



# San Gabriel Valley Examiner

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

25 cents

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

Volume XXII, Issue No. 41

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

October 10 - 16, 2019

## INSIDE



First West Nile Virus Death / A3

## Grand Opening



FATBURGER / A7

## INDEX

Commentary	A4
Financial/Consumer	A5
Legal Notices	B1
City Notices	B12

# Construction Authority Signs Contract and Marks the Start of Major Construction for the \$2.1 Billion Foothill Gold Line Light Rail Project from Glendora to Montclair

POMONA – The Foothill Gold Line Construction Authority (Construction Authority) held a press conference on the steps of Pomona City Hall to sign the Alignment Design-Build Contract for the 12.3-mile, six-station Foothill Gold Line light rail project from Glendora to Montclair. The contract with the Joint Venture team of Kiewit-Parsons includes an \$805.6 million base scope for the first nine miles of the project from Glendora to Pomona, with a two-year contract option to complete the full project to Montclair for a total contract amount of \$1,186.9 million if additional funds are secured by October 2021. The extension will add new stations to the Metro Gold Line system in the cities of Glendora, San Dimas, La Verne, Pomona, Claremont and Montclair, and may be built in phases if the additional funding is not secured in time to initiate the contract option. The Glendora to Pomona segment is anticipated to be completed in 2025, and the entire project to Montclair by 2028 if the contract option is initiated.

"Today, as we sign the contract that kicks off major construction for the next Gold Line segment, we are one step closer to improving mobility and the quality



Elected Officials from the Federal, State, County and Local levels and transportation officials participated in the contract signing press conference held on the steps of Pomona City Hall.

of life for hundreds of thousands of residents, workers, students and others as they travel to and from the San Gabriel and Pomona Valleys each day," said Foothill Gold Line Construction Authority Board Chair and Pomona Mayor Tim Sandoval. "Getting to today's contract signing would not have been possible without the partnership and collaboration with LA Metro's board and executive team; and the support of elected officials at all levels, including the San Gabriel

Valley Council of Governments and the State of California that provided hundreds of millions of dollars of funding that helped make today possible."

The contract signing with Kiewit-Parsons concludes a two-year procurement process and officially marks the beginning of major construction for the \$2.1 billion light rail project. Kiewit-Parsons, the same design-build team responsible for successfully building the two earlier segments of the Foothill Gold Line

between Union Station and Azusa, was ranked the top team in all technical categories by the evaluation committees, as well as provided the lowest overall bid price. They were deemed the best value for the agency when they were awarded the contract in mid-August.

"The Kiewit-Parsons team has a long history working for the

Construction Authority and doing an excellent job," stated Foothill Gold Line Construction Authority CEO Habib F. Balian. "I am confident that their team, and my team at the Construction Authority, are ready to go to work to deliver another successful project for this region."

"Kiewit is excited to have been chosen to build this important rail transportation project in the region," said Terry Robinson, Senior Vice President, Kiewit Infrastructure West Co. "Our long, successful history with the Foothill Gold Line Construction Authority since the late 1990s will only help the Kiewit-Parsons team as we closely collaborate throughout the life of the contract. We look forward to using our extensive rail transportation experience to safely deliver a high-quality project that commuters and those visiting the area will ultimately use and enjoy."

"We are excited to partner with the Foothill Gold Line Construction Authority and our team in delivering full-service integrated delivery including design and

Please turn to GOLD LINE / A7

# Upper San Gabriel Valley MWD Wins 2019 WaterSense® Partner of the Year Award

LAS VEGAS, NV -The U.S. Environmental Protection Agency (EPA) recognized the Upper San Gabriel Valley Municipal Water District (Upper District) with a 2019 WaterSense Partner of the Year Award for its heroic efforts to defeat water waste and promote WaterSense in 2018. Upper District received one of 25 WaterSense awards today at the WaterSmart Innovations Conference in Las Vegas.

Since 2006, Upper District and more than 2,000 other WaterSense partners have helped consumers save more than 3.4 trillion gallons of water. That's enough water to supply all American households for four months! In addition to water savings, WaterSense labeled products and homes have helped reduce the amount of energy needed to heat, pump, and treat water by 462.5 billion kilowatt hours-which is enough to power more than 44.4 million homes for a year-and save \$84.2 billion in water and energy bills.

"Our partners have made water-saving products, homes, and programs accessible across the nation and have educated millions on the importance of water conservation," said Veronica Blette, Chief, WaterSense Branch. "These WaterSense award winners are leading the fight against water waste to save our most precious resource."

Upper District was honored as a 2019 WaterSense Partner of the Year winner for spread-



Director of Government and Community Affairs Patricia Cortez and Conservation Coordinator Elena Layugan accept the 2019 WaterSense Partner of the Year Award on behalf of Upper District.

ing the water-efficiency message through public education and awareness while transforming the marketplace to include WaterSense labeled products, new homes, and certification programs. The Upper San Gabriel Valley Municipal Water District has won its first WaterSense Partner of the Year Award for its promotional efforts in 2018. The Upper District collaborated with a number of different WaterSense partners on events and programs and encouraged all 27 of its water purveyors to become WaterSense partners. Through-

out 2018, the Upper District hosted nine workshops covering efficient landscaping, outdoor water use, and leak detection and repair. In collaboration with Metropolitan Water District, City of Monrovia, San Gabriel Valley Landscape Contractors Association, it hosted a Model Water Efficient Landscape Ordinance Workshop that drew nearly 100 attendees. For Fix a Leak Week, the Upper District hosted two leak detection/repair workshops in English and Mandarin to expand its reach in the community.

"Upper District is extremely honored to receive this recognition from the EPA. We believe that being a WaterSense partner has truly enhanced our efforts to outreach to the communities we serve," said Ed Chavez, Board President for Upper District. "Water conservation remains an essential and cost-effective method for the overall sustainability of the San Gabriel Valley water supply. We have made conservation a critical component of our overall mission and actively engage the public about water use efficiency."

WaterSense, a partnership program sponsored by EPA, seeks to protect the future of our nation's water supply by offering consumers and businesses simple ways to use less water with water-efficient products, homes, and services. For more information about WaterSense, visit [www.epa.gov/watersense](http://www.epa.gov/watersense).

Upper District's mission is to provide a reliable, sustainable, diversified and affordable portfolio of high quality water supplies to the San Gabriel Valley; including water conservation, recycled water, storm water capture, storage, water transfers and imported water. Upper District services nearly one million people in its 144 square mile service territory. Governed by a five-member elected board of directors, Upper District is a member agency of the Metropolitan Water District of Southern California. Annually, more than 78 billion gallons of water is used in Upper District's service area. For more information about Upper District, please visit our website [www.upperdistrict.org](http://www.upperdistrict.org) or call 626-443-2297.

# West Covina Unified Prepares Students for Higher Education at Annual College Fair



West Covina Unified students learn about Mt. San Antonio College's fire technology program during the District College Fair, held Oct. 2 at West Covina High School.

WEST COVINA – West Covina Unified students and their parents began planning the first steps toward higher education at the fifth annual District College Fair, held Oct. 2 at West Covina High School.

Representatives from nearly 40 colleges and universities answered questions about program offerings, admission and financial aid information for students and their families. Breakout sessions staggered throughout the three-hour event covered such topics as selecting the right school, and NCAA eligibility and scholarships.

"This is a really great event because having all the college resources and reps in one space makes it easier for students and families who don't know where to go for help," West Covina High School senior Khine Thu said. "The District is providing an amazing opportunity for people to ask questions and plan their futures."

Inside West Covina High School's gymnasium, rows of booths were covered in university colors and gear, with institutions including UC Santa Barbara, Oregon State University, Pasadena City College, Chapman Uni-

versity and the U.S. Naval Academy.

Outside of the gym, food trucks, a kettle corn stand and a District booth offered refreshments and a place to discuss West Covina Unified's many educational opportunities.

"My son is a freshman and we want to make sure that we are starting him off right and know the steps to get him to college," West Covina High School parent Carlos Valenzuela said. "We've talked to a lot of the recruiters, and we've asked a lot of questions that will help us."

Community service organizations, including the Woman's Club of West Covina, Camarena Foundation and West Covina Rotary, shared information about local scholarships available to WCUSD students.

"West Covina Unified is dedicated to providing all students a rigorous, high-quality education that inspires college- and career-readiness," WCUSD Superintendent Charles D. Hinman said. "We are thankful to all the higher education representatives, community partners and school and District staff who contributed to the success of our annual District College Fair."

