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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

January 7 - 13, 2016

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"Find Your Adventure" - 2016 Tournament Of Roses Theme Inspiring

by Howard Palmer

PASADENA - The sky was a brilliant blue and the air cool as thousands of spectators awaited the start of the 127th Rose Parade themed "Find Your Adventure". The shouts of "Happy New Year" were soon replaced with "There it is" as the Air Force B-2 Spirit stealth bomber swept over the parade route. The 172-foot wingspan, more than half the length of a football field, could be seen headed for the San Gabriel Valley. The 2016 Rose Parade was underway!

The President of the Tournament of Roses, Mike Matthiessen, selected the theme "Find Your Adventure" which also tied into the "Find Your Park" campaign launched by the National Parks Service as it celebrates its 100th anniversary. The float builders embraced the idea of the outdoors with their creations much to the enjoyment of the crowd. Those in the stands seeing the parade for the first time exclaimed "the floats are more beautiful than I expected". Add the bands from around the nation and foreign countries, plus the equestrians



The Sweepstake Trophy went to the Singpoli Groups float with its fire-breathing dragon.

and everyone had two hours of pure entertainment.

Float designers strive to receive the Sweepstakes Trophy from the judges as it is considered to be the best of show. The award is given to the most beautiful float having an outstanding floral presentation and design. Fiesta Parade Floats, a major design and construction

company, located in Irwindale has a long history, 28 years, of receiving this prestigious award. The Rain Bird Corporation headquartered in the Glendora/Azusa area had a float in the Rose Parade designed and built by Fiesta from 1997 through 2010 and won the Sweepstakes Award nine times. Dole Packaged Foods, also working with Fiesta Floats, picked up where Rain Bird left off winning the Sweepstakes from 2011 through 2015.

An up and coming float design and construction company, Paradiso Parade Floats, also located in Irwindale, stepped forward to claim the 2016 Sweepstakes Award for their client the Singpoli Group. Headquartered in Pasadena the Singpoli Group specializes in various real estate related ventures including property development, construction, design, architecture, property

management, brokerage, finance and wealth management. This is their third year in the parade working with Paradiso and have received an award every year. 2014 - Extraordinaire Trophy as most spectacular and 2015 - Grand Marshal's Trophy as most creative design.

The Singpoli Group float was titled "Marco Polo - East Meets West" and featured a spectacular fire breathing dragon symbolizing the beauty and mystery of the East. In Chinese mythology dragons are benevolent creatures that represent strength and good fortune. Good fortune was delivered with the Sweepstakes Trophy. The dramatic looping body of the dragon would measure 175 feet long if it were straightened. Over 85% of the float was covered with fresh flowers, over

150,000 blossoms, an extraordinarily high percentage by Rose Parade standards.

Charles Meier, the float designer, known for his ability to create a colorful blend of flowers, is not new to float building having been involved in the business for over 20 years. He formed Paradiso within the past four years and has increased the number of floats each year. This year he built floats for the Singpoli Group, Donate Life, Los Angeles Lakers, and the Public Broadcasting Service. All were award winners!

The festivities leading up to the New Year's Day Celebration with the parade and Rose Bowl Game present many unique ways to create excitement for the New Year. Many, young and old, from far and near, enjoy getting their hands sticky with glue as they assist in the float decorating and some have done so for years and will be back next year. Others just prefer to observe the process and see the magic take place at some of the float decorating venues. Another unique opportunity is to get up close and personal with the equestrian units at the Equestfest. One of the most overlooked festivities is the Bandfest held at the Pasadena City College in the Jackie Robinson Stadium. There you can see most of the Rose Parade bands perform the award-winning field shows that led to their selection. The festivities for the 2016 Rose Parade are a part of history, but now is the time to start making plans to "Find Your Adventure" to enjoy all the fun surrounding the next Tournament of Roses.

Photo by Marv Weston

St. Dorothy School's Adopt-A-Family



Students of St. Dorothy School who took part in the project pose for a group photo.

By Jayam Rutnam

GLENDORA - The sixth, seventh and eighth grade students of St. Dorothy School in Glendora participated in the Adopt-A-Family program which was created by Father Fleming of the Archdiocese in Los Angeles. They are celebrating 25 years of serving the poor and needy families in the skid row area. Twenty Five years ago Father Fleming saw a need to provide a Christmas for the less fortunate, starting with 50

families. This year 503 families were "adopted." St. Dorothy School has participated in this service program for the last seven years. The junior high students, with the help from the Catholic Club of Glendora High School and the Xtreme Teen group of St. Dorothy Church, adopted six families. In November, a family profile was provided for each family and the students were able to shop for items on their "wish list". They were put in groups and worked

together to come up with the money to purchase the gifts, some using their own money they received for birthdays, chores and allowances. The students held a 'wrap party' and all the gifts were then delivered, from the Cathedral of the Angels in Los Angeles, on December 19th to the waiting families. This is a wonderful experience for the students in which they help the truly needy families have a wonderful Christmas.

CHP Officer Dulong Retires After 30 Years of Service



Captain Doug Murray (WCPD), Lt. Pat Benschop (WCPD), Lt. Dennis Patton (WCPD), Lt. Dave Lee (WCPD), Sgt Mike Dulong (CHP), Lt. Tim Doonan (Covina PD), Captain John Curley (Covina PD) and Lt. Christian Hsu (Pomona PD).

By George Ogden / Rudy Lopez WCPD

BALDWIN PARK - On Wednesday, December 30, long time California Highway Patrol Sergeant Mike Dulong held his last briefing at his CHP Station in Baldwin Park. After 30 years of service with the CHP, Mike Dulong is retiring from public safety service to the State of California and to the communities handled by the CHP Baldwin Park Station. Members of the West Covina Police Department, Covina Police Department and Pomona Police Department attended the briefing to wish

Mike well.

Dulong, a 55-year-old officer lives in the Inland Empire and spent most of his service at the Baldwin Park Station starting back in 1986. After a couple of years he ended up in San Jose and came back to Baldwin Park in 1989.

He was promoted to sergeant in 1992 and went to South L.A.

He later came back to Baldwin Park again where he finish his service.

A number of ranking officers from the surrounding agencies attended his retirement and final briefing. Everyone gave him accolades for the friendship that he has shown for many years.

The Santa Fe Railway Comes Live Again At The Lordsburg Taphouse And Grill

LA VERNE - Have a beer and gaze at the Los Angeles Railroad Heritage Foundation's latest "Satellite" display of archive photographs and beautiful O-scale models of the Santa Fe trains that once ran along the mainline tracks from Chicago to Los Angeles just minutes from the Lordsburg Taphouse and Grill.

The Los Angeles Railroad Heritage Foundation is dedicated to preserving the history and displaying the future of railroading and public rail transportation in the greater Los Angeles basin.

The miniature models and photographs in the "Satellite" display are from the Los Angeles Railroad Heritage Foundation's extensive collections. Nine other "Satellites" located throughout the Los Angeles basin display subjects that

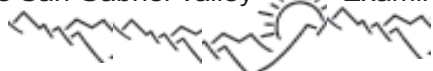


depict a particular region or historical site. These locations include Philippe French Dip Restaurant in downtown Los Angeles; the Old Spaghetti Factory restaurants in Fullerton, Riverside, and Newport Beach; the Pacific Electric Lofts at 5th and

Main Streets in downtown Los Angeles; the Anaheim Packing House at Anaheim Boulevard & Santa Ana Street in Anaheim; and the Belmont Apartments (former site of the Pacific Electric Toluca Yard) in downtown Los Angeles.



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Pizza Delivery Man Arrested After Fight With Customer

By George Ogden

COVINA - On Saturday, January 2, at approximately 11:35 PM, Covina police officers responded to a stabbing that just occurred in the 600 block of North mangrove in the city of Covina. Once officers arrived at the scene, they found that a male resident of the location had been stabbed during an altercation with the Domino's pizza deliveryman because of a long delay of the pizza delivery to that location.



Michael Charles Parker

Paramedics were called to the scene and treated the unidentified 20-year-old man for lacerations to his wrist and neck areas. He was transported to a

trauma center in critical but stable condition and it is believed that these injuries are not life-threatening.

The event started when an

argument over a late pizza escalated into fight and a stabbing when a pizza delivery driver slashed the customer late Saturday, police said. The suspect, 31-year-old Michael Charles Parker of Glendora, left the scene after the altercation and returned back to the Domino's pizza store in Covina. This is where the Covina Police Department responded and made contact with the suspect and then arrested him. He was charged with the stabbing attack. Bail was set at \$30,000. The suspect was released on a \$30,000 bail with a pending court appearance for March 21.

Huff Introduces Legislation to Ban Powdered Alcohol in CA

SACRAMENTO - Senate Minority Leader Emeritus Bob Huff (R-San Dimas) started the first week of the 2016 legislative session by introducing a new bill, SB 819, which will place a ban on the sale of powdered alcohol in California. The product, also known as Palcohol, is a freeze dried version of alcohol which comes in a small pouch and is the equivalent to a shot of alcohol. The crystallized formula becomes a cocktail once mixed with water. The product has already been banned in 27 other states.

"This substance is yet another drug that we should be concerned about and for good reason," said Senator Huff. "Some are predicting Palcohol will become the 'Kool-Aid of teenage binge drinking,' and this is a concern I agree with."

The ease of this substance presents an array of potential health problems in California as it can be snorted, added to en-

ergy drinks, slipped to unknown recipients, or even added to beverages already containing alcohol in an attempt to create a dangerously potent concoction.

"Powdered alcohol is the most insidious, youth-attractive alcohol product to come along since alcohol energy drinks," stated Richard Zaldivar, a spokesperson for California Alcohol Policy Alliance and Alcohol Justice. "The misuse danger, especially to young people, cannot be overstated."

"Powdered alcohol is a product that is ripe for abuse, and can easily be marketed to children," said Kat DeBurgh, MPH, Executive Director of the Health Officers Association of California. "From a public health point of view, powdered alcohol is unsafe for California's communities. The time to act is now."

Because this new drug can be easily sold and transferred,


this is a prime product for abuse by children and teenagers. Alcohol-related harm to California youth can present itself in several ways including death, injuries, assaults, sexual violence, unsafe sex, suicide attempts, and academic problems.

"Alcohol is already abused by underage kids and drinking responsibly is a challenge for many adults," said Senator Huff. "Adding powdered alcohol to this potent mix is akin to squirting gasoline on a wildfire. This is a problem that California does not need."

SB 819 will now wait for its first policy hearing in coming months. Senator Huff is pleased the issue has achieved bipartisan support and is working closely with Assemblymember Jacqui Irwin (D-Thousand Oaks) on a companion measure that has been introduced in the Assembly, AB 1554.

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- AL&W must reduce 20% water use from 2013 levels or subject to state fines
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Proposals for Homeless Funding Must Protect Local Government Options

LOS ANGELES COUNTY—Supervisor Michael D. Antonovich said that any proposal to alter or redirect the use of MHSA (Mental Health Services Act) funds should enhance the County's existing efforts to address the homeless problem.

"Funding must follow treatment needs," said Supervisor Antonovich. "Greater flexibility means supporting effective local programs including hospitalization and family participation in recovery as well as extending supportive housing services to those leaving restrictive environments, such as jails and hospitals, and ensuring their successful reentry into the community."

State Senate President Pro

Tem Kevin DeLeon is anticipated to announce a proposal which may alter the way MHSA funding is directed to local government.

Since the enactment of Proposition 63 (the Mental Health Services Act), which provides additional money to support mental health services, Los Angeles County has maximized available funds to expand critical mental health services.

"Local governments across the state have the hands-on knowledge and experience about how to address the homeless problems in their counties and cities," he added. "Any directives by the state could undermine this expansion effort and delay progress being made

in their own unique communities. Local governments must carefully review any proposals put forth by the Senate's President Pro Tem -- particularly those that may impact the use of local funding."

MHSA funds currently support the county's top priorities which include homelessness programs, jail diversion, child welfare, psychiatric urgent care centers, outreach, engagement, treatment, housing and ongoing mental health services through Laura's Law. In February, the Los Angeles County Department of Mental Health will present an \$84 million proposal to the Board for further expansion of these critical services.

The City Of Azusa's Human Relations Commission Presents The Movie "Selma"

AZUSA - On Sunday, January 17 at 2:00 P.M., the City of Azusa and its Human Relations Commission will host the annual Hands Across Azusa event in the Azusa City Hall Auditorium at 213 E. Foothill Boulevard. This year, the event will feature the free showing of the movie "Selma," featuring David Oyelowo who in 2014 received a Golden Globe Award nomination for best actor in a drama for his portrayal of Martin Luther King, Jr. "Selma" is rated PG-13 and focuses on the actions of Martin Luther King Jr. during the civil rights march

from Selma to Montgomery to secure voting rights for African Americans.

The event will also feature the reading of Dr. King's famous "I Have a Dream Speech" as well as a performance of heartfelt hymns and songs from the civil rights movement performed by the students of Christbridge Academy.

The event is on Sunday, January 17 at 2:00 P.M. in the Azusa Civic Auditorium, 213 E. Foothill Blvd.

