



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

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Azusa Beautiful Organization Recognized Honorees with Beautification Awards

By Jorge V. Rosales
AZUSA - On Thursday, August 9, 2018 the Azusa Beautiful 501 c(3), non-profit organization awarded its 2018 Beautification Awards recognizing Azusa's neighborhood heroes who make Azusa a beautiful place to live, work, and play at the Azusa Greens Country Club.

Azusa Beautiful honored Los Angeles County Board of Supervisors, Hilda Solis with the Visionary Award recognizing her for all her contributions in improving Azusa; Miles R. Rosedale, CEO, Monrovia Nursery with the Impact Award because he was a successful steward of public places; Ross Montes, Urban Forester for the City of Azusa with the Unsung Hero Award for enhancing the beauty and livability of Azusa; and Mantra Coffee Company with the Curb Appeal Award for improving the physical appearance of Azusa's community.

"Our goal is to present an award annually, which recognizes efforts on the part of Azusa residents, homeowners and business owners who have beautified their home or business, either through landscaping, or building renovation. It is important that we acknowledge the significance of



Maricela Cueva, Vice-President Azusa Beautiful; Yolanda Pena, Secretary Azusa Beautiful; Jonny Liu, Mantra Coffee Company Owner; Hilda Solis, L.A. County Supervisor-1st District; Ross Montes, Urban Forester-City of Azusa; Miles R. Rosedale, Monrovia Nursery-CEO; and Joe Rocha, Azusa City Mayor at their first Annual Azusa Beautiful Awards Ceremony at Azusa Greens Golf Course.

their efforts and contributions they have made to elevate the quality of life in the community and the region," says Azusa Mayor and Founder of Azusa Beautiful Joseph R. Rocha.

Azusa Beautiful's goal is to continue the great work that the entire Azusa City Council is doing to keep Azusa beautiful by creating a clean, safe and healthy

Azusa that will ensure the community continues to prosper. Its mission is to promote a clean, safe and healthy Azusa that relies on volunteers to help make Azusa Beautiful a success.

Azusa Beautiful's mission is to promote, encourage and foster

civic pride by creating a clean, green, safe and vibrant Azusa. It seek to improve Azusa's quality of life through efforts that include planting trees, graffiti removal and various beautification projects for homes, businesses and the community that Azusans

can be proud of. The organization achieves these goals by working with volunteers, existing community based organizations and resources to facilitate events that promote their mission. Together they make Azusa "the city of everyone's dreams, a clean, green, safe and beautiful environment for its residents," said Maricela Cueva, Vice President-Azusa Beautiful at the awards ceremony.

Every other month a group of volunteers join together early in the morning to beautify Azusa, they focus on tree planting, street cleaning, and other beautification projects. For over nine years, a group of volunteers have been planting trees throughout Azusa. As a result of these efforts, Azusa has received the designation of Tree City USA. When they plant trees they also set aside time to sweep and pick-up trash around the areas in which they are planting trees. They are also often asked to help with a beautification project including removing graffiti or removing debris from an area.

Marine Corps League Help Out Local VFW Post with Donation



VFW Commander George Ogden with the West Covina VFW accepts a \$1000 donation from Marine Corps League, Teufel Hunden Detachment 1390's Commandant Carlos Flores.

By Staff Writer
WEST COVINA - The United States Marine Corps League, Teufel Hunden Detachment 1390 donated \$1,000 to the West Covina VFW Post 8620. This was to help with the repairs that had been done af-

ter the VFW building was flooded out because of a water valve that broke. This caused the facility to be closed for 5 months while repairs were made. This was costly because the insurance only covered part of the loss.

The Marine Corps League meets at the VFW Post 8620 in West Covina at 7 p.m. on the third Wednesday of each month.

VFW Commander George Ogden and the membership greatly appreciate the donation.

National Night Out Against Crime



Glendora Police Department Cadets pose in photo with Glendora Police Chief Lisa Rosales, Glendora Police Captain Matt Egan and Corporal Nancy Miranda.

By Jayam Rutnam
GLENDORA - This year, on Tuesday August 7th, we celebrated the 35th year of "National Night Out Against Crime" at the Bidwell Forum, on the second floor of the Glendora

Public Library.

Hundreds of Glendorans and people from surrounding cities brought their children to the new location of the event at the Bidwell Forum. A family friendly event; residents were asked to bring their neighbors and friends too. There were free hot dogs, Police vehicles were on display, the water, community services department, along with the library and transportation departments were on hand to give out great information. This year they added a Neighborhood Watch booth! Visitors were also able to purchase this year's GPD pink patches. National Night Out is a yearly event that brings

neighbors together to give neighborhood crime and burglars a going away party!

The event has been held annually in the United States since 1984, and is sponsored by the National Association of Town Watch in the United States and Canada. National Night Out began simply with neighbors turning on their porch lights and sitting in front of their homes. The first National Night Out involved 2.5 million residents across 400 communities in 23 states; National Night Out 2017 involved more than 38 million residents in over 16,000 communities across the United States.

Duarte Transit Going Lean And Green In 2019

DUARTE - Duarte Transit is embracing the City's long standing, successful contract service model and applying it to our aging transit system. Starting in early 2019, the City in conjunction with Foothill Transit is introducing a fleet of new, 35 foot electric buses that will operate on existing Duarte transit routes. Partnering with Foothill Transit also brings much-needed transit expertise and resources to our small City including a fast charge infrastructure, and a fleet of state of the art electric buses, featuring the latest in green and fuel efficient technology.

There are many benefits that come with this transition in addition to being green and lean. The increased capacity will also allow Duarte Transit to expand services to include students, who have historically been prohib-

ed from utilizing the transit during peak hours as well as turning away fewer overflow riders. Changing to 35 foot, quiet electric buses will also reduce noise pollution for residents and businesses along the both the green and blue routes.

This one of a kind partnership first started building back in 2014 when the Duarte City Council began an outreach campaign for riders and residents composed of a series of surveys, public workshops and council meetings to discuss the current state of the transit system; including routes, alternative fuel buses, the need to accommodate students and potential fare impacts. This culminated in a decision in Fall of 2017 by the City Council to enter into a contract with Foothill Transit for the operation and

maintenance of new electric buses. The contract service arrangement is very similar to the one the City has had with the Los Angeles County Sheriff's Department since incorporation.

New Foothill Transit/City of Duarte buses are projected to arrive by the end of this year and be in operation by the beginning of 2019. Staff is continuing to conduct additional outreach to riders and residents over the next few months to solicit input and promote the new, improved Duarte Transit system. The public outreach workshops schedule and locations are as follows:

- Wednesday, August 29th, Duarte Community Center at 6:00 pm
- Wednesday, September 5th, Duarte Senior Center at 9:00 am
- Saturday, September 15th,

Duarte Senior Center at 10:00 am

For over 30 years, the City of Duarte has been providing a fixed route bus system for the community composed of a small fleet of 16 plus year old diesel buses which environmentally and economically don't work for the community anymore. Recruiting and maintaining a fleet of part time drivers has also grown increasingly more difficult and expensive. Transitioning to this contract service will relieve the City of long standing staffing challenges and allow the City to consider the implementation of fares which can be used to offset the ever-increasing cost of providing local transit. The City will also get the support of a full maintenance facility at the Arcadia Yard on Peck Road to keep the buses on the road.

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Local TOPS Club Chooses Officers



The local TOPS chapter 38 located in West Covina elected their current Board Members for 2018. Shown at the West Covina Senior Center on August 9 are: Erika Hernandez, Leader; Susan Muhlethaler, Secretary; Michelle Segovia, Treasurer; Becky Jones, Weight Recorder; Peggy Taranto, Co-Leader; and Joyce McDowell, Assistant Weight Recorder.

WEST COVINA - West Covina Chapter 38 of the TOPS Club (Take Off Pounds Sensibly) announces that members of the chapter have recently named Erika Hernandez as their Chapter Leader, Peggy Taranto Co-Leader, Susan Muhlethaler, Secretary; and Michelle Segovia, Treasurer. Hernandez has appointed Becky Jones as Weight Recorder and Joyce McDowell as Assistant Weight Recorder.

"At TOPS we understand that losing weight is a journey," says Erika Hernandez, chapter leader.

