



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

June 27 - July 3, 2019

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Donovan Adams' Troop 491 Eagle Scout Service Project Athletics Garden at Charter Oak High School

by Mark Erickson

CHARTER OAK - On the morning of June 1st, Donovan Adams, age 16, of Troop 491 Glendora, led over 24 fellow Scouts, adult Scout leaders, and other volunteers on his Eagle Scout Service Project on the campus of Charter Oak High School. Together they replaced the old, overgrown plants in two large concrete planters on the campus with new soil and low water use plants. This service project was part of Donovan's requirement to earn the rank of Eagle Scout.

While not a student at Charter Oak High School, choosing the school as a benefactor was a natural for Donovan. Both his grandfather and uncle have coached football at the school for the past 40 and 20 years respectively. Donovan's grandfather, Lou Farrar, is an institution at the school, winner of numerous football championships throughout his career, and is the current California nominee for the American Football Coaches Foundation's Power of Influence award, in which each state gets only one nomination.

After selecting the school for his project, Donovan created a work plan, a budget, and received approvals from the school and Scout leadership to begin. Finding materials for the



Left to right: Stephen Busse, Prajeet Chennamaneni, Spencer Moya, Jose Vasquez, Eric Polhman, Eagle Scout Service Project leader Donovan Adams, Alex Chice, Andres Vasquez, Isaac Le, Ryan Healy, Adam Erickson, Nicholas Hollanders, Tyler Tran

project was also part of his Eagle Scout project. Donovan found support from Armstrong Nursery in Glendora, who generously donated all the new plants and soil for the service project.

On the morning of project at Charter Oak High School, Donovan supervised the Scouts and volunteers as they tore out stubborn shrubs from the large planters with pick axes and shovels, cleaning out the years old growth and hidden trash. One planter was located beside the athletic department buildings and the other further within

the campus, which presented an unexpected problem for Donovan. "We had to wait before working on the planter closer to the classrooms until students could finish taking the SAT (Scholastic Aptitude Test)," said Donovan. Once both planters were cleared of

old plants, the Scouts and volunteers placed over 60 bags of new soil and nearly 40 new plants in the planters. Originally planned as a two-day project, the completion of the work in a single day surprised Donovan with "how fast everything got done and the project

was completed." "When people learn to work together and combine their strengths, they can accomplish great things," said Donovan afterwards.

A long time Scout, Donovan joined the Cubs Scouts in 2010 and moved on to Boy Scouts in 2014, choosing Troop 491 of Glendora as his troop. Donovan moved up the ranks to Life Scout after years of outdoor adventures and learning Boy Scout skills with his friends, during which he held the positions of Assistant Patrol Leader, Patrol Leader and Troop Guide. Donovan is a junior at Glendora High School.

The Eagle Scout Service Project, or more simply the Eagle Scout Project, provides Boy Scouts in the Boy Scouts of America (BSA) the opportunity to demonstrate leadership skills while performing a project for the benefit of his community. This is the culmination of the Eagle Scout candidate's leadership training, and it requires a significant effort on his part.

Nine San Gabriel Valley Youths Headed to Boys' State in Sacramento



by Joe Mercier, CaLPA

The American Legion Post 475 of San Dimas-Glendora has sent nine exceptional young men to the California State University in Sacramento for an experience of a lifetime. Drawn from local area high schools after a rigorous selection and interview process, they'll spend the week of June 22nd through 29th meeting with hundreds of other young men from around the State of California. Once there, each will be vying for elected positions from Governor down through state, county and local governments. In addition, they will be visited by state officials and sit

in on legislative sessions, law enforcement presentations, court proceedings and be involved in assemblies and recreational programs.

Earlier this year a total of 20 juniors from local high schools, such as; Glendora, Charter Oak, Damien, Bonita, Bishop Amat and Diamond Bar, were selected as nominees by their school counselors for their leadership, scholarship, character and community service. These young men were then interviewed by a team of American Legion Boys' State Chairmen resulting in the selection of nine candidates to represent Post 475 in Sacramento.

Founded in 1935, the Boys' State Program has been a highly respected educational program of mock government giving thousands of young men hands-on knowledge of the workings of cities, states and the nation. Some notable alumni include: Supreme Court Justice Samuel Alito, talk show host Rush Limbaugh, astronaut Neil Armstrong, musician Jon Bon Jovi, newsman Tom Brokaw and sportsman Michael Jordan. While in Sacramento the attendees' objective will be to campaign and be elected to various offices with an eye toward attaining whichever position they choose. The elected Governor and Lieutenant Governor will then advance to the federal government level at Boys' Nation in Washington, DC scheduled for July 19th thru 27th. No matter the position they may hold, all the participants will come away with a better understanding of government in general while having learned valuable life lessons and made lasting friendships in the process.

Citrus College Honors Graduates, Alumni at Annual Commencement Ceremony



(Photo courtesy Citrus College)

Citrus College celebrated its 103rd annual commencement ceremony on June 15. This year, the college awarded associate degrees to 1,451 students, including 1,068 associate degrees for transfer.

GLENDORA - Citrus College celebrated the academic achievements of 1,451 students during its 103rd annual commencement ceremony on June 15.

The Citrus College class of 2019 includes students ages 18 to 70 years old, 69 international students representing 11 different countries and 446 students graduating with honors. Of the many degrees awarded, 1,068 were associate degrees for transfer.

"Commencement is one of the college's most important and highly anticipated events. Citrus College faculty and staff invest a lot of effort into ensuring that it is a beautiful and memorable occasion for the graduates who have worked so hard to accomplish their goals," said Dr. Geraldine M. Perri, superintendent/president of Citrus College. "The Citrus College class of 2019 is a diverse group of scholars whose stories of success are inspirational. It is an honor to be part of their journey toward academic, professional and personal growth."

This year's graduating class also included 51 student veterans. Among them was Joshua Jones,

a Pomona resident and veteran of the U.S. Air Force.

"If I am a success, it is because of all of the students and instructors I met at Citrus College who challenged me to grow my skills and motivated me to be better than the lazy teenager of my past," he said. "After transferring to Cal Poly Pomona this fall, my goal is to hit the ground running. I do not ever want it to be said that I didn't give it my all, so I need to maintain the pace that I've set for myself."

Glendora resident Ibrahim Abboud is also planning to transfer to a four-year university in the fall. He says that graduating from Citrus College this past Saturday was a major personal accomplishment.

"Immigrating from Syria has made me open up a new chapter here. I started from the bottom and I'm working my way to the top. I know that, through hard work and determination, anything is possible," the 21-year-old biology major said. "On the day of graduation, I stood on that stage in my cap and gown and held a piece of paper that represented all of my hard work. At that moment, I knew I did the best that I

could."

In addition to celebrating graduates, the commencement ceremony also provided Citrus College with an opportunity to honor outstanding alumni. Dr. Martin A. Gundersen, a Citrus College student in the late 1950s, and Mr. Sal Medina, a member of the class of 1995, were each presented with a 2019 Distinguished Alumni Award during the event.

"Using their Citrus College education as the foundation for remarkable careers, this year's Distinguished Alumni Award recipients can be credited with exemplary professional accomplishments and lasting contributions to their communities. Their many achievements reflect the college's vision and mission," said Susan M. Keith, president of the Citrus Community College District Board of Trustees. "Each individual honored during this year's commencement ceremony, whether they are an alumnus or a graduate, is an outstanding ambassador for the college. Their personal successes advance Citrus College's reputation for being a leader in higher education."