Typically this event is held on the front lawns of City Hall;

however, because we are anticipating the highly publicized series of storms - more commonly known as El Nino, the event has been moved indoors. The Azusa Civic Auditorium, at 213 E. Foothill, has always been the contingency location should we get an unexpected downpour throughout the many years that the event has been held on the front lawns of city hall. This year, the real possibility that we will have rain or that the lawns will be saturated has made the decision to move indoors essential.

Murder Suspect in Rowland Heights Mass Shooting Is Released

By George Ogden

ROWLAND HEIGHTS - on December 31, New Year's Eve, a bizarre set of events ended with the deaths of four people in Rowland Heights. One man was arrested, who was identified is Christopher John Morey, 33, was taken into custody by the Los Angeles County Sheriff's Department. At the time, his bail was set at \$1 million. However, on Saturday, January 2, Morey was released from custody around 4:30 PM.

The Los Angeles County Sheriff's Department will be turning over all the information to the Los Angeles County District Attorney's Office to see if they will be filing murder charges or some other charges on Morey.

Around 8:30 PM, Los Angeles County Sheriff's Department received calls of a shooting in the 2200 block of Batson Avenue in Rowland Heights. Responding deputies found four people down from gunshot wounds. Paramedics were called to the scene and all the victims were pronounced dead.

The four victims were identified as, Betty Jean Morey, 54, who is Christopher Morey's mother, who was bedridden. Linda Patricia Merrell, 48, who is Christopher Morey's girlfriend along with a house guest Ernesto Calzadilla, 27 of Rowland Heights who just happened to be there at the wrong time.

Christopher's father, Michael John Morey, 54, was said to be the shooter of the three other victims. Christopher got into a fight with his father after the shooting over the weapon. Christopher was able to secure the weapon and turned it on his father and killed him. This gave cause for the deputies to arrest Christopher Morey on murder charges as he was able to overpower his father and disarmed him, thus neutralizing any other threats.

It appears the father and the girlfriend had gotten into some type of argument over the use of a washing machine. The father became enraged and armed himself and started shooting

everybody that was there including his wife. At some point Christopher was able to overpower his father and secure the weapon, and then he killed his father. Being that Christopher Morey is the only witness, there was concerns as to the legitimacy of his story. Investigators were looking into the possibility that Christopher Morey may have been the only shooter. Investigators collected evidence at the scene for their investigation.

Neighbors in the area have stated that that particular home and the people that live there were always arguing. Deputies and investigators believe alcohol was in use at the time of the shooting as there were all kinds of beer bottles all over the property inside and out. Deputies have responded to that home on numerous occasions, as many two dozen times or more over the last three years.

The investigation continues. Anyone with information is asked to contact the Sheriff's Homicide Bureau at 323-890-5500.

Assemblywoman Chang Cracks Down on Fake Celebrity Autographs

SACRAMENTO — Assemblywoman Ling Ling Chang (R-Diamond Bar) today announced the introduction of legislation to protect consumers who are the victims of forged autographs. In some memorabilia markets, forged signatures make up over half of the supply — making it all too easy for consumers to be defrauded. Assembly Bill 1570 will put safeguards in place as well as provide civil recourse for buyers of autographs.

"The amount of fake autographs on the market is astonishing," said Assemblywoman Chang. "It's really sad when you see people, especially children, become the victims of forgeries. The illegal practice is really out of control"

PSA/DNA, JSA, and other professional authenticators evaluate hundreds of thousands of autographs annually world-

wide, and often determine the signatures to be forged. According to industry experts, the rejection rate can reach over 50% of submitted items for the more prominent names, including Neil Armstrong, Michael Jackson, and others. For example, experts estimate that only 94 percent of all autographed Beatles memorabilia is forged, as are 76 percent of Marilyn Monroe and Elvis Presley collectibles.

In the last twenty years, the FBI instituted two major investigations uncovering millions in forged sports, entertainment and historical autographed memorabilia — both cases involved operations in California. During the most recent investigation, the FBI estimated forged memorabilia "comprises between \$500,000,000 and \$900,000,000" of the overall billion dollar market.

"Because anyone can make a signature, we need to have a system in place to prevent that from happening," added Chang. "And with the new Star Wars movie breaking historical records for sales and popularity, it is going to drive the number of fake autographs even higher."

In fact, Star Wars icon Mark Hamill recently took to Twitter to tell fans which of their signed collectibles were forged and which were genuine.

AB 1570 will require dealers of any signed memorabilia to provide a certificate of authenticity upon sale of the autograph. The bill will also provide victims of forged memorabilia with civil recourse including ten times the amount of actual damages. Current law already protects consumers in the narrow case of sports related memorabilia.

Statewide Mattress Recycling Program Debuts In California

California becomes the second state in the nation with a statewide recycling program for used mattresses and box springs. The program, known as Bye Bye Mattress, allows California residents to drop-off used mattresses at participating collection sites and recycling facilities for free. California residents can find their nearest participating collection site or recycling facility at www.byebyemattress.com.

Bye Bye Mattress is administered by the Mattress Recycling Council (MRC), a non-profit organization created by the mattress industry to develop and manage the recycling program mandated by law in 2013. "This program is a cost-effective solution to a long-term problem," said Ryan Trainer, president of MRC. "We developed California's program to increase the recycling of used mattress materials by leveraging the existing waste collection infrastructure."

To date, the Program has over 40 solid waste facilities in the program as designated collection locations and many more are expected to join in early 2016. MRC is also working with mattress retailers, hotels, universities, healthcare facilities and other public and private entities in California to divert mattresses from the solid waste stream.

"The implementation of this mattress recycling program

means discarded mattresses will be recycled in an environmentally sound manner, creating California jobs and resulting in cost savings for municipalities," said Scott Smithline, director of CalRecycle. "This program mirrors similar programs being implemented in other states. We recognize the Mattress Recycling Council for their commitment to the success of this program and their leadership in getting this law passed."

The program is funded through an \$11 recycling fee that is collected when a mattress or box spring is sold to California consumers. Consumers will notice this fee as a separate line item on their receipt. The fee is used to pay for transporting and recycling the discarded mattresses.

Numerous stakeholders in the program, including government officials, municipal and solid waste representatives and the mattress industry, will gather in Sacramento and Los Angeles in early January to commemorate the launch of the program.

Recycling Facts

Each year, 35 to 40 million new mattresses and box springs are sold in the United States, and at least 15 to 20 million used mattresses and box springs are discarded.

More than 80% of a used mattress' components can be recycled — the metal springs, foam, wood and fibers — and made into new useful products.

For example:

- The steel springs are recycled as metal scrap and can be melted and used to make new appliances, building materials and other steel products.

- The foam can be turned into carpet underlayment or animal bed padding.

- The wooden frames can be shredded to produce landscaping mulch.

- The cotton and other fiber can be used in industrial oil filters and other textile applications.

The Recycling Process

Most recyclers currently use the following process to dismantle a mattress:

- The top mattress layer (including the outer fabric) is cut, peeled and separated from the mattress' interior materials (which can include fiber, polyurethane or latex foam and steel springs).

- The interior materials are pulled apart and separated by type.

- Foam, fiber and other soft commodities are baled and compressed for transport to scrap dealers or companies that will consume them to make new products.

- Metal springs from mattresses and box springs are extracted and sent to scrap recyclers that will sell them to steel mills and foundries.

- Wood is chipped or shredded.

Assemblyman Mike Gatto Introduces Legislation to Protect Children from Identity Theft

SACRAMENTO — Assemblyman Mike Gatto (D-Glen Dale) introduced legislation that would allow parents to protect their child and family from identity theft. AB 1580 allows a parent to freeze their child's credit with the three credit bureaus, preventing identity thieves from opening fraudulent credit accounts and ruining their credit at an early age.

Consumer-Investigative reporter Julie Watts from CBS affiliate KPIX in San Francisco reported about her attempts to freeze her own child's credit, but was refused by the credit bureaus because there was no state law mandating them to do

so. After reporting on the dangers of identity theft, Watts decided to proactively protect her daughter against fraud by freezing her credit. However, she was led down a road of bureaucratic red tape that almost prevented her, and would prevent most parents, from protecting their children.

"As a parent of two young daughters, I understand why someone would go above and beyond to shield their child from harm," said Gatto. "AB 1580 is a common-sense proposal that provides parents the tools to protect their child's financial future."

Until now, parents have only been able to freeze their child's credit after the child has been a victim of identity fraud. Since children do not have credit in the first place, giving their parents the option to freeze their credit at birth only makes sense. States such as Idaho, Texas, and Maryland have already successfully passed and implemented similar laws.

"It is time for California to step up and join the many states that have already passed similar legislation," said Gatto. "Parents will be able to sleep better at night knowing their child's identity is protected."

Huff Embraces "No Place Like Home" Initiative

Broad and Bi-Partisan Effort Aimed at Reducing Homelessness

SACRAMENTO - Senate Minority Leader Emeritus Bob Huff (R-San Dimas) is throwing his full support behind a broad and bi-partisan Senate effort to find effective methods to address the problem of homelessness in our local communities and explore new and innovative tactics to prevent it.

Senator Huff appeared at a news conference earlier today in Los Angeles in support of the initiative with several other lawmakers, including Senate President pro-Tem Kevin de León.

"Announcing a major effort like this in front of The Star Apartments on Skid Row in Los Angeles should demonstrate the depth of this problem and the resolve of lawmakers to address it with innovative strategies that haven't been pursued as strongly in the past," said Senator Huff. "It's a travesty that a state as rich as California, with the 8th largest economy in the world, is also home to the nation's largest homeless population. 114,000 men, women and children are homeless in California. Los Angeles County has earned the dubious reputa-

tion as the nation's homeless capital, with nearly 42,000 homeless residents."

There are two main components of the "No Place Like Home" initiative: Housing and Income Supports and Outreach. The housing component calls for investing \$2 billion in bond funding to construct permanent and supportive housing for chronically homeless persons with mental illness. It's estimated that the investment will result in 10,000 to 14,000 units of housing for the homeless. The housing plan also contains a \$200 million investment, over four years, to provide supportive housing in the short-term while permanent housing is built or renovated. It's estimated that this will produce about 4,000 units of short-term housing.

The Income Supports and Outreach component of the initiative would increase Supplemental Security Income (SSI) and State Supplementary Payment (SSP) grants, both of which provide income supports for the aged, blind and disabled poor who cannot work. These increases will assist about 1.3

million low-income Californians, many of whom suffer from disabilities or are elderly.

"It's well known that rates of homelessness are much higher for Californians with disabilities who cannot work or the elderly," said Senator Huff. "Both SSI and SSP are intended to help people live comfortable and productive lives, and we already know that a large portion of these grants goes toward housing."

The "No Place Like Home" initiative will not increase taxes. Under the plan revealed during today's news conference, the \$2 billion revenue bond will be paid from Proposition 63 Mental Health Service Account (MHSA) funds, which voters approved in 2004. Proposition 63 would be amended by the Legislature, which is permitted under the measure, to set aside \$135 million of annual revenues to pay off the \$2 billion revenue bond.

Senator Huff is hopeful the initiative will be enacted by the State Legislature during 2016-2017 budget negotiations in June.

The Rotary Club of Glendora Challenged to Go BIG for Their Year End Gift to The Shepherd's Pantry

GLENDORA - Over the Christmas holiday the Rotary Club of Glendora was challenged by past member Jonathan Blake to which he would match up to \$500 of what the club could raise for the Shepherd's Pantry. The Rotary Club accepted the challenge and invited Executive Director Phil Huisman to lunch on the 29th of December to see the outcome. During the week prior to the meeting Past President Thom Hill worked with club

members to solicited donations. At the last meeting of the year Club President Craig Henderson presented Mr. Huisman with a donation to the Shepherd's Pantry in the amount of \$1460.00, including the \$500 Jonathan Blake gave, plus several bags of food brought in by members. The Shepherd's Pantry is one of the many community projects the club works on during the year and collects food and roughly \$275+ every

month. Many other club projects can be found on their website. The Glendora Rotary Club continues their work in the community, and internationally with our motto "Service Above Self". To get more information on the Rotary Club of Glendora please visit GlendoraRotary.org or join them at one of their lunch meetings at the Glendora Continental Restaurant every Tuesday at noon.

The Gamble House Celebrates Milestone

Gamble Family Bequeaths House to the City of Pasadena and USC on January 14, 1966

PASADENA - January 14, 2016 marks the 50th Anniversary of the gift of the Gamble House from the Gamble family to the City of Pasadena and the University of Southern California. The Gamble House is the most complete and best-preserved example of American Arts and Crafts style architec-

ture. The house and furnishings were designed by famed architects Charles and Henry Greene in 1908 for David and Mary Gamble of the Procter & Gamble Company. The house, designated as a National Historic Landmark in 1978, is owned by the City of Pasadena and operated by the University of Southern California School of Architecture. The Gamble House is open for public, docent-led tours and for specialty tours and programs.

On January 14, 1966, members of the Gamble family, the City of Pasadena, and the University of Southern California signed a formal gift agreement, and in September of that year the doors of the Gamble House were opened to the public. In the half century since then, The Gamble House has become one of the most beloved premier historic sites in America.