"It's the consistent encouragement, understanding and strength from people who are struggling with similar issues that make this organization so successful." TOPS members worldwide now number about 180,000. Weekly meetings help members learn about nutrition, portion control, food planning, exercise, and more.

Each Thursday at 6:00 pm, TOPS Chapter 38 meets at the West Covina Senior Center, 2501 E. Cortez St. Visitors are

always welcome, and the first TOPS meeting is free. Meetings last until about 7:30 p.m. and include an informational program. For more information, please call chapter leader Erika Hernandez 626-384-0502 or email: ehernandez57@aol.com. In September, the chapter is celebrating 60 years in the area. The group began meeting in Baldwin Park before they moved to West Covina. The group is popular with all ages because it holds meetings at night.

TOPS is a volunteer-run non-profit organization that helps members reach and maintain their weight loss goals. Ms Hernandez as Chapter Leader will run weekly meetings and lead a variety of educational programs. One way a weekly meeting helps members is the official weigh-in. Becky Jones records each member's weight during private weekly weigh-in. Confidentiality is honored, as is the ability to support members if they gain and to applaud when they have a loss.

The prevalence of over-

weight and obesity has become an alarming public health concern. The Surgeon General has estimated that two-thirds of Americans are overweight or obese. The recent weight-loss data from TOPS proves there is a solution to this epidemic. The key is medically sound, affordable, group support and education.

TOPS Club, Inc. (Take Off Pounds Sensibly) is a powerful, nonprofit, noncommercial weight-loss support and wellness education organization with thousands of associate chapters in the United States and Canada. Members (about 180,000 worldwide), learn about nutrition, portion control, food planning, exercise, and more, in weekly meetings. Weigh-ins, group feedback, and support help members achieve their goals. Founded in 1948, TOPS is the original weight-loss support organization and its International Headquarters is located in Milwaukee, WI. To find out more about them, visit www.tops.org or call TOPS Headquarters at 800-932-8677.

Four Surprising Insights Into Life With Parkinson's Disease



Photo Source: (C) Arto / Stock.adobe.com

Over 1 million Americans live with Parkinson's disease (PD), and while some symptoms are easier to see, such as tremors, stiffness and slowness of movement, there are a range of harder-to-detect non-movement symptoms that can have an impact on daily life.

Recently, the Parkinson & Movement Disorder Alliance (PMDAlliance), a non-profit organization offering programming for those in the Parkinson's disease community, surveyed over 650 people with PD as well as care partners to better understand how non-movement symptoms impact their lives and quality of life.

Here are some of their findings and insights:

1. Parkinson's disease affects more than motor function. Every person with Parkinson's disease may experience different symptoms, both motor and non-movement related.
 - Sleep problems (84 percent)
 - Cognitive challenges (75 percent)
 - Anxiety (65 percent)
 - Depression (55 percent)
 - Hallucinations (41 percent)
 - Delusions (24 percent)

2. Non-movement symptoms can be more challenging than motor symptoms. Of those who experienced, or reported that their loved one experienced, non-movement symptoms, 84 percent felt that

they have a negative impact on quality of life, and about half rated them as more challenging or much more challenging to live with than movement symptoms.

In a survey question about their Parkinson's experience, one care partner said, "I wish [other people] knew that Parkinson's looks different in different people. My spouse's motor symptoms are fairly well controlled, but his REM sleep disorder and dementia have made our lives incredibly challenging and exhausting."

3. Daily living is impacted by hard-to-see symptoms. Parkinson's disease changes how patients and their care partners think about the future and cope with day-to-day living.

In fact, non-movement symptoms negatively impacted the ability to:

- Sleep (84 percent)
- Plan for future events (76 percent)
- Socialize (71 percent)
- Make plans with family and friends (70 percent)
- Be intimate with their partner (68 percent)
- Complete household chores (68 percent)
- Run errands (67 percent)

When people with Parkinson's experience non-movement symptoms, care partners are impacted, too. In fact, psychosis symptoms in patients with PD are a strong predictor of increased care partner bur-

den, and those with hallucinations have a 2.5-fold greater risk for nursing home admission.

4. Reporting symptoms is crucial. Even though non-movement symptoms are common, they are rarely reported. For example, more than half of patients will experience hallucinations or delusions associated with Parkinson's over the course of their disease, however, only 10-20 percent of patients and care partners voluntarily report these symptoms to their doctors.

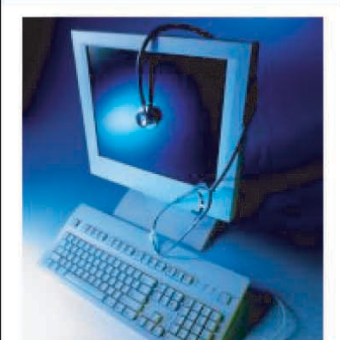
It's important to report all symptoms to a doctor (usually a neurologist), as there are many different treatment options to address both motor and non-movement symptoms.

"Those with Parkinson's and their families are not alone. Talking to your doctor is just the start of getting support and treatment," says Sarah Jones, CEO of PMDAlliance. "We urge the entire Parkinson's community to continue initiating conversations about symptoms, especially the non-movement ones that greatly impact day-to-day living."

New educational resources about the onset and impact of non-movement symptoms of Parkinson's can be found by visiting Pmdalliance.org and MoretoParkinsons.com.

The survey was sponsored by ACADIA Pharmaceuticals Inc. (StatePoint)

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Board of Supervisors selects Ricardo Garcia as County's new Public Defender

LOS ANGELES COUNTY - The Los Angeles County Board of Supervisors has selected Ricardo Garcia to be the County's new Public Defender.

One of California's most accomplished and respected criminal defense attorneys, Garcia has dedicated his talents to defending indigent clients who could otherwise afford no representation.

Garcia, currently a supervising attorney in San Diego County's Office of the Public Defender, is expected to begin his new role later this year.

Los Angeles County Supervisors praised Garcia as an acknowledged leader in a profession charged with ensuring the Constitution's pledge of equal justice under law, regardless of the economic status of the defendant.

"I'm so pleased that Ricardo Garcia will be leading the largest and oldest Public Defender department in the country," said Supervisor Hilda L. Solis. "The importance of the Public Defender's position cuts across all

communities, and the Public Defender provides legal representation—a constitutional right—to those who cannot afford it. Ricardo Garcia is a highly qualified attorney and, as the first Latino to head a major L.A. County Department, I look forward to watching Ricardo take the Public Defender's office to the next level."

"Ricardo Garcia is an exceptionally accomplished defense attorney who will elevate the L.A. County Public Defender's Office as a model for holistic representation nationally, working collaboratively with the justice partners, service providers, community based organizations and other key stakeholders," Supervisor Kathryn Barger said. "The County of Los Angeles is very fortunate to have such a seasoned attorney lead the first and largest Public Defender's Office in the nation."

In more than two decades as a public defender in San Diego County, he has tried numerous complex criminal cases, most recently as supervising attorney of the Multiple Conflicts Office/Major Cases. In that capacity, he has litigated a wide range of serious and violent felonies, as well as death penalty cases.

Garcia joined the San Diego County Public Defender's Office in 1995 as a trial attorney. In 1998, he was recruited to join the Department of the Alternative Public Defender, created to handle multiple-defendant conflict cases. From 2004-06, he served

as the Criminal Justice Director for the American Civil Liberties Union of Southern California, where he was responsible for monitoring the consent decree with the Los Angeles Police Department as well as conditions within the L.A. County jails. He returned to the San Diego Alternative Public Defender Department in 2006 as supervising attorney of its South Bay Office, before moving to his current post in 2009.

Beyond his skills in the courtroom, he is also sought-after educator. In addition to serving as an adjunct professor of Criminal Procedure & Motions Practice at California Western School of Law, he is a faculty member at the Shechmeister Death Penalty College at Santa Clara University. He also lectures on litigating complex gang cases in the continuing legal education programs of the California Public Defenders Association. In addition, he teaches Spanish language trial skills to graduate student lawyers.

He was named Trial Lawyer of the Year by the San Diego Criminal Defense Bar Association in 2015. He was awarded the Dale Melvin Ray Memorial Award for Excellence in the Representation of the Indigent by San Diego County's Department of the Alternative Public Defender.

Garcia holds a BA with highest honors from UC Santa Cruz, and a Juris Doctor from Boalt Hall School of Law (now known as Berkeley Law.)

