



San Gabriel Valley Examiner

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

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

Feb 27 - Mar 4, 2020

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Glendora Citizen of the Year



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Monrovia Unified Robotics Team Headed to International Competition

MONROVIA – When Clifton Middle School’s Hippy Bots robotics students travel to Spain as the sole United States representative at the FIRST Tech Challenge Barcelona Championship on Feb. 27-28, they will continue a tradition of fulfilling the school’s high expectations through commitment and teamwork.

“The Hippy Bots exemplify the spirit and determination of the Monrovia Unified robotics program, and their roles as world ambassadors speaks volumes on how far the District has come in such a short period of time,” Monrovia Board of Education President Rob Hammond said.

Clifton eighth-graders Lupe Hilario and Ty Weiss didn’t know each other when they joined the Hippy Bots at the beginning of the 2019-20 school year, but they shared an admiration for the team’s accomplishments and a desire to contribute to its success, which includes trips to Shanghai in 2016 and the Netherlands in 2017.

“I always looked up to the Hippy Bots,” Hilario said. “I



Clifton Middle School’s Hippy Bots will travel to Spain on Feb. 27-28 as the sole U.S. representative to compete in the FIRST Tech Challenge Barcelona Championship.

looked at their success and their competitions and I really wanted to be part of that and learn engineering. I decided to apply, and I made it.”

Hilario compiles the engineering notebook for the Hippy Bots team while Weiss helps to build the robot and acts as the driver during competitions – and the two rely on each other to ensure the robots perform at peak efficiency.

“My brother, Jake, was a

Hippy Bot when the team went to Shanghai, and I thought the competitions were fun,” Weiss said. “Then my friend joined the Hippy Bots last year and he really enjoyed it too, so I decided to do it. It’s really cool.”

Clifton history teacher Paul Flores had no experience with robotics when he accepted the role of robotics teacher in 2015, but the strategies he developed

as a football coach have helped his students remain calm under pressure during tournaments.

“One of the things we would preach as a coaching staff was to make practice more difficult than the actual game, so the game becomes easy,” Flores said. “When you step out there, there is no stress. The competitions should be fun. Every-

thing is just muscle memory. It’s all decided during practice who’s going to win these competitions.”

Beyond the opportunity to showcase their talents, Hippy Bots team members are looking forward to meeting their international peers, pick up pointers from competitors, learn European history and make new friends.

“The District is deeply appreciative of the community support for our robotics program,” Superintendent Dr. Katherine Thorossian said. “Robotics is an investment in our students, and they are greatly increasing their ability to solve problems in the real world. Congratulations to Paul Flores and the Hippy Bots for continuing to achieve at the highest levels.”

A Go Fund Me campaign has been launched to cover costs related to travel, lodging, food, and shipping the robot. The goal is to raise \$25,000. To donate, go to www.gofundme.com/f/hippibots2020.

Christian Community Credit Union Members Donate \$22,100 Worth Of Reward Points

Christian Community Credit Union donated \$22,100 to missions and ministry projects through members donating their credit card reward points. Through the “Points for Missions” program, members have the opportunity to turn 10,000 reward points into a \$100 donation. The program is available during the last three months of the year to tie in with the season of giving. Since 2009, the “Points for Missions” program has given \$272,000 to various missions organizations.

“Points for Missions is a great way to give back over the holiday season,” said Christian Community’s Interim CEO, Marji Hughes. “The program is easy to use and helps members amplify their giving by joining it with donated points from members who use our credit card.”

The ministries that benefited

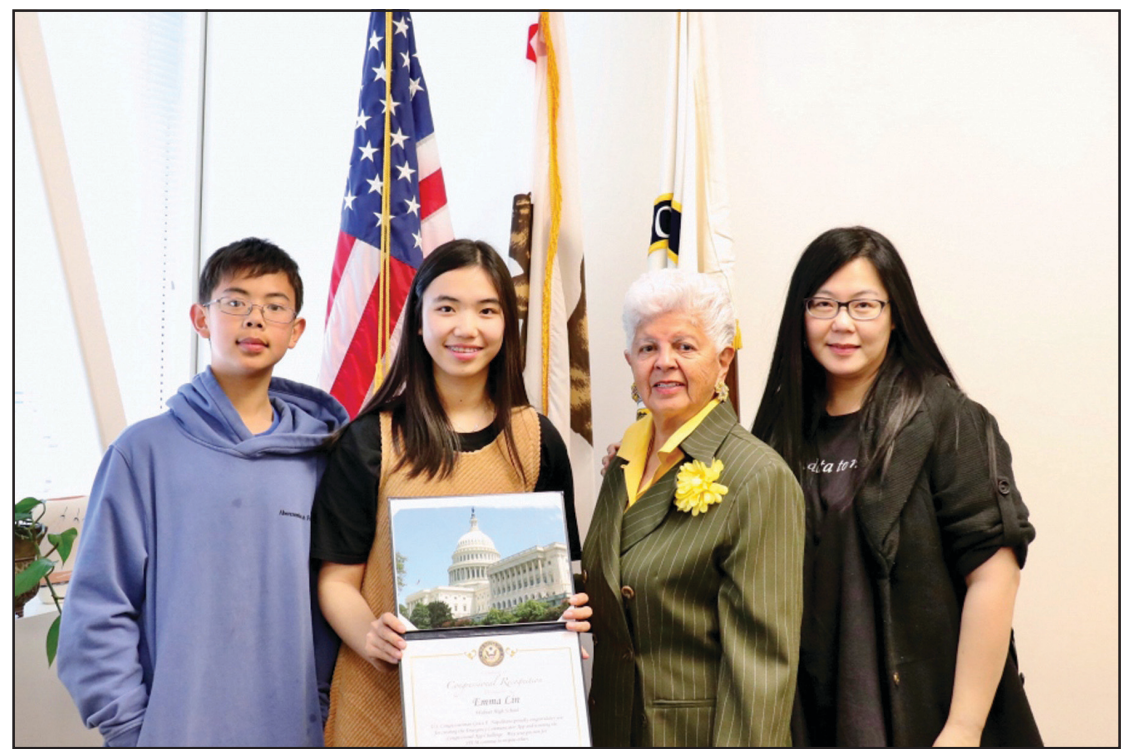


Credit Union members donated credit card reward points to benefit missions including Operation Mobilization, which equips people for world evangelism.

from “Points for Missions” donations this year were the World Mission Offering, International Ministries (IM), Mission Aviation Fellowship (MAF), Biola University, Operation Mobilization (OM), and The Freedom Challenge.

Christian Community Credit Union has \$694 million in assets and over 31,000 members nationwide. For over 62 years, the Credit Union has served as a financial partner of Christian ministries, churches, and their members.

Napolitano Congratulates Emma Lin of West Covina, Winner of the 2019 Congressional App Challenge for CA-32



2019 Congressional App Challenge winner Emma Lin (center left) with Rep. Grace Napolitano, her brother, Alex (left), and her mother, Emily (right).

WASHINGTON, DC - Rep. Grace F. Napolitano (D-El Monte) congratulated Emma Lin of West Covina, winner of

the 2019 Congressional App Challenge for California’s 32nd District.

Lin, a resident of West Covina and current 9th grader at Walnut High School, designed and created “Emergency Communicator,” an app that allows school staff and students to communicate with each other in times of emergency. App users are able to select whether they are a student or a teacher immediately after opening the app. The student screen allows students to provide feedback to everyone, indicating where they are and how they are, allowing teachers to locate them and provide help if needed. The teacher’s screen allows for transmitting messages to the entire school or to just other faculty and staff.