A series of celebratory anniversary events will take place throughout September 2016 including an invitation only dinner for major donors; a fundraising reception to kick-off a new endowment campaign to raise funds to continue to protect the Gamble family's generous legacy gift to the public with another decade of conscientious preservation; a reception to recognize the contributions of Gamble House docents through the years; an Alumni Day Open House for

former Gamble House Scholars in Residence and the USC School of Architecture; and a 50th Anniversary public celebration on Sunday, September 25, with self-paced tours and family-friendly activities and entertainment.

Visitors continue to visit, week in and week out, from around the world to marvel at the beauty imbedded in every square foot of The Gamble House. They come to experience what Charles Greene called "architecture as a fine art." Hailed by the American Institute of Architects as "formulators of a new and native architecture," Charles Sumner Greene (1868-1957) and Henry Mather Greene (1870-1954) designed houses and furnishings a century ago that established a new paradigm for the art of architecture in the United States. Drawing on the skills of outstanding craftsmen, as well as their own polytechnic training, formal architectural education, and natural artistic sensibilities, Greene and Greene created legendary living environments that were beautiful, functional and modern. Of their fully coordinated houses with interior furnishings, only the Gamble House survives intact.

For more information on the Gamble House and their 50th Anniversary please visit www.gamblehouse.org.

Officials Close Areas for Public Safety During Winter Storms

ARCADIA - With the predicted heavy rain in a series of winter storms, Angeles National Forest and San Gabriel Mountains National Monument officials have closed multiple recreation areas to ensure public safety.

Rowher Flats and Drinkwater Off Highway Vehicle (OHV) areas are closed. The South Fork, Big Rock, Gould Mesa, and Coldbrook campgrounds along with the Bridge to Nowhere Trail are closed until the storms pass.

Additional closures may be implemented at any time based on storm impacts. Staff will assess the conditions following the storms and decide then whether these areas can be re-opened for weekend use.

For additional information about Forest Closures please visit: www.fs.usda.gov/angeles/

LA County Department of Public Works and Caltrans officials have closed the following roads: Lake Hughes Road 10 miles South of Elizabeth Lake

Road to Newvale Drive, Glendora Ridge Road from Mt. Baldy Road to Glendora Mountain Road, Highway 2 from Islip Saddle, Route 39 to five miles west of Big Pines Highway.

Please check the latest road and weather conditions before traveling into the forest.

For up to date road conditions use the Caltrans QuickMap (<http://quickmap.dot.ca.gov/>) for LA County Dept. Public Works go to; <http://dpw.lacounty.gov/roadclosures/>

East San Gabriel Valley Republican Women Installation

By George Ogden

WEST COVINA - East San Gabriel Valley Republican Women held their installation on Friday, December 11th at South Hills Country Club in West Covina. President Valerie Evans passed the gavel to Gayle Mason via the installing officer, Joe Gardner.

The event was well attended which included lunch and entertainment Jay Mund.

Gayle is active in the community and presently a West Covina Community and Senior Services Commissioner.



New officers from left: Diane Cachenaout, Emilie Hess, VP Nancy Angilioni, President Gayle Mason and installing officer, Joe Gardner.

What Happens When Your Body Can't Regulate Calcium?

Calcium is important for the development of strong bones and teeth.1 But it also plays a role in other important functions in the body. For instance, calcium helps blood to clot and supports nerve function, as well as muscle contractions, releasing hormones, and maintaining a normal heartbeat.2 If the body is unable to maintain the necessary levels of calcium in the blood (serum calcium), the consequences can be serious or even life-threatening.3

The parathyroid glands are small nodules located near the thyroid that produce parathyroid hormone, or PTH.4 This hormone regulates calcium and phosphorus levels in the blood.3 When levels of PTH are too low, it can lead to low levels of calcium and high levels of phosphate in the blood. In turn, this can cause a range of persistent physical, emotional and cognitive symptoms.3

Hypoparathyroidism A rare disease called Hypoparathyroidism is characterized by low or absent endogenous PTH with low levels of calcium in the blood.5 Hypoparathyroidism can affect someone at any

age,5 and an estimated 70,000 patients in the United States are living with the chronic disorder.6 Hypoparathyroidism most often occurs following surgery such as a thyroidectomy, a common procedure for patients with thyroid cancer during which all or most of the thyroid gland is removed.7,8 Less commonly, Hypoparathyroidism can also be caused by some autoimmune disorders, genetic risk factors, increased levels of iron, copper, or iodine in the parathyroid glands, or may simply be undetermined.7 More females appear to be diagnosed with hypoparathyroidism relative to males, with a 3:1 predilection.6

How is Hypoparathyroidism

diagnosed? Hypoparathyroidism can be diagnosed based on the identification of a patient's symptoms by conducting a review of a patient's medical history, a thorough physical exam, and specific laboratory tests. In some cases, genetic testing can be used to confirm a diagnosis.5

How is Hypoparathyroidism treated?

Symptoms of hypoparathyroidism are often managed with oral calcium and active vitamin D to raise calcium levels in the blood.9 For more information about available treatments for hypoparathyroidism, patients should consult their health care practitioner or endocrinologist. (NAPSI)

Teen Night

ARCADIA - Come down for Teen Night and join Arcadia Recreation Department's staff for an indoor game night at the Arcadia Community Center, 365 Campus Drive in Arcadia from 6-11pm. The fee is \$8 per person and includes pizza dinner. Dinner is served at 7pm, so make sure to be there early! Participants will enjoy activities such as basketball, dodge ball, movie nights, raffles, tourna-

ments and more!. Advance registration is required. No registration will be taken on site. Teen Night is for middle school teens ages 11-14. Registration for Teen Night can be done online at ArcadiaCA.gov, by fax, 626.821.4370 or by coming into the Recreation Office, 375 Campus Drive, Arcadia. For more information please call 626.574.5113!

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

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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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Who Is A Terrorist?

Terrorist and terrorism are among terms thrown around these days without any clear identification. A terrorist, loosely defined, is someone, or part of some group, who conducts deadly attacks on innocent civilians in order to terrorize them! The 9/11 2001 tragedy is a prime example. Certainly that horrible episode and others right up to the recent attacks in Paris and San Bernardino, qualify as "terrorism." Following the 9/11 tragedy, President George W. Bush coined the term, "the war on terror."



Charles H. Bayer

In recent days it has become commonplace to use the designation, "Islamic terrorism" as a summation of the series of more recent violent episodes. I wonder, however, if that appellation exhausts the meaning of the term. A while back a correspondent suggested that in the catalogue of terrorist attacks, every

one was perpetrated by Muslims, and therefore Islamic terrorism is an apt designation. A candidate for the Presidency recently opined, "all Muslims are not terrorists, but all terrorists are Muslims."

But if a non-Muslim invades a facility shooting anyone inside or blowing up the building, is that not terrorism, whatever his ethnic or religious identification? Every few days in the United

States there is such an attack, and as far as I know most of the attackers or "terrorists" were not Muslims. The chap who blew up the Oklahoma City building claimed to be a Bible-believing Christian.

In recent years we have witnessed a spate of terrorist attacks in America's schools and colleges, the most notable being the Newtown slaughter of a score of little children. The term "Islamic terrorist" could not be applied to most of these criminals. A month ago a middle-aged white American killed three people and wounded a half dozen others in a Colorado Planned Parenthood facility. On June 17, 2015 a non-Muslim killed nine members of a Bible study group in a Charleston, South Carolina church. Far more Americans have recently been gunned down in these terrorist attacks by non-Muslims

than have been gunned down by Muslim fanatics. One of these homegrown attacks happens in the United States almost every week.

But think about how the designation "terrorist" may have an even broader meaning. In the City of God, Saint Augustine tells the story of an encounter between Alexander the Great and a pirate captain caught on the high seas. Alexander says to the pirate, "How dare you molest the seas as a pirate?" But the pirate replies, "How dare you molest the whole world. I have a small boat so I am called a thief and a pirate. You have a great navy so you are called an emperor, and can call other men pirates." Try substituting "The United States" for "Alexander the Great", and "terrorist" for "pirate" and you may get a sense as to how much of the world, particularly the Islamic world,

sees our invasion and destruction of Iraq and Afghanistan, as terrorism.

Explain why Palestinians with stones and a few knives are called terrorists, but the Israeli army with tanks and bombers are called patriots. This does not excuse those who use stones and knives as weapons of terror, it just expands the definition. One person's freedom fighter may be another person's terrorist.

Unless we examine our complicity in the destruction currently dominating the Near East, we may fail to answer or even ask a basic question, "why do they hate us?"

There is no question that they do hate us, and hatred produces terrible results. I'll be looking at that question next week. The "shock and awe" we wrought upon a nation that had not threatened us and did not even

have weapons which might have produced a threat, planted the bitter fruit of violence which we must eat, seasoned with the deadly poison of national arrogance. That our only answer is to destroy ISIS, and with them the civilians in the areas it controls, only throws fuel on the fires of hatred.

There must be a better way, but no politician of either party dares even to suggest it.

So hatred and vengeance will rule and we will find ourselves even deeper in the swamp of war. 2016 promises to be no better in this regard than any previous year. Nations, as well as individuals, reap what they sow, and this harvest is drenched with the blood of men and women on both sides, and the tears of those who mourn them. *Contact Charles Bayer at candwbayer@verizon.net*

Will Your Doctor Be Fired If He Tells You the Truth about a Serious Health Risk?

By Jane M. Orient, M.D.

A healing patient-physician relationship depends on mutual trust. Patients need to trust that their doctor is working for them. In the Oath of Hippocrates, doctors swear to prescribe "for the good of my patients," to the best of "my ability and judgment." Such a physician does not lie to patients or treat them in a way he believes will harm them. He does not reassure them that it is fine to do something he believes will lead to incurable disease, unhappiness, guilt, or early death.

But what if their physician is working for a hospital and knows that he'll lose his job or even his entire career if the employer is displeased? And what if the hospital lets insurers, government, or political advocacy groups control the message to patients?

The case of Dr. Paul Church should alarm patients everywhere. Dr. Church just lost his final appeal of his expulsion from Harvard-affiliated Beth Israel Deaconess Medical Center (BIDMC) in Boston. These days being expelled from any hospital medical staff for any reason can and probably will

have a domino effect—loss of privileges at all other hospitals, removal from insurance panels, a report to the National Practitioner Data Bank that could foreclose all future employment opportunities, loss of board certification, and even loss of medical license.

Dr. Church, a urologist, had been on the medical staff for 28 years. Did anyone accuse him of incompetence? Did he throw a scalpel at a nurse? Was he impaired by alcohol or drug abuse? Did he humiliate, discriminate against, or harm anyone in any way? Did he make any statement that the hospital disputed as untrue?

NO, to all of the above. His record was exemplary.

The hospital clearly wants to make an example of him, to deter anyone else who might dare to act as he did. But not a very public example. There has been almost no news coverage. Usually, when a doctor gets booted from a hospital, the press is all over the story. People love to read about the comeuppance of a successful doctor. But not this time.

Apparently both BIDMC and the press are themselves

afraid—of backlash from the public, in the case of the hospital, or of the anger of a powerful political constituency, in the case of the press.

So what was Dr. Church's heinous, unmentionable crime?

He told the truth—discreetly, through internal hospital communications channels. A truth that many on the hospital staff agreed with—silently.

He protested the hospital's pressuring its staff to support Gay Pride events. Uniformed members of BIDMC staff are pictured marching in the Gay Pride parade, along with people promoting sado-masochism, or displaying gear for bondage and domination, or showing children as sex objects.

Dr. Church stated that such hospital policy contradicted its mission to protect the public welfare and to promote healthy, moral choices. He challenged the hospital to be honest about the unhealthy consequences of homosexual behavior, and "respectful of the diversity of religious and moral views regarding homosexuality." His quotation of a few verses from the Bible might have ultimately been the unforgivable sin.

Unquestionably, men having sex with men, an activity that even has its own acronym now (MSM), have a much higher incidence of sexually transmitted diseases. Though AIDS is not the automatic death sentence it once was, infected individuals face a lifetime of costly, toxic drug treatment. The CDC recently reported that homosexual men, lesbians, and bisexuals experience a much higher rate of sexual assault, including rape, by an intimate partner. Transgenders, vociferously insisting that they be considered normal, are simultaneously demanding insurance coverage for costly treatments, including lifelong hormone therapy.

Can your physician, without fear for his career, tell you the truth about the risks of your behavior? Only if it involves smoking or drug use or something other than sex. Doctors are supposed to affirm the notion that the only problems facing LGBT patients are caused by societal disapproval. This gag on physicians must be enforced by totalitarian methods

because reality is so hard to deny.

And if your physician lies to you about one thing, can you trust him to tell the truth about anything?

About the author:

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 Instructor 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. Since 1988, she has been chairman of the Public Health Committee of

the Pima County (Arizona) Medical Society. She is the author of YOUR Doctor Is Not In: Healthy Skepticism about National Healthcare, and the second through fourth editions of Sapira's Art and Science of Bedside Diagnosis, published by Lippincott, Williams & Wilkins. She authored books for schoolchildren, and Professor Klugimkopf's Spelling Method, published by Robinson Books, and coauthored two novels published as Kindle Professor Klugimkopf's Old-Fashioned English Grammar 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.

California is Sinking

By Lois M. Shade
Former Mayor of Glendora

Remember years ago when we talked about the western half of California falling off into the ocean and the East San Gabriel Valley becoming ocean front property? Might not be so far from the truth.

