celebrate the Year of the Dog on Friday, **February 16th** from 9:00 am - 11:00 am. Celebration will take place at the Performing Arts Center located at 4640 N. Maine Avenue, Baldwin Park, CA 91706.

Location to register for all events and workshops is at Julia McNeill Senior Center, 4100 Baldwin Park Blvd., Baldwin Park. Call (626) 813-5245, Ext. 323 for more info.

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

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 stressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the **2nd Thursday of each month** from 6:30-8:30 pm at Glenkirk Church, 1700 Palopinto Ave., Glendora, in Room #11. We caregivers look forward to lift-

ing each other up as we journey through this season of life. For more info, visit glenkirkchurch.org or call Glenkirk's church office at (626) 914-4833.

Glendora After Stroke Center

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

Cars 4 the Community

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

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

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 ad-

ditional 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

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.

San Dimas HEROES Is Looking For A Few Great Restaurants

SAN DIMAS - The Vietnam Wall, "The Wall That Heals," is coming to San Simas, 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.

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El Monte City Manager Transitions to the City of Norwalk

EL MONTE - After eight years with El Monte, City Manager Jesus Gomez is stepping down.

Mr. Gomez's tenure includes serving as Assistant City Manager and Economic and Redevelopment Director. Mr. Gomez will be joining the City of Norwalk as the new City Manager.

"During his entire tenure with our City, Jesus Gomez has conducted himself with the utmost professionalism and integrity," said El Monte Mayor Andre Quintero. "He helped us increase economic investment in the community at a time when we needed it most."

Mr. Gomez first joined the City as the Economic and Redevelopment Director in 2009. As Director, he was responsible for developing and implementing programs that stimulated business growth. In 2010, Mr. Gomez was appointed as Assistant City Manager.

In 2013, Mr. Gomez was appointed Interim City Manager and in 2015, the City Council appointed him as City Manager.

"It has been my privilege to serve the City Council, residents and businesses of the beautiful City of El Monte," said City Manager Jesus Gomez.



El Monte City Manager Jesus Gomez

"I am honored to congratulate Jesus Gomez on his appointment. He leaves our city in a much better place and for that we will always be grateful." Quintero. "He leaves our city in a much better place and for that we will always be grateful."

Keep Your Brain Fit

While many strategies for "healthy aging" exist, recent evidence points to the important role of hearing health in maintaining quality of life long-term.

Better hearing starts in the brain. Your brain processes and interprets the sounds your ears receive. When you have hearing loss, your brain doesn't get all the sound information it needs to understand what's being said and it spends more energy trying to fill in the blanks. That extra effort can take its toll.

A study in the Journal of the American Geriatrics Society found that people with hearing loss who wear hearing aids had the same risk for age-related cognitive decline as people without hearing loss. When you actively use hearing aids, you are more likely to stay socially engaged, one of the primary ways to stimulate your brain. Like any exercise, the mental give-and-take of social interaction helps to keep your brain fit and slows down accelerated cognitive decline.

That's the idea behind the BrainHearing™ technology built into Oticon hearing aids. With BrainHearing, Oticon hearing aids deliver sound with the clearest, purest signal possible—in the way your brain is best able to understand it.

Because this innovative technology preserves the important details in speech, your brain



A hearing health checkup may be your best defense against cognitive decline.

doesn't have to strain to fill in the gaps. There's less effort involved in listening. You enjoy a more natural, more effortless listening experience, anywhere, anytime so you can stay active and engaged in all that life has to offer.

For further facts, visit www.Oticon.com. (NASPI)

Fun Ways Your Family Can Get Fit Together

Is your fitness routine stuck in a rut? Searching for ways to spend more time with your family?

Why not combine these goals? There are a variety of ways to lead an active lifestyle that are suitable for the whole family and can include children of all ages.

Let these four creative ideas help you turn each day into an opportunity to get fit and have fun as a family, without stepping foot into the gym. As with any workout, it's important to have the proper gear, and that starts with footwear. So, each exercise below has a suggestion of what to look for when it comes to choosing the right shoe.

• **Participate in a charity run/walk:** Whether you're a seasoned runner or have just signed up to run your first 5K, many fundraising races accommodate the entire family. For younger children, look for events that allow jogging strollers or that host a Fun Run. Events that show the importance of communities working together for a larger cause can provide a bonus to the fun.

Shoe to try: Nike, Adidas and Converse all have a variety of "updated classic" styles available in men, women and children's sizing, so that every family member can find a pair that reflects their personalities, while also providing necessary support for race day.



• **Outdoor activities:** Heading outdoors to go camping or hiking burns calories, while providing incredible views and memories.