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Coffee with the Chief of Police of West Covina

By George Ogden

WEST COVINA - A number of residents and commissioners, met and had Coffee with Police Chief Richard Bell of the West Covina Police Department. The meeting was held at Panera Bread Saturday morning starting at 6 a.m., and he met some residents and answered questions for them.

It was a "Chat with the Chief" event that was fun, entertaining and informative. Individuals got to sit one on one with Chief Richard Bell to ask questions and also via Facebook Live.

The Chief was able to interact with residents and commissioners along with Mayor Lloyd Johnson and some other councilmembers.

This was not only informative, but productive as well. They plan for more events like this.



West Covina Police Chief Richard Bell

Downtown Arcadia Hosts Patriotic Festival Featuring Live Music, Food, Entertainment, And Fireworks!

ARCADIA - The Downtown Arcadia Patriotic Festival promises to fill south First Avenue with the spirit of American Independence. This free event will feature dozens of vendors with handicrafts and

food, along with live music, and fun activities for kids. The night will be capped off with fireworks in honor of America's 243rd birthday! The Festival takes place on Saturday, June 29, from 5 p.m. to 9:30 p.m. on First Avenue south of Huntington Drive in Downtown Arcadia. Fireworks will begin around 9:00 p.m. at First Avenue Middle School.

"This year's Patriotic Festival promises to be the best one yet," said Mayor April Verlati. "Downtown Arcadia is thriving and having fireworks this year highlights the success the District has achieved. Bring your friends and family to Down-

town Arcadia to celebrate America and our freedom."

Parking is available in the public parking lot between Huntington and Wheeler, or ride public transportation with the Metro Gold Line, exiting at the Arcadia station. Additional parking is available at Arcadia County Park. Street parking will also be available in the downtown; however, parking restrictions will be in effect during the event.

The Downtown Arcadia Improvement Association and the City of Arcadia are sponsoring the Patriotic Festival. For more information, please call Arcadia City Hall at 574-5401.

Auxiliary of Emanate Health Inter-Community Hospital

Citrus Valley Inter-Community Hospital Auxiliary is now the Auxiliary of Emanate Health of Inter-Community Hospital. The new name became effective on May 1, 2019 as a result of the hospital re-branding itself. The only thing that has changed is the name. The Auxiliary of Emanate Health of Inter-Community Hospital will continue with its high standard of commitment and its members will continue to work as hard and as diligently as always. Fundraising under the leadership of Peggy Monges, Vice President of Special Projects continues to do well this year. Other sources of funds to the hospital are the Gift Store managed by Kristine McLeod and her staff of volunteers and the Bargain Box, which is a thrift store, managed by a staff of volunteers. The auxiliary has seen new members this year but the need for more continues. Volunteers are the key to the success of the auxiliary. If you want to be a volunteer call Tiffany Ramirez, Director of Volunteer Services, at (626) 915-6237 or e-mail her at Tramirez@EmanateHealth.org to start the volunteer process.

Rotary Club of Glendora Presents Their 1st Annual Field of Heroes



GLENDORA - The Rotary Club of Glendora presents their 1st Annual Field of Heroes, bringing the community together to celebrate and thank Military Personnel, Veterans and First Responders with two displays of hundreds of American Flags. The Field of Heroes will be held from Saturday, June 29 to Thursday, July 4 at the Glendora City Hall and at the corner of Gladstone and Sunflower at the Sunflower Alternative School Campus. Viewing will be 24 hours a day between the 29th and the 4th so please join us.

Also, please join us for the opening ceremonies which will take place at 10:00am, on Satur-

day, June 29 at the Glendora City Hall. The 4th of July Closing Ceremony, in honor of Independence Day, will take place at 10:00am on Thursday, July 4, 2019 at the Sunflower Campus. Flags may be purchased and dedicated at <http://FieldofHeroes.net> for \$50. Please come out and support our veterans and first responders.

The Rotary Club of Glendora would also like to thank our major sponsors: Authentic Escrow, Finance of America - Karrie Boyer, Hometown Rentals, Jan's Towing, and Southland Properties. Sponsors: Accurate Electric, American's Christian, Credit

Union, Certified Automotive Specialists, Citrus College Foundation, Coldwell Banker Millennium, Phyllis Fritz, Colley Ford, Crestwood Communities, Foothill Credit Union, Dennis Franklin - Wells Fargo Advisors, Kathleen and Michael Garvey, Glendora Community Hospital, Glendora Kiwanianes, Glendora Kiwanis Club, Glendora Plumbing and Heating, Inc. Glendora Woman's Club, Grand Burger, Glendora, Haynes Family of Programs, Kristi Mendoza, Au.D. Optimum Audiology, Outdoor Elegance, State Farm, Rose Wentz, U.S. Army, and Visiting Angels.



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County Will Explore Master Leasing Motels for Interim Housing for Chronically Homeless Individuals

LOS ANGELES COUNTY - At last week's Board meeting, the Los Angeles County Board of Supervisors unanimously approved a proposal by Board Chair Janice Hahn to explore master leasing agreements with motels across the County in order to use rooms as interim housing for chronically homeless individuals. The County will also evaluate whether the same motel parking lots could be sites for Safe Parking programs.

The proposal aims to better enable the County to assist chronically homeless individuals. Chronically homeless individuals living in encampments would be offered interim housing in motel rooms that the County leases. Once in a motel room, caseworkers would be able to offer wraparound services while they work closely with the client to find them

permanent housing. "It is hard to find affordable long-term housing for chronically homeless individuals but we cannot let that stand in the way of helping the people who need us," said Supervisor Janice Hahn. "Using motel rooms as interim housing allows us to help people off of the streets quickly and buys us time while we work to find them a long-term home."

Supervisor Hahn has already used this model effectively. In late April, CalTrans ordered homeless individuals to leave an encampment in the Whittier Greenbelt. The County entered a master lease agreement with a local motel to provide dozens of individuals with rooms while caseworkers from Whittier First Day assisted them with long-term housing. Many of the individuals have already moved into affordable or permanent supportive housing while caseworkers continue to work closely with the remaining individuals.

Los Angeles County often uses motel vouchers as a tool to assist homeless individuals and families. However, individuals motel rooms are normally secured on a case-by-case basis—a process that costs time and resources.

"Helping a chronically homeless person off of the streets and into a permanent home is

challenging, time-consuming work—but it is all the more difficult when caseworkers also have to secure individual motel rooms for their clients one at a time," said Supervisor Hahn. "By leasing motel rooms in bulk across the County we can quickly increase the number of interim housing units that we can offer to people as a comfortable, safe alternative to encampments."

In addition, Supervisor Hahn asked the CEO's office and LAHSA to examine whether the same motels' parking lots could be used for Safe Parking sites. Safe Parking is a program that allows homeless people living in cars to park in a safe, secured parking lot overnight where they can get connected with services and caseworkers who can help them out of homelessness.

