



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

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Citrus College Launches Promise Program During Annual K-14 Education Forum

GLENDORA - Local students will soon be able to enroll at Citrus College for little to no cost, with the help of a highly anticipated program introduced at the college's K-14 Education Forum on April 27.

The Citrus College Promise, a program designed to cover enrollment fees and other college costs for first-time students, was unveiled during the annual event. The Citrus College Board of Trustees, K-12 partners, university representatives, community leaders, supporters of the Citrus College Foundation and college administrators were on hand to celebrate the launch. During the event, guests were invited to participate in a signing ceremony to demonstrate their support of the exciting new initiative.

"The introduction of the Citrus College Promise is a historic moment for the college and its surrounding communities," said Dr. Geraldine M. Perri, superintendent/president of Citrus College. "Building upon our innovative efforts to increase student success and college completion rates, this program will change lives and transform communities by opening the doors of educa-



ational opportunity for hundreds of first-time college students. Sharing this important milestone with our partners, supporters and friends is incredibly meaningful. Their input, collaboration and assistance will continue to be vital as Citrus College fulfills its commitment to prepare and equip students as they work toward their academic and professional goals."

Supported by the Citrus College Foundation and the state's

California College Promise Grant, the Citrus College Promise will leverage the student success initiatives that are already in place. These include the Early Decision program, which assists students as they progress from high school to college, and I Will Complete College (IWCC), an innovative program that places first-time students in cohorts and provides them with individual assistance and guidance.

To be eligible for the Citrus College Promise, high school seniors must participate in Citrus College's Early Decision program at a district high school. Home school and private school students who live in the college's service area and have signed up for an on-campus Early Decision event are also eligible.

"In recent years, there has been a growing movement to provide

the first year of college free to incoming freshmen. As a result, many community colleges have created programs that eliminate enrollment fees for that first year," said Dr. Perri. "However, the Citrus College Promise takes a different approach. This program is focused on college completion and covers the enrollment fees for a student's first two years. It is designed to both remove financial obstacles and provide academic support services."

In addition to having their enrollment fees waived, students will also benefit from the Citrus College Promise in other ways. A variety of additional costs, such as the student health fee and the student representation fee, will be waived. Students will also receive a Class Pass, which provides unlimited transportation on

Foothill Transit busses.

Earlier this year, the Citrus College Foundation launched a fundraising campaign to help pay for the costs connected to this \$1 million program. The Foundation has pledged a commitment of nearly \$300,000 in charitable support for the first year of the Citrus College Promise, and it anticipates ramping up multi-year pledges due to on-going costs connected to the Citrus College Promise.

"The Citrus College Promise will remove many of the barriers that often prevent students from pursuing higher education, as well as those obstacles that can impede their success after enrollment," said Dr. Patricia A. Rasmussen, president of the Citrus Community College District Board of Trustees. "Four years ago, Citrus College hosted its inaugural K-14 Education Forum with the goal of developing ways to strengthen college readiness and college completion. The resulting collaboration between the college and its K-12 partners has enhanced the way in which the needs of students are met. Launching this exciting new program during this year's forum brings us full circle. This is a monumental moment for the college and the communities it serves."

To support student success at Citrus College, contact the Citrus College Foundation by phone at 626-914-8825 or visit www.citruscollege.edu/foundation.

Foothill Presbyterian Hospital Honor Volunteers

GLENDORA - April 18th was a magical evening where Citrus Valley Health Partners said thank you to the many hardworking volunteers at FPH. A delicious dinner catered by Claros was enjoyed by the volunteers and their guests at the Bidwell Forum. After dinner, everyone was entertained by Jimmy H, a very talented magician. Around the room, you could hear "How did he do that?" whispered by many who couldn't believe their eyes.

It was a night to celebrate the men and women who donate countless hours serving the hospital in many different capacities including working at the reception desk, gift shop, emergency room and the outpatient clinic. In 2017, volunteers contributed 22,623 working hours to the hospital. Also recognized were the volunteers who chose to focus time on the "Dream Car Raffle" fund raising event. With the



Volunteer, Jean Simpson, has donated 8100 hours to the hospital. That's 400 more than anyone else in the organization.

auxiliary's monetary help, the Geleris Educational Center remodel was completed. Along with the hours of service pins given to each volunteer, Jana Swete got a special thank you from Tiffany Ramirez, Director of Volunteers, for the work she

does with our junior volunteers. If you are interested in helping your community while meeting new and interesting people, the FPH auxiliary welcomes you. Please call the volunteer office at (626)857-3103 for more information.

Celebrating Good Health During Older Americans Month

The contributions of older Americans are celebrated each May during Older Americans' Month. This year's theme, "Engage at Every Age," emphasizes that you are never too old to enrich your physical and emotional well-being.

To encourage happy, healthy and productive golden years when older adults are able to pursue their hobbies and passions, consider these tips from Cigna-HealthSpring, one of the nation's largest providers of Medicare plans.



- Get an annual exam. Annual visits are critical for identifying potential health issues early, as well as maintaining a relationship with your primary care physician. During this visit, your doctor can establish a plan based on your age, gender and health status for the vaccinations and health screenings you need, such as mammograms, cholesterol screenings and colorectal cancer screenings. Medicare and Medicare Advantage cover certain types of annual exams at no extra cost. Check with your plan for details.

- Take medications as prescribed. Your drugs were prescribed for a reason. It is important to adhere to your medication regime and take medications as prescribed. Some drugs can cause harmful interactions, so make sure your doctor knows everything you take, including over-the-counter drugs.

- If you smoke, stop. Smoking is the leading cause of preventable disease and death in the U.S. It's never too late to quit, and the benefits of doing so are almost immediate, according to the

American Cancer Society. Keep in mind that parts of Medicare cover smoking cessation counseling and prescription medications.

- Get some exercise. Regular exercise can help older adults stay independent and prevent many health problems that come with age. Many Medicare Advantage plans offer exercise programs designed specifically for older adults at no extra cost. If your plan has a program like this, make sure to take advantage of it.

- Have some fun! Be sure to make time for activities you enjoy and seek out others who also enjoy them. The social interaction is good for you.

"We are constantly inspired by stories of older adults reinventing themselves later in life in meaningful ways, from running marathons to mentoring young people to painting for the very first time," said Brian Evanko, president of Cigna-HealthSpring. "The key that unlocks all of this is maintaining your physical and emotional health and well-being through the years." (StatePoint)

How to Care for Your Eyes as You Age

As we age, our bodies don't perform as well as they once did, and vision is no exception. However, early detection and treatment of eye problems and diseases through an eye exam is the best way to protect your eyes and overall health.

To help keep your eyes healthy for years to come, consider the following tips.

- Eat an eye-healthy diet. Fruits and vegetables, especially carrots and dark leafy greens, provide a hefty punch of key vitamins and a key vision protecting-substance called lutein. Find some new recipes to make filling up on these nutritious choices both delicious and fun.

- Maintain a healthy weight. Did you know that by eating healthy portions, exercising regularly and doing your best to maintain a healthy weight, you can reduce your risk of cataracts? Conditions such as obesity and diabetes can lead to vision problems like cataracts.



With a few key daily and annual habits, you can make eye health the priority it needs to be as you age.

- Protect eyes from blue light. Most people today spend a lot of time in front of digital screens, such as smartphones, computers and televisions. These devices emit high-energy blue light, which causes digital eye strain that can lead to headaches, blurred vision, dry eyes and even neck pain. Ask your eye doctor about the best options to help reduce eye strain.

- Get an eye exam. A yearly eye exam is one of the easiest and most important ways to reduce your odds of vision loss and protect your eyes. And it can also help you monitor and protect your overall health. Whether or not you wear glasses, be sure to schedule this crucial appointment. A routine eye exam can help detect signs of serious health conditions, like diabetes,

high cholesterol, high blood pressure glaucoma and macular degeneration. Because more obvious symptoms of some health conditions don't always appear until damage has already occurred, routine eye exams are a good way of keeping tabs on what's happening in your body.

- Make sure you have vision coverage. Do you have vision coverage through Medicare? Review your plan. Many people don't realize that Traditional Medicare doesn't cover routine eye exams, glasses or contact lenses. Check out such affordable options as VSP Individual Vision Plans, which offer comprehensive coverage with low out-of-pocket costs, savings on frames and lens enhancements such as progressives, and the ability to see the doctor you know and trust. Plans begin as low as \$13 per month. For more information or to enroll, visit GetVSPDirect.com or call 877-988-4746. (StatePoint)

Diet vs. Exercise: Which is Better for Weight Loss?

What's more important: diet or exercise? Anyone who's tried to lose weight and maintain a healthy lifestyle has likely asked this question.

Sixty-eight percent of people want to lose 10 pounds or more, according to a recent Harris Poll on behalf of Nutrisystem. It's always a good time to get started on your goals. So, should you focus on diet, exercise or both?

When it comes to weight loss, the split should be roughly 80 percent focus on what you eat and 20 percent on exercise. The logic is simple, say experts.

