



San Gabriel Valley Examiner

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Irwindale Chamber Presents First Annual "First Responders Appreciation Breakfast"

IRWINDALE - The Irwindale Chamber of Commerce sponsored the First Annual "First Responders Appreciation Breakfast" on September 29 at the MillerCoors Brewery. MillerCoors and Picasso's Cafe, Bakery and Catering were the Presenting Sponsors. The business community honored and extended an enthusiastic thank you to the Irwindale Police Department, Los Angeles County Sheriff's Department (Transit Division), Los Angeles County Fire Department Station #48 and American Medical Response Irwindale Division Headquarters. Representatives from all these agencies were treated to breakfast and given gift bags as well as items to take back to their respective stations.

Thank you to the following businesses and individuals who helped make our 1st Annual "Honoring Our First Responders" event very special by hosting a 1st Responder or providing items for the gift bags - Iris Espino (City of Irwindale), Spaghetti Eddie's Cucina Italiana, Doubletree by Hilton Hotel Monrovia - Pasadena, Courtyard Marriott Monrovia,

ProForma Quality Printing, Earthquake Solutions, Foothill Transit, Mt. SAC, SCE Edison Energy Education Center, SCE Federal Credit Union, Southern California Edison (SCE), Ready Pac Foods, Huy Fong Foods, Inc., Phyllis Ferguson (California Custom Fruits & Flavors), Partee Insurance Associates, BriteWorks, Inc., Sari Canales, Veronica Orosco, Anita Hernandez (MillerCoors), TWO MEN AND A TRUCK, and Sarah Parker. Each networking event always includes door prizes and those were reserved for the First Responders in attendance.

The event was such a positive and uplifting one that Chamber CEO, Marlene Carney, announced it would be an annual event held each September. "These First Responders go to work every day and make a positive difference in the lives of so many. They risk their lives to make sure that we are safe and that our communities are protected. We wanted to take a moment to thank them and remind them that we appreciate everything they do," said Carney.



Irwindale Police Department



Los Angeles County Fire Department Station 48



L.A. County Sheriff Department (Transit Division)



First Responders - American Medical Response Irwindale Division

Hawaiian Luau at Mesa Glen Care Center

By Jayam Rutnam

GLENDORA - It was another beautiful Southern California day at Mesa Glen Care Center, when the residents and staff dress up in their colorful Hawaiian style clothes, replete with garlands (leis).

Many of the residents look forward to this annual event, to enjoy the exotic food and the typical Hawaiian entertainment, with hula girls, swinging their grass skirts to the music of Don Ho. They even had audience participation.

Mesa Glen Care Center is a 96 bed skilled nursing facility. They provide individualized attention to residents who require a short term stay to recuperate from traumatizing or acute medical conditions and also those who are in need of a long term or an unknown length of stay.

Some of their programs include Cardiopulmonary rehabilitation, orthopedic rehabilitation, diabetic care, stroke re-

habilitation, pain management, wound healing, fall prevention, contracture management and post surgical recovery, among other services.

They are proud to say that their nurses provide the best quality of care. Each nurse is a gentle and caring person, with genuine concern for the resident. They also specialize in treating and nurturing Alzheimer and Parkinson patients, said Executive Director Kam Amirshahi.

Mesa Glen Care Center has residents from the age of 33 to the oldest one at this time who is 106 years "young". While they have long term care for the elderly, they also have an extensive rehabilitation program for short term patients. Their goal is to get as many people back home, as soon as possible.

Mesa Glen's Dietary Program provides meals to meet the specific needs of the resi-

dent, according to physicians orders. The facilities favorite activities occur on Mother's Day, Thanksgiving and Christmas Eve. On these holidays the resident's families join their loved ones for a wonderful luncheon prepared by the dietary staff. They also have a great 4th of July party. Once a month they have a party celebrating a special theme or occasion. This includes 50's sock hop with Elvis or a casino night. They also enjoy celebrating the resident's birthdays with tea parties and chocolate parties. If the resident is a centenarian, local dignitaries, like the Mayor of Glendora are invited and so are members of the press, along with the families of the residents, of course. Mesa Glen Care Center, located at 638 E. Colorado Avenue in Glendora, is a CMS 5 Star Rated Community. You may contact them for tours of their facility at 626-963-6091.



Mesa Glen Staff included Executive Director Kam Amirshahi, Byron Thrasher, Claudia Salazar, Teri Covington, Mayra Avalos, Mary Orizaba, Chrystle Butterfield, Kisha Jones.

Haynes Family of Programs in La Verne to celebrate 70 years of service to children and families with 'Motown Sound' style 'Platinum Party' at Pomona's Fairplex



POMONA - Live music by "The Blue Breeze Band," a concert-quality band named one of Southern California's top five bands of their type by CBS Los Angeles, will headline next month's Haynes Family of Programs "Platinum Party" celebrating 70 years of service to children and families.

The event gets under way at 6 p.m. Friday, Oct. 28, at the Sheraton Fairplex Conference Center in Pomona.

"This exciting event features the band created by long-time professional guitarist Harold Wherry, who has worked with

Bobby Day, who wrote 'Rockin' Robin' and 'Little Bitty Pretty One,' Bobby and the Famous Coasters, a Marvelettes Revue Band and more," said Haynes President and CEO Dan Maydeck. "This music truly is as good as it gets and will take all of us back to the incredible '60s."

Included will be a hosted wine reception, dinner, live entertainment, dessert and a champagne toast, dancing and an "after party," a silent auction and hosted valet parking.

A special "meet the band" cocktail reception for sponsors is scheduled for 5:30 p.m.

Executive sponsorship opportunities are available and a reservations deadline for the \$250 per guest, "cocktail attire" event is Oct. 21.

Sponsorships range from \$1,000 for sponsored items all the way up to "Platinum Sponsor" at \$12,500.

Proceeds from the event will support foster care and special education programs at the Haynes Family of Programs.

For reservations or sponsorship information, contact (909) 593-2581 or e-mail dev@leroyhaynes.org.

Teen Night - Bubble Soccer

ARCADIA - Come down and join Arcadia Recreation Department's staff for Teen Night on Friday, October 14 - 6-11 pm at the Dana Gym, 1401 South First Avenue, Arcadia, from 6-11 pm. The fee is \$22 per person and includes pizza dinner. Dinner is served at 7pm, so make sure to be there early! Participants will enjoy a night of Bubble Soccer and indoor activities such as basketball, dodgeball, raffles, tournaments and more. Advance registration is required. No registration will be taken on site. Teen Night is for middle school teens ages 11-14, grades 6-8. Registration for Teen Night can



be done on-line at ArcadiaCA.gov, by fax, 626.821.4370 or by coming into the Recreation Office, 375 Campus Drive, Arcadia, CA 91007. For more information please call 626.574.5113

EyeCare America Helps Save Seniors' Sight

It's a fact of life. When people reach their senior years, they are at high risk for developing age-related eye diseases that can lead to blindness if not caught and treated in time.

The good news is that people can take steps to protect themselves. The first step is to get a simple, painless eye exam by an ophthalmologist, the medical doctors that detect and treat these conditions. To help seniors who haven't seen an ophthalmologist in three or more years, the American Academy of Ophthalmology's EyeCare America program may be able to help.

This public service program has been matching Americans 65 and older with volunteer ophthalmologists across the country for more than 30 years. EyeCare America volunteers provide eligible seniors with medical eye exams often at no out-of-pocket cost, and up to one year of follow-up care for any condition diagnosed during the initial exam for the physician services. The program also offers a glaucoma eye exam to eligible, uninsured individuals who are at increased risk for glaucoma, determined by their age, race and family history. Visit www.aao.org/eyecare-america to see if you or a loved one is eligible.

Other Ways EyeCare America Can Help: Drug Discounts

Connecting people with a volunteer ophthalmologist isn't the only way EyeCare America helps seniors. It can also help people deal with the challenges of affording prescription medications. This can be helpful, especially to seniors who may live on a fixed income.

EyeCare America's new drug discount card can help people save up to 80 percent on drug



You may be able to improve your sight and get a free eye exam.

costs. It can be used as often as needed at over 65,000 pharmacies nationwide, including all major chains. The card can also be shared with friends and family. It's free, with no fees or registration, and it never expires. Download the card today and start saving by visiting the Assistance with Medications page at www.aao.org/eyecare-america.

How Often To Have Eye Exams

The American Academy of Ophthalmology recommends that people 65 and older get medical eye exams with an ophthalmologist on an annual basis. Through comprehensive eye exams, ophthalmologists can check a person's eyes for hidden signs of eye disease, which may have no noticeable symptoms in their early stages. Once diagnosed, ophthalmologists can provide

treatments to help prevent vision loss. Learn more about eye diseases and conditions and how to protect your sight at www.aao.org/eyesmart.

A recent Harris Poll commissioned by the Academy revealed that nearly two out of three American adults report having eye or vision problems. Despite this, many are neglecting these important sight-saving exams, even when they have signs of vision problems. The most commonly cited reason is cost or lack of insurance.

EyeCare America has helped more than 1.8 million people since 1985. Its sight-saving services are made possible through the generous support of the Knights Templar Eye Foundation, Inc., with additional support provided by Alcon. (NAPSI)

Assemblyman Thurmond and Senator Liu Announce Grant Program to Reduce Truancy And Support Pupils In Need

SACRAMENTO - Assemblyman Tony Thurmond (D-Richmond) and Senator Carol Liu (D-La Cañada Flintridge), jointly announced that the Governor has signed their two bills AB 1014 and SB 527, respectively, into law. These bills establish the framework for implementation of the Safe Neighborhoods and Schools Fund, designated to create a program that reduces truancy and supports pupils who are at risk of dropping out of school or who are victims of crime.