Upcoming Event?  
Let us know at  
[SGExaminer@aol.com](mailto:SGExaminer@aol.com)

## America's Christian Credit Union Staff Participate in Generosity Initiative



ACCU staff Nikole, Jade, and Richard with Citrus Foundation staff Ada Luna and Clarence Cernal

**GLENDORA** – America's Christian Credit Union (ACCU), a faith-based financial institution headquartered in Southern California, recently concluded a four-month generosity initiative. In keeping with its key corporate priorities of building stronger families and communities, the credit union's employees increased efforts to help people in need throughout the months of June through September. The generosity initiative kicked off with a clothing drive to benefit foster youth who are aging out and need business attire for job interviews. The outfits donated were collected by staff members of David & Margaret Youth and Family Services, a nonprofit based in La Verne, CA.

"Most of the foster youth come to us in ripped-up jeans and t-shirts," said program manager Marissa Scholefield. "They don't even know what work-appropriate attire is. We notice an immediate change in the confidence they feel when they receive these clothes." After helping foster youth dress for success, ACCU staff responded to a request from The Shower of Hope for much-needed toiletries and other personal items. The nonprofit operates a mobile shower structure for homeless persons. "These amazing donations will be very welcomed by the folks we serve!" said Anne Ramirez, who stopped by ACCU's Glendora headquarters to collect the items donated. The summer-long gener-

osity continued with more than 20 staff members donating blood on the Monday after the El Paso and Dayton mass shootings. Ruby, a loan servicing manager who participates in the American Red Cross blood drive every year, summed it up for her coworkers when she said, "It's the least I can do to help save lives."

ACCU employees are extremely generous with their time, often giving up precious weekend hours for volunteer service. Four staff members—Jessica, Priscilla, Rachel, and Sylvia—spent several hours at Foothill Community Church, Azusa, one Saturday in September, helping prepare, serve, and clean up after a lunch for people in need. Jessica, a branch services representative, noted how the guests engaged in lively conversations at their tables. "It was beautiful to see the community that has been formed as a result of this weekly event," she said. ACCU's summer of generosity concluded with two drives honoring veterans. Employees donated gowns, shoes, and other accessories to Armor of Light's annual gown giveaway, which outfits ladies attending the Marine Corps Birthday Ball. Additionally, food items and gift cards were collected for members of the Veterans Success Center at Citrus College. "I love being able to lend a hand to these Veterans," says ACCU's community engagement coordinator, Nikole. "They have fought so hard for our country, it is wonderful to be able to provide a such a small donation and know that it can go a long way."

ACCU's HR director Richard Mathews was proud to see credit union staff participating in the generosity initiative with such enthusiasm. "Working at ACCU is much more than a job and a paycheck," said Mathews. "We are a mission-minded community partner, privileged to be able to live out the credit union's mission by helping a wide array of deserving ministries and nonprofits, month in and month out."

## Sprouts Opens in West Covina!



Ribbon Cutting for the opening of Sprouts in West Covina. (Photo courtesy of Lloyd Johnson FB)

By George Ogden

**WEST COVINA** - The former Albertsons Grocery Store in the Eastland Center in West Covina is now a Sprouts Grocery Store. They celebrated with a Ribbon Cutting Ceremony early Saturday morning, starting at 5:30 a.m.

with the ribbon cutting around 10:00 a.m. There were a number of people on hand for the ceremony. This included Mayor Lloyd Johnson along with some councilmembers, commissioners and city staff.

The 30,000-square-foot store

is located 2630 E. Workman Ave. At the ribbon cutting ceremony, they took people around the store and showed-off the new facility and products.

The store is open 7 a.m.-10 p.m. seven days a week.

## Citrus College Automotive Technology Program Receives Generous Donation



Citrus College representatives joined GLANCD board members for a check presentation in support of the college's automotive technology program. Pictured (L-R): Jeremy Clark, automotive technology instructor at Citrus College; Michael Wangler, acting dean of career, technical and continuing education at Citrus College; Dave Brown, automotive technology instructor at Citrus College; Dr. Arvid Spor, vice president of academic affairs at Citrus College; Greg Bozzani, dealer principal of Bozzani Volkswagen in Covina; and Ian Thomas, dealer principal of Thomas Acura in Covina.

**GLENDORA** - Citrus College received a \$10,000 donation from the Greater Los Angeles New Car Dealer Association (GLANCD) during a special celebration on Sept. 24. Representatives from Citrus College joined GLANCD board members for the event, which was held at Bozzani Volkswagen in Covina. The educational and philanthropic organization presented the college with a check in support of its automotive technology program.

"The new car dealers of Los Angeles are committed to helping provide career pathway assistance to student automotive technicians," explained Bob Smith, GLANCD executive

director. "The career opportunities that exist for automotive repair professionals in new car dealerships pay well, and there is a real shortage of incoming technicians, with many aging out of the system."

Citrus College's Automotive Technology program has been recognized as one of the strongest in the nation. With two associate degree and six certificate options, the program provides in-depth training and extensive hands-on experience. Whether a student is interested in finding entry-level employment or advancing in the industry, they receive the skills and specialized knowledge necessary to succeed in their chosen career path.

"I was thrilled to learn that Citrus College's Automotive Technology program was selected to receive a \$10,000 donation from the Greater Los Angeles New Car Dealer Association," said Dr. Geraldine M. Perri, superintendent/president of Citrus College. "This award further validates the program's excellent reputation, which its outstanding faculty members have worked so hard to establish. Their commitment to educating future automotive professionals is commendable and has made this recognition possible."

Maintaining excellent relationships with the automotive industry is one way in which the program ensures academic

excellence. In addition to working with industry professionals to identify the skills and abilities necessary to secure employment, automotive technology faculty also actively strive to place graduates in jobs.

As a result of the program's ongoing outreach and its long-standing partnerships with local dealerships, GLANCD members were already familiar with the work being done at Citrus College, and they were instrumental in approving the \$10,000 donation. The automotive technology program is planning to use the money to purchase certification kits for on-car brake lathes and tire pressure monitoring systems as part of its participation in the National Coalition of Certification Centers (NC3). Students who successfully complete the program can emerge with several certifications, including tire and wheel handling, wheel alignment, digital multi-meter usage, scan-tool usage, and torque measurement.

"On behalf of the board of trustees and the college community, I extend my sincere appreciation to GLANCD for this generous donation, and I congratulate the automotive technology program for receiving this impressive honor," said Susan M. Keith, president of the Citrus Community College District Board of Trustees. "This donation affirms the program's continued efforts to meet workforce demands and equip students with highly marketable industry skills. I am proud that these efforts are being celebrated."

**24 Hour Towing... 7 Days A Week**  
Emergency Hotline Call (626)357-3220

**Now Hiring Drivers**

- Official Police Tow
- We Haul Junk and Abandoned Vehicles
- Auto Lockouts
- Lien Sale Auctions

**(626) 914-1841**

134 N. Valencia, Glendora  
1045 W. Kirkwall, Azusa

[www.janstowing.com](http://www.janstowing.com)

**Freshly Made, Authentic Mediterranean Cuisine**

**Dine-In / Take-out & All Your Catering Needs**

**Store Hours**  
Tue-Sat 10:00 - 8:00 / Sun 10:00 - 6:00  
Closed Mondays

221 W. FOOTHILL BLVD - GLENDORA, CA 91741  
TEL: 626-914-3500 - FAX: 626-914-3511  
[www.waffaskitchen.com](http://www.waffaskitchen.com)

**WE OFFER AFFORDABLE PRICING!!**

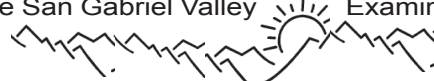
**WE'RE HERE FOR ALL OF YOUR TECHNOLOGY NEEDS!**

**SERVING THE GREATER GLENDORA AREA.**

SERVICES:  
COMPUTER REPAIR  
...  
SMART HOME INSTALLATION  
...  
MANAGED IT SERVICES

**CALL RAYMOND AT:  
626-691-5278**

**Advertise In The San Gabriel Valley Examiner**  
626-852-3374



# First West Nile Virus Death Reported in Los Angeles County

First death of 2019 reinforces need for all residents to take precautions against mosquitoes

**LOS ANGELES COUNTY** – The Los Angeles County Department of Public Health (Public Health) has confirmed the first death due to West Nile virus (WNV) for the 2019 season in Los Angeles County. The patient, a resident of the South Bay area, was hospitalized and died from WNV-associated neuro-invasive disease.