"It's all about calories in and calories out. If you're eating less and exercising, you're going to burn more calories," says Courtney McCormick, corporate dietitian at Nutrisystem. "However, exercise often makes us hungrier, which is why many people who only change their exercise habits don't see the scale move."

To achieve a healthier lifestyle and shed weight, consider these quick tips that combine both diet and exercise.

- **Eat more often:** A 2015 study from the Journal of the Academy of Nutrition and Dietetics found that on average, people who ate six times or more daily consumed fewer calories, had a lower body mass index, and ate more nutrient-rich foods than those who didn't eat at least six times a day. Eating smaller meals every three hours keeps you feeling full, controls blood sugar and helps boost metabolism.



Remember the key to meeting your weight loss and health goals is to make sustainable lifestyle changes. Focus on eating better and moving more and you'll be on the right track.

Photo Source: (c) M.studio/stock.Adobe.com

- **Watch portions:** American portions have become too big; and those used to dining out may consider restaurant portions to be correct, when they're often four times as large as what's recommended. Learning portion control is key to losing weight. When eating out, ask for a to-go box and save half for later. You can also turn to plans, like Nutrisystem, which deliver portion-controlled meals to your home.

- **Veg out:** Vegetables are low in calories, high in filling fiber and loaded with nutrients. For breakfast, add spinach to an omelet; at lunch, pile your sandwich high with fixings like tomatoes, cucumbers and peppers, or use lettuce as a wrap instead of bread. During snack time, munch on carrots dipped in hummus or blend kale into a fruit smoothie.

- **Drink more water:** A study

found that when people drank six cups (48 ounces) of cold water, they increased their resting calorie burn by up to 50 calories each day. Another study found that dieters who drank two eight-ounce glasses of water before meals lost 36 percent more weight over three months than those who didn't sip before sitting down to eat. So, fill up that water bottle!

- **Get moving:** The Centers for Disease Control and Prevention recommend 150 minutes of aerobic activity weekly, but research suggests that it doesn't matter if you exercise for two-and-a-half hours straight or break it up into 10-minute chunks. Aim for 30 minutes of exercise per day then build up to 60 minutes when you're ready.

More diet and exercise tips can be found at leaf.nutrisystem.com. (StatePoint)

What to Ask Your Doctor About Parkinson's Disease



If you or someone you care for is experiencing these symptoms, you are not alone and you may be able to get help. Talk to a PD specialist to learn more about available treatment options. Be prepared for your next appointment by ensuring the conversation first starts at home.

Talking to your doctor about any health concern can be tough, particularly when symptoms catch you by surprise or cause concern. And when it comes to Parkinson's disease (PD), experts say there are many symptoms that often go unreported at doctor's appointments, making them difficult to diagnose and treat.

For example, many people are aware of visible symptoms associated with PD, like resting tremors and loss of balance. However, more than half of people living with Parkinson's also experience a lesser known aspect of the disease -- hallucinations and delusions.

"Over time, these symptoms may increase in frequency or become bothersome, as a person with Parkinson's becomes less able to distinguish between what is real and what's not. Fortunately, these symptoms often can be addressed," says Neal Hermanowicz, MD, director of the Parkinson's Disease & Movement Disorders Program at the University of California, Irvine.

To help you prepare for your appointment with a PD specialist, Dr. Hermanowicz says to consider the following statements,

and if they apply to you, to tell your doctor at your next appointment.

- I sometimes feel out of touch with reality.

- Others tell me that what I am hearing, seeing or sensing (e.g., people, animals or objects) are not actually there (hallucinations).

- I have beliefs or fears that a loved one (perhaps a spouse, caregiver or friend) is stealing from me or being unfaithful (delusions).

Dr. Hermanowicz also suggests that caregivers prepare for the next appointment by considering the following statements and speaking to their loved one's PD specialist if any of them apply.

- I have observed my loved one interacting with things, seeing things or sensing things that are not there (hallucinations).

- My loved one has had false beliefs toward me or others, such as believing someone is stealing from them or being unfaithful (delusions).

- These experiences have affected our daily life.

Learn more about hallucinations and delusions associated with Parkinson's and download

resources that will help initiate these critical conversations at MoretoParkinsons.com. (StatePoint)

Glendora Chalk Festival HUGE Success



Group photo of winners, Audrey Krok; Best Technique-Junior, Nick Hermida; Best Technique-Student, Kayla Garcia, Best use of color-Student and Crowd Favorite, Wayne Thomas Best Technique-Adult, and Best of Show, Larry Thomas, Best use of color-Adult, Rebecca Kruger, Best 3-D design.

By Sherri Fernandez

GLENDORA - The Glendora Chalk Festival including San Gabriel Valley's Got Talent was a HUGE success! All of the merchants in the Glendora Village would like to thank all the artists, vendors,

sponsors, and talent that auditioned at the Chalk Festival.

There were eight categories from Juniors, to Students and Adults. A new category was added this year that wasn't judged, but was for families. It was a great day for the whole

family to come out and create beautiful chalk art together.

Everyone IS a WINNER! To see all the photos of the chalk art, visit the Glendora Village Chalk Festival website at GlendoraChalkFestival.com.

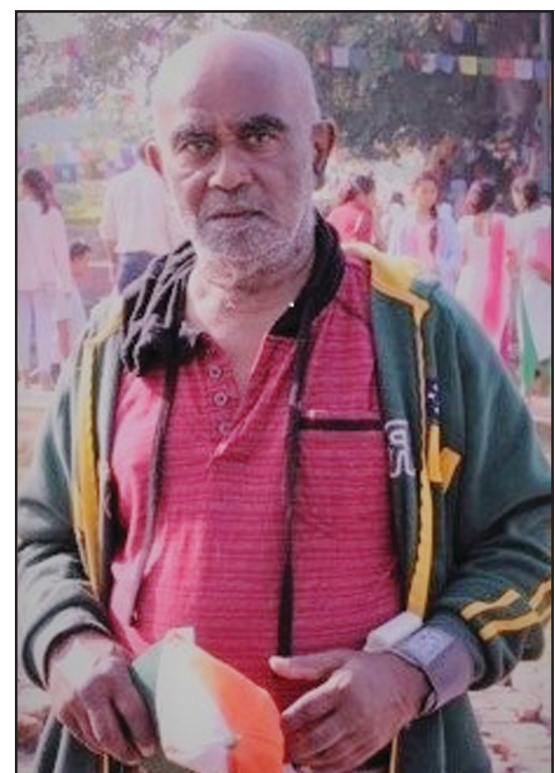
The Duarte Museum Will Present Dr. Sunil Jayasinghe And His Nepal Discovery

DUARTE - How did one Duartean become the defender of an ancient historical site? His story is one of passion and intrigue. Travel with Dr. Sunil Jayasinghe to the jungles of Nepal and share in his discovery on Friday, May 11 at 6 p.m. at the Duarte Historical Museum, 777 Encanto Parkway, Duarte. Admission is free.

Once upon a time Dr. Jayasinghe served as Duarte's unofficial counselor volunteering out of the now defunct Outreach Center, solving problems for residents, students, city personnel and more. An architect and engineer by profession, Dr. Jayasinghe came to Duarte in 1992 and despite his love for this town and its residents he one day took off to travel the world. He has now returned to his hometown to ask for support in convincing the United Nations Educational, Scientific and Cultural Organization (UNESCO) to validate a find of enormous proportions. His discovery has led to countless hours of research and has become the center of his life.

While in the jungle of Nepal, Dr. Jayasinghe came upon what he believes to be the childhood palace of Prince Siddhartha who became known as The Lord Buddha. What he discovered convinced him of the authenticity of the ruins at the site and what it means to the world. Further research convinced him that this was indeed the childhood Palace where Prince Siddhartha grew up for 29 years and he knew then it holds irrevocable evidence of the Forgotten Palace of King Suddhodana, the father of Buddha.

It was in November to December last year that he visited the area and studied the archeological remains and surrounding environment,



Dr. Sunil Jayasinghe documenting his finds. He believes that when people see the results of his research and photos that they will support the petition he intends to write to make Tilaurakot in Nepal a World Heritage Site. If UNESCO pays heed to his research he believes they will investigate and find the evidence credible and compelling. This could lead to the protection of the site and a declaration that it be a secured historical site. It is now vulnerable and threatened by the wilderness.

The talk is sure to be educational and entertaining, and will present an historical perspective unknown to most people.

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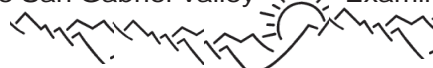


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Friday Night Veteran Films at the Bob Hope Patriotic Hall

LOS ANGELES COUNTY - On May 4, 2018, the County of Los Angeles Department of Military and Veterans Affairs (MVA), the American Legion Post 628 (Chinatown) and the Los Angeles based VET-FLICKS office will present the second in their series of dramatic Veteran award-winning films, LAST MAN CLUB starring James MacKrell, Kate French, William Sheppard and Barry Corbin.