Proposition 47, The Safe Neighborhoods and Schools Act, requires 25% of savings from reduced penalties to be deposited into the Safe Neighborhoods and Schools Fund, as administered by the California Department of Education. Led by Assemblyman Thurmond and Senator Liu, legislative staff of both houses of the legislature, in collaboration with the California Department of Education, Department of Justice, and stakeholders put together a plan to administer approximately \$28 million in grant funds.

The grant program will provide the necessary financial resources for schools to accomplish the twin goals of reducing chronic absenteeism through early intervention and using evidence-based, non-punitive programs to keep the most vulnerable students in school.

"When our kids continually miss school it has an adverse effect on their long-term outcome; students with chronic school attendance problems are at greater risk for dropping out of school, leading to greater contact with the criminal justice system," said Thurmond. "Schools with students who have chronic attendance problems are also profoundly affected. California

schools lose over a billion dollars every school year in Average Daily Attendance funds due to absences."

"As chair of the Senate Education Committee, I am gratified to see the growing recognition that our schools and students succeed when we meet the broader needs of the whole child," said Liu. "This growing movement across the country recognizes the effectiveness of combining rigorous, relevant instruction with strategies that provide access to

personalized support and services. This is the approach we need to keep our kids on the college and career track and out of the school-to-prison pipeline."

The Department of Education is tasked with final design and implementation of the grant program by January 2017. Assemblyman Thurmond and Senator Liu plan to work closely with the department and community partners to ensure that the final program reflects the intent of the bills.



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Covina Shooting Leave One Dead

By George Ogden

COVINA - Los Angeles Sheriff's Department is investigating a shooting death of a man in the 17600 Block of East Brookport St., which is at Conwell St. just south of Covina Blvd.

Police responded just after 1:00 a.m. Saturday morning, Oct. 1, of gunshots heard in the area. When they arrived, they found a man around 30 years old lying in a front yard of a home.

Paramedics were brought in to tend to the man who had been shot.

Witnesses in the area heard

gun shots and then a car speed away screeching its tires. Nobody saw anything and didn't know a man was down until deputies and paramedics started working the scene.

The unidentified man was transported to the hospital where he died later that afternoon.

The front yard of the residence is a location that has had a lot of police responses because of problems and issues at that location. There is a lot of traffic at that location where people come by for a very short time and then leave. It gives the appearance to many that this could be a drug

house.

The victim has not been identified and it appears that he may not live at that location. His identity is being withheld until there is notification of relatives.

There is no motive or suspect at this time. There may be some residential surveillance recording in the area the police may take a look at.

Anyone with information can reach the sheriff's Homicide Bureau at 323-890-5500. Tips may also be submitted anonymously to L.A. Regional Crime Stoppers at 800-222-8477.

Attempted Kidnapping of Girl in Azusa

By George Ogden

AZUSA - On Tuesday, September 27, around 3:30 p.m., the Azusa Police Department investigated an attempted kidnapping and sexual assault which occurred in the 1100 block of E. Alosta Avenue.

At the time of the incident, the female victim was walking to her apartment. As she entered the carport area of the apartment

complex, a male suspect approached her from behind and grabbed her. The suspect was able to lift her off the ground and made an attempt to carry her away. As the victim struggled, the suspect released her, and ran from the scene. The victim was sexually assaulted during this crime.

Officers searched the area for the suspect, but he was not located. The suspect is described as a male Hispanic adult, approximately 5'5" tall, late teens to early 20's, wearing dark clothing and a baseball style hat.

The Azusa Police Department is aware that there was a similar incident which occurred at California State University, Northridge at about the same time. At this point of the investigation, we do not believe these crimes are connected.

If you have any information which you believe might help this investigation, please contact Detective S. Spahr at (626) 812-3200 or email him at sspahrII@ci.azusa.ca.us. If you wish to remain anonymous, you may do so by clicking on the anonymous tip logo at the top of our website.

Safety Tips

Regardless of whether you are a male or female, we would like to recommend the following tips to pedestrians as they are walking in public places:

- Do not use your portable electronics while walking. You can walk into objects, other pedestrians, cyclists and vehicles, and your attention is not focused on walking.
- Be cognizant of your surroundings. Keep your head "on a swivel," which means look around you, not just in front of you.
- If you hear someone or something approaching you from behind, turn around to see what is behind or approaching you.
- Walk with a friend or family member, in a well-lit area.
- Keep purses and backpacks zipped, closed, and near your body.
- In the event you are attacked, make plenty of noise and fight off your attacker.
- Remember as much as possible about the suspect and his or her vehicle as you can.
- Call 911 FIRST. Do not call a friend, family member or post on social media what happened. We need to start responding as quickly as possible to help you and search for the suspect.

City Of West Covina Community Health/Fitness Expo with the West Covina 5K Pumpkin Run/Walk

WEST COVINA - The City of West Covina will host its first Community Health/Fitness Expo on Saturday, **October 8** from 6:30 a.m. - 10 a.m. The event will take place in the West Covina Senior Center parking lot located at 2501 East Cortez Street. This event will be held in conjunction with the West Covina 5K Pumpkin Run/Walk and Kids' 1K Fun Run supporting the Senior Center.

The Health/Fitness Expo will be filled with Health/Fitness related vendors along with free class demonstrations, an inflatable obstacle course, arts & crafts, drawings and much more!

Participants of the 5K or 1K will receive a goody bag and t-shirt. PLUS, participants of the Kids' 1K Fun Run (10 & under) will receive a small pumpkin, while supplies last. Medals will be awarded to the top three finishers in each age division.

For more information or to sign-up to participate as a vendor for the Health/Fitness Expo please contact the West Covina Senior Center at (626) 331-5366 or visit www.westcovina.org. To register for the run or for more information regarding the run call (626) 430-7588 ext. 700 or visit www.westcovina5k.com.

Governor Signs Measure to Protect Children Against Predators

Huff Legislation Targets Lucrative Human Trafficking Trade

SACRAMENTO - Legislation designed to collect accurate data on purchasers of sex has been signed into law by the Governor. SB 420, authored by Senator Bob Huff (R-San Dimas), targets the demand side of human trafficking by amending Penal Code Section 647(b) to make a clear distinction between the buyers and sellers of human trafficking and prostitution.

There is no distinction under current law between an adult who is selling, from the adult who is purchasing, or an adult who is purchasing sex from a minor. The Huff measure will collect accurate and verifiable data with a focus on the buyers of sex, which can help shape future public policies, best practices, and provide accurate data necessary to direct existing law enforcement resources.

"By US State Department estimates, sex trafficking is a \$32 billion industry in this country and 50 percent of trafficking victims are minors," said Senator Huff. "Yet according to the 2007

Final Report of the California Alliance to Combat Trafficking and Slavery Task Force, California lacks comprehensive statistics on human trafficking. SB 420 will help collect the statistics that law enforcement needs."

Sponsored by the Alameda County District Attorney's Office, the Los Angeles County District Attorney's Office and supported by the California District Attorneys Association, California Against Slavery and Survivors for Solutions, SB 420 would break down Penal Code 647(b) into three sections:

- Adults offering to engage in commercial sex acts with a buyer
 - Solicitors of commercial sexual acts from adults
 - Solicitors of commercial sexual acts from minors
- "SB 420 will provide much needed data in our ongoing fight to put an end to sexual exploitation and trafficking," said Alameda County District Attorney Nancy E. O'Malley. "This law will provide law enforcement and the

justice system with data that will aid in directing resources to best combat human trafficking. It will also pave the way for future laws aimed at curbing the demand for the purchase of sex in our communities. I am grateful to Senator Huff for authoring this important piece of legislation and I thank Governor Brown for signing it."

Recently passed legislation has strengthened the ability to prosecute traffickers but the challenge of putting a stop to human trafficking does not end there. As Senator Huff pointed out during a number of committee hearings on SB 420, as long as there is demand, there will be an exploiter to fill it.

"The sad reality is that human trafficking is incredibly lucrative," said Senator Huff. "You can sell a drug only once, but a human being can be used over and over again. SB 420 is essential for crafting solutions to a disturbing public safety enemy in our communities, especially among at-risk youth."

Assemblyman Mike Gatto's Legislation to Keep On the Lights Signed into Law

Legislation to Maximize Clean Energy Use Will Cut Costs and Create Jobs

SACRAMENTO - Assemblyman Mike Gatto's (D-Los Angeles) innovative legislation to deploy clean-energy storage technologies in California, AB 2868, was signed into law by the Governor, creating a reliable source of renewable energies.

In an effort to limit California's carbon footprint, the state has increasingly relied on renewable energy sources, but they have their limitations. The problem with solar and wind energy - and why so many people are hesitant to deploy it - is due

to an unreliable power flow when those renewable sources are unavailable. The only way to overcome this is by being able to store the electrons generated when the sun is at its highest (and people are at work) for use during peak consumption when the sun goes down (and people come home and turn on the TV).

"All of the solar energy in the world means nothing if it can't be stored when the sun isn't shining, and all of the wind energy in the world means nothing if it can't be

stored when the wind isn't blowing," said Assemblyman Gatto.

AB 2868 can resolve both complications by allowing customers to deploy systems that will capture excess energy generated by wind or solar, when these resources are readily available, and store it for later use, when demand for energy is highest and reliability is lowest. The benefits of energy-storage technologies are widespread from cost reduction, environmental protection, and job creation.

Powdered Alcohol Ban to Become Law

Governor Signs Huff Measure to Restrict Sale of Freeze Dried Alcohol

SACRAMENTO - Legislation that bans the sale of powdered alcohol, or "Palcohol," will become law in California on January 1, 2017, after receiving the Governor's signature of approval. The Governor's signature on SB 819, which was authored by Senator Bob Huff (R-San Dimas), makes California the 34th state to ban or restrict the sale of this dangerous product. SB 819 furthermore specifies that the CA Department of Alcoholic Beverage Control (ABC) shall revoke the license of any licensee who manufactures, distributes, or sells powdered alcohol in California.