“We proudly congratulate Emma on her innovative Emergency Communicator App and winning our District’s app challenge,” Napolitano said. “The

ingenuity and thought behind this app show just why Emma and her peers are our future leaders and why STEM is so important for our preparedness and safety. We hope her success inspires other students in our community and across the country.”

The Congressional App Challenge is a competition aimed at encouraging students to learn how to code by creating their own applications to highlight the value of computer science and STEM (Science, Technology, Engineering, and Math) education. After a successful inaugural year hosting the competition, Napolitano plans to participate again in 2020. More information about the Congressional App Challenge can be found here.

DHS Key Club Shares Leadership Experiences

DUARTE - DHS Key Club President, Monica Ruiz shared a great presentation on Key Leader program at a recent Duarte Kiwanis Club meeting. Monica and Janet Tseng, District Kiwanis Family Key Club Chair shared the skills and abilities they gained at the Key Leader Conference. Louis Valdez shared the impact the Key Leader experience has had on him in creating community within the program and at school. Monica and Janet also shared their District Convention experiences as representatives for their club. All three thanked the Duarte Kiwanis Club for their ongoing support of the DHS Key Club Program.

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



Pictured (from left) Duarte Kiwanis President, Kaye Biggs, DHS Key Club President, Monica Ruiz, District Kiwanis Family Key Club Representative, Janet Tseng and DHS Key Club Member, Louis Valdez.

Upcoming Event?
Let us know at
SGExaminer@aol.com

State VFW Commander in San Gabriel Valley for District Visit



State VFW Commander Michael Kuznik, 11th District Commander Andres Centeno and Quartermaster Eugene Funaro.

By George Ogden

EL MONTE - The Veterans of Foreign Wars (Combat Veterans) 11th District had the California State Commander Michael Kuznik visit their District which covers all of the San Gabriel Valley and surrounding areas.

This was an official visit for the District. The District meeting was held at El Monte Post 10218. All commanders from all the VFW Posts or their representatives attended the meeting.

The Commander talked "under the good of the order", however, a new element was implemented with a "Round Table" meeting for an hour prior to the regular meeting. All kinds of topics were touched on including membership and how

to become more family oriented. There was plenty of information, input and questions. A lot of new ideas were offered.

There was talk of the Auxiliary to the VFW where those that have close family relatives that were combat veterans would qualify them to join a VFW Auxiliary. This is a support organization attached to a VFW Post where they take a part with helping veterans and the community.

They talked about benefits and the Service Officers and their new duties.

The State Commander answered questions and socialized after the meeting. Everyone appreciated the information and the new ideas.

Father Sentenced for DUI Crash That Killed His Two Children in Azusa

By George Ogden

AZUSA - Back on July 4, 2015, on a Saturday evening around 7:30 p.m., calls came in to 9-1-1 operators, that a vehicle was over the side of San Gabriel Canyon Road (Highway 39) near Mountain Laurel Way. When Azusa Police officers arrived, they found the SUV about 50 feet down the side of the ravine. Officers had to climb down to the SUV which came to rest upside down. Five family members were found outside the

SUV by the officers. As other first responders and paramedics were arriving, the officers were rendering assistance to the sur-

vivors. Sadly, officers found two of the children dead at the scene. They were identified as twelve-year-old Andrea Caliz Martinez and eight-year-old Christopher Caliz Martinez. Injured were Arcadio V. Caliz, 31, of Los Angeles, 32-year-old Marbella Martinez of Los Angeles and a 13-year-old girl, who all suffered injuries in the crash but were expected to survive. They were transported to hospitals for their injuries. It appears the driver was southbound on Highway 39 when the vehicle went off the right shoulder of the road and rolled down the embankment coming to rest on its roof. The two dead

children may not have been wearing seat-belts and may have been thrown from the vehicle, but this is only speculation at that time as the accident was still under investigation.

Detectives did find that the driver was found to be "under the influence" at the time of the crash. This was presented to the District Attorney's Office. He was arrested Oct. 6, 2015 for two counts of murder and two counts of driving under the influence

causing injuries. The case moved into the court system and eventually, a jury convicted him on Feb. 11, 2020 of two counts of driving under the influence causing injuries but acquitted him of two counts of murder.

Caliz will be spending six years and eight months in prison for driving drunk and causing a crash that badly injured two family members. Arcadio Caliz, was sentenced on Tuesday, February 18, at Pomona Superior Court.

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Spring Orange Squeeze

LA VERNE - The La Verne Heritage Foundation is presenting its fifteenth annual "Spring Orange Squeeze" at Heritage Park starting on Tuesday, **March 10**, from 9:00am - 12:00pm through March 20. We are reserving the morning hours on weekdays for preschool and elementary school children to come and experience a little bit of what life was like during the orange picking time in the late 1800's.

Our "Spring Squeeze" field trip at the Weber Ranch will feature a tour in the historic Weber House, a tractor ride through the orange grove, a demonstration of how the oranges were picked, the purpose of a smudge pot, the importance of a windmill. The children will also be able to squeeze an orange and taste the fresh juice, and use the orange rind to plant a small flower to take home. If your group is interested in a tour please call (909) 293-9005 or check out the web site at <http://www.laverneheritage.org>.



ELECT DAVID FREDENDALL Glendora City Council 2nd District

“ This is not a stepping stone for me, rather a destination of doing the job well for you the community. ”



"I STAND FOR LEADERSHIP, NOT POLITICS..."



contact info - fredendall@aol.com

- 34-year Glendora resident**
- Member of the Trustees overseeing preservation of City's Historical Landmark, the Fairmount Pioneer Cemetery**
- I have become a staple in the youth programs of the City through commitment to youth development and service for tomorrow's leaders.**
- My unselfish agenda is to serve the people of Glendora by supporting and developing Strategic Planning that emphasize fiscal responsibility, customer service and open leadership through honesty and accountability.**

Thank you for your vote!

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District Attorney Jackie Lacey Announces Historic \$18.8 Million Settlement with Time Warner Cable Over Internet Speeds

LOS ANGELES COUNTY - Los Angeles County District Attorney Jackie Lacey today announced a historic \$18.8 million settlement with Time Warner Cable LLC on behalf of more than 170,000 consumers throughout California who paid for internet speeds they did not receive.

It is the largest direct restitution order ever secured by the Los Angeles County District Attorney's Office in a consumer protection lawsuit. The vast majority of the money will be returned to consumers through automatic credits on their monthly cable/internet bills from Spectrum, the parent company of Time Warner Cable, following a May 2016 merger.

"This historic settlement serves as a warning to all companies in California that deceptive practices are bad for consumers and bad for business," District Attorney Lacey said. "We as prosecutors demand that all service

providers - large and small - live up to their claims and fairly market their products. When they don't, my office will take legal action to protect consumers."

The lawsuit, filed by the District Attorneys of Los Angeles, San Diego and Riverside counties in Los Angeles County Superior Court, alleged unlawful business practices. Specifically, prosecutors accused Time Warner Cable of using misleading advertising practices to lure consumers to pay for high-speed internet services the company could not deliver, beginning in 2013.

Los Angeles County Superior Court Judge Gregory Keosian signed the stipulated final judgment between prosecutors and Time Warner Cable on Feb. 14, 2020.

Under the settlement, \$16.9 million in restitution will be distributed directly to eligible customers, based on the type of service they purchased from Time Warner Cable.