Senator Chang Seeks Funding for Human Trafficking Victims

Funding was Removed from the Most Recent State Budget

SACRAMENTO - In her first bill introduced in the California State Senate, Senator Ling Ling Chang (R-Diamond Bar) has proposed to reinstate funding for human trafficking victims in California. California hosts the highest rate of human trafficking in the United States and the demand for victim services is rising. SB 991 includes a study to fully understand the scope of the problem and how the state needs to address this issue.

"Considering we have a \$9 billion surplus in our state budget, there really is no reason to cut off funding for these vital support services," said Senator Chang. "We need to help survivors on their journey to freedom, especially when California has the infrastructure to combat

human trafficking."

Since 2014 the state has committed funding for programs with a proven record of helping human trafficking victims. This year's budget failed to fund these programs, leaving victims vulnerable. The Senate bill directs \$15 million to the Office of Emergency Services that will include technical assistance and training for qualified nonprofit organizations. The Human Trafficking Victims Assistance Fund will also support a periodic study to measure the magnitude of the human trafficking crisis in California. The study will inform policymakers about the prevalence of this modern form of slavery.

California is ranked #1 in the U.S. for most trafficking cases, nearly double the margin of Tex-

as which is ranked #2. Figures show 89% of victims are female and 25% are minors. California hotline calls have increased by 248% from 2012 to 2016. Thanks to funding from programs like the Human Trafficking Victims Assistance Fund, between April 2016 to March 2018, a total of 6,211 victims in California were provided services such as education, counseling, shelter, and legal assistance. During the same time period, Los Angeles and Orange Counties assisted 2,836 victims.

SB 991 has earned the support of the Coalition to Abolish Slavery and Human Trafficking, a nonprofit organization seeking to put an end to modern slavery and human trafficking.

Police Announce Charges Against Suspect in Brier Cliff Way Burglary

MONTEREY PARK - On August 9, 2018 at approximately 6:00 a.m., an attempted residential burglary occurred in the 1000 block of Brier Cliff Way. Responding officers attempted to detain two suspects in the immediate area. Both suspects fled from the officers on foot. A short time later a nearby resident called to report a male subject who matched the original description given by the officer was seen jumping the wall in her rear yard. The suspect was located, detained, and after further investigation was



Brier Cliff Way Burglary Suspect Tynnell William Powell arrested for 459 PC/Residential Burglary. The second sus-

pect is still outstanding.

On August 13, 2018 the case was presented to the Los Angeles County District Attorney's office for a filing consideration and the charges of 459 PC/Burglary and 148 PC/Resisting Arrest were filed against the suspect.

The suspect is identified as Tynnell William Powell, 19, from Los Angeles.

Bail is set at \$50,000 and Powell appeared in the Alhambra Superior Court on Monday August 13, 2018.

Baldwin Park Downtown Street Market on Maine Avenue

Debuts season with double quality entertainment and variety of street vendors

BALDWIN PARK - Opening night for the Baldwin Park Downtown Street Market on August 9th was a huge hit among visitors, with an extended entertainment lineup featuring not one but two live entertainment shows. The Sonora Dinamita ft. Vilma Diaz, recognized across the U.S. and Latin America for their cumbia sounds headlined the opening night festivities that attracted over 2,000 guests. On the north stage, the tribute band to Mana, Corazon de Mana attracted a rock en espanol crowd that kept all dancing and singing to their favorite songs.

The weekly outdoor event located on Maine Avenue (between Ramona Boulevard and Clark Street) through September 13 will be held every Thursday from 5 p.m. to 9 p.m. at Morgan Both attendance and parking are free.

In addition to top entertainment, the Downtown Street Market will offer traditional fare from local produce farmers, free inflatable jumpers for children, and artisan and commercial vendors. Associates from various eateries, including several Baldwin Park businesses, will offer an array of cuisines. In addition, Via Mar Restaurant will provide a beer garden for adults age 21 and

over, organizers noted.

Along with promoting community comradery, Baldwin Park's Downtown Street Market complements the city's efforts to activate public spaces into vibrant and active local destinations. healthy living campaign, an ongoing effort to promote health-conscious activity and habits for all residents.

We invite you to come out on a weekly basis and save the date for the grand finale, featuring a one-night Fiesta Mexicana themed event that is on tap for Thursday, September 13 with a latin infused performance featuring Mariachi Arriba Guadalajara with impersonators Paquito as Paquita and Grace as Jenny, sponsored by Guadalajara Grill. In addition, the Los Angeles County Arts Commission awarded the event with a Free Concerts in Public Spaces grant that will sponsor the presentation by the Grammy-Award Winners, Mariachi Divas. The cultural themed night displays our commitment to the arts and culture and aligns with the mission of the LA Arts Commission that aims to provide residents with access to high quality programming that represents the diversity of County residents.

idents.

A slew of local businesses and organizations have collaborated with the city to sponsor the Downtown Street Market. Included are: Blue California; Care 1st Healthy Plan; California Sea Food Pub, Jungle Dental, Guadalajara Grill Restaurant, Los Angeles Arts Commission, Premiere Career Colleges, Lakeside Financial, T-Mobile, Alignment Healthcare, La Cocinita, Party 360, Via Mar Restaurant, Tony's Donut House, Papa John's Pizza; The Sauce; El Jacal Restaurant; Caustucci Foundation; Park Plaza; JB Eyebrow Threading and Beauty; Central City Community Health Center; Farmers Insurance Deviana Agency, Chicas Graphic Design, Kaiser Permanente and the Upper San Gabriel Valley Water District.

An estimated 100 vendors are expected weekly at this year's outdoor market. Local business and organizations are invited to participate, with priority registration rates available to Baldwin Park groups, officials said. To reserve a booth for the Baldwin Park Street Market, call Maria Moreno at (626) 813-5245, Ext. 316, or e-mail her at mmoreno@baldwinpark.com.

Man Arrested for Possession of a Loaded Firearm

By George Ogden

WEST COVINA - On Wednesday, Aug. 15, around 7 a.m., West Covina Police officers responded to a call for service at the Kaiser Mental Health facility located at 1502 West Covina Parkway.

The call was regarding a male subject sleeping in a car that was parked in the employee parking lot of the location. The caller also reported seeing something tucked in his waistband.

When officers arrived and approached the vehicle, they saw

the male sleeping in the car and they could clearly see a handgun tucked in his waistband. Officers were able to retrieve the handgun and resolve the situation safely by being patient and utilizing good tactics.

Two of the officers on scene are members of the department's SWAT team which was instrumental in resolving the situation without use of force or injury.

The unidentified male was arrested and booked at the West Covina Police Department jail for possessing a loaded firearm.

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Thank you for your cooperation.

Mission Possible: Saving Freedom in Medical Care

by Marilyn M. Singleton, MD, JD

In the original Mission: Impossible series, against all odds, through brilliant strategizing the good guys thwart stealth communist plots to undermine democracies. In trying to provide affordable, quality, personalized medical care, independent physicians face seemingly insurmountable obstacles: digging out from under piles of electronic paperwork, breaking free of third-party red tape, dodging hospital buyouts, and shielding patients from data mining and privacy intrusions.

But the biggest obstacle to great medical care is the socialist brigade rallying around Medicare for All, the proposed federally financed program that boasts no premiums, deductibles or co-pays, and medical, dental, vision and hearing benefits. What could possibly go wrong? As they say, show me the money. The Congressional Budget Office estimates the federal government will spend about \$1 trillion on healthcare programs in 2018. A detailed Mercatus Center analysis concluded that Medicare-for-All would add \$32.6 trillion to federal expenditures during its first 10 years.

Currently, payroll taxes and income tax on Social Security benefits fund Medicare's Part A Hospital Insurance Trust Fund. The Centers for Medicare and Medicaid (CMS) estimates this fund will be depleted in 2026. General tax revenues and beneficiary premiums fund medical services coverage (Part B). Medicare for All would be financed by current Medicare funds – minus the insurance premiums – and would be supplemented by the ever-popular "taxing the rich." Beware: the definition of "the rich" will be ratcheted down to encompass more taxpayers.