The Board will receive a report in 30 days with a plan to identify at least one motel in each Service Planning Area that the County can enter master leasing agreements with. The CEO's office, LAHSA and the Departments of Health and Mental Health will also evaluate the feasibility of turning motel parking lots into Safe Parking sites. The plan will include evaluation of the cost of outreach workers, security and services at each site.

City Of Baldwin Park Holds Series Of Park Planning Meetings Including First Ever Dog Park Community Input Session

BALDWIN PARK - On Friday June 14, the City of Baldwin Park held a dog park planning meeting in order to receive vital community input from its residents. Although rare in the San Gabriel Valley, the City of Baldwin Park and its Recreation and Parks Department strive to be ahead of the times and recognize the need for a dog park. Over thirty-five citizens attended the meeting on Friday and voiced their opinions on the dog park's design and functionality.

The City also held a broader park planning community meeting on Saturday June 15th, 2019 which focused on the future of additional park plans for the Esther Snyder Community Center second floor expansion and the Big Dalton Walsh Trails Park. These meetings were meant for residents to weigh in on the long-term planning for parks in the City. Transportation to the meeting locations is free, by riding the Baldwin

Park Transit Teal and Pumpkin lines with proof of meeting flyer.

The City of Baldwin Park will continue holding the series of broader park planning meetings to get the community to engage in public discussions about the development of future projects and open green space. The city also wants to collect the public's feedback on projects proposed by Baldwin Park's Park Master Plan and the Los Angeles Countywide Parks Needs Assessment.

The series of park planning meetings will continue on these dates and locations:

- Thursday June 27th at 6 p.m. at the Esther Snyder Community Center, 4100 Baldwin Park Boulevard, Baldwin Park CA, Baldwin Park 91706

- Friday June 28th at 6 p.m. at the Barnes Park Family Recreation Center, 3251 Patritti Avenue, Baldwin Park, CA 91706

- Thursday July 11th at 6 p.m. & Saturday July 13th at 11 a.m. at the Esther Snyder Community Center, 4100 Baldwin Park Boulevard, Baldwin Park CA, Baldwin Park 91706 .

Baldwin Park Mayor Manuel Lozano stated, "I'm excited to continue to help improve our parks for the public. The community's input on these upcoming park projects is the main focus of these meetings and we want to recognize what our community has to say."

City officials encourage residents to take advantage of this unprecedented opportunity for parks as a result of California's Prop 68 and Los Angeles County Parks and Recreation Measure A efforts.

For more information please contact Baldwin Park's Recreation and Parks Department at (626) 813-5245 ext. 268 or email them at yruizesparza@baldwinpark.com.



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Louie Pompei Golf Tournament

GLENDORA - On June 9, 1995, Glendora Police Officer Louie Pompei was shot and killed while attempting to stop an armed robbery at a grocery store. Louie's sudden and violent death was the most devastating occurrence in the history of the Glendora Police Department. Louie's charm and infectious smile will long be remembered by members of the Police Department and the community.

In Louie's honor, the Louie Pompei Memorial Golf Tour-

namment was created to raise money for the families of police officers who have been killed in the line of duty. Since the inception of the tournament following Louie's death, a generous portion of tournament proceeds have been donated to the California Peace Officer Memorial Foundation each year. Additional proceeds are also donated to charitable organizations in Glendora throughout the year.

This year the tournament

date is August 12th 2019 at the Glendora Country Club. Registration begins at 10am with a 12 noon shotgun start. The cost of the tournament includes: cart, green fees, range balls, lunch, unlimited drinks on the course, and dinner poolside at GCC.

Please help us raise money for worthy causes! Come and enjoy a special day of golf and fun at beautiful Glendora Country Club followed by a great dinner and raffle!

Suspect Arrested For Cockfighting

LOS ANGELES COUNTY - On January 16, 2018, Corporal Bethany Lara of the County of Los Angeles Department of Animal Care and Control (DACC) was dispatched to an undisclosed area in the LA County based upon an anonymous report of a trash bag on the side of the road. The bag contained the remains of several deceased roosters. DACC, the Sheriff's Department and the District Attorney began an

investigation and a necropsy was performed which determined the cause of death was due to cockfighting.

As a result, a warrant was issued for the arrest of Miguel Morales. On May 8, 2019, Miguel Morales was charged with two misdemeanors: Possession of Gamecocks for Fighting Purposes and Possession of Implements for Fighting Birds, and plead no contest. In addition, he was sen-

tenced to 6 years of summary probation, 60 days of community labor, search and seizure conditions, restitution, and prohibited from owning or possessing animals.

The Department of Animal Care and Control is thankful for the continued efforts of our DACC officers, the Sheriff's Department, and the District Attorney for seeking justice for all who harm the animals of the County of Los Angeles.

Department of Animal Care and Control Service Changes

LOS ANGELES COUNTY - As of July 1, 2019 Department of Animal Care and Control (DACC) will no longer be providing services for the cities of Covina, Duarte, and West Covina.

In regards to Covina and West Covina, all animal services will be provided by Inland

Valley Humane Society. Inland Valley Humane Society can be reached by phone at 909-623-9777 or visit their website <https://www.ivhsspca.org>.

In regards to Duarte, they already have their own Animal Control Officers and provide their own field and licensing services. Please note calls

should be referred to Duarte Public Safety at 626-357-7938. Duarte will start housing with San Gabriel Valley Humane Society. San Gabriel Valley Humane Society can be reached by phone at 626-286-1159 or visit their website <https://www.sgvhumane.org>

Mystery Shooting in Azusa

By George Ogden

AZUSA - Police in Azusa responded to an area in Azusa late Saturday night around 8:30 p.m., June 22 to reports of a shooting. As officers patrolled the area on the 300 block of North Orange Avenue, they did not find any victims or evidence of a shooting. However, they traveled north on Orange to 4th street and they notice a vehicle that had crashed into a front yard block wall. The officers got out and checked the vehicle only to find out that there was a number of bullet holes in the car.

The occupants had already fled the vehicle. Police put the

word out to hospitals in the area to be on the lookout for gunshot victims.

The area was by the Azusa Memorial Park. The officers continued to check the area. Detectives were investigating

the event and are asking for anyone who saw or heard the shooting, or knows of the victims or suspects, to come forward. Witnesses and tipsters can call the Azusa detectives at (626) 812-3200.

“Dive-In” Movie

DUARTE - Want to enjoy a film while relaxing in the pool? Duarte Parks and Recreation will be hosting a family “dive-in” movie on Friday, **June 28**. Grab your swimsuit, beach chair, and the whole family for a fun night at the Duarte Pool (1600 Huntington Dr.) from

7:30-10:00 p.m. to watch Hotel Transylvania 3. Please note that only small personal flotation devices are allowed. Reservations are required to attend. There is a \$3 entrance fee for adults, and \$2 for children which includes a BBQ dinner.

Bipartisan Support for Water Infrastructure Bill

Summer has arrived in California and other western states and even though the weather has been very kind to our gardens this winter, we still have months left to go with water being a valuable commodity and solutions not fully implemented. We've had fires throughout the state that put us at risk down the road for flooding until the areas are regenerated. Hopefully recent legislation will begin to resolve the water issues this state faces, if not tomorrow, at least, in the long-term. The Western Congressional Caucus has been front and center dealing with the water issues for all western states and was originally established to tackle the rural, agricultural, timber, water, energy and hunting values in the west. More states have joined the Caucus giving that organization a loud voice.

