



San Gabriel Valley Examiner

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Fax: (626) 852-1904
E-mail: sgexaminer@aol.com
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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

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Arrested



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Early College Academy Students Explore College Life with Visit to Rio Hondo College

EL MONTE – Sebastian Reyes is proud to be a freshman – both in high school and in college. As a member of the inaugural class of the Early College Academy at South El Monte High School, Reyes will concurrently take high school classes and college courses taught by Rio Hondo College professors – setting the foundation for pursuing a career as a computer programmer.

“I joined the Early College Academy so I could learn more about college and be more prepared,” said Reyes, one of 120 South El Monte High freshmen who on Sept. 7 toured the Rio Hondo College campus, met professors and students and received a thorough overview of collegiate life. “My goal is to get into a good college and find my dream job.”

The Early College Academy – the result of a partnership between the El Monte Union High School District and Rio Hondo College – enables South El Monte High students to earn a high school diploma and up to two years of college credit in four years, or 40 credits, which are transferable to UCs or CSUs.



South El Monte High School freshmen – members of the inaugural class of the Early College Academy – prepare to take a tour of Rio Hondo College.

Students can take college-level general education courses for free at SEMHS or at the Rio Hondo College campus, reducing the cost of attaining a college degree.

“The response has been fantastic. We are already at capacity and, since we began the program, more students have been inquiring about joining,” Principal Dr. Amy Avina said. “For many of our students, today is the first day they have ever been on a college campus. We want to promote the idea that college is not an ab-

stract concept, it is their future.”

During the visit, students received a Rio Hondo ID card, spoke to a representative from the Learning Resource Center, participated in a time management workshop, toured Rio Hondo’s Tesla START training facility, met with an instructor from the Architecture, Civil Engineering, Design, Drafting CAD and GIS school, and lunched at the Rio Café.

“I am interested in bio-medical engineering and want to get into the workforce as quickly as possible,” freshman Elizabeth Amezcua said. “The Early College Academy gives me the opportunity to have that head start, and I’m excited to be part of the

first class. Next year I can help the new students out.”

Early College Academy students will earn three units per semester as freshmen. As part of a daily schedule that includes Honors English, Honors Biology, integrated mathematics and AVID, students will take two classes taught by Rio Hondo instructors: Counseling 101, taken in the fall term, teaches students how to navigate the college system; and Library 101, taken in the spring, introduces students to the print and online resources available to Rio Hondo students.

“The first year of Early College Academy is designed to acclimate students to what is expected of them when they reach

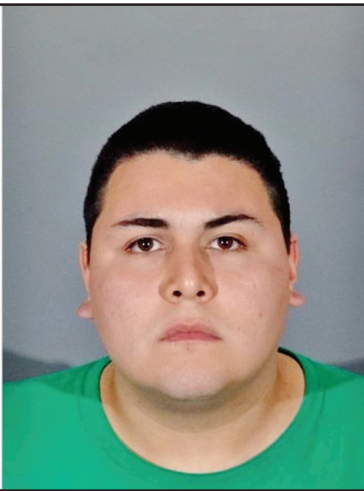
college, and to begin to initiate a plan for higher education,” said Ed Hernandez, Rio Hondo College Counselor/Coordinator First Year Success and instructor. “I’m looking forward to seeing how the students develop over the next four years. I am excited to have them here at Rio Hondo to get a first look at being a college student.”

The Early College Academy four-year program escalates the college experience with each school year. Students will be required to take a summer school class for college credit and, beginning in their junior year, take two Rio Hondo classes per semester. Rio Hondo will provide counseling, advisement and matriculation, while El Monte Union will cover the cost of textbooks and materials.

The program may expand to other El Monte Union schools should it prove successful.

“The Early College Academy is having a tremendous impact on South El Monte students, who recognize this as a once-in-a-lifetime opportunity to create their own path to higher education,” El Monte Union Superintendent Dr. Edward Zuniga said. “We are proud to be partnered with Rio Hondo College to provide the support and resources our students need for success in college and careers.”

Arrests in Covina Bar Attack



Baldwin Park residents Elizabeth Franco, 40, and Angel Franco, 23, and Glendale resident Vidal Larios, 40 (Photo by Covina PD)

By George Ogden

COVINA - With help from the community, police were able to track down and arrest three people Thursday, Sept. 20 in connection with the attempted murder and assault at a Covina bar in August. The attack left the victim with a crushed skull and extreme grave condition.

Detectives from the Covina Police Dept. received tips and information on the incident after releasing surveillance footage that recorded the attack on Friday, Aug. 17 in the bathrooms of Clancy's Sports Bar at 961 N. Azusa Ave. showing a woman along with a man

waiting outside the restroom while another subject with a large beer mug entered the bathroom. The man exited the bathroom and set the mug on the floor and left. The information they got led to the identity of the suspects. The main suspect of a group of 3 is accused of using a large beer mug and struck the victim several times in the head fracturing his skull. It appears that the victim was struck six times that left six fractures to the skull. After the attack, the suspect left with two other suspects.

The three were arrested on Thursday with the Pasadena Police Department and Califor-

nia Highway Patrol assisting the Covina Police.

The suspects were identified as Baldwin Park residents Elizabeth Franco, 40, and Angel Franco, 23, and Glendale resident Vidal Larios, 40. Bail was set at \$50,000.00 each for the Franco's and no bail for Larios. Charges most likely will be assault and/or attempted murder. Elizabeth Franco has a previous record.

The police are not saying if this a racial attack or not. Just prior to the attack, the main suspect and the victim had engaged in some sort of argument.

Cruz Baca For Mayor of Baldwin Park

By Jayam Rutnam

BALDWIN PARK - The San Gabriel Valley Examiner was asked to cover an event, where Cruz Baca, who is running for Mayor of Baldwin Park, was meeting with over 200 constituents of Baldwin Park at a mini mall. There were many candidates present. Cruz Baca made a definite, positive impact on the audience.

We invited to meet with her at a later date. Here is a lady who does not talk like a "typical" politician. One felt comfortable with Cruz Baca as she told us of her past achievements and intentions for the future.

She has many ideas about how to make the necessary improvements on how the City of Baldwin Park should be run. "We need a Mayor who will fight the corruption that has plagued City Hall for so long," she said.

Cruz Baca is deeply rooted in the City of Baldwin Park. Her parents created a small welding business in Baldwin Park and her grandfather was a major contributor to the creation of Morgan Park; the local Metrolink Station was named after her grandfather for his contributions to Baldwin Park.

Cruz was born to Ralph and Alice Baca, in the same house where she currently lives. Cruz was raised with the same values as her family; she was taught to work hard, respect people, and give back to her community.

Cruz was raised during an era when women were expected to stay home, but her curiosity led her in a different path. In 1967, despite the protests for equal education across the nation, Cruz graduated from Baldwin Park High



Baldwin Park Council Member and candidate for Mayor, Cruz Baca

School with honors. Defying the odds of time and place, Cruz pursued a higher education and graduated from Rio Hondo Community College in 1967, with an Associate Degree in Psychology. Cruz continued to pioneer within higher education and in 1972 completed a Bachelor of Arts in Psychology from California State University, Long Beach. Cruz accomplished what very few Latinas of her time dare dream and in 1981 she graduated from Temple University with a Master of Arts Degree in Psychology. She later completed a certificate in Entertainment Law at UCLA.