Powdered alcohol is a freeze dried version of alcohol which comes in a small pouch and is the equivalent of a shot of alcohol. The crystallized formula becomes a cocktail once mixed with water. Although the product isn't sold in stores yet, labeling was approved by the U.S. Alcohol and Tobacco Tax and Trade Bureau in 2014.

"My thanks to the Governor for signing my bill, and my colleagues in the Senate and Assem-

bly who helped move this effort forward," said Senator Huff. "I feel that California is a safer place knowing that this product will never reach store shelves. The sale of this product presents an array of potential health problems, especially for California's youth."

SB 819 earned the support of numerous organizations, including Alcohol Justice, California Alcohol Policy Alliance, California Council on Alcohol Problems, California District Attorneys Association, California Friday Night Live Partnership, California State Sheriffs' Association, Children's Hospital Los Angeles, Los Angeles County Sheriff's Department and the Los Angeles Drug and Alcohol Policy Alliance and the California College and University Police Chiefs Association.

According to a national advocacy group Alcohol Justice, California is the largest alcohol market in the U.S. and suffers the most alcohol-related harm. A 2013 study from the U.S. Centers for Disease Control found

that the societal costs for binge drinking are higher in California than in any other state: \$32 billion for one year of excessive alcoholic consumption. Problems caused by binge drinking include lost work productivity, poor health, crime, automobile accidents, property damage and death.

"Banning powdered alcohol in California sends the right message to youth and young adults about responsible drinking," said Senator Huff. "Youth binge drinking and alcohol related deaths are already at epidemic levels in California. We didn't need to exacerbate this problem by allowing the sale of freeze-dried alcohol."

SB 819 enjoyed bipartisan support in the State Legislature, which included the co-authorship of Senate President pro-Tem Kevin de León. Senator Huff also worked closely with Assemblymember Jacqui Irwin (D-Thousand Oaks) on a companion measure that had been introduced in the Assembly, AB 1554. Assemblymember Irwin was also a principal coauthor of SB 819.

Assemblyman Holden's Bill to Facilitate More Affordable Housing for Former Foster Youth, Homeless and Disabled Veterans Signed by Governor

SACRAMENTO - Assemblyman Chris Holden's bill to expand housing opportunities for former foster youth, homeless and disabled veterans was signed by Governor Brown. Assembly Bill 2442 allows housing developers to obtain multiple density bonuses from a local government if the housing development sets aside ten percent of their units for former

foster youth, disabled veterans, or formerly homeless individuals.

"Disabled veterans and transitional foster youth face a serious affordable housing problem," said Assemblyman Chris Holden. "It is vital that we give our local communities tools to meet this challenge."

A multiple density bonus is a zoning tool that enables de-

velopers to build more units than normally allowed. AB 2442 expands multiple density bonuses to address rising housing costs and a subsequent lack of reliable, affordable housing for Californian's most vulnerable populations.

"I am proud to author this bill based on suggestions from constituents in the 41st AD," said Holden.

Examiner
INFORMATION GUIDE

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"HOME TOWN SERVICE" - you can Count On!

Prop. 61 Vote NO... the "Drug Price Relief Act"

By George Ogden

There is a lot of money being spent on Proposition 61. I have been doing my best to look into this and I have found that I cannot support this. This could really affect veterans and seniors as it appears to be flawed.

Seeing the TV commercials, I see Past 4th District Commander Lamont Duncan (L.A. Co. and surrounding areas) for the Veterans of Foreign Wars, give good solid reasons to vote "NO" on 61. He wears a VFW identifying hat. There is also another combat veteran who also is a VFW Officer doing a similar commercial. I personally know Commander Duncan. There is no way he would commit to something involving our veterans without researching Prop. 61 and requesting the people to vote "NO".

On other commercials that supports Prop. 61... there is a man with a baseball cap on that says he is a veteran. He is telling us to vote "YES" on 61. I am not sure who he is.

I have done my research and I will be voting "NO" or Prop. 61.



George Ogden
That's just the way it is!

I am a combat veteran and I see problems with this if it passes.

To help you out, those seniors and veteran, in fact, the entire population... here is some information, pros and cons on Proposition 61: California Drug Price Relief Act.

The aim is to ensure state agencies don't pay more for prescription drugs than the Department of Veteran's Affairs. Prop 61 would apply to any health program in which the California government pays for a drug, regardless of whether or not the state actually bought the drug directly from the drug maker or not. It gives the state the power to negotiate, and exempts drugs pro-

vided by programs funded through Medi-Cal (which already negotiates with the pharmaceuticals).

Who's Voting Yes on 61?

Those who endorse Prop 61 claim the VA pays 40 percent less than Medicare Part D (the federal drug program for seniors) for medications because the VA has the power to negotiate with the pharmaceuticals. The savings to the state of California would total billions, which could be better used to fund other health programs. Supporters also claim the pharmaceuticals spend 19 times as much money on advertising than they do on research and development of new products - any arguments regarding fewer new cures are just a scare tactic.

This measure is endorsed by AARP California, the AIDS Healthcare Foundation, California Nurses Association, U.S. Senator Bernie Sanders, and various elected officials at the state, county and local levels.

Who's Voting No on 61?

Most Californians would be excluded from the purported ben-

efits, say the Prop 61 opposition. Additionally, armed forces veterans could be hurt by the measure, as the pharmaceutical discounts are given by drug makers in honor of military service - if the pharmaceuticals must apply the same discount to government agencies they may have to increase prices across the board, affecting not just veterans but all prescription drug buyers. Finally, the opponents complain the initiative is vague and red-tape laden.

Veteran's organizations across the state are opposed, as well as the California Medical Association, California Psychiatric Association, the California Taxpayers Association, several labor associations, the California Chamber of Commerce, California NAACP, and others. Here are some of the Opposition Groups:

Veterans of Foreign Wars, Department of California Vietnam Veterans of America, California State Council American Legion, Department of California AMVETS, Department of California Military Officers Association of America, California Council of Chapters American GI Forum of California Marine Corps League, Department of California Military Order of the Purple Heart, Department of

California - California Association of County Veterans Service Officers (CACVSO), California State Commanders, Veterans Council Disabled Veterans, Business Alliance Paralyzed Veterans of America, Bay Area & Western Chapter Association of the United States Army, Northern California, Sixth Region Association of the United States Army, Southern California, Seventh Region Reserve Officers Association, Department of the Golden West Fleet Reserve Association, West Coast Region Minority Veterans Coalition of California Jewish War Veterans of America, Department of California Scottish American Military Society California Veterans Benefit Fund (CAVBF) Sons of the American Legion, Detachment of California AMVETS Ladies Auxiliary, State of California Rear Area Support Foundation, Veterans Affiliated Council of Sacramento County, San Diego Military Advisory Council, Kings County Military and Veterans Coalition, California Medical Association American, Congress of Obstetricians and Gynecologists (ACOG)--District IX/CA Bonnie J. Addario Lung Cancer Foundation, California Chronic Care Coalition, California Hepatitis C Task

Force, California Psychiatric Association, California Association of Neurological Surgeons, California Association of Rural Health Clinics, Asian Pacific AIDS Intervention Team, Latino Diabetes Association, Ovarian Cancer Coalition of Greater California, California Academy of Eye Physicians and Surgeons, California Urological Association, Inc. Medical Oncology Association of Southern California, Los Angeles County Medical Association San Diego County, Medical Society American Liver Foundation - Pacific Coast Division American Liver Foundation - Greater Los Angeles Division Epilepsy Foundation of San Diego County, Lupus Foundation of Southern California, International Foundation for Autoimmune Arthritis, Community Health Action Network, The G.R.E.E.N. Foundation, Minority Health Institute, Los Angeles Wellness Station, Mental Health Systems Plaza Community Services (clinic) just to name a few. Looks like the California NAACP is also opposed, as well as the Latino equivalent. And a lot of labor unions are lined up against this as well.

If this isn't a good idea, then it is not.

"That's Just the Way It Is!"

Rants of a Mad, Mad Voter

By Lois M. Shade
Former Mayor of Glendora

We've gotten the opportunity through a variety of media review and commentary to review Bill Clinton's sexual history with a long list of females from Paula Jones, Kathleen Willey, Gennifer Flowers, Juanita Broaddrick, to Monica Lewinsky.

We have gotten a recap of Donald Trump and the relationship with a former "Miss Universe" Alicia Machado and a 1996 dialogue promoted by Hillary Clinton to show a disrespect for women that apparently she feels inoculates her husband, former President Bill Clinton.

With all that floating around making headlines in the news these days, I have several questions before I go to the polls to cast my vote. How do the years of Clinton philandering and the "he said - she said" rift between a has-been beauty queen and Trump impact the real issues facing America today?

It is time to start talking about the economy and jobs. The unemployed or those struggling to make ends meet because the economy is still under-performing are not concerned about the garbage that has taken over the headlines. Most people I talk to, even those employed in well-established companies, are having a hard time managing their budgets with the growing increased costs of food and housing. They feel their paychecks are not keeping up with those increases. To add more sales tax and property taxes to that burden they feel is irrational.

I believe to turn the economy around - really turn it around - we need strong leadership in the White House and state capitols and less government control, re-

strictions and interferences. Hillary talks a good game on stage, but she's part of the establishment regime running things now. Why hasn't she done something to make our lives better by solving some of these problems?

California has a monumental initiative list of tax increases and bond measures that will affect each and every person in this state. Two minute commercials don't begin to explain the initiatives only try to program us average voters into compliance with their viewpoint. October 10th the absentee ballots come out. Are you really informed and ready to vote fully aware of what those initiatives provide for you or take away from you?