Then there is the coercive nature of Medicare. A beneficiary's opting out of Medicare Part A means forfeiting all past and future Social Security benefits. Medicare for All makes it clear that no straying from the herd is allowed: neither private insurers

nor employers can offer insurance that competes with the government.

Fortunately, more choices are becoming available for potential patients. The House of Representatives recently passed two packages of expansions of Health Savings Accounts (HSAs) (H.R. 6199, H.R. 6311). To name a few benefits, the contribution limit for an HSA nearly doubled to \$6,650 for individuals and to \$13,300 for families. HSAs would be allowed to pay for direct primary care (DPC) monthly fees. Best yet, anyone would be able to purchase a lower-premium catastrophic plan — removing the ACA's under age 30 restriction. And purchasers of "bronze" and catastrophic ("copper") plans would be able to contribute to an HSA.

Improving HSAs is not a trivial goal. HSAs are portable. HSA contributions reduce taxable income, money in the account grows tax-free, and money can be withdrawn tax-free to cover qualified medical expenses. The Employee Benefits Institute estimates that a person saving in an HSA for 40 years, assuming a 2.5% return, could accumulate up to \$360,000.

The Executive Branch acted on CMS's report that lower-cost alternatives were necessary given the rising premiums responsible for the decline in the purchase of unsubsidized ACA plans. The Administration created new rules for short-term limited duration (STLD) insurance policies, which are not bound by the ACA's restrictive mandates.

STLD plans, defined by the Obama administration as less than three-months duration, can be up to 12 months duration and can include an option for guaranteed renewal up to 36 months. Californians may be out of luck if the proposed consumer protection legislation prohibiting STLD policies makes it to the governor's desk.

According to CMS, in the fourth quarter of 2016 the average monthly premium for individuals for a STLD policy was approximately \$124, compared

with \$393 for an unsubsidized ACA-compliant plan with comparable \$5,000 deductibles. That is an annual savings of \$3,228. Even adding \$50 per month for a direct primary care practice, an individual saves \$2,628 a year. With DPC, all primary care services, including chronic disease management and access to low-priced commonly used medications are included in the upfront price.

The HSA bills and the new STLD rules are an antidote to the erosion of our freedom to contract under the guise of protecting us from "junk" insurance. Medicare-for-All is not the cure for health care ills. Once the central planners lure the masses into dependence on "free" stuff, abuse of power ensues. Voluntary participation by physicians becomes mandatory. When the money tree withers, the non-negotiable provider payments are slashed, and services to patients are rationed.

To mitigate the unacceptable, sometimes fatal wait times in the Veterans Administration health system a bipartisan Congress looked to the backbone of great medicine: private practice physicians. Independent medical practices will lead the way to achieving great affordable medical care through competition and consumer choice.

Dr. Singleton is a board-certified anesthesiologist. She is also a Board-of-Directors member and President-elect of the Association of American Physicians and Surgeons (AAPS). She graduated from Stanford and earned her MD at UCSF Medical School. Dr. Singleton completed 2 years of Surgery residency at UCSF, then her Anesthesia residency at Harvard's Beth Israel Hospital. While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law. She interned at the National Health Law Project and practiced insurance and health law. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers.

Do Socialists Outnumber Moderate Democrats?

Maria Harf was clearly "Outnumbered" on the Fox show of the same name recently, when the mostly Conservative panel pushed back on her statements that the Socialist emphasis in the Democrat party was not indicative of the whole party. She warned Republicans not to assume so.

The Democrat party, that has for decades, relied on identity politics and the power of the "sound byte" may see it coming back to "byte" them in their bottoms. Effectively planting the idea that the GOP and ultimately President Trump are racist, sexist, and all the other phobes, Democrats communicated the appearance of a few Right wing supremacists, skin heads, religious fanatics, and/or gun toting radicals, as the whole of the Republican party. But when Ms. Harf was confronted with the concept that the Democrat Party as a whole is now Socialist, she experienced frustration. If they "quack" like a Socialist, then what else are they? Especially when a poll showed a large majority of Democrats favoring Socialism over Capitalism.

The biggest problem in the Democrat party might be the inconsistency they present and the endless flip-flops that have resulted.

Take this example. In a speech made back in 2006, Barack Obama said, "Those who enter our country illegally, and those who employ them, dis-



Charles Lopresto

respect the rule of law. And because we live in an age where terrorists are challenging our borders, we simply cannot allow people to pour in the United States undetected, undocumented, and unchecked. Americans are right to demand better border security and better enforcement of the immigration laws." This clearly and easily could now have been a Trump quote and any person not familiar with it could have been easily fooled.

In 2009, Senator Chuck Schumer made a consistent and similar speech. Both Senators Obama and Schumer followed on the heels of President Clinton in his 1996 State of the Union Speech, in which Clinton not only stated these beliefs to begin with, but followed it with an effort on his part to appoint Barbara Jordan to monitor his efforts in controlling immigration.

A clever GOP marketing expert could very easily take these statements and make a political ad for the Republicans and

Donald Trump, by showing these speeches and never needing to say anything extra on their part. One facebook post did show the above mentioned Obama statement with a picture of Trump saying "I approve this message."

I shared this post with a Liberal friend of mine. He justified it by saying Obama deported more immigrants than anyone and was tough on the border. But how tough was he? In those days he had legislative majorities and upon him being elected to the Presidency, he got none of this done, only to now have Trump make the attempt and get ridiculed. Suspicions arise when something was so good when they said it, and now, it is so bad when he says it.

Ms. Harf, the concept of Democrats departing from the mainstream American public, and giving the impression of open border, sanctuary status, big government Socialists is hard to flip.

There is even a bigger problem. This apparent flip-flop, and some other issues flip-flopped as well, are giving us the idea, the sound byte as it were, that Democrats don't care about these issues. They only care about who presents the issue, defends it, and gets credit for its solutions. When that person is Donald Trump, then they mobilize, even if it requires a reversal in previous positions.

And isn't Socialism just a big reversal of what mainstream Democrats used to be?

Vehicle Checkpoints are Legal

Recently a police department in the East San Gabriel Valley announced that they would be having a vehicle checkpoint. This triggered a number of responses on Facebook, which is a social media site. I was amazed how a lot of people think that checkpoints are illegal, it is not. A lot of people approve of the checkpoints and want them.

With the many checkpoints that I have worked over last few decades, I have heard many times, people saying "thank you" for having the checkpoint. Often these checkpoints are referred to as DUI checkpoints.

The funding for these checkpoints come from the California Dept. of Justice, Office of Traffic Safety. They net a little bit of



George Ogden

That's just the way it is!

everything, unlicensed drivers, no registration and sadly, sometimes people who are drinking and driving drunk or under the influence of drugs. These people are taken off the streets making our streets much safer.

People seem to forget that having a driver's license is a "privilege, not a right". When

people sign that driver's license, this means that you give, via compiled consent, that you will take a test to see if you are an impaired driver. This is either a blood test or a breath test. If you don't, you lose your license. In most cases, this is six months, but it can actually be forever.

As a volunteer bartender I always hear some conversation about "where the checkpoints are". Often they quit drinking or make sure they have a ride home. Over the last few decades, I have seen a change in the number of DUI drivers drop off a lot.

If you end up going through a checkpoint, remember, this is a tool to keep you and the public safe.

"That's Just the Way it Is!"

"TIME JOCKEY" - McDonald's Rise

By Joe Castillo

Big Burger Business... McDonald's Corporation known for its variety of hamburgers, fast service and multitude of outlets, grew faster than most major corporations in its early years in the 1950's, 60's and 70. Owner Ray Kroc was the mastermind behind the company's growth and even he didn't expect the rapid growth would be as astronomical as it was.

Since its founding in 1954, McDonald's kept trying to position itself in the escalating fast-food business segment with new and innovative ways to sell more hamburgers than anyone else and to make more money along the way. And Kroc was successful in his quest to grow its revenue making one billion dollars in revenue in only the company's 22nd year of operation. The year was 1976 and McDonald's had achieved what a number of other companies had failed to do. IBM reached one billion dollars in revenue in its 46th year in 1957, Xerox reached the 1 billion dollar mark in 1969 after 63 years in operation. McDonald's had reached revenue plateaus never before reached faster and Ray

Kroc at 54 years old had mustered up enough energy to drive the business beyond his own expectations.