“West Nile virus continues to be a serious health threat to residents in Los Angeles County. We encourage residents to check for items that can hold water and breed mosquitoes, both inside and outside their homes, and to cover, clean or clear out those items. Residents should protect themselves from diseases spread by mosquitoes by using EPA-registered mosquito repellent products, especially during the peak mosquito season which lasts from June to November in Los Angeles County,” said Muntu Davis, MD, MPH, Los Angeles County Health Officer.

Humans get WNV through the bite of an infected mosquito. Most mosquitoes do not carry the virus; therefore, most people bitten by a mosquito are not exposed to WNV. Those who do get WNV may experience mild symptoms including fever, muscle aches, and tiredness. In some cases, especially in persons over 50 years of age and those with chronic medical conditions such as cancer and diabetes, severe WNV infection can occur and affect the brain and spinal cord causing meningitis, encephalitis, and paralysis. There is no specific treatment for WNV disease and no vaccine to prevent infection.

A total of 9 cases have been documented in Los Angeles County so far this year (excluding Long Beach and Pasadena as cases identified in those cities are reported by their local health departments). WNV-infected mosquitoes, dead birds, and sentinel chickens have been identified across Los Angeles County. Public Health monitors cases of WNV infection and collaborates with local vector control agencies to reduce the risk of WNV to humans by promoting prevention and mosquito reduction.

Decrease your risk of exposure:

**1. PROTECT YOURSELF:** Mosquito repellents can keep mosquitoes from biting you. EPA-registered repellents containing DEET, picaridin, IR3535, 2-undecanone, and oil of lemon eucalyptus are the longest lasting and most effective. They are available as sprays, wipes, and

lotions. Find the repellent that’s right for you here. Consider wearing long-sleeved clothes and pants when outside.

**2. MOSQUITO PROOF YOUR HOME:** Make sure that your doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens with tears or holes.

**3. REDUCE MOSQUITOES:** Mosquitoes lay their eggs on standing water.

- Check for items that hold water inside and outside your home once a week

- Cover water storage containers such as buckets and rain barrels. If no lid, use wire mesh with holes smaller than an adult mosquito

- Clear standing water in flower pots, saucers, birdbaths and other containers

- Clean and maintain swimming pools, spas and drain water from pool covers

- Cast out (throw away) old items in your patio or yard that can hold water, e.g., old car tires and children’s toys

- Call 2-1-1 or visit [www.socalmosquito.org](http://www.socalmosquito.org) to report persistent problems to your mosquito control district.

Stagnant swimming pools or “green pools” should be reported to the Public Health Environmental Health Bureau at (626) 430-5200, or to a local vector control agency. Dead birds may be reported by calling (877) 968-2473 or online: [http://www.westnile.ca.gov/report\\_wnv.php](http://www.westnile.ca.gov/report_wnv.php).

# There’s No Place Like Home In Los Angeles County

Board Approves \$126,868,000 to Fund 1,541 Units of Affordable Housing

**LOS ANGELES COUNTY** – On Tuesday, the Los Angeles County Board of Supervisors (Board) approved funding for a total of 18 affordable multifamily rental housing developments (projects) selected through the No Place Like Home (NPLH) Program Notice of Funding Availability (NOFA) Round 2019-1. The 18 projects will receive a total of \$126,868,000 in NPLH funds.

On April 30, 2019, the Los Angeles County Development Authority (LACDA), in partnership with the Los Angeles County Department of Mental Health (LACDMH), issued its first NPLH NOFA in the amount of \$207 million. While an initial amount of \$207 million was made available, over \$500 mil-

lion in project funding was requested by 68 projects. After the completion of technical review, the LACDA recommended a total of 58 projects to the LACDA’s Board of Commissioners, which will provide over 3,600 units of supportive housing.

Of the 58 projects recommended, the Board approved the first 18 projects. The 18 projects will create a total of 1,541 housing units, consisting of 581 NPLH units set aside for households who are homeless, chronically homeless, or at-risk of chronic homelessness with a mental illness or emotionally disturbed child or adolescent; 398 units for homeless households; 187 units for general low-income families and seniors; 140 units for homeless veterans; 131

units for chronically homeless households; 30 units for transition age youth; 22 units for homeless seniors; 17 units for frequent users of the Department of Health Services or LACDMH services; 12 units for non-NPLH mentally ill homeless households; and 23 units for onsite managers.

The total NPLH Program funding allocation to Los Angeles County will be approximately \$700 million, with the total allocation based on the results of the U.S. Department of Housing and Urban Development Point-in-Time homeless count. The LACDA will continue to release subsequent NPLH Program NOFAs that target the creation of housing opportunities for NPLH-eligible projects.

# Barger Lauds Responsible County Budget Prioritizing Child Services, Public Safety And Mental Health Care

**LOS ANGELES COUNTY** – Supervisor Kathryn Barger announced that the Board of Supervisors approved a \$36.1 billion final budget that places a strong emphasis on critical issues affecting county residents.

“In addition to a \$600 million Rainy Day fund, which will be held in reserves for the next economic downturn, our County CEO has presented a balanced and fiscally-responsible budget that provides needed services to our residents and prioritizes child welfare, public safety and homeless services.

Public safety is a top priority

and funding for Sheriff’s Department recruitment will enable more deputies to be on patrol in our communities. To improve protection of children in our care, particularly in the Antelope Valley, we are implementing Continuous Quality Improvement Teams and adding vital resources to improve services in the Palmdale and Lancaster offices of the Department of Children Services. This investment will improve child safety in the Antelope Valley and countywide.

Additionally, we allocated \$7.6 million to provide transpor-

tation for foster youth who want to remain at their school. I am pleased that we are adding \$12.5 million for mental health care resources where we need it the most – to develop and enhance services in our schools. We allocated \$72 million in Measure H funding to enhance services to the homeless population, including housing for our Transition Age Youth.”

A copy of the 2019 final budget for the County of Los Angeles can be found here: <http://file.lacounty.gov/SDSInter/bos/supdocs/140771.pdf>

# Baldwin Park Police Awarded Traffic Education and Enforcement Grant

**BALDWIN PARK** – Baldwin Park Police Department received a \$80,000 grant from the California Office of Traffic Safety (OTS) for a one-year enforcement and education program. The money will fund various activities intended to reduce deaths and injuries on California roads.

The grant-related activities are for the 2020 federal fiscal year, which runs from Oct. 1, 2019 to Sept. 30, 2020.

The funding from the OTS will be used for numerous programs, including:

- DUI/driver’s license checkpoints.
- Patrols specifically looking for suspected alcohol and/or drug-impaired drivers.

- Patrols targeting violations of California’s hands-free cell phone law and vehicle code violations by drivers, motorcyclists, bicyclists and pedestrians that put other roadway users at risk.
- Patrols targeting the primary causes of crashes: Speeding, improper turns, running stop signs or signals, right-of-way violations and driving on the wrong side of the road.
- Patrols specifically looking for seat belt and child safety seat violations.
- Traffic safety education presentations for youth and community members on distracted and impaired driving, bicycle and pedestrian safety.

- Serving warrants to multiple DUI offenders.
- Creating “Hot Sheets” identifying repeat DUI offenders.
- Officer training to identify suspected impaired drivers and conduct sobriety tests.

“Getting in a vehicle remains one of the most dangerous things we do,” OTS director Barbara Rooney said. “We must continue to work with our partners in law enforcement to shift that realization and make traveling on our roads safer.”

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

# Emanate Health to Host "Aging Well & Younger Next Year" Seminar to Promote Senior Health & Wellness

Those age 55+ are invited to hear the latest tips from top doctors in Southern California

**COVINA** – Emanate Health, the largest health care system in the San Gabriel Valley, will host the "Aging Well & Younger Next Year" Seminar, on October 12 at the Pacific Palms Resort in the City of Industry. Leading medical experts will provide attendees with the latest tips to aging well including sexual health, joint care, memory, vitamins and supplements and much more.

"It's important that our community is well in body, mind and spirit, especially because 16.55 percent of our community is comprised of seniors 65+," said Emanate Health President & CEO Rob Curry. "The 'Aging Well & Younger Next Year' Seminar provides seniors with important tools to remain healthy, along with access to free blood pressure screenings.

Top health care experts representing Emanate Health, as well as Cedar-Sinai Medical Center, Keck School of Medi-

cine of USC and the UC Irvine School of Medicine, will address subjects that will benefit the health and wellness of seniors. Event registration and a continental breakfast begin at 7:30 a.m. followed by the opening session at 8:30 a.m. A full lunch is also included in the admission price.