Our education system apparently has not been supported adequately by the Governor and his leadership and because of that we are now facing billions ... yes, literally billions of dollars ... of thirty-year school bond proposals statewide. That debt will have to be paid off by your grandchildren and mine. The question we should all ask is - why is this debt necessary? Have school districts established a capital improvement fund to keep up with the now just revealed leaky roofs, bad plumbing systems and other issues? Has the state stepped up and assumed full responsibility for its role in education known as state's right? That tax burden will be added to the cost of housing your kids and mine are now trying to access.

One real basic issue in education facing voters: Who is more capable of making the right choices for their students' education - the state or parents. The current Sacramento regime has voted as of June 30, 2017, to end

school choice. Why would the Sacramento legislators remove an option the parents and students feel is important to student achievement and advancement? When you go to vote, will your candidate be a supporter of school choice or in opposition?

We watch TV at night and see the violence in our cities with more shootings, more violent protests and are asked once again to approve another proposition that will allow early release of our law offenders and criminals. We are doing early release as an alternative to building more prisons. The Supreme Court ordered California to reduce its prison population to relieve overcrowding. We've already done some over-crowding relief through AB 109 by shifting what some would call non-violent, non-serious felons to county jails. This tactic reduced the prison population by 25,000. But we are now being asked to once again release more felons and approve another tax increase.

Drug dealers, gang-bangers and increased crime nationally. Is there anything wrong with investing in more prisons and requiring law offenders, misdemeanor and felon offenders, to pay a price by serving their time that would be a deterrent to repeat offending? I would prefer to build prisons with a serious attempt attached to reforming criminal behavior as opposed to building an over-budget train from somewhere to nowhere.

We have a long list of initiatives - 17 from the state - 2 from Los Angeles County - 4 from the City of Los Angeles - all placing an additional tax burden and more restrictions on all us average joe or joanne citizens.

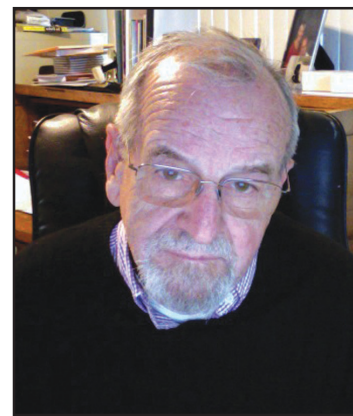
Trump's Forty Percent

Last week's debate put on display the very worst presidential candidate in recent history---perhaps the worst ever. I find it difficult to say anything positive about him or what he revealed about himself during that dreadful 90 minutes. However disgraceful the demonstration, what is further appalling is the reality that Trump still appeals to almost 40% of the probable voters

Hillary made a serious blunder when she bundled some of her fellow citizens into a "basket of the deplorable." Nevertheless, Trump has provided a magnet which has attracted many of America's "racist, homophobic, xenophobic, Islamophobic, you name it, voters." However true as that may be, public ridicule is no way to build electoral support.

I hear regularly from people who do not believe they are in any of these obscene categories, and yet they reject the disaster inherent in the Trump perspective. So just who then makes up this hardcore forty percent?

First, there are the party loyalists who will support the Republican ticket no matter who is at the top of the ballot. The GOP doesn't have the corner on this sort of party loyalty. Remember the partisans who said they would vote for a yellow dog if it were a Democrat? A raft of wannabe Republican candidates may have been picked off by Trump one at a time, but each promised to support the ticket no matter who was the candidate, not believing that it would be Donald Trump. Most registered Republicans can prob-



Charles H. Bayer

ably be counted on to vote for the party's candidate. But for these party loyalists it may be like suicide bombers who don't realize until it is too late that what is in the belts around their bodies are not play-do bricks.

Second, there are devoted conservatives, led by Senator Cruz, who while they may have been cool to Trump, realize that their only option is to support him.

Third, there are those who really favor the wall, the rejection of all non-Christian immigrants, high tariffs, the torture of enemies, law and order, etc.

Fourth, there are independents who may have been unenthused about Trump, but who really despise Hillary, if for no other reason than they realize her election will determine the nature of the Supreme Court for the next two decades. So their support of Trump is fixed in ideological concrete.

Fifth, there are the honest working men and women, their families, neighbors and friends

from rust belt communities who have watched their jobs and their industries disappear. They are angry and all too ready to lash out at the government they believe responsible for their intolerable situation.

Sixth, there are those evangelicals who have confused the Christian faith with right-wing politics.

Seventh, there are those who hunger for a change in the nation's direction, and believe Hillary is the defender of the status quo.

Eighth, and finally, there are the racist, homophobic, xenophobic, Islamophobic, persons who do not hide their stance, but proudly want it be seen by anyone taking the trouble to look. And for reasons which are purely political, Donald Trump is their hero, and he refuses to disown them.

None of these eight types are pure, and they inevitably flow into each other.

While common sense might eat into any of these constituencies, the election will not be won by spending much time, effort or money trying to redirect most of them. They are locked in.

Forty percent may not be a majority but it is a sizeable voting block that cannot be discounted. Getting out the vote of the other sixty percent is the path to victory on November 8. Get started this week, and we will talk more about it next week.

Contact Charles Bayer at candwbayer@verizon.net

Hillary's Health—"What difference, at this point, does it make?"

by Gerard J. Gianoli, M.D.

I've encountered some interesting responses to my several articles on Hillary's health. While I am a physician, I've never proclaimed a diagnosis in her case. I have simply asked if two of her known diagnoses—her concussion of 2012 and the left transverse sinus thrombosis (blood clot in the brain)—have been assessed for long-term consequences. What I have asked for, and I am still waiting for, is some medical records reporting on whether she has any of the well-known, long-term sequelae of these two potentially life-threatening disorders with well-known, often permanent cognitive impairments.

Most of the responses to my editorials have been favorable. However, the negative responses are actually more helpful, and they reveal a lot about those who

write them. There are basically five different themes.

First: "It's nothing. She's completely normal and healthy. This is just a right-wing conspiracy."

This remark can't even be made with a straight face by the Clinton campaign since her collapse after spending 90 minutes hanging out at the 9/11 memorial ceremony. It is an even harder sell since last Monday's speech at Temple University where Mrs. Clinton had to be helped up a few steps to the dais and then, during her speech, displayed "crazy eye movements" that are most consistent with a lateral rectus palsy—weakness of one of the eye muscles. Even if we ignore the recurring "medical episodes" she has had "frequently" (according to her husband), the concussion, the transverse sinus thrombosis, the deep vein thromboses, or the fact that a "healthy" patient does

not have to take Coumadin the rest of their life, the eye movements are potentially ominous on their own. I'm still waiting for a serious physician (not paid by the Clintons and not ideologically blind) to put his reputation on the line by saying—"she's completely normal and healthy."

Second: "Privacy laws are such that it is unethical for a physician to say anything about Hillary's health."

Mrs. Clinton is not my patient and therefore I am not obligated to Mrs. Clinton is any way regarding discussion of her health. However, Dr. Lisa Bardack is Mrs. Clinton's private physician. Consequently, Dr. Bardack cannot make any comments about Mrs. Clinton's health without Mrs. Clinton's consent. If Mrs. Clinton wants Dr. Bardack to make a statement about pneumonia but not about any neurocog-

nitive testing she may have undergone, then Dr. Bardack has an ethical and legal requirement to not discuss any of the neurocognitive testing. If Mrs. Clinton were to tell untruths about her medical problems, Dr. Bardack cannot legally speak out to correct the record. Dr. Bardack's letters are approved directly by Mrs. Clinton.

Third: "A doctor should never speculate about a diagnosis of someone he's never seen or examined personally."

This is utter nonsense. I've never speculated about her diagnoses. They've been given to us by Mrs. Clinton and her doctor. I've only asked what are the consequences of these diagnoses. Both concussion and transverse sinus thrombosis have known long-term negative consequences for cognitive function. It is not out of place to ask whether Mrs.

Clinton has any residual cognitive dysfunction from these problems.

I contend, however, that it is more than acceptable to speculate about Mrs. Clinton's medical diagnosis. I think it is important for physicians to speak out about this. Mrs. Clinton has been less than forthcoming about her medical problems, and her reticence to a full release of her medical records suggests to the public that she is hiding something. For a private individual, this would be fine. But she is applying for the job of Commander-in-Chief. If she will not disclose the problem, we need physicians to let the public know what are the possibilities of her disability.

Fourth: "This is a non-issue. The public doesn't care about it."

The media has reported on polls that claim the majority of

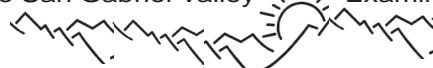
the voting public think Mrs. Clinton is healthy enough to do the job of president. Of course, those polls ignore the fact that the majority of the voting public does not even know Mrs. Clinton has any medical problems. In a recent poll, when registered voters were asked if they knew Mrs. Clinton had any medical problems, roughly half did not. However, if they did know, most would be less likely to vote for her—and that concern crossed party lines.

Fifth: "You're exactly right and I agree with you, but I don't want to speak out and get harassed by the Trump-haters."

That one says it all, doesn't it? Physicians have been bullied into silence.

My final diagnosis of Mrs. Clinton's health problems can be summed up in her own quote:

Please turn to HILLARY / 7



The Economy is Grinding Lower

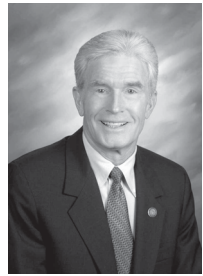
Recently reported 1.2% GDP growth for the second quarter was surprisingly weak, within a quarter-point of 1% for the third consecutive quarter. The only silver lining: Growth could have been twice as strong if not for a significant inventory contraction. But the clouds over the US economy remain all too real.