Some customers were issued outdated modems, making it impossible for them to receive the higher bandwidth they purchased. Others paid for higher internet speeds that Time Warner's infrastructure could not deliver. They are eligible to receive approximately \$90 in a one-time credit on their cable/internet bills. A few consumers who both were issued outdated modems and paid for higher internet speeds will be eligible to receive approximately \$180 in credit. Spectrum must automatically issue credits to all eligible consumers within 60 days.

In addition, all Time Warner Cable internet customers in California will be offered one of two free services. Those who are cable TV subscribers will be offered three free months of Showtime, if they do not already subscribe to Showtime, valued at \$45. Customers with only internet services will be offered one free month of an entertainment streaming package, Spectrum Choice, valued at approximately \$40. The total value of these free service offers will depend on how many people sign up.

Time Warner Cable also agreed to pay \$1.9 million to the three prosecuting agencies in the case to cover costs associated with the investigation and prosecution of this and future consumer protection cases. The amount will be split evenly among the three agencies.

As a result of this lawsuit, Time Warner Cable also agreed to a prohibition on advertising internet speeds it knows or should know it cannot consistently deliver during peak hours. The company also is required to ensure that its customers are issued equipment that can actually deliver advertised speeds.

Time Warner Cable cooperated in the investigation and resolution of this case but did not admit liability.

Deputy District Attorneys Stanley P. Williams, Hoon Chun, Jessie McGrath and Steven Wang of the Consumer Protection Division handled the case on behalf of the Los Angeles County District Attorney's Office.

Rubio's Bill Expands Legal Protections for Domestic Violence Survivors

SACRAMENTO - Sen. Susan Rubio (D-Baldwin Park) has introduced Senate Bill 1141, which will expand legal protections for survivors of domestic violence by criminalizing threats, humiliation, intimidation, and other coercive actions that are used to frighten and control a victim.

SB 1141 makes coercive control a crime punishable by imprisonment in jail not to exceed one year, or by imprisonment in the state prison, or by a fine not exceeding \$1,000. The bill defines coercive control as the deprivation or violation of the victim's personal liberty, which can be established through a course of conduct including force, duress, isola-

tion, or economic abuse. Examples of coercive control include controlling a person's finances; isolating a person from family and friends; and monitoring a person's day-to-day activities.

"Current domestic violence laws do not reflect how domestic violence is practiced in reality," Sen. Rubio said. "The new crime of coercive control recognizes that domestic violence encompasses more than just physical abuse. This change protects survivors of domestic violence by making their cases harder to dismiss and easier to prosecute."

"SB 1141 authored by Sen. Rubio recognizes that domestic violence is not limited to

physical violence," said Los Angeles City Attorney Mike Feuer, the bill's sponsor. "This legislation addresses the very real harm of coercive control and strengthens the State's protections for domestic violence survivors."

England, Wales, Ireland, and Scotland have had coercive control laws for several years, encouraging changes in how their societies view individual acts of violence as part of a broader pattern of abuse. The unique harms suffered by domestic violence survivors occurs as much from the deprivation of liberty achieved through a pattern of power and control as it does from discrete physical acts of violence.

Landmark Program to Increase Wellness for Students Opens at Gladstone High School

COVINA - On Wednesday, officials from the County of Los Angeles, including the Board of Supervisors, the Departments of Public Health (Public Health) and Mental Health (Mental Health), the Los Angeles County Office of Education, Planned Parenthood Los Angeles, and the Azusa Unified School District (AUSD) announced the opening of a Wellbeing Center to address the social, emotional, sexual, and mental health needs of young people at Gladstone High School. This will be one of 50 Centers to open at high schools throughout LA County this year. The coalition of partners that worked together to design this innovative model of support for students described the value of creating safe spaces on school campuses where students can receive the health affirming services and support they need to lead healthy lives.

"It is an honor to celebrate the opening of the Wellbeing Center at Gladstone High School," said Supervisor Kathryn Barger. "Youth and their families will benefit from the many services that will be provided here to support holistic health, and social and emotional well-being. This is a wonderful reminder that when schools, stakeholders, local partners and government can work together, we can achieve great results that support our whole community."

Research suggests that many youths enrolled in LA County schools may lack preventative care at an age when risk is highest for uptake of smoking/vaping, for unsafe sex and for other unhealthy behaviors including use of alcohol and other substances. The Centers will offer services

to educate students for lifelong protective practices and promote social/emotional well-being, youth leadership, and sexual health. These spaces will be youth-friendly and will provide students with a safe, welcoming place where they will find caring adults, supportive peers and integrated services.

"We are excited about this new partnership with schools, the Los Angeles County Department of Mental Health and Planned Parenthood to address the social, emotional and sexual health needs of adolescents while keeping them safe and in school," said Dr. Barbara Ferrer, Director of the Los Angeles County Department of Public Health. "Ultimately, we all want to ensure that students are given every opportunity to grow into their fullest potential, feeling loved without prejudice, as they walk confidently into their brightest futures. We believe the Wellbeing Centers will play a critical role in accomplishing this important mission, and we thank the Supervisor Barger and the Azusa Unified School District for their unwavering support."

"The school-based Wellbeing Centers present both safe places to learn and talk freely about many of the stigmatizing issues our kids face on a daily basis as well as avenues of access to direct, quality services when indicated," said Dr. Jonathan Sherin, Director of the Los Angeles County Department of Mental Health. "We are so honored to participate as partners across the health and educational domains for the bright minds and warm hearts that will lead our commu-

nities of the future."

"Our schools desperately need on-site resources to promote student mental health and wellness so that teachers can teach and students can learn," said Los Angeles County Superintendent of Schools Debra Duardo. "The Well Being Centers provide this support by harnessing resources from across the county to benefit our students and staff. They exemplify the meaningful impact of multiple agencies coming together on behalf of kids and families."

Each Center is staffed by two Master's level trained Health Educators, who will facilitate classes, educational groups, and activities aimed at equipping teens with information about substance use prevention, behavioral health, and sexual health, as well as the skills they need to have healthy relationships, protect their health, and plan for the future. Through in-Center and in-classroom activities, the Health Educators deliver an age-appropriate, evidence-informed curriculum that complies with California Healthy Youth Act (CHYA) requirements with added emphasis on behavioral health, substance use and social and emotional well-being.

Public Health will provide limited sexual health services as well as substance use education and referrals. Mental Health will offer mental health support groups around a range of teen concerns, including stress, anxiety and depression. They will also offer linkages to community mental health providers for students with more intensive mental health needs.

Los Angeles County Commission For Women 35th Annual Women Of The Year Awards And Scholarship Luncheon

LOS ANGELES COUNTY - On Monday, March 9, 2020, the Los Angeles County Board of Supervisors and the Commission for Women will hold its 35th Annual Women of the Year Awards and Scholarship Luncheon at the Crystal Ballroom of the Millennium Biltmore Hotel, 506 South Grand Avenue, Los Angeles. Registration check-in will open at 10:30 a.m. The luncheon will begin promptly at 11:30 a.m.

The following women are saluted for their work to bring about social and economic

change:
District Awardees
First District: Eunisses Hernandez, Los Angeles Campaign Coordinator, Just Leadership USA
Second District: Renata Simril, President and CEO, LA84 Foundation
Third District: Lindsey P. Horvath, Mayor Pro Tempore, City of West Hollywood
Fourth District: Lisa Williams, Pastor, San Pedro United Methodist Church
Fifth District: Marilyn Sparks, Agency Owner, Farmers Insurance
Community-At-Large Awardees
President's Award: Pasadena Celebrates 2020, Celebrating the Women's Centennial Suffrage
Arts/Media: Josefa Salinas,

CEO/Broadcast Journalist. Crystal Dragon Entertainment
Education: Leticia Chacon, CEO, Human Services Association and Neda Farid-Farhoumand, Executive Vice President, Glendale Council PTA
Health: Ellen Eidem, Director, Office of Women's Health, Los Angeles County Department of Public Health
 A portion of the proceeds from these events will be used to provide education scholarships for young at-risk women. To purchase tickets or a table online, please visit <http://bosevents.lacounty.gov>.
 For more information to become a sponsor or questions about the luncheon, please contact Commission staff at (213) 974 1455 or visit their website <http://laccw.lacounty.gov>.