Her academic accomplishments were the foundation for something greater. Again, despite the small to nonexistent social networks for Latinas within the entertainment industry, Cruz made her way to the top and in 1978 co-founded "Yaqui Spirit Music" where she collaborated and represented world renown musicians such as Stevie Wonder, Michael Jackson and family, Tierra, Donna Summers, George Benson, El Chicano and many more.

In 2000 Cruz was hired by Colegio Internacional Norteamericano, in San Luis Potosi, Mexico as their Director of International Affairs, where she taught a music business course. The experience of collaborating on a bi-national bicultural capacity further enriched her skill set and broadened her understanding of world affairs. The experience continued to open doors for Cruz within Education; soon thereafter Cruz was hired by public and private academic institutions at different capacities. Cruz is currently a consultant with the music industry, public and private education institutions. Currently she is a Board Member of the California Alliance to Protect Private Property Rights, Board Member of St. John the Baptist Social Services, where she was Chair of the 3rd Annual Cesar Chavez Breakfast. She is also 3rd Vice President of the Baldwin Park Woman's Club assisting in fundraising for academic scholarships that are awarded to college-bound seniors at Baldwin Park High School and Sierra Vista High School.

Mt. SAC Art Gallery Begins Season with 'Fever Dreams'

WALNUT - The Mt. San Antonio College Art Gallery will kick off its 2018-19 year with an exhibit of paintings by American artist Kimberly Brooks, "Fever Dreams," which runs Sept. 27 through Dec. 6 at the Art Gallery. This exhibit is free and open to the

public. "Fever Dreams" features Brooks' new paintings alongside smaller past works that span the last 15 years of her career. Her work blends figuration and abstraction to focus on subjects related to memory, reality, history, representation, and identity. Brooks' work has been showcased at the Whitney Museum of American Art, the Museum of Modern Art, the California Institute of the Arts, and the Los Angeles County Museum of Art.

A special opening reception will be held Thursday, Sept. 27, 4 to 6 p.m., in the Art Gallery, building 1B. An artist's reception will be held Sunday, Sept. 30, 4 to 6 p.m. Gallery hours are Tuesdays through Thursdays, 11 a.m. to 2 p.m., and Tuesday nights, 5 to 7:30 p.m.

Special Saturday hours for this exhibit are from noon to 2 p.m. on Oct. 6, Nov. 3, and Dec. 1.

For more information, call the Art Gallery at (909) 274-4328.

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

Transfer as an Academic Pathway: the Benefits of Starting at Citrus College

In early October, many Citrus College students will begin planning for the next stage of their academic journeys by visiting the college's annual Fall Transfer Fair. During the event, approximately 60 colleges and universities will provide information regarding admissions requirements, financial aid options and academic programs to those students interested in pursuing a bachelor's degree after completing their community college education.

The Fall Transfer Fair is just one example of the many transfer services provided by Citrus College. According to the Citrus College Office of Institutional Research, Planning and Effectiveness, the majority of students who enroll at Citrus College indicate that transferring to a four-year college or university is their desired academic pathway. The college assists these students in reaching their goals by providing counseling and advisement, application forums, university representative visits, transfer-related workshops, and more.

Preparing students to transfer is something Citrus College does incredibly well. Over the last decade, the number of students transferring from Citrus College to four-year colleges and universities has increased by more than 50 percent. In addition, the college is ranked fifth in the state for the overall production of associate degrees for transfer (ADTs) and second in the state for the number of ADTs conferred relative to the size of its student body. It seems more and more students have realized that transferring from Citrus College is not only a practical alternative, it is also



By Dr. Edward C. Ortell
Citrus College Governing Board Member

an incredibly beneficial option.

The most obvious reason for a student to begin their higher education at Citrus College is cost. A student who studies for two years at Citrus College and two years at a California State University (CSU) campus can expect to spend approximately \$8,000 less than a student who spends all four years at a CSU. The savings is even more significant when transferring to a University of California (UC) campus - approximately \$25,000!

Articulation agreements are another benefit of transferring from Citrus College. The college currently has formal partnerships with numerous public, private and out-of-state universities. At the same time, the Intersegmental General Education Transfer Curriculum (IG-ETC) permits students to transfer to a CSU or UC without needing to take additional lower division general education courses at the university. Because of these partnerships, the four-year institutions agree to accept specific credits earned at Citrus College. In turn, the transfer process is much smoother for the student.

Guaranteed admission to

prestigious colleges and universities is also an advantage of a Citrus College education. This guaranteed admission can take two forms: the Transfer Admission Guarantee (TAG) program or ADTs. With TAG, Citrus College students can apply and be guaranteed admission to a participating UC campus if they fulfill a series of required courses with a minimum grade point average. The college currently has seven TAG agreements, including six with UC campuses and one with the University of La Verne. Similarly, ADTs provide guaranteed admission and priority consideration to the CSU system.

Throughout the country, an increasing number of students are recognizing that community colleges can be a savvy start to their college educations. According to the National Student Clearinghouse Research Center, nearly half of all students graduating with a four-year degree have had some experience within a two-year institution. In California alone, nearly 51 percent of graduates of the CSU system and 29 percent of graduates of the UC system transferred from a California community college.

For those of us who have dedicated our lives to improving access and increasing college completion rates, these statistics are encouraging. As the Duarte area's representative on the Citrus Community College District Board of Trustees, I am proud of the extensive efforts Citrus College has taken to facilitate the transfer goals of its student body. I am confident that the college's progress in this area will continue to impress in the years ahead.

Gino Escobar Retires From West Covina Police Department Dispatch Operator

By George Ogden
WEST COVINA - Congratulations to Gino Escobar who retired from West Covina as a 9-1-1 operator. She started with the city back in 1979 and after 39 years, she is retiring.

Mayor Lloyd Johnson and Chief Marc Taylor gave her accolades at the city council meeting. They also had a street sign "Gino Blvd" made in her honor and presented to her.

She worked records, headed up the Explorer program, and then moved on as a full-time dispatcher. She loved to tell the cops "where to go"...

Taylor was sad to see her go but at the same time happy to see



Mayor Lloyd Johnson, Gino Escobar and Chief Marc Taylor. that she will be getting time off through her retirement. The council chambers had family and friends there for her

Parents: How to Build Empathy and Prevent Bullying

Sixty-two percent of 9 to 11-year-olds say they have been bullied at least "once or twice," according to a recent national survey.

The survey, commissioned by the Cartoon Network and designed by VJR Consulting in consultation with the Making Caring Common project (MCC) at Harvard University's Graduate School of Education, found that the vast majority of young children in this country have experienced bullying and that they look to adults to set an example about how to treat others.

October is National Bullying Prevention Month, and an excellent time to focus on creating more inclusion in your school and community by reinforcing kindness and empathy.

• Values matter: The values kids are taught really do matter. Those who consider "caring about others" to be "very" important (74 percent) are far more likely to do kind things for other kids, and far less likely to be bullies.