U.S. Geologic Survey has recently reported land subsidence in California with particular concern about our Central Valley farm area. Land subsidence is defined as:

"... a gradual settling or sudden sinking of the Earth's surface owing to subsurface movement of earth materials. The principal causes are aquifer-system compaction ... " or over pumping of ground water exacerbated by the current drought. Sinking of the earth is occurring anywhere from 9 inches to a foot year in the San Joaquin Valley with serious concerns over sinking in western Sacramento Valley.

State Department of Water Resources reports since spring of 2008, ground water levels are at all-time lows and has issued a report to document and project future subsidence with some areas rated at high risk. Major concern: As the ground sinks there is and will be damage to infrastructure like the canals, roads, river banks and even private property that could end up costing billions of dollars to repair.

California Department of Food & Agriculture confirms the farmers are more and more

reliant on groundwater as they drill more and deeper wells admitting some of those areas are in severe overdraft. Surface water shortages will reach nearly 8.7 million acre-feet forcing an estimated pumping of additional 6 million acre-feet and still leaving a shortfall. Water shortages have forced 542,000 acres to lay idle.

In 2015, California's agricultural economy will lose about \$1.84 billion and 10,100 jobs with the Central Valley being hit the hardest. CDFA website has an interactive piece showing NASA satellite images contrasting the Sierra Nevada snowpack levels in March 2010 and 2015. Dramatic and affecting water availability.

We know from information provided from various sources, 80% of the California water available goes to agricultural use so we have a relatively inexpensive food supply. USDA reports California's 76,400 farms and ranches provide 1/3 of the nation's vegetables and 2/3 of the fruits and nuts.

- California ranks #1 in fruit production (grapes, strawberries, peaches, nectarines, avocados, raspberries, kiwifruit, olives, dates, and figs).

- California's tree nut production is the Nation's largest, supplying virtually all U.S. almonds, walnuts, and pistachios.

- California produces over 90% of U.S. lemons and more

than 50% of U.S. tangerines.

- Vegetable production occurs throughout the U.S. with the largest acreage in California, accounting for 47% of the harvested area in 2014. During this period, California's share of total U.S. production for fresh-market and processed vegetables accounted for 60% and 73%, respectively. Top commodities produced in the State in 2014 in terms of volume were broccoli, carrots, celery, lettuce, and tomatoes.

- California is also the Nation's largest producer of melons, accounting for about one-third of annual U.S. volume.

Without California agriculture, what would we eat, at what cost and consider the impact on the state budget.

In 2014, Governor Brown requested a \$7.12 billion bond proposal be placed on the ballot, ultimately passed by the voters, and supplemented with an additional \$425 million from previous unused bond money to become known as Prop. 1. Among provisions were \$2.7 billion for water storage projects, \$810 million for competitive grants and loans for storage projects, and \$325 million for flood management projects. With the rainy season coming in hard and fast, I certainly hope the Governor and legislature are creating those water reserves we need and would like to depend on in the future.

How About Those New Year's Resolutions?

I hope everybody had a great Christmas and New Year's. I know many of us guys made a number of New Year's resolutions. I'm sure that some of you are still working on it and others have already failed. In the future, you need to make New Year's resolutions that you know you can keep. Here's a couple of quick examples. If you don't drink at all, you make a New Year's resolution not to drink. If you are a non-smoker, make a resolution not to smoke. I'm sure you get the idea.

Many of us have tried to make resolutions that would help us not to mess up in the future. Some more examples: being polite and kind to others and don't try to offend anyone. So for you guys that drink too much beer, and eat some of that food that gives you a lot of gas, and you're watching TV with the old lady where you flat forget, and you let one go. You better have a plan. If you're the type of person that would excuse yourself after such an event, which would be good, this will help. However, some of us will take the easy way out and look at the old lady and you would respond, "That was the dog". Now, that could work if you have a dog. If you don't have a dog, You better get one.

Some of you idiots out there made resolutions to help more



George Ogden
That's just the way it is!

around the house. Let me tell you, this does not work. All it does is get you in trouble. She will start making more and more demands. Example: take out the trash, help with the dishes, and here is a big one, change the toilet paper roll. Now there's a way around that toilet paper gig, in the middle of using that roll, tear off a few individual sheets and hide them in the cabinet. As you should know, the protocol is to have the person that uses the last sheet of toilet paper to change that roll. Now, you realize you just came to that last sheet, but you didn't stop in time and it came off that little cardboard roll. Now this is where those single sheets come in handy. Go get one and simply drape it over the cardboard roll. There you go, you're done.

Now if you really start doing a lot of work, you are in danger of having her expect that you will start mowing the lawn and

taking the trash to the curb. Now if that happens, that's your fault.

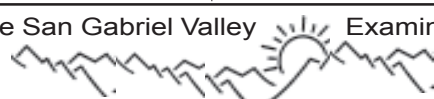
When the wife leaves for an extended visit someplace and is gone for a few days, she always demands that you wash the dishes. Yeah, yeah, right. Well she's gone for the whole weekend and it's party time. Now, before you know it, she's on her way home and you got a kitchen sink full of dishes. You have a number of options, this is where that dog comes in handy. Place all the plates and the bowls on the floor and I will guarantee that that dog will lick them clean. When he's done, simply put them away in the cabinet. If you don't have a dog, just simply put the dirty dishes away in the cabinet. Hopefully the wife won't catch this.

Give the old lady complements, this should keep you out of trouble. But watch how you phrase things. Don't say stuff like, I didn't know your butt was that big, but it sure looks nice. Or, you don't look all that fat today, are you finally on a diet? Although your intentions might have been good, you will soon realize you are in a lot of trouble.

So with all these New Year's resolutions that you made, sometimes they just don't really work out.

"That's Just the Way It Is?"

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The Fed Takes The Wheel

For the first time in five years, the Fed is poised to have a bigger impact on the economy. In the first half of 2016 the economy may pretty much do what it was doing before the Fed started to tighten. However, the cumulative weight of several increases, probably in the second half of the year, will force the Fed to decide how aggressive they can remain. Now that the Fed has hiked, it's time to do what Yellen has implored us to do for the past year: Stop obsessing about liftoff and accept the modest path of rate increases.

When does an extraordinary policy end? The obvious answer is when policy makers end it.

Extraordinary also ends, however, when it lingers long enough to become ordinary. After seven years, there is nothing extraordinary about interest rates as low as they are now. When 30-yr fixed mortgage rates first fell below 4%, in 2012, it was shocking. Now, mortgage lending dries up whenever they rise above 4%.

Whether it stays that way depends on how the economy and inflation play out. If the economy produces significant job and income growth, lifting inflation with it, people should have no trouble adjusting to higher rates (which will seem inevitable and normal). If not, the Fed will never raise rates to 3.5% in this cycle.

THE GROWTH OUTLOOK

CONSUMER SPENDING is fading again as 2015 draws to a close. In fact, it slowed pretty consistently through the second half of the year. Nominal spending is falling a lot faster than real spending thanks to lower gas prices. But the fact that real spending growth is falling at all means consumers are saving most of the gas price windfall. If it sounds familiar, it's because consumers did the same thing last year. But the saving rate fell last summer before rising again, suggesting increasing comfort with spending before this latest bout of thriftiness.

Economists still don't agree on why consumers are thrifty, but the ACA-induced healthcare revolution remains a compelling candidate, meaning spending may remain sluggish until mid-2016, just as it did this year.

BUSINESS INVESTMENT, on the other hand, appears to be perking up. This is in part

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

because the shrinking mining sector now has such a small share of capital spending, it can tumble at a double-digit pace with minimal impact.

HOUSING INVESTMENT is solid, contributing a few tenths to GDP every quarter, but not much more than that. Housing should remain solid in 2016, but may fade in 2017 if the Fed is as aggressive in their approach to monetary policy as Wall Street anticipates.

GOVERNMENT SPENDING will contribute about 0.5% to growth in 2016, a significant boost following a period of strict budget discipline which made government a perennial drag on growth after 2009. The recent omnibus spending compromise looks like an election year one-off, as deficit math screams for something-tax increases or entitlement reform, before deficit math blows out the budget gap before the end of the decade. Hilary Clinton is already campaigning on a promise of tax increases. Still, there are at least three fiscal quarters left to enjoy the contributions of other people spending your money.

That leaves foreign trade as perhaps the biggest potential negative factor. As Yellen has pointed out, the dollar is a factor here, but so too is foreign demand. Both will have a significant effect on inflation in 2016 and 2017.

Wall Street expects the dollar to appreciate, while overseas demand for US-made goods remains weak. On balance, that means a drag on growth, but it could be a smaller drag than in 2015.

INFLATION

In 2015, developments outside the US had a far bigger impact on inflation than domestic developments.

The same is likely to be true in 2016 and '17 as well, though what happens here will affect what happens there, too. In other words, Fed policy will affect US inflation, but may

have a bigger impact because of what it does indirectly, by influencing events in China and Europe, than it does directly by affecting the US.

Inflation is low because global demand-consumption and investment-is weak and commodity production is still too strong. The sequence of events leading to this follows a familiar boom-bust arc.

At the moment, inflation is tame with the exception of West Coast rents. If the Bureau of Labor Statistics is correct, and rents are a good proxy for home ownership costs, then those rapidly rising rents are a true sign of inflation. If not, they are a head fake encouraging the Fed to battle phantom inflation.

Either way, inflation is really low going into 2016, with the core PCE deflator running at only 1.3% and trending lower. Inflation expectations are falling, too. Headline inflation won't be as low next year as it was this year. Gas prices aren't falling as fast, and no one expects it to be lower.

Now, with oil plumbing the depths again, even brief attainment of the Fed's inflation goal is unlikely.

Meanwhile, under the hood, core inflation is creeping lower, because low commodity prices affect the production cost of everything, even services. Fuel, food, furniture, phones, computers etc. all get cheaper when inputs get cheaper, and these things are the primary inputs at service firms.

The Fed's argument for higher inflation is primarily a faith-based belief the economy has not changed much since the 1960s. Wall Street is confident they will be wrong, as they expect the emerging market recession has just begun and because the Fed is tightening despite already very slow credit growth. You think businesses have very little pricing power now? Just wait until financing costs rise!

Bottom Line: The economy is in relatively good shape despite slow manufacturing growth and a mining recession. How it unfolds next depends on how the Fed handles this tightening round. The Fed hopes to be able to raise rates gradually to 3.5% in three years. The market anticipates up to 125-150bp in 18 months. Perhaps somewhere in the middle may be possible provided a new recession doesn't interrupt plans for increasing rates. Time will tell!

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

Financial - Ask Julia

How are annuities taxed?

With qualified annuities (funded with money you have not paid taxes on yet), withdrawals are fully taxed as ordinary income. With non-qualified annuities (funded with money that you already paid taxes on), only the earnings are taxed upon withdrawal. Avoid the possibility of a 10% federal income tax penalty by waiting until you're at least 59 1/2 years old before making withdrawals. Be aware of surrender fees. If you have several sources of income that fulfill your current cash-flow needs, consider delaying withdrawals that increase your income and possibly result in having to pay more taxes.

How can you use life insurance to reduce taxes and as part of a retirement plan?

Some life insurance policies can potentially build up a cash account. You can arrange with the insurance company to get a monthly loan based on the collateral in that investment policy. Since this investment incorporates life insurance, if you choose to not repay the loan in your lifetime, the loan can be paid off with the proceeds from the death benefit. Loans are not taxed. Death benefit proceeds from a life insurance policy are not taxed.

I get statements in the mail from several old 401k's I've had with several different employers over the years. Is there a way to combine these so my life



Julia Yoder

is a little simpler?

Yes! Gather all your most recent statements. Then contact your financial guy, or gal, or me. Be prepared to talk about what you have, what your goals are for that money, and what choices are available for you and your money to best fulfill those goals.

How can we get monthly mortgage insurance removed from our loan?

For FHA loans, the percentage of loan-to-equity must also reach 78%. VA loans are similar. For conventional Fannie Mae or Freddie Mac loans, once you have a history of on-time payments, and your equity is 20% (22% - 23% in some cases) of the original purchase price, ask your lender to cancel the mortgage insurance. Although the lender is required by law to do so, they may insist on an appraisal to determine the current value of your home. This will usually cost you \$350

or more, depending on the size of your home. They may also require you to use "their" appraiser, but relax; to protect the consumer, lenders are required to use independent companies.

How long will it take to double my money?

The Rule of 72 is a mathematical rule used to estimate approximately how many years it'll take an investment to double at a specific percentage rate of return. It's just division. Take 72 and divide it by the rate. Your answer is how many years it'll take to double your money. For example, at 3-percent, it'll take your investment dollars 24 years to double. (72 divided by 3 equals 24) If your money is earning 6-percent, it'll take 12 years to double. (72 divided by 6 equals 12)

Got a question? Ask Julia by email:

Email questions and comments to:
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. Informative websites: www.WiseInvestorsNetwork.com, www.CalStarBenefits/28485 CA Insurance 0C83859/Realtor 01238153/NMLS 248681/Member: Nat'l. Ethics Association.



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morill - Certified Automotive Specialists

Driving In All Kinds Of Weather

El Nino is coming and promises to bring all kinds of interesting weather to us! Here is a little checklist of things to do when driving in unusual weather ... at home or elsewhere!