"Although seniors may face chronic health challenges, the impact of many of these ailments can be managed with a doctor's care and treatment," said Emanate Health Chief Medical Officer Gurjeet Kalkat, MD. "The panel of medical experts will offer fresh, medical insights that will help to educate and empower seniors to take charge of their health."

"Aging Well & Younger Next Year" Seminar speakers include:

- Emanate Health, Claudia Muñoz, MD - Neuroscience & Dementia
- Emanate Health, Edward Tangchitnob, MD - Sex Health &

Seniors: A Perspective for Baby Boomers

- Emanate Health, Ankur Patel, MD - Joint Care & Orthopedics: Keep Movin' & Flexin'
- Cedars-Sinai Medical Center, Sonja Rosen, MD - Secrets of Successful Aging & the Biology of Aging
- Keck School of Medicine of USC, Kurt Hong, PhD - Vitamin & Mineral Supplements, Truths & Falsehoods
- UC Irvine School of Medicine, John Luo, MD - Digital Health for Seniors

The cost to attend is \$20 for those age 55+ and other community members are invited. Attendees will also have the opportunity to participate in raffles, giveaways and more. Health care professionals can receive up to six continuing education credits. For additional information, call 888.456.2847 or visit [emanatehealth.org/agingwell/](http://emanatehealth.org/agingwell/)



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

**EUGENE F. MOSES**  
Publisher/Editor

Jayam Rutnam  
Contracted Reporter

George Ogden  
Contracted Reporter

Glenn Purbaugh  
Photographer

Contributing Writers  
Pat Murphy  
Joan Hallidy  
Ken Herman  
Charles H. Bayer  
Jorge V. Rosales  
Lois M. Shade  
Julia Yoder  
Gene Morrill  
Jenny Park

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

**Mission Statement**

- We believe that journalism should be free from any motives other than relaying information to its readers. It should not be used to win a favor by flattery, to enhance a particular political interest, or for the purpose of financial gain.
- We also believe in accuracy in fact and context. Journalists should be accountable for any news or subjects they write about.
- We believe in growth. Therefore, complaints or mistakes erroneously committed will be entertained and investigated diligently and corrected accordingly.
- We believe in performing our journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

**DISCLAIMER**

Views and opinions of writers, contributors and columnists are their own and do not necessarily reflect the views of the publisher or the newspaper.

**SUBMISSION POLICY**

All submissions for publication become the property of San Gabriel Valley Examiner and will not be returned. San Gabriel Valley Examiner does not guarantee submissions to be published. All submissions are subject to editing, including to conform to space limitations.

**Contributing Writers:**

The San Gabriel Valley Examiner is grateful for the articles submitted by our unpaid writers who have contributed to the success of our newspaper. Our only request is that articles submitted be of minimal length in order to accommodate each and every writer. Thank you for your cooperation.

## TREE TRIMMING AND REMOVAL

### Hillside Cleaning Residential & Commercial

## HAULING AND DEMOLITION

Lic#827330  
Free Estimates  
(626) 235-8780

## the Glendoran magazine ... ..is growing!

Now hiring experienced advertising sales people!

Recording the Past, Present and Future of Glendora and surrounding communities.

- Rubel Castle
- Local Organizations
- Founding Families
- Current News
- Famous Residents
- Local Politics
- Community Events
- Outstanding Community Leaders
- Youth Contributors
- Youth Organizations
- Home tours
- Local Merchants
- Vintage Photographs
- Citizen Profiles
- Historical Mysteries
- Citrus Industry History
- the Big Red Car
- Citrus College
- Local Schools
- And much, much more!

6 Issues still only \$25 direct to your door!  
**(626) 335-7769**  
For advertising & subscription information  
**the Glendoran magazine**  
Box 1174 • Glendora, CA 91740  
[editor@glenmag.com](mailto:editor@glenmag.com)

# Trump Pushes Back At Endless Democrat Battering

Push-Back, in my political world, use to mean take a pot shot at me, and I will gently remind you I have a little dirt on you I'm willing to throw on the table for the whole world to see and discuss if you want to continue taking jabs at me. President Trump has given new meaning to the term push-back.

The Washington Democrat establishment has spent more time the last three years taking pot shots at President Trump with the goal of impeaching him than anything else that I can see they've done. Constant criticism over his meetings with Russia, Korea and China in his attempts to establish some form of communication and cooperation with these worrisome adversaries. Talk and tariffs have always proven to be more effective and cheaper than bullets and bombs.

In the latest round of explosive efforts to thwart the Trump Administration and the President himself, Democrat Leadership, led by Rep. Adam Schiff, Chair of House Intelligence Committee, continue to hammer Trump with charges, this time through a "whistleblower" and are now turning to impeachment hearings.

The Washington Post Fact-Checker, Glenn Kessler, documented comments by Rep. Adam Schiff on the "whistleblower" issue. The documentation is a full investigation of all documents and comments by Schiff and came to the conclusion Schiff was either dodging questions or not answering truthfully. A Schiff staffer offered an explanation for Schiff that I interpret to be - Schiff answered questions badly and should have been clearer in his comments and should have communicated the "whistleblower" was waiting instructions on how to file the complaints.

Fact-Checker Kessler has said Rep. Adam Schiff has made misleading and false statements. Therefore, he has earned the Washington Post's "Four Pinocchio's", an award given to politicians who, after vigorous review of piles of papers and reports by Post fact-checkers, have failed to communicate accurately and



**Shade's Perspective**  
**Lois M. Shade**

**Former Mayor of Glendora**  
honestly.

The "whistleblower" complaint charges President Trump tried to pressure Ukrainian President Zelenskyy to investigate Presidential Candidate, Joe Biden and Biden's son, to "dig up dirt" for the upcoming 2020 election. Rep. Adam Schiff, Chair, House intelligence committee, has said he thinks the "whistleblower" has given the Democrats the roadmap to impeachment of President Trump. Reports in the Sacramento Bee, Associated Press, 9-24-19... "Pelosi told colleagues ... they need to 'strike while the iron is hot,' according to a senior Democratic aide unauthorized to discuss the private meeting. The aide was granted anonymity."

Sen. Lindsey Graham (R-SC) Chair, Senate Judiciary Committee, appeared on Fox News and said, "The "whistleblower" complaint is hearsay ... ["whistleblower"] was not on the phone call ... heard about the phone call from somebody else ... the fact that Nancy Pelosi would argue for impeachment before she read the transcript [of the phone call] tells me she has lost control."

Graham went on to say, "I've read the phone call transcript. The President of the United States congratulated the Ukrainian President on his win." Graham explained the conversation between the two presidents was an explanation of withholding aid - "You know, Germany and other people ought to pay more. That's one of the reasons we're withholding aid," Graham reported Trump telling Ukrainian President Zelenskyy.

Graham went on reporting on the phone call transcript. He said Trump asked about a request by Joe Biden to have a prosecutor fired because Biden's son was sitting on a board of a company being investigated by that prosecutor. In fact, Graham told Fox News Biden threatened to cut-off aid to the Ukraine. Biden's son was receiving \$50,000 a month for that board position. (To listen to Fox News with Sen. Graham go to CA 48th Republican Committee Facebook).

Additional reports by Patrick Howley a journalist for Breitbart News Network in Washington, D.C., The Washington Free Beacon and The Daily Caller have surfaced indicating Speaker Nancy Pelosi's son, Paul Pelosi, Jr. was involved with a gas industry company that did business in the Ukraine with Nancy a featured speaker at one of the company's promo videos. Viscoil Holdings, the employer previously based in Escondido, is currently suspended by the California Secretary of State.

Sacramento Bee, Associated Press, has said, "The new [impeachment] drive was led by a group of moderate Democratic lawmakers from political swing districts, many of them with national security backgrounds and serving in Congress for the first time. The freshmen, who largely represent districts previously held by Republicans where Trump is popular, risk their own reelections but say they could no longer stand idle."

Pelosi has not wanted to move forward with the impeachment proceedings but as Sen. Graham said, it appears she's lost control of the House Democrats.

Needed right now is a clear definition, for us average citizens, of illegal activities versus conflict of interest activities. I would propose a close look at Rep. Adam Schiff and his activities ... as close a look at him as he is giving President Trump.

NOTE: As I write this, a new "whistleblower" has surfaced. Looks like the Republicans punched a few holes in the first "whistleblower".