• Help kids speak up: Over half of kids who have seen someone getting picked on or being left out say one of the reasons they don't help is they don't know what to do or say. But there are resources which can help kids learn how to handle these tough situations. For example, Cartoon Network animated children's stories from their survey into new PSAs, including one featuring



New animated PSAs can help kids learn speak up against bullying. Beastboy from "Teen Titans GO!" in a similar situation speaking up, saying "That's Not Ok."

Additional PSAs from Cartoon Network and Committee for Children showcasing more stories told by children about their personal experiences being bullied can be found at cartoonnetwork.com/stop-bullying/video.html.

• Resources on kindness and empathy: Cartoon Network and 826 National partnered on the Inclusion Storytelling Project to provide tools and encouragement for kids to share their own stories. Easy-to-use digital resources for educators and parents offer tips to help kids speak up against bullying and develop greater caring and empathy skills. More information can be found at 826digital.com.

• Be engaged: Communication is key to learning what is really going on in your child's life. The vast majority of 9-to-11-year-olds (83 percent) said

it would help kids their age be kinder to one another if every kid had someone who really cared about and listened to them. Check in with kids often to make sure they're safe and happy at school, on the playground and online.

Everyone can set a good example, and help prevent bullying in the process, by leading with compassion and encouraging kindness. (StatePoint)

Glendora Woman's Club To Present New Club Officers And October Program

By Joan Halliday

GLENDORA - The Glendora Woman's Club will continue its Fall Season at the club's Tuesday, **October 2**, luncheon-meeting held at the clubhouse, 424 N. Glendora Avenue in Glendora.

The October meeting will feature a welcome by club copresidents Carolyn Cunningham and Joy Martau and their new board for 2018-19, and a program by the La Fetra Center Chorus

The club day will begin with a social time at 10:30 a.m. with the business meeting starting at 11 a.m. Following will be the catered luncheon by Cambria Catering and the afternoon program.

The program for the meeting, titled "The Joy of Singing," will feature the La Fetra Center Chorus under the direction of Kim Hollard, said program vice president Helen Storland. Selections will include old favorites and special arrangements.

One of the club's special displays each month is the Members' Participation Art Display that features a different theme each time. This month's theme will be "A Dark and Spooky Night" and members are encouraged to share items from home for the display.

An ongoing service project each month is Shepherd's Pantry located in Glendora. At each club meeting, members are asked to donate nonperishable food items for the Pantry that serves those in need in 10 area cities, said club project chair Gloria Liddle.

Coming up next month at the Club's Tuesday, November 6 meeting, clubmembers will be asked to donate nonperishable

food items for the Glendora Coordinating Council's Annual Holiday Basket Program. The community program is one of the club's Annual Holiday Basket Program. The community program is one of the club's annual service projects that helps Glendora residents in need during the holidays, said philanthropy chair Gloria Aparicio and Coordinating Council representative Jackie Doornik. Also, cash donations will be greatly appreciated for the program, they said. Information flyers will be available on all the tables.

Available at the meeting for those joining the club will be the club's new yearbooks for 2018-19, said membership vice

president Chris Ohmund. The booklets list club information including programs for the year, the club's four departments and their meetings, special events, and the membership roster.

This year marks the club's 110th year of service to the City of Glendora and its residents. The club's long history of service and civic involvement has been preserved in the club's archives, according to club historian Rose Myers.

For information about membership and the club's service projects, call 909-598-0554; for information about renting the clubhouse for special events or meetings, call Ryan at Cambria Catering at 626-335-7010.

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County Releases Funding Application To Increase Affordable Housing Stock

Notice of Funding Availability Round 24-A Is Now Accepting Applications

LOS ANGELES COUNTY - The Community Development Commission/Housing Authority of the County of Los Angeles (CDC/HACoLA) released Notice of Funding Availability (NOFA) Round 24-A, which will provide capital funding, Section 8 Project-Based Vouchers (PBV), and Project-Based Veterans Affairs Supportive Housing (PBVASH) Vouchers for the creation and operation of multifamily rental housing units.

NOFA Round 24-A is the largest allocation in CDC/HACoLA history, making \$106.7 million in capital funds available. NOFA Round 24-A is funded at a level that is almost equal to the last two NOFAs combined. Included in NOFA Round 24-A are \$13.8 million in Measure H funds, which will reserve units to house homeless individuals and families; funding from the County's Department of Mental Health for homeless individuals, families,

and veterans; funds that will serve both special needs and general affordable households; and financing that will be used to preserve existing affordable housing. Additionally, up to 600 PBVs and PBVASH Vouchers, an 81% increase from the amount offered through both NOFA Rounds 23-A and 23-B, will be available for affordable housing projects that are within the CDC/HACoLA's jurisdiction. NOFA Rounds 23-A and 23-B funded a total of 1,860 units across 27 projects, but it is anticipated that NOFA Round 24-A will produce a significant increase in the number of projects funded and units ultimately produced.

Monique King-Viehlend, CDC/HACoLA Executive Director stated, "The developments funded through the NOFA every year helps us get one step closer to ensuring accessible and affordable housing for all Los Angeles County residents."

Earlier this year, the Los Angeles County Board of Supervisors approved funding and environmental documentation for nine multifamily affordable housing developments from NOFA Round 23-A to be built in the cities of Lancaster, Long Beach, Los Angeles, and South Gate, as well as the unincorporated areas of Athens-Westmont, East Los Angeles, and Willowbrook. Since 1998, the CDC/HACoLA has administered more than \$500 million in annual NOFA funding.

Applications for NOFA Round 24-A are due on October 23, 2018. Eligible applicants include nonprofit and for-profit organizations, limited liability companies, limited partnerships, public agencies, other local jurisdictions, and joint ventures.

To learn more about the program guidelines and how to apply for NOFA Round 24-A, please visit nofaonline.lacdc.org.

Knowledge Saves Lives: Monterey Park Police Department Highlights Car Seat Safety for Parents and Caregivers

MONTEREY PARK - Children are our future, and the Monterey Park Police Department is supporting efforts by the California Office of Traffic Safety (OTS) and the National Highway Traffic Safety Administration (NHTSA) to help parents and caregivers make sure their children ride as safely as possible every time they get in the car.

Child Passenger Safety week is from September 23-29. During this time, The California Highway Patrol will have Certified Child Passenger Safety Technicians to show parents and caregivers how to install car seats correctly, provide guidance on choosing the right car seat for a child and what to do if the seat is subject to a safety recall.

The week concludes with National Seat Check Saturday on September 29, when Certified Child Passenger Safety Technicians across the country will be on hand at car seat check events to offer advice to parents and caregivers. Car seat safety checks are available at every local CHP office. To locate the one closest to you, visit www.chp.ca.gov and Click "Find An Office."

"Using car seats properly that are age- and size- appropriate is the best way to keep your children safe," says City of Monterey Park Police Chief Jim Smith.

"Car seats matter. They save lives when used the right way."

In passenger cars, car seats reduce the risk of an infant being killed in a crash by 71 percent, and toddlers by 54 percent. While many children are buckled in properly in the correct car seats for their age and size, more than half (59 percent) are not.

Sadly, car crashes are the leading cause of death for children. In 2016, 35 percent of children under 13 killed in crashes were not restrained in car seats, booster seats or with seat belts.