Driving In The Rain

- Turn your headlights on - many states require it.
- Remember that oil on the pavement can make driving conditions slick.
- Should you hydroplane, keep the steering wheel straight but remove your foot from the gas.
- It takes longer to stop on

wet roads so adjust your speed accordingly.

- Don't drive closely behind large vehicles as their spray can reduce your visibility.
- Make sure your wiper blades are working properly.
- Make sure your tires have proper tread.
- Drive carefully through puddles, they may be hiding a pothole.
- If your windows fog use the defroster.
- If you are in a thunderstorm and you need to pull over, do not park under trees.
- Look out for downed branches and power lines.

Driving In Flood-Like Conditions

- Driving through moving water could cause your vehicle to be swept away.
- It only takes two feet of water to carry a car away.
- If your carpets get wet do not turn on the ignition as it can damage your vehicle. Have your car care provider check it out first!
- Even a small amount of water can damage your braking system.
- If you are driving through deep water and your vehicle stalls...do not attempt to restart it because it could result in engine damage.

Driving In Fog

- Reduce your speed
- Use low beam headlights
- Use your defroster
- Use your wipers
- Poor visibility limits your vision when it comes to other vehicles, pedestrians, and

animals...proceed with caution.

Driving In Ice

- Bridges and overpasses freeze first
- Reduce speed
- Easy on the brakes
- Keep a safe distance between your vehicle and others on the road
- If you skid, turn your steering wheel into the skid, ease off the accelerator and do not slam on the brakes.
- If you encounter black ice ease up on the gas rather than applying the brakes

Driving In Snow

- Make sure your windows are clean and that accumulated snow is removed from the hood and top of the vehicle.
- Drive slowly and allow ample stopping distance so you don't collide with a vehicle ahead of you.
- Do not slam on brakes...ease off gas gently and then lightly apply brakes.
- If your area allows and it is necessary use chains and snow tires.

Driving With a False Sense of Security

Those who drive SUV's and trucks and other four-wheel drive vehicles sometimes have a false sense of security. Slick highways put all vehicles on an equal footing so proceeding with caution is recommended.

Please call us with any questions at 626-963-0814 or visit our website at www.CertifiedAutoCA.com.

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Irwindale Chamber's "Havana Nights" Annual Dinner and Awards Gala

IRWINDALE - The Chamber's Installation and Awards Dinner will be held Friday, **January 29**. The theme for this year's event is "Havana Nights" with all the music and colorful ambiance to match. This event is to install the 2016 Chamber Officers and Directors, recognize the Joe DiShanni Business of the Year, Business Person of the Year, Employee of the Year, Ambassador of the Year and Citizen of the Year recipients. We are pleased to announce that the event will be held at the Embassy Suites in Arcadia. This very beautiful venue will feature a fabulous menu and great atmosphere for a fun and festive event. Present-

ing Sponsor is Vulcan Materials Company.

Once again following the program and silent auction, there will be Cuban and a wide variety of music available until 11:30 p.m. The Embassy Suites will pull out the dance floor for those that want to salsa, rumba, mambo, cha cha, merengue or conga. Please plan to join us for a wonderful evening.

Sponsorship opportunities are available. Contact the Chamber office at (626) 960-6606 for more information or to register. You can also register now as an attendee or sponsor at www.register.irwindalechamber.org. The event sells out every year so register early.



To Advertise In The San Gabriel Valley Examiner

CALL 626-852-3374



Around the Valley & Senior News

AZUSA

TOPS Meeting

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

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

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

Volunteer Drivers Needed

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

ARCADIA

Bingo And Lunch For Seniors

Arcadia Senior Services is having its biannual BINGO event on Friday, **January 15** at 10:00am. It will take place at the Arcadia Community Center, 365 Campus Drive. The cost for the event is \$10.00 and includes a 10-pack of game cards and a delicious catered lunch. The BINGO equipment is professional and if you are one of the lucky winners, you will receive a gift card. The last

BINGO game, "Black Out" is a \$50.00 gift card. Tickets are currently on sale now; and can be purchased at the Arcadia Community Center; **last day to purchase is January 7**. Tables of 7 can be purchased so you may sit with your friends. Daubers are available for \$1.00. This event is for individuals age 50 and over. For additional information please call Arcadia Senior Services 626. 574.5130.

Arcadia Senior Card Club Looking For New Members

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

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

COVINA

Blood Pressure Checks

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

Class Instructors Wanted

The City of Covina Parks & Recreation Department is looking for Class Instructors. Do you have a special talent or skill that you would like to share with your community? Why not teach a class? We are looking for certified or trained instruc-

tors to help enrich our class program. Can you teach a foreign language, musical instrument, preschool academics, vocal, health and wellness, or dance? Submit an instructor proposal today!

For more information, call (626) 384-5340.

Scrapbooking Club

The City of Covina Parks & Recreation Department - Senior Services Division is excited about the Scrapbooking Club for adults age 50+. The meetings will be held on Wednesdays from 9 a.m.-12 p.m., at the Covina Joslyn Center, 815 N. Barranca Avenue.

For more information, call (626) 384-5380.

Bridge

The City of Covina Parks & Recreation Department - Senior Services Division invites seniors for a friendly game of Bridge. Games will take place at Joslyn Center, 815 N. Barranca Avenue at 1:00 p.m. every Wednesday. A fee of \$1 will be required to participate.

For more information, call (626) 384-5380.

DUARTE

Youth Boxing Program

Youth Boxing is an excellent program to help boys and girls ages 8-17, develop their self-esteem and self-discipline. Our knowledgeable coaches are here to teach the fundamentals of boxing, while developing footwork, speed and upper body strength. The training program will also help children gain flexibility, stamina, and coordination.

The Duarte Teen Center Gym is open Monday through Thursday from 4:00 p.m. - 8:00 p.m. and Friday from 4:00 p.m. - 7:00 p.m. There is a \$10 monthly fee for each participant. Non-residents are welcome for \$20 per month. Register now at the Duarte Teen Center. Call (626) 303-0863 for more information or just stop by to see if you are interested.

Hot Lunches at Senior Center

The Senior Center serves hot lunches Monday through Friday to individuals over 60 years, or the spouse of someone over age 60, and must check in by 11:45 a.m. for lunch. Reservations are requested by calling 357-3513, 24 hours in advance, and 48 hours, in advance, for a choice day. The suggested donation is \$2. The Duarte Senior Center is located at 1610 Huntington Drive.

Meals on Wheels

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

Commodity Supplemental Food Program

The Commodity Supplemental Food Program sponsored by the Los Angeles Regional Food Bank provides food to low-income elderly, 60 years and

older. Please bring a picture identification and proof of income: Social Security, SSI or pension (bank statement, check stub, benefit award letter.) Every 4th Thursday of every month from 2:00 p.m. - 3:00 p.m. For more information call the Senior Center at (626) 357-3513.

Alzheimer's Safe Return Registration

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

GLENDORA

Cars 4 the Community

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

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

LA Regional Food Bank Distribution Program

The La Fetra Center and the Los Angeles Regional Food Bank invites SENIORS (Ages 60+) to participate in the Commodity Supplemental Food Program. Current Food Bank participants can receive a FREE food kit once per month which contains items such as canned meats, canned fruits and vegetables, dry milk, cereals, and related products.

Participants must meet the following income guidelines to be eligible: one person household income must not exceed \$1,211 per month and a two person household income must not exceed \$1,640 per month. You must provide income verification and a photo ID with birthdate at your first visit. The La Fetra Center distribution takes place on the **Fourth Tuesday of Every Month** from 1:00 p.m.3:00 p.m. For additional information, please call the Center at (626) 914-8235.

Glendora Adult Basketball Program

Southland Sports Association is offering adult basketball leagues in Glendora. Participants must be 18 years of age or older. Sunday leagues begin Sunday January, 17, 2016.

Registration will be accepted, Monday, January 11, 2016 through Friday, January 15, 2016.

For more information, please contact Frank Ortiz, Adult Sports Coordinator, at (818) 425-9789 or go to the City of Glendora website at www.ci.glendora.ca.us.

Alzheimer's Peer Support Group

Caring for a loved one with Alzheimer's can be frustrating, challenging, and sometimes distressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the **2nd Thursday of each month** from 6:30-9:30 pm at Glenkirk Church, 1700 Palopinto Ave., Glendora, in Room #11. We caregivers look forward to lifting each other up as we journey through this season of life. For more info, visit glenkirkchurch.org or call Glenkirk's church office at (626) 914-4833.

Glendora After Stroke Center

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

MONROVIA

Senior Movies & Munchies

The Department of Community Services invites you to attend the FREE Movies and Munchies program open to all active adults and seniors 50 years and older. Enjoy an afternoon movie and then browse the Library's collection of movies available for rent. For additional information and future movie titles, please contact (626) 256-8246. Movies & Munchies is at the Library Community Room, 321 South Myrtle Avenue on the **Last Friday of the month** at 12:00 p.m.

Caring Crafters

If you have an interest in knitting, crocheting and hand work or would like to learn, join us at the Monrovia Community Center **every Wednesday**. The Friendly Crafters is a social group that meets every Wednesday from 12:00 p.m. to 3:00 p.m. and is designed to foster friendships and provide social opportunities while crocheting and knitting. The group always welcomes new participants to teach and share new ideas! This free program is offered to all Seniors and Active Adults! Crafters meet every Wednesday from 12:00 p.m. - 3:00 p.m. at the Monrovia Community Center.

Senior Stretch & Exercise Class

Stretching is essential for our bodies. The Department of Community Services invites seniors to join our weekly senior stretching and exercise class. The class includes stretching techniques geared toward seniors over 50, though the class is great for anyone in need of a good routine. Move-

ment increases range of motion, relaxation, and decreases risk of injury. Participants should wear comfortable clothing and shoes. Bring a towel and bottled water. For additional information, please contact the Department of Community Services at (626) 256-8246.

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

WEST COVINA

Go West Shuttle Service

The Go West Shuttle service consists of three alignments (Red, Blue, and Green) that serve destinations throughout the city including Plaza West Covina, Eastland Shopping Center, Heights Shopping Center, West Covina Civic Center, West Covina Senior Center, Cameron Community Center, and many more.

- For questions on the location of shuttle stops, assistance in locating the stop closest to you, and route schedules please call (800) 425-5777.

- The fixed-route service operates Monday through Friday from 6:30 a.m. to 7:00 p.m.

- The fare is only \$1.00 each way.

- No Service on Thanksgiving, Day after Thanksgiving, Christmas Eve, Christmas Day, New Year's Day, President's Day, Labor Day, Memorial Day, and Independence Day.

Senior Lunch

The West Covina Senior Center is an award-winning lunch program that provides a **daily lunch service** for seniors, Monday through Friday at 11:30 a.m. The lunch program is funded in part by the Los Angeles County Area Agency on Aging.

There is a suggested lunch donation of \$2.00 for those 60 years and older. Persons younger than 60 years old pay \$4.00, and persons with disabilities younger than 60 years pay \$3.00. West Covina Senior Citizens Center is at 2501 East Cortez Street.

Senior Center Dances

Come on over to West Covina Senior Center and meet other single and amazing couples. The fun awaits you every first and fourth Thursday of each month. Dance to the Big Band Sounds of Sentimental Journey at West Covina Senior Center, 7:30 to 10:00pm, 1st and 4th Thursday of each month. 2501 E. Cortez St.

Programs for Young Adults/Teens

Each month, the Library offers events for young adults/teens (ages 12-18), including video gaming, board and card games, movies, and art projects.

In addition to these events, the Teen Advisory Board meets **every first Thursday** at 4:00 p.m. This group is open to anyone aged 12-18 who is interested in giving input on library services and materials, including coming up with new programs for teens. This is a great way to get those community service hours while having fun - and eating snacks!

For additional information, please contact Ernest Romero, Teen Services Librarian, at (626) 962-3541.

Notice To Veterans

American Legion Post 790 is in the process reaching out to all active and former Post 790 members to update our records with current email, phone numbers and home addresses. We have great activities coming up and want to find out if you're interested in becoming an active member again so you can participate in the festivities.

Library Events at a Glance

GLENDORA - Glendora Public Library has something for everyone! Attend one of these events, proudly presented by the Glendora Public Library and GPL Friends Foundation.

Super 8-Day Sale

January 7 - 16 / Main Floor
Come to the library and browse the sale tables on the main floor for bargains on humor, animal books, plus a surprise category.

Bookmark Contest

January 19 - February 27
All students in grades K-12 who attend school or live in Glendora are welcome to participate in the contest. This year's theme is Sports and

Games: *Read for the Win!*

Blind Date with a Book

January 19 - February 13 / Main Floor
Can't decide what to read next? Let fate (and the Glendora Public Library) make the decision for you. Take a chance and try going on a 'Blind Date with a Book'!

Glendora Historical Society: The Saint Francis Dam Disaster March 12, 1928

January 25, 7 - 9 pm / Bidwell Forum

Learn about the construction of the Los Angeles Aqueduct and the Saint Francis Dam, how and why it collapsed and the aftermath of the event.