Q2's inventory drop may appear to some people as quarter-to-quarter noise distracting from what's really going on under the hood. Inventories have grown more slowly than GDP most quarters since the first quarter of 2015. However, the problem is that inventory level commitments made during boom times in 2014 and early 2015 cannot be justified in 2016. Inventory correction is the reason GDP growth slowed so much more than final sales since the end of 2014.

Quarterly GDP volatility has become the norm in recent years, but the year on-year trends are smooth enough to make us more comfortable reading the tea leaves. Wall Street is assuming a pretty hefty Q3 inventory rebound, with quarterly GDP growth of 3.0% in the third quarter and 1.5% in the fourth. The result could be a pickup in year-on-year growth by the end of the year. But, even if Wall Street is correct, annual growth will still be less than 2%.

Government spending was predicted to prime the economic pump. 2016 was supposed to be the year of public sector abandon after the President and Congress decided to shelve longstanding balanced-budget agreements to avoid "distracting voters with unnecessary political squabbles during a presidential election year." If the goal was to buy off voters with government largesse, there are two ways of analyzing

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

the results so far:

1. It's not working. Government spending is growing more slowly this year than last thanks to defense cuts and a collapse in state and local investment.

2. Alternatively, it's working, but only benefiting a few. Non-defense federal spending is growing at about a 4% rate and has been for two years. There have been noteworthy increases this year in natural resource and environmental outlays, transportation outlays (thanks to a generous highway bill) and interest on the debt. (Higher interest payments reflect a rising debt/GDP ratio).

Predicting government spending from quarter-to-quarter is tough, but because government has shrunk in relation to the economy, its influence is pretty small anyway. It has only contributed more than 0.5% to GDP once in the last five years. That was in Q2-15, and its contribution has declined in all but one quarter since then. It's a safe assumption any public sector strength in the second half of this year will be fleeting.

Bottom line: A year ago, John Williams (President, Fed Reserve Bank of SF) warned the Fed had no choice but to raise rates until growth slows to 1.0-1.5%. It now appears the one 25bp hike last December may have done the trick. There is still plenty of

institutional inertia within the Fed to take rates higher if possible. But it's increasingly looking like the market's rate hike forecast will prove more accurate than the Fed's.

Maybe expansions die of old age after all. Car sales are no longer growing because people who want cars have them. Realistically, consumption would be slowing even without slower car sales because households in the United States cannot sustain 4% real spending growth with 3% real income growth/purchasing power. Business investment is falling because 2010's post-recessionary under capacity conditions have given way to late-cycle oversupply. Residential investment may have stalled because homebuilders are content with the current level of starts. Or, maybe they fear another housing bubble.

The only bright spot in the GDP accounts is foreign trade, but we cannot expect other countries to fuel faster US economic growth when they cannot grow faster themselves. Looking beyond the remaining two quarters of 2016, a looming recession demands our attention. The next recession is likely to wreak havoc on financial assets, in part thanks to policy changes in response to the Great Recession, not all of which were rational. Plus, it cannot help that so many Americans have little trust in either candidate for President of the United States of America. Investors should be formulating strategies soon so they can position before the downward turn.

LIVE LOCAL, SHOP LOCAL - THIS IS THE TIME OUR MERCHANTS NEED US

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

Your Money - Ask Julia

Earthquake Preparedness

Remember the story of the little boy who cried, "Wolf"? Sometimes it seems like scientists have been crying, "A major earthquake is coming," for so many years that we've come to ignore their warnings to be prepared. I find that it gives me some peace of mind to be somewhat prepared, hoping I never need to use my plan. Compare it to insurance; although we hope we never need to use auto or homeowner's insurance, there's a level of comfort in knowing that you won't have to bear the total financial burden if disaster happens. Earthquake prediction tools have become more accurate; scientists are doing their part to warn the public. We have been warned that there is a possibility of an imminent major quake. There are guidelines for earthquake preparedness online. Carry a backpack of supplies in your vehicle in case you need to walk home. Keep your cellphone charged. Have a plan.

We're ready to sell our home. Is now a good time?

Now is a great time to sell your home. There are currently not enough homes available for all the buyers who are shopping. Homes that are priced right are getting multiple offers. Contact me if you need a recommended Realtor specializing in your area.

My husband has a 401k. I'm not employed. Can I invest in a Roth IRA?

It depends on how much household income you have. Unlike a traditional IRA, a Roth



Julia Yoder

IRA is very limited on the amount you're allowed to invest annually. There are income-tax and penalty-free Qualified Distributions that can be taken from a Roth IRA prior to age 59 1/2. There are some limitations, but you could plan on your Roth IRA contributions as money to access as an emergency fund or fun-money during retirement.

What is a buy-sell agreement?

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

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

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

Got a question? Ask Julia by email:

Email questions and comments to: juliyoder@yahoo.com

This is your opportunity to simplify your life by having one professional working personally with you to coordinate your finances, investments, real estate, mortgage, insurance, retirement, and estate plans. CA Insurance 0C83859/Realtor 01238153/NMLS 248681/ Member: Nat'l. Ethics Assoc.

The Los Angeles Economic Development Corporation Announces That Azusa Is A Finalist For The Most Business Friendly City Award In Los Angeles County

Winners to be named at LAEDC Eddy Awards on November 10th

AZUSA - The Los Angeles County Economic Development Corporation (LAEDC) today announced the finalists for its 2016 Most Business-Friendly City in Los Angeles County Award. Azusa was one of the finalists for cities with a population under 68,000 category. A winner for cities in the over and under 68,000 will be announced live at the 21st Annual Eddy Awards® on Thursday, November 10th, at the Beverly Hilton.

Business-friendly programs and services are a critical factor in job-creation. The finalists were selected through independent review by a panel of blue ribbon judges, based on the following criteria:

- Demonstrated priority commitment to economic development

- Excellence in programs and services designed to facilitate business entry, expansion, and retention

- Competitive business tax rates and fee structures

- Availability of economic incentives

- Effective communication with and about business clients

The LAEDC says that "Azusa is emerging. The City is revitalizing the community by offering new choices for living, working and exploring. The City understands that providing the highest quality of life is a means of achieving positive economic development benefits. An ombudsman also provides one-on-one assistance to businesses. Nestled at the foot of the San Gabriel Mountains National Monument and with access to a reliable

source of water, affordable electric rates and a sustainable infrastructure featuring two light rail Foothill Gold Line Stations, Azusa is prepared to be the ideal destination for residents, businesses and explorers."

The Eddy Awards were introduced by LAEDC in 1996 to celebrate exceptional contributions to economic development in the L.A. region, consistent with LAEDC's focus on increasing shared prosperity for our residents and communities. The Eddy Awards gala dinner, where our region's leaders come together, includes California's only "business-friendly city" award, highlighting programs and services that foster job-creation. For sponsorship or tickets, contact Rick Moelis at 213-236-4812 rick.moelis@laedc.org

Library Events at a Glance

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

In-N-Out Cover to Cover Reading Program - October 1 - November 13 / Children's Room.

In-N-Out reading incentive program for children age 4 to 12. Children who read five books receive a certificate for a free hamburger from In-N-Out.

Super 8-Day Sale - October 6 - 15 / Main Floor

Come to the library and browse the sale tables on the main floor for bargains on inspirational books (these items were originally scheduled to be for sale in September).

Screenwriters Group - October 10, 6 pm / Friends Room

Exchange strategies and ideas with other writers! All are welcome!

Science: On Earth & Beyond - October 15, 11 am / Friends Room

Listen to JPL Solar System Ambassador Bob Trout as he talks about the JPL Mission to Jupiter. The JUNO spacecraft recently finished the journey to Jupiter and successfully entered its orbit. JUNO will be our attempt to learn about Jupiter's clouds and other features by skimming just above the cloud tops as it orbits the planet. What will we find there? Come and see! Robert Trout is a retired chemistry and science high school teacher and a Solar System Ambassador for the NASA Jet Propulsion Laboratory.

Hands-on Science Activities for Kids - October 15, 1 pm /

Friends Room

Novel Idea - October 19, 5:30 pm / Friends Room

Join us as we celebrate 10 years of Novel Idea book discussion group!

Teen and Young Adult After Hours Party - October 21, 5:30 pm / Library main floor

For Teens and Young Adults only! Join us and explore the Library after hours with friends, lots of food and lots of fun!

Halloween Craft Week - October 24 - 29 / Children's Room

Come to the library and have fun creating spooky Halloween crafts- BOO!

Trick or Treat Storytimes - October 24, 25, 26, 10:30 am / Friends Room

Come to our Storytime dressed in costume and go trick-or-treating in the Library.

October Car Care

Twice a year the Car Care Council, a non-profit organization, celebrates National Car Care Month. This happens in April and again in October. The reason they feel the need to spend money on advertising the importance of car care is because so many consumers don't take care of their vehicles properly.

Neglect of this kind causes accidents, expensive breakdowns, pollution, using more fuel than necessary and even lost time at work! The Car Care Council hopes a gentle reminder twice yearly will prevent all this.

Here is a check list for safety, dependability and savings!

- Have all fluids checked
 - Have air filter checked
 - Have battery and charging system checked
 - Have belts and hoses checked
 - Have oil and lubrication service
 - Have all lights checked
 - Have all wipers and fluid checked
 - Have tires checked for proper inflation and tread
 - Have suspension system checked
 - Have brake system checked
- Many consumers feel a false sense of security today because they have cell phones or On-Star

so they are able to call someone for help. Yes...these are great when you need them but of course avoiding a breakdown or accident due to neglect or not to pollute the air or use more gas than necessary is a better choice.

If you have been putting off service or repair; call your car care provider today and not only will you be driving a safer, more eco-friendly vehicle, you will save money in the long run!

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

Hometown Service You Can Count On!

Housing Rights Center To Host Free Workshop On Rent Increases, Evictions, Discrimination, Foreclosure And More!

EL MONTE - The Housing Rights Center (HRC), and the City of El Monte, will be hosting a FREE 'Fair Housing Workshop' for El Monte housing providers, residents and community members on Monday, **October 17** from 5:30pm - 7:30pm at the Norwood Library, located at 4550 Peck Rd., El Monte, CA 91732. HRC will present information and resources regarding housing discrimination and landlord-tenant rights and responsibilities.

Topics will include: discrimination against families with children, disability rights, sexual harassment, evictions, repairs, security deposits, rent increases, substandard conditions, and much more!

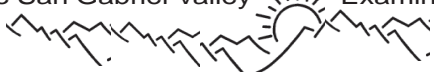
Title VIII of the Civil Rights

Act of 1968, known as the "Fair Housing Act," provides protection from discrimination in all housing related transactions based on race, color, religion, sex, national origin, familial status and disability. Furthermore, the California Fair Employment and Housing Act provides additional protections against housing discrimination based on marital status, ancestry, sexual orientation, and source of income. The California Unruh Civil Rights Act also provides protection from housing discrimination based on age and protects the right to freedom from violence and intimidation in housing.

For more information, or to RSVP for this FREE workshop, please call Oscar at (800) 477-5977 extension #1103.

TTY users please call (213) 201-0867. This location is handicap accessible.

HRC is California's largest nonprofit, civil-rights agency dedicated to promoting and securing fair housing. HRC investigates over 1,600 housing discrimination complaints annually and assists over 17,000 individuals with their housing-related concerns. Individuals who believe they are victims of housing discrimination or who have questions about the fair housing laws or their landlord-tenant rights are encouraged to contact HRC for additional information at 1-800-477-5977 (voice) or 213-201-0867 (TTY). Additional information is also available at www.housingrightscenter.org.



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

Spooky Bunco

Arcadia Senior Services is hosting a Spooky Bunco afternoon with refreshments on Friday, **October 7** at 12:30pm at the Arcadia Community Center, 365 Campus Drive. Gift cards will be awarded to the individuals with the following accolades: most wins, most losses, most Buncos and most baby Buncos. In addition to these rewards, there will be a chance to win raffle prizes. Tickets are currently on sale and can be purchased at the Arcadia Community Center for an all-inclusive price of \$10. For questions and more information, please call Arcadia Senior Services at 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

In-N-Out

Cover-To-Cover

The City of Covina Parks and Recreation Department-Library Services Division invites children ages 4-12 to sign up for the Covina Public Library's Fall Reading Program, which is generously sponsored by In-N-Out Burger! To participate in the program, each child must be present to fill out an enrollment card. Children are expected to read five books appropriate for their reading level. For every five books read, the child will receive a Cover-to-Cover Club Achievement! Each participant may earn up to three award certificates during the program (while supplies last). Register at the Covina Public Library October 1-November 12.

For more information, please call (626) 384-5303.

Toy Loan Program At Covina Public Library

In partnership with Los Angeles County Department of Public Social Services, the Covina Public Library offers a new Toy Loan Program, a toy lending service allowing children to borrow toys. Honor Awards are also given to children who bring toys back on time. The Toy Loan Program is sponsored by the LA County Board of Supervisors and the Department of Public Social Services. For more information, or to sign up please visit the Children's Department. Covina Public Library is located at 234 N. Second Ave, Covina.

For more information, please call (626)384-5303.

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.

American Legion Post 755 October Events

American Legion Post 755 will be having a Rummage Sale on Saturday **Oct. 8** from 8am till 4pm and Sun. **Oct 9** from 8am till 2pm.

They will be having a dinner on Friday **Oct. 14** from 5pm till 8pm and love entertainment from 6pm till 10pm.

On Saturday, Oct 15, they will be having a Halloween party with

a costume contest. Dinner will be from 5pm till 7pm and karaoke from 7pm till 11pm.

American Legion Post 755 is located at 20516 E. Arrow Hwy., Covina.

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.

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

Glendora Public Library launches e-magazines!

GLENDORA - Visit the Glendora Public Library website, www.glendoralibrary.org, to download the latest copies (and back issues, too) of your favorite magazines. Titles available include: Consumer Reports, Cooking Light, Men's Health, People, Sports Illustrated, Lonely Planet Traveller and more! For more information, please contact the Glendora Public Library at (626) 852-4891 or visit us at www.glendoralibrary.org.

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 Palapinto 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 re-learning (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 Blood Pressure Screenings

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

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

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. Movement increases range of motion, relaxation, and decreases risk of injury. Participants should wear comfortable clothing and shoes. Bring a towel and bottled water. For additional information, please contact the Department of Community Ser-

vices 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.

Haynes Family of Programs to hold fourth annual 'Halloween Haunt' fundraiser!

LA VERNE - The leaves are falling and the pumpkins are in the stores. So if you dare to begin getting in the mood for the scary time of year, come to the Haynes Family of Programs fourth annual "Halloween Haunt" fundraiser - and bring the kiddies (but you might want to hold their hands)! Included will be some great

food, vendors, arts and crafts and, for the most daring among you, a walk through haunted house.

The event, which will benefit the Haynes Family of Programs - School for Autism and Developmental Disabilities, is set for 5 to 7 p.m. Friday, **October 7**, at the Haynes Family of Programs, 233 W. Baseline

Road, La Verne.

Hours for the haunted house are 6 to 7:30 p.m. Admission to the haunted house is only \$3 per person.

Thrivent Financial will be on hand to provide free Child Safety ID (including fingerprints, digital photo and emergency contact information) and information during the event.

Monterey Park Bruggemeyer Library Provides Links to Free Online Tutorials

MONTEREY PARK - The Monterey Park Bruggemeyer Library is announcing the availability of over 125 free online tutorials, including more than 1,100 lessons, videos and interactive links for its patrons. These free online tutorial links provide free, easy instructions on various sub-

jects from learning Microsoft Office, email, reading and math, to media accounts such as Facebook and Twitter.

DigitalLearn.org is an Institute of Museum and Library Services grant-funded project to create an online hub for digital literacy support and training. The site is intended to build upon and foster the work of libraries and community organizations as they work to increase digital literacy across the nation.

GCFLearnFree.org creates and provides quality and innovative online learning opportunities to anyone wishing to improve upon their skills in technology, literacy, and math. The program has helped millions around the world learn the essential skills they need to live and work in the 21st century.

Techboomers.com is a free educational website that teaches older adults and others with limited computer skills how to use the most popular and trusted websites on the Internet. It currently

offers over 60 free courses packed with video and article tutorials that are customized for the inexperienced technology user by making them both relevant and in a language they understand.

To access to these online tutorials, go to www.MontereyPark.ca.gov/library, click on the Computer Classes/Online Tutorials link on the left navigation panel or go directly to <http://www.montereypark.ca.gov/1148/Computer-ClassesOnline-Tutorials>.

The Monterey Park Bruggemeyer Library is the city's public library located at 318 S. Ramona Avenue, Monterey Park, CA 91754. Library hours are Sundays 1-5 p.m.; Mondays and Tuesdays 12-9 p.m.; Wednesdays and Thursdays 10 a.m.-6 p.m.; Fridays and Saturdays 10 a.m.-1 p.m. For more City of Monterey Park news and information visit the city website at www.MontereyPark.ca.gov

MediCare Fraud And Other Pitfalls

GLENDORA - Community Senior Services will speak on MediCare fraud and other pitfalls to avoid at EYE-DAS Arcadia and Glendora Clubs. West Covina Club program is Open Forum. Glendora meeting will be at the La Fetra Senior Center, 333 E. Foothill Blvd., Glendora on Monday, **October 10** at 6:30 p.m.

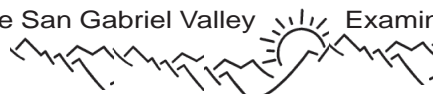
EYE-DAS ("Eye Diseases are serious") provides social and educational services to the visually impaired throughout

the San Gabriel Valley. Clubs meet in West Covina on October 3 at noon in the West Covina Senior Center on Cortez; in Glendora on October 10 in the La Fetra Center at 6:30p.m.; in Arcadia on October 11 at the Assistance League Building on Alta at noon. Both the visually impaired and their friends and family members are always welcome. For more information, contact EYE-DAS at (626) 335-3937.

Senior Gift Shop Fall Craft Fair

ARCADIA - The City of Arcadia Recreation & Community Service Department, Senior Services Division operates a gift shop at the Arcadia Community Center at 365 Campus Drive and is open to the public, Monday - Thursday 9:30am - 1:30pm. Just in time for the holidays, the Arcadia Community Center Gift Shop is hosting a Fall Craft Fair, on Saturday, **October 8** from 9am - 2pm at the Community Cen-

ter. The Fall Craft Fair is free and will have many items to choose from: scarves, hats, knitted sweaters, flower arrangements, pillows, t-shirts, ornaments, and jewelry among many other beautiful handmade and hand-crafted items. For more information please contact the Recreation and Community Services Department Senior Services at 626.574.5130.



Baldwin Park Unified School to Honor Namesake, Awards Scholarship

Scholarship benefits former elementary students who are graduating from high school

BALDWIN PARK - Margaret Heath Elementary School will hold its annual Margaret Heath Day to celebrate the school's namesake, a noted principal who proposed a student scholarship in 1945. Heath students, who traditionally amass scholarship funds by donating pennies, will bring flowers to campus for a ceremony commemorating Heath's legacy.

8:15 a.m. Friday, Oct. 7 at Margaret Heath Elementary School, 14321 School St. Baldwin Park, CA

Margaret Heath was born in 1860 in Pennsylvania. In 1913, she became principal of Central Elementary. When Heath retired at age 70, the District named a school in her honor. Heath volunteered at the school and, at her 85th birthday celebration, suggested the District create a scholarship for

school alumni funded by pennies donated by current students.