Shoe to try: Built to go off-roading, ASICS hiking shoes features reversed lugs on the outsole to ensure a dependable grip both uphill and downhill.

• **HIIT:** High-Intensity interval training is being incorporated into a lot of workouts these days. HIIT workouts alternate a quick, intense period of exercise, such as running or cycling, followed by a short, active recovery.

Shoe to try: A lightweight cross training shoes with a stable base -- such as a Nike Flex Trainer -- are a good selection when it comes to HIIT workouts.

• **Bodyweight training:** The benefits of bodyweight training are seemingly endless. From pushups to squats, these exercises require no additional equipment and can be done anywhere and performed with many modifications. Get creative with your family by doing a circuit of your favorite bodyweight exercises in the park.

Shoe to try: A shoe with a mesh and synthetic upper material is designed to keep feet cool. Find this feature in a style, such as the New Balance, which also have special midsoles to ensure comfort from start to finish.

New footwear is a great way for each family member to show his or her style, while getting motivated to meet fitness goals. Once you've got the plan in place, get into a fitness routine that works for your family and stick with it. For a one-stop-shopping experience, visit the Athletic Shop at Rack Room Shoes in stores or online.

To help ensure that everyone meets their fitness goals, consider combining fun family quality time with your workouts. (StatePoint)

How To Make Medicare Work For You

DUARTE - The Health Insurance Counseling and Advocacy Program (HICAP) Counselor provides unbiased information, counseling, and assistance on Medicare and related health care coverage including:

- Medicare Part D
- "Extra Help" for Medicare Part D
- Medicare HMOs
- Medicare PPOs
- Medicare Supplement (Medigap) Insurance
- Long Term Care


• **Medi-Cal & Medicare Savings Programs**

To learn more about Medicare's new prescription drug benefit (Part D), or for assistance with Medicare or related health coverage, make an appointment to see the HICAP counselor.

Every 1st and 3rd Monday of the month by appointment from 9:00 a.m. - 12:00 p.m. For more information call the Senior Center at (626) 357-3513.

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(909) 987-2501

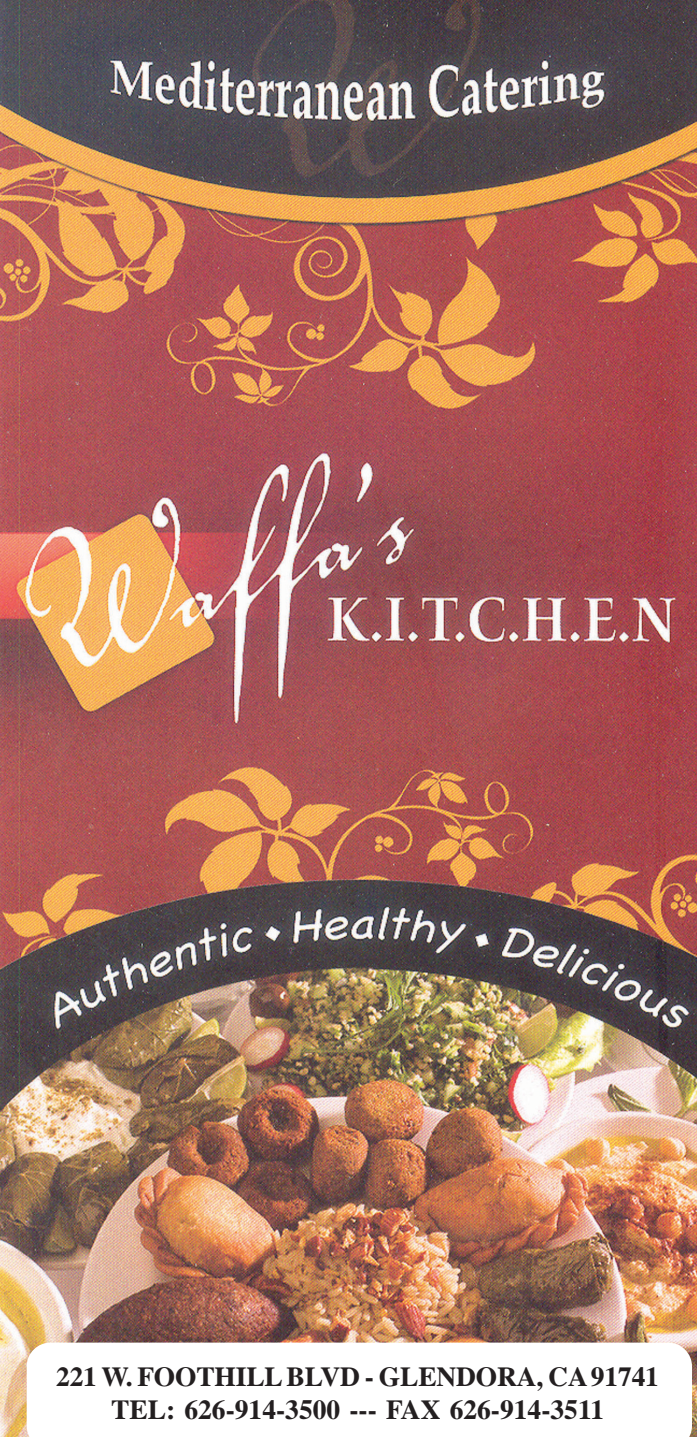
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Holiday Gifts For Children at YWCA WINGS Shelter