Kroc was a life-long salesman and before 1954 he was working for Multimixer selling blenders to restaurants. He was always looking for new ideas to sell on his own and came up with an idea to make and sell a kitchen table and chair set which reclined into the wall and saved room in small kitchen units. He named his latest invention and idea the 'Fold-a-Nook' and developed a prototype to try and sell it to contractors who were building new homes which were smaller in size than in previous housing models. Kroc rented a meeting room at a hotel, brought in appetizers and drinks, and invited a larger number of contractors to test out and see the new 'Fold-a-Nook'. Kroc thought he had a winning idea and his guest contractors ate all the appetizers, drank most of the drinks and even tested out the 'Fold-a-Nook' but no one ordered one of the sets.

Kroc was still confident he had a profitable product but one of his associates took Kroc's design, made a very similar prod-

uct and renamed it. Kroc was stunned as the employee was someone he had worked closely with and was expected to be very much involved in the sales of the new 'Fold-a-Nook'. At the time Kroc considered himself a trusting person and worked to establish long-lasting relationships but after being betrayed on the 'Fold-a-Nook' deal, Kroc focused on doing whatever he needed to do to build a business. He abandoned his 'Fold-a-Nook' idea and turned his attention to another project.

A few months earlier he had sold eight Multimixer units to a small hamburger operation in Southern California. Maurice and Richard McDonald were doing something that required eight Multimixers to run their business. Ray Kroc had to find out what they were doing and as fast as he could, Kroc boarded an airplane to fly to Southern California and see what was happening. The rest was history.....

Joe Castillo is a freelance historical writer who has been covering Southern California history for 10 years and has written 4 books on the topic. He can be reached at joeacastillo@aol.com...

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Inspired Citizenship Announces Free Naturalization Workshop

AZUSA - The Inspired Citizenship Program of the Azusa City Library in collaboration with Central American Resource Center (CARECEN), Citrus College and One Justice are joining their efforts to strengthen citizenship education efforts in the San Gabriel Valley. They will be conducting a joint free legal workshop to help naturalization applicants complete the N400 U.S. citizenship application. Volunteers will meet with applicants individually.

The Workshop is scheduled for Friday, September 21, 2018 from 9:00 a.m. to 2:00 p.m. at Citrus College in the Lifelong Learning Center. Citrus College is at 1000 W. Foothill Boulevard, Glendora CA. 91741. Free parking will be available in Lot S-4.

Space is limited; make your appointment by calling 626-814-5248.

WHAT TO BRING:

1. A Copy of your green card (both sides)
2. List of all trips you have taken out of the United States during the past five years, including departure and return dates
3. List of addresses of all places you have lived, worked and/or attended school during the past five years, including start and end dates
4. If you are currently married, spouse's full legal name, date of birth, Social Security or residency card number (A#), date and place of naturalization (if applicable), and current address
5. Information about all your prior marriages and about all of your current spouse's prior marriages, including date of marriage, date the marriage ended, and how marriage ended (bring divorce papers or death certificate if applicable)
6. If you have children, their full names as they appear on their birth certificates, dates of birth, residency card A# or so-

cial security number, and address

7. Proof of income (e.g. taxes/pay stubs) and/or proof of recent receipt of public benefits (e.g. Medi-Cal/CalFresh)

8. Documentation of all arrests and/or convictions, including reason for the arrest, date, place, and outcome/disposition (if applicable). Bring ALL arrest and court documents, even if the charges were dropped.

According to the U.S. Census, 31 percent of Azusa residents were born outside of the United States. Because citizenship instruction is in high demand throughout the San Gabriel Valley, the Azusa City Library created Inspired Citizenship, a comprehensive program designed to increase civic engagement throughout the region. Inspired Citizenship provides FREE weekly class instruction and one-to-one tutoring to help residents along the path to naturalization.

For more information on this workshop on becoming a U.S. Citizen, contact Arlene N. Calderon at the Azusa City Library by phone (626-812-5266) or E-mail acalderon@AzusaCa.Gov.

When Predictions Don't Come True

An article published by Newsweek in 1995 trashed the idea of the internet. It swatted down visions of its future as "baloney." It said, "No online database will replace your daily newspaper, no CD-ROM can take the place of a human teacher and no computer network will change the way government works."

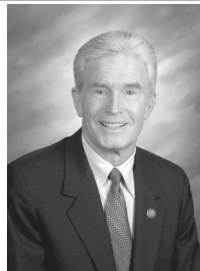
It takes a while to realize that you're wrong and, with many of us, it takes even longer to actually concede and admit that you're wrong. Nowhere does this ring truer than in the media. This is especially true when there's a story that an industry gets fully behind. For years, most of the news media has been anti-Trump, seizing any opportunity to paint a negative portrait of him. The man does give the news media a ton of ammunition for criticism, but we are beginning to see cracks in the wall of anti-Trump news coverage.

CNBC is suffering in the ratings department while Fox Business News is seeing its ratings swell. CNBC's Jim Cramer recently has been walking back some of his inflammatory language on Trump and his America First policies. Other media may stop even doubling down and concede they may be backing a stale story.

The trade war rhetoric is a story that has been trying to gain momentum since the beginning of the year. February ripped the markets apart with fears of slowing global growth, only to give way to new highs a few months later. All along the way, the tit-for-tat tariffs story has failed to tank the markets.

When \$200 billion of tariffs pounded the fear-drums of a trade war, how did the markets respond? The NASDAQ Composite and Russell 2000 indexes are basically at new highs while the S&P 500 and Dow Jones Industrial average are just a few

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

percentage points below their highs. The latter two indexes have been in a sideways trading range while the tech-heavy NASDAQ and small-cap Russell have been stronger.

U.S.A. domestic companies are attracting more investment capital right now. This makes sense. Tax reform and the strength of the American dollar directly benefits companies that derive their revenues from American soil. Larger multinationals are facing more uncertainty with a stronger dollar putting pressure on profits derived overseas. Trade talk and geopolitical concerns are also more of a question mark for multinationals. In plain English, U.S.-based smaller companies have generally benefitted from Trump's policies while larger multinationals have more risk.

However, tax changes have helped fuel the repatriation of corporate cash sitting overseas. Tax reform allows companies to repatriate that money to the U.S. with a one-time low tax rate. As this cash comes home, companies are using some of it to buy back their own shares at a record pace. This means there is another underlying support for the stock market despite what you may be reading in the headlines.

No matter what happens, the market data should tell the real story. Sector leadership remains in growth-oriented areas like Information Technology, Consum-

er Discretionary, and Health Care. Many of the leaders in these sectors are smaller-capitalized companies that rely mostly on domestic revenue.

Real Estate has also seen a surge in performance, as future mortgage interest rate hikes are perceived to be less likely (than feared). Rates are likely to stay relatively low for the near future. Taxes are historically low, earnings are surging, and sales are booming. Consumers have more dollars in their pockets and the economy is strong. Let's add an earnings season that is likely to be awe inspiring - like the last one.

My point is that the backdrop for stocks seems quite rosy at least for the short term. However, it still may be wise to take some profits near month end.

I look for stocks with the best sales and earnings gains occupying pole positions in their industries. U.S. revenue-based companies stand to benefit right now. This spells one word that gets me excited: GROWTH.

Don't believe everything you see and hear. Make well-informed decisions. The news you may listen to might be seizing on what they believe to be popular topics to drive their ad sales, but their angle might be chosen for purposes of intentional misperception. The truth may never be spoken by some commentators, but something closer to the truth eventually should become evident to open minded people. My bottom line message is for you to make your own decisions on how to benefit from the many positives that exist in today's economy.

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

Close to 1/3 of my debt is student loans, another 1/3 is credit card debt, leaving me 1/3 of my income to live on. It's not enough, so I keep racking up more credit card debt! How can I possibly save for a house? Retirement? Emergencies?

Seems hopeless, but it's not. Start with a budget. Ask what you need vs. what you want. Get a second job. Sell items you are not using. Check into refinancing your student loans into one, lower interest loan, and move your credit card debt to a zero-interest card and pay it off during that zero-interest period of time.

How can I reduce the estate tax obligations for my heirs?

Life insurance is well known among wise investors to cover final expenses and inheritance / estate taxes. Proceeds paid to beneficiaries from a life insurance policy are income tax free. Life insurance policies are typically settled quickly (unless there are suspicious circumstances surrounding the insured's death, of course.)

What is meant by the "annual reset" on an annuity?

Each year (on the purchase-date anniversary) the amount (principal plus interest earned that year) in the fixed or fixed-indexed annuity contract is locked in. That amount becomes the new contract balance that you are guaranteed you cannot lose. Even if the index goes down, your annuity's contract balance does not go down. The worst-case scenario is that your balance stays the same. Conversely, if the market goes up, you'll only get part of the increase. This limit is called a "cap." With annual re-



Julia Yoder

set, your money does not have to make up for losses, yet can participate in gains.

Online, I see so many different types of home loans. Why doesn't my bank mortgage guy tell me about them? My non-bank mortgage guy tells me about even more loans I could qualify for! Why all the different information?

There are very important differences between your local bank and an independent mortgage professional. Your local bank loan person is not required to be licensed, and is not held to the same standards and regulations as independent mortgage specialists in terms of testing and ongoing training. Banks are only able to offer limited loan products they have in-house, which may not be the best fit for your needs. Their rates are often higher, and they are slower to adapt to change due to large organizational operations. An independent mortgage professional is a licensed mortgage expert, consistently undergoing continuous training, partners with several lenders to offer multiple loan products, allowing you to choose the best option, often offers low-

er rates and cheaper costs due to less overhead, and adapts to industry changes quickly.

How can I make sure that I don't outlive my retirement income?

While it is good that about half of the people who are retired live beyond the average life expectancy, it also creates several risks, such as being unable to protect your standard of living, the ability to pay for increased healthcare costs beyond what Medicaid (MediCal in California) doesn't cover, losing purchasing power due to inflation, and unplanned-for long term health care cost. In fact, thanks to advances in healthcare, it's not uncommon for a couple, age 65, for one or both of them to live well into their 90's. That means that retirement income must last 25 or more years! There are investment vehicles in place that guarantee you will not lose any principal or interest, that allow you to convert your 401(k) into a lifetime income stream, and that defer taxes, sometimes over several generations.

Ask Julia by email:
juliayoder@yahoo.com

This is your opportunity to simplify your life by having one professional working personally with you to coordinate your finances, investments, real estate, mortgage, insurance, retirement, and estate plans. CA Insurance 0C83859/RE Broker 01238153/NMLS 248681/Nat'l. Ethics Assoc. Home loan application: <https://blink.mortgage/app/signup/p/allsourcemortgage/juliayoder>. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

Duarte Chamber Presents Women's Business Expo September 8th

DUARTE - San Gabriel Valley workforce leaders and the Duarte Chamber of Commerce are again partnering a to host the annual Women's Business Expo "Turn Your Passion into Power" scheduled for September 8, 2018 from 9am-2pm. The expo, held at the Duarte Senior Center located at 1620 Huntington Dr. is open to all women for a nominal entrance fee of \$10 which includes a swag

bag, continental breakfast and a lunch. Co-hosting with the Chamber are the Foothill Workforce Development Board, SCE, Inspire Charter Schools, New York Life, the Small Business Majority and the City of Duarte. Space is limited and RSVP's are encouraged to secure your place.

Exhibitor opportunities for the event are also available at a

cost of \$45. Participants interested in applying for one of the Business Micro Grant opportunities that will be awarded must apply by August 23rd at the Duarte Chamber Offices. Contact the Duarte Chamber at 626.357.3333, or visit the Chamber's website www.duartechamber.com for updated event information.

Cannabis Tax Revenue Increases In 2nd Quarter of 2018

Rise shows compliance trend growing

SACRAMENTO - The California Department of Tax and Fee Administration (CDTFA) released revenue numbers for cannabis sales for the 2nd quarter of 2018. Tax revenue from the cannabis industry totaled \$74,240,257.00 million from April 1, 2018, through June 30, 2018, which includes state cultivation, excise and sales taxes. It does not include tax revenue collected by each jurisdiction.

California's excise tax on cannabis generated \$43,490,668.00 million in revenue during the second quarter of calendar year 2018. The cultivation tax generated \$4,482,119.00 million, and the sales tax generated \$26,267,470.00 million in revenue. Medicinal cannabis is exempt from sales tax if the purchaser holds a valid Medical Marijuana Identification card.

The revenue from 1st quarter 2018 was \$60.9 million, which included \$32 million in excise tax, \$1.6 million cultivation tax, and \$27.3 million in sales tax.

To better serve our taxpayers, CDTFA has opened a new satellite location to accommodate tax and fee payers in and around Humboldt County, created a cannabis external tax advisory group,

introduced a new pilot project in which the Statewide Compliance and Outreach Program (SCOP) teams visit known cannabis retailers to educate and assist them in complying with their tax obligations, and implemented improved procedures and security measures for financial transactions.

In November 2016, California voters approved Proposition 64, the Control, Regulate and Tax Adult Use of Marijuana Act. Be-

ginning on January 1, 2018, two new cannabis taxes went into effect: a cultivation tax on all harvested cannabis that enters the commercial market and a 15 percent excise tax on the purchase of cannabis and cannabis products. In addition, cannabis and cannabis products are subject to state and local sales tax at the time of retail sale.

To learn more, visit the Tax Guide for Cannabis Businesses on the CDTFA website.



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

Why Timely Service Is So Important

I'm often asked about why timely service is so important. I hope you find the answers to the questions below helpful too!

Q: I'm always being told I need my filters changed. What's that all about?

A: Oil, fuel and air filters all work hard to improve your engine's running condition. When they get dirty, contaminants enter the system. This causes rough idling, loss of acceleration, decreased power and lower gas mileage.

Q: I usually fill up with gasoline when my car is almost on empty. I was told that isn't necessarily a good thing. What's wrong with that?

A: The gasoline in the tank is the cooling agent for the pump. When the level is low, the pump is exposed and runs too hot.

Q: I have heard that "exchanging" transmission, radiator, brake and power steering systems are a good idea? Why?

A: In all cases, mileage and use means more contaminants and breakdown of important fluid additives which help prevent wear

and corrosion. When the systems are exchanged and new, clean fluid is added, you now have the protection of new fluid loaded with additives and without harmful contaminants that are creating excessive wear. When you consider the cost of a transmission, radiator, an ABS brake system or power steering units, fluid exchange, next to oil changes, is the best bargain out there!

Q: If I have a concern about a noise, or notice that my car is just acting different, what should I do?

A: Call your car care provider as soon as possible. If they think it needs immediate attention they will tell you to bring it in. Safety comes first and they will never advise you to drive a vehicle that needs attention now.

Q: What can I do to lower repair costs?

A: Maintain components before they become major problems. This is the key to saving money. When you bring your car in for service, your car care provider can alert you to future repair needs or replacement parts

so you can budget accordingly.

Q: I am so busy I sometimes forget to have my car serviced. What is an easy way to remember?

A: Try to preset an appointment and ask to be called a day or two in advance. If your car care provider doesn't offer this service, think of the calendar by seasons. On the first day of spring, summer, fall, winter call and schedule an appointment.

Q: What's the deal with diagnostic testing? Doesn't that cost me more money?

A: No, it actually saves you money. Trying to diagnose today's computerized vehicles without the proper training or diagnostic equipment can result in misdiagnosis costing you \$100 or \$1000 in unnecessary repairs (known as parts swapping).

Certified Auto Specialists wants to be your GO-TO place! Feel free to call 626-963-0814 with any questions, and we will be glad to help, or visit our website at CertifiedAutoCa.com.

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Around the Valley & Senior News

AZUSA Volunteer Drivers Needed

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

TOPS Meeting

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

ARCADIA Instructors Needed

Do you have a talent you want to share or have a love for teaching? The City of Arcadia is always looking for quality, dedicated instructors to offer a variety of programs to residents and surrounding communities. The best contract instructor candidates are individuals who combine a sincere interest in community service with a desire to supplement their existing income. Go to www.ArcadiaCA.gov/recreation for the Prospective Instructor Application or call the Recreation Office for more information.