Western U.S. Senators and Congress Members, with the support of our tenacious Northern California Republican legislators, led by a determined President Trump, introduced bipartisan legislation to provide the necessary legislation to improve our water supply to offset drought and climate change.

Senators Dianne Feinstein (D-Calif), Cory Gardner (R-Colo), Martha McSally (R-Ariz) and Kyrsten Sinema (D-Ariz.) introduced the Drought Resiliency and Water Supply Infrastructure Act, legislation that builds on / renews the Water Infrastructure Improvements for the Nation (WIIN) Act of 2016.

In mid to late 2018, Democrat Senator Dianne Feinstein and Rep. Kevin McCarthy (R-Bakersfield) House Majority Leader, supported an extension of the 2016 Water Infrastructure for Improvements for the Nation (WIIN) Act providing millions of federal dollars for California water projects. Outgoing Democrat Gov. Jerry Brown said he supported the 7-year extension of the Water Infrastructure Improvements for the Nation Act, including important provisions allowing California water contractors and users to participate in vol-



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

untary agreements to improve river flows to restore fish populations.

Both the Natural Resources Defense Council, responsible for several lawsuits purportedly to save the salmon, and Restore the Delta, opposed to Brown's Twin Tunnels project, objected to the WIIN Act charging Brown with "selling out" the Delta communities and the fisheries. Attempting to bring all sides together - environmentalists and Central Valley farmers and water users - Trump issued the directive to the Bureau of Reclamation and Department of Interior to appoint one person to begin to identify the issues, how to mitigate out the concerns, and how to bring both sides to resolution with a fair share water plan.

Feinstein's bill puts forward water solutions through the Trump resolution process and will provide additional supplemental funding:

- \$670 million for surface and groundwater storage projects
- \$100 million for water recycling projects
- \$60 million for desalination projects
- \$140 million for restoration projects including threatened and endangered species affected by the Bureau of Reclamation water projects

This bill also creates a new loan program at 30-year Treasury rates for water projects known as Reclamation Infrastructure Finance and Innovation Act (RIFIA) making \$8 to \$12 billion in lending authority at the low interest rate loans. This should enable, or at least

help, to finish funding some of the Prop 1 water storage improvement projects that were approved but not fully funded under that proposition. The legislation is clear. There are limitations to federal funding and grant programs calling them "cost-sharing" meaning states will have to anti-up their share of the costs for projects they are repairing, updating or building.

Under RIFIA, the bill analysis reports a savings to local water districts of 10-25% on their loans. The example used: Sites Reservoir would pay on \$512 an acre-foot instead of \$682 an acre foot or a 25% savings on a loan. Loan repayment starts 5 years after the project is substantially completed; and, those loans are for 35 years, not 30 years, to lower the annual debt service costs to the borrower. That's Sites Reservoir here in California, but the other Western States would have the same benefit with any of their projects.

"In Colorado and the West, combatting drought requires a comprehensive approach. Storage and conservation are key parts of our water resource management," said Senator Gardner. This bill supported by both sides of the aisle will provide the assistance all need.

A note to WATCH: Congressman John Garamendi (D-Davis) a very loud opponent of former Gov. Jerry Brown's Twin Tunnel project, has voted for HR 2740 which appears to be dropping money all over the place and into the Departments of Labor, Health and Human Services, Education, Defense, State U.S. Departments of Labor, Health and Human Services, Education, Defense, State, and Energy, and the Army Corps of Engineers and Bureau of Reclamation for fiscal year 2020. The vote to support was narrowly passed in the House 226 to 203 and will now go to the Senate. This bill raises discretionary spending caps by \$350 billion, adds \$2 trillion to the deficit over 10 years and to the national debt of \$22 trillion.

David Brooks

I am quick to admit that my occasional political commentaries must be read realizing that they flow from my biases, long-held presuppositions that to this day remain in tact. Do you know anyone who comments on current issues without them? Some of the more popular TV and/or print journalists should not be heard or read without a heavy sprinkling of salt, even if you agree with much of what they offer. I think of Sean Hannity of Fox News on one side and Rachel Maddow of MSNBC on the other.

For me the most dedicated and trusted journalist is Bill Moyers. I tend to believe whatever he has to say, even while I run it through my own take on reality. From his early days working with LBJ he rarely missed the target, misrepresented the facts or mishandled the underlying issues. But there is another commentator whose judgment I also continue to trust. For many years I have affirmed almost without exception what David Brooks has had to say. I never miss reading his comments in the New York Times and listening to him on the PBS Friday News Hour. Even if he increasingly reinforces much I already hold to be so, the word that has rung true about him is "authentic." I trusted him when he was far more conservative than he is now. He came from a Republican political tradition articulated by William Buckley, Irv Chrystal, John Danforth and others. But that party has now been hijacked by President Trump.

It was with high expectations that I ordered Brook's recently released book of essays: *The Second Mountain* (New York Random House, 2019)

To my surprise the essays are not about politics, the Mueller Report, Donald Trump or the 2020 elections! They focus on a



Charles H. Bayer

series of life's principle decisions. He begins by examining the disaster generated by a brace of generations that seemed to have reduced life to "let me be me," and "do your own thing." The resulting individualistic ethos he sees as introducing a devastating erosion of 'community. He then includes in this book a series of life-centered struggles: choosing a vocation, courtship and marriage, the structural integrity found in the thirst for community, and religion.

In this column I will focus on the search for God that continues to command his attention, and mine. It is rooted in a relentless pursuit of life's ultimate quest for what Paul Tillich called "the ground of being." This profound auto-biographical exploration began with a classical Jewish childhood in Wayne, Pa. centered on the family's Shabbat meal and then on the rituals found in his neighborhood synagogue. The biblical stories beginning with Moses and the forty-year wilderness journey following the exodus became central to his and his family's identity. God was embedded in these stories but essentially they were about a people's long journey experienced from the classical Jewish perspective. For Brooks they also later defined and articulated a Judeo-Christian understanding of faith.

This essay on religion is a theological masterpiece that equals any to be found in the thousand weighty books I have digested in seventy years of pastoral and academic investigation. If I were back in the classroom it would be required reading. It might also be a prerequisite for anyone wanting to explore what it means to consider Judaism, Christianity or any other religion.

Somewhere along the way Brooks discovers Mother Teresa and her dedication to the wretched of the earth. While she never was quite ready to affirm such doctrinal propositions as the bodily resurrection of Jesus, it was as Jesus offered himself for the world's nobodies that he fulfilled God's eternal unqualified love for the creation.

Brooks eventually discovers the gospel of Matthew that includes the Beatitudes and their formula for living a God-centered life. In these teachings Jesus challenged David Brooks not to believe doctrines about him, but to follow him. Here Christianity offered an invitation to take on discipleship. For Brooks that meant to go anywhere Jesus might take him. Here he encounters the heart of theology and the quest for ultimate meaning. And that invitation is what David Brooks is continuing to work out.

This is not a story about conversion from one religion to another. David Brooks remains a Jew, but he has found in Jesus a new invitation to the God-centered life. For him now religious systems are only fingers pointing to that which is ultimate, which is God. And that definition of faith transcends most western religions.