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

- EUGENE F. MOSES**
Publisher/Editor
- Jayam Rutnam**
Contracted Reporter
- George Ogden**
Contracted Reporter
- Glenn Purbaugh**
Photographer
- Contributing Writers*
Pat Murphy
Joan Hallidy
Ken Herman
Charles H. Bayer
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 • We believe in growth. Therefore, complaints or mistakes erroneously committed will be entertained and investigated diligently and corrected accordingly.
 • We believe in performing our journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

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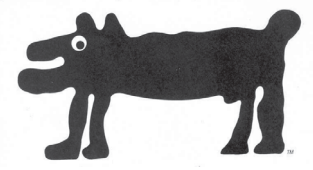
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Gov. Newsom's State of the State

In Gov. Newsom's State of the State address, he focused on the homeless issue "vowing to help communities get people off the streets and into stable housing." He said, "The people on the streets have been failed by our country's leaders and nation's institutions. There is nothing compassionate about allowing fellow Californians to live on the streets or in their cars or make-shift encampments. The problems have persisted for decades caused by massive failures in our mental health system, disinvestment in our social safety net, exacerbated by widening income inequality and California's housing shortage."

Comments by Newsom noting the problems above received applause, and at one point, a standing ovation. It sounds to me like he is disavowing any ownership of the homeless problem and he will be coaching from the sidelines while all institutions and other levels of government are instructed to fix the problem.

Newsom is "vowing" to make local government responsible for what he sees as the preeminent cause of homelessness blight -- lack of affordable housing. "To help communities" provide housing, he will eliminate environmental review and usurp zoning ordinances getting the maximum amount of infill, whether or not there is adequate infrastructure to support that infill safely and maintain cities' quality of life environment and programs.

Sunday Newsom appeared on TV telling people to vote for the Prop. 13 school bond -- not the Howard Jarvis Taxpayers Prop 13 that protects homeowners' investments. That school Prop 13 is \$27 billion in debt he is piling on this state's general fund. He forgets to mention to get any of that money, school districts have to produce matching funds and to accommodate that requirement this bond doubles the limitation on how much local districts can bond. Raising that bond cap allows school districts to issue more bonds and the cost of those bonds goes on property tax bills. How does increasing a homeowners' property tax bill make housing more affordable? Add a 6 cent a square foot parcel tax the



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora
City Fire Department is asking for, the cost of housing just went up another notch. Do affordable units mean box-like compartments along the rail lines or high-traffic areas we reserved for commercial/industrial development will become the living quarters for those Newsom is "helping communities" get off the streets?

Newsom refers to massive failure of the mental health system but he isn't on the front line trying to fix the problem. In fact, he has allowed SB 640, written by Sen. John Moorlach (R-OC) and Dr. Drew Pinsky to languish for two years and then get scuttled off to the graveyard. Dr. Pinsky has explained the most needed improvement in the mental health system is a modification of the Lanterman Petris Short Act (LPS) and SB 640 proposed to do that. The LPS Act was created 49 years ago and changes in the mental health system and what we are experiencing today have made that law outdated and not serving the best interests of those who are in real need.

Senate Health Committee decided it could not pass SB 640 with the organization, Disability Rights California, concerned about the lack of clarity in some of the wording. As Newsom said, "leaders and nation's institutions have failed the people on the streets" and they did so once again when SB 640 was allowed to die amidst haggling over words with no attempt to find remediation and consensus.

I am not sure what Newsom's "social safety net" is but Wikipedia defines it as "... a collection of services provided by the state or other institutions ..." that

would include welfare, unemployment benefits, healthcare, homeless shelters, housing, free education and the list goes on. Please note ... it says services the state provides and apparently this state has "disinvested" in many of those services per the Governor. I'm not sure why, as leader of this state, he feels there is a "disinvestment" of services, but okay, how will he fix that? Newsom provided free health care to low-income illegals under the age of 26 and is working on that for senior illegals. He's acquired 30 mobile units in a parking lot for families who need shelter. He has said state vacant buildings are available to house many of those on the streets.

Since President Trump was elected our employment rate has skyrocketed becoming lowest in decades. Businesses, who are able to remain in California, have expanded providing employment opportunities, and by rational standards, allowing home ownership for all. I say able to remain ... many have decided the cost of doing business here is unaffordable and are leaving for other states creating a void in California's employment base.

There is AB 5 forcing independent contractors to become employees of companies creating more restrictive hours, cutting income to workers in many sectors. The attack on the HJTA Prop 13 proposing to assess commercial property at market value not assessed value driving up property tax bills raising the cost to businesses, decreasing potential hiring, and "exacerbating widening income inequality."

President Trump signed off boosting water to the Central Valley farmers putting people in that area back to work raising inexpensive food for Californians. Newsom immediately called on A.G. Javier Becerra to file a lawsuit to protect the salmon and endangered fish.

My take away on the State of this State and its leadership: Everything possible, intentionally or through ignorance, is being done to drag local governments, business communities and people, who need help the most, down as far as they can. Time to stand up and speak up!

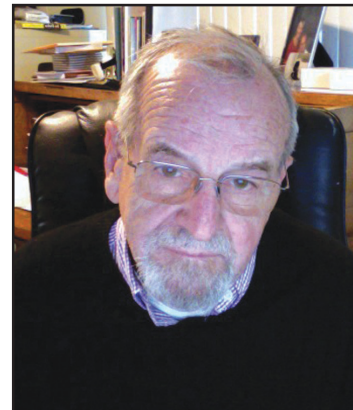
Reaching Into The Future

There are those well-balanced people whose emotional lives never vary. They are never wildly optimistic nor are they agents of gloom. And then there is the rest of us. Sometimes we are delightfully happy, and sometimes we know that disaster is just around the corner. Julian of Norwich was famous for saying "all things are well and all manner of things shall be well." But I wonder if she ever had a bad day or even a nasty hangnail. Sometimes perpetual optimists just get it wrong. Pliny the Younger is said to have told the citizens of Pompeii to have no fear, and the next day Vesuvius erupted burying the entire city.

Is there any perfect condition to which we might point, or even a perfect vision of what might be? For the next few paragraphs let me put on my preacher's stole and suggest that the future is not just a dream to be cherished, but a reality to be created. Jesus held out a vision of the way God orders affairs in the heavenly dominion. And he prayed, "Thy Kingdom come Thy will be done on earth, As it is in heaven."

But what if the divine Kingdom to which Jesus pointed is not a place at all, let alone a quasi-real existence somewhere out there designed for those who qualify, or are qualified by God, to live forever and ever and ever? What if the heavenly Kingdom to which Jesus alluded is a vision of the way life might be ordered if that divine dream could somehow be brought into the here and now?

Jesus' ministry was spent training a group we know as his disciples, whose task would be to reach into that dream in the mind of God where the hungry are fed,



Charles H. Bayer

the sick healed, and the outsiders are welcomed, where justice is the watchword and peace the operative condition, where the physical world is cherished and no one is left out. The task laid on his followers was to reach into that vision and bring a handful of it back into the present.