This award-winning film reveals the life of WWII veteran, Eagle Pennel, who is destined for life in a retirement home yet escapes his difficult family situation and embarks on a cross country adventure to find the last remaining members of his B-17 bomber crew. The film is rated PG-13 with a running time of 95 minutes. The Director, Bo Brinkman, will be at the showing to discuss the film and respond to inquiries. Mr. Brinkman is an

actor and director, known for Gettysburg (1993), Last Man Club (2016), and The Bay House (2018). Doors open at 5:30 with refreshments sponsored by American Legion Chinatown Post 628. The film will be shown with open captions to provide access to anyone with any degree of hearing loss.

The third film, The Man Who Saved The World, will be shown on Friday, June 1, 2018 at 6:00 p.m. documenting the Russian Lt. Colonel, Stanislav E. Petrov, who lost everything when he decided not to obey superior orders changing the fate of the world. Attending this

showing to provide additional information and discuss the film will be the award-winning producer, Christian Bruun.

The films will be shown in the General Nimitz room (8th floor) of Bob Hope Patriotic Hall. Tickets are available via the Eventbrite link or through the Eventbrite site by typing in VetFlicks for the city of Los Angeles, CA.

Attendees are asked to invite your family and friends to join them for this cinematic event. Don't miss the opportunity to get your tickets early before they are sold out.

City Of Arcadia's Law Day Offers Free Legal Advice

ARCADIA - The City of Arcadia in partnership with the Arcadia Chinese Association (ACA) will offer a free Ask-a-Lawyer Program at the Arcadia Public Library, 20 West Duarte Road, on Saturday, May 19th from 10 a.m. to 1 p.m. as part of the nationwide Law Day celebration. This is the 20th consecutive year that the City and ACA have offered this free public service.

Volunteer attorneys are available to meet with the public and provide them with a free brief one-on-one consultation on general legal questions. They will provide a summary of legal rights and general advice on a "walk-up" basis, and where appropriate, will refer individuals to the proper legal or governmental organizations. Law Day attorneys are unable to accept any cases from the people they meet.

Law Day attorneys will answer questions on important legal top-

ics, such as: immigration, consumer rights, landlord-tenant issues, insurance issues, property, family law, taxes, estate planning and trusts, general litigation, bankruptcy, government benefits, employee rights, workers' compensation, personal injury, and other topics. Informational brochures and pamphlets are available as additional legal resources.

Participants are encouraged to bring any information pertinent to their case so the attorney is able to give the most accurate and reliable advice. No reservations are required for this free service and everyone is welcome to attend. Translation services will be available in Mandarin and Cantonese. Other languages may be available.

For more information, please call Arcadia City Hall at 574-5401.

Sample Ballot Booklets Mailed for June 5th Statewide Direct Primary Election

LOS ANGELES COUNTY - The Los Angeles County Registrar-Recorder/County Clerk (RR/CC) began mailing 5,148,411 Sample Ballot booklets to voters for the June 5th Statewide Direct Primary Election.

Sample Ballot booklets contain important election information, including candidates and measures that will appear on

the ballot. The back cover of the booklet displays the location of the voter's polling place and serves as a Vote by Mail request application.

Residents must be registered to vote to receive a Sample Ballot booklet. Register to vote or check your voter registration status online at lavote.net.

Sample Ballot booklets can

also be viewed online. If you'd like to receive your Sample Ballot booklet via email, please subscribe to the E-Sample Ballot.

For translated election materials in Armenian, Chinese, Farsi, Hindi, Japanese, Khmer, Korean, Russian, Spanish, Tagalog, Thai or Vietnamese, call (800) 815-2666, option 3.

Frank's Market in Baldwin Park Robbed

By George Ogden

BALDWIN PARK - Around 7 p.m. Wednesday, April 25, a man walked into Frank's Market at 5026 Main Ave in Baldwin Park with a handgun and robbed the market.

The male suspect came into the store and pulled a semi-automatic handgun on the store

clerk. He told the clerk to hand over the cash while threatening the clerk. The clerk handed over the money.

The armed suspect then fled the market on foot heading northbound from the store on Main Ave. He is described as a white male, 165 pounds, 5'8" tall and tattoos on the back of his neck. He had on a black

shirt and blue pants.

Detectives will be reviewing surveillance recordings in the store and the area along Main Ave. and Arrow Highway.

Police are requesting that if anyone saw something or knows something to call the Baldwin Park police at 626-960-1955.

Baldwin Park Unified High Schools to Host Mental Health Career Panels

BALDWIN PARK - Baldwin Park Unified's two comprehensive high schools will host panels of mental health professionals to explore potential career fields and learn more about resources available on campus and in their communi-

ty. Each panel will feature a school counselor, school psychologist, a licensed clinical social worker, a licensed marriage and family therapist and a clinical psychologist. Baldwin Park High School will hold its

event from 1 to 3 p.m. Tuesday, May 1 at 3900 N. Puente Ave., Baldwin Park. Sierra Vista High School will hold its event from 3 to 4:30 p.m. Wednesday, May 2 at 3600 N. Frazier St., Baldwin Park.

Celebrate Cinco de Mayo Responsibly... "Buzzed Driving Is Drunk Driving"

MONTEREY PARK - In the United States, the Cinco de Mayo holiday is often associated with parties and alcohol. If you're celebrating with friends and family this weekend, remember that at the end of the night, you need to have a safe and sober ride home. Police, sheriff and the CHP will be out in force looking for the telltale signs of impaired driving this weekend.

In the rush to prepare for a night out, it's easy to forget the most important Cinco de Mayo plan of all: designating a sober driver. Some may think they can play it by ear and wait until after the party has started to decide whether they're okay to drive. By this point, it's too late. Going out for a night of drinking without a plan for getting home safely is a



recipe for disaster.

The Monterey Park Police Department will conduct a DUI Drivers License Checkpoint in an area with a history of DUI arrests and DUI crashes during the hours of 7:00 PM and 3:00 AM.

In recent years, California has seen an increase in drug-impaired driving crashes. The Monterey Park Police Depart-

ment supports the new effort from the Office of Traffic Safety (OTS) that aims to educate all drivers that "DUI Doesn't Just Mean Booze." If you take prescription drugs, particularly those with a driving or operating machinery warning on the label, you might be impaired enough to get a DUI. Marijuana use is impairing, especially in combination with alcohol or other drugs, and can result in a DUI.

Remember: "Buzzed Driving Is Drunk Driving," and when you drive impaired, you run the risk of killing yourself or someone else. You will be looking at jail time, the loss of your driver's license, higher insurance rates, and dozens of other unanticipated expenses ranging from attorney fees, court costs, car or motorcycle towing and repairs, and lost wages due to time off from work. The average DUI costs about \$10,000. Wouldn't you rather pay for a ride home?

There are many other ways to ensure a safe ride home besides relying on a friend. The OTS DDVIP app is now available for free download on iOS and Android devices. The app offers enhanced features, allowing users to search all participating bars and restaurants throughout California. Additionally, app users can easily order a sober ride from Uber or Lyft.

Drunk driving is claiming too many lives. On average in 2016, someone was killed in a drunk-driving crash every 50 minutes. On Cinco de Mayo weekend, that equaled 51 lives lost in drunk-driving crashes in the nation. So if you choose to drink this Cinco de Mayo, make sure you have a designated sober driver or have arranged another safe way home. Decide today that you won't ever drive after drinking or impaired by drugs. If you know someone who is about to drive buzzed or high, step in and help. Take their keys and help them make arrangements to get home safely.

A final statistic to remember: drunk-driving deaths are 100 percent preventable.

This enforcement effort is funded by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. Remember, Report Drunk Drivers...call 911.

San Gabriel Valley Examiner
INFORMATION GUIDE

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Facebook Data Breach: Portent for Your Medical Privacy, Too?

by Elizabeth Lee Vliet, M.D.

Three events portend serious danger to medical privacy, but it may be hard for patients to connect the dots because they seem unrelated, involve different sectors of the economy, and occurred several years apart.

The first threat arose from the 2008 financial crisis. Buried in the major legislation that passed quickly in February 2009—the “Troubled Assets Relief” (TARP), a.k.a. “Stimulus” Bill—were two provisions unrelated to the regulation of financial markets. Apparently no one asked why, but then few read the bill before voting to pass it.

First, in order to maintain their existing level of Medicare and Medicaid payments, all U.S. physicians were required, by 2014, to use electronic medical records and to send electronically generated medical records directly to the federal health coordinator, or “health czar,” without patients’ direct permission. Most patients don’t know that their information can be shared with the federal government without the need for further consent.

Until the TARP legislation was passed, patients were the owners of their medical records, which could not be shared without their knowledge and permission. Physicians who generated the medical records were the custodians and entitled to keep their originals, but were required to provide copies to patients if formally requested.

This new mandate to share all electronic medical records with the federal government’s health coordinator violates two provisions of the U.S. Constitution: 1) the Fourth Amendment’s protection against unreasonable searches and seizures, and 2) the Fifth Amendment’s Takings Clause. Your property—your medical information—is taken by the government without just compensation.

Second, TARP set up the National Coordinator for Health Information Technology, to create a national database of electronic medical records for each person in the United States by 2014. The medical information compiled in the database would then be used by the Independent Payment Advisory Board (IPAB) to decide which treatments would be allowed based on such factors as age, weight, health condition, life expectancy, and “quality adjusted life years” (QALYs). In effect, this set up the medical care rationing mechanism similar to those operating in the British and Canadian single-payer, socialized medical systems. Your own medical data is then used against you to deny medical treatment you may need but the government decides is “unnecessary” or too costly.

Two additional threats to your medical privacy have come in 2018.

One was the data breach when more than 87 million Facebook users had their personal information “mined” and used without their knowledge by third-party businesses. In a massive abuse of privacy and trust, Facebook user data was shared via Apps and questionnaires people used, unaware that their answers were being compiled and sold to outside businesses. Facebook CEO Mark Zuckerberg was called to testify

before Congress about the company’s actions and data privacy in general.

But other than an apology, nothing has yet been done to compensate Facebook users for the violation of their privacy and sharing of their personal data. What has not yet been discussed is whether data from the various health and medical Apps linked to Facebook, Google, Twitter, Amazon, and other “big data” companies has also been shared with third parties without users’ consent or knowledge.

The second was the announcement of a federal government 10-year project, called All of Us, to compile your personal medical and lifestyle information. It isn’t just focused on medical treatment you may receive, as specified in TARP. This project seeks ALL of your personal health and lifestyle information: medical records, psychiatric records, drug abuse/addiction treatment, lifestyle, personal habits, your physical measurements such as blood pressure, weight, lab results, all health care visits, medications you are taking, AND even your DNA.

The launch of this massive data compilation effort has already begun, with such diverse partners as the University of Arizona, the University of Pittsburgh, Biobank, San Ysidro Health, TransAmerica Precision Medicine Consortium, and a host of federal agencies. More are scheduled to join the effort.

The project is ostensibly focused on “research.” But just what “research?” Who defines the research? What will it be used for? Are there limits to it? Many physicians and other experts have expressed serious concerns about both the privacy of health information once turned over to researchers, and just exactly what type of research will be done using people’s data. For example, would such massive data compilations of DNA be used to identify, and perhaps, abort those at risk for criminal behavior, or those of an unwanted race or sex, or those carrying genes for high-cost illness or dementia? Are you going to be required to undergo “gene-editing” to reduce medical costs to the government?

Ronald Reagan prophetically warned in 1961: “One of the traditional methods of imposing statism or socialism upon a people has been by way of medicine. It is very easy to disguise a medical program as a humanitarian project.” As the world saw with Nazi Germany’s horrific medical “experiments” on Jews and others deemed “undesirables,” it may sound “beneficial” to undertake “research” for the “common good,” but such laudable goals can easily be perverted to objectionable or even diabolical uses.

Patients must be proactive in protecting medical privacy, realizing that much privacy has already been lost when seeking “insurance” payment for medical care, whether private or government insurance like Medicare and Medicaid.

Patients also need to keep in mind they are surrendering their privacy whenever they “share” data with Facebook and other private businesses under the guise of innocuous “research” or “surveys.” It’s the price paid for

“free” electronic conveniences.

Preserving medical confidentiality requires constant vigilance today. Physicians must speak out against being used as agents of the State against the best interests of individual patients.

Dr. Vliet has been a leader in patient centered, individualized medical care. Since 1986, she has practiced medicine independent of insurance contracts that interfere with patient-physician relationships and decision-making. Dr. Vliet focus is medical freedom and free market approaches to healthcare. Dr. Vliet is the founder of Vive Life Center and Hormone Health Strategies with medical practices in Tucson AZ and Dallas TX, specializing in preventive and climacteric medicine with an integrated approach to evaluation and treatment of women and men with complex medical and hormonal problems from puberty to late life.

Dr. Vliet is a 2014 Ellis Island Medal of Honor recipient for her national and international educational efforts in health, wellness, and endocrine aging in men and women, and is recognized in the US as a motivational speaker in health and wellness and a powerful patient advocate, proponent of free market approaches to lower healthcare costs. Dr. Vliet is the recipient of Voice of Women Award from Arizona Foundation for Women in recognition of her pioneering advocacy for the overlooked hormone connections in women’s health.

Dr. Vliet’s consumer health books include: It’s My Ovaries, Stupid; Screaming To Be Heard: Hormonal Connections Women Suspect-- And Doctors STILL Ignore; Women, Weight and Hormones; The Savvy Woman’s Guide to PCOS, The Savvy Woman’s Guide to Great Sex, Strength, and Stamina.

Dr. Vliet is a past Director of the Association of American Physicians and Surgeons (AAPS), a member of the AAPS Editorial Writing Team on healthcare reform, and a member of International Menopause Society and the International Society for The Study of the Aging Male (ISSAM). She received her M.D. degree and internship in Internal Medicine at Eastern Virginia Medical School, and completed specialty training at Johns Hopkins Hospital. She earned her B.S. and Master’s degrees from the College of William and Mary in Virginia.

Dr. Vliet has appeared on FOX NEWS, Cavuto, Stuart Varney Show, Fox and Friends, Sean Hannity and many nationally syndicated radio shows across the country as well as presented hundreds of Healthcare Town Halls addressing the economic and medical impact of the 2010 healthcare law and free market reforms, as well as seminars and radio shows on healthcare reform, Men’s Health and Women’s Health.

Dr. Vliet speaks as an independent physician, not as an official spokesperson for any organization or political party. Dr. Vliet has no financial ties to any health care system or health insurance plan. Her allegiance and advocacy is to and for patients.

Catching Up

Each week I receive from 5 to 40 responses to the current column. I try and answer those raising interesting alternative perspectives, particularly if I cannot identify the authors. I do not bother with unsigned personal attacks. (Thankfully over the years I have only gotten a half dozen such assaults.)

There are two issues that come from recent responders who call for more detailed answers, and this week, instead of taking on a new subject, I want to look at these matters.

First, there is my continued criticism of Donald Trump—his character, his ethics and his policies. Thus far in 2018 six of these weekly columns belong to that category. These writers seek to defend Trump, believing that I am wrong in my criticism, and offering contrary opinions. But I have also received three responses from persons who agree with what I have written, but who believe that I have done nothing beyond feeding my own frustration. As one responder put it, “These people are not going to listen, let alone change, and you are just wasting your time when you should be addressing other far more important issues.”

So why should I continue to butt my head at a stone wall if I am only venting my frustrations? There are two reasons. First, I must be honest about what I feel, and I am convinced that Trump continues to disgrace himself and the nation. Second, if enough Americans continue to raise their passionate concerns, the unrelenting pressure may have an effect, first on the November elections, and then on bringing about a return to what really makes America great.

This continual pressure on what I believe important suggests what might be called “the starfish approach.” Most starfish varieties



Charles H. Bayer

ies have six legs. On the lower surface there are scores of tiny organs—not suction cups—each of which can exude a tiny drop of glue. When hundreds of these devices attach themselves to some surface, such as the tightly closed shell of a clam, and remain attached, eventually the powerful muscle holding the clam’s shell closed will be overcome and the starfish will feast on the clam’s soft inner body.

While none of us has sufficient strength to produce a change in Trump or his agenda, this continual widespread pressure may already be having an effect. If enough of us keep on the pressure, eventually even the most muscular political resistance may be forced to give way. Already we are seeing growing discomfort if not signs of panic among Trump and his supporters. So I will continue to do my insignificant but vital part.

The second matter has to do with gradual changes in me. I had been unaware of these changes until three good friends brought them to my attention. If I have spent much of my life looking out, perhaps I am now beginning to focus more of my attention on looking in at what is going on below the physical in me, and in the world. Some may define this change as a spiritual journey, but that term is so cloudy I hesitate to use it. My quest certainly has

to do with how I see other persons, beginning with my extended family as well as the members of our retirement community. It clearly centers on an overwhelming thirst to enrich the journey with Wendy as we walk together down that final path.

Perhaps this profound need was generated a few months ago with the death of my daughter, Carol, who joined her brother John in the great silence. Beth, our remaining child, becomes all the more important.

I cannot cite specific actions or changes that this quest has produced. Something deep inside demanded I generate the recent columns about my father and then my mother. What I found when I opened the door to my parents’ inner lives came as a shock. After all the years, why did I need to engage in this exploration?

Then there were columns titled, “THE IMMENSITY” and “TRANSITIONS,” that also came from somewhere deep within.

Perhaps I am just beginning to come to terms with the realization that I may be experiencing what the journey is like as one make one’s way on the downward side of the mountain.

What I am sensing about this change in my inner world became a bit cleared just an hour ago with an e-mail telling of the death of Bob Gartman, a friend I met the first day of our joint college careers in August of 1948.

There is no way I intend to artificially foster this dynamic, even if those who have long lived in this inner world encourage my continued exploration. I will simply let the experiences of the day lead me, allowing to happen whatever life offers without my either forcing or resisting it.

Fear not, the starfish in me will remain alive and well.

Contact Charles Bayer at candwbayer@verizon.net

A Special Guy, Thank You!

While I was at a Hardware store, I saw this guy with a ball cap on that said “Combat Veteran”... or so I thought. As I walked up to him to thank him for his service, this got “Flipped on Me”... Closer look at the cap, it said “Combat Veterans” with the letter “s” at the end of it. Above that, it said in smaller letters, “Thank You” and below Combat Veterans, it said “For Your Service”...

All together it said, “Thank You Combat Veterans for Your Service”. I had never seen that before and I sell military caps... What was interesting, the cap was set up to be deceiving until you got closer. Often times when you see a veteran with a cap on representing the fact that he or she is a veteran and/or served in our military, people often thank them for their service.

Now with a cap, this gentleman used a method of “entrapment” to



George Ogden

That’s just the way it is!

get you to read “his” message to all of us. How clever was that? I made conversation with him and told him thank you for his message as I am a combat veteran. He told me that his parents came from Mexico to work and have a better life. He himself was born here, grew up here and went to school. He decided to join the Army and just before he went in, he was in an off-road motorcycle accident and broke his back and leg. After a lengthy recovery process, he was no longer fit

for military service. However, his younger brother joined the Marines and became an officer and a jet pilot and served in one of the early Gulf wars. He showed me one of his brother’s pictures by his jet. He told me there are not a lot of Mexicans who fly jets for the military and the crew had a lot fun with him with jokes and all. One of his crew chiefs put a logo on his jet for him... “¡Que Tengas un Buen Día!” which means, “Have a Nice Day!” in English. They wanted the enemy to “get the message” when he delivered the ordnance (bombs). That was just too cool. I invited him to the VFW for a beer, but he told me that he didn’t have time that day, but if he was ever back this way, he would stop by. I thanked him for his message on the hat and shook his hand. I thought I would share this with you because...

“That’s Just the Way It Is!”

Glendora Genealogy Group Monthly Meeting

GLENDORA - The Glendora Genealogy Group will hold its monthly meeting Tuesday, May 22 in the Elm Room of the La Fetra Senior Center, 333 East Foothill Blvd, Glendora. We will have our business meeting at 6:00PM. We are pleased to present Gena Philibert-Ortega conducting a two part workshop on Solving Brick Walls. Part 1 begins at 6:30PM. She will share some tips for solving brick wall problems. Types of brick walls we will cover include pre-1850 ancestors and common surnames, and same name individuals. We will also go over resources every researcher should know. At 7:25 we will break for refreshments. In the second part of our workshop we will look at participant’s brick walls and suggest a research plan to help go from

being stuck to solved.

Gena Philibert-Ortega is an author, researcher, and instructor whose focus is genealogy, social and women’s history. She holds a Master’s degree in interdisciplinary Studies (Psychology and Women’s Studies) and a Master’s degree in Religion. Her published works include two books, numerous articles published in magazines and online, two volumes of Tracing Female Ancestors, and a Quick Guide from Legacy Family Tree. She is the editor of the Utah Genealogical Association’s magazine, Crossroads. Her writings can be found on her blogs, Gena’s Genealogy and Food.Family.Ephemera as well as the GenealogyBank blog. She has presented to diverse groups including the National Genealogical Society Conference, the Al-

berta Genealogical Society Conference, the Geo-Literary Society, Daughters of the American Revolution, and the Legacy Family Tree Webinar series. Her research projects include Sowerby’s British Minerology: Its Influence on Martha Proby and Others in the Scientific Community during the 19th Century for the Gemological Institute of America, as well as genealogical research for the first season of PBS’s Genealogy Road Show and the Travel Channel’s Follow Your Past. Her current research includes women’s repatriation and citizenship in the 20th century, foodways and community in fundraising cookbooks, and women’s material culture.

Any questions about our group or this meeting please call Pat Chavarria at 909-592-4030.

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Fake News, Rumors And The Market

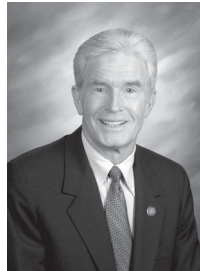
In the past several weeks, there has been an excessive amount of fake news posted by short sellers, network reporters and traders that are desperate to try to manipulate stocks before we get too deep into earnings announcement season. Earnings season is still in its early stages, but the earnings news is coming in as positive as expected.

Markets are constantly in a state of sector rotation, always trying to anticipate the next rising trend. Every earnings season has a way of re-defining the current market leadership by either reaffirming its confidence in those sectors that led going into earnings season, or by rapidly rotating into other sectors (where unexpectedly good business conditions weren't priced into the underlying stocks in those sectors).

As for the current earnings season, you just don't know how the Street is going to react to a stock when company results cross the tape. A good example of this would be the big banks that kicked off the latest reporting period. All reported top- and bottom-line results that beat estimates, but they all fell in price. Whether the bank stocks had priced in great numbers or the rising fear of an inverted yield curve put doubts in investors' minds, the big banks clearly underperformed on some seemingly excellent news.

As of April 27, the S&P 500 was expected to report earnings growth of 17.3% for the first quarter. Based on the average change in recent earnings growth due to companies reporting ac-

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

tual earnings above estimates, it is likely the index could report earnings growth closer to 20% for the first quarter. In fact, J.P. Morgan Chase experts think analysts are underestimating earnings power, which they think will be closer to 21%.

As of April 20, 17% (85) of the companies in the S&P 500 had reported earnings results for the first quarter. Of the 25 companies with conference calls, 15 (or 60%) discussed a positive impact or expressed a positive sentiment about foreign exchange rates favorable to their earnings, thanks to a weaker dollar.

All 11 S&P sectors are reporting (or are predicted to report) year-over-year earnings growth. Seven sectors are reporting (or are expected to report) double-digit earnings growth, led by Energy, Materials, Information Technology, and the Financial sector. Historically, earnings win out over other market forces, and I'm of the view that history will repeat itself over the next few weeks and months.

So, while the market sorts out the winners from the losers during the next couple of weeks, investors can take comfort that the

current up trend is in their favor. Will the S&P 500 challenge its all-time high of 2,872? It should happen based on the fact that second-quarter earnings growth is expected to exceed first-quarter growth. However, I'm not so sure the market moves to new highs until later this year. With that said, just making another run at the previous high will represent a gain of over 7%.

And if the market can accomplish that move by the end of May, it will provide an excellent opportunity to head into the seasonally more skittish summer months on a bullish note of confidence. After first-quarter earnings season winds down in late May, investors will turn their focus to the Fed's FOMC meeting scheduled for June 12-13, followed by second-quarter earnings season that kicks off mid-July.

How the market reacts to all of this expected good news against the crosswinds of geopolitics is anyone's guess, but if the fundamentals win out, then we should see the market trade higher, even though it may happen in a more volatile fashion than is comfortable for the average investor. Market turbulence is never pleasant, but volatility reflects the process of how the weak holders of great stocks transfer ownership to those investors who are confident in the sales and earnings proposition of those same great companies.

LIVE LOCAL, SHOP LOCAL - THIS IS THE TIME OUR MERCHANTS NEED US
I welcome your questions and comments :
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Your Money - Ask Julia

In the simplest way, please explain how inflation can hurt the value of the dollar?

Using the formula for what is called the Rule of 72: 72 divided by ___ (percentage rate) equals the number of years it takes to double the price of goods, or the amount in a savings account. For example, at 8-percent rate of inflation, a loaf of bread would double in price every 9 years. (72 divided by 8). Now let's say that inflation hits double-digits like it did in the 1970's. At 18-percent, a loaf of bread would double in price every 4 years. For investments, you can use this to calculate how long, at a specific interest rate, it'll take to double your money. For example, a savings account paying 2-percent would take 36 years to double. (72 divided by 2).

My husband puts the maximum amount allowed into a qualified plan with pre-tax dollars so that it grows tax-deferred. I'm thinking that we'd get a better tax advantage in the long run by paying the taxes now and being able to take our investment money in retirement with minimal taxes. Who's right?

If the money he's putting into a qualified plan is being matched by his employer at a high percentage, it's probably a good idea to put as much there as allowable. The stock market is currently volatile, behaving like a roller-coaster, but when you view a 1-year or 5-year chart, you can see that, overall, the market has gained. Some employee retirement plans allow you to take some money out, once a year, and transfer it to an IRA. At-work



Julia Yoder

retirement accounts may have a lower fee and different selection of funds than an IRA. Another option would be to put some post-tax money into an insurance product that grows a cash value, has funds that are accessible while the insured is alive, and which is tax-advantaged for you and your beneficiaries.

The price of houses in my area has been going up over the last couple of years. I got my mortgage loan about eight years ago. Since prices are up, it makes sense that my house is worth more now, right? Is now a good time to refinance? My 30-year loan is down to 22 years. Can I get a new, 22-year loan?

Now is a good time to refinance. And, yes, some lenders offer a loan to match your current number of years left on the loan you are refinancing.

In the past, you've talked about investments with a bonus. Are those still available?

Yes. Of course, a high priority is determining which safe investment, with or without a bonus, is suitable for you. As always, these investment products include guarantees against the

loss of principal and credited interest, and the reassurance of a death benefit for beneficiaries. Some carry the benefit of guaranteed lifetime income, sometimes with built-in increases. These guarantees are based on the strength of the insurance company.

I'm a retired teacher, collecting my pension. My husband is also retired, collecting Social Security. If he dies, I will not get any of his Social Security. This will greatly impact the budget. Can you help me plan ahead for this possibility?

It might come as a surprise to readers of this column to find out that teachers, and others with a 403-b retirement savings plan, are not entitled to their spouse's Social Security benefits, but it's true. It will take some saving and safe investing now to plan ahead for the possibility of a drop in household income. There will be other options to consider, too, like downsizing your housing, or getting a reverse mortgage when the time comes.

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

Oil Consumption

Question: How often should you check the oil level in your car?

Every 1,000 miles of driving; the newer the car and the lower the mileage. This seems to be the forgotten "check list" item.

Question: How often do you check the oil level in your car?

From what we can tell...rarely! Our shop is seeing more cars come in with no visible oil on the dipstick. Granted, the majority of the cars have 75,000 miles or more. Remember, that many cars with smaller engines also have less oil capacity (four quarts or less) to lubricate the moving parts.

When technology builds in lights, bells and whistles to replace opening the hood and pulling a dipstick or visually inspecting the under-hood fluid, I get concerned. The warning systems are great backups but

should not replace physically inspecting items.

The reason for the oil consumption concern is due to low tension piston rings, used to get better miles per gallon. This causes engines to run hotter than ever to achieve better MPG. Today, lighter oils (0w20 and 5w20) are also used for, you guessed it, better MPG, with 0w16 in the new models coming into production.

The latest change is GDI (gasoline direct injection), which is a completely different way for the fuel injector to deliver the fuel into the engine. Yep, this is for MPG also. Combine all these changes and add the extended oil change interval, and you get major oil consumption.

The car mentioned above, with no oil on the dipstick, also did not have a warning light on to let the driver know what was going on. That tells us the light

comes on when the car is beyond critical for the oil level and is doing internal engine damage.

The old adage that an ounce of prevention is worth a pound of cure, in car terms, means servicing your car more, and often equals 200, 300, or even 400,000 miles of driving. We have many customers that have continued success because they adhere to regular servicing of their car!

We have a new service that is helping cars with oil consumption issues. It cleans the piston rings and keeps the car running longer.

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

Hometown Service You Can Count On!

2018 Glendora Chamber Business Awards

GLENDORA - The Glendora Chamber of Commerce is seeking nominations for our 2018 Business Awards. Nominations must be submitted no

later than 5:00PM on Wednesday, May 23, 2018. The awards will be presented at our Installation Dinner and Awards Dinner on Wednesday, June

27, 2018 at the Glendora Country Club. Tickets will go on sale soon.

Do you know of a business that deserve to be recognized for the Glendora Chamber Business Awards?

To nominate a current Glendora Chamber Member as Business of the Year, Non-Profit of the Year, Ambassador or New Member of the Year, please complete the online form at <https://glendora-chamber.org/2018-business-awards/>.

Higher Salaries and More Jobs May be Coming for U.S. Workers

Small and mid-size business owners are feeling more optimistic than they have for a long time, suggests a new survey, and experts say this could mean positive things for the overall economy -- including for workers' salaries and job-seekers' prospects.

According to the PNC Economic Outlook, optimism is running at historic highs in all categories that the semiannual survey of small and medium-size business owners evaluates. This is reflected by the 85 percent of respondents who selected a positive emotion to describe how they feel about the business climate during the next six months, (from the time of the survey): hope (39 percent), enthusiasm (37 percent) and joy (9 percent).

The survey also points to some good news for the American workforce: 49 percent of business leaders anticipate increasing their employee compensation in the next six months and 32 percent expect to add full-time staff. However, four out of 10 respondents say it's harder to hire qualified employees today



compared to six months ago, with the biggest challenge being lack of experience or skill.

"Small businesses are a key source of economic activity and employment, and owners' perceptions can be a good indicator

of what's to come," says Gus Faucher, chief economist of The PNC Financial Services Group, Inc. "Our overall findings confirm that U.S. economic expansion will likely continue throughout 2018." (StatePoint)

Interest Rates are Rising: Should You Buy a Home or Wait?

With heightened talk of rising interest rates, many prospective homebuyers are understandably concerned about whether it's the right time to purchase a home.

Indeed, you may be wondering if you waited too long and let the historically low interest rates pass you by or if you can still find a dream home that fits within your current budget.

Experts say that it's true that rates are at their highest in almost four years and that this year has been particularly rough, however, it's not all bad news. Rates are still well below the levels seen 10, 20 and 30 years ago.

"Rates are still low by historical standards, helping make

mortgage payments affordable for many, but your wallet might take a hit if rates continue to go up," says Freddie Mac deputy chief economist, Len Kiefer.

How big will the hit be? Assume you buy a home with a 20 percent down payment, take out a \$200,000 mortgage and are getting a 30-year fixed-rate mortgage. At a 4.5 percent interest rate, your monthly payment would be \$811 with total interest paid over the life of the loan being \$131,851. With a 7.5 percent interest rate, your monthly payment would be \$1,119 with a total interest paid of \$242,748. With an 18 percent interest rate, your monthly payment skyrockets to \$2,411

with a total interest paid of \$708,081.

If rates jump a half percentage, you'll pay a bit more each month, which isn't ideal, but the added expense will unlikely be a deal-breaker. However, if rates jump to the levels they were in 1981 (an average of 18 percent), you can expect to pay a whopping \$1,600 more per month, which may cause you to think twice about taking the plunge into homeownership.

To find out how much you'll pay, check out Freddie Mac's free Fixed-Rate Mortgage Calculator at calculators.freddie-mac.com. For other free tools and resources, visit myhome.freddie-mac.com. (StatePoint)

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 2018 Class Expo

The City of Arcadia Recreation and Community Services Department invites you to join us on **May 5** from 7am-12pm for a fun day of activities and learning about the 2018 summer specialty camps and classes. It will be a great time to meet staff, ask questions, and get excited for summer! This is one expo you won't want to miss!

The Expo is partnering up with the Firefighter's Pancake Breakfast so bring the whole family for some delicious food, class demonstrations, and giveaways! For more information, please visit www.arcadiaCA.gov/recreation or call the Recreation Office at 626.574.5113.

Kid's Night Out - Fiesta Friday!

Come join us for some fiesta fun on Friday, **May 11!** Kid's Night Out provides kids a night of fun and play so parents can enjoy an evening out or a quiet one at home. The Arcadia Recreation Staff and Volunteers offer dinner, themed games, supervision and a movie for children ages 4 and above. (Accommodations cannot be made for special dietary needs.) The fun takes place at the Arcadia Community Center, 365 Campus Drive, Arcadia, from 6-11pm. The cost is \$22.00 per child and includes snacks and beverages. Pre-registration is mandatory and can be done on-line at ArcadiaCA.gov by fax, 626.821.4370 or by coming into the Recreation Office, 375 Campus Drive, Arcadia. For more information please call 626.574.5113.

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 Mother's Day Dance

Enjoy an evening with live music, raffles, door prizes, and much more. Buy your tickets at the Julia McNeill Senior Center soon as seating is limited! Live music by Carlos Quintana y Su Sonora. Dinner available for a nominal fee of \$6. Dance will be on Saturday, **May 12th** from 6:00 pm - 11:00 pm. \$15 for pre-sale tickets are \$20 at the door.

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 As The World Spins (Ages 50 And Up)

The City of Covina Parks & Recreation Department in conjunction with Inter Valley Health Plan presents a seminar "As the World Spins" on Tuesday, **May 8**, 10:30-11:30 a.m. at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina). Obtain information on how to maintain your vitality and stay healthy. Vitality Center offers free screenings, informative presentations, "Doc Talks" and refreshments. For reservations, call (800) 251-8191, ext. 625. For more information, call (626) 384-5380.

Mother's Day Tea And Manicures

The City of Covina Parks & Recreation Department is hosting a Mother's Day Tea and Manicures event at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Thursday, **May 10**, 9-11:30 a.m. Join us for a morning of tea and manicures. The manicures are on a first-come, first-served basis, no appointment necessary. Light refreshments of tea and finger snacks will be served. This event is free. Register by Friday, **May 4**. For more information or to register, call (626) 384-5380.

BUNCO!

The City of Covina Parks & Recreation Department is hosting BUNCO at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on the 2nd and 4th Thursday of each month, 1-3 p.m. The cost is \$2. For more information, call (626) 384-5380.

Senior Lunch Program

The City of Covina Parks & Recreation Department hosts a daily nutrition program for senior citizens at their senior programs site, located at the former Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina. Lunch is served Monday-Friday at 12 pm. For those 60 and older there is a \$3 suggested donation. For those under 60, the fee is \$5. For more information, call (626) 384-5380.

Community Garden Parcels

The City of Covina Parks &

Recreation Department has a Community Garden located at Cougar Park. Parcels are now available. Grow your own vegetables alongside other gardeners who are passionate about gardening and growing healthy organic produce! Annual fee of \$50 for large or handicap accessible parcel, and \$44 for small parcel. Applications are available at covinaCA.gov. For more information, call (626) 384-5340.

Basketball And T-Ball

The City of Covina Parks & Recreation Department is offering Winter Basketball for ages 18 months-11 years and T-ball for ages 3-6. These programs provide instruction and fun in a non-competitive atmosphere. For more information or to register, please call (626) 384-5340 or visit covinaCA.gov.

Walk The Walk

The City of Covina Parks & Recreation Department offers "Walk the Walk." This is a casual walking experience where you can walk at your own pace, improve your heart's health, and meet new friends. Wear your walking shoes and bring water. The walk takes place on Wednesdays at 9 a.m. at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina). For more information, call (626) 384-5380.

Medicare & Vitality Center

The City of Covina Parks & Recreation Department in conjunction with Inter Valley Health Plan, invites seniors to the Medicare & Vitality Center on Tuesdays, 11 a.m.-12 p.m. and Fridays, 9-11:30 a.m. at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina). Obtain information on how to maintain your vitality and stay healthy. Vitality Center offers free screenings, informative presentations, "Doc Talks" and refreshments. For reservations, call (800) 251-8191, ext. 625. 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.

DUARTE 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.

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 stressful. 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 Fetra Center Senior Classes Classic Cinema

Join us as watch classic films from the golden years in Hollywood. This class will focus on how movies were made and the background of the films. Following the movies there will be a question and answer portion that will help you appreciate your favorite movies even more! Mondays, through May 21, 2018 1:00pm - 4:00pm. Pre-register at the La Fetra Center or by calling (626)914-0560.

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.

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 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.

Medical Auxiliary Fundraising Events

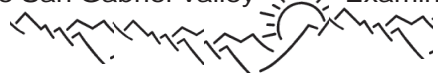
COVINA - Citrus Valley Medical Center Inter-Community Auxiliary is having the following fundraising events in the month of May: This-n-That Thursday May 9th and 11th from 7:30 am to 4:00 pm in the Brown Bag Room of the hospital's cafeteria and May 10th in the Business Office from

7:30 am to 4 pm. Sheets Guy will be on May 16 from 7:30 to 4:00 in the Brown Bag Room of the hospital's cafeteria. Funds from these events benefit Citrus Valley Medical Center.

Auxiliary volunteers work at these events and are an impor-

tant part of the sale success. Volunteers are needed and welcomed. The hospital is located at 210 W. San Bernardino Road in Covina. For more information call Tiffany Ramirez, Director of Volunteer Services at (626) 915-6237 or email her at ttramirez@mail.cvhp.org.

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



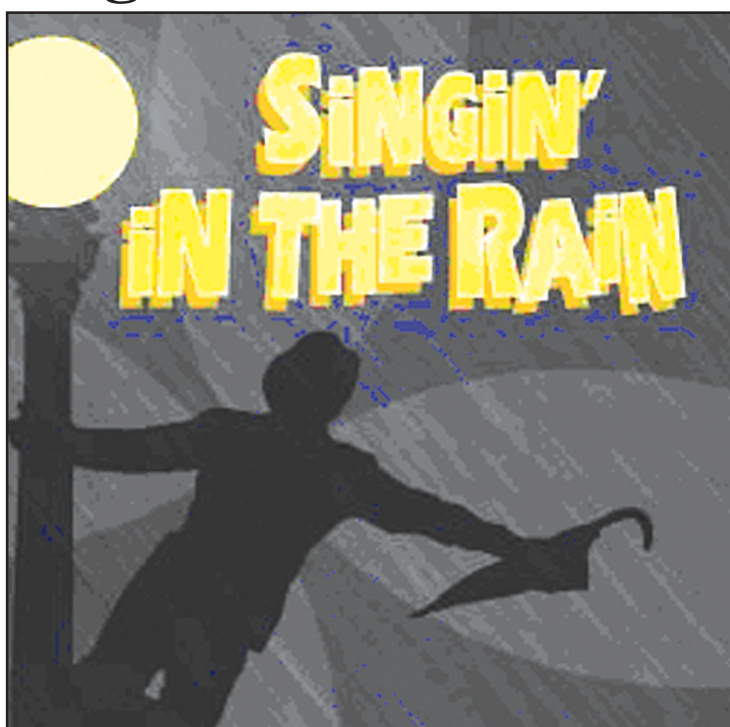
A Review of 'Singin' in the Rain,' at the Candlelight Pavilion

By Patrick Murphy

CLAREMONT - Get ready for nonstop singing, dancing, and laughs. The 1952 film "Singin' in the Rain" is regarded as one of the greatest movie musicals ever made. This production of "Singin' in the Rain" would make Gene Kelly, Donald O'Connor, and Debbie Reynolds proud.

The story centers around the emergence of "Talkies" and Monumental Studios converting their successful silent screen stars to starring in a musical film. While the leading man and woman have great screen presence, the leading woman's voice is gratefully like finger nails on a chalkboard. The studio's machinations yield a humorous, and immensely entertaining tale.

The cast is enthusiastic, energetic, and under the direction of DJ Gray, excellent choreography. Wesley Alvin (Don Lockwood) has a strong voice and even stronger dancing abilities. Collette Peters (Kathy Seldon) is his love interest and delivers a strong performance. Krista Curry (Lina Lamont) is hilarious with her screech voice. Andrew J. Koslow (Cosmo Brown) delivers a memorable rendition of 'Make 'Em Laugh'.



The audience was regaled with those memorable songs including: "You Stepped Out of A Dream", "You Were Meant For Me", "Good Morning", and of course, "Singing In The Rain". So many great songs, but my favorite was "Moses Supposes", at least that is what my editor told me.

The ensemble is strong and talented. When they come out for the finale song and dance, the audience was clapping along with the energetic number. You will enjoy this musical and the entire experience of the Candlelight Pavilion.

If you have never had the pleasure of attending a play here, you will be in for a real treat. From the moment you enter the theater, you are treated as more than a valued guest, you are welcomed as family. And this explains the great success of the Candlelight Pavilion entertaining audiences since 1985.

Location: 455 W. Foothill Blvd., Claremont, CA 91711

When: From April 20-June 2. Friday and Saturday evenings 6pm. Sunday evenings 5pm. Saturday and Sunday matinees at 11 am.

Prices: \$63-\$78 for adults. \$30-\$35 for children 12 and under. This price includes: a delicious meal, show, and sales tax.

Call now for reservations at (909) 626-1254 ext 1 or through their website at www.candlelightpavilion.com.

Getting Girls Interested in STEAM Subjects



By starting early and making it fun to integrate these key subjects into their daily lives, you can help girls develop a lifelong love of science, art and math, which can help them in school and, later, in the workplace. (Photo Source: (c) Viacheslav Iakobchuk/stock.Adobe.com)

Science, art and math are becoming increasingly important school subjects to embrace. Here are five ways to ensure your girls get interested and stay interested in these critical subjects through the years.

1. Get involved early. Setting a foundation of math, science and the arts is essential to getting young children, especially girls, interested in continued learning. Encourage them from a young age to participate in hands-on science, arts and math activities, and those with an interest or aptitude in these subjects will continue to pursue these paths as they learn and grow.

2. Find practical applications. Science, art and math are an integral part of everyday life. Finding the practical applications as you go about your day, demonstrates for children of all ages how important these subjects really are in life. Use the weather report as an opportunity to discuss meteorology. Bake with your daughter and work on figuring out measurements for doubling recipes. On the road? Have your daughter calculate the distance from your current location to your destination, as well as the amount of gasoline you'll need to get there. Seeing math, science, and art in the world will help keep kids engaged.

3. Provide intuitive tools. Intuitive learning tools can foster a better understanding of a subject and make learning easier, encouraging students to con-

tinue their studies with enthusiasm. For example, Casio's fx-CG50 PRIZM Graphing Calculator will support students and educators of math through middle school and high school, and into college. With Natural Textbook Display and an intuitive icon-based menu, students will find the calculator easy-to-use. Plus, its brand new 3D Graph Drawing and improved catalog function allows for greater engagement and real-life application in the mathematics classroom.

4. Encourage group and club participation. From outdoor education clubs that focus on environmental science to math competition leagues, support and encourage girls and young women to join special groups that focus on math, science and art -- both in and out of school. For example, robotics clubs have been growing in communities across the nation and fos-

ter an understanding of key math and science functions.

5. Make it fun. Get girls interested in science, math and the arts by making it fun and enjoyable. Kids won't even realize they are learning if they are having a good time while doing so. For example, music students can try out the LK-265 keyboard from Casio, which includes a Dance Music Mode, letting musicians create and remix electronic dance music quickly and easily. Select from 50 styles of EDM, and use the lower keys to choose different variations of drum beats, bass lines, and synth parts. Its lighted keys show you how to play your favorite songs which users can download from MIDI files. Or, connect your device's headphone output to the LK-265's audio input, and explore an endless library of music. (StatePoint)

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Medical Auxiliary Needs Volunteers

COVINA - The Citrus Valley Medical Center Inter-Community Auxiliary needs volunteers. If you are a senior citizen, retired, or simply looking for something to do, join the auxiliary and be a volunteer! Volunteers are needed in the following areas: The Front Desk; the Gift Store; The Sur-

gery Waiting Room; the Bargain Box; Newspaper Delivery to patients and other areas of the hospital. Call Tiffany Ramirez, Director of Volunteer Services at (626) 925-6237 or email her at tramirez@mail.cvhp.org to start the volunteer process.

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Make Your Home A Safe Haven



Make sure your home's wiring and appliances are in good shape to avoid disasters.

by Scott McGillivray

We think of our homes as our haven from the world. In it, we house the people and things that we treasure most. In time, we might also undertake to expand or modify our homes to better suit our needs through different life stages. Perhaps a previous owner has done the same. Remodeling a house can provide significant advantages and serve as an opportunity to make things better, especially if your home is getting on in years. It's also a good time to identify potential problems in order to ensure safety, comfort and performance. Here are five things to consider when remodeling:

What's behind the walls? Do you know what type of insulation exists or its current condition? It's worthwhile to find out. Some older homes contain outdated materials that could be harmful. In basements and bathrooms, in attics and in ar-

reas where there's been some moisture penetration, it's not uncommon to discover moldy fiberglass or other insulating materials that should be removed. This can compromise air quality and be the source of potential health issues. When upgrading, opt for an insulation with an inorganic composition. Professional builders often favor a stone wool product such as Rockwool Comfortbatt or Safe 'n' Sound because it resists moisture, adds fire protection and is an excellent sound-absorbing material.

Consider a professional home inspection. The goal is to help identify any potential hazards within your home. These can take many forms. Think knob-and-tube wiring, overloaded panels or cracked foundations.

Lead paint. Older houses (pre-1978) may have base coats of lead paint beneath the newer

ones. Lead can cause harmful effects if ingested or inhaled as dust. Be careful to avoid raising dust if scraping or sanding old walls or molding. Test for (and seal) exposed areas of lead paint.

Educate yourself about air quality. Radon is a particular concern. It's a radioactive gas that naturally accumulates in some houses--and the second leading cause of lung cancer after smoking. Use a radon long-term detector to measure the level of radon in your home to determine if you need to reduce it.

Pay close attention to combustion appliances. If not properly maintained or vented to the outside, combustion appliances, including your furnace, gas stove or water heater, can release pollutants such as carbon monoxide--a colorless and odorless gas. Ensure appliances are well maintained and inspected at least once a year. Install carbon monoxide detectors.

There's no place like home, so doing all that you can to ensure that it's a safe, healthy and comfortable place will give you the peace of mind necessary to enjoy it to its fullest.

• Scott McGillivray is the host of the hit HGTV series "Income Property" and "Moving the McGillivrays," a full-time real estate investor, contractor, author and educator. (NAPSI)

Troop 491 Eagle Scout Project of Steven Busse



L to R, Back Row: Spencer Froh, Justin Busse, Andres Vasquez, Tommy Busse, Alex Chice, Carson Alonzo, Andrew Amezcuita, Tyler Tran, Donovan F Adams, Adam Erickson, (partially hidden with black hat) Greg Healy, Spencer Moya, Jose Vasquez, Troop 491 Scoutmaster Michael Moya, Eagle Scout Project Leader Steven Busse, Phillip Tran, L to R, Front Row: Logan Files, Susie Busse, Katie Moses, Josh Bohn, Sam Liou, Andrew Healy, Ricky Busse, Andy Tang, Thomas Tarango, Ryan Healy, Jacob Harris

GLENDORA - On the afternoon of April 27 and the following morning of April 28, 2018, Steven Busse, age 15, of Troop 491 Glendora, lead 21 of his fellow Boy Scouts, 2 Cub Scouts from Pack 491, several adult Scout leaders and other volunteers, on an extensive landscaping refurbishment project at Goddard Middle School in Glendora. This service project was part of Steven's requirement to earn the rank of Eagle Scout.

After months of planning, meeting with school officials, and fundraising, Steven and his

team cleared out a neglected portion of landscape between classrooms and planted 23 white roses, 14 Golden Euonymus, spread 113 bags of mulch and compost, installed new sprinklers and built a low retaining wall with concrete locks to hold back soil erosion. All told, Steven and his Scouts used 220 combined work hours to pull the project together. On the days of the installation, Steven was most surprised by "how quickly the works goes with lots of help". Steven chose this site for his project to "give back to the community" and also help his former middle school.

Finding the money to pay for the Service Project was also part of Steven's work towards Eagle Scout rank. The cost of materials was paid for through fundraising events at Mooyah Burgers and Chick-Fil-A of Glendora. All told, Steven raised \$ 1295 for project supplies. The Home Depot donated several hundred dollars

in plants and Lowe's gave 50% off project supplies.

A long time Scout, Steven joined the Cub Scouts while in 3rd grade. He transitioned to Boy Scouts in 2014 and chose Troop 491 of Glendora as his troop. After years of outdoor adventures, learning Boy Scout skills with his friends, Steven moved up the ranks to Life Scout, during which he held the positions of Assistant Patrol, Patrol Leader and Troop Guide. Steven plans to graduate from Glendora High School and major in Engineering in college.

The Eagle Scout Service Project, or more simply the Eagle Scout Project, provides Boy Scouts in the Boy Scouts of America (BSA) the opportunity to demonstrate leadership skills while performing a project for the benefit of his community. This is the culmination of the Eagle Scout candidate's leadership training, and it requires a significant effort on his part.

Twenty Ways To Cook Up Some Safety At Home

Cooking and eating with family and friends can be delightful as long as you're careful. Here are 20 hints from health and safety experts that can help:

1. Never leave children alone in the kitchen.
2. Wash your hands in hot, soapy water before and after handling food, particularly raw meats. Use paper towels to dry off.
3. Always keep any foods that can spoil, such as dairy products and meat, in the refrigerator until you need them and put them back right after using them. Don't let perishable foods sit out on the counter.
4. Don't let kids lick their fingers or put their hands in their mouths when handling food. This is especially important with raw foods such as cookie dough or meat.
5. Make sure you have, and test monthly, ground fault circuit interrupter (GFCI) receptacles in your kitchen to prevent shock and electrocution.
6. Don't put cooked food on an unwashed plate or a cutting board that has had raw food on it. Always put cooked food on a clean plate.
7. If you cough or sneeze, cover your mouth and nose with a tissue and turn away from the food. Wash your hands right after.
8. Keep all electrical appliances away from water. Stay away from electrical sockets, especially if your hands are wet, and instruct children not to put their fingers or hands anywhere near sockets.
9. Use a frying screen over pans to prevent grease splattering. If grease catches fire, cover the pan with a lid.
10. Never cook while there's a child in your arms. In fact, keep all children at least three feet away from all cooking appliances.
11. Never add water to a pan that has hot oil in it. It could make the oil spatter.



A home-cooked meal won't be a recipe for disaster if you bake in certain safety precautions.

12. Before making any recipe, check all the ingredients and be sure no one who will be at the table is allergic to any of them. Check food labels on prepared foods.

13. Ranges or cooktops cause 62 percent of home fires, according to the National Fire Protection Association. Keep

anything that can catch fire away from your stove top, including oven mitts, wooden utensils, food packaging, towels and curtains.

14. Keep your oven and stove top clean of grease and dust.

15. Never cook while sleepy, drinking alcohol, or taking

medication that makes you drowsy.

16. Never disable a smoke alarm while cooking.

17. Turn pot handles in, away from reaching little hands.

18. Never leave the kitchen when something's cooking. The leading cause of fires in the kitchen is unattended cooking.

19. If a dish towel touches the raw meats or the juices from the raw meats, quickly remove it from the kitchen for laundering. Clean the sink, countertops or any areas that raw meats or their juices may have touched.

20. Double-check that everything is off when you finish cooking.

Learn More
For further facts and tips on safety from the Electrical Safety Foundation International, the premier nonprofit organization dedicated exclusively to promoting electrical safety at home and in the workplace, visit www.esfi.org. (NAPSI)



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