# My Turn: Obama Missing? Not As Far As I Can See.

As I coast through the social media and read the comments from people, I get especially amused by some of the frequent and similar rhetoric that people inadvertently share. One popular remark when a post is presented showing the couple known as Barack and Michelle Obama, is about how they are a wonderful couple. OKAY that's fine. You are entitled to your opinion. But what usually follows is the part I chuckle about. The folks adoring the Obamas will often say "How much they are missed."

Missed? Who said they were gone?

They make it sound so final, so tragic, almost. But let's face it, the Obamas had two full four-year terms in the White House. Their time there was not cut short by tragedy like John F. Kennedy or Abraham Lincoln. While many Republicans expressed disappointment, no one was obsessing about it day and night, 24 hours a day, seven days a week. There were no continuous and sustained efforts to get rid of him. No attempted denial of the two Supreme Court Justices that Obama got to nominate with approval, in spite of a third person that was not approved. No hatred from the mainstream media, attempting to disrupt what he did. No majority



**Charles Lopresto**

boycott of the opposing party at his inauguration. No avoidance of talk shows, magazines, entertainment venues. No school academic curriculums designed to hate him. There was a lack of any number of symbols of outrage in a mainstream manner.

And yet people talk and react as though they have been somehow "slighted" because he had to leave office, even though it was at the end of the prescribed length of service.

Even the whole "birther" issue was limited in its scope, especially compared to the issues of the Electoral College, the Russian Collusion and other attempted grasps of the Obama supporters desiring the removal of the following President. And by the way, the Birther issue was begun, not by the Right, but by the Hill-

ary Clinton campaign of 2008, and her advisor, Sid Blumenthal.

Here is what we, on the other side, don't miss.

We don't miss the apologizes for America, the name calling about us clinging to our guns and our God, our police accused of acting stupidly, our vets ignored by the VA in their time of need, along with the higher taxes, lower employment expectations, factories closed, jobs departed, and uncertainty evident. We don't miss threats of gun confiscation that still exists even as the opposing side denies it. We don't miss religious freedom questioned even to the extent of him giving speeches at religious schools and having the "Deity" covered up so as "not to offend." We don't miss the speech to the UN about America over-reaching and being a bully, all while Prime Minister Benjamin Netanyahu defended his country in a speech to the UN sounding more like a man who should be our President. But our President, the President that they "miss so much" didn't sound like Netanyahu.

There are a lot of things I don't miss. But hey, I am just a worthless deplorable. What do I know?

# Sports Month Is Costing Us

Now that Football Season is up and running, baseball playoffs and basketball getting started, you can figure this is going to cost you.

We already know there are a ton of commercials. Everything from beer to cars and trucks and just about anything else will be advertised. This commercial time is paid for by the companies that are selling and/or advertising the products. Or, are they really? Actually, you are. And for those of you that are not 'into' sports, you are paying for them as well. The companies have to pay for these commercials and where do you think they get the money for the advertising? They simply charge more for their products and/or services. They boost the price to cover these expenses and we never think about it.

That is not the only thing that costs. You guys can relate and



**George Ogden**

*That's just the way it is!*

some of you ladies as well. Don't know about all of you, but many of you end up watching football on Saturday, Sunday, Monday and Thursday. The normal chores that you would do often gets put off. We hire the kids to wash the cars, do the lawns and clean the pool and Jacuzzi. If you don't have kids, then you hire people. The lawn and yard maintenance, \$350 - \$450 per month, the pool service, \$190 to \$250 per month. So, you blow away \$600 - \$700 by sitting on your butt watching

sports. Now if you are one of those guys that have friends over, and you host them at your house and provide the chips, burgers, hotdogs. You think your friends will bring any beer themselves??? Oh, hell no, not when they know you have it. So, there is more money out the window. Can't forget the clean-up. You don't have to worry about that, you have the old-lady to do it for you. Simple job for her. While you and your friends sit around after the games, she is picking up all the cans and bottles. She is also doing the dishes and of course, the bathroom and everything around it. Don't worry, she will clean it up. But, is it worth it? Yeah, if your team wins.

As for the wife, this will cost you as well, because you're going to take her out to dinner at a nice place... Taco Bell!

*"That's Just the Way It Is!"*

# Drexel Smith, Keynote Speaker at Women's Club of West Covina

By George Ogden

**WEST COVINA** - The Women's Club of West Covina had a special guest at their October 4th luncheon meeting at South Hill Country Club. Community leader and former mayor of Walnut, Drexel L. Smith was on hand at the meeting to give a presentation on project Rotaplast Arusha 2019 Mission to Africa. This is where Doctors, assistants and staff went to Africa and helped correct deformities on people who were in need of plastic surgery. Since this is a project that the Rotary supports in a big way, the name Rotaplast comes from blending Rotary and Plastic surgery together.

His presentation was very informative and he gave accolades to all those that went to



**Drexel Smith giving a presentation on project Rotaplast Arusha 2019 Mission to Africa to the Women's Club of West Covina.**

Africa to provide the medical assistance for those in need.

"A truly inspirational program on Friday the 4th. Drexel L. Smith shared his presentation

of Rotaplast Arusha '19 Mission. Mr. Smith is a local Rotarian and business leader." stated Sally Maring Roberts Deniston of the Women's Club.

# "TIME JOCKEY" - Mission History

By Joe Castillo

**Historical Notes....** The Mission San Gabriel has been here since 1771 when the Spanish sought to establish a chain of Missions and Presidios in Alta California, and then later to establish settlements in which to spread their Spanish influence and Catholic religion. The original plan was to establish only 5 Missions from San Diego to Carmel, with Mission San Antonio, San Gabriel and San Luis Obispo in between. But the plan changed as the early Missions were very successful and California was a lot larger area than the Missionaries expected. Eventually 21 Missions were established along the coastal route, each with the intent of having a travel distance of only one day. The first Mission San Gabriel mass was celebrated on September 8, 1771 with an altar made of makeshift boxes used to carry supplies from Mexico.

Father Angel Fernandez de la Somera and Father Pedro Benito Cambon led the expedition which traveled 26 days from San Diego, north on the Rio de los Temblores (River of Earthquakes) to where the San Gabriel and Rio Hondo rivers met. The site was fully inhab-

ited with indigenous people, and the land was so fertile that anything would grow. Building began on some initial church structures using adobe bricks and plans were being formulated to build an entire complex of church buildings. The Mission Vieja or "Old Mission" was built of walls of saplings, with mud used to fill the cracks, roofs were made of large bulrushes. Progress was slow as the San Gabriel River kept growing in size and the Rio Hondo River kept changing course. The erratic flow of the river caused the river to wipe out whatever progress the priests had made.

By 1776, a new site was being sought and the mission moved its operations five miles to the northwest to a location which was just as fertile but had no wild rivers running through its crops and building structure locations. The priests and the indigenous natives worked well together with food grown at the Mission shared with those who worked at the Missions. Housing was readily available as needed and eventually materials and machinery were used to make items never seen before. Other Franciscan missionaries would trav-

el along the El Camino Real to bring additional supplies to the Mission and as trade became more greater along the route, so too did the prosperity of the Mission San Gabriel.

The only problem with life at the Mission was the behavior of the Spanish soldiers who were assigned to protect Spanish interests along the El Camino Real and at the various Missions established along the route. The soldiers went virtually unchecked and the assigned Mission priests were helpless and unable to act on any of the misdeeds and abuses performed by the soldiers. Even though misdeeds were reported to the Governor, little or no action was taken. This caused a great deal of strain on the relationship the priests had with the local indigenous people, a relationship which needed to be strong as it was required to ensure the Indian labor necessary to build Mission buildings would remain in a friendly and cooperative state....

*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 joeacastillo@aol.com.*

**TRUST** - Nearly 100 years of Service to the community  
**QUALITY** - Highest standards of service in the industry  
**AFFORDABILITY** - Pricing plans to meet all needs  
**COMPASSION** - Bereavement Minister on staff  
 Free monthly Grief Support group

**White's Funeral Home**  
 OVER 25 YEARS OF SERVICE

Life Celebrations • Burial • Cremation • Advance Planning

404 E. Foothill Bl., Azusa, CA 91702 (626) 334-2921  
 www.whitesfuneralhome.com

Like us on Facebook

**WHITE'S FUNERAL HOME**

**AD SPACE AVAILABLE AT REASONABLE RATES.**  
 CLASSIFIEDS DISPLAY ADS LEGALS ADS 626-852-3374

# America's Wealth

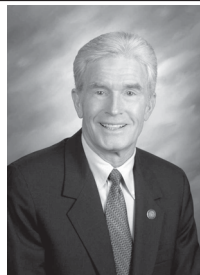
This bull market has made millions of Americans richer, if they had just stayed invested in good stocks and not bought into the fear the media threw in their faces every day. The Fed just released its quarterly report on America's net household wealth. Please note that the word "net" means assets after all debt is subtracted - all credit card debt, mortgage debt, college debt, and bank loans. Net U.S. household wealth rose to a record \$113.5 trillion in mid-2019, up 88% from 10-1/4 years earlier, at the start of the bull market in March 2009. Today's wealth is up 59% from the previous peak before the 2008 crash, in 2007.