Now allow me to descend from the pulpit and offer mundane examples of what this might mean.

What is your image of having a well-formed slim body, and a mind to match? How might you reach into that vision and bring back a good handful of it into the present? The answer lies not in some fanciful dream, but how that future reality shapes what you are doing in the here and now. So you watch what you consume, and eat only those things guaranteed to help you control your weight. In that future, now brought into the present, there are more salads than there are Big Macs and french fries. In that future there is a vigorous exercise program, good books and solid educational opportunities. Your life then will be shaped by the vision of what you want to be—in body and mind. Whatever you dream about

doing or becoming, it may start by taking courses in preparation, or learning the necessary skills now.

And what what is your vision of a perfect nation that now may exist only as a hoped-for reality? Might it be one where everyone has adequate health care and the opportunity for a good education? Might it be a nation where wealth is shared and strangers welcomed, where minorities of all kinds are included and nobody is homeless or must sleep on the streets, where justice prevails, where the natural world is cared for, where peace is the consistent reality, where economics is secondary and human values primary?

How would such a world be actualized? If that is your vision, your task is to reach into that future and bring back into the here and now whatever you can. The name of that activity is 'POLITICAL ACTION.' It is the only way to actualize the vision. Only as those who imagine such a world strive to establish it in the present will it come about.

If, however, your vision of a perfect nation is one where the rules guarantee that the rich get richer and the poor are abandoned, where strangers and other nobodies are walled out, where health care is a right if you have enough money, and the potency of our weapons defines our international reputation? Then your political work will take a very different shape. What vision will prevail? We will get a pretty good idea following what happens on the second of November.

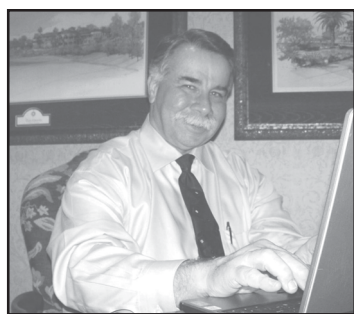
Contact Charles Bayer at candwbayer@verizon.net

The Bryant Memorial Services Are A Little Awkward

So sad for family and friends about this tragedy. It affected so many across the nation and around the world. Watching and waiting for the memorial for Kobe Bryant and his daughter, Gianna, and seeing how it came together, I will admit that I was a little taken back by the program.

They are charging for attending the memorial at the Staple Center. Never have I been charged to go to a funeral or a memorial service in my life. Now, I do get it... this money raised will be donated to a charitable organization. Those that are limited on funds who would have liked to attend are "aced" out of the program because they don't have the money.

The next thing is the day they chose. Feb. 24. Now I get this 2-24 (Feb 24) are the numbers for Gianna and Kobe. Nice, but this is a Monday and to shut down parts of Los Angeles and put people out of work for the day



George Ogden
That's just the way it is!

or to make it difficult to get to work in the area is a little bit of bad timing. A friend of mine had to cancel her job for that day as it is within "do not occupy" zone. She will be out that money and will not be able to make it up.

I love the idea of having a memorial for Kobe and Gianna, but the charging part and the timing seems awkward to me that they feel that this was the right way to go about this.

It is almost without question that this should be at the Staple Center... The date is "what it is"

and I guess you can't get around that because of the numbers. Charging \$224 (2 24) for the tickets to the memorial, and YES, YES, YES I KNOW... this is going to charity.

One would think that both the Lakers Organization along with the Staples Center owners, Arturo L.A. Arena Company and Anschutz Entertainment Group would consider to cover the costs in some way to allow those that wanted to attend the services to attend. Hell, Kobe filled that place with fans and they made plenty of money off of him. They could have donated \$224 per person who attended to the charity. I don't think it would have bankrupt them... in fact, it would be a write off.

Well, we know that's not going to happen.

"That's Just the Way It Is!"

'TIME JOCKEY' - M4 Sherman Tank

By Joe Castillo

Inferior Weapon... The U.S. Army was presented with the monumental task of driving the German military might from the shores of Normandy, across Europe and back to Germany. But Nazi Germany possessed more advanced weapons than the combined allied forces including its vast arsenal of Panzer Tanks, the strongest, fastest tank ever made. The Panzer spearheaded German military advancement through Europe in 1939 and could not be stopped or even slowed in its drive to the Atlantic. American tanks, even with additional armor mounted in the front and an additional machine gun on top, were no match for the more powerful Panzer.

One would have thought that more money would be placed into tank research and development but the annual development budget remained at only \$85,000. The lack of research and development funding left new tank designs up to young American engineers who spent more of their own time on trying to come with new creative ideas. The M4 Tank was designed by Army engineers who were confined using what their skimpy budget could afford. But a young engineer by the name of J. Walter Christy came up with a new and innovative design for a new tank.

His design created a new suspension system, a system that included bogey wheels which supported the tank tracks and stabilized the vehicles suspension assembly. The result was an easier and smoother ride, but more importantly the new tank could turn quicker and on a sharper radius. As an additional bonus, the tracks could be removed and the bogey wheels could be used to travel at a speed of up to 60 miles per hour. The wider tracks of the new tank allowed it to cross more rugged terrain than the older M4 tank. It was an entirely new concept and design but when Christy proposed it to the Army brass, he was politely rejected. Instead, Christy took his concept to the Russians who immediately accepted it.

Years later, when the U.S. Army was steadily being stopped by the stronger and more efficient German Panzer, the U.S. military leadership saw its mistake and accepted Christy's ideas in its new M24 and M26 tank design. But perhaps the biggest mistake that the U.S. Army made was in its decision to continue to use the smaller and less powerful M4 tank instead of the new M24 tank which was ready for production. The enhanced M4 tank weighed up to 37 1/2 tons and it cannons had a muzzle

speed of 2,650 feet per second. The German Panzer Mark IV tank weighed 22 1/2 tons and had a muzzle speed of 3,000 feet per second. But the German Panther tank weighed over 50 tons and had a muzzle speed of 3,300 feet per second. This made the German tanks, the Panther and Mark IV, faster and more powerful than the M4 Sherman tank but the U.S. had designed a M26 tank version whose weight and power were comparable to the German models. The decision to move forward from the M4 to the M26 was left in the hands of the most senior tank commanding officer in the Army, Lt. General George Patton, Jr. In spite of numerous recommendations from military leaders and tank designers, Patton chose to stay with the M4 because of its fuel efficiency and speed. However, the agility and power of the German models was clearly evident on the battlefield and the U.S. paid dearly for its failure to meet the challenges of developing the best military tank it could and sidelined the M24 for more than two more years....

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.

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SATURDAY, JULY 11, 2020

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For a Better Azusa

As a lifelong resident, I am proud to call Azusa my home. As a leader in our community, I will fight for all. Like our Senior Citizens, many of whom live on a fixed budget; our youth who need after-school programs; our families, who want the ability to raise their children in a safe environment. I will guard our resources, strengthen public safety, and increase business development. - Andrew Mendez

- Addressing our city's concerns with our homeless crisis
- Strengthen Public Safety
- Remaining Fiscally Responsible while engaging in Smart Economic Development
- Promote impactful programs for seniors, youth and working families

Paid For By Mendez For Azusa City Council 2020 FPPC ID# 1393329

Stocks Maybe Volatile, Bond Rates Fall as Earnings Season Winds Down

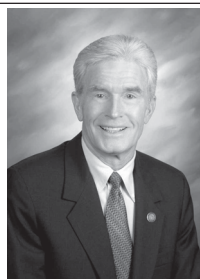
As the fourth-quarter earnings announcement season winds down, results have come in 2.6% better than expected, while profit taking has been normal. Do not be surprised if it gets a bit "bumpier" in upcoming weeks.