"Even if you think your child's car seat is installed correctly, it doesn't hurt to get it checked," said Smith. "Car seats can be tricky, and we are here to help."

The Monterey Park Police Department offers tips for parents and caregivers so they can be sure your child is the safest when they are traveling by car:

- Get the right car seat: Rear-facing, forward-facing or booster seat depending on your child's age, weight and height, and the manufacturer's recommendations on the seat: <http://bit.ly/car-boosterseats>

- Know the Law: California law requires specific child restraint system based on child's age, weight and height: <https://www.chp.ca.gov/programs-services/programs/child-safety->

- Read the manufacturer's instructions and vehicle owner's manual: Pay attention to how you adjust the car seat's harness for a proper fit.

- Register your seat right away: Mail in the registration card that came with the seat, or go to <https://www.nhtsa.gov/equipment/car-seats-and-booster-seats#car-seat-registration> so the manufacturer can notify you in the event of a safety recall.

- Rear-facing as long as possible: Keep a child in a rear-facing seat up to the top height or weight allowed by the car seat's manufacturer. Research shows that children are safest when rear-facing.

- Forward-facing car seats: Once your child outgrows a rear-facing seat, keep your child in a forward-facing seat with a harness and tether. Tethers should always be used for forward-facing car seats. Children are encouraged to stay in forward-facing seats as long as possible before moving to a booster seat.

- Back Seat Safety: Children under 13 should always ride in the back seat.

Car seat safety checks are also available at every local CHP office. To locate the one closest to you, visit www.chp.ca.gov and click "Find An Office."

Celebrate Autumn On Horseback With LA County Supervisor Kathryn Barger At Barger's Trail Blazers Ride Event

LOS ANGELES COUNTY - Welcome in the fall season with a horseback ride during Barger's Trail Blazers ride on Sunday, Oct. 21, led by Los Angeles County Supervisor Kathryn Barger and co-sponsored by the Los Angeles County Department of Parks and Recreation.

This trail ride will take place at the Staging Area of Frank G. Bonelli Regional Park, 120 Via Verde in San Dimas. Supervisor Barger will host the event beginning with a pancake breakfast at 7 a.m., to be followed by the trail ride at 9 a.m.

Non-riders are welcome, and riders under the age of 18 must be accompanied by an adult. Only service animals are permitted, and no stallions are allowed, which will be strictly enforced. Horse rentals are available.

The ride will consist of a combination of rolling hills, single file, minimal steep and sloping hills, and will last for approximately 3½ hours with two rest stops. The ride will end with a barbecue lunch and live country-western music!

"I'm excited to invite trail blazers from all over Los Angeles County to join us at beautiful Bonelli Park for my second annual trail ride," Supervisor Barger said. "In addition to the scenic ride, we will also have delicious food and great music. Whether you plan to ride a horse or prefer to come for the festivities, I hope to see you there!"

Barger's Trail Blazers ride aims to promote public awareness about Los Angeles County's magnificent system of more than 200 miles of multi-use trails,

which feature connections to other municipal trail systems, and provide outdoor enthusiasts with a full range of recreational opportunities.

The cost is \$30 per person (horse rental not included). For horse rental reservations, please call (760) 245-7695, or email vickie@grahamequipment.net.

Online registration for this event is available by visiting: Reservations.lacounty.gov.

This event is co-sponsored by Supervisor Barger and the Department of Parks and Recreation, in conjunction with the Bonelli Mounted Assistance Unit, the Whittier Narrows Mounted Assistance Unit, the Walnut Creek Mounted Assistance Unit, and the Los Angeles County Sheriff Mounted Unit.

"TIME JOCKEY" - Pomona Palomares

By Joe Castillo

In the Beginning... Before the Spanish arrived in the New World, the entire southland was the home of the Kizh-Gabrielinos. From the oceans to the mountains to the deserts and valleys, the Kizh-Gabrielinos survived on an abundance of game, vegetation and well-distributed water sources. All the necessary staples for survival were in place in the southland and the Kizh-Gabrielinos made the most use of it. When the Spanish arrived, they claimed all of California for their King and shortly thereafter a string of 21 Missions were built with vineyards, crops and livestock to support each Mission. The Mission San Gabriel was the most prosperous of all the Missions with its domain spreading as far to the east as San Bernardino where cattle herds were placed and the Pomona Valley where sheep were raised in the green fertile hills.

In the 1820's, the Missions were secularized, their lands taken over by the new Mexican government and 'friends' of

the governor were awarded land grants for their loyalty to the new government. Ygancio Palomares and Ricardo Vejar were two young entrepreneurs, born in California and sons of Mexican soldiers; they started a herd of cattle and horses. They maintained their stock in Los Angeles and their business grew, but it grew so fast that they reached capacity at the Rancho Rodeo de las Aquas, owned by Maria Rita Valdez de Valle. So Vejar and Palomares looked for new home and they traveled east to the Pomona Valley where green fertile grazing lands existed. The sheep placed by the Spanish ten years early were now all gone and no livestock remained. Vejar and Palomares had become known businessmen in L.A. and their commodity of horses and cattle were in high demand, so they petitioned Governor Juan Bautista Alvarado for a land grant. The petition cited their father's service to Mexico, the importance of cattle and horses to the Mexican government and the vacant acreage of the

Pomona Valley. Governor Alvarado was impressed and forwarded the application to the Los Angeles land grant committee to research Vejar and Palomares for worthiness. The committee replied with a favorable vote and Alvarado agreed and awarded a land grant of 22,340 acres to Vejar and Palomares.

The date was March 19, 1837, the Feast Day of St. Joseph, and the perfect reason to name the property Rancho San Jose. The acreage covered the present city of Pomona and portions of San Dimas, Claremont, Glendora and La Verne. The City of Pomona was eventually incorporated in 1888, the name was chosen from a contest and named after the Roman goddess of fruit, Pomona. Even though Pomona was yet to be an agricultural center of Southern California and had no fruit trees at the time of incorporation, it would grow into its name with large acres of orchards planted throughout the new city....

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

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E-mail: sgexaminer@aol.com

EUGENE F. MOSES
Publisher/Editor

Edward M. Moses, Esq.
Legal Counsel

Jayam Rutnam
Contracted Reporter

George Ogden
Contracted Reporter

Glenn Purbaugh
Photographer

Contributing Writers
Pat Murphy
Joan Hallidy
Ken Herman
Charles H. Bayer
Jorge V. Rosales
Lois M. Shade
Julia Yoder
Gene Morrill
Jenny Park

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Step Back and Look At Our Future Leave the Kids at Home!

From my perspective, there are several things truly important in this upcoming election because I have kids who will be retiring and grandkids finishing up their education entering the real world California. How they will be greeted depends on the November 6th elections, particularly the gubernatorial election.

Will my grandchildren have health care? Probably, but at what cost? A proposal for universal health care is being pushed and estimated to cost \$400 billion. Gavin Newsom is supporting that and it is funded by a payroll tax. Those who work hard and get a good job will have money deducted from their paychecks to pay for their health care costs and pay for those who don't work. The entire state budget is \$200 billion with additional taxes and bond issues continuing to be presented to support this state ... and some taxes without the consent of those mandated to pay them, like the gas tax. How can we afford universal health care? If anyone knows, please tell me.