Contact Charles Bayer at candwbayer@verizon.net

There Is A Fourth Branch Of Government That Is Running Our Country

By D. B. Shimel
My Perspective

If one looks at the Constitution of this nation one finds that there three branches of government defined therein - the Legislative, Executive and Judicial branches. However, there is actually a fourth branch that has become the real power in this nation. "We the people" that the constitution declares are the sovereign rulers of this country are no longer in charge of this country - these people are.

Unlike the President and members of Congress members of this group do not have to undergo the rigors of running for office to secure their position. Members of this body cannot be removed from office by the popular vote.

The Congress of today has abdicated their intended role of making and administering laws. To administer the laws Congress has created this new shadow branch of government. This group of people is called the "Administrative Branch", also known as the bureaucrats. Some level of this administrative branch is necessary for proper administration of laws, however, Congress has turned the real job of writing and administering laws over to this Administrative Branch. When Congress passes laws congress's role in these laws is almost at its end. Laws that get through congress and the president are basically laws of intent. To implement most laws requires much more detail instruction and wording.

The affordable Care Act is a case in example. This law as passed by Congress had reportedly, approximately 2,000 words in the statute but to administer the law in the latest version contains many thousands of words and thousands

of pages of rules and regulations. Even Congress did not fully understand what was in the ACA law as highlighted by Representative Nancy Pelosi's comment "we must pass this to see what is in it". Now I understand what she meant by that comment. She knew that it was a law of intent and after the "experts" got through rewriting it only then could it be understood. This law was so complex that President Obama issued numerous executive orders directing how the law would be administered.

Once signed most new laws are turned over to the "experts" to implement through rewriting the law passed into enforceable statutes. These so called experts are labeled as "scientists" in each field. Political, behavioral and social scientists administer most of these laws. These pseudo-scientists rewrite laws passed by congress and the president into enforceable statutes.

How did this administrative state come into being? The progressive movement of the twentieth century expanded the role and control of the national government over the people. During the "Great Depression" of the 1930's Franklin Delano Roosevelt instituted numerous governmental programs aimed at improving the plight of the people. Congress passed and the president approved these "New Deal" laws. These programs expanded the power of government and the administrative groups that managed them. Because of its ever expanding size the national government it has become too complex for congress to administer properly.

Both major parties have been behind this growth. However noteworthy is the period be-

tween 1964 and 1975. These were the years of the "Great Society". To create this vision of a new utopian world required an ever increasing numbers of "professional administrators" to oversee that the laws were followed. Since then this administrative state has continued to expand in a tyrannical manner. If the "Green New Deal" were to become law the size and power of the administrative branch would consume this nation.

The Founders of this country believed that the federal government should be a small body with the primary purpose of the roles described in the preamble to the Constitution. The founders also believed national governmental powers should be limited, as a large burdensome government would eventually lead to a tyrannical government.

Can this trend be reversed? The current administration is trying to reduce the size of the federal government but it will not be easy to "drain the swamp" as was pledged. It will not be easy to rid our government of these people as the creatures who dwell in this swamp are well entrenched, have a very strong union to protect them and have no plans on giving up the power that they possess. This problem is exacerbated by a public that has grown all to accustom to the perceived benefits that they receive from this bureaucratic machine. How are these 'swamp creatures fed? By our tax dollars and deficit spending.

Are we not trading freedom for free stuff?

It is almost impossible to free people from the chains that they have come to revere.

"TIME JOCKEY" - Mt. Wilson

By Joe Castillo

Donkey Trail The Sierra Madre Mountains form the northern boundary of the San Gabriel Valley, and are filled with peaks and canyons which have been used by the Gabrielenos since before the arrival of the Spanish. Its abundance of Oak trees provided the acorn food staple of local Native Americans.

One of the highest peaks of the mountain range is Mount Wilson, a 5,600 feet high peak which oversees the entire San Gabriel Valley, Los Angeles and beyond to Santa Catalina Island. The peak was named after Benjamin Wilson, the prominent land owner of parts of Rancho Santa Anita, former mayor and sheriff of Los Angeles and grandfather of General George S. Patton Jr. Wilson was held in such high regard that when it came time to honor him after his death, a committee selected the most recognizable physical site known at that time, the highest peak which everyone could look up from Los Angeles.

The peak was known to Wilson when in 1864, he and William McKee were the first known climbers to ascend the peak. But on the way up they

passed the charred remains of two cabins and realized that others had conquered Mount Wilson. The possibility that horse thieves had built the cabins and hid from pursuers seemed more plausible than not. The trail that Wilson and McKee took later became known as Wilson's Trail and averaged a foot in width for most of the length.

In the next years afterwards, Pasadenans used the trail to ride horseback to the peak as a form of entertainment. When they arrived at the top, they lit a campfire so it could be seen by their friends below at home, and then a campfire was lit in Pasadena to send a return message back to the friends on Mount Wilson. As the adventure became more common among Pasadenans, plans were suggested to widen Wilson's Trail to allow wagon trains to ascend up the mountain. But the cost was prohibitive and no serious plans were followed upon.

But in 1889, Mount Wilson was selected as the site to place a 3-ton, 23-inch telescope upon the peak. Judge Eaton was given the task of moving the huge telescope from the railroad station eight miles away to the

designated site on Mount Wilson. The only trail was Wilson's Trail which was little more than a donkey path. Eaton broke the telescope into several small transportable pieces, and eventually after a difficult effort of pulling and tugging, the telescope was assembled at Harvard Telescope Peak also known as Signal Peak. It was the first installation of the Mt. Wilson telescope or any additional equipment on the peak.

In 1891, the need for a more adequate road up Mount Wilson was proposed and Judge Eaton was again selected for the project. He completed the nine-mile trail at a cost of \$5,000 and it ran from the mouth of Eaton Canyon to the summit of Mount Wilson. The new Wilson Trail was four-feet wide and went up only an elevation of 1 foot for every 10 feet in length, a more manageable climb than the donkey trail that Benjamin Wilson himself followed.....

Joe Castillo is a freelance historical writer who has been covering Southern California history for 11 years and has written 5 books on the topic. He can be reached at joecastillo@aol.com.



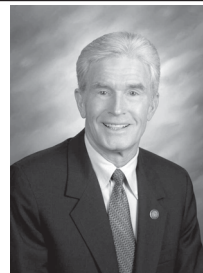
All Eyes On The Federal Reserve

Last Wednesday, after the initial FOMC announcement that it would hold interest rates at their current level, Chair Powell began his press conference by stating, "My colleagues and I have one overarching goal: to sustain the economic expansion, with a strong job market and stable prices, for the benefit of the American people." He went on to note "We are firmly committed to our symmetric 2 percent inflation objective, and we are well aware that inflation weakness that persists even in a healthy economy could precipitate a difficult-to-arrest downward drift in longer-run inflation expectations." Powell noted market-based inflation expectations have fallen since the May meeting and survey-based expectations are falling.

Powell also communicated that uncertainties have increased since the last FOMC meeting; but, inflation and inflation expectations were the heart of the current discussion. Powell commented that while "some participants wrote down policy cuts [in the forecast] and others did not, our deliberations made clear that a number of those who wrote down a flat rate path agree that the case for additional accommodation has strengthened since our May meeting."