Heath died in 1952, but the Margaret Heath Memorial Scholarship continues. Each year, the school collects about \$500 to \$700, using the funds to benefit Heath alumni who are graduating from high school.

This year, the school will fund two scholarships.

America's Christian Credit Union Named One Of The Best Adoption-Friendly Workplaces Of 2016

GLENDORA - For the fourth year in a row, America's Christian Credit Union (ACCU) has been named one of the Best Adoption-Friendly Workplaces by The Dave Thomas Foundation for Adoption. ACCU earned 6th place among companies ranging from 1 - 100 employees, moving up two places from the previous year, by offering a \$5,000

adoption grant and 6 weeks paid-leave to adoptive parents at their organization.

ACCU President/CEO Mendell L. Thompson spoke excitedly about the honor, "For many years we have been diligently working to further our mission to help children around the world find forever families. For us the focus starts with our employees. We offer adoption benefits that stand out in our industry. While we are proud to be the only credit union to make the list; we hope and pray that we will serve as a role model and forerunner for others to follow in this important cause!"

The Dave Thomas Foundation for Adoption's Best Adoption-Friendly Workplace program has honored employers of every size and industry that offer adoption benefits for employees since 2007. Rankings for the Best Adoption-Friendly Workplaces List are determined by an analysis of a company's benefits that

are made available to employees who adopt, such as financial reimbursement and paid leave. The Foundation compiles the results from its annual survey of U.S. employers, and partners with Employee Benefit News, a SourceMedia publication that is the leading source of information for benefits decision makers, to announce the winners. To view the full list of 2016 honorees, visit davethomasfoundation.org/2016-adoption-friendly-workplaces.

This distinction is one of many ACCU has received since its adoption loan program began in 2009. Having helped over 1,450 children find forever families through their award-winning Adoption Loan Program, ACCU has become an industry leader in adoption finance, providing training, resources and assistance to adoption organizations across the country.

Earlier this month, two key members of ACCU's adoption team -- Naomi Paris-Klotz, Director of Member Engagement and Natalie DePrat, AVP of Consumer Lending -- attended The National Council for Adoption's annual conference in New Orleans to speak to adoption agencies, lawyers and foundations on the importance of providing financial information to adoptive families early in the process. "America's Christian Credit Union embodies the Spirit of Christ as they advocate for adoptive families. They take the time to give free financial counseling to every family who inquires about their Adoption Loan Program," raved Kris Faasse, Senior VP of Clinical Operations for Bethany Christian Services, a keynote speaker at the National Council for Adoption's Awards Luncheon.

Assemblyman Hernández to Host a Community Coffee in West Covina

WEST COVINA - Assemblyman Roger Hernández (D-West Covina) invites residents of the 48th Assembly District to join him at his last community coffee to discuss legislative updates and important issues facing the State of California. This event is free and open to the public. Light refreshments and snacks will be provided.

The event will be held at the West Covina City Hall (Community Room), 1444 West Garvey Avenue South in West Covina. The date is set for Saturday, October 8th 10:00 am to 12:00 pm.

If you have any questions or to RSVP, please contact Cesar Cervantes at Cesar.Cervantes@asm.ca.gov or (626) 960-4457

The Weather Turns Cooler, The Leaves Change Color, And Fall Activities Begin At The Glendora Library

GLENDORA - Monday, October 10 and November 14 @ 6 PM in the Library's Friends Room. Screenwriters Group. Exchange strategies and ideas with other writers! All are welcome!

Saturday, October 15 @ 11 AM in the Library's Friends Room. Science, on Earth and Beyond: Mission to Jupiter. The JUNO spacecraft has recently finished the journey to Jupiter and achieved orbit at the giant planet. JUNO will be our attempt to learn about Jupiter's

clouds and other features by skimming just above the cloud tops as it orbits the planet. What will we find there? Come and see!

Wednesday, October 19 @ 5:30 PM in the Library's Friends Room. Novel Idea. Novel Idea is celebrating 10 years of great book discussions! Drop in to talk about your favorite mystery or horror book and enjoy Halloween refreshments.

Saturday, November 5 @ 11:00 AM in the Library's

Friends Room. Opera Talks. This interactive presentation is led by members of LA Opera's Speakers Bureau and addresses the history, literature, philosophy and fine arts within the context of each opera.

For more information regarding these and other programs and Library services, please contact us at (626) 852-4891 or visit our website www.glendora-library.org. The Glendora Public Library is located at 140 South Glendora Ave, Glendora.

Honor Society of Key Women Educators Invites Interested Professionals to Its' Fall Tea

GLENDORA - Delta Nu, the local Chapter of Delta Kappa Gamma Society International, invites women educators to "Share a Cup of Tea" with us, on **October 18** at their annual fall membership tea.

Founded in 1929, Delta Kappa Gamma is an international honor society of retired and working teachers, professors, administrators, librarians and others whose work has in-

cluded supporting women's work in education.

Delta Nu is a society which promotes the professional and personal growth of women educators and excellence in education.

Please come enjoy some tea and treats and discover the purposes and projects of this professional society for key women educators.

The tea will be held **October 18**, from 3:45 - 5:00 p.m. in the Glendora Unified School District Board Room, 500 N. Lorraine Ave., Glendora.

For more information please call Kathy at (626) 825-0391.

Supervisor Antonovich's Pet Of The Week: "Bailey"



LOS ANGELES COUNTY — At the Board of Supervisors meeting, Supervisor Michael D. Antonovich presents "Bailey," a 3-month-old spayed female Chi-

huahua Mix, ready to be adopted. For more information about adopting a pet, please call (562) 728-4610.

Hillary "What difference, at this point, does it make?"

Continued from / Page 4

"What difference, at this point, does it make?" We know that she has "medical episodes" that are "frequent" (Bill Clinton), "not frequent, rare" (Bill Clinton), or "a couple of times, I can't remember how many" (Hillary Clinton) that leave her completely incapacitated for a period of time. They are frequent enough that she travels with a nurse and the Secret Service does not rush her to the hospital when they occur—as after the 9/11 event. Should we elect a candidate that we know will not be responsive to the needs of the presidency on a regular basis? I think not.

About the author/contributor:
Gerard Gianoli, M.D.,

F.A.C.S. specializes in Neuro-otology and Skull Base Surgery. He is in private practice at The Ear and Balance Institute, located in Covington, Louisiana but is also a Clinical Associate Professor in the Departments of Otolaryngology and Pediatrics at Tulane University School of Medicine. He pioneered treatments for Superior Semicircular Canal Dehiscence and other vestibular disorders. His private practice has a worldwide reach, with patient referrals coming from all over the United States and from around the world. His research interests include the diagnosis of increased intracranial pressure and was co-investigator in a NASA study, which led the use of a non-invasive device for intracranial pressure monitoring on the international space station.

Dr. Gianoli opted out of Medicare in 2001 and has had

a 100% third-party-free practice since 2005. He's lectured and written extensively (as well as had numerous media interviews) on third party free medical practices and free market medicine. His editorials have appeared in The Wall Street Journal, Forbes, Investor's Business Daily, The Hill and other popular periodicals.

He has received numerous awards, including the American Academy of Otolaryngology's Honor Award, and has been named in America's Top Doctors and America's Top Physicians every year since their inception in 2001 and 2003 respectively. Dr. Gianoli practices all aspects of neuro-otology but has a special interest in vestibular (balance) disorders. He has researched, lectured and published extensively on the topic of vestibular disorders. Website: www.earandbalance.net

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How to Talk to Aging Parents about the Future

Parents care for and guide children into adulthood. But as parents age, sometimes the roles are reversed.

Establishing a plan will help everyone feel more at ease about the years ahead. Here are four common concerns you may face with aging parents and tips to manage each conversation.

Multi-level homes and complicated floor plans can make everyday living difficult and dangerous for seniors. However, convincing parents to move into a more manageable home or assisted living may be tough. Suggest the transition early, while parents are still active to help them ease into the idea. If they insist on staying put, consider homecare and installing assistive equipment, like handrails.

Driving can be a sensitive topic because for many, it's a key part of remaining independent.

Take 90-year-old Vivian Cash who started driving in 1949. While always priding herself on her safe driving -- in fact, she's never had an accident -- she recently pulled into her driveway and stopped too close to a telephone pole, ultimately needing help moving her car. That was when she decided it was time to stop driving.

"If I'm driving and I had a problem, I could hurt someone or myself. It just isn't worth it," explained Cash.

Of course, not everyone will



PHOTO SOURCE: (c) Monkey Business Images - Getty

be willing to hang up their keys, so approach the topic before noticeable problems surface, such as with vision or dexterity, and agree to certain warning signs that might indicate it's time to rethink transportation.

When it is time for parents to stop driving, help them map out ways to get to all their activities.

Most people don't like dis-

cussing wills and life insurance. As a result, they're often written and not revisited. However, both need to be updated periodically, especially when major life changes take place, like marriage, death or divorce.

Ensure your parents have a will that's been updated in the past five years. If not, it should be revised to reflect their current wishes. Establish who will

be in charge of executing the details, and determine where documents will be stored.

Any updates to wills need to be reflected in life insurance policies, since beneficiaries take precedence over whatever the will specifies. Consider working with a trusted advisor who offers both life insurance and retirement planning, such as an Erie Family Life insurance agent, to ensure parents and family members are covered for the future every step of the way.

Finances need to be discussed -- from retirement planning, debt consolidation and payment to logistics like where important documents are placed (digital and hard copies). Even if parents don't want to divulge all their information, getting a general sense of the situation will make things easier when decisions need to be made.

Help your parents create a list of bank, benefits, pension and other accounts, as well as usernames and passwords. Keep this information in a safe place, such as a fire-resistant safe. Know where items like tax files, car titles and the key to the safe are kept.