On my critical list is housing. Some numbers I found make it doubtful my grandkids will achieve the American Dream of home ownership. Will the dream be the white picket fence with a backyard for their kids to play on swings and in a sandbox or in stacked boxes on a major thoroughfare next to the railroad tracks? The median price home varies by jurisdiction but here's some numbers for you.

- Statewide average home price is \$596,730, with 20% down, and a \$3,160 monthly payment for 30 years but they must have an annual income of \$126,490. 26% are able to buy a house.

- The U.S. average home price is \$269,000, with 20% down, a \$1,430 monthly payment and an income of \$57,020. 53% are able to buy a house.

- Housing costs in each county in Southern California vary with L.A. County at \$557,220, Orange County, \$830,000, San Diego County, \$645,000, Riverside, \$405,000 and San Bernardino at \$290,000.

- Those able to afford a house range from 20% to 49% depending on the County.



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora

- SGV Tribune, Jonathan Lanser says there were 72% fewer affordable homes than 5 years ago and California has the 3rd largest drop nationally.

A big concern is migration out of California. Is it housing costs, costs of living, or companies leaving this state for more accommodating environments in other states leaving fewer opportunities for job seekers and upward mobility here? Recent conversations indicate it is the middle class residents that are abandoning California which will leave us with a wider gap in income levels referred to as income inequality. Very simply — we will have only the rich and the poor and no middle class. How does a state budget operate with no middle class?

Two concerns in the circles I travel — homelessness and crime. Homelessness has become a huge issue in every city in California. In my stomping ground — the East San Gabriel Valley — citizens in West Covina became extremely upset and held a town meeting to talk about the issue. They are somewhere between outraged at the developing appearance of their city and worried about the safety of their families.

In 2011 the U.S. Supreme Court ruled California had to reduce their prison population. The answer became AB 109 legislation and touted it to be: The Cornerstone of California's Solution to Reduce Overcrowding, Costs, and Recidivism. It doesn't do that! What it has done is dump 45,000 criminals into county jails, and county jails, designed to hold only some minor offenders temporarily, has forced those

criminals back on the streets giving us a 15% increase in the crime rate.

AB 109 allowed early release of those convicted of attempted murder, rape, burglary, elder abuse, lewd acts with a minor, and terrorist's threats with a footnote called flash incarceration: violation of parole gets only 10 days back in jail ... if there is room. This is what is on our streets without the promised mental health and drug addiction treatment. Did Gov. Brown and Lt. Gov. Gavin Newsom ever seek out and review contracting out with private prisons who provide incarceration on a per person basis or per state contract that may or may not include some form of drug treatment or mental health support services? How many of our homeless are early released criminals without any treatment, incapable of holding jobs and are doomed to wander our streets and survive by stealing or burglarizing?

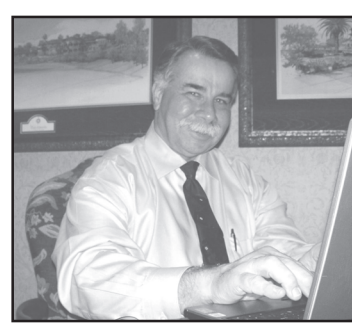
And, the Bullet Train or "the train to nowhere" is just sucking up more tax dollars. 1A was passed in 2008 providing \$10 billion for a high speed rail system that would cost \$45 billion taking passengers from San Diego to San Francisco with a spur off to Sacramento in little more time than flying. The first problem is it isn't \$45 billion any more and it isn't going from San Diego to San Francisco and has gone from \$45 billion to \$77 billion, a 20% increase over the last two years, projected to grow to \$98 billion and won't become operative until 2033. If it becomes operative at all!

State Senator Doug LaMalfa sponsored a bill in 2012 to put the bullet train back on the ballot for reconsideration after 1A won by only 5% of the vote and the funding sources showed a shortfall. January 2016, Legislative Analyst Office submitted a proposal to Attorney General Kamala Harris to allow the Bullet Train bonds to be switched to water bonds prioritizing domestic use first with agricultural use second and environmental and recreation use third. Both failed and the train is still in the budget supplemented with cap and trade monies.

This new generation of parents sure have a lot to be desired. I would say over 50% of them have no parenting skills, no common sense and basically have no consideration for others. In my mom's generation, if I did what some of these parents allow their kids to do, she would knock me into another zip code.

Today, it still shocks me that parents do not control nor teach their little kids. I will give you some examples... Little kids at a wedding. People bring their kids to a very special event and the kids ruin it not only for the newlyweds but the guest as well. Kids get out on the dance floor during the "first dance" where this is a major photo op and the little kids are dancing all over the place, ruining the videos and photos of the couple. The parents allow them to do this and they don't care as they think it is funny. \$300 to \$500 for a photographer and they can't get the pictures they want.

Parents allow the little kids to walk around, get food and dump it on the floor, get drinks and dump that on the floor and now you have the slip and fall edition at the wedding reception. No dancing until it gets cleaned up. But not to worry, it was cute.



George Ogden
That's just the way it is!

Leave the kids at home.

At funerals in church... someone is talking about their loved one and trying to deliver a message and there is some screaming kid running up and down the aisle. This is very sad for the family... Leave the kids at home.

At restaurants, how many times have you gone in for a pleasurable dinner and end up with screaming kids running around? I didn't go there to have that happen. I have been known to loudly reprimand the parents at their table and to get applause from the rest of the patrons. In fact, I got so upset at the screaming kids running past my table, I finally got up to leave and took my plate that was almost full and let these people know about how rude they were and I couldn't enjoy my meal. So I told them they could

have it and turned my plate upside down and dropped it on the man's plate in front of the entire family. The entire table shut down. I was waiting for some kind of response to my "Food Rage" and got a shocked look from everyone at the table. After a few moments I went to pay and leave and some guy with a veteran's hat on came over and wanted to pay for our dinner and actually thanked me for what I did. I didn't let him pay and told him that they should have left those brats at home. As I left, I looked back to see if the guys at the table were coming after me and they were all sitting there just staring at me. The old lady didn't say a word to me and we went to another restaurant to reorder and have nice quiet dinner. Like I said, they should have left the kids at home.

You see so much... in supermarkets, the mall, in line at the DMV is another good one. I know you and I can go on with more and more examples.

Not sure what happened as to why the parents of "today" are the way they are. Maybe it is the diversity, religion, drugs, ignorance, who knows.

"That's just the way it is!"

Socialism, Corporatism, and Destruction of Patient-Centered Medical Care

by Elizabeth Lee Vliet, M.D.

"Medicare-for-all" medicine is the ultimate goal of progressives or "liberals," fully embraced by Democrat candidates in the midterms. Candidates claim "single-payer" government-run medicine will "solve" all the problems of Obamacare and our "broken," purportedly free-market system.

Liberal proposals ignore or deny the massive cost burden to taxpayers of "free healthcare," the long delays, and the limited treatment options that plague every taxpayer-funded (socialized) medical system in the world, from Canada and the UK, to Cuba and Venezuela—and increasingly to U.S. Medicare and Medicaid. Some claim to have received fine medical care in such a system. But having been a patient—and had a family member as a patient—in several countries with socialized medical care, I can personally attest to the difficulty of getting proper care at all.