The bond market is also making news as the Treasury Department auctioned off 30-year Treasury bonds at 2.061% last Thursday (an all-time low due to global growth concerns). Germany reported 0% GDP growth in the fourth quarter; and, China is importing substantially less crude oil due to the coronavirus (Covid-19) impact on its commerce. Interest rates could "meander" even lower if global growth continues to slow.

The FOMC reported last week that they are comfortably "on hold". But, FOMC minutes reveal that participants and staff - like almost everyone else - remain somewhat unaware of the extent of the damage to the world economy caused by Covid-19. The balance of risks at least appears to be still tilted downward, better than December thanks to the USMCA and China trade deals.

The latest virus news includes a reported decline in new cases in China (which could be related to yet another change in who is being reported). The news also confirmed an acceleration in deaths, plus a pickup in the number of cases outside of China. Forty-six new cases in South Korea are all part of a religious group infected by one patient. There were eight new cases in Japan and three new cases in Iran, while 712 people are under public health supervision in Washington State. Last week the WHO reported more than 71,000 coronavirus cases worldwide, with more than 1,770 deaths (so far). WHO also reported 794 confirmed cases outside of China,

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

but so far only 3 deaths. 454 of those cases were on the Diamond Princess (with two deaths reported).

It's time to rethink the coronavirus's economic impact. There's a good chance February PMI will come in weaker than expected, depending on how many companies are suffering supply-chain problems. Last Wednesday, Bloomberg News offered a roundup of European CEOs cutting profit forecasts and warning about an anticipated hit to exports.

There is no doubt sales in China will suffer significantly. A bigger risk to the global economy, however, may be the loss of Chinese-made finished goods and parts. Production could be down more than 20% in the quarter. It has already been reported to be down 50% in some cases. And, the logistical chain is likely to be semi-functional (at best) going into the second quarter. The economic impact might be a global supply shock on a par with the OPEC oil embargo in the early 1970s.

What does all that mean for the US? It could even result in a short recession, as product sales fall due to shortages. Prices may rise initially on short supply, but they should eventually retreat (assuming demand weakens). Central banks understand they should ease to soften the blow of supply shocks, as the Peoples Bank

of China is already doing. The Fed may "ease" as well.

With recent debates and assorted stimulus, news today provides quite a collage of inputs for the stock market to absorb and digest. There are a lot of moving parts, and all these factors remain fluid. Most of the issues noted would be considered yellow or red caution flags for the current rally, at least from a historical perspective. Yet, for reasons beyond what most professionals can explain, the U.S. stock market and most of those around the world have been pushing higher.

Be it a rising tone of optimism about the secular outlook for the global economy, or the shrinking size of the U.S. and other stock markets relative to the ocean of liquidity (with more Quantitative Easing to come), or the idea that a spike in inflationary or deflationary pressures won't emerge anytime soon, I have concluded that the coast may even be clear for the S&P to trade up to 3,500 and beyond.

However, there will be at least some speed bumps along the way! We live in a world of high-powered tweets and "algo-driven" trading platforms that rule the tape every day. Nevertheless, as long as jobs remain plentiful, and the costs to operate businesses and manage households are within reason, powerful overriding forces may dominate the near-term investing landscape. At least that is my optimistic view of the crazy world we live in. Among all the data and confusion, remember: "Money goes where it is best served".

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

We want to do some home improvements and updates. When is it a good time to refinance our home?

NOW, while housing prices are up and interest rates are still low. Keep in mind that banks are limited to the loan products they promote. To get the best deal, contact an independent Mortgage Broker (findamortgagebroker.com) who will be able to shop a multitude of loan products for you, and help you throughout the entire loan process. Check the current tax laws in regarding deductions of interest paid on a first mortgage vs. a refinanced mortgage.

My W-2 has a code DD in box 12. What's that?

Box 12, Code DD is the cost of employer-sponsored health coverage. This is for your information only, and is not taxable for 2016. It should include both what you paid and what your employer paid for your health coverage. (ref: www.irs.gov)

Is the interest on student loans tax deductible?

Yes, IF you've made all payments on time, and IF your adjusted gross income is within current set limits. The deduction starts to phase out at AGI of \$80,000 (filing 'single'), or \$165,000 (married, filing jointly). You'll need the 1098-E as proof of interest paid.

We bought a home in 2019. What are our tax breaks?



Julia Yoder

Detailed information is available at State and Federal tax websites, or ask your CPA if you qualify to take deductions for mortgage interest, points paid at settlement, property taxes, exclusive use of home office space for a small business, mortgage insurance premiums, home improvement loan interest, and construction loan interest. You can only deduct interest on up to \$750,000 of a mortgage. CA state and local tax deduction limit is \$10,000.

Can you tell me about Roth IRAs?

Although a Roth IRA is not tax deductible, it has many benefits. By following the rules, you won't have to pay taxes on any of the money you take out, including the growth. "Qualified distributions" are distributions which are made after a five-year waiting period, and which are made: 1. after the taxpayer reaches age 59 1/2 or 2. In the event of a taxpayer's death,

or 3. Because the taxpayer becomes disabled, or 4. To pay for "qualified first-time home-buyer" expenses (there are limits). Distributions which do not come under any of those qualifications are subject to tax and possible penalties. A real plus is that Roth IRAs are not subject to the mandatory distribution requirements (RMDs) triggered on traditional IRAs at age 72. The amount you can put into a Roth IRA each year is limited, typically not enough to fund your retirement.

How does life insurance fit into financial planning?

Some life insurance policies carry benefits that you can take advantage of while you are alive. For example, a Fixed Indexed Universal Life insurance policy gives you the reassurance of having life insurance, potential cash accumulation, plus the option to access that cash account down the road for any reason.

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

5 Healthy Habits for a Happy Heart

A happy life starts with a healthy heart! But unfortunately, heart disease is currently the leading cause of death in the United States. According to the Centers for Disease Control and Prevention, one in four deaths every year is due to a number of cardiovascular diseases, ranging from strokes to heart attacks and coronary artery disease.

The good news? Heart health is largely related to the lifestyle you lead - and there are easy steps you can take every day to keep your heart healthy.

1. Keep it moving. An active body means a happy heart! Adults should do aerobic exercises like brisk walking, running, swimming and biking that keep oxygen flowing through your body - otherwise known as "cardio" workouts. To reap the greatest cardiovascular benefits, aim to do moderate-intensity exercise for a minimum of two and a half hours per week. Your heart rate should reach 85 percent of your maximum heart rate (MHR), which can be calculated by subtracting your age from 220.

2. Stick to healthy fats. Keep good fats - these are called unsaturated fats - in your diet by incorporating tasty and nutrient-rich foods like avocados and peanut butter. Limit your saturated fats to 10 percent of daily calorie intake and avoid trans fats to reduce your blood cholesterol levels. When going grocery



Frank Lin, MD, FACC

shopping, read the ingredients food labels for the amounts of different fats in each serving. Swap out butter and margarine for olive oil. Trim the fatty portion off meat and opt for leaner meat and fish options like skinless chicken or cod.

3. Take a breather. Studies have shown that slow breathing for as little as five minutes immediately lowers resting blood pressure and permanently decreases resting blood pressure after several weeks of consistent practice. Set aside some time each day for a new healthy habit of meditation, yoga or a deep breathing exercise - which can not only help lower anxiety but can contribute to a healthy heart. Browse through your mobile app store for free guided meditations.