How to Tell Your Story

WEST COVINA - On January 9 at 2:00PM, West Covina Library will feature "How to Tell Your Story." This workshop, presented by photojournalist Harris Gaffin, focuses on helping participants tell a story in an engaging one-two minute speech. Whether you want to improve your business pitch, make yourself an appealing candidate, or make yourself a more interesting conversationalist, this workshop will teach you

how to draft and hone your story for today's sound bite audience. As always, West Covina Library's programs are free! West Covina Library, part of the County of Los Angeles Public Library, is located at 1601 West Covina Parkway in West Covina. For more information about the library and its programs, please call (626) 962-3541 or visit the County Library Website at www.colapublib.org.

Try a 'Blind Date with a Book'

GLENDORA - Can't decide what to read next? Do you follow the bestseller lists for guidance? Or just keep up with what your friends are reading? Take a chance and try going out on a 'Blind Date with a Book'!

January 19th through February 13th, your Glendora Public Library will have a selection of mysterious, but possibly intriguing, beguiling, maybe even thought-provoking books waiting for you to 'pick up.' Coyle

wrapped in newspaper to disguise their covers, they are ready for you to 'check out.' Will it be fiction or non-fiction? Funny, informative, true-crime or a mystery?

So put on some soft music, light a candle, and experience your best blind date ever! Expand your horizons! Step out of your comfort zone! Try something unfamiliar and off your beaten path. You may be pleas-

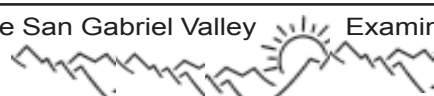
antly surprised - and you can even 'rate your date' with none of the usual awkwardness. For each rating you turn in, we will enter your name into a drawing for a prize!

The Glendora Public Library is located at 140 South Glendora Avenue, Glendora. For more information, call the Glendora Library at (626) 852-4891 or check our website at www.glendoralibrary.org

Kid's Night Out

ARCADIA - Join us at the Arcadia Community Center, 365 Huntington Drive, Arcadia, for some frozen fun. Kid's Night Out, on Friday, **January 8th**, provides kids a night of fun and play so mom and dad can enjoy an evening out or a quiet evening at home. The Arcadia Recreation Staff and Volunteers offer dinner, themed games, supervision and a movie for children ages 4 and above. All activities will be geared toward elementary school children;

anyone younger must be potty trained. Accommodations cannot be made for special dietary needs. The cost is \$15.00 per child and also includes snacks and beverages. Pre-registration is mandatory. Registration for Kid's Night Out can be done online at ArcadiaCA.gov by fax, 626.821.4370 or by coming into the Recreation Office, 375 Campus Drive, Arcadia. For more information please call 626.574.5113!



Slauson Middle School Students Construct Domes, Launch Gliders during STEM Competition

Students Team with Engineers, College Students during Viva Technology Day

AZUSA - More than 100 students from Azusa Unified's Slauson Middle School constructed multi-colored geodesic domes and launched hand-made gliders across Memorial Park Gym on Dec. 4 during a series of science, technology, engineering and math (STEM) competitions.

Great Minds in STEM Viva Technology Day paired seventh-graders in STEM and Advancement Via Individual Determination (AVID) programs with engineers from Northrop Grumman, the event's sponsor, and with college students majoring in STEM subjects. Students and mentors worked together to develop winning products.

"This incredible competition helped spark excitement among our students for STEM subjects, which in turn will help prepare them for their college journeys and challenges of today's technology-driven careers," Superintendent Dr. Linda Kaminski said.

Teams built geodesic domes from multi-colored straws, tape and platforms in the middle to see whose structure would sustain the most weight. They crafted gliders with wooden-stick bodies, Styrofoam-plate wings and rubber weights at their noses to see whose would soar the farthest.

The day's final challenge pushed teams to devise solutions to potential problems in the year 3000, drawing on assigned STEM fields, such as astrophysics, forensics and electrical engineering, to develop a prototype. Each team gave a 30-second presentation on its invention.

"This was an exciting opportunity for our students to apply their STEM knowledge to solve different challenges," Slauson Principal Linda McNary said. "They were also able to learn from and interact with college students and professionals in



Slauson Middle School seventh-graders collaborate to attach a weight holder in the center of a newly created geodesic dome during Great Minds in STEM Viva Technology Day at Memorial Park Gym in Azusa.



Slauson Middle School students work together to build a glider that can be launched the furthest across Azusa's Memorial Park Gym during a competitive activity at the Great Minds in STEM Viva Technology Day.

STEM fields, which will broaden their perspectives on the different paths they can embark on in their future."

Between the activities, college students and engineers talked to students about their career and college experiences. Slauson alumnus Sylvia Block, an engineer at Northrop Grumman, encouraged students to pursue their dreams.

"I went from dissecting guinea pigs in the seventh grade at Slauson to testing satellites and watching rockets launch as a professional," Block said. "It was a difficult journey to get through my studies and build my career, but if it's your

dream, you can do it."

Teams earned Viva Dollars by winning challenges and exhibiting good behavior; the dollars became entries for a drawing to win iPod shuffles, drones and construction kits for remote control spider robots.

"Connecting with our community and local organizations helps us to provide a wide range of academic experiences for our students," Board of Education President Yolanda Rodriguez-Peña said. "It is so exciting to see the projects they're involved with and inspire them to continue studying within these in-demand career fields."

Staying Fit After 50 - In The New Year And Beyond

Two years ago, 66-year-old Barbara Scott weighed 208 pounds and wasn't happy with not only her appearance but her health. After giving up on other weight loss methods, Scott decided to customize her approach.

First, she began tracking her caloric intake every day; then, she layered on a fitness plan. She enrolled in the nation's leading fitness program designed for older Americans and started a five-day-a-week exercise regimen.

"I've lost 65 pounds and dramatically improved my overall health, well-being and quality of life," said Scott. "I truly believe I've added years to my life expectancy and I look forward to exercising until my 90s!"

If losing weight or simply getting more active is something you've been thinking about, the New Year is a great opportunity to start anew. To avoid resolution pitfalls and find long-term success like Scott, put a plan in place following the guide below.

1. Be Honest and Realistic. If you want to ensure lasting change, you must first assess your current fitness level and then implement reasonable goals to guide you on your way.

2. Be You. Whether a yogi, marathon runner or someone stepping into the gym for the first time, start with a fitness

routine that works for you. SilverSneakers offers many different fitness options that help older Americans stay active and live their best life.

3. Find the Fun. Choosing activities that capture your attention is the fuel to keep you motivated. SilverSneakers' varied offerings allow you to tailor the program to your interests, whether that be a group fitness class, tennis, yoga or weight training.

4. Stick With It. You will inevitably hit bumps in the road when starting a new routine, but be persistent! Seek new friendships on your path to well-being—peers that will celebrate your successes and provide encouragement when you need it most.

"SilverSneakers Fitness has

changed thousands of lives by engaging participants in physical activity, as well as creating more social connections and friendships," says Joy Powell, Chief Operating Officer Network Solutions, Healthways. "Members like Barbara Scott are the perfect example of how the program helps members maintain their lifestyle and realize overall well-being during retirement years."

More than 12 million people are eligible for the SilverSneakers Fitness benefit at no cost through leading Medicare Advantage health plans, Medicare Supplement carriers and group retiree plans. To see if you are eligible or to find a class nearby, visit www.SilverSneakers.com. (NAPSI)

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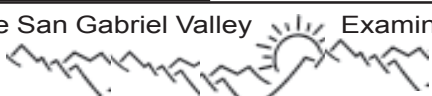
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NOTICES TO THE PUBLIC - ORGANIZATION



PUBLIC NOTICE CITY OF GLENODORA NOTICE OF AVAILABILITY OF COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG) FUNDS FOR FISCAL YEAR (FY) 2016/2017

NOTICE IS HEREBY GIVEN that the City of Glendora is currently accepting applications for eligible CDBG funded projects or services for the next Fiscal Year, July 1, 2016 through June 30, 2017.

PROPOSAL: The primary objective of the Federal Housing and Urban Development Department's (HUD) CDBG program is "the development of viable urban communities by providing decent housing, a suitable environment and expanding economic opportunities principally for persons of low- and moderate-income."

The City is requesting proposals from interested, tax-exempt California non-profit organizations and City Departments that provide eligible CDBG services and/or projects benefiting residents. All eligible applications will be reviewed by the Planning Department and forwarded by recommendation to the City Council.

The City Council will hold a public hearing at a later date in March 2016 to review the recommendations and make the final award determinations.

Those interested must complete an application package. Applications are available on the City's Website www.cityofglendora.org or at the City of Glendora, Planning Department, 116 East Foothill Boulevard Glendora, California 91741.

Applications will be accepted from December 21, 2015 until 4:00 P.M. on Monday, January 19, 2016 at the City of Glendora offices. Applications may not be sent by facsimile and no extension of the deadline will be granted. Applications may be photocopied, but must be signed by the official authorized to act on behalf of the applicant.

Questions regarding this request for proposal should be directed to Donna Beesmer, with the City of Glendora at 116 East Foothill Boulevard, Glendora, California 91741, (626) 914-8278.

Kathleen R. Sessman, City Clerk Publish in the San Gabriel Valley Examiner on December 17, 2015 and January 7, 2016. #GL03

be false is guilty of a crime): Signed: PAMELA LOCKHART-AUSTIN, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 11/24/2015. This statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA110039.

a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA115554.

FICTITIOUS BUSINESS NAME STATEMENT 2015313403 The following person is doing business as: PARTS WEST, 14800 S MAPLE AVE, GARDENA, CA 90248. Mailing address if different: 14707 BELFLOWER BLVD, BELFLOWER, CA 90706. The full name of registrant is: KEVIN FELBER, 14707 BELFLOWER BLVD, BELFLOWER, CA 90706. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: KEVIN FELBER, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/10/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA115842.

FICTITIOUS BUSINESS NAME STATEMENT 201532057 The following persons are doing business as: DRESS SKIN ESSENCE SKINCARE, 22022 S AVALON BLVD, CARSON, CA 90745. Mailing address if different: N/A. The full name of registrant is: JOCELYN J SANDOVAL, 432 MAGNOLIA AVE, INGLEWOOD, CA 90301. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: JOCELYN J SANDOVAL, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 12-11-15. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/11/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA116059.

FICTITIOUS BUSINESS NAME STATEMENT 2015314369 The following persons are doing business as: TAQUERIA LOS PADILLA, 3437 FOOTHILL BLVD, LA CRESCENTA, CA 91210. Mailing address if different: 944 EAST GLEN DR, LA VERNE, CA 91750. The full name of registrant is: PADILLA VAQUEZ, 2057 E CHEVY CHASE DR, APT #2, GLENDALE, CA 91206. JUANA AORNELAS, 2057 E. CHEVY CHASE DR, APT #2, GLENDALE, CA 91206. This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: JOSE FRANCISCO PADILLA VAQUEZ, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/14/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA116644.

FICTITIOUS BUSINESS NAME STATEMENT 2015313495 The following person is doing business as: EIPROSA, DISTRIBUTOR, 2547W 12TH ST APT8, LOS ANGELES, CA 90006. Mailing address if different: N/A. The full name of registrant is: RUBIA LORENA AVILES, 2547 W 12TH ST APT 8, LOS ANGELES, CA 90006. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: RUBIA LORENA AVILES, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/15/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA116778.

FICTITIOUS BUSINESS NAME STATEMENT 2015313697 The following persons are doing business as: 1. NARGEZE, 2. NARGEES, 3. NARGESE, 4. NARGEZE, 16750 SHERMAN WAY # 121, VAN NUYS, CA 91406. Mailing address if different: N/A. The registrants are: NARGEZ GEORGVAN, 16750 SHERMAN WAY 121, VAN NUYS, CA 91406 (State of Incorporation/Organization: CA.) (SINCE GEORGVAN, PARTNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/15/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA116789.

FICTITIOUS BUSINESS NAME STATEMENT 20153134143 The following person is doing business as: DEGANI DESIGN, 328 MESA DRIVE, NEWBURGH PARK, CA 91320. Mailing address if different: N/A. The full name of registrant is: NINADEGANI, 328 MESA DRIVE, NEWBURGH PARK, CA 91320. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: NINA DEGANI, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/14/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA118126.

FICTITIOUS BUSINESS NAME STATEMENT 2015313606 The following person is doing business as: OPTIMUM DESIGN PROMOTIONS, 1701 E. CORTEZ ST, WEST COVINA, CA 91791. Mailing address if different: N/A. The full name of registrant is: OP, PRODUCTIONS, INC., 2418 MAIN ST STE 405, CARSON, CA 90746. This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: KEYCY STARK, PRESIDENT. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/17/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA118346.

FICTITIOUS BUSINESS NAME STATEMENT 2015313997 The following person is doing business as: OPTIMUM DESIGN PROMOTIONS, 1701 E. CORTEZ ST, WEST COVINA, CA 91791. Mailing address if different: N/A. The full name of registrant is: DIMENSION PUBLICITARIA INC, 1701 E. CORTEZ ST, WEST COVINA, CA 91791. This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: SERGIO IVO LOPEZ, PRESIDENT. The registrant commenced to transact business under the fictitious business name listed above on (date): 02/10/2016. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/17/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA118405.