The U.S. system has similar problems because of the flip side of the same coin: the corporatization of medicine. High cost, long delays to see specialists, limited doctor networks, "insurance" (managed care) companies dictating clinical "guidelines" to be followed, pharmacy benefit managers (PBMs) causing harm to patients by adding another layer of costs and restricting access to optimal medications, and a deluge of prior authorizations and other administrative barriers are keeping patients from the medical care their doctors would like to provide.

I see these problems daily in my own medical practice as I help coordinate care outside my field for patients from different parts of the U.S. as they struggle with getting insurance approval for the referrals, medications, and treatment they need, often from physicians treating only one organ system or body part without coordination with the patients' other physicians. Even though I am independent of insurance contracts and able to focus on serving patients according to their individual needs, I am still restricted in testing and treatment options by what "insurance" plans and PBMs will pay for.

Two behemoths control medical care around the world: socialized medicine with government-run massive bureaucracies (in Canada, UK, Europe, etc.), and corporatism, with corporate bureaucracies (Think: Aetna, Anthem, Caremark, Humana, UnitedHealthcare) controlling most

"healthcare delivery" in the U.S., including an increasing proportion of care funded by Medicare and Medicaid. The single-payer chorus has yet to acknowledge this, or to ask whether their proposal will affect it. (It won't.)

Neither socialism or corporatism is about serving individual patients. The collective or the corporation comes first. "Healthcare" is simply the pretext for bringing revenue into the system.

Physicians, on the other hand, have for 2,500 years stood on the foundation of the Oath of Hippocrates to use our best abilities and judgment for the benefit of the individual patient who seeks our help. Physicians cannot effectively serve two masters—the corporate or government entity AND the patient. When inevitable conflicts arise, it is the patient who ultimately suffers.

"Medicare for all" is no solution—it just perpetuates and cements the flaws we already have—while destroying the prospect for genuine reform.

The real answer is to get ALL the third parties out of the physician-patient relationship.

We need:

- Patients spending their own money as they choose, as through Health Savings Accounts.

- Price transparency to allow patients to make sound choices, through genuine patient value-based purchasing.

- True risk-based catastrophic, reasonably priced medical insurance plans, formerly called "major medical" coverage, which were outlawed by the ironically named Affordable Care Act.

- Competition in the pharmaceutical market, and removal of safe harbors for kickbacks to PBMs.

- Tort reform

These are the very hallmark features that Candidate Trump espoused that helped his election to President. Sadly, Congress, the FDA, and HHS have so far blocked these reforms that businessman Donald Trump proposed to cut costs and put decisions back into the hands of patients and physicians. Obstruction of true reform has been from both political parties, evidenced recently by the failure of the Republican-controlled Congress to successfully repeal costly Obamacare, a betrayal of their many campaign promises to undo damage inflicted by Democrats in 2010.

Free-market solutions have consistently worked best and served the most people at the

lowest cost. Would-be reformers should be looking at places like Chile and Malaysia, which have thriving private sectors, rather than the tired, failing systems of Canada and the UK, for examples of excellent care at a fraction of U.S. prices.

Free markets in medicine have not been broken, as Democrats like to say. True free-market approaches have not been allowed to work since Congress started to impose more and more regulations and restrictions in a futile attempt to rein in the soaring costs of Medicare soon after it was implemented in 1965.

More of the same socialist or corporate interference and control will have the same effect: outrageous costs and declining quality. To restore excellent affordable medical care, we must first restore medical freedom and unleash the competitive market forces that help all sectors of our economy thrive.

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 past Director of the Association of American Physicians and Surgeons, 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. 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 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.

The Problem With Hollywood Awards Shows Might Just Be Hollywood

The Hollywood film industry is desperately trying to make the Academy Of Motion Pictures Arts and Sciences Awards, popularly known as the Oscars, more appealing and more widely watched, considering it has lost ground in the last several years. Ratings are down and problems other than that might be at play. Problems the entertainment folks might be reluctant to acknowledge.

One is the academy's failure to remember what their awards were all about. It has been a showcase for the showcase stars to be sure. But for those individuals that are making the films possible in the support and technical fields, it is more of a resume for their work, and their livelihood, rather than a chance to just show off and be seen. And as the academy continues to downplay the technical awards, life gets tougher for those that most need the breaks.

Second is the academy's new dedication to being more political. Not in an official capacity, but like anything in Hollywood and its dominance over pop culture, something that just evolved. I heard a good joke one time. Hollywood award shows are CPAC for Liberals.

Third is the political agenda and new age awareness of social issues that have created a formula for Hollywood screenwriting that might potentially be a turn-off for many Main Street Americans. But the concerns of flyover America has yet to keep Hollywood Liberals up at night. Poli-



Charles Lopresto

tics also seems to be the filmmakers' conception of how to offset a lack of originality in new projects as old stories and old films and TV shows are remade using the new social awareness and obligatory demographic requirements to supposedly pump new blood. We have seen the very essence of old shows compromised to force new PC elements into the mix. Prime example is "Ocean's 8" with, eight women, of course. And as far as the men's version goes, I was quite happy with Sinatra and his company of 11 war buddies, in old school Las Vegas, before these remakes started numbering higher than the Rambo and Rocky films combined. Now it has been announced that there will be a remake or maybe a ruination of "Magnum P.I."

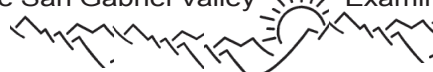
Fourth is the extension of their political agenda in the acceptance speeches. Gone, apparently are many of the nostalgic movie clips, the honors and anniversaries of stars, movie milestones and other bits of cinema, re-

placed by more of the political activism. Rather than celebrating the "old" Hollywood and its legacy, we are being lectured to by the "new" Hollywood. Gone as well are old hosts that helped bring the magic with wit and flair. Hope, Carson, and Crystals' charm are missing in this new bunch.

The desperation in trying to pump new life was evident in the proposal to create a "Popular Film Award." Huh? I thought all the films were striving to be popular. Should the Olympics give out a Gold Medal to the swimmers who know how to swim?

The Popular film category was eventually thrown out after receiving backlash because it "devalued the awards and implied that a movie cannot be well liked by critics and the general public." That is rather rich because the same folks that have expanded the Best Picture Award nominations to a whopping ten, seemed to have forgotten that there was a time when plenty of films were entertaining AND critically acclaimed. Ten nominees? In 1939 you could have had 25 nominees and still left some good ones out. Much the same for 1949, 1956, 1961, 1975, etc. A simple way to "vote" on a popular film would be to just count the theatre tickets sold.

I think the folks in tinseltown are overlooking the obvious. It might be that the problem with Hollywood Awards Shows are, well, Hollywood.



Is The Fed On A Path To Over-Tightening?

FOMC participants are so confident in their gradual tightening strategy that some members are pushing for it to continue through next year. That confidence is at odds with the markets, however. This is not unusual. The Fed's comprehension of the economy appears to run two to three months behind traders. This primarily is because the Fed downplays new information until a trend is evident. Plus, the FOMC's reliance on a single-factor inflation forecasting approach - US labor slack is the sole determinant - ensures they miss important inflation clues tracked by traders. If the FOMC does continue raising rates quarterly through 2019 I fear that the resulting reaction to apparently excessive tightening could be inversion of the yield curve.