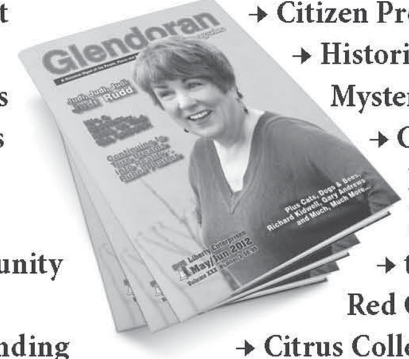
Aging isn't easy. Address everything now to leave your family at ease for the changes ahead. (StatePoint)

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Community Articles Are Welcome

We are seeking articles, photos and news and event items for future issues of the San Gabriel Valley Examiner. Information should be sent to SGExaminer@aol.com and articles should be in Word format while photos should be in jpeg.

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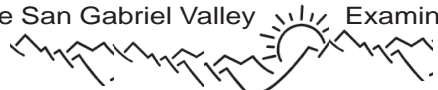
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Fundraiser For Cory Ellenson



Glendora Council Members Judy Nelson, Mendell Thompson and Gary Boyer with California State Assembly candidate Cory Ellenson and Xavier Perez who is running for Superior Court Judge. Also in photo is Aiden Blanco a 7th Grade student of Goddard Middle School.

By Jayam Rutnam

GLENDORA - A fundraiser was held recently at the "R & M Ranch" of Ralph and Rosa Munoz, to elect Cory Ellenson to the California State Assembly. The Host Committee for the event were, Glendora Mayor Gene Murabito, Mayor

Pro Tem Gary Boyer, Glendora Council Members Mendell Thompson, Karen Davis and Judy Nelson, Glendora School Board President Chuck Gomer, V.P. Cory Ellenson, Glendora School Board Clerk Mike Gautreaux, Glendora School Board Mem-

bers Maura Murabito and Robin Merkley, Charter Oak School Board Members Jane Bock and Don Davis, the Police Officer's Association.

Azusa Unified Schools Receive CIF Champions for Character Awards

AZUSA - Azusa and Gladstone high schools received awards from the California Interscholastic Federation – Southern Section (CIF-SS) at the 12th annual Jim Staunton Champions for Character awards ceremony on Monday, Sept. 26. Hosted at Long Beach's Grand Conference Center, Azusa High is the only public school to receive the Champion for Character honor in 2016.

Gladstone High School Athletic Director Chuck Shore and student-athlete scholar Irma Ramos were also named recipients of the award. The Champion for Character honor goes to students, administrators, coaches and schools for contributions in promoting "Victory with Honor" and who embody the six Pillars of Character: trustworthiness, respect, sportsmanship, fairness, caring and citizenship.

"Azusa and Gladstone high schools set a high bar for the ideals of integrity and sportsmanship, and demonstrate unequivocally that athletics is just as much about fair play, dignity and grace as it is victory," AUSD Superintendent Dr. Linda Kaminski said. "Congratulations to our high-achieving schools for being recognized for their outstanding leadership."

Ramos, a junior, plays three sports – volleyball, basketball and track – and has been nominated for the award three years in a row by Shore.

"Irma's character is flawless. She is so deserving of the award. In three years, no one has ever said anything negative about her," said Shore, who expressed appreciation to his peers for his selection. "This is one of the most prestigious awards you can get. I am deeply honored and humbled at the same time."

This is the third year that Azusa High has been acknowledged by the CIF-SS. Prior recipients include Azusa High student-athlete Destiny Tellez and principal Ramiro Rubalcaba in 2015, Azusa High cross-country coach Patricia Dorsey in 2014 and Gladstone High assistant principal Jacalyn Littrel in 2012.

"This is a tremendous honor to receive a Champions for Character award," Azusa High athletic director Sandy Gahring said. "These awards are presented to only the most extremely dedicated and hard-working individuals, those who display the six pillars of character – trustworthiness, respect, responsibility, fair-



Gladstone High School Athletic Director Chuck Shore and student-athlete scholar Irma Ramos were recognized at the 12th annual Jim Staunton Champions for Character awards ceremony.

ness, caring and citizenship. I am so proud of our school and so happy for my colleague Coach Shore and Irma Ramos."

Recipients will receive banners to hang in their school gymnasiums. The Champions for Character awards are presented in honor of former CIF-SS commissioner Jim Staunton, who helped develop the criteria for the six pillars of character. A golf tournament is held every year to

help fund scholarships for Champions for Character student-athletes. This year's tournament will be held June 21 at Rio Hondo Golf Course in Downey.

"Our mission at Azusa Unified is to teach our children to be outstanding achievers," AUSD Board President Yolanda Rodriguez-Pena said. "Thank you to the CIF for continuing to recognize the efforts of our students, coaches and administrators."

California Ballot Propositions Forum

ARCADIA - All are welcome to a forum on the California ballot propositions for the November elections. This is a FREE service to the community in order to help each and everyone to become informed voters. Former Mayor of Arcadia, Gary Kovacic, Esq. will moderate a forum of seven church barristers and friends to discuss and explain all 18 State and County measures. These barristers will provide their unbiased and comprehensive explanations of the pros and cons of each proposed measure. If you are confused by the sheer scope of this year's ballot, with measures on issues ranging from bilingual education, public transportation, and the death penalty

to legalized marijuana, purchase of ammunition, and banning plastic bags, you will want to attend these presentations and will be able to walk away feeling more confident that you will be voting your intended choices.

Because of the number of ballot measures, this year there will be two Forums. The first, on **October 9**, will cover Measures 52, 53, 54, 55, 56, 57, 60, 63, and County M. The second, on **October 16**, will cover Measures 51, 58, 59, 61, 62, 64, 65, 66, and 67. Both Forums will be held at Church of the Good Shepherd, located at 400 W. Duarte Road, Arcadia, in Jordan Hall, starting at 10:45 a.m.

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Baldwin Park Hosts Hundreds at 10th Annual College Fair

Students receive information on college and career paths

BALDWIN PARK—Roughly 1,000 students and parents mingled with alumni and representatives of top universities and career programs at Baldwin Park Unified's 10th annual College Fair, which targeted college and career guidance at students in grades five to 12.

The event, held Sept. 24 at Sierra High School, included a keynote address from the president of No Excuses University, workshops on college preparation, panels of alumni and parents, entertainment by student musical groups and, of course, dozens of college booths.

Sierra Vista High School senior Kimberly Lopez walked from booth to booth with a group of friends whose support bolstered confidence enough to chat with a representative of Harvard University about traveling during a gap year after high school.

"I have never seen Harvard at our school before," Lopez said. "It was amazing to see all the options that are available from community colleges to private uni-

versities.

No Excuses University President Dan Lopez opened the event by sharing his story of being the first college graduate in his family. No Excuses University is a network of 250 schools in 21 states that fosters a college-going culture at public schools.

"College is not only a pathway to a more successful career, but is so important to providing our children with multiple options in their lives," said Lopez, who recalled how his mother would remind him each night at bedtime that, "after high school comes college."

The words became a mantra for Lopez.

Sierra Vista's marching band performed at the beginning of the event and the school jazz ensemble performed favorite selections during the afternoon.

Sierra Vista Principal Christine Simmons said she was impressed with how logistics were deftly handled by students from the Associated Student Body and Advancement Via Individual De-

termination (AVID) program, who helped coordinate the event for the first time.

"It's such a great match because AVID is all about going to college," Simmons said. "All of our participating student leaders were a huge help with setting up the event."

Among the more than 20 institutions to attend were universities, colleges, career technical program and public safety academies, including UCLA, UC Berkeley, Harvard University, CSU Fullerton, Cal Poly Pomona, Pasadena City College, East San Gabriel Regional Occupational Program and Technical Center and Baldwin Park Adult and Community Education.

There were also panels during which students asked alumni about college life and during which high school students' parents questioned alumni parents.

Lopez worked specifically with students in grade levels 5 to 8. A USC representative led a workshop on NCAA requirements.

"Our goal was to provide a program that offered support to students who are planning to embark on any one of a number of college and career paths," Superintendent Froilan N. Mendoza said. "It is critical that we ensure all of these opportunities are presented to our students as they plan their futures."

Sierra Vista junior Litzy Munoz said she was heartened to receive encouragement from her friends to apply to top universities.

"I got to see what college life looks like," Munoz said. "It's so close, yet so far away."



Students visited with representatives of more than 20 college and career booths during Baldwin Park Unified's 10th annual College Fair on Sept. 24.

Azusa Golden Days Parade Travels On A New Route On October 8th

AZUSA - This year's Golden Days Parade will have a changed in direction for parade day. On Saturday the 8th, the Golden Days Parade will kick off with the Annual Azusa/Duarte Elks Pancake Breakfast at 6:30am. The Pancake Breakfast will now be in the Heritage Parking Lot, located at San Gabriel Ave and Sixth Street.

Civic Grand Marshal will be APU's own, Christian Okoye, former NFL fullback for the Kansas City Chiefs. Civic Grand Marshal is former Azusa Chief of Police, Sam Gonzalez, and Honored Citizens are Edith Russek and Joseph Torres.

The parade will start promptly at 10am on Foothill Blvd and San Gabriel. The

route will continue south on San Gabriel to Second Street and back up to Memorial Park. Prior to the start of the parade, there will be a band review on Angeleno Ave. The awards ceremony will take place immediately following the parade at approximately 12 noon.

The Golden Days Committee will be reaching out to the nearby communities to inform

them of how the new route will affect their commute during parade hours.

If anyone has any questions or comments, please reach out to the Azusa Recreation and Family Services Dept at (626) 812-5280 located at 320 N Orange Ave, in Azusa.

For the latest updates, visit azusagoldendays.net



Students visited with representatives of more than 20 college and career booths during Baldwin Park Unified's 10th annual College Fair on Sept. 24.

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