Glendora Woman's Clubmembers display Christmas gift bags they assembled for children currently staying with their mothers at the YWCA WINGS Shelter, one of the club's ongoing service projects. Pictured are, from left, Eleanor Shetron, Helen Storland, Rose Myers, Evie Larimore, Susan Lepkojus and Trudy Hite. (Photo by Sue Falls)

By Joan Hallidy

GLENDORA - One of the Glendora Woman's Club's special service projects during the Holiday Season is the YWCA WINGS (Women in Need Growing Strong) Shelter for battered women with their children.

This year marks the 29th year the Woman's Club has selected the WINGS Shelter Project as

one of its major ongoing service projects, said project chair Rose Myers.

For the Club's recent Christmas service project for the WINGS Shelter, clubmembers assembled Christmas stocking gift bags for the seven children currently staying with their mothers at the Shelter. The gift bags were filled with gifts and

toys that were matched to the children staying at the Shelter through their age and gender, said project chair Mrs. Myers.

Also during the year, the Woman's Club sends other items to the WINGS Shelter, including Easter Baskets for the children, Mother's Day gifts, personal supplies, and children's toys and games.

The club's many ongoing service projects through the year are made possible through the continuing support and participation by the clubmembers and community friends, said Club President Chris Lear.

For information about the Woman's Club, its four departments, and service projects, call Patty at 909-929-0684; for information about renting the clubhouse or hall, call Ryan at Ritz Catering at 909-592-1130. The clubhouse is located at 424 N. Glendora Avenue in Glendora.

Why the Words "Almost" and "Air Force" Do Not Go Together



By Jenny Park

GLENDORA - Mr. Gene Moses was my first employer after my college graduation and the first thing I noticed one-day peering into his office was the sign: "When you get to the end of rope, tie a knot and hang on." As a college graduate, I was feeling "at the end." My boyfriend at the time had left to his country of origin, after an unsuccessful stint at a mortgage refinancing firm in 2008.

Fast forward 10 years and here I am wondering what it would have been like to serve in the U.S. military. It is a running joke in my family that when things got to the end of a rope, I had wanted to run away and escape by making a "permanent solution to a temporary problem" (i.e. run towards either the army, the marines, the navy, the air force. Would I join the Coast Guard next?)

Would I listen to my heart or would I listen to my head? Like

a decision to get a tattoo, it must be looked at with some care and with some abandon. After learning that the Air Force extended the age requirement to 39, I felt a beckoning force that jolted me out from researching the idea to meeting with a recruiter. Staff Sergeant Andrew Burdette coached me to take a placement test called the ASVAB, and also take time into a physical exam at the Military Entrance Processing Station.

The psychological strain of a four-year commitment started to make a dent. The fear was that I would start at the bottom of a dense ranking system. It was a humbling experience. I also met many people younger than me who shared their hopes, plans, and dreams with me. I was shocked at how well the government incentivizes the plan so that it appears quite lucrative. Ultimately though, people have their own reasons for joining or not joining.

Although I felt initially happy about the idea to serve, I decided that I would return to my day-job as an English teacher. I felt that without the Air Force pressuring me to find some kind of direction in life, I would have been forever in the shadows of my personal dilemmas and fears. As one Air Force airman told me, "Fear stands for False. Evidence. Appearing. Real."

I went back to visit Staff Sergeant Andrew Burdette recently who was anticipating his new bride-to-be who was moving from Japan and awaiting a visa process. They had met while he was stationed in Japan. I mentioned I would write about him. I told him I would give him a coin that said "Give Love" (as Air Force people collect commemorative coins). He thought I said, "Give Blood" and thought I had received the coin after donating blood.

Farmers Market

LA VERNE - "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 handcraft-

ed 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.



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