Arcadia Senior Card Club Looking For New Members

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

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

BALDWIN PARK Annual Laguna Beach and Potluck Party

Come and enjoy the cool breeze of the ocean on Wednesday, **August 29th** from 9:00 am -5:30 pm as we embark on our annual pot-luck party. Laguna Beach offers a variety of activities, shops and restaurant's. We encourage you to bring your chair, radio, comfortable shoes and beach balls. There will be games and contest such as the balloon toss, card games, horse-shoes and so much more. Please register your dish at the Senior Center. Tickets are \$8 for Baldwin Park Residents and \$10 for Non-Residents.

For more information on registering, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

McNeill Fitness Program

A challenging but accessible workout regimen, which includes basic calisthenics, arm workouts, legs and torso, and a steady run/walk around Morgan Park. Nutritional guidance is also offered. Eating well and exercising will not only improve your overall health, but also improves your mood and energy levels. Group meets in senior center dining hall

Monday through Thursday from 8:00am - 9:00am. This class is free to participate. For more information on the class or registering, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

COVINA Summer Madness – (Ages 50 And Up)

The City of Covina Parks & Recreation Department is hosting Free Summer Madness of Games and activities at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Tuesday **August 28** from 11-11:45 a.m. For more information, call (626) 384-5380.

Indoor Chair Beach Volleyball

The City of Covina Parks & Recreation Department hosts "Indoor Chair Beach Volleyball" at the Covina Senior Center (Temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Thursdays, 1:30-2:30 p.m. For more information, call (626) 384-5380.

Oldies But Goodies Singing Club!

The City of Covina Parks & Recreation Department hosts Oldies but Goodies Singing Club at the Covina Senior Center (Temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Thursday, **August 30** from 2:15-3 p.m. For more information, call (626) 384-5380.

Free Ice Cream Social! (Ages 50+)

The City of Covina Parks & Recreation Department, along with co-sponsor AGA, inc. is hosting Free Ice Cream Social at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Friday, August 3 at 12:30 p.m. For more information, call (626) 384-5380.

DUARTE 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.

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 \$3. The Duarte Senior Center is located at 1610 Huntington Drive.

Alzheimer's Safe

Return Registration

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

Volunteering Does Your Heart Good!

The Duarte Senior Center is always in need of volunteers. If you would like to give back to the community, please consider being a Senior Center volunteer. For more information call 357-3513.

GLENDORA 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 6:30-8:30 pm at Glenkirk Church, 1700 Palopinto Ave., Glendora, in Room #11. We caregivers look forward to lifting each other up as we journey through this season of life. For more info, visit glenkirkchurch.org or call Glenkirk's church office at (626) 914-4833.

Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers 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.

Cars 4 the Community

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

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

Instructors Needed At The La Fetra Center

The City of Glendora's La Fetra Center is looking for new class instructors! We are seeking out instructors to teach the following: Cooking classes, Spanish lessons, and American

Sign Language (ASL) classes. Share your talents with your peers! If you would like more information on teaching a class at the La Fetra Center contact Jennelle Markel at (626)9148-8235, or email at jmarkel@ci.glendora.ca.us.

LA VERNE Get About Transportation

Get About provides transportation for seniors aged 60+ and disabled residents of Claremont, La Verne, Pomona, and San Dimas. The door-to-door service can be used for shopping, doctor's appointments, church, senior nutrition sites and many other locations within the four cities. The service operates seven days a week and membership is free.

To Register: (909) 621-9900. To Schedule a ride: (909) 596-5964. For more information, contact Abby Nuyda at 909.621.9900, Extension 228.

MONROVIA

Senior Blood Pressure Screenings

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

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

Caring Crafters

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

Senior Stretch & Exercise Class

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

Department of Community Services at (626) 256-8246.

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

SAN DIMAS San Dimas Toastmasters Club

The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7PM to 8:45 PM. Learn to motivate and lead. Challenge yourself with Toastmaster's proven education programs. Let us help you grow your strengths and accomplish your goals. Become a better speaker and learn to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmosphere. Meets at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave. Contact Art Douglas at (951) 505-0555.

WEST COVINA

TOPS Meeting

TOPS (Take Pounds Off Sensibly) meets **every Thursday** at 6 pm at the West Covina Senior Center, 2501 E. Cortez St in the classroom building. The weight loss group seeks members who wish to lose weight and maintain a healthy lifestyle. Meetings last until about 7:30 and the first meeting is free. Visitors are always welcome. Come for support with your weight loss journey. You can do it! For more information, contact Erika Hernandez

Get Help With Your Tech Questions At The Library!

GLENDORA - The Glendora Library has volunteer computer helpers available throughout the week to assist with your tech questions. Drop-in help is available, or you may call to set up a more in-depth, 30 minute appointment on topics such as setting up and using email, using Microsoft Word/PowerPoint, creating and sending documents, or becoming more familiar with

626-384-0502 or email: ehernandez57@aol.com

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

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

LA Regional Food Bank Distribution Program

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

Participants must meet the following income guidelines to

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

Classic Car Nights at Lake Avenue Church

PASADENA- Lake Avenue Church is hosting free Classic Car Nights on Friday night on **August 24**, from 6-8 p.m. The church's west parking lot will be transformed into a car enthusiast's paradise of classic, vintage, exotic and newer sports cars well, along with music and burgers. Also a special chili-cook-off, judged by local personalities, live

music and more. Admission is free. Donations to cover the cost of the food are appreciated. For more information, contact Rich Kasten at carnights@gmail.com.

Lake Avenue Church is located at 393 N. Lake Avenue in Pasadena, at the corner of Lake Avenue and the 210 Freeway.

RUMMAGE SALE

Azusa First Assembly of God Church
534 N Alameda Azusa, CA 91702
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Arcadia Woman's Club Open House

ARCADIA - Are you interested in meeting new people, making new friends, and helping good causes? Do you want to make a difference in the community and enjoy networking? Arcadia Woman's Club is a local philanthropic service organization dedicated to enriching the quality of life.

On **September 5**, from 11:00 to 2:00, Arcadia Woman's Club will have an Open House. This "meet-and-greet" will be held in their Historic Clubhouse, 324 South First Avenue, in Arcadia.

The Open House is a great way to meet the members of Arcadia Woman's Club and learn about the club's wide variety of service and fun activities. Arcadia Woman's

Club members volunteer their time to improve the community while making new friends, learning new skills, and having fun.

Anyone interested in joining is welcome to attend. You can bring a friend along or just come and meet your future friends!

Arcadia Woman's Club is a friendly, caring group of women of diverse ages. You can choose to be as actively involved as you like, based on your time and interests.

This club has existed since 1914. There are monthly lunch meetings, with interesting speakers on varied topics, so you can hear about the club's activities

and events, including fundraisers and community service projects.

By the way, the clubhouse is also available for event rentals. In fact, weddings have taken place in the lovely courtyard as well as receptions, anniversaries, and baby showers have been held in the large ballroom.

Arcadia Woman's Club hopes you can come and meet us and see our special Clubhouse!

To learn more about Arcadia Woman's Club, contact them via email at info@arcadiawomansclub.org or visit them online at www.arcadiawomansclub.org and www.facebook.com/arcadiawomansclub.org



City of Glendora Appoints Adam Raymond As New City Manager

Glendora's statewide search for the ideal City Manager comes to an end.

GLENDORA - The Glendora City Council is pleased to announce the appointment of Mr. Adam Raymond to the position of City Manager. The City retained the services of Peckham & McKenney, a leading executive search firm to conduct an open recruitment. The process included a statewide search, an extensive interview process that included director interface with the final two candidates and a comprehensive background investigation. Based on the excellent results of the process, the City Council unanimously concluded that Mr. Raymond's leadership experience, innovation and passion made him the ideal candidate and tasked him with the responsibility of serving as Glendora's top public administrator, bridging the gap between politics and administration, and continuing "the great traditions and quality of life that Glendora is known for."

Mayor Mendell Thompson stated "The City Council is impressed with Mr. Raymond's background, financial acumen, innovative ideas and talents, and government experience which will bring a tremendous amount of value to the City of Glendora and will help navigate our community through many of the challenges we will face in the future."

Mr. Raymond comes to Glendora as a seasoned municipal government professional from the City of Riverside, where he has served as Chief Financial Officer (CFO)/Treasurer since August 2017. Prior to that, he served as Riverside's Assistant CFO/Treasurer and Deputy Chief Innovation Officer with duties



Adam Raymond will officially assume office of Glendora City Manager on Sept. 4, 2018.

that included leading the development of departmental and citywide policies and an effort to focus on customer service. Before Riverside, Mr. Raymond worked for the Southern California cities of Rancho Palos Verdes and San Bernardino, as well as a local CPA firm, auditing cities and counties.