FICTITIOUS BUSINESS NAME STATEMENT 2015313485 The following person is doing business as: KAMHAR JEWELRY, 625 HILL STREET, LOS ANGELES, CA 90014. Mailing address if different: N/A. The full name of registrants are: KAMHAR KALHOR, 625 HILL ST, STE #107, LOS ANGELES, CA 90014, KAMRAN KALHOR, 625 HILL ST, STE #107, LOS ANGELES, CA 90014, GOLNAR KALHOR, 625 HILL ST, STE #107, LOS ANGELES, CA 90014. This business is conducted by: GENERAL PARTNERSHIP. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: KAMHAR KALHOR, GENERAL PARTNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/16/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA114853.

FICTITIOUS BUSINESS NAME STATEMENT 2015313004 The following person is doing business as: Y&A JANITORIAL SERVICES, 42515 30TH STREET WEST, LANCASTER, CA 93536. Mailing address if different: N/A. The full name of registrants are: BRITNEY J. NEELEY, 415 BRIGHTVIEW DR, GLENODORA, CA 91741. This business is conducted by: MARRIED COUPLE. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: BRITNEY J. NEELEY, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/09/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA114853.

FICTITIOUS BUSINESS NAME STATEMENT 2015313004 The following person is doing business as: Y&A JANITORIAL SERVICES, 42515 30TH STREET WEST, LANCASTER, CA 93536. Mailing address if different: N/A. The full name of registrants are: BRITNEY J. NEELEY, 415 BRIGHTVIEW DR, GLENODORA, CA 91741. This business is conducted by: MARRIED COUPLE. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: BRITNEY J. NEELEY, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/11/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA114853.

CITY OF COVINA NOTICE OF PUBLIC HEARING URGENCY ORDINANCE

NOTICE IS HEREBY GIVEN that the City Council of the City of Covina will conduct a PUBLIC HEARING in the City Hall Council Chamber, 125 East College Street, Covina, on Tuesday, January 19, 2016 at 7:30 p.m., to consider the following:

A public hearing to consider extending a citywide moratorium on new used merchandise, second hand establishments and/or thrift stores or expansion of existing used merchandise, second hand establishments and/or thrift stores for a period of 10 months and 15 days, pursuant to California government Code Section 65858(b).

Pursuant to the California Environmental Quality Act (CEQA), the City has analyzed the proposed project and concluded that it will not have the potential for causing a significant effect on the environment. Therefore, it has been determined that the proposed action would be categorically exempt in accordance with Section 15332 of the CEQA Guidelines.

If you challenge the proposed action in court, you may be limited to raising only those issues that you or someone else raised at the PUBLIC HEARING described in this notice or in written correspondence delivered to the City Clerk or to the City Council at or prior to the PUBLIC HEARING.

Further information may be obtained from the City of Covina Community Development Department, Planning Division at (626) 384-5450.

Sharon F. Clark Chief Deputy City Clerk

NOTE: ACCESS TO THE CITY COUNCIL CHAMBER IS FROM THE NORTH SIDE OF THE MAIN CITY HALL BUILDING VIA THE COURTYARD.

Publish in the San Gabriel Valley Examiner on January 7, 2016. #CA01

This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA117714.

FICTITIOUS BUSINESS NAME STATEMENT 20153134163 The following person is doing business as: JADS, 24809 LOS ALTOS DR, VALLEJO, CA 94588. Mailing address if different: N/A. The full name of registrant is: WALEED MOUJAES, 24809 LOS ALTOS DR, VALENCIA, CA 91355. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: WALEED MOUJAES, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/14/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA117922.

FICTITIOUS BUSINESS NAME STATEMENT 2015313349 The following persons are doing business as: THE WALLS PLACE, 446 E. MISSION BLVD, POMONA, CA 91766. Mailing address if different: N/A. The full name of registrant is: CAM PHAM, 447 DEBORAH DR, POMONA, CA 91767 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: CAM PHAM, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/14/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA117532.

FICTITIOUS BUSINESS NAME STATEMENT 2015313654 The following person is doing business as: D SPOT SALON, 1031 E LAS TUNAS DR, #C, SAN GABRIEL, CA 91776. Mailing address if different: 1218 LAFAVETTE ST, SAN GABRIEL, CA 91776. The full name of registrant is: CAM PHAM, 1218 LAFAVETTE ST, SAN GABRIEL, CA 91776. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: CAM PHAM, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/15/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA117532.

FICTITIOUS BUSINESS NAME STATEMENT 2015313626 The following person is doing business as: STAR GLASS, 6729 SUVA ST, NEWBURGH PARK, CA 91320. Mailing address if different: N/A. The full name of registrant is: STAR GLASS WORKS, CORP., 6729 SUVA ST, BELL GARDENS, CA 90201 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: MORALES RAFAEL, PRESIDENT. The registrant commenced to transact business under the fictitious business name listed above on (date): 05/01/2016. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/15/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA117753.

FICTITIOUS BUSINESS NAME STATEMENT 2015313478 The following person is doing business as: HCI PLANT CARE CO., 944 EAST GLEN DR, LA VERNE, CA 91750. Mailing address if different: 5356 PARNERTON AVE, TEMPLE CITY, CA 91780. The full name of registrant is: STAR GLASS WORKS, CORP., 6729 SUVA ST, BELL GARDENS, CA 90201 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: ELIZABETH KUYPER, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/15/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA117763.

FICTITIOUS BUSINESS NAME STATEMENT 2015313626 The following person is doing business as: STAR GLASS, 6729 SUVA ST, NEWBURGH PARK, CA 91320. Mailing address if different: N/A. The full name of registrant is: STAR GLASS WORKS, CORP., 6729 SUVA ST, BELL GARDENS, CA 90201 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: MORALES RAFAEL, PRESIDENT. The registrant commenced to transact business under the fictitious business name listed above on (date): 05/01/2016. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/15/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA117763.

FICTITIOUS BUSINESS NAME STATEMENT 2015313626 The following person is doing business as: STAR GLASS, 6729 SUVA ST, NEWBURGH PARK, CA 91320. Mailing address if different: N/A. The full name of registrant is: STAR GLASS WORKS, CORP., 6729 SUVA ST, BELL GARDENS, CA 90201 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: MORALES RAFAEL, PRESIDENT. The registrant commenced to transact business under the fictitious business name listed above on (date): 05/01/2016. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/15/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA117763.

FICTITIOUS BUSINESS NAME STATEMENT 2015313626 The following person is doing business as: STAR GLASS, 6729 SUVA ST, NEWBURGH PARK, CA 91320. Mailing address if different: N/A. The full name of registrant is: STAR GLASS WORKS, CORP., 6729 SUVA ST, BELL GARDENS, CA 90201 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: MORALES RAFAEL, PRESIDENT. The registrant commenced to transact business under the fictitious business name listed above on (date): 05/01/2016. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/15/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA117763.

FICTITIOUS BUSINESS NAME STATEMENT 2015313626 The following person is doing business as: STAR GLASS, 6729 SUVA ST, NEWBURGH PARK, CA 91320. Mailing address if different: N/A. The full name of registrant is: STAR GLASS WORKS, CORP., 6729 SUVA ST, BELL GARDENS, CA 90201 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: MORALES RAFAEL, PRESIDENT. The registrant commenced to transact business under the fictitious business name listed above on (date): 05/01/2016. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/15/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA117763.

FICTITIOUS BUSINESS NAME STATEMENT 2015313626 The following person is doing business as: STAR GLASS, 6729 SUVA ST, NEWBURGH PARK, CA 91320. Mailing address if different: N/A. The full name of registrant is: STAR GLASS WORKS, CORP., 6729 SUVA ST, BELL GARDENS, CA 90201 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares that all information in this statement is true and correct is guilty of a crime.) Signed: MORALES RAFAEL, PRESIDENT. The registrant commenced to transact business under the fictitious business name listed above on (date): 05/01/2016. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/15/2015. NOTICE: This fictitious business name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA117763.

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CITY OF COVINA NOTICE OF PUBLIC HEARING URGENCY ORDINANCE

NOTICE IS HEREBY GIVEN that the City Council of the City of Covina will conduct a PUBLIC HEARING in the City Hall Council Chamber, 125 East College Street, Covina, on Tuesday, January 19, 2016 at 7:30 p.m., to consider the following:

A public hearing to consider extending a citywide moratorium on new used merchandise, second hand establishments and/or thrift stores or expansion of existing used merchandise, second hand establishments and/or thrift stores for a period of 10 months and 15 days, pursuant to California government Code Section 65858(b).

Pursuant to the California Environmental Quality Act (CEQA), the City has analyzed the proposed project and concluded that it will not have the potential for causing a significant effect on the environment. Therefore, it has been determined that the proposed action would be categorically exempt in accordance with Section 15332 of the CEQA Guidelines.

If you challenge the proposed action in court, you may be limited to raising only those issues that you or someone else raised at the PUBLIC HEARING described in this notice or in written correspondence delivered to the City Clerk or to the City Council at or prior to the PUBLIC HEARING.

Further information may be obtained from the City of Covina Community Development Department, Planning Division at (626) 384-5450.

Sharon F. Clark Chief Deputy City Clerk

NOTE: ACCESS TO THE CITY COUNCIL CHAMBER IS FROM THE NORTH SIDE OF THE MAIN CITY HALL BUILDING VIA THE COURTYARD.

Publish in the San Gabriel Valley Examiner on January 7, 2016. #CA01

This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA118538.

FICTITIOUS BUSINESS NAME STATEMENT 2015320915 The following person is doing business as: BROOM STONE PICTURES, 220 SAN VIC

How One Veteran And His Family Found Support After An Injury

Service-related injuries have an effect that is felt by the entire family. Here's a look at one couple and how they coped.

One Family's Story

When Melissa Johnson and her husband, Sean, got married in 1995, Sean had already served in Operation Desert Storm and had been trained as a paramedic. He first enlisted in the U.S. Army at 17 and later would go on to do two more tours of duty.

It was during his third tour, Operation Iraqi Freedom, when he was hit by mortar fire. It left him with a traumatic brain injury (TBI), post-traumatic stress disorder (PTSD) and depression.

"The combination of ever-changing symptoms really made Sean's situation difficult," Melissa said. "We weren't getting answers from the doctors. Army medics weren't looking for the signs of traumatic brain injury back then and his condition went undiagnosed for two years. We were having a tough time getting benefits. It was an uphill battle—a continuing series of uphill battles."

It was also hard for friends and family to understand what was going on or how to help.

After experiencing increasing problems with his vision, Sean was declared legally blind in 2008. While he has a bit of usable remaining vision—enough to read text up close for a short time—he has lost the peripheral vision needed to travel safely. The damage to his brain hampers interpretation of information coming through his eyes.

Answers At Last

When Sean finally got connected with the Blinded Veterans Association (BVA) Field Service Officers at Hines Blind Rehabilitation Center, things began to turn around. "All of a sudden, people were providing us with information—we didn't have to go searching for it. We got connected with people and programs we'd never have been aware of at home in rural South Dakota," Melissa said. "It was really that first BVA convention—meeting people, hearing success stories—it was so empowering. That was where Sean found out about tandem cycling; it gave him so much hope. It started us in a new direction."

For Melissa, meeting other families that were dealing with similar issues was most rewarding. Spouses and family members are the support teams for

recovering veterans. "Caregiver burnout is a serious problem," Melissa said.

"Young spouses may also be juggling with caring for young children and jobs. There's a lot we can learn from each other, and from older veterans and their families that have already successfully navigated the changes."

Melissa now serves as Secretary for the National BVA Auxiliary Board. "The BVA Auxiliary offers a lot of support to veterans and their families," Melissa said. "It is there to make sure the spouses, partners and children of blinded veterans have a place they can turn to with their questions and concerns."

"I believe BVA programs and outreach are absolutely critical to the recovery and healing of our blind veterans," she said. "It is essential for a veteran who is adjusting to blindness to connect with peers who understand what they're going through. The information, resources and guidance provided by BVA are invaluable."

Learn More

For further facts on the BVA, how it can help veterans and how you can help it, go to www.bva.org. (NAPSI)

Helping Older People to Maintain Independence

For most older adults, the ability to live independently is associated with the ability to drive. That's one reason the prospect of eventually "giving up the keys" can be a frightening one.

To help, the experts on aging at the National Association of Area Agencies on Aging (n4a) developed a brochure called "Before You Give Up the Keys: Create a Roadmap for Transportation Independence" that may lessen those fears by empowering older adults to evaluate their mobility needs, identify the transportation options in their community and develop a plan customized to their unique circumstances.

"A too-familiar scenario is that older adults wait until they're involved in some sort of emergency, like a traffic accident, before they really think about their driving ability and the other transportation options available to them in their community," said n4a CEO Sandy Markwood. "Our goal is to shed light on a critical issue that will likely affect most families with an older loved one who may need to limit or eliminate their driving, and to provide a catalyst for discussion, and hopefully, action," Markwood also noted.

The n4a represents America's national network of 623 Area Agencies on Aging (AAAs). It helps older adults and people with disabilities live with dignity and choices in their homes and communities for as long as possible.

To that end, it created the Eldercare Locator. This serves as an essential, trusted gateway to help older adults, caregivers and health professionals navigate the maze of aging programs and services, as well as to assist them in identifying and accessing the resources that match their needs best. The National Call Center operates five days a week from 9 a.m. to 8 p.m. ET and can be reached at 800-677-1116 or www.eldercare.gov.

According to recent research by the Federal Transit Administration, the National Highway Traffic Safety Administration,

n4a and the National Aging and Disability Transportation Center, the rise in the 65-plus population—some 45 million and growing—has triggered a corresponding spike in the number of nondrivers of more than 1.1 million between 2001 and 2009.

"This is a major issue for older adults because when they lack access to transportation, they can't get to the doctor, the grocery store or see friends and family as much, which means their overall well-being is likely to suffer," added Kathy Greenlee, Assistant Secretary for Aging.

Free Brochure

To download the free brochure, go to www.n4a.org/files/ResourcesforOlderAdults.pdf. Reach the Eldercare Locator at www.eldercare.gov and (800) 677-1116. (NAPSI)

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Tax Time Is ID Theft Season; Get Your Credit Report

It's tax time again. The Federal Trade Commission notes that one-third of all ID theft complaints it receives are tax related, three times as large as any other type of ID theft. So tax season is a good time to review your personal financial records and ensure they are accurate and there are no unknown or erroneous data in them.

One record you'll want to review is your credit report. It can alert you to accounts that might have been opened by ID thieves. You are entitled to a free annual copy of your credit report from each of the three nationwide credit bureaus: Equifax, Experian and TransUnion. Just go to www.annualcreditreport.com to get your free report.

"The credit report gives consumers an excellent compre-

hensive overview of their outstanding credit obligations," says Stuart K. Pratt, president and CEO of the Consumer Data Industry Association. "While the lenders and credit bureaus have a number of sophisticated security protocols in place to inhibit identity theft and fraud, there can still be instances where a criminal with access to your personal information—as in the IRS data breach—can result in a problem. Monitor your financial relationships. The credit report is one of the easiest and best ways to do that," notes Pratt.

After you get your credit report, make sure all the accounts are yours. If you see one that you don't recognize or an account that has an error, contact the credit bureau. You can also contact the creditor or lender that provided the information to

the credit bureau and let them know about the issue.

In a number of situations, information you provide to the lender. The lender will verify whether the information is correct or not and then the credit bureau will notify you of the results. If there's information that needs to be updated, the credit bureau will do so. If it's a case of identity theft, the credit bureau will work with you to remove the fraudulent information from your file and to place appropriate alerts that can help prevent fraudulent transactions from appearing on your file in the future.

Not all data breaches result in identity theft. But it's always a good practice to be a savvy consumer and check your financial records to make sure that's the case. (NAPSI)

Deter Smartphone Thefts and Protect Your Data

As Americans increasingly prefer mobile-first lifestyles, our mobile devices hold personal data that must be protected. That's why the wireless industry is proactively working to help you protect your smartphones and your information.

CTIA and participating wireless companies developed the "Smartphone Anti-Theft Voluntary Commitment" that will, at no cost to consumers:

- Remote wipe the owner's data in the event it is lost or stolen;
- Render the smartphone inoperable to an unauthorized user; and
- Prevent reactivation without the owner's permission.

Yet if the smartphone is recovered by the owner, the data on the smartphone can be restored to the extent feasible.

In addition to the voluntary commitment, CTIA and its member companies are individually and collectively developing consumer education campaigns to remind consumers about the numerous apps and features—many for free—available today to help deter theft and protect your personal information. These efforts are clearly working; there was a more than 20 percent increase in PIN and password usage from 2012 to 2015 according to a recent survey.

While the wireless industry

is actively helping protect consumers, it's important that users also take some important and simple steps to protect their smartphones and their personal information.

BEFORE your smartphone is lost or stolen:

1. Be Aware. Know your surroundings and be cognizant of your smartphone use behavior. Try not to call attention to your smartphone, leave it lying around or let strangers "borrow" it.
2. Lock It. Set a hard-to-guess password to protect your device and change it regularly.
3. Add Apps. A number of apps can remotely track, lock or erase/wipe personal information on your smartphone. In addition, some remotely trigger an alarm so people know their smartphone is stolen or photograph the thief so you can send it to police. CTIA developed a list of apps available on Apple (iOS), Android, BlackBerry, and Windows platforms so you can choose the best one(s) for you.
4. Save It (Again). If you have photos, e-mails, contacts, videos or anything else that you want to make sure is available if your smartphone is ever lost or stolen, save it somewhere else, such as a computer, USB drive or cloud service.
5. Insure It. Consider insuring your device through your

wireless provider or a third-party entity so if it is lost or stolen, replacement is covered.

AFTER your smartphone is lost or stolen:

1. Report It. Immediately notify your wireless provider to avoid incurring charges. Tell the police what tracking or similar apps you have installed that may help them. If your device is lost, instruct your provider to put a "hold" on your account.

2. Locate It. Never attempt to recover your smartphone on your own, warns CTIA; your safety should always be your No. 1 priority. If you've installed apps to remotely track your smartphone, however, activate them from a safe location and remotely lock your smartphone.

3. Erase It. If you have sensitive information relating to finances, health or work, or you believe your smartphone won't be returned, "remote wipe" it—similar to resetting it to its default settings. If you stored any passwords on your smartphone for email, financial accounts or remote work access, make sure you change them.

Learn More

For more information on how you can deter smartphone thefts and protect your personal information, visit <http://ctia.it/1d1V99p>. (NAPSI)

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Legal Notices

business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA122207.

FICTITIOUS BUSINESS NAME STATEMENT 2015300842 The following person is doing business as: ROYAL EXOTIC CAR RENTAL, 5250 W CENTURY BLVD STE 206, LOS ANGELES, CA 90045. Mailing address if different: 15864 MARIPOSA DR, FONTANA, CA 92336. Articles of Incorporation or Organization Number: 3654704. The full name of registrant is: PACIFIC GREENFIELD, 15864 MARIPOSA DR, FONTANA, CA 92336. This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: IRMA SIERRA, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 11/30/2015. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). BD. Publish: 12/24/2015, 12/31/2015, 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA112431.

FICTITIOUS BUSINESS NAME STATEMENT 2015301544 The following person is doing business as: MIBUCHA DOG BREWERY, 1815 N MAIN STREET, LOS ANGELES, CA 90031. Mailing address if different: N/A. The full name of registrant is: TORTILLA FACTORY LLC, 1815 N MAIN STREET, LOS ANGELES, CA 90031. This business is conducted by: LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: MICHAEL FAYE, PRESIDENT. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 11/30/2015. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). BD. Publish: 12/24/2015, 12/31/2015, 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA112575.

FICTITIOUS BUSINESS NAME STATEMENT 2015303570 The following person is doing business as: CAD FOR CALL, 1930 WALTONIA DR, MONTROSE, CA 91020. Mailing

address if different: N/A. The full name of registrant is: SHELLEY CALLUAG, 1930 WALTONIA DR, MONTROSE, CA 91020. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: SHELLEY CALLUAG, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 10/12/2015. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/03/2015. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 12/31/2015, 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA111585.

FICTITIOUS BUSINESS NAME STATEMENT 2015302071 The following person is doing business as: TOP OPERATORS LLC, 1268 S CLOVERDALE AVE, LOS ANGELES, CA 90019. Mailing address if different: N/A. Articles of Incorporation or Organization Number: 201333010137. The full name of registrant is: TOP OPERATORS LLC, 1268 S CLOVERDALE AVE, LOS ANGELES, CA 90019. This business is conducted by: LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: KIMBERLY AMPHLETT, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/01/2015. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 12/31/2015, 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA112267.

FICTITIOUS BUSINESS NAME STATEMENT 2015302765 The following persons are doing business as: CHENTES BARBER SHOP, 8717 ATLANTIC AVE, BELL, CA 90201. Mailing address if different: N/A. The full name of registrants are: ROSA E DAVILA SOTO, 4610 WEIK AVE, BELL, CA 90201; YADIRA JUAREZ DAVILA, 4610 WEIK AVE, BELL, CA 90201. This business is conducted by: GENERAL PARTNERSHIP. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: ROSA E DAVILA SOTO, PARTNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County

on (Date): 12/01/2015. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 12/31/2015, 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA112802.

FICTITIOUS BUSINESS NAME STATEMENT 2015304157 The following person is doing business as: LAS PLEBES MEXICAN RESTAURANT, 15516 PARAMOUNT BLVD STE B, PARAMOUNT, CA 90723. Mailing address if different: N/A. Articles of Incorporation or Organization Number: 3830002. The full name of registrant is: ALAS SUNSHINE CORPORATION, 15516 PARAMOUNT BLVD STE B, PARAMOUNT, CA 90723 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: LIDIA ESTER ALAS ACOSTA, TREASURER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/02/2015. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). BD. Publish: 12/31/2015, 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA113040.

FICTITIOUS BUSINESS NAME STATEMENT 2015306632 The following person is doing business as: THZ, 14708 BIOLA AVE, LA MIRADA, CA 90638. Mailing address if different: N/A. The full name of registrant is: JASON RODRIGUEZ, 14708 BIOLA AVE, LA MIRADA, CA 90638. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: JASON RODRIGUEZ, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/04/2015. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). BD. Publish: 12/31/2015, 01/07/2016, 01/14/2016, 01/21/2016, 01/28/2016. THE SAN GABRIEL VALLEY EXAMINER. AAA113499.



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Map showing location at the intersection of Vermont and Foothill.

WCPD's Volunteer of the Year, John Sanders Honored

By George Ogden via WCPD
WEST COVINA - The West Covina Police Department congratulates Mr. John Sanders who was selected as the West Covina Police Department's "Volunteer of the Year". John volunteers his time with the Department's Seniors Helping Our Police, or S.H.O.P. Program. He started in May, 2013 and is a familiar face in the field assisting Officers at traffic collision sites, delivering documents to various court locations, issuing parking citations and assisting the public when called for. Next time you see him in the field, give him a thumbs up and congratulate him. His efforts, along with the



Captain Richard Bell, John Sanders and Lieutenant Dave Lee.

other S.H.O.P. officers save the city a lot of money and allows the resources protecting the city to remain available.

Tournament Of Roses Bandfest A Blast



Photo by Howard Palmer

Pasadena City College Tournament of Roses Honor Band & Herald Trumpets kick-off the Bandfest.

by Howard Palmer

PASADENA - One of the highlights of the Rose Parade is the marching bands. Nearly everyone enjoys the stirring beat and the high stepping drum majors. The disappointment is in a couple of minutes they have passed by and you are left wanting to hear more. There is a way to satisfy this need when the 2017 Rose Parade approaches by attending the Bandfest held at Pasadena City College in the Jackie Robinson Stadium two to three days before the parade. Three shows are held each year featuring nearly all the Rose Parade bands as they perform their award-winning field shows. Each show has a different group of bands, except for the Tournament of Roses Honor Band and Herald Trumpets which introduces each show, and is three hours filled with the sound of music.

director at Tuffree Middle School in Placentia. Jim is proud many of his students have proceeded onward to be part of the highly regarded El Dorado High School marching band. Receiving degrees back east from West Chester and Temple Universities Jim also has great memories of touring with the Glenn Miller Orchestra in 1982-83. Jim entertains the crowd as he dons the hats, tee shirts and parts of uniforms as he fills the audience in on each band, their awards, money raising endeavors, and humor filled stories.

The 2016 Bandfest featured bands of all sizes. With 782 members the Allen Eagle Esca-drille from Allen, Texas is considered the largest marching band in the U.S. and as it took the field for its show it was hard to make out the green of the turf. Later in the show came the Salvation Army Yorkshire Divisional Youth Band from Yorkshire, England. Although only about thirty members they produced a concert that brought a standing ovation. The band joined other Salvation Army members from around the country for the Salvation Army's 97th appearance in the parade.

The Bandfest is presented by Remo Inc. and its founder and CEO Remo Belli has been a leading manufacturer of drumheads for over 50 years. Remo through the years has provided each band with drumheads for their drums depicting the theme of the Tournament of Roses in a colorful design.

The Tournament of Roses theme was "Find Your Adventure" and the Bandfest is an adventure to add to your list.

The Master of Ceremonies for the past 12 years has been Jim Hahn. Jim is the music di-



Photo by Marv Weston

Remo Belli holds souvenir drum given to band directors.



Photo by Marv Weston

Master of Ceremonies, Jim Hahn, describes the beautiful drum-head with the Tof R theme provided by Remo for all the drums in the parade.

Float Decorating - A Magical Artform

by Howard Palmer

Observing or taking part in the decoration of a Rose Parade float is like taking part in a magic show. "How did they do that?" you say over and over.

to say on New Year's Day "we did a great job, now let's rest and enjoy the view with the rest of the world".

Again the theme of the 2016 Tournament of Roses "Find Your Adventure" comes to mind. Consider the adventure of taking part in the float decorating process or at least be an observer to this magical process.

It is magic to see a metal form turn into a beautiful work of art. It takes hundreds of volunteers and professionals putting in hours and hours of painstaking effort to be able



Masa Hiraki from Azuasa works on a monkey to be placed on the Dole Packaged Foods at Fiesta Floats. photo by Marv Weston



Detailer Shari Robinson from Panorama City works on a dessert tortoise that will find a home on the Kieh's float. Shari has worked on the floats for 21 straight years at Fiesta Floats. Photo by Howard Palmer

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