By following inflation clues, it is entirely possible to anticipate policy shifts well before FOMC participants communicate them. This is one reason many on Wall Street are confident in an early 2019 pause in rate increases, despite an apparent growing consensus within the FOMC to keep tightening. Several key international statistics suggest lower inflation - and lower long-term bond yields - by early next year.

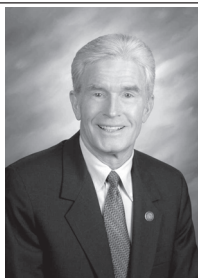
Two more hikes, but then what?

The FOMC will hike rates at its next meeting, and Wall Street expects little change in the Fed's forecast. The big news is likely to be removal of "the stance of policy remains accommodative" from the statement, as hinted in the August minutes. In his press conference, however, Wall Street expects Chairman Powell will explain this text is not necessarily gone because the Fed has achieved a neutral policy. However, because accommodation is no longer certain, the FOMC does not want to tell us precisely when they think its policy is neutral.

As for the December meeting, market odds of a hike rose from 70% to 78% after the August employment report, which seems about right. There will almost certainly be a fourth 2018 hike in December, but a one in five chance of no hike is reasonable given turmoil still raging through international markets. FOMC participants are far less concerned about the emerging markets than Wall Street is, but even

In A Nutshell

What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

they would likely react if there were sufficient spillover into US equities. Aside from the small chance of a contagion-related pause, however, it is entirely reasonable to expect two more hikes this year.

Next year is another story now that short rates have risen enough that the yield curve suggests the funds rate is already neutral. Another couple of hikes will lift T-Bill yields through 2.5%. Whether the 2s/10s curve inverts will be determined by what the Fed communicates about future tightening and how effectively the communication comes across. Two-year notes reflect year-ahead fed funds expectations. If the Fed convinces traders the funds rate will be 3.25% at the end of 2019, the curve could invert before the end of this year.

In recent speeches, FOMC participants sound confident and comfortable with recent policy decisions. Support seems to be growing for continued "normalization" next year. The Fed's myopic focus on US labor slack as the sole determinant of inflation means participants and staff routinely miss key developments until they grow too big to ignore. Perhaps the best expression of the current FOMC consensus came from Richmond Fed President Thomas Barkin, who said the Fed's accommodative policy is increasingly hard to justify given tight labor markets and on-target inflation.

The easy part is over

In his Wall Street Journal op-ed article, former Vice Chair Alan Blinder wrote the FOMC is close to the end of the easy part of raising rates. Reaching consensus and avoiding mistakes is no problem while removing accommodation in a strong economy with an on-target inflation rate. Things get tricky next year when the fed funds rate could be neutral or higher. Hawks may even advocate restrictive policy to boost unemployment as a preventative against a further infla-

tion increase, while doves will be eager to pause.

Chairman Powell offered a way out of this impasse in his Jackson Hole keynote. First, he reminded everyone the Fed's policy tools lack precision. Once close to neutral, therefore, Powell advocates monitoring inflation. If it starts to rise and the Fed ignores it, the result could be a repeat of the 1960s and '70s Great Inflation, he warned. But if the Fed is vigilant, the result could be a repeat of the 1990s New Economy expansion. If Powell successfully convinces the FOMC to implement policy strategy, inflation will be the key to the rate outlook next year.

Perhaps the most compelling sign the Fed has already tightened too much is recent weakness in global money supply. Growth in Bloomberg's global money supply proxy slowed from 20% in March to just 1.3% in August, with a precipitous drop in April corresponding with dramatically tighter credit conditions in the emerging markets and moderately tighter conditions in peripheral Europe. Given global inflation is running at 3.5%, according to the IMF, there is literally not enough money in the global economy to maintain real growth. This may lead to Central Banks easing to restore faster growth, or disinflation and/or a global recession which will rebalance demand for available money.

Because the Fed appears to believe the US unemployment rate is the sole determinant of US inflation and because this myopic view is reinforced by the rise in inflation in the first half of 2018, FOMC participants seem more eager than ever to keep tightening. But the seeds of lower inflation are already germinating. It is easy to ignore warnings from doves like Kashkari and Bullard when inflation is on target. Indeed, it is easy to ignore the Chairman's common-sense warning about the inadequacy of Fed policy models when inflation is on target. But, if the yield curve becomes inverted and inflation is falling back toward 1.5% next year, even the hawks should realize they hiked too far too fast.

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

Your Money - Ask Julia

We are in our mid-20s, recently married and have two incomes for one household. What are your suggestions as a good place to start our financial planning and saving for retirement?

Write down a budget (all your income and all your monthly and annual expenses). Create a savings account just for emergencies. Agree on a definition of 'emergency.' It should cover several month's expenses if there was no income, and unexpected car and home repairs. If you have debt (credit card, car loan, student loans), do whatever you can to pay them off. Then, each of you could look into depositing the maximum annual amount into Roth IRAs. Learn about different kinds of life insurance and get quotes. (That'll cover each of you in case one passes prematurely.) Some life insurance policies include a cash account often used for retirement income.

I'm a Real Estate Broker without employees or any agents. What kind of retirement account(s) are available for me?

Doctors, architects, attorneys, CPAs, insurance agents, recruiters, barbers, consultants, realtors/brokers, and other one-person business people need to pay attention here. According to an IRS rule, if you're age 45 - 70, and have had \$75,000 - \$100,000 or more income for a minimum of 3 years, you can put away up to 100% of your income, up to a



Julia Yoder

\$177,000 annual limit. (A 401k has a limit of less than \$50,000). Defined benefit plans must be set up by Dec.

We've done our own financial planning, and now that we are approaching retirement, we'd like some additional guidance. Is there a way to get some financial advice without being pressured into moving our money unnecessarily?

It's never too late to get a second opinion. An ethical, licensed professional will look at your entire financial picture, talk to you about the lifestyle you want in your retirement years, and design a plan with a couple of options for you to select from. You are under no obligation, but if that pro points out something that you feel is beneficial to you, it would be logical to utilize them as your agent, or at least give them some good referrals.

Now that we're in our 60s, we're pretty sure we cannot afford long-term care insurance premiums. We have quite a bit

of money in CDs and annuities. Is there anything we can invest in that will also give us long-term care benefits?

Get a quote on your actual cost of long-term care policies. Keep in mind that those premiums (with generous IRS limits) can be added to your medical deductions on your income tax return. Also, take a careful look at the annuities you own to see if they already have any long-term care benefits included. If not, you might consider doing a 1031 exchange of your annuity money to a newer annuity policy. Look for policies which include living benefits for retirement, including critical illness and/or long-term care benefits. You could also consider using some of your CD money to fund a life insurance policy with living benefits (money you can use for any purpose while you are still alive).