Mr. Raymond holds a Master's degree in Public Administration from California Baptist University and a Bachelor's degree in

Accounting from the University of La Verne.

Mr. Raymond's contract was approved by the City Council on August 14, 2018. His annual salary will be \$209,000. Mr. Raymond will officially assume office and begin his duties as the Glendora City Manager effective September 4, 2018. Glendora looks forward to welcoming Adam and his wife Heather and their two children to the Glendora family.

Senator Ling Ling Chang Takes Oath of Office in Fullerton

FULLERTON - On Saturday, August 18, Senator Ling Ling Chang (R-Diamond Bar) participated in a community swearing-in ceremony before friends, family, community leaders, and elected officials on the campus of California State University, Fullerton. Senator Bob Huff (Ret.) administered the oath of office. Senator Chang was elected in June 2018 in a special recall election to serve residents living in California's 29th Senate District which covers portions of Orange, Los Angeles, and San Bernardino counties.

"I'm honored to be sworn in today before my community - the community I grew up in," said Senator Chang. "I'm humbled by the trust the voters have placed in me and I recognize the weight of that responsibility. Back in June, voters were clear that they want someone in Sacramento to protect taxpayers. As we are wrapping up this legislative session, I'm doing my part to fight for my constituents and to make sure there aren't any additional tax increases."

"Senator Chang knows her district, her constituents, and the issues that truly matter to them. I'm glad to be here today to administer the oath of office and to see so many of her constituents are here to support her. She's a fighter and will continue to work for the residents of California's 29th Senate District," said Senator Huff.

Since taking office, Sen. Chang introduced Senate Bill 991, which would reinstate funding for human trafficking victims in California. The state has the highest rate of human trafficking and the demand for victim services is rising.



Senator Ling Ling Chang Takes Oath of Office administered by Senator Bob Huff (Ret.) in Fullerton



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Arcadia Unified Ranked as Best Place to Teach in Los Angeles for Second Year in a Row

ARCADIA - Arcadia Unified ranks as the best place to teach in the Los Angeles area for the second year in a row according to Niche.com. In the recent release of its 2019 school district rankings, Niche also noted Arcadia Unified as having the best teachers in Los Angeles.

"Being named both the best place to teach and the district with the best teachers in Los Angeles helps us know we are achieving our purpose," shared Arcadia Unified Assistant Superintendent, Human Resource Services Dr. Kevin Hryciw. "We are committed to making our teachers feel supported, valued, and to maintaining a strong relationship with the Arcadia Teachers Association.

Our goal with all of these efforts is to allow our teachers' focus to be on what they entered our district to do--inspire students to have a positive and profound impact on their world."

This school year, Arcadia Unified welcomes 27 new educators, including school counselors, helping carry out Arcadia Unified's Board of Education goal to have at least one full-time school counselor at each school site in the district. These new educators get to boast about numerous Niche honors for their new district at both the local and state levels.

Arcadia Unified Niche Recognitions for the Los Angeles Area:

the Los Angeles Area

#1 School District with the Best Teachers in the Los Angeles Area

#1 Safest School District in the Los Angeles Area

#2 Best School District in the Los Angeles Area

In addition to being at the top of the class at the regional level, of the over 1,000 school districts across California, Arcadia Unified takes several top ten honors for Niche's state rankings.

Arcadia Unified Niche Recognitions for California

#3 Best Place to Teach in California

#3 Safest School District in California

#7 Best School District in California

#8 School District with the Best Teachers in California

In addition to its Niche recognition, Arcadia Unified was named to the prestigious 2018 AP® District Honor Roll, marking the second consecutive year that the district has received this honor. Arcadia Unified's Holly Avenue and Longley Way elementary schools were named as California Distinguished Schools for 2018, and Arcadia High School's Class of 2018 achieved a 100% graduation rate. For more information about the Arcadia Unified School District, please visit www.ausd.net, and for more details about Niche's 2019 rankings, visit www.niche.com.

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West Covina Mayor Checks with Citizen Who Had a Transient Issue

By George Ogden

WEST COVINA - Like every other city, West Covina is having an epidemic of homeless and transients throughout the city. Many of these people are drugged out and tweaking. Many commit petty crimes and some are dangerous.

Recently, a West Covina resident was confronted with a very uncomfortable situation with an individual. The lady of the house came out to use the car and found a man wasted on drugs sitting by the vehicle with his legs spread out around a sprinkler by the walkway.

The woman retreated to the safety of her house and told her husband what she saw. He went outside and tried to talk to the man, he was spaced out, and did not engage with the home owner. They decide to call the police to remove the man from their property. The problem was, there were no available officers to respond due to the fact of a mutual aid response in El Monte.

Officers were available for "high priority" calls, however this call got delayed.

After a while, the man slowly got up and made his way to his bike and his little pull trailer. As he rode out of the driveway, a backpack fell out of the trailer at end of driveway which created another problem.

After more than an hour and a half, Officer Freeman and his



Residents found this man on their property and realized this could be a dangerous situation and called police.

K-9 partner showed up. The residents were up-set with the slow response. Freeman took the time to apologize and explained that the police are short on manpower. Freeman recovered the backpack and found dirty clothes. The officer went to look for the subject to return the backpack and talk to him about staying out of people's property.

In the meantime, while waiting for the police, the woman was giving a play-by-play of what was going on through the social media Facebook. Mayor Lloyd Johnson heard about the situation and decided to go by the home the next day to talk with the residents about what happened and the delay. The mayor wanted to address this whole issue with the citizen involved and to find out how things worked out after the police arrived. Johnson was aware of the police response delay and wanted to make sure that everything was dealt with appropriately. Johnson talked with the resident of the home

that was involved, and encouraged him and his wife to come to the city council and talk about what happened. This gives all of the city council the knowledge of what had occurred and it is another tool for them to work with to make the city better.

The mayor apologized for the long delay but also understood that there were other priority issues going on in the city. But still, he felt this should have been addressed sooner by somebody from the city. He also found out that officer Freeman was helpful with explaining why there was a delay and why some police responses are not in a timely fashion. They also gave Freeman accolades for telling them about the issues that are going on with the city in regards to the financial strains that are now affecting the city and its First Responders.

The residents greatly appreciated the visit from the Mayor and the concerns he had with this issue.

Glendora Woman's Club To Take Part in Glendora Village Local Charity Event

By Joan Hallidy

GLENDORA - The Glendora Woman's Club will be one of the participants in the final summer Glendora Village "Friday Night Twilight" events from 5 - 8 p.m. Friday August 31. The event will feature the theme "Community Giveback and Local Charity Event," with opportunities for donating toys, food, money, and more various charities and service organizations.

For this event, the Glendora Woman's Club was selected by Glendora Village business owner Carol Gill of Undercovers, who is also a Woman's Club member, to participate at her store's location with a Woman's Club charity or service project said Carolyn Cunningham, Woman's Club co-president and project chair.

Woman's Club members with their service project for the special event will be located at the front of the Undercovers store at 207 N. Glendora Avenue, and will feature the sale of T-shirts, in a selection of sizes imprinted with "Make Kindness Normal," and priced at \$15. Proceeds from the sale will go toward helping support from the sale will go toward helping support the club's 18 philanthropies and service projects included in a recently published newspaper story.

Available during the event at the Undercovers store will be copies of the Woman's Club's information flyers with a partial listing of the club's recent philanthropies and service projects, along with information about the club and it's four departments, and its activities, said Woman's Club co-presi-



Glendora Woman's Club members, from left, Carol Gill, Undercovers store owner, and Margaux Viera, club information flyers chair display the T-shirts the club will be selling at the Undercovers store for \$15 at the "Community Giveback and Local Charity Event" set for Friday, August 31, in the Glendora Village. Funds raised from Woman's Club's T-shirt sale help support the Woman's Club's service and charity projects. (Photo by Rose Myers)

dents Carolyn Cunningham and Joy Martau.

During the Glendora Village event, there will be live music in the bus plaza to help celebrate, and fun food at participating businesses, according to information in the Glendora Report.

Community Articles Are Welcome

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

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