Powell added that the committee did not cut rates yesterday because FOMC participants want more information (before doing so). The implication was that they would have cut rates

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

except for some mixed signals in the data.

At this point it may be more useful to think about what might prevent a rate cut rather than what might elicit one. One strong economic report is not likely to change much. The Fed would need evidence of stabilizing manufacturing activity, solid employment growth, continued consumer activity, etc. Early signs of significant deterioration in some June early warning indicators, like the June Empire manufacturing survey, make such positive news unlikely.

As the Fed spreads its dovish wings, the yield on the benchmark 10-year Treasury dropped below 2% Wednesday night for the first time since November 2016. As mentioned, the FOMC left interest rates unchanged at its monetary policy meeting on Wednesday, dropped the word "patient" from its statement and said it would "act as appropriate" to sustain the economy. American stock prices were higher with the expectations of lower interest rates, and the Fed Funds Futures

are now pointing to a 100% chance of monetary policy easing in July.

While he's not planning to do so now, President Trump (according to Bloomberg) told confidants as recently as Wednesday that he believes he has the authority to replace Jerome Powell by demoting him to a board governor role. The Fed Chair has a different opinion. "The law is clear that I have a four-year term, and I fully intend to serve it," he declared yesterday. Trump has repeatedly accused Powell of not doing enough to bolster the economy, calling for lower interest rates as he seeks to offset the unfair trade practices and currency manipulation of China as well as Europe.

To summarize:

1. The FOMC wants to keep the expansion alive as long as inflation is not alarmingly high.
2. Inflation has fallen. Even if it is transitory, it feels persistently low. Transitory low inflation can become persistent, systematically low inflation if inflation expectations fall.
3. Inflation expectations have fallen.
4. The FOMC likely will cut rates as soon as the next meeting (July).

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

All my retirement savings are in old my 401(k). I am SO stressed! If the stock market crashes, I don't have time to wait for it to regain the losses. What can I do?

Consider diversifying into different types of investment products. Having all of your investment dollars in stocks makes you vulnerable to all the ups and downs. By having some of your investment dollars in fixed, or fixed-indexed products, you avoid such volatility. With these types of investment products, you are not privy to all the gains of the stock market, and you do not suffer from the losses. Your investment dollars and subsequent gains can be locked in every year on the policy anniversary (date of initial investment).

What causes all the big ups and big downs in the stock market? It's scary!

Wars, "Brexit," N. Korea, China, Mexico, ... we have a global economy. If you look at stock market charts that are short-term, it can look pretty scary. However, if you look at stock market charts that are 1-year or more, you'll typically see a much better picture. Let the dust settle. You've heard the saying, "Buy low. Sell high." When the price of stocks go down, financial professionals advise investors to buy. When the price of stocks goes up, financial professionals advise investors to sell. I encourage my clients to diversify their



Julia Yoder

investments into different types of investment products. Having all of your investment dollars in stocks makes you vulnerable to all the ups and downs. My clients, with fixed or fixed-indexed investment products, are not privy to all the gains of the stock market, and they do not suffer from the losses. Their investment dollars and subsequent gains can be locked in every year on their policy anniversary (date of initial investment).

How do economists figure out if our economy is getting better or worse?

Economists look at statistics compiled by the Census Bureau, the Bureau of Labor Statistics, the Bureau of Economic Analysis, for example, and conclude whether the economy is in a slowdown or a recovery. The consumer-related indicators are: employment, retail sales, new-home sales, personal income and spending, and the consumer price index (oil and food excluded). Of

course, there are un-ending arguments regarding what should be included or excluded in these reports. As we know, resulting reports can be altered by the detailed information sourced. In other words, facts can lie. For example, if they only count full-time employment, what about all the folks who lost their full-time employment and are now working one or two part-time jobs? If they only count those receiving unemployment benefits, what about those who have used up their benefits but are still unemployed?

Does money invested in CDs have to go through probate?

Yes. Proceeds from a bank CD go through probate and may be subject to expenses, delays, and lack of privacy. You have choices. The right life insurance policy, and/or the right annuity, with properly designated beneficiaries (not an estate or trust) can be passed on to heirs without the expense and delay of probate.

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/Real Estate Broker 01238153/Nat'l. Ethics Assoc./ Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

Train For Careers That Protect Our National Parks, Wildlands And Historic Sites At A Local Community College

As millions of vacationers head out to national parks, historic monuments, and other wilderness areas this summer, few of them will stop to consider the hidden treasures inherent in these majestic and diverse natural resources.

Fewer still will consider the thousands of trained professionals whose lives are spent maintaining and preserving them. From scientists to park rangers, and with more than 380 National Park areas alone, these skilled individuals protect the beauty, historic integrity and cultural importance of these places. They also manage the natural environment, which includes a vast array of plants and wildlife.

Citrus College now offers a Certificate of Achievement in Wildland Resources and Forestry, which prepares students for pre-professional careers, as well as transfer to four-year universities. And as a community college, the cost of attending is low, the quality of the education is high, and there are many student support services



Dr. Edward C. Ortell
to ensure students are successful.

Careers in the use and management of forest and natural resources include conservation scientists, forest and conservation workers, naturalists and interpreters and wildland firefighters. Most careers require at least some education beyond high school. Students may study forestry, horticulture, wildlife management, recreation management, soil science and other disciplines, depending on their career focus. They can be employed in either the public or private sector, working indoors or out. The US

Bureau of Labor Statistics estimates that in 2015 there were more than 65,000 forest and conservation workers employed nationwide.

In 2014, President Obama designated more than 300,000 acres of existing federal lands as the San Gabriel Mountains National Monument. With its thousands of miles of streams, hiking trails and other wilderness amenities, the monument provides a stunning backdrop to the San Gabriel Valley. As we enjoy this national treasure, it's good to know that behind the scenes there are forest and wildlands professionals keeping it a safe and beautiful place to relax, recreate and enjoy nature.

Dr. Edward C. Ortell is the senior governing board member at Citrus College and a Professor Emeritus at Pasadena City College. He has served on the California Community College Trustees (CCCT) state board of directors and eight terms as president of the Citrus College Board of Trustees.

THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

How Are Your Shocks/Struts?

Shocks and struts take a beating so we don't have to! They help us ease the pain of driving over less than perfect roads and stabilize us over bumps, when we stop quickly and when we go around corners. We pretty much take them for granted. Our owner's manuals tell us they need to be replaced every 30,000 to 90,000 miles, depending on our driving habits. That is a wide range!

We would like to recommend that you take some time when you are out driving around to notice a few things about your vehicle. If your car is bouncing a bit after you hit a bump in the road, is nose div-

ing after you brake or is swaying around corners you need to have your shocks replaced.

Struts basically perform the same function as shocks except they also are an integral part of your suspension system. When you are out and about in your car and notice the same symptoms as above and also notice noise while you go over those bumps or turn corners you might also have an alignment situation.

Shocks and struts also give you another symptom if they are ready to be replaced...they leak fluid. They do a lot for us and we certainly take them for granted until we notice our ride is just not as enjoyable or com-

fortable as it could be. Bad shocks and struts also cause wear and tear on our tires and our suspension components.

Make sure your shocks and struts are ready for whatever condition the roads you drive on happen to be in. Whatever your car may need, at Certified Auto Specialists we want your vehicle to always be ready to go when you are!

Certified Auto Specialists: the friendlier and more helpful auto shop! Feel free to call 626-963-0814 with any questions and we will be glad to help, or visit our website at CertifiedAutoCa.com.

Hometown Service You Can Count On!

Duarte to team up with the SGV Humane Society for Animal Control

DUARTE - The City of Duarte is teaming up with the San Gabriel Valley Humane Society to provide animal control services. This change was spurred due to an anticipated triple digit rate increase in the current Los Angeles County Animal Control contract. Currently the City is pay-

ing approximately \$30,000 per year to the County and their rates were projected to increase to \$75,000 in fiscal year 2019 - 20 and increase by a minimum of 50% the following year.

Under the new contract, sheltering services will be provided by the San Gabriel Valley Hu-

mane Society (851 E. Grand Ave., San Gabriel, CA 91776). Effective July 1, 2019, the City, residents, and most importantly, our furry friends will experience a higher quality service level. To reach the SGV Humane Society, call (626) 286-1159.

West Covina Schools Named to California Honor Roll for Equity in Education

WEST COVINA - Seven West Covina Unified schools were recognized for their efforts to provide equity for every student, earning places on the Campaign for Business and Education Excellence (CBEE) Honor Roll based on their overall performance on state standardized tests.

Edgewood High, West Covina High, Walnut Grove Intermediate, Hollencrest Middle and Merced, Merlinda and Vine elementary schools were named Star Schools, a category for high-performing schools with significant populations of socioeconomically disadvantaged students.

"West Covina Unified places a premium on providing dynamic and innovative learning environments where every student can thrive academically," WCUSD Superintendent Dr. Charles D. Hinman said. "It is an honor for our schools to be recognized as role models for others."

Comparing test scores from 2016-17 to 2017-18, West Covina High and Merlinda Elementary showed significant improvement in meeting or exceeding the state standards in ELA and math. West Covina's ELA numbers rose 7 percentage points to 64 from 57 percent, while its numbers in math rose to 38 from 36 percent.

Merlinda rose 9 percentage points in ELA, to 62 from 53 percent and 10 percentage points in math, to 48 from 38

percent. Merced once again posted strong numbers, with 69 percent in ELA and 63 percent in math. Hollencrest, Walnut Grove and Vine all had aggregate test scores that placed them above the state standard in both ELA and math.

The Honor Roll, released on June 5, aims to shine a light on bright spots in education by identifying schools that generate strong student outcomes and provide a model of best practices. The Honor Roll is created for CBEE by the Educational Results Partnership (ERP), which analyzes 14 measures taken from California Department of Education data, including performance on state math and English language arts standardized tests, UC/CSU course requirements, and graduation rates.

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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

Wanted: Men and Women who want to lose weight. TOPS (Take Off Pounds Sensibly) is a non-profit group that encourages men and women to lose weight. TOPS is a hands on, Pounds Off approach to weight loss. No Quick Fixes, just helpful information you need to reach your weight loss goal. We offer the latest nutrition, fitness and medical information. We also have information on the latest Diabetes resources. Motivational stories from successful TOPS members. Our meetings are every Thursday at 9:30am to 11:00am at Azusa Memorial Park at 320 N Orange. For more information please call 626-967-8829

ARCADIA Summer Concert And Movie Series

The summer concerts and movies are both on Thursday evenings. Concerts start at 6:30pm and movies at dusk on the west lawn between City Hall and the Police Department (240 West Huntington Drive). Please note parking is provided at City Hall and Santa Anita Race Track at Gate 5 only. For more information, please call 626.574.5113. Below is the line-up for June 27, 2019.

Cold Duck (70s top 40) and Lego Movie 2 (PG) Saturday Adult Basketball League

Gather your friends, form a team and stay active in the adult basketball league. Whether it's casual or competitive, there's always an opportunity to stay fit and have fun. Games are played at the Dana Gym, 1401 S. First Avenue, Arcadia on Saturdays between the hours of 9:00am and 1:00pm, beginning Saturday, June 29, 2019. Saturday Open League is limited to six teams and is open to all levels of play. League fees are \$502 plus a \$40 forfeit deposit, which includes 9 league games, officials, scorekeepers, and championship award. Registration takes place on a first-come, first-serve basis. For more information please call 626.574.5113.

Orchid Hobbyists Meeting

San Gabriel Valley Orchid

Hobbyists invite you to our **June 20 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. We will be having an Open Forum- Questions & Answers on all Subjects Related to Orchids. Refreshments. All welcome!

BALDWIN PARK McNeill Fitness Program

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

COVINA BUNCO!

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

Indoor Chair Beach Volleyball

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

Community Garden Parcels

The City of Covina Parks & Recreation Department has a Community Garden located at Cougar Park. Parcels are now available. Grow your own vegetables alongside other gardeners who are passionate about gardening and growing healthy organic produce! Annual fee of \$50 for large or handicap accessible parcel, and \$44 for small parcel. Applications are available at covinaca.gov. For more information, call (626) 384-5340.

Walk The Walk

The City of Covina Parks & Recreation Department offers "Walk the Walk." This is a casual walking experience where you can walk at your own pace, improve your heart's health, and meet new friends. Wear your walking shoes and bring water. The walk takes place on Wednesdays at 9 a.m. at the Covina Senior Center (temporarily located

at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina). For more information, call (626) 384-5380.

Medicare & Vitality Center

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

DUARTE Duarte Museum Needs Docents

It's fun and educational! Volunteer to serve as a docent at the Duarte Historical Museum in Encanto Park. You will serve about every other month on a Wednesday (1-3 p.m.) or Saturday (1-4 p.m.) with a seasoned docent who will train you. Greet visitors, show them around the museum and learn about local history. Training sessions are available. Call Claudia at (626) 358-0329 for more information.

Blood Pressure Checks

Health Care Partners will provide a medical assistant to do free blood pressure checks. No appointment needed. **Every 2nd Tuesday** of every month from 10:00 a.m. - 12:00 p.m. For more information call the Senior Center at (626) 357-3513.

Meals on Wheels

Eligible seniors can receive a hot lunch and cold dinner plate delivered each weekday, or seven frozen meals delivered once a week by YWCA Intervale Senior Services. For more information, please contact the Duarte Senior Center at 357-3513 or Intervale at (626) 214-9465.

Alzheimer's Safe Return Registration

Safe return is a service of the Alzheimer's Association to help identify, locate and return Alzheimer's victims who wander and become lost. The one time registration includes identification items, preventative information, membership in the Alzheimer's Association, and participation in a nationwide search system. Call the Duarte Senior Center at 357-3513 for an appointment.

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.

Senior Lunch

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.

GLENDORA Instructors Needed At The La Fetra Center

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

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 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 Sec-

ond 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 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 Holidays.

TOPS Meeting

TOPS (Take Off Pounds Sensibly) meets every week on Thursday at 6 p.m. at the Cortez Senior Center, located at 2501 E. Cortez St in the back classroom building. Visitors are always welcome and your first meeting is free. Come now and learn about nutrition, portion control, food planning, exercise, motivation, and more every week. This group has members from all over the San Gabriel Valley. For details, call Erika Hernandez at 6 2 6 - 3 8 4 - 0 5 0 2 (ehernandez57@aol.com).

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.

City of West Covina Summer Concert Series

WEST COVINA - The City of West Covina will be hosting its Annual FREE Summer Concert Series every Wednesdays from 6 p.m. - 9 p.m. Each Summer Concert event will begin with a DJ from 6 p.m. - 7 p.m. followed by the featured band from 7 p.m. - 9 p.m. All of the Summer Concerts will take place at the West Covina Civic Center, located at 1444 West Garvey Ave. South. Free parking is available at the Civic Center during the Summer Concerts. Make sure to bring your own lawn chairs and blankets. You

may bring outside food or purchase food on site. No alcohol is permitted at the Summer Concert Series.

2019 Schedule
July 3 SMOKIN' COBRAS - Retro 50's Oldies & NU-SALT - Patriotic Laser Light Show
July 10 KINGS OF 88 - Tribute to Piano Rock Legends
July 17 COLD DUCK - 70's & 80's, Old School, Big Band
 For more information please call (626) 939-8864 or visit www.westcovina.org.

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WWII U.S. Navy WAVES Veteran Celebrates Her 95th Birthday!

Story and Photography by Ricardo Tomboc

LA VERNE - On June 12, 2019, World War II Navy WAVES (a.k.a. "Women Accepted for Volunteer Emergency Service") Veteran Margaret Petersen celebrated her 95th birthday. Living in the City of La Verne, and a resident at the Hill Crest Homes, Margaret spent the day with at least three generations of family members.

In 1941, after the radio stations and newspapers announced the attack on Pearl Harbor; Margaret's outrage led her to do something for her country! After a short while, Margaret Ringwald at the time, joined the U.S. Navy as a Reservist 1st Class in the WAVES! Margaret was living in Santa Monica and was later stationed in San Francisco, where she was assigned as a Tele-typ-

ist. Margaret served till the end of the war in 1946. A short time later, Margaret met her husband of 64 years, John Norman Petersen who was also in the U.S. Navy and had served on the USS Dobbin as a Machinist Mate Firsts Class. John was in Pearl Harbor when it was attacked in December 1941. On April 19th, 1947 Margaret and John married and raised their family in Whittier, CA. John passed way in 2011 and was given a burial with full military honors.

Walter Ringwald, Margaret's younger brother was also in the U.S. Navy during WWII. Walter Joined the Navy on February 14, 1944, serving his country for four years as an Aviation Machinist Mate 2nd Class and was stationed in the Aleutian Islands. Walter Ringwald and his wife

Nancy reside in the same Hill Crest Homes community with Margaret.

The stories that are told by first-hand experiences and the tails told from actually witnessing and observing our past history are the treasures that not only Margaret Petersen and Walter Ringwald have; but a diminishing handful of Veterans from that WWII era also have. They can fill in the gaps that often are omitted in textbooks, and in history lessons. How many people know first-hand about Japan's seizures of American owned soil west of the Alaskan Peninsula that occurred six months after the attack on Pearl Harbor, and the battles and activities that took place afterward? I'm sure Walter can tell you if you buy him a cup of coffee!



Margaret Petersen World War II Navy WAVES Celebrated her 95th Birthday with at least 3 generations of family members.



Aviation Machinist Mate 2nd Class Walter Ringwald and Reservist 1st Class Margaret Petersen (brother and sister) both served in the U.S. Navy during World War II; and are residents at the Hill Crest Homes community.



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Sierra Madre Search and Rescue Hosts Psychological First Aid Training

By Carolyn Grumm

SIERRA MADRE - On Saturday, June 15th, over 50 first responders met at Sierra Madre Search and Rescue's (SMSR) station for training in Psychological First Aid. Attendees represented search and rescue teams from across LA County and as far away as San Diego, Marin and Inyo Counties. The training was presented by Amanda Mortimer Ph.D., a licensed clinical psychologist, professor and member of Fresno County Sheriff's Search and Rescue Team. Her training helped to build awareness in the mountain rescue community about the emerging topic of Psychological First Aid.

While a hallmark of first responders is their ability to remain cool under pressure, they are not immune to physical or emotional trauma. The emotional stress of being in life-and-death situations, interacting with people whose lives are being torn apart, and seeing people having the worst day of their lives all takes a toll. Sometimes stress accumulates over many years, and sometimes it comes from a single incident, but when stress exceeds a person's ability to deal with it,



SMSR hosted a psychological first aid training by Amanda Mortimer Ph.D. for over 50 search and rescue personnel.

stress injuries occur, and intervention is needed.

Psychological First Aid (PFA) is designed to reduce distress and build capacity for healthy functioning and coping after a traumatic event. Rescuers are encouraged to monitor themselves

and each other for signs of stress injuries (loss of motivation or creativity, irritability, sleep disturbances, anxiety, depression). During training, many team members recognized that they've seen these changes in themselves and their teammates over the years.

The good news is that there is help for rescuers who have a stress injury. One of the most effective steps to be taken is to create strong connections with teammates, friends and family. Attending this training together and sharing experiences with each other was one important step in implementing PFA. As one SMSR team member stated, "The people on the team with me are the best source of comfort for me when I am dealing with a difficult call. The things we do together create a closeness that I haven't experienced outside of the Team. I feel like my teammates are far more likely to understand the stresses we live with than other people are."

The mountain rescue commu-

nity is increasingly looking at strategies for mitigating trauma-related stress in rescuers. In 2018 the International Commis-

sion of Alpine Rescue began looking into PFA, disseminating information through the organization worldwide. Similarly, the

Mountain Rescue Association (MRA) is focusing on PFA in the United States. At this year's annual MRA conference, multiple sessions were presented to rescuers from around the country, and free training is now available online through the MRA online learning management system on PFA.

SMSR is one of many teams across the country turning to PFA. The Team will continue to find and implement PFA strategies to keep rescuers safe, healthy, and ready for the next call out.

Since 1951, the all-volunteer Sierra Madre Search and Rescue Team has responded to calls for help in the local mountains and beyond. SMSR also provides a range of wilderness safety programs. The Team never charges for any of these services, and is funded entirely by charitable donations. For more information, to donate, or to arrange a wilderness safety demonstration for your school or group, visit www.smsr.org.



SMSR team members work together in the field to get the job done and are a great support for each other to deal with stress injuries.



Search and rescue teams work alongside fire departments and other first responders to provide help in potentially dangerous and stressful situations.

Photos courtesy of SMSR

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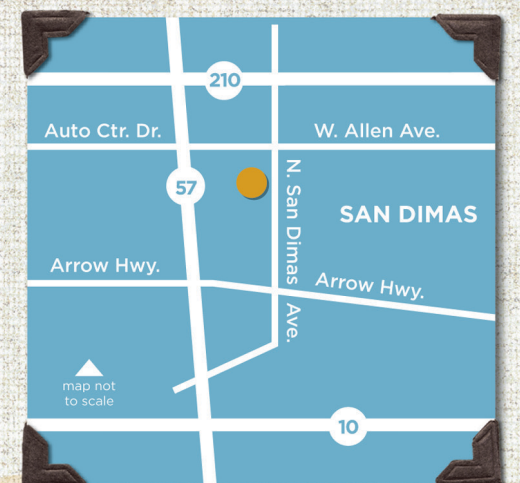
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