Real estate crashed in 2006 and stocks in 2008. Americans who got back into both assets grew far richer.

Average Americans who owned their own home, invested in 401(k) plans at work, and invested in stocks via mutual funds rode the market higher. Don't let the doomsday crowd tell you otherwise. Most Americans own stocks and our own homes, and more of us than ever own (or participate in owning) a small business.

America is the best oasis for your money among all the other "Great Pretenders" on earth - like those who claim to be "Capitalists with Chinese characteristics" in Asia or "Capitalists with Socialist characteristics" in Europe. The high taxation rates and regulation in Europe - or the high level of central control and favoritism of state-run corporations in Asia - are pale imitations of free

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



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

market capitalism. Manufactured Asian growth rates or the unrealistic utopian cradle-to-grave social promises in Europe cannot be sustained. America, problems and all, is where our money can multiply.

Let's move the historical needle back 150 years ago to 1869. Europe was far richer than America then. Argentina vied with the U.S. as the richest nation (per capita) in the Western hemisphere. What made America the richest nation in the world 50 years later, catapulting above the aristocracies of the world in short order?

In May 1869, the U.S. Transcontinental Railroad was completed, with lines from east and west meeting in Utah. Later that year, in November, the Suez Canal was completed in Egypt. Between the two, the world was commercially linked, horizontally. No more dangerous and time-consuming sailing around the Capes under Africa or South America. Railroads linked the mines of the American west to the markets of the American east. This Internet-like web of rails supercharged the commerce between our re-united Union.

From 1870 to 1900, U.S. iron and steel production multiplied 10-fold, the production of oil grew by more than 20-fold. Cotton and wheat production doubled. The U.S. population also doubled in 30 years, as the whole world seemed to want to come here, with jobs that seemed to be lacking everywhere else on earth.

The secret of America's ascent to economic primacy was neither the cleverness of its inventors (England's were as smart) nor the richness of its resources (Russia's were richer). Rather, the secret of America's success was its vast domestic market, the largest single market in the world.

The results were little short of miraculous. Between 1869 and the end of the nineteenth century, the American economy grew as no economy has ever done before and very few did after. From a laggard in the race to industrialize, trailing Britain, Germany and France, the United States became the leader of the pack with a manufacturing output that by 1900 surpassed the three European powers combined.

There were inequities, of course, but we should always ask: Compared to what alternatives, at that time? Likewise, today, when we see America's problems, we must always ask: Compared to what alternatives?

**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

*You've mentioned that life insurance is an important part of an estate plan. How?*

Nowadays, there are three basic ways that life insurance is important in your estate plan. First of all, there's a type of life insurance that can accumulate money that is accessible while you are alive - funds to use for anything you want. Second, life insurance helps your heirs. Life insurance normally pays quickly, and most often these funds are income tax free. This money helps to pay funeral expenses, taxes, administrative costs, debts, or keep business operating while the estate is being settled. If the survivors have lost the income of a paycheck or Social Security check, life insurance can help to fund an income stream. And, finally, life insurance can increase the family's wealth after the death of a loved one. Fixed-indexed annuities also pay quickly, but can also be set up to pay out over a longer timeframe, thus limiting the heirs from wasting their windfall in a short period of time.

*What are my options for getting my money out of my annuity that is about to mature?*

It depends on your annuity policy contract. With some annuities, you can take a lump sum upon maturity. With others, you leave the money alone during the growth period, and then you're required to take it out over a period of years. Some annuity policy contracts allow limited access to your money, usually starting at the beginning of the second year. Annuity contracts are commonly supportive of the government requirements for



**Julia Yoder**

Required Minimum Distributions (RMD) upon reaching age 70 1/2, regardless of other contract rules.

*What is a buy-sell agreement?*

It is a way to transfer business assets to a partner or to family. These agreements are usually set up to take effect under specific circumstances such as death, retirement, or total disability. Life insurance or annuities are typically used to offset the potentially cost-prohibitive endeavor of buying out a partner or family member. There are two types: the cross-purchase agreement in which business partners set up a contract to purchase the business from each other, and the entity-purchase agreement in which the business agrees to purchase the partner's or family's share.

*How can we be more financially prepared for disasters?*

Putting aside, for a moment, the emotions and basic physical needs of food, water, shelter, medical care, and personal protection, it is also important to think about being more financially prepared in case of a disaster. In the case of loss of life, there

are always survivors who wish their loved one had more life insurance. In the case of "natural" disasters (hurricanes, tornados, earthquakes, fires, etc.), homeowners or renter's insurance helps. It can also be helpful to have an easily accessible stash of cash. (ATMs use electricity and can run out of money.) It's also good to stockpile supplies (e.g. toilet paper, coffee, first aid items) to trade for items someone else has available. Keep in mind that if this nation's economy, or even the global economy was to crash, we're all going to be in the same survival situation.

*Is now a good time to sell our home?*

A recent report (National Association of Realtors) stated that home values, across the nation, have increased by 3.6 percent over the last 12 months (Sept.-Sept.). Mortgage interest rates are still quite low, but we know that will change. Buyers want to buy now, but there are not enough homes for sale. Therefore, now is a great time to sell your home. Homes that are priced right are getting multiple offers. Contact me if you need a recommended Realtor or Broker in your area.

**Ask Julia by email: juliayoder@yahoo.com**

This is your opportunity to simplify your life by having one professional working personally with you to coordinate your finances, investments, real estate, mortgage, insurance, retirement, and estate plans. CA Insurance 0C83859, RE Broker 01238153, Nat'l. Ethics Assoc. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

**THE CAR GURU**  
**WHAT YOU "AUTO" KNOW**  
By Gene Morrill - Certified Automotive Specialist

## The Hazards Of Running On Fumes

Are you one of those people that wait until a warning beeps or the low fuel light illuminates? Do you feel confident you can go several more miles before actually running out of gas? Do you make a game of "I think I can, I think I can" meaning I think I can get to a gas station on just fumes alone? If so, read on!

I've known a few people in my time who enjoy the challenge of pulling up to the gas station on fumes. Sure...they have lost a few times and had to hoof it to the nearest station, buy a gas can and walk back to where their trusty vehicle finally stopped. Some even brag after this experience that now they actually know for sure how many miles they can drive after the fuel warning lights up! I'm happy those people enjoy such games and challenges, but playing that game can have costly, not to mention damaging results for your vehicle.

Most vehicles have an electric fuel pump located inside the fuel tank and are actually submerged in the fuel. The fuel pump is an electric motor that spins at a high rate of speed. Spinning mechanical parts create heat and need lubrication, which is why the pump is at the bottom of the fuel tank completely covered with fuel.

The fuel pump is always spinning as long as the engine is running, which makes it more important not to run low on gas. When your fuel gauge reads below 1/4 of a tank, the fuel pump is starting to be exposed to air inside the tank, instead of the cool fuel.

If you put your hands together and rub them back and forth as fast as you can, you will create heat, when you stop, it will take a few minutes for them to cool down. However, if you put them under water they cool down im-

mediately. Maybe not a great analogy, but I think you get the idea.

Overheating fuel pumps is the number one cause of failure. The cost of replacing a fuel pump on most cars is roughly \$600 to \$1000 and some cost even more.

The best thing you can do for your vehicle is fill it up when it gets to a quarter tank. It will save you money in the long run and keep your car running well. Sure...it doesn't have the same challenge as driving on fumes, but when it comes to your vehicle, it is always wise to consider damage control...both to your car and your wallet!

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!**

## Fact or Fiction | Sports Injuries

By Gregory Gomez, MD

Back-to-school season is in full swing, which comes with the kick-off of fall sports like football, soccer and volleyball. With these activities, however, comes the risk of injury. In fact, according to Safe Kids Worldwide, 90 percent of student athletes report some sort of injury during their athletic career.

From sprains and tears to more serious injuries like concussions, let's separate fact from fiction for everything you need to know about sports-related injuries.

**Fiction:** *I'll know right away if I have a concussion.*

**Reality:** This isn't always the case. Sometimes concussions can be tougher to diagnose since the damage occurs inside your brain at a cellular level. Many people think getting a concussion always comes with a loss of consciousness, but there are other symptoms that can point to this type of injury. They can include a headache, nausea, dizziness or confusion. Sometimes symptoms don't appear until days later after the initial injury. Seek medical attention right away if you start to experience any of the above symptoms. Football is not the only sport subject to concussion injuries; soccer along with other impact type sports are susceptible to concussions. As an

athlete, it's important to pay attention to cues and take inventory of how your body is feeling long after the game is over.

**Fact:** *Strains and sprains are some of the most common types of sports injuries.*

**Reality:** While concussions tend to get the limelight in today's sports community, the more common sports injuries actually include minor ailments such as ankle sprains, groin pulls, hamstring strains and shin splints, which is pain caused by overuse along the shinbone or tibia, the large front bone in the lower leg. Sprains are injuries to ligaments, the bands connecting bones in a joint. Strains are pulled muscles, and both happen from overstretch or overuse.

**Fiction:** *Injuries are inevitable, and there's nothing you can do to prevent them.*

**Reality:** Did you know that more than half of sports-related injuries can be prevented? At least once a year, schedule a visit with a sports medicine specialist for a full orthopedic check-up; he or she will be able to provide personalized recommendations for prevention methods based on your medical history.

When you're on the field or getting ready for your daily run, always remember to stretch before and after your chosen activity. This helps loosen the joints

and increase blood flow to the muscles, preparing them for physical activity and preventing injuries. Incorporate a mix of conditioning exercises like planks, mountain climbers, pull-ups, and push-ups in your training regimen to prepare your body for certain movements and to strengthen muscles.

And finally, make sure you're wearing proper protective equipment, whether that's a fitted helmet to make your next touchdown or a sturdy pair of knee pads to dive and hit the ball over the net.

**Fact:** *Physical activity is encouraged as a part of overall recovery.*

**Reality:** We know it can be frustrating for an athlete to get an injury and be stuck on the sidelines. While you'll need to give your body rest initially, there are ways to recover safely and ease back into physical activity, even with serious injuries like concussions. Light activity is encouraged as your body begins to heal. Consult your physician for a recovery schedule and have routine follow ups to assess your progress along the way.

For additional information, visit [www.emanatehealth.org](http://www.emanatehealth.org).

*Gregory Gomez, MD, is an Orthopaedic Surgeon, Shoulder and Elbow Sports/Reconstructive Specialist at Emanate Health. Born and raised in San Dimas, Calif., Dr. Gomez attended Damien High School in La Verne. He received his medical degree from Keck School of Medicine at the University of Southern California, completed his residency at University of Texas Health Science Campus San Antonio, and completed his fellowship at University of Pennsylvania.*

*When pursuing his medical career path, Dr. Gomez always knew he wanted to return to his hometown of the San Gabriel Valley and give back to the community he grew up in. Today at Emanate Health, he is able to help both the young, weekend warriors, and the aging maintain a healthy quality of life. Reach Dr. Gomez' office by calling (626) 332-1194.*

## MPPD Awarded Traffic Education and Enforcement Grant from California Office of Traffic Safety

**MONTEREY PARK** - Monterey Park Police Department received a \$95,000 grant from the California Office of Traffic Safety (OTS) for a one-year enforcement and education program. The money will

fund various activities intended to reduce deaths and injuries on California roads.

"We appreciate the partnership we have with the California Office of Traffic Safety. The grant funds we receive will be well spent in educating our community on safe driving and pedestrian habits. Additionally, it will assist us in providing for enforcement of violations that are the primary factor in collisions that result in injury or death," said Monterey Park Police Chief Jim Smith. "The goal is to make our communi-

ty safer."

The grant-related activities are for the 2020 federal fiscal year which runs from October 1, 2019 to September 30, 2020.

The funding from the OTS will be used for numerous programs, including:

- DUI/driver's license checkpoints.
- Patrols specifically looking for suspected alcohol and/or drug-impaired drivers.
- Patrols targeting violations of California's hands-free cell phone law and vehicle code violations by drivers, motorcyclists, bicyclists and pedestrians that put other roadway users at risk.

• Patrols targeting the primary causes of crashes: Speeding, improper turns, running stop signs or signals, right-of-way violations and driving on the wrong side of the road.

- Traffic safety education presentations for youth and community members on distracted and impaired driving, bicycle and pedestrian safety.
- Creating "Hot Sheets" identifying repeat DUI offenders.

• Officer training to identify suspected impaired drivers and conduct sobriety tests.

"Getting in a vehicle remains one of the most dangerous things we do," OTS director Barbara Rooney said. "We must continue to work with our partners in law enforcement to shift that realization and make traveling on our roads safer."

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.





# Fatburger Opens in Glendora



Clinton and Deanna Lewis and Kevin and Tamara Dobson are flanked by Glendora Council Member Mendell Thompson and Glendora Mayor Judy Nelson.

By Jayam Rutnam

**GLENDORA** - The famous hamburger chain Fatburger arrived in Glendora on September 18th. The Grand Opening and Ribbon Cutting organized by the Glendora Chamber of Commerce was well attended by dignitaries from the Glendora City Council, representatives of the various state senators and state assembly as well as Glendoran well wishers. With fun and games, raffles and more, all those in attendance also got a chance to savor the famous and different style of hamburgers that

Fatburger is famous for. "Fatburger is an American fast casual restaurant chain. Its tagline is The Last Great Hamburger Stand. While it is a fast food restaurant, the food is cooked and made to order. Its franchise headquarters are in Beverly Hills, California. In addition to the United States, the chain operates in 19 other countries. The Fatburger menu is centered primarily on hamburgers, in which it offers patties of varying size, small to large, and in varying number as cheese, bacon and

eggs. Fatburger was founded by Lovie Yancey in the neighborhood of Exposition Park in Los Angeles, California. They remained mostly a California based chain until the late 1990s, when it began an expansion in North America. Fatburger operates or franchises over 150 Fatburger restaurants worldwide with over 300 more planned for future development."

Fatburger is located at 13315 S Lone Hill Drive in Glendora.

# Duarte Kiwanis Starts a Great New Year



Key Club officers and advisors

**DUARTE** - Duarte Kiwanis held a great Installation dinner. Division 35 Lt. Governor, Lon Salgren was on hand. In addition to installing their own new board - including President, Kaye Biggs, they had the honor of installing the officers from two Key Clubs - Duarte High School, and California School of the Performing Arts - SGV. CS Arts is a brand new Key Club and both clubs are sponsored by Duarte Kiwanis. DHS Key Club Vice President, Maria Esparza was on hand to receive her officer pin as well as proclamations and certificates from the offices of Senator Anthony Portantino, Assembly Member, Blanco Rubio and LA County Supervisor, Katherine Barger. Maria was

joined by her Faculty Advisor, Angela Tseng. From the CS Arts Key Club, President Gianna Garcia, Vice President, Emerson Smith also received their pins, proclamations and even their own new "gavel" to bring their meetings to order. Their Faculty Advisor, Michael Turf was also on hand for the festivities. Both groups were joined by Duarte Schools Superintendent, Dr. Gordon Amerson. The entire group was surprised by a pop-in visit from Assembly Member Rubio who happened to be at an event nearby.

The club also took the opportunity to award a number of folks with recognition awards. Sheryl Lefmann, CEO of the Duarte Chamber of Commerce was pre-

sented with a Community Service Award in recognition of her work with youth through her participation in Workforce Development and partnership in the K-12 Consortium. Long-time member, Diane Hernandez received a Distinguished Service Award for 29 years of membership and service to the Duarte Kiwanis Club. Finally, outgoing Division 35 Lt. Governor, Gina Fanara, was on hand to present outgoing Duarte Club President, Cheryl Reynolds with a special distinction for her work this year - a "Heart of a Hero" Award from club.

If you are interested in joining Duarte Kiwanis or being a speaker at a future event, contact Tina Carey at tinac51@aol.com.