4. Manage your diabetes. Heart disease is the leading cause of death among people with dia-

betes, and diabetics are twice as likely to get a heart attack as someone who doesn't have diabetes. Over time, high blood sugar from diabetes can damage blood vessels and artery walls, raising your risk for heart disease. That's why if you're one of the 13 million Californians living with diabetes, it's critical to monitor your blood sugar closely and follow the above steps to reduce your risk of heart issues.

For more heart health tips, follow Emanate Health on Facebook @EmanateHealthNow and Instagram @EmanateHealth_ For additional information, visit www.emanatehealth.org.

Frank S. Lin, MD, FACC, is an interventional cardiologist with Foothill Cardiology, practicing exclusively at Emanate Health. Dr. Lin received his medical degree from Albany Medical College, graduating with honors. He completed his internship and residency in internal medicine at New York Presbyterian Hospital - Weill Cornell Medical Center, where he completed fellowships in cardiology and interventional cardiology. Dr. Lin is board certified in internal medicine and cardiovascular disease and is board eligible in interventional cardiology. Of note, he is fluent in Mandarin Chinese. Dr. Lin is now accepting new patients. To schedule an appointment, call 626.915.4700.



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

Hope For Your Vehicle's Transmission

Transmission repairs have become an interesting phenomenon in the automotive repair industry. I thought I would share some information with you that could result in saving you money!

- Most cars will start to experience transmission issues around age six
- When a check engine light illuminates, 20% of the time it is because of the transmission
- 50% of those issues can be fixed easily
- 80% of repair shops, because

they don't have enough knowledge about transmissions will tell you it needs to be replaced. That is because for them it is just easier to replace the entire thing since they don't know enough about transmissions to fix it or don't want to be bothered with it.

Consumers might opt to buy a different car rather than pay to repair their current one if the cost is high. Replacing a transmission is a lot to pay for a repair and if the vehicle will need more of the same, say in six months, I am completely up front with them. I want them to make the right decision for them and for their budget.

If you feel you are having transmission problems, before you pay out an exorbitant amount of money to have it replaced, ask

what the problem is exactly. A really good shop, like Certified Auto Specialists, can save you a lot of money! The average repair shop just guesses instead of investigating.

Sometimes, of course, it really does need to be replaced but again, a shop that really knows what they are doing will give you options rather than "just replace it" as a solution.

If you suspect your vehicle is experiencing transmission problems, give us a call!

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.

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Vote by March 3rd

FOR INFORMATION ON NEW VOTING DETAILS CALL AZUSA CITY CLERK'S OFFICE | 626-812-5229
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2020 San Gabriel Valley Economic Forecast Summit

IRWINDALE - The San Gabriel Valley Economic Partnership and Cal Poly Pomona announce the San Gabriel Valley Economic Forecast Summit, to be held 8:00 am to noon on Wednesday, **March 4**. This event, which has been held annually since 2011 (and was held more occasionally going back to the founding of the San Gabriel Valley Economic Partnership since 1991) highlights the release of a detailed report on the global, national, and local economic outlook. The report also gives a demographic breakdown of the population and business environment of the 31 cities of the San Gabriel Valley.

The day's theme, "Powering a Healthy Future for All", will be borne out in a diverse series of

talks. An economic forecast will be presented by Harlan H. Thompson, Managing Director and Senior Portfolio Manager at Bank of America, and Eric Hayes, Associate Economist at the Los Angeles Economic Development Corporation (LAEDC). The Keynote on "Artificial Intelligence in Business" will be given by Dr. Jeff Loucks, Executive Director of Deloitte's Technology, Media, and Telecommunications (TMT) Center. The morning will conclude with a fireside chat on "The Future of the Workforce" featuring Julie Su, Secretary of the California Labor and Workforce Development Agency, Dr. Soraya Coley, President of Cal Poly Pomona, and Jeff Loucks, and moderated

by Dr. Erik Rolland, Dean of Cal Poly Pomona's College of Business Administration. The entire event will be hosted by Frank Mottek, award-winning broadcast journalist and host of "Mottek on Money".

This year's forecast will be held at Cooper Auditorium at City of Hope, the iconic cancer research and treatment center in Duarte, in the heart of the San Gabriel Valley. The day will include exhibits of innovative technology from local businesses, universities, and hospitals.

This event is open to the public. To register or learn about sponsorship opportunities, visit sgvpartnership.org/EconomicForecastSummit.

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

Arcadia Senior Card Club Looking For New Members

The Arcadia Senior Card Club is accepting new members. Arcadia residency is not required. Play contract bridge or pinochle. The group meets at the Assistance League Community House, 100 So. Santa Anita Avenue every Monday from 9:00 AM to 3:00 PM. Lunch is provided for a nominal fee or bring your own lunch.

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

BALDWIN PARK

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

Newcomers and Friends Invites Local Residents to General Meeting

ARCADIA - Are you interested in meeting new people, making new friends, exploring well-known landmarks, and enjoying new activities? Newcomers and Friends of San Gabriel Valley, a social club, invites local women to attend their next general meeting.

On **March 4**, at 10:00 am, Newcomers and Friends of SGV's "meet-and-greet" coffee will be held in Jordan Hall at Church of the Good Shepherd, 400 West Duarte Road, in Arcadia.

This general meeting is a great

COVINA

Patty's Bash

Folks, it's time to "strut your stuff!" It'll be more than a "wee bit" of fun and even better than a "pot of gold" at Patty's Bash on **March 13**. Well, maybe not a pot of gold, but it will sure be fun being a mean, green, dancing machine at this festive holiday event! Register by February 28

Cane Self-Defense Workshop

Here's how to turn your walking cane into a way to protect yourself. Learn real world cognitive and physical self-defense skills and safety awareness that will allow you to respond under stress. Please wear loose clothing, bring water and your own cane. Class is easily modified for students of all abilities. Instructor: Don Frack Date & Time: Friday, **March 6**, 9-11 am Fee: \$20/1 day

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.

DUARTE

Income Tax Preparation For Seniors

Volunteer tax aides will be available to people 55+ to prepare 2019 income tax returns. Visit the Duarte Senior Center (1610 E. Huntington Drive) to sign up. Appointments are required.

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 Cen-

ter 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

Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers re-learning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. For more information, please call Toni Levyssohn at 909-843-5239. The program is **Wednesdays** 8:30 a.m. - 12:00 pm.

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

Eulalia Pérez: Her Life and Times

La Verne Historical Society Historian Roberta H. Martinez will tell us about the life and times of Eulalia Pérez de Guillén Maríné (1766?-1878) a cook and midwife during the time of Governor Pio Pico. She is one of only two non-clergy buried in the courtyard of Mission San Gabriel. Come hear this fascinating story of a lady who lived in pre-statehood California. The program will be held at Hillcrest Meeting House, 2705 Mountain View Dr. La Verne, Monday evening, **March 9th** from 7:00 pm to 8:00 pm. All are welcome and refreshments will be served.

Get About

Transportation

Get About provides transportation for seniors aged 60+ and disabled residents of Claremont, La Verne, Pomona, and San Dimas. The door-to-door service can be used for shopping, doctor's appointments, church, senior nutrition sites and many other locations within the four cities. The service operates seven days a week and membership is free. To Register: (909) 621-9900. To Schedule a ride: (909) 596-5964. For more information, contact Abby Nuyda at 909.621.9900, Extension 228.

MONROVIA

Senior Blood Pressure Screenings

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

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

Caring Crafters

If you have an interest in knitting, crocheting and hand work or would like to learn, join us at the Monrovia Community Center every **Wednesday**. The Friendly

Crafters is a social group that meets every Wednesday from 12:00 p.m. to 3:00 p.m. and is designed to foster friendships and provide social opportunities while crocheting and knitting. The group always welcomes new participants to teach and share new ideas! This free program is offered to all Seniors and Active Adults! Crafters meet every Wednesday from 12:00 p.m. - 3:00 p.m. at the Monrovia Community Center.

Senior Stretch & Exercise Class

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

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

SAN DIMAS

San Dimas

Toastmasters Club

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

Hall, 505 E Bonita Ave. Contact Art Douglas at (951) 505-0555.

WEST COVINA

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 each Saturday at 9 a.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 motivated members from all over the San Gabriel Valley. For details, call Erika Hernandez at 626-384-0502 (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.

Republican Women Federated Meeting

WEST COVINA - The East San Gabriel Valley Republican Women Federated are having their next meeting on Friday, **February 28**, at the Holiday Inn in West Covina, 3223 E. Garvey, North, West Covina (off the 10 Freeway). Social/check in is 10:30, meeting at

11:00, lunch at noon and guest speaker at 1:00. The guest speaker is Loren Spivack, economist and author. Her subject is "Why Environmentalist Predict and Why They Fail." For reservations please call (626) 824-8717. Guests are welcome

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The Woman's Club Meeting

WEST COVINA - The next meeting of The Woman's Club of West Covina is Friday, **March 6**. The meeting is at South Hills Country Club, 2655 So. Citrus, West Covina.

Meeting begins at 11:15 followed by lunch at noon and a program at 1:00. The program will be presented by the Americana Theatre ensemble which

will do a program honoring the 19th Amendment allowing women the vote. For reservations, please call (626) 339-0874. Guests are welcome.

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David Fredendall Running For Glendora City Council

GLENDORA - Longtime Glendora resident David Fredendall is running for the opening seat on Glendora's City Council on the upcoming March 3rd election. He is seeking the District 2 seat currently held by retiring Mayor Judy Nelson. David is seeking to expand his service to Glendora after many years of working with the Youth Activities; Boy Scouts, as a mentor and leader guiding young men to become the leaders of tomorrow with values, character and citizenship. He has been recognized highly for the work and contributions to the Scouting programs by both Boys Scouts of America and with the City of Glendora's William "Buck" Dunham Award for Community Service.



David Fredendall

Community Services.

Additionally David has served since 2011 on the Fairmount Pioneer Cemetery Foundation Board of Trustees and in 2018 was elected President of the Foundation that oversees the preservation of our City's Historical Landmark.

David brings to the election a platform agenda that includes many areas of service and direction. He looks to serve Glendora without boundaries or Zip Codes and be the voice for All of Glendora. While recognizing the strength and success that the current Council has achieved he looks to continue those successes through sound leadership and choices supporting fiscal wisdom and responsibility. The current City management and staff has developed a new direction regarding economic development to support current business members and attract new business entities to grow the revenue stream in town. The goal is business with jobs that will generate destination folks to want to work, live, eat and play in Glendora. He shares that another direction is to develop streamlined business practices in areas of Customer Services provided by City Staff. These areas will include Planning, Billing, Information flow and programs from

High point issues include securing the due revenue funding from existing taxation programs that may not currently be coming to Glendora from County and State regulators. He wants to get our money in order to insure that programs of high visibility are able to be addressed and resolutions achieved. Everyone realizes that the matter of Homeless members of the Community need care and attention and David wants to insure that the City can address these needs with the deserved revenues that Glendora has generated for this specific matter. He is also looking to address the Housing issues in town and work to encourage our County and State representatives support the values of Glendora and guide us into the next generations of need that fit Glendora. He shares that what works in San Francisco clearly is not what is needed in Glendora. Lastly David strongly believes in the work being done by our Police Department team and the valuable attitude they embody for the Community Based Customer

Service style law enforcement that is present among the members of the department and will work to preserve this while helping the department to be able to attract the best and the brightest to serve our City.

David's agenda is to serve Glendora unselfishly without an ambition to seek or reach beyond the hometown needs. He states that he feels the City is in a very good condition and like anything just needs some ongoing adjustment and fine tuning to lead toward perfection.

Gary & Connie Andrews Named 2019 Glendora Citizen of the Year

GLENDORA - The Glendora Chamber of Commerce is pleased to announce that Glendora residents Gary & Connie Andrews have been selected as the 2019 Glendora Citizen of the Year. Gary & Connie will be honored at the 72nd Annual Glendora Citizen of the Year Banquet on Thursday, April 16th, 2020 at the Glendora Country Club.



Gary & Connie Andrews have been selected as the 2019 Glendora Citizen of the Year

Besides operating the successful, long-established business, Andrew's Inc., Gary and Connie Andrews have given of themselves to Glendora in countless ways. Gary grew up in this community as did his mother. He has been a merchant in the Glendora village for almost 49 years. Connie's been active in PTA, was co-chair of Red Ribbon Week and involved with their daughter Jennifer's soccer program. Helping wherever they can, Connie was presented with the Kiwanis Club of Glendora Kiwanian's Community Service Award in 2019.

CSM Ret. Gary W. Andrews served our country as a member of the National Guard for 38 years, retiring in 2006. Gary and Connie consider the Army part of their family. Gary has also been a crucial member of the Glendora Village Business Improvement District where he has been on the board for many years.

Tickets and sponsorship op-

portunities for the banquet can please contact the Chamber at be reserved at Glendora- 626-963-4128. Chamber.org/coty. Questions

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Great Trivia Challenge 28
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-Ronald Reagan

Uriel Macias
Councilman, City of Azusa
I would love to hear from you!
Email: mrumacias@yahoo.com
Phone: 626-625-9218

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Join Us for an Upcoming Community Meeting



Major Construction From Glendora to Pomona Is Starting This Summer!

The Foothill Gold Line light rail project from Glendora to Montclair will extend Metro Gold Line service to the cities of Glendora, San Dimas, La Verne, Pomona, Claremont and Montclair. The first nine miles of the project, from Glendora to Pomona, is fully funded and will begin major construction in late summer (and take five years to complete). If the additional funding needed is secured before October 2021, the entire project from Glendora to Montclair will be completed altogether under the same design-build contract and take eight years.

Sign Up to Start Receiving Construction Alerts!

Make sure you get electronic updates on this important project by signing up on-line at www.foothillgoldline.org.

COMMUNITY INFORMATION MEETINGS

Attend a community open house to learn the latest about the project, meet the recently hired Kiewit-Parsons design-build team, and gain information on how and when construction may impact you. Each station artist/artist team will also be available to discuss the public artwork planned at their city-specific meetings.

There will be no formal presentation; arrive any time between 5:30 PM - 7:30 PM:

Thursday, March 5, 2020
 Glendora Library, Bidwell Forum
 140 S. Glendora Ave., Glendora, CA 91741
 Station Artist: Michael Hillman

Wednesday, March 11, 2020
 Palomares Park Community Center
 499 E. Arrow Hwy., Pomona, CA 91767
 Station Artist: Stephen Farley

Tuesday, March 10, 2020
 La Verne Community Center
 3680 D St., La Verne, CA 91750
 Station Artist: Blue McRight

Thursday, March 12, 2020
 Stanley Plummer Community Building
 245 E. Bonita Ave., San Dimas, CA 91773
 Station Artists: Eugene and Anne Olsen Daub

NOTE: Future meetings will be held in Claremont and Montclair when funding is secured.

Si necesita información del proyecto o servicios de interpretación en español, llame a Yesenia Arias al 626.305.7012



Foothill Gold Line

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