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

Scratch That Itch

According to Wikipedia an "Itch" is "a sensation that causes the desire or reflex to scratch". Webster Dictionary's definition is "an uneasy irritating sensation in the upper surface of the skin usually held to result from mild stimulation of pain receptors" or "a restless usually constant often compulsive desire". Some scientists say this sensation goes back to the beginnings of mankind and it's a reaction to alert the body to unwanted parasites. Well, I don't know much about that.

And how does this topic relate to a business article? Well I'm glad I asked. I actually like the definition "a restless usually constant often compulsive desire" and not the one about parasites but I could write a book on the relationship of parasites in business.

We often don't listen to that "Itch" of ours, wanting to either strive to climb that corporate ladder or break out on our own and concur the world with our fresh new ideas and approaches. This is often easier when your young and have more energy than experience because the word "no" is not in your vocabulary and quite frankly have very little to lose in most cases.

• Climbing the corporate ladder. Finding a mentor to take you under their wing so to speak is a great way to learn the ins and outs of an organization. Needless to say that most require a minimum of a Bachelor's degree to even get in the front door and competition for those higher positions requiring a masters or even a doctoral degree is needed. (I am looking forward to the day when higher degrees in some cases are no longer needed. There is a lot



Michael Allowos
Principal Consultant Global Management Consulting Services

of talent out there that is getting passed up!). Trade shows and seminars are invaluable to network and meeting folks in and out of your field may be synergistic to your career. You never know if your current corporate career path may not be the one that suites your end goals and a new opportunity may be the one.

Taking a night class at a local Junior College is also an opportunity often missed. In many cases other professionals also take these "tune-up" classes to stay fresh and many times business professionals such as managers, COO's and even Vice Presidents teach these classes. You never know who can help you climb that corporate ladder.

• Striking out on your own. This is an admirable venture to say the least. I remember many decades ago when I started my aerospace company I had more energy than wisdom and did very little planning, although government made it less complicated back then for success.

Balancing the need for safety and an aggressive stance is something that an entrepreneur needs to figure out for themselves; however, that process needs to

take place. There are three main players that must be part of your plan and decision making process. The attorney, CPA, and the banker (and no this doesn't lead up to a joke).

The attorney will help you decide the structure for your business along with the CPA. This is even more important if you have international partners that could have major tax implications if not planned correctly.

The banker is obviously where the money is and not just for loans. Setting up the right type of accounts could be critical for accessing your funds and avoiding unnecessary fees and penalties. Building that relationship with your banker actually could be your most important relationship moving forward.

One of the most over looked and underappreciated is developing a business plan. Even a simple plan can save unnecessary pain and cost or even your fledgling business or personal assets. There are many places where someone can develop a business plan. Search the web for templates, work with the SBA (Small Business Administration) and their professionals or seek out consultants such as Allowos & Company to either write a business plan for you or assist in the process.

Success is what you make of it and listening to that "Itch" and reacting to it in a positive manner is the difference between complacency and personal fulfillment and growth. Always remember to have fun, improve the business sector that you are in and help others because along the way someone may have helped you scratch that itch!



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

The Sound of Silence

The job of a muffler is to keep your vehicle quiet. There is a lot involved for a piece of equipment that doesn't look too intricate. It silences the noise of your car in these ways:

- Changes the pressure pulses
 - Dampens the pressure pulses
 - Absorbs the pressure pulses
- The noise is measured in decibels and the muffler dissipates the level of sound.

There are two types of mufflers; direct-fit or universal. A direct-fit muffler doesn't require modifications. A repair shop just has to line it up and bolt it on. They are, however, not readily available for all vehicles.

A universal muffler is easy to find and usually requires some modifications. This is done by

lengthening or shortening pipes or even replacing them. New hangers are a must to keep the new equipment from rattling. Thankfully these modifications are not difficult or expensive; they just take more time. If you are replacing a direct-fit muffler with a universal muffler, don't expect it to muffle the noise as well as the direct-fit. It will be acceptable, but different.

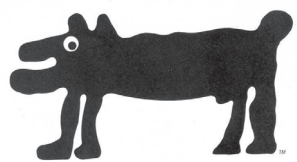
It is hard to imagine the noise

level if we didn't have mufflers on our vehicles! If yours needs replacing, just give us a call. The sound of silence can be golden.

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WHITE'S FUNERAL HOME

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

Father Daughter Dance!

Fathers, Grandfathers and Uncles, treat your princess to a night filled with fun and excitement while creating wonderful memories together. Come dressed in your most elegant attire for an evening featuring gourmet dining, a DJ, dancing, exciting games, and activities. This event is for girls ages 4-13 and is \$52 per couple, \$25 for an additional daughter and will take place at the Arcadia Community Center, 365 Campus Drive, Arcadia on Friday, **September 28**, 6:30-9pm. Advance registration is required. No registration will be taken on site. 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

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

Friendship Garden Club Meeting

The Friendship Garden Club welcomes back its members and guests at the first meeting of their new year on Thursday, **September 27** at Noon. The Club meets at the Covina Woman's Club, 128 S. San Jose Avenue in Covina. The Garden Club was founded in 1949 and members today continue its goal of exchanging gardening ideas, to interest more people in home gardening, and to develop friendships. Following a brief business meeting, a representative from the Huntington Library and Gardens will speak on the highlights of the Japanese Garden. A lovely tea will be offered following the speaker's presentation. All interested parties are welcome to attend. For more information, call 626-422-7904.

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.

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.

Treasures At Community Yard Sale

The public is invited to a Community Yard Sale on Saturday, **October 13th** from 8 a.m. to 2 p.m. at the Duarte Senior Center, 1610 Huntington Drive. Find a treasure at a bargain price and enjoy delicious refreshments while shopping! For information, please contact the Duarte 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

Flu Shot Presentation/Clinic

Don't be a victim of flu season this year! Dr. Kassar and his awesome team from HealthCare Partners will be at the La Fetra Center providing participants with information about the flu and free flu shots Monday, **October 15** 12:30pm - 2:00pm. Following a short presentation on flu shots, free flu shots will be given while supplies last. Pre-register at the La Fetra Center: 333 E Foothill Blvd. Glendora, CA or by calling (626)914-0560. (Pre-registration does not guarantee a participant will receive a flu shot)

Drawing Classes

Drawing is the basis of all arts. Anyone can learn how to draw because it is a skill. Artistic talent is not necessary, only a desire to learn! Explore line quality through the study of master drawings as well as negative space, proportion, chiaroscuro, composition, and perspective. Or take your drawing skills to the next level! Draw on a larger scale by trying different mediums and paper.

Fee: \$100* for the session. A supply list will be given to you on the first day of class. Thursdays, Sept 6 to Oct 11, 2018, 6:00pm - 8:00pm

Register online at www.cityofglendora.org/register or in person at the La Fetra Center.

Alzheimer's Peer Support Group

Caring for a loved one with Alzheimer's can be frustrating, challenging, and sometimes distressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the **2nd Thursday of each month** from 6:30-8:30 pm at Glenkirk Church, 1700 Palopinto Ave., Glendora, in Room #11. We caregivers look forward to lifting each other up as we journey through this season of life. For more info, visit glenkirkchurch.org or call Glenkirk's church office at (626) 914-4833.

Glendora After Stroke Center

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

Cars 4 the Community

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

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

Instructors Needed At The La Fetra Center

The City of Glendora's La Fetