



San Gabriel Valley Examiner

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March 19 - 25, 2020

INSIDE



County Buildings Closed / A3

Charged with Faking Threats



Anayeli Dominguez Peña / A7

INDEX	
Commentary	A4
Financial/Consumer	A5
Legal Notices	B1
City Notices	B14

Glendora Community Coordinating Council March Awardees

GLENDORA - Scott Hughes is a shining example of putting service above self. For over ten years Scott was involved in Glendora National Little League serving as a Board Member, Team Manager, Coach and Field Manager. As Field Manager Scott managed five Sandburg fields and two South Hills fields year-round. He worked on the sprinkler systems, cutting, weeding and edging the fields, caring for the playing field surfaces and other infrastructures. Even after working graveyard Scott was the first one on the field after work to make sure everything was ready for game day. As a coach the kids loved and respected Scott. He was a great mentor, dedicated, patient and passionate. He set a great example for all. It is with great honor we recognize Scott with March's Humanitarian Award.

Liliana Mendez is a sophomore at Glendora High School. In October 2019 Liliana started the club HOW, Helping Out Woman. Their mission is to help distribute feminine hygiene products to the homeless population of women as a possible way to restore hope. Through donated supplies they were able to provide care packages to homeless women through First United Methodist Church of La



Rose Wentz, Glendora Community Coordinating Council President with March's Humanitarian Award recipient Scott Hughes and Matt Bartlett, Glendora Community Coordinating Council's chair of Programs.

Puente in November. They are organizing one more donation event before the end of the school year. It is with great pleasure Glendora Community Coordinating Council recognizes Liliana Mendez with March's Youth Recognition Award.

The GCCC is always looking for volunteers from the city to be recognized each month. If you have a nominee please visit our website at www.glendoraordinating-council.org for a form and contact information. We'd like to thank Matt Bartlett, Hilltop Realty for being our meeting sponsor.



Glendora Community Coordinating Council President, Rose Wentz with Liliana Mendez, March's Youth Recognition Award recipient.

Coronavirus: Price Gouging

What is price gouging?

Price gouging is the act of a business raising prices of needed products and services over 10% during a declared emergency.

Price gouging is prohibited and is governed by California Penal Code 396 and the Los Angeles County Price Gouging Ordinance. For 30 days following the declaration of emergency, it is illegal for a person, contractor, or business to sell or offer to sell any food items or goods or service for a price of more than 10 percent above the price charged by that person or business immediately before the declaration of emergency was issued.

Typically, this statute applies for 30 days after an emergency declaration. However, the statute applies for 180 days for reconstruction services and emergency cleanup services. State and local municipalities may extend the effective period of the statute beyond these timeframes.

When does California's anti-price gouging statute apply?

The statute applies immediately after the President of the United States, the Governor of California, or city or county executive officer declares an emergency resulting from any natural or man-made disaster, such as an



REPORT PRICE GOUGING
CALL DCBA (800) 593-8222

earthquake, flood, fire, riot, storm or medical outbreaks or epidemics.

A copy of the emergency declaration is available here: <https://www.gov.ca.gov/wp-content/uploads/2020/03/3.4.20-Coronavirus-SOE-Proclamation.pdf>

Who is subject to the statute?

Individuals, businesses, and other entities must comply with the statute.

What goods and services does the anti-price-gouging statute cover?

The statute applies to the following major necessities: lodging (including rental housing, hotels and motels); food and drink (including food and drink for animals); emergency supplies such as water, flashlights, radios, batteries, candles, blankets, soap, diapers, temporary shelters, tape,

toiletries, plywood, nails, and hammers; and medical supplies such as prescription and nonprescription medications, bandages, gauze, isopropyl alcohol, and antibacterial products.

It also applies to other goods and services including: home heating oil; building materials, including lumber, construction tools, and windows; transportation; freight; storage services; gasoline and other motor fuels; and repair and reconstruction services.

What do I do if I think a business is price gouging?

If you believe that you have been a victim of price gouging or you suspect a business is price gouging, contact the Los Angeles County Department of Consumer and Business Affairs at (800) 593-8222.

Fun Rainy Day Tips for Families



On rainy days, it can be tempting to hand children devices and let them fall down a YouTube rabbit hole. After all, there can be a lot of hours to fill when the weather isn't cooperating with your weekend plans.

There are better ways to spend those rainy days. With a little creativity, rainy days can be opportunities for fun and educational play.

Consider these great ideas from The Genius of Play, an initiative with a mission of raising awareness about the importance of play in order to help parents make it a critical part of raising kids.

- **Get messy:** Just because you're indoors, doesn't mean there isn't an opportunity for kids to satisfy their primal urge to get their hands dirty. Not only do kids love playing with sensory textures such as paints, slime, sand, play dirt and foam, doing so helps improve fine motor skills. The good news? Many such items are now designed to reduce messiness, stickiness and clean up hassles.

- **Play games:** Break out some classic board games like checkers and dominoes or grab a deck of cards for a round of crazy

eights. Such games teach the importance of taking turns and good sportsmanship and can even help kids learn to strategize and plan ahead.

- **Get dramatic:** For an afternoon of open-ended playtime, encourage kids to develop their emotional, creative and communication skills by developing their own skit or play. With so many dress-up kits available, it's easy to maintain a well-stocked costume trunk that kids can use to get inspired. You can also gather up some of their favorite toys to use as props and help bring stories to life.

- **Build together:** Whether your child prefers following step-by-step instructions or using their imagination, designing, creating and playing with construction toys can build problem-solving, spatial and fine motor skills.

- **Design an obstacle course:** Rain or no rain, kids have energy to burn. Building a safe obstacle course for kids to complete is a fun way for them to stay active indoors while building core muscles and developing balance. Pick three to five exercises, like pretending to jump like a frog, army crawling under the table or

log rolling from one side of the living room to another and then doing five sit-ups. Practice it for 5-10 minutes, then get to work designing a new one!

- **Create a mini lab:** Play with Science, Technology, Engineering and Math (STEM) toys and games. Use a science kit to erupt a volcano or code a robot to guard the bedroom. These important educational experiences can be fun supplements to classroom learning that help set your child up for future success.

- **Make cleanup fun:** It may not sound like "play" at first glance, but cleanup can be fun with the right attitude. Crank up favorite tunes and have kids dance as they dust, straighten, put toys away, make the bed and help with chores. Or, make a game of it, racing each other to complete tasks.

For more play tips and inspiration, visit www.thegeniusofplay.org.

Be sure rainy days include playtime, which offers many developmental benefits for children to learn key communication, creative, cognitive, social, emotional and physical skills. (StatePoint)

Kindergartners Visit City of West Covina Facilities



53 Kindergartners from Merced School visited the West Covina Council Chambers where Mayor Tony Wu had a quick chat to welcome them. Rudy Lopez, PIO (background) provided the tours of the police department and dispatch center.

By George Ogden/WCPD

WEST COVINA - The West Covina Police Department was treated to a visit from 53 kindergartners last week from Merced School. The visit

included a chat with West Covina Mayor Tony Wu followed by a tour of the police department and dispatch center. The kids had a great time and so did the city staff, police

dispatchers, police officers and Mayor Tony Wu.

They toured City Hall, the Council Chambers, Police Dispatch Center and then the police department.

Hints To Help You Stay On The Road To Safe Driving



With age, your ability to drive may diminish—but you can get help to maintain your independence longer.

For many older adults, retaining the ability to drive is very important. It means independence and makes it easier to do shopping, see friends and family, and keep medical appointments. It's not always a safe option, however.

Physical and mental changes related to aging can affect your ability to drive safely. If you're alert to these changes and manage them carefully, you may be able to continue driving safely for some time.

To keep your skills as sharp as possible, consider following these suggestions from experts at the American Geriatrics Society (AGS), healthcare professionals dedicated to improving the health, independence, and quality of life of older people:

Check your eyesight to keep it as sharp as possible by getting a complete annual eye exam once you turn 60. Test yourself to monitor your vision:

- Do you have problems reading street signs?
- Are you having difficulty seeing road or pavement markings, curbs, or other vehicles or pedestrians, especially at dawn, dusk, and nighttime?
- Is glare from oncoming headlights making it hard to see when driving at night?

Assess your physical fitness to drive by asking yourself:

- Can I comfortably turn my neck to see over my shoulder when I change lanes?

- Can I easily move my foot from the gas pedal to the brake? Can I easily turn the steering wheel?

- During the past year, have I fallen one or more times?

- Do I regularly walk more than a block a day?

- Can I raise my arms above my shoulders?

Perform a reality check on your attention span and reaction time:

- Are you overwhelmed by signs, traffic signals, and car and pedestrian traffic, especially at busy intersections?

- Does it seem harder to merge into traffic on the highway?

- Do you take any medications that make you sleepy, dizzy, or confused?

- Do you feel less confident about driving at highway speeds?

- Do you react slowly to cars entering your roadway, or to cars that have slowed or stopped in front of you?

Pay attention to changes and warnings:

- Have friends or family members expressed worries about your driving?

- Have you ever gotten lost on familiar routes or forgotten how to get to familiar destinations?

- Has a police officer pulled you over to warn you about your driving?

- Have you been ticketed for your driving, had a near miss, or a crash in the last three years?

- Has your healthcare provider warned you to restrict or stop driving?

Consider Getting a Professional Driving Assessment

If you've experienced driving problems like these or are worried about your ability to be a safe driver, consider getting a professional assessment of your skills.

Occupational therapists trained as driving rehabilitation specialists can evaluate your driving skills and strengths, as well as any physical, visual, and cognitive challenges you may face. They can also evaluate your ability to operate a vehicle safely and, if needed, recommend ways to reduce your risks.

Driving rehabilitation specialists are trained to evaluate older drivers for:

- Muscle strength, flexibility, and range of motion
- Coordination and reaction time
- Judgment and decision-making skills
- Ability to drive with special devices that adapt your vehicle to your needs.

The specialist may recommend ways for you to drive more safely after the evaluation. Suggestions may include getting special equipment for your car or helping you sharpen your skills.

If you're not sure how to find a driving rehabilitation specialist, you can talk to your healthcare provider or ask the American Occupational Therapy Association for a directory.

For more safe driving resources for older adults and caregivers, visit the AGS's public education website, <https://www.healthinaging.org/driving-safety>. (NAPSMI)

The Same Tools at School and Home Can Help Students Achieve



PHOTO SOURCE: (c) Wavebreakmedia / iStock via Getty Images Plus

Cutting-edge technologies have long been used in classrooms to help students engage with material and better grasp tough concepts. And now, many of these same technologies are becoming available for use at home.

Here are a few ways that educational technology can help students transition from classroom instruction to home study seamlessly:

- Digital learning: Software tools make it easier for students to connect with classroom materials long after the bell rings. Apps such as Edsby, give students access to lesson plans, study guides, homework assignments and school calendars 24/7, while providing a convenient platform for teachers to communicate with parents.

- Better visuals: Sharp, bright imagery provided by ultra short-throw projectors, such as the XJ-UT351WN from Casio, allow students in even the smallest classrooms to harness the power of visual learning. And now that the market has widened accessibility to high-quality projectors, students can use them in bedroom-sized spaces to review lesson plans, research term papers, cram for exams and more.

- More math: Mathematics software is giving students an all-in-one platform to grasp new concepts both during classroom instruction and while doing homework. The free online calculator, Classpad.net, includes calculation, graphing, geometry and statistics functionality and is particularly versatile for students on-the-go, as it auto-saves work

to a free cloud account that can be accessed anywhere, as well as allows students to customize their workspace with resizable and draggable "sticky notes."

- Updated reading: E-readers give students a burden-free way to take home vast quantities of reading materials with them, and an ink-free way to annotate text. When connected to the internet, students can collaborate on group projects or discuss passages in-depth with each other from anywhere, and teachers are able to see how students are interacting with the reading.

As access to technology tools widens, students will benefit from the seamless transition that using the same platforms at home and school provides. (StatePoint)

'TIME JOCKEY' - Ailing Leader

By Joe Castillo

Rare Disease... This story is being written for the current Grand President of the Native Sons of the Golden West, James P. King. He is unable write this page himself as he has lost most of the use of his arms and legs due to the effects of a very rare disease known as Guillain-Barré syndrome. While performing his official duties as Grand President, James collapsed from the loss of his legs while attending a crab feed dinner in Ione, California. He was taken to a local hospital and eventually transferred to the University of California San Francisco Medical Center where he underwent extensive examinations, treatment and testing until his condition was finally diagnosed to be Guillain-Barré syndrome. The disease causes your immune system to attack your nerves, leading to muscle weakness and even paralysis.

The exact cause of Guillain-Barre is unknown, but it often occurs after a viral or bacterial infection. It can happen to anyone, anywhere, at any age. There's no cure for Guillain-Barre, but most people eventually make a full recovery. Recovery can be slow, lasting anywhere from several weeks to several years. James was then sent to a nursing facility in Los Altos, California

to begin his long-term rehabilitation, care and therapy. He is virtually alone in the nursing facility as visitors are not allowed due to the risk associated with the Coronavirus (COVID-19). His cellphone has become his new best friend and is his only means of communicating with the outside world. But alas he can barely hold it with his stricken hands and even though texting is an option imagine how difficult it is to text with fingers of which you do not have complete control.

James must now start the long road of recovery by going through physical therapy, getting medical treatments and learning to live without body functions most of us take for granted. It is times like these that a person's will to survive, his desire to live, and faith in God take over and he picks himself up, tightens his boots, and gets back on his loyal horse. The road is long and filled with challenges but everyday James gets better is one day closer to reaching his goal of getting back to his real self.

After 11 years of volunteering his time, energy and services to the Native Sons of the Golden West, and to preserving and documenting the history of California, James finally reached the pinnacle of the order by becoming its Grand President. During the

2019-2020 year, he traveled throughout the state, performing his duties by visiting other parlors, performing historical landmark dedications, presenting donation checks to hospitals which care and treat children with Cleft Palette anomalies, and talking to as many people as he could about the virtues of California. With just two months to go until he completed one of the highlight years of his life, James was derailed by his debilitating illness. James will need a lot of time, medical care and support this time as his costs are expected to be significant. A Go Fund Me page has been established to raise funds for his care and treatment. Your donation will help him offset his medical costs and any additional expenses he may incur while rehabilitating from the effects of Guillain-Barre. Even though James will be confined to a hospital bed for an indefinite time, he will continue to lead the Native Sons in its administration and management, all to preserve the history of California....

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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WHEN A DISASTER STRIKES DON'T GET OVERCHARGED

If the government declares an emergency, increasing the price of goods and services 10% or more may be price gouging.



1 BE AWARE

Price gouging is a crime.

After a disaster, price increases can occur at grocery stores, gasoline stations, housing, emergency and medical supply stores, and construction or repair services.

2 IDENTIFY

If you think a store or service provider is committing price gouging, compare prices prior to the state of emergency and in areas not affected by the disaster.

Consumers are protected from a price increase of 10% or more for 30 days on goods and services and for 180 days on contractor-related services. Keep detailed records of purchases you make during a declared emergency.

3 REPORT

If you believe you were a victim of price gouging, contact our department to file a complaint by calling (800) 593-8222 or visit us online at dcba.lacounty.gov.



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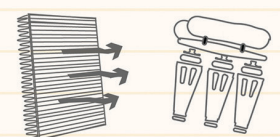


A Spring Cleaning To-Do List

Spring cleaning often lands in a perfect spot on the calendar to serve as an annual reminder of your regular home maintenance to-do list. Keep this checklist from Kidde in mind this spring:

Change Appliance Filters

It might be easier to remember to swap out HVAC filters, but don't forget other appliances like water filters, air purifiers, drain pumps and more.



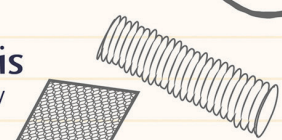
Check Smoke and Carbon Monoxide Alarms

Smoke alarms should be replaced every 10 years and carbon monoxide alarms at least every 10 years, but check your model guide to be sure. For optimal protection, consider an option like Kidde's Wire-Free Interconnected Alarms with built-in 10-year sealed batteries.

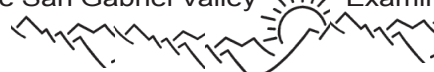


Clear Exterior Vents of Debris

Reduce the risk of a fire or carbon monoxide leak by cleaning out dryer venting along with vents from stoves, furnaces and fireplaces.



Find more spring safety information at Kidde.com/home-safety



Los Angeles County Buildings Closed As Officials Ramp Up Efforts To Slow The Spread Of COVID-19

LOS ANGELES COUNTY - Los Angeles County will close all of its buildings to the public effective Monday, March 16, as a precautionary measure to help slow the spread of COVID-19, Board of Supervisors Chair Kathryn Barger announced Sunday.

The announcement comes as Gov. Gavin Newsom directed closure of California's bars, brewpubs and wineries, and called on people over 65 and others at higher risk of serious complications from exposure to the virus to stay at home.

"We need to do all we can to protect the public and our employees in the midst of this expanding public health crisis," Supervisor Barger said. "Our departments will continue to provide essential services to our residents, but it is prudent to limit public access to our facilities at this time. We will continue to monitor the situation and urge the public to follow the guidance of the Los Angeles County Department of Public Health." (For the latest recommendations and answers to frequently-asked questions, go to <https://lacounty.gov/covid19/frequently-asked-questions/>)

"Our goal is to slow the transmission of COVID-19, but we can't do it alone," said Barbara Ferrer, PhD, MPH, MEd, Director of Public Health. "Each and every one of us, both businesses and residents, must do our part by practicing social distancing and taking common sense infection control precautions."

"We urgently need to flatten the curve of COVID-19 in order to keep our hospitals and emergency rooms from becoming overwhelmed with COVID-19 patients," she added. "Flattening the curve requires conscientious social distancing efforts by all our L.A. County residents during this time of crisis. Our collective efforts during this pandemic

can literally save the lives of our loved ones and most vulnerable residents."

County hospitals and clinics will remain open. Essential services from first-responders will continue, and many departments will continue to operate with modified services to minimize in-person contacts.

Los Angeles County libraries and museums are also closed, along with every school district in the county.

On Sunday, the Department of Public Health confirmed 16 new cases of COVID-19 in Los Angeles County, bringing the total to 69 cases, with 10 of the new cases believed to be due to community transmission.

Residents should go to <https://lacounty.gov/covid19/> for up-to-date information on closures, and can also find information on each County department's website.

L.A. County Recorder Offices Closed

LOS ANGELES COUNTY - The Los Angeles County Board of Supervisors has closed County facilities to the public in response to the Coronavirus (COVID 19) and National and State Declarations of Emergency. As such, all Registrar-Recorder/County Clerk facilities will be closed to the public effective Monday, March 16, 2020.

1. For Document Recording, we will continue to process documents submitted electronically through SECURE and the mail.

a. If you have courier work pending with us for recording or

business filing, they will be returned to you through the mail.

2. Other services that are available through the mail and online:

- a. Document Recording (SECURE customers only)
- b. Birth Death and Marriage Copies
- c. Business Filing & Registration
- d. Real Estate Records

Please be patient and expect delays in processing times. If you have questions, please contact our Call Center at (800)201-8999 or visit www.LAVote.net.

Changes In Service By Animal Care And Control Department

LOS ANGELES COUNTY - Following the increased and overwhelming concerns regarding the COVID-19 virus, the Los Angeles County Department of Animal Care and Control (Department) has decided to close all Los Angeles County Animal Care Centers (ACC) to the public beginning Monday, March 16, 2020. Animal control officers will continue to respond to animal welfare and public safety calls.

Certain services will be made available by appointment only. We value the health and safety of our residents, their pets, the animals in our care, and our employees, and hold these health considerations at the forefront of all operational decisions.

During this time, service changes will include:

- Pet adoptions will be by ap-

pointment only. Please call your ACC at the phone number located below.

- If you believe your pet is being cared for at an Animal Care Center, please call to schedule an appointment to bring your pet home.

- Owner surrenders will not be received until further notice.

- We encourage those who have lost or found pets to download the SHADOW app—which can also be accessed on our website—and, if possible, to foster those pets temporarily.

- The Department will not be accepting stray, healthy cats, but any sick or injured cats can still be brought into the ACCs by appointment.

- Our Animal Control Officers will continue to respond to public safety and animal welfare calls such as dangerous dogs,

sick/ill animals, police assistance, animal cruelty investigations, patrols, and dead animal reports.

- Less urgent calls will be deferred until further notice.

- We ask the public to renew pet licenses by mail or online by going to our website. Pet licenses will not be sold at the animal care centers at this time. Pet owners will be given a 30-day grace period for late license submittal.

During this closure, the health and safety of the animals in our care remains our top priority. Please know that during this time, no animals will be euthanized unless they are irremediably suffering, dangerous, or unable to eat without assistance.

We commit to updating our communications as conditions change.

L.A. County Probation Temporarily Suspends Visitations At Juvenile Facilities

LOS ANGELES COUNTY - In response to the ongoing County and State efforts to control the spread of the Coronavirus (COVID-19) and to protect the health and safety of youth who are currently housed within the County's juvenile halls and residential treatment facilities, the Los Angeles County Probation Department has temporarily suspended visitations at those facilities until further notice. These visits include after-court, special and weekend visits by family mem-

bers and/or community-based organizations. Required legal visits will be held as scheduled and all court ordered visits will be honored.

The Department values visitation as an essential part of family reunification. Youth in juvenile facilities will have extended phone privileges to maintain contact with family and loved ones and all internal programming within the facilities will continue. In addition, the Department

will explore the feasibility of other options for families to communicate with their youth, such as video conferencing from various community locations.

The Department continues to follow guidelines issued by DPH, including the General Containment and Control of Transmission Guidelines and the Guidance for Congregate Living Facilities, in its efforts to maintain a healthy living environment for youth in its care.

Superior Court Of Los Angeles County Scales Down Operations

LOS ANGELES COUNTY - Presiding Judge Kevin C. Brazile announced the Court will begin scaling down operations Monday, March 16, 2020 to achieve social distancing in all 38 courthouses. Additional public protection measures will be evaluated and announced.

"As the largest trial court in the nation, the Superior Court of Los Angeles County is methodically scaling back non-essential court operations as part of a phased approach," Presiding Judge Brazile said. "We will continue to provide services for the most vulnerable in our communities and remain open to handle criminal matters subject to statutory deadlines."

Over the weekend, Presiding Judge Brazile notified the Judges of the Los Angeles County bench that:

- No new jurors will be summoned for any Civil or Criminal jury trials for the next 30 days;

- The trial Judge for any jury trial in session may exercise his or her discretion to either continue the trial or declare a mis-

trial;

- The trial Judge for any non-jury trial in session may exercise his or her discretion to either continue the trial or declare a mistrial; and

- Self-help centers will be closed Monday, March 16, 2020, except for telephone assistance with restraining order preparation by calling (213) 830-0845.

- Judges were encouraged to consider ways to achieve social distancing in their courtrooms by offering telephonic appearances and other strategies to reduce courtroom traffic; and

Here are some additional updates:

- Additional signage, which is attached to this news release, will be posted beginning Monday, March 16, 2020 on courthouse entry points and on courtroom doors advising the public about restrictions on entering our courthouses or courtrooms;

- The Court's website homepage (www.lacourt.org) has been updated with a new COVID-19 news center at the top of the page;

- The Court will continue to communicate updates on its Twitter page;

- The Court continues to emphasize the importance of staying home when you are sick and frequent, proper hand-washing; and

- The Court expanded its custodial cleaning program and has made sanitizing products available throughout courthouses in response to CDC and Los Angeles County Department of Public Health recommendations.

The Superior Court of Los Angeles County has 550 judicial officers and more than 4,600 permanent employees serving a diverse population of more than 10 million people. The largest trial court in the nation, the Court has 38 courthouses in 12 judicial districts located throughout the county's 4,752 square miles.

For the latest updates on Coronavirus/COVID-19-related impacts to Court operations, please consult the Court's COVID-19 News Center located at the top of our homepage www.lacourt.org



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- 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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"It has more to do with less then less to do with more" ...
Bartology #032

How to Sell Your Glendora House Without An Agent And Save the Commission

GLENDORA - If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

Like other "For Sale by Owners", you'll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can't possibly sell your home by yourself. After all, without the proper information, selling a

home isn't easy. Perhaps you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don't give up until you've read a new report entitled "Sell Your Own Home" which has been prepared especially for homesellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

Inside this report, you'll find 10 inside tips to selling your

home by yourself which will help you sell for the best price in the shortest amount of time. You'll find out what real estate agents don't want you to know.

To order a FREE Special Report, visit www.CAhomesinfo.com or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-833-818-1082 and enter 1017. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how you really can sell your home yourself.

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March 3rd: New Taxpayer Rebellion Day

Election results are still coming in as counties and Secretary of State finish counting up ballots. April 10th is the drop-dead date to finish up and log in final results. We are seeing some surprising results, at least, surprising for me.

The baa! Prop 13, as I call it differentiating from Howard Jarvis' property protection good Prop 13, was another school bond at \$15 billion and carrying an additional \$11 billion of interest debt for the State. We, the taxpayers have put our foot down and said, "NO!" We've had enough and don't need this ... not even for our kids. We need better organization and money management in education.

As of Sunday, the count on that proposition stands at 53.7% voting 'no' and 46.3% voted in the affirmative. There had been a hard push to change the voting requirement from 2/3 approval for passage of tax measures to 55% and it appears someone had a pretty good handle on how the public was feeling about more taxes and how this vote was going to go. The requirement didn't change, this measure didn't get a 2/3 vote approval so this let's-create-more-debt-for-California deal failed.

Los Angeles County Fire Department started making the rounds sometime before Thanksgiving telling their contract cities and any others that would listen, they were in "crisis" and needed a tax measure passed to fill the \$1 billion shortfall to replace aged and worn out equipment. According to those I listened to about this equipment problem, it had been occurring over the last 20 to 25 years. The equipment "fix" became a 6-cent-per-square-foot parcel tax that would go up 2% a year, every year, until taxpayers repealed it.

First of all, us taxpayers have just gone through a county parcel tax to deal with stormwater and now we are told they need another parcel tax to deal with paramedic and fire responses. Jeffrey Prang, County Assessor,



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora
said L.A. County's tax roll grew by \$94.4 billion in 2019. That's a billion dollars more than the year before and they still need another parcel tax?

As of Sunday, the vote count is 52.36% voting 'yes' for the parcel tax and 47.64% voting 'no' on the parcel tax. This tax needs a 2/3 'yes' vote to pass also and this measure didn't get that 2/3 vote. The taxpayers said "NO" again! We need better organization and money management in Los Angeles County Fire Department starting off with a Capital Improvement Plan so equipment is updated more often than every 20 to 25 years. Perhaps this "crisis" could be fixed with some of the \$1 billion increase from 2019.

The most amazing and loudest voice of all this March 3rd came out of the City of West Covina on the proposed 0.75 cent sales tax increase. The same tax other cities have passed that remains with the city. This tax was being proposed by West Covina Police and Fire Departments, and not by the city's Mayor and Council Members. The citizens became outraged, not over the sales tax increase, but over the revision to the Audit Committee to have two Council Members, one representative each from the police and fire departments sitting on that proposed new audit committee.

Someone correct me if I am wrong, but if two council members sit on an audit committee, participate in a vote on a recommendation to the city council can

they then go back to a regularly scheduled council meeting and vote once again on the same issue after hearing public testimony to the Council on the audit committee recommendation? The West Covina voters had a problem with that also and 79.9%, or 80%, of the city voters rejected the sales tax increase because of the doubling down on the audit committee by the union leadership.

It seems better organization at the top in West Covina is sorely needed and money management will be critical unless, and until, the Council steps up, as other city councils in other cities have, and comes forth with a \$0.75 tax increase acceptable to 15,735 voters.

West Covina City Council, after receiving this loud "NO" blast from almost 16,000 voters, should recognize there is an army of unhappy people out there. The message I see is one that says lack of confidence in the Mayor, Council and city manager. We'll see what the new state audit shows, but even that may not take this Council out of the political woods.

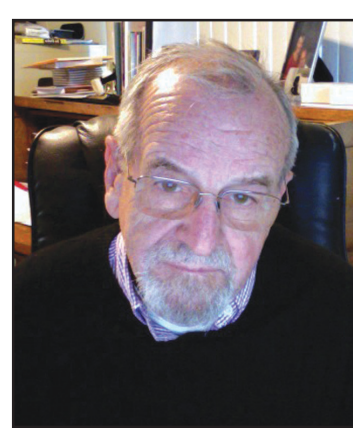
The BKK / Singpoli debacle is not the sitting councils' or city manager's doing, but it is there and is what it is. Many of us around back in the early 80's know the history there. The constant spills with the haz-mat unit first-responders suited up with gas masks, the ugly smells, the evacuations, the failed efforts early on to close the dump. The West Covina City Council needs to ask itself ... will 16,000 voters be happy to allow this council to continue serving if it decides to move forward with developing the BKK site into residential quarters of any kind? Has this Council accurately assessed the financial gain, or the risk and city liability if that facility's encapsulation seal is broken for proposed development? If 16,000 voters aren't a loud enough voice, the State of California will be with a hand delivered notice of liability.

My Life In The Wilderness (Part 2)

This is the second column describing my life in the great outdoors. I'll pick it up following my retirement as a Missouri pastor, as Wendy and I were invited to join the faculty of a theological college in Australia. Despite my undying affection for concrete and asphalt, during our five years in that sunburnt country, time was occasionally spent hiking. Here are just two of my Australian wilderness adventures.

Nothing in that part of the world is wilder than the island of Tasmania, which lies off the State of Victoria's southern coast. It must be noted that hiking anywhere in Australia is dangerous, and that certainly includes Tasmania. There are more deadly snakes per acre in Aussie-land than in any other place on earth. And then there are death-dealing scorpions and equally as deadly spiders. Inland lakes as well as the sea are alive with ferocious crocodiles growing up to 15 feet long, and capable of devouring a human in less than a minute. Then there are the great white sharks. Whee!

So I was legitimately intimidated on our hikes around Tasmania, Wendy grew up in Australia and was fearless. As a result, it was our habit that she would usually walk a few feet ahead of me, so if we encountered one of these malicious creatures she would just stare it down. However, on one of our hikes, for some reason I was walking a few paces ahead when I heard Wendy shout



Charles H. Bayer

"STOP." The bite of a tiger snake untreated grants the victim about thirty minutes of remaining life, and one of these creatures had wrapped itself around my shoe. As I was wearing heavy pants, the fangs never got to my leg. I screamed and took out in one direction and the snake took out in the other. Oh, isn't the wilderness fun!

Another time we were hiking on the far northwest coast when we were persuaded to spend an overnight trek inland, sleeping out in the open. To get to where we wanted to end up, it was essential to wade in waist-deep water through a tunnel. It was pitch-dark as I enter the water, and looking ahead I saw a half dozen little red lights.

"What is that," I inquired.

"Those lights are just the eyes of crocodiles."

"CROCODILES????!!!"

"Don't worry. They are just fresh water crocks, who wouldn't want to eat you!"

Talk about fun in the wild.

Some time later, after an exhausting week on a mission trip to India, we decided to go to Nepal and hike to the base camp of Mt. Everest. However its 29,000 foot peak looked just too imposing, so we journeyed west to Annapurna which is only 25,000 feet. One morning our guide hauled us out of bed well before dawn, and up and up we climbed, aided only by our helmet lamps. At about 7:30, the sun peaked over a ridge, and there she was - Annapurna! Nepal's most beautiful--and most dangerous mountain.

I knew we were nowhere near the summit, but thought we might have arrived at an expansive ledge somewhere near the base camp. But our guide informed us that base camp was five days away and eight thousand feet almost straight up, and from there it was another three days to the impossible summit.

That humiliating revelation ended once and for all my mountain climbing adventures. From then on anything higher than the wooden platform on which stood the Camp Castle tent that attacked me was off limits. From then on my hiking has been limited to the marvelous nature films I have viewed courtesy of National Geographic. It's so much safer--in addition, in the wild nobody had offered me a gin and tonic.

Contact Charles Bayer at candwbayer@verizon.net

You Sick of the Coronavirus Scare?

Many people feel that this Corona Flu Virus has gotten out of hand. Yes, it in fact has. This is nothing compared to the flu viruses from the past few years. So far as of this writing, L.A. County has about 80 people that have contacted the Corona Virus. Out of those, only a few have gotten sick. If you test positive for it, it doesn't mean you are sick, or will be sick, it just that you have tested positive for it. Their immune system is working well for these people that haven't gotten sick.

Last year, L.A., had about 68,000 people got sick with the flu virus, this year... excuse me, but where are the numbers? Only 80 people? Yeah, I know, it is only March. I need something more to work on, because at this rate, this will end up being the lowest in years at the end of the year.

Information that I picked up is interesting. Influenza, "flu," is a contagious respiratory illness caused by influenza viruses. Symptoms can include fever, headache, extreme tiredness, dry cough, sore throat, and muscle aches. Flu season in Los Angeles County is typically the first week of October through the end of March.

However, flu circulates throughout the year. Depending on the season, age, and prior health conditions flu can be serious and/or life-threatening. Nationally, flu can cause between 9-35 million cases and on average 200,000 hospitalizations each year. The CDC estimates that anywhere from 5-20% of the population can get the flu each year. In Los Angeles County with more than 10 million residents, that means



George Ogden
That's just the way it is!

anywhere from a half a million to 2 million cases of flu can happen each season, but highly unlikely.

People infected with Covid-19 (Corona Virus) who are truly asymptomatic (showing no symptoms) are rare. Studies in China estimate that about 1.2% of confirmed cases are asymptomatic. However, when the scientists pressed for more detail, it became clear that most of the people who were first described as asymptomatic actually were pre-symptomatic - they'd been detected through contact tracing before their symptoms manifested.

Now, let's take a look at South Korea, which is grappling with an explosive outbreak (in their opinion), has likewise seen small numbers of infections in children and teens and no deaths in those age groups. Of 6,284 cases, only 0.7% were under the age of nine; 4.6% were ages 10 to 19. A bigger chunk of the total cases, 29.9%, were ages 20 to 29. Even in that age group, South Korea reported no deaths. Okay, let's get back to that number... 6,284 cases. Their population is nearly 52,000,000 million people. This means 1 person sick out of 8,275 people. If this was West Covina with 110,000

people, we could be looking at 12-13 people who could be sick. Last year, it was most likely 10 times that if not more.

Somewhere, something has gone out of kilter and politics has gotten into this. We have a governor that is trying to shut down businesses, schools closing and people buying tons of toilet paper... Why??? Somebody needs to tell me why. This panic buying is a joke.

Don't get me wrong here, I want everyone to be healthy but some of these people have to get a grip on reality and put these politicians who have turned into doctors and medical professionals overnight in their place. Remember, these politicians are professional politicians, nothing more.

"That's Just the Way It Is!"

City of San Gabriel Proclaims Local Emergency In Response to COVID-19

SAN GABRIEL - The City of San Gabriel proclaimed a local emergency in response to the COVID-19 pandemic. While there are no confirmed cases in San Gabriel according to the Los Angeles County Department of Public Health, the City is taking proactive steps to activate its emergency operations. The emergency proclamation also allows the City to access state and federal resources to help respond to the COVID-19 pandemic.

"The health and safety of our community remains our primary concern," said City Manager Mark Lazzaretto.

"This emergency proclamation will allow us to focus our resources on responding to COVID-19 with the help of federal and state resources."

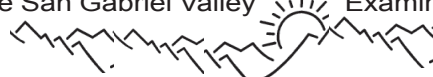
Under the direction of County officials, the City will be modifying non-essential services and canceling all City events. Walk-in service for non-essential services will no longer be offered at non-emergency City facilities, effective immediately until further notice. To promote social distancing, select in-person services will be provided by appointment only on the City's website located at SanGabrielCity.com. Commu-

nity members may also access a limited number of City services online. Critical emergency services from the San Gabriel Fire Department and the San Gabriel Police Department will continue to be offered by the City.

"This is a stressful time for all of us," said Mayor Jason Pu. "It's important for us all to remain calm and practice social distancing. Social distancing is our best tool to flatten the curve so our health care system does not become overwhelmed. Let's all do our part to slow the spread."

To stay informed about the

COVID-19 pandemic, the City encourages residents to follow the direction of the Los Angeles County Department of Public Health in addition to the California Department of Public Health and the Centers for Disease Control and Prevention. Residents are also encouraged to sign up for the City's emergency notification system via phone, SMS or email.



Media Reports Make AWFUL News Sound Even Worse

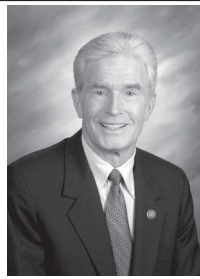
On Monday, March 9th, we woke to see the DOW and S&P go through a selling spree which happens only very rarely! "Circuit breakers" were initiated to prevent the market's free-fall. This past week we saw "limit up" and "limit down", something extremely rare to see. Back to back days, we had the most down day (2351/10%) followed by the most up day (1985/9.4%) for the DOW - history making events! The President on Friday (Mar. 13) demonstrated what extraordinary leadership looks like; the capital markets responded overwhelmingly positive.

If you could pick one word to define the market leading into this week it would be "chaos." A significant crude oil price war was maybe just getting started! US Treasury rates were going haywire! Plus, China's originat-ed coronavirus fears were everywhere! It was starting to look a lot like one of those turning points, like the dotcom bubble in 2000 or the financial crisis in 2008-2009. Is it an Irony that March 9 was the eleventh anniversary of the longest bull market ever for U.S. stocks? The headlines and comments I heard last week almost all dealt in superlatives...the "worst" this and the "worst" that.

One problem I have with this reporting is that most comments deal in absolute numbers - Dow points, in this case - rather than percentage declines. Another concern is that negative reporting usually deals in short time frames (like weeks) rather than taking a longer perspective.

If you had to choose a turning point, Thursday might have been it. The DOW averages were down a RECORD 2350 points, the most since the Crash of 1987 - almost 10% for the day. Wall

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

Street declared "we have entered a bear market", from the markets high, reached on Feb. 12 (29568) to the close on Thursday (21200) - a correction of 29%!

This market decline has certainly been sharp - about 30% in two weeks. Sharp multi-day declines have also happened several times during this 11-year bull market. You seldom hear this kind of historical perspective from the main street media. They always scream that this is "the worst day since..." rather than saying "This has happened before, and the market recovered within a few months."

None of my colleagues on Wall Street have been taking this correction lightly. Many have revised their market forecasts for the year, expecting worst case scenarios for the S&P to correct to 2351.

Most of the sharpest declines in market history happened because stocks rose too far too fast, after a narcotic euphoria ended. The chatter has been that "this time is different" or "stocks will keep rising forever." That happened in 1928-29, and again in 1986-87 (when stocks rose 50% in just 10 months) and once more in 1998-2000.

All stocks and sectors have been slammed recently. The market's fear is that China's virus will negatively affect businesses. If entire towns and companies stop

doing business, people will stay home, fearing infection. They will stop spending money. With Japan, Germany and Italy, amongst other countries, already nearing recession territory, the fear is that a global slowdown will also push the U.S. into a significant recession. Panic selling is rocking world markets.

Sickness and death are very serious subjects. I don't make light of any of this. It's terrible and tragic. Current reports translate into much less than 1% of the world's population having contracted coronavirus. That means that well over 99% of the people in the world do not have it (at least not yet). And, the number of people who have died worldwide from China's Coronavirus is still quite low, many of them elderly with some preexisting condition.

As of February 22, the current flu season had generated approximately 32 million cases of flu in the United States alone, with 310,000 hospitalizations and 18,000 flu deaths, according to the CDC (and that's slightly below an average year). How many people die on average each day from just car wrecks? In an average year 36,500 people in the U.S.A. alone have been dying a violent death on the roads. And, our country has less than 5% of the global population.

This coming week's markets should be interesting; but Friday's announcement certainly finished last week on a "higher note"!

What You Should Do Now: Refuse to Panic!

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

Dear Readers,

This is a tough time. There has been so much Fake News, many of us are unsure if Media is causing unnecessary panic, or if we truly need to quickly prepare for the potential exponential spreading of the Covid-19 virus. We watch China, and now parts of Italy. CDC and W.H.O. (World Health Organization) tell us that masks don't help, just wash your hands frequently for 20 seconds, practice social distancing (6-10 feet separation), self-quarantine if not feeling well, and stay home if possible, especially if you are at risk. Living in California, you should already have an emergency stockpile as part of your Earthquake preparedness. CDC and FEMA have online guidelines. Prepare for the worst, and hope for the best. Being prepared should give you and your family peace of mind. Rather than watching television or checking email and social media sites, spend more time with your family, especially your children. Watch the news after your children have gone to bed. Pop some popcorn and watch a movie together. Fix things around the house, or plant a garden. Observe nature: birds, bugs, clouds, plants. Learn to cook, bake bread, sew, knit, crochet, art, work with wood or clay, paint rocks, build a birdhouse. Send cards with notes, and write letters to your elderly parents, or at least call them.

The governor is asking all people age 65 or older to stay home. How can I stay safe from the virus and still buy groceries, pick up my prescriptions, and keep my doctor appointments? I only have Social Security income, so I can't afford extras.



Julia Yoder

ies, pick up my prescriptions, and keep my doctor appointments? I only have Social Security income, so I can't afford extras.

Staying home is for your own good, but not mandatory. Regarding doctor appointments, call your doctors for their suggestions. Some pharmacies have drive-through pick up for prescriptions, or deliver to your home. Some grocery stores offer home delivery for a nominal fee. Ask for help from family, friends, neighbors. There are organizations that employ 'Angels' who pick up prescriptions and groceries for you. Ask a family member to pay for this service so you can stay safer.

The Feds lowered the interest rate, but my mortgage broker said that mortgage interest rates have gone up. If that's true, why?

When the Feds lower the interest rate, it is lowering the rate they charge banks for money. The Feds do not lower mortgage interest rates directly.

All my retirement savings is

in a 401k at work, so I can only make changes once a year. My retirement savings dropped along with the Stock Market. What can I do?

Start by making an appointment to talk with the 401(k) provider's financial advisor. (This should be free.) Keep in mind that you still own the shares, so when they go up, so will your balance. Keep in mind that you are not required by law to invest in that 401(k). You might also see if you qualify to invest in an IRA, Roth IRA, or in an IUL (Indexed-Universal Life Insurance) policy.

Are low-interest-earning accounts (CDs, money market, muni bonds) the only safe places to put my money?

No. You might want to consider putting your money into one of a couple of products which could offer you a potentially higher rate of return, defer taxes, be every bit as safe, and offer some great additional benefits you could take advantage of later in life. These products also fulfill some aspects of retirement and estate planning.

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/ Member of Nat'l. Ethics Assoc. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

Supervisor Barger Announces Further Business Closures Precautions

LOS ANGELES COUNTY — To prevent further spread of COVID-19, Supervisor Kathryn Barger, Chair of the Los Angeles County Board of Supervisors, announced additional precautions on Monday.

All bars, clubs, theaters, entertainment centers, and fitness centers are ordered to be closed until further notice. Restaurants will be permitted to serve take out or delivery food only and grocery stores may remain open.

Gatherings of more than 50 people are strongly discouraged, in accordance with directions from the Centers for Disease Control.

"This is a constantly-evolving issue and we appreciate everyone doing their part to help stem the further spread of the virus," Supervisor Kathryn Barger said. "We're moving into the next phase of preventative measures and do not make these decisions

lightly."

Closures will have an impact on thousands of employees, employers, and businesses. Supervisor Barger plans to work on eviction relief for any individuals who may be impacted by closures and restrictions of public gatherings. This may include a moratorium on evictions for residential tenants and small businesses in unincorporated areas of the County until further direction from the state and federal governments on available funding.

The County plans to assist small businesses in applying for loans through the U.S. Small Business Administration. Los Angeles County would like to work with utility and service providers to waive late fees and forgo service disconnections for tenants and small businesses who have been impacted. Additionally, the County will consider collaborating with banks and mort-

gage lenders to waive late fees, forgo notices of default and delay other actions to foreclose on property.

"This is a dynamic issue that has an impact on each one of us - personally, professionally, and economically," Supervisor Barger said. "By working together and heeding the advice of our public health professionals, we will get through this."

To serve those in need, L.A. County is examining options for additional assistance, such as food through the Cal-Fresh program and other support measures.

For those who need medical attention, Los Angeles County is working in collaboration with health care partners to provide essential medical services through telemedicine.

Essential County employees, including first responders and health care workers, will continue to serve the community. All Los Angeles County buildings are closed to the public and all non-essential meetings and events have been canceled.

Visit lacounty.gov for more information and updates, including closures, food services, and utility relief.

The Los Angeles County Department of Public Health will share their official health order on publichealth.lacounty.gov.

Dept. of Consumer and Business Affairs Closed

LOS ANGELES COUNTY - The Los Angeles County Department of Consumer and Business Affairs (DCBA), following the directive of the Board of Supervisors, will be closing all service locations to members of the public, including at its headquarters in the Kenneth Hahn Hall of Administration, 500 W. Temple Street, Room B96, Los Angeles, CA 90012.

DCBA will also cancel all currently calendared workshops, community meetings, trainings, commission meetings, and other outreach activities. These events will be rescheduled as webinars, conference calls, and remote/virtual engagement as appropriate and

possible. DCBA will focus its resources on price gouging investigations, wage enforcement complaint intake, consumer education, and eviction and foreclosure prevention assistance. Our services are available as follows:

Telephone: (800) 593-8222, Email: info@dcba.lacounty.gov, Direct messaging: [@LACountyDCBA](https://twitter.com/LACountyDCBA) on Twitter, Facebook, and Instagram

DCBA will be increasing the capacity of its telephone call center to provide the most efficient service possible. We will respond to each online request within 48 hours.

THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

The Role of the Check Engine Light

Your car has many computers that monitor your engine for the best performance, your transmission for proper shifting, your braking system for safe stopping, and it monitors many other devices to make sure they are working properly. If a system detects a problem, it needs to alert you, so you can bring the car in for service. This is the role of the check engine light.

The check engine light looks different from car to car. It is usually a yellow or orange color. It will rarely be red. Most of the time it illuminates in the shape of an engine. If the check engine light comes on solid (not blinking), you can continue to drive the car until you have a chance to bring it in. This does not mean you should ignore it.

When the check engine light is on, the car defaults to a backup system that controls all the important systems. Driving around for a short time until you can set up an appointment is no problem, but **continuing to drive more than 20 miles is a bad idea.**

If the check engine light is blinking rhythmically, this indicates a serious problem! A computer system has had a major malfunction that will damage the catalytic converter. If you notice a blinking check engine light, you do not need to stop in the middle of the bridge and call a tow truck, but you do need to stop driving as soon as it is practical. Whether the check engine light is solid or blinking, it's a good idea to drive gently.

The modern car is more complex than ever, and many folks believe a small hand-held code reader will tell you what's wrong with the car. This is incorrect information. It is called a code reader for a reason; it reads the trouble code for the major systems only. A code reader will not tell you the complete story of the car's condition.

Please don't diagnose or replace parts based on a code

reader device. The only way to correctly find all the issues with your car is to use a scanner. The scanner does what it says; it scans all the modules and systems of the car, instead of a select few that a code reader does. Most cars have 20 to 100 modules; a code reader is not set to read even half of those.

No one wants to pay for expensive testing, but it beats changing parts and losing that hard-earned cash we all want to spend elsewhere. Please use a shop that is well equipped and don't rely on the old code reader anymore.

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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Around the Valley & Senior News

Glendora Announces Facility Closures

GLENDORA - At this time, there are no confirmed cases of coronavirus (COVID-19) in the City of Glendora. City staff recognizes the importance of community support in its efforts to prioritize the health and safety of residents and employees by minimizing the risk of overburdening local health services. With on-going guidance from state and county officials, such as LA County Department of Public Health, the City of Glendora continues to assess the impact of COVID-19 (Coronavirus).

We recognize there is social impact, with economic implications. The City emphasizes the importance of staying connected to official government and public health agency resources as news continues to be distributed globally. Glendora staff is weighing the best interests of community in its efforts of responsible leadership.

"We are taking steps to minimize the impact that unnecessary exposure could have on our medical system, as directed by the Governor," Mayor Judy Nelson remarked. "We urge Glendorans to be cautious in their personal actions and hope that these measures will help to speed the elimination of COVID-19."

In an abundance of caution and to protect our vulnerable populations, the following City Facilities will be temporarily closed beginning Saturday, March 14,

2020 until approximately Monday, April 13, 2020;

TEMPORARY FACILITY CLOSURES

- American Legion Building
- Crowther Teen & Family Center
- Liberty House Preschool and Pre-K
- La Fetra Center
- Scout Hut
- Youth Center
- Glendora Public Library

Evaluations to the on-going developments will be made, and changes to scheduling (including potential re-opening dates) will be made as necessary. Our goal is to limit the impact to our best ability, while maintaining an appropriately safe and healthy environment for all. Unfortunately, in addition to facility closures, it is also prudent to cancel the following events;

CANCELLED EVENTS

- GPD Citizens Academy - Postponed
- First/Last Mile Open House - March 19, 2020
- First/Last Mile Open House - March 21, 2020
- Transit Options Workshop - March 21, 2020
- Women of the Year Ceremony - March 21, 2020
- Camp Cahuilla- Spring Break Edition - March 23 through March 27, 2020
- Joint Chamber Mixer - March 31, 2020
- Ambassador Meeting - April

1, 2020

• Glendora Chamber Coffee Mixer and Dignity Memorial - April 3, 2020

• Trails Day - April 4, 2020

• Spring Boutique - April 4, 2020

• Easter Egg Hunt - April 11, 2020

• YesGov Student Program - April 6 through 10 (No Decision Yet - Will Evaluate and Notify)

• Earth Day Festival - April 18, 2020 (No Decision Yet - Will Evaluate and Notify)

The City of Glendora is taking extra precautions for the safety and well-being of our staff and the public. We are following recommendations and best practices from the CDC and LA County Department of Public Health. We will continue to monitor the situation and are prepared to respond as things change.

For updates and information about the current number of cases in the United States and in Los Angeles County, the spread of the virus, severity, treatments, precautions, and other important information, visit the websites below.

CITY OF GLENDORA - www.cityofglendora.org/covid19
CDC - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

LA COUNTY PUBLIC HEALTH - <http://publichealth.lacounty.gov/media/Coronavirus/>

Monterey Park Facility Closures, Event Cancellations & Changes

MONTEREY PARK - On March 11, 2020, the City declared an emergency. Based upon the information that is currently available, the City is closing several public facilities and canceling or postponing several planned events. The City continues to urge the public to be vigilant while avoiding panic.

Out of an abundance of caution and concern for the public, the City has decided to take certain preventative measures (see below). All other City services will remain the same. The City will continue to assess the situation and may make additional changes as needed. Please continue to check the City's website for updates at www.montereypark.ca.gov or by calling 626-307-1458. City closures, cancellations and changes to City services are effective immediately or as listed and will continue to be monitored and re-evaluated until further notice.

City Hall
 • Closed to the public beginning March 16, but will remain open to phone and email communication during regular hours of operation and online services will continue to be provided.

Police Department will remain open.
 Monterey Park Bruggemeyer Library
 • Closed beginning March 14.

Senior Services
 Langley Senior Center will be closed beginning March 14 to non-essential programs.

• Senior Lunch Program to continue with the following modification:
 Boxed lunches will be provided for pick up, please contact Langley Center for more information at 626-307-1395.

• Dial-a-Ride program to continue with the following modification:
 Rides will only be provided for essential trips, including medical appointments and grocery store or pharmacy trips

Recreation and Community Services
 • Facility reservations, programs and classes are canceled until further notice, for more information please call 626-307-

1388.

Special Events CANCELLED

• Police Department Citizens' Academy, (In progress).

• Census 101 Informational Session, Bruggemeyer Library, Saturday, March 21.

• Coffee with a Cop, Tuesday, March 24.

• Novel Tea, Bruggemeyer Library, Saturday, March 28.

• Farmers' Market, George Elder Park, Every Thursday.

• Cherry Blossom Festival, Barnes Park, Saturday-Sunday, April 25-26.

• Earth Day Festival, Eco-Summit and Bike Rides, Barnes Park, April 25.

Public Meetings (including City Council Meetings)

All regular meetings are canceled. Please monitor the City's website for any special meetings that may be called. Any such meetings will be conducted in accordance with Section No. 11 of the Governor's Executive Order No. N-25-20 issued on March 12, 2020.

While the City of Monterey Park apologizes for any inconvenience that these actions may cause, the safety of the public is our highest priority.

For more info from the City of Monterey Park, please visit www.MontereyPark.ca.gov/Coronavirus.

To Advertise In The San Gabriel Valley Examiner CALL 626-852-3374

Arcadia Community Center and Public Library are Closed until April 30

Classes and Programs are Suspended

ARCADIA - In response to additional guidance received by the federal, state, and local public health officials, the City of Arcadia is closing the Arcadia Community Center and the Arcadia Public Library to the public and non-essential personnel beginning Friday, March 13, 2020. At this time, the closures will remain in effect until April 30, 2020. This follows the City's decision on March 9, 2020, to suspend City-sponsored events with an expected attendance of over 100 persons and a high attendance of senior citizens.

As a result of the facility closures, the following programs and events at the Community Center and Library have been suspended:

- All recreation classes, including youth, teen, adult, and senior programs, classes, and activities
- All programmed sports usage including youth and adult basketball, volleyball, tennis, soccer, etc.

All programs and events at the Arcadia Public Library

All programs and events at the Gilb Museum of Arcadia Heritage

All facility rentals at the Community Center and Museum Education Center

Dana Gym, Wilderness Park, and Field Allocations are closed

After School Programs Update: The afterschool program held at Arcadia Unified School District sites are still currently operating, however, Spring Camp has been cancelled.

Registrants for classes and programs will be reimbursed for any fee based activity suspended or cancelled.

Current evidence indicates that the risk of severe illness from COVID-19 increases with age and individuals with underlying medical conditions are also considered to be at higher risk for severe illness. Close contact, anything less than 6 feet, is considered to be within the transmission zone. Large community events and facilities bring people from multiple communities in close contact with each other and have the potential to increase community spread of COVID-19. One method to slow the transmission of the disease is by increasing social distancing (reducing close contact). Public facilities, like the Community Center and Library, are gathering points during operating hours and are attended by over 100 persons per day, including vulnerable populations, and a safe level of separation cannot be assumed.

There are currently no reported cases of COVID-19 in Arcadia.

For more information regarding the City of Arcadia's response to COVID-19 along with future updates regarding City events and services, please visit us at ArcadiaCA.gov or contact us at (626) 574-5401. The City website also now includes a page dedicated to COVID-19.

Arcadia City Hall Closed to Visitors Until Further Notice

Public Safety (Police, Fire and EMS) Services Remain Active

ARCADIA - In response to additional guidance received by federal, state, and local public health officials, Arcadia City Hall will be closed to the public beginning Monday, March 16, 2020, until further notice. City Hall will still be fully staffed to respond to requests for services by phone, email, or online; however, as part of the City's COVID-19 transmission mitigation efforts, we are requesting that the public refrain from coming to City Hall.

The Arcadia Police Department and the Arcadia Fire Department, including emergency medical services, are fully operational. Community safety remains the City's highest priority and both public safety departments have equipped department personnel with the necessary training and resources needed to establish good community-based behaviors that should help reduce the introduction or transmission of COVID-19.

If the public wishes to conduct City business, we are requesting that you contact the City department you are requesting services from directly.

City Manager's Office
 (626) 574-5401
citymanager@ArcadiaCA.gov

Arcadia Police Department
 (626) 574-5150
arcadiapolice@ArcadiaCA.gov

Arcadia Fire Department
 (626) 574-5100
arcadiafire@ArcadiaCA.gov

Public Works Services Department
 (626) 254-2720
publicworks@ArcadiaCA.gov

Development Services Department
 (626) 574-5415
DSD@ArcadiaCA.gov

Arcadia Public Library
 (626) 821-5567
publiclibrary@ArcadiaCA.gov

Recreation & Community Services
 (626) 574-5113
recreation@ArcadiaCA.gov

Administrative Services Department
 (626) 574-5405
ASD@ArcadiaCA.gov

City of San Gabriel Events Canceled In Response To COVID-19

SAN GABRIEL - Following the advice of health officials, the City of San Gabriel is canceling all major City events for the foreseeable future. The City is also canceling events where large groups of senior citizens or other populations at risk would likely be gathering.

The following events have been canceled or postponed until further notice:

• Mission Playhouse: Performances of Newsies by Temple City Performing Arts from March 13 to March 15 have been canceled. Ticketholders: if you purchased your ticket at Temple City High School, please call 626.548.5160 for information about refunds. If you purchased your ticket through Ticketmaster

or through the Mission Playhouse Box Office, credit card transactions will be refunded back to your card. Cash transactions will be refunded in person at the Mission Playhouse Box Office on Wednesdays from 3:00 p.m. to 7:00 p.m. and Saturdays from 2:00 p.m. to 7:00 p.m. You may also contact the Box Office at 626.308.2868.

• Community Services: Eggstraordinary Spring Celebration on April 11 has been canceled

The following programs have been altered until further notice:

• Community Services: Senior Lunch Programs participants will receive frozen meals that they can take home, eliminating the congregate meal site

• Community Services: Classes/trips which tend to have all seniors or higher levels of seniors participating will be canceled or postponed

• Community Services: Passport services have been placed on hold until April 10

For additional information about Community Services programs, please call 626.308.2875.

Modification of Senior Lunch Services

SAN DIMAS - On March 11, 2020, Governor Newsom made an announcement, joining state health officials, in recommending the cancellation of gatherings of 250 or more people across the state in an effort to slow the spread of the Novel Coronavirus or COVID-19 Virus. This recommendation is in effect at least through the end of March.

With these recent developments and following the Mass Gatherings Guidance on COVID-19 provided by the California Department of Public Health (CDPH), it is recommended that the San Dimas Parks and Recreation Department modify the Senior Lunch Services Program starting the week of March 16.

Starting Wednesday, March 18, the YWCA will be providing a five-day supply of boxed lunches and frozen meals to Senior Lunch Participants.

Participants will be able to pick up their lunch curbside between 11:30 am - 1 pm outside of the entry doors of the Multipurpose lunch room. Participants are encouraged to bring a tote bag to transport the boxed lunches and frozen

meals provided.

Boxed lunches and frozen meals will only be provided on Wednesdays moving forward while the City is employing an abundance of caution in an effort to slow the spread of the COVID-19 virus.

If you have any questions about the modification to the program, please contact the Senior Center at (909) 394-6290. If you would like to make a reservation for lunch pick up on Wednesdays, please contact the Senior Center Kitchen at (909) 394-6298.

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Former La Verne University Student Charged with Faking Threats

LAVERNE - A former University of La Verne student has been charged with making criminal threats during a scheme to portray herself as one of the victims of the threats, the Los Angeles County District Attorney's Office announced.

Deputy District Attorney Elizabeth Padilla Diaz said Anayeli Dominguez Peña of Ontario faces one felony count each of criminal threats and perjury by declaration as well as six misdemeanor counts of false report of a criminal offense and one misdemeanor count of internet/electronic impersonation.

The defendant pleaded not guilty to the charges today and is scheduled to return on April 14 in Department F of the Los Angeles County Superior Court, Pomona Branch. Case KA124258 was filed for warrant on March 6.

Dominguez Peña is accused of creating fake messages and email accounts last spring and then using them to fake a threat against herself and a student who was not aware the threats were false, the prosecutor said.

According to the criminal complaint, the defendant re-



Anayeli Dominguez Peña charged with making criminal threats

ported the false threats to police and applied for victim compensation from the California Victim Compensation Board, the prosecutor added.

Bail is scheduled at \$136,000. If convicted as

charged, Dominguez Peña faces a possible maximum sentence of eight years in state prison.

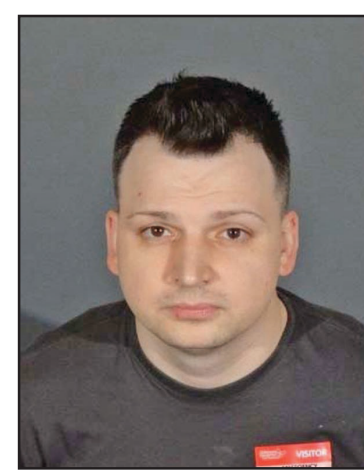
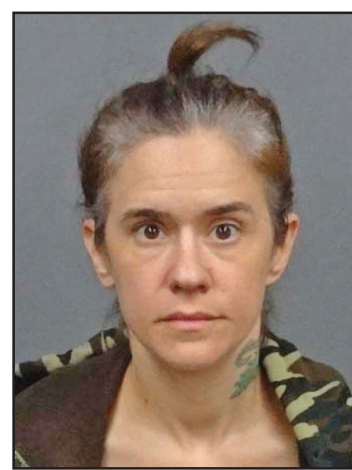
The case remains under investigation by the La Verne Police Department.

Baby Found with Meth and Cocaine in System

By George Ogden/WCPD

WEST COVINA - Wednesday morning, March 11, at 12:33 AM, the West Covina Police Department received a call from hospital staff regarding a 9-month old child suffering from respiratory distress that had been taken to the hospital by her parents. The hospital staff became suspicious of the reported circumstances and they contacted the WCPD for assistance. The responding Officers worked with the hospital staff, ultimately determining that the child had detectable levels of cocaine and methamphetamine in her bloodstream. Officers placed the child into protective custody.

Detectives executed a search warrant at the parent's home in the 800 block of South Sunset Avenue, and recovered suspected narcotics and drug paraphernalia in both the residence and in the



(photos courtesy of WCPD)

Arrested for Child Endangerment along with other charges related to drugs, Erin Jill Maloney, 37 (left) and Richard A Rapp, 34.

vehicle used to transport the child to the hospital. In both areas, the suspected narcotics were in plain view and in a location easily accessible to a child. Both parents were arrested for felony child endangerment & other charges. The child is currently in stable condition.

Booked for Felony Child En-

dangerment and possession of a controlled substance are Erin Jill Maloney, 37. Her bail was set at \$100,000.00 and since bonded out. Richard A Rapp, 34, had his bail set at \$450,000 and remains in jail. Both live in West Covina. Both suspects are scheduled to appear at Pomona Superior Court on, April 9, 2020.

Racing Continues at Santa Anita and More



By Joan Schmidt

ARCADIA - Racing goes on at the Great Race Place without spectators. Fans watching at home saw Victor Espinosa win the \$400,000 "Beholder Mile Stakes on "Ce Ce", trained by Mike McCarthy. (See great Benoit photo!) Victor won the Triple Crown and is a really caring person. Most of those winnings went to Pediatric Cancer Research. He gets teary-eyed when he talks about the children.

Santa Anita has had jockey changes. Joe Talamo, Tyler Baze and Martin Garcia moved their tacks to Oaklawn Park, Arkansas and are winning races. My favorite Cajun Kent Desormeau is at Golden Gates Field. Joel Rosario returned to Santa Anita and is close behind Flavien Pratt for most wins. A new face at Santa Anita is Italian Jockey Umberto Rispoli. He has raced all over the world. Apprentice Jockey Jorge

Velez continues to do well.

Recently my hubby Bob and I had a wonderful tour of Dave Hofmans' barn at Santa Anita. As we walked to his barn, we passed "Hot walkers", walking horses in a small area. Dave explained that's the entry level job for Santa Anita workers. Grooms are next, and each groom has four horses to care for. Grooms are up early; feed the horses, look them over for inflammation or fever, bathe them, and have them ready for their exercise rider.

"Gallop" (or exercising) the horses is riding around the track, and there are many talented riders, on salary, who do this; whereas "Breezing" is done to time the horses. Dave told us the track is about one mile and is divided into eight "Furlongs." Trainers time the horse at a beginning furlong, and then again at a later one to see if the speed has increased. If all his exercise riders are already working, Dave will hire another rider. (The fee is \$15 a ride.)

Dave also took us into the "Jockey Room"; which was much more! When you first walk in,

there is a scale, and the jockeys are weighed when they enter. They are weighed before and after each race. The saddles used in races are lightweight; but the other ones for workouts are really heavy! The "Jockey Room" has a little eating area and the Chef prepares special meals for each of them, as they must maintain their low weight. The Jockey Room has a workout area, a lounge area with comfortable seating and TV, lockers for all of them, and loads of silks! Their valets are responsible for that. Our friend Carrie Barker arranged the tour and posed with the helmet and saddle worn by Mike Smith on Justify!

Trainer Bob Baffert has won the Kentucky Derby a record five times. This weekend, his Nadal won the \$1,000,000 Rebel Stakes back East, ridden by Rosario. Will Nadal be in this year's Kentucky Derby?

This Sunday, on TVG, at 8:00 a.m. there will be a special on Joe Talamo. He was here for several years and has many fans. Be sure to catch the Special.

Crime Survivors' Superhero Run-Walk Events Switching to "Virtual"

Out of an abundance of caution for all of our survivors, supporters, sponsors, runners, elected officials, and law enforcement partners during the COVID-19 outbreak, Crime Survivors is converting the Orange County and Los Angeles County Superhero run-walk events to virtual events. You will still receive your t-shirt and medal for participation and for supporting survivors.

At this time, there remains only a small number of COVID-19 in Orange and LA County and the risk is still considered low. However, local and regional health officials anticipate the continued spread of COVID-19 and the Governor of California has asked for gatherings of more than 250 persons to be canceled. Additionally, the Counties of Orange and LA issued a press releases asking to limit attendance at social gatherings. Therefore, Crime Survivors leadership simply could not proceed with the in-person events.

We understand how disappointing it is to not get to share in the events together but know we are doing the right thing. However, now more than ever, people need an outlet. Do you feel isolated? Do you need hope? Join the Virtual Superhero Run Walk; run or walk on

your own time with your dog, family, friends, neighbors, but don't be afraid of fresh air, exercise, self-care and giving back to our community. When you participate this way, please share your photos, stories, and any social media posts with us from your personal events and we will include them on our event website.

This event is not just about fundraising, it is about awareness, prevention, advocacy and healing. It is about providing support to victims of crime and their families and about bringing the community together for hope and healing. Everyone

could use a little break from the daily struggle, and victims are always in need of support.

To our charity teams, you can still register to receive help proceeds for your programs.

If you have already registered, remember your participation fee still goes to a wonderful cause and is tax deductible donation that is used to help provide support and services to our survivors. If you haven't signed up yet to be a part of this hope and healing virtual Run/Walk event please do so now at <https://superherorunwalk.org>.

City of Covina Coronavirus Response

COVINA - The City of Covina continues to assess the impact of COVID-19 (Coronavirus) in consultation with Los Angeles County Public Health Officials. To date, there have been no documented cases of COVID-19 in Covina. In an abundance of caution and to protect our vulnerable population, the following closures and cancellations are effective beginning Monday, March 16:

- Covina Senior and Community Center - Closed for all Senior programs, activities, and events from March 16-April 10*
- Covina Public Library - Closed from March 16-April 11
- Chalk Art Festival - Scheduled for April 18 will be postponed to a later date

• Covina Farmers Market - Closed March 20-April 10

*The Senior Nutrition program will be transitioning to a "boxed lunch" program for this time period. Please contact the Senior Services division at (626) 384-5480 for information. Closure dates will be reassessed April 1.

City Council And Commission Meetings: All meetings will continue as scheduled. City Council meetings are streamed live on the City's website. Before attending a public meeting or gathering, please take a moment to self-assess if you are feeling well or are at increased risk.

City Operations: The City is taking extra precautions for the safety and well-being of our

staff and the public. We are following recommendations and best practices from the CDC and Los Angeles County Department of Public Health. We are monitoring the situation and are prepared to respond should the situation change. For more information, visit www.covina.ca.gov.

Don'ts and Dos on Coronavirus

Some of the views expressed here are controversial. So, do ask your doctor. I hope you have one—not just the HMO or retail clinic “provider.”

Don't panic. That is always good advice. If you, like the world's economy, operate on just-in-time inventories, and did not take advice to stock up 3 weeks ago, do not join a mob at a big-box store. Somebody there is no doubt infected. Plus, there's the risk of getting trampled or injured in a fist fight over the last roll of toilet paper. Most of the world survives without that luxury good. If you have no rice or beans or pasta in the pantry, that is more serious, but you should still avoid mobs if at all possible. Take-out and drive-through places are booming.

Don't treat fever without a doctor's advice. Fever is not a disease. It is an important defense mechanism. Very high fevers (say 105 degrees) can cause brain damage, and children can have seizures. But don't pop Tylenol or ibuprofen at the first sign of fever. Many of the casualties in the 1918 pandemic might have been caused by heavy use of aspirin. Like aspirin, popular non-steroidal anti-inflammatories (NSAIDs) such as ibuprofen also have detrimental effects on

blood clotting. Try lukewarm sponge baths for comfort.

Don't rush out and get a flu shot. I know, a lot of doctors and public health authorities urge everybody to do this. Influenza can kill you, and the flu shot decreases that risk by 30% to 60%—but there is evidence that it can make COVID-19 worse, both from the earlier SARS epidemic and lab research. Like with so many things in medicine, we have to play the odds.

Don't go to the emergency room or urgent care unless you are severely ill. There will be sick people there, and you might catch something. You also might end up with a big bill, say for a CT scan you didn't really need. And if you have the flu or a cold or COVID-19, and don't need IV fluids or oxygen, they can't do anything for you. Telephone advice lines could help greatly.

Don't go to events that are crowded, especially indoors in poorly ventilated rooms. Staying home is good.

Don't demand to be tested and rely on the results. The tests are still in short supply and not very accurate. If you are at low risk, a positive test is likely to be a false positive. And if you are infected, the test may be negative at first. We need much more testing—mainly for



Jane M. Orient, M.D.

public health monitoring.

Don't waste. Expired medications are probably still good. Most drugs or essential ingredients are made in China, and supplies are running out. Masks (also mostly made in China) are meant to be disposable, but likely can't be replaced (see below).

Don't touch your face or your eyes. That is very hard—preventing that is one function of a mask and eye protection.

Don't fall for internet scams, or malware. Hucksters will always be around to try to profit from panics. A new type of malicious virus is embedded malware in sites that come up on a search for information. (If

you want to find the Johns Hopkins University dashboard of cases and deaths, go to the university's website, don't Google “coronavirus map.”)

Now for some dos:

Do prepare to take care of yourself and your family. Be sure you have a fever thermometer, disposable gloves, plastic garbage bags, and cleaning supplies. A pulse oximeter, available in many places for around \$40, is good to have to check oxygen levels.

Do clean and disinfect surfaces such as doorknobs, telephones, computer keyboards, toilets, and countertops often. Virus can persist there for days.

Do remember that sunlight is the best disinfectant. If you don't have a pocket ultraviolet lamp (they are or were available on amazon), try putting things like masks or paper currency out in the sun. The idea should be rigorously tested, but in times of need, you may have to guess.

Do wash your hands often and use hand sanitizer. With SARS-CoV-2, most disinfectants work, including 70-percent-alcohol-based sanitizers.

Do put a mask on sick people if you can. For protecting yourself you need a minimum of an N95 mask and eye protection.

Do take your vitamins. Most people may be vitamin D deficient. Your need for vitamin C escalates with infection. Some 50 tons of vitamin C was shipped to Wuhan, and studies of effectiveness are underway.

Do get your essential prescriptions refilled for 90 days—the supply chain depends on China. If your managed-care plan won't pay, consider paying cash. You may be able to get a good price with a coupon from goodrx.com.

Do protect your immune system, with adequate sleep, exercise, fresh air, and diet, especially avoiding sugar if you feel ill.

Do help your neighbors, and be responsible about protecting others as well as yourself from contagion.

Jane M. Orient, M.D. obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She completed an internal medicine residency at Parkland Memorial Hospital and University of Arizona Affiliated Hospitals and then became an Instruc-

tor at the University of Arizona College of Medicine and a staff physician at the Tucson Veterans Administration Hospital. She has been in solo private practice since 1981 and has served as Executive Director of the Association of American Physicians and Surgeons (AAPS) since 1989. She is currently president of Doctors for Disaster Preparedness. She is the author of *YOUR Doctor Is Not In: Healthy Skepticism about National Healthcare*, and the second through fifth editions of *Sapira's Art and Science of Bedside Diagnosis* published by Wolters Kluwer. She authored books for schoolchildren, *Professor Klugimkopf's Old-Fashioned English Grammar* and *Professor Klugimkopf's Spelling Method*, published by Robinson Books, and coauthored two novels published as Kindle books, *Neomorts* and *Moonshine*. More than 100 of her papers have been published in the scientific and popular literature on a variety of subjects including risk assessment, natural and technological hazards and nonhazards, and medical economics and ethics. She is the editor of *AAPS News*, the *Doctors for Disaster Preparedness Newsletter*, and *Civil Defense Perspectives*, and is the managing editor of the *Journal of American Physicians and Surgeons*.

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