**Life insurance from a real-life person.**

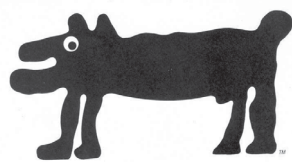
**Kyle A. Cline, Agent**  
Insurance Lic. #: OD16727  
1275 E Route 66  
Glendora, CA 91740-3779  
Bus: 626-335-0815

Get life insurance that comes with someone local (me). I'm here to help you protect your family's financial future. **LET'S TALK TODAY.**



State Farm Life Insurance Company (Not licensed in MA, NY or WI)  
State Farm Life and Accident Assurance Company (Licensed in NY and WI)  
1708148 Bloomington, IL

**BART The BLOCKHOUND**



Today, allow the passion of your purpose illuminate your countenance... explicitly **Book of BART**

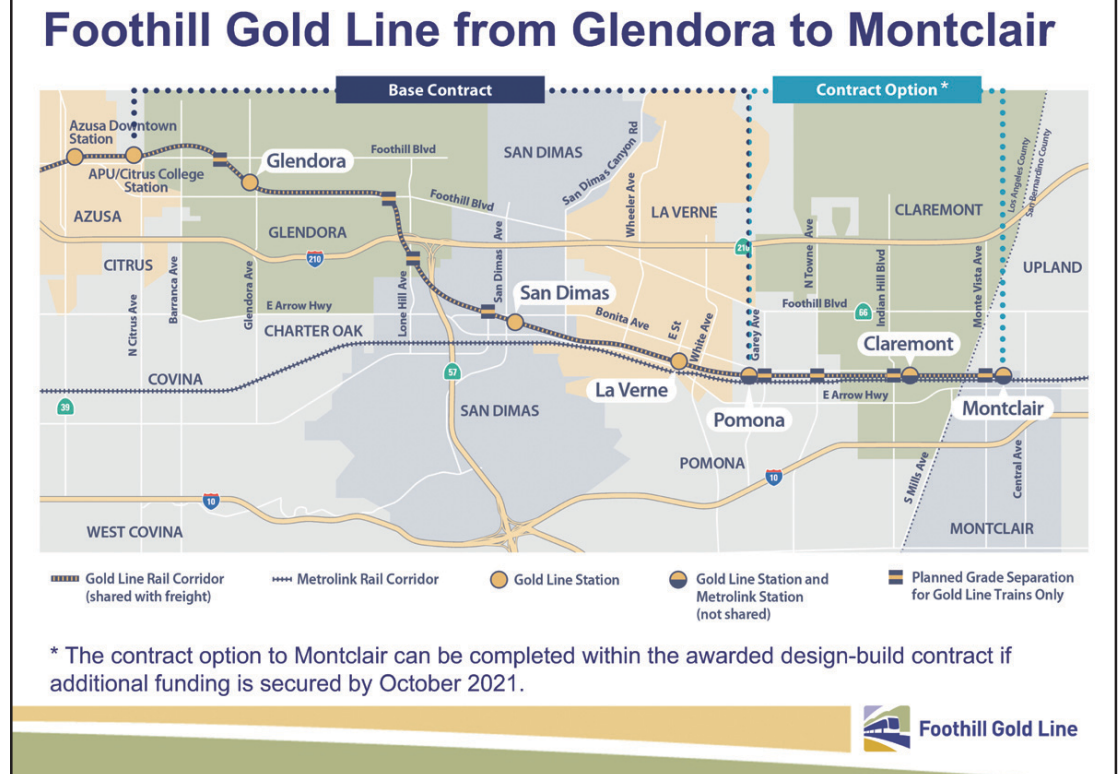
## GOLD LINE

Light Rail Project

Continued from / A1

technological capabilities that will benefit travelers across the LA Metro service area," said Mark Fialkowski, Executive Vice President of Mobility Solutions, Parsons Corporation. "Parsons will provide innovative, sustainable solutions that reduce traffic congestion and improve air quality, while helping San Gabriel Valley commuters get to their destinations safely and reliably."

Today's historic signing event was attended by elected officials at all levels of government, the Foothill Gold Line Board of Directors, officials from the project's corridor cities, transportation officials - including Foothill Gold Line CEO Habib F. Balian, Metro CEO Phillip A. Washington and California State Transportation Agency Undersecretary Elissa Konove - and San Gabriel Valley stakeholders. The notable list of speakers included U.S. Representative Norma Torres; California State Senator Anthony Portantino; California State Assembly Member Chris Holden; Foothill Gold Line Board Chair and Pomona Mayor Tim Sandoval; Metro Board Chair and Inglewood Mayor James T. Butts Jr.; Metro Board First Vice Chair and Los Angeles Mayor Eric Garcetti;



Metro Board Second Vice Chair and Los Angeles County Supervisor Hilda Solis; Metro Board Member and Los Angeles County Supervisor Kathryn Barger; and Metro Board Member, Foothill Gold Line Board Member and Duarte Council Member John Fasana.

The Glendora to Montclair project is named as one of Metro's 28 priority projects to be completed before the 2028 Olympic Games in Los Angeles and is the fourth rail project cur-

rently in major construction in the county. It will provide connections to important regional destinations like the LA County Fairplex, two dozen more colleges and universities, historic downtowns, museums, regional parks and open space areas, and much more. In addition, the extension will provide a direct link between the Metro and Metrolink systems, allowing riders from each system to easily transfer, creating endless possibilities for connections through-

out the region. It is estimated that during construction alone, the Foothill Gold Line from Glendora to Montclair will create as many as 16,000 jobs and up to \$2.6 billion in economic output for the region, as well as up to \$1 billion in labor income and potentially \$40 million in tax revenue (according to an economic study by Beacon Economics). Once completed, the line is estimated to add more than 18,300 riders to the Metro system every day.

## FOCUS ON WHAT MATTERS MOST, FAMILIES

# 4.00% APY\*

**NEW MEMBER - TERM SHARE CERTIFICATE<sup>1</sup>**

- HIGH FIXED RATE FOR 12-MONTHS
- \$1,000 MINIMUM; \$4,000 MAXIMUM

**AMERICA'S CHRISTIAN CREDIT UNION**  
A Financial Partner for Cultural Impact

**CONTACT US TODAY!**  
AmericasChristianCU.com

**800.343.6328**

\*APY = Annual Percentage Yield.

1. New Member Certificate: This 12-month Term Share Certificate (TSC) has a \$1,000.00 minimum balance and \$4,000.00 maximum balance per member. Account must be funded with new funds or funds deposited less than 30 days prior to opening. Early withdrawal penalties do apply which may reduce the principal. At maturity, this TSC will automatically renew for a 12-month term at the prevailing 12-month rate unless we are notified in writing prior to the maturity date. Offer valid for 60-days from membership opening. One certificate per member.

Rates are accurate as of 07/01/2019. Rates, terms and conditions are subject to change without notice. Additional restrictions apply. Must qualify for membership. A \$2 membership fee may apply. The credit union is federally insured by the National Credit Union Administration. Added savings protection provided by American Share Insurance. Please speak to a credit union representative for details. Equal Housing Opportunity.



# GRAND OPENING SAT 10/26

## CALL TODAY FOR VIP PROGRAM



### LUXURY TOWNHOMES

**Up to 4 Bedrooms • 3.5 Baths**  
**Approx. 1,773 to 1,913 Sq. Ft.**  
**Starting at \$574,880**

- Spacious Floor Plans
- Private Courtyard with Gate
- Energy Efficient Features
- Attached 2-Car Garage
- Gathering Area with Shade Structure, Seating, and BBQs
- Near Acclaimed Duarte Unified School District and City of Hope Medical Center



**SALES OFFICE COMING SOON**

956 Huntington Drive • Duarte, CA 91010

**626-658-8856** [OlivaNews.com](http://OlivaNews.com)



Connect With Us

© 2019 Brandywine Homes. All rights reserved. Square footage, features and amenities subject to change without notice. Models do not reflect racial preference. All renderings are artist's concept. Broker Lic. #01381133



Formerly Citrus Valley Health Partners

**Free BP test, raffle and giveaways**

Where **healthy** comes from

## Getting Older Doesn't Mean Life Has to Slow Down

### Secrets of staying young

Attend the **Aging Well & Younger Next Year Seminar** - No doctor's appointment necessary. Hear from the best physicians in Southern California!

Join us for an event that gives you exclusive access to learn the latest on:

- Sex health
- Joint care
- Brain strength – how to stay sharp!
- Vitamins and supplements
- Aging well tips and tricks

Emanate Health, Cedars-Sinai Medical Center, USC Keck School of Medicine, and UC Irvine School of Medicine will all feature physicians at this event.

**Saturday, October 12, 2019**  
**7:30 a.m. - 2:00 p.m.**

**Pacific Palms Resort**  
 One Industry Hills Parkway  
 City of Industry, CA 91744

**Only \$20** for those aged 55 and better – breakfast and lunch included!

**Space is limited – register now!**  
[Emanatehealth.org/agingwell](http://Emanatehealth.org/agingwell)

**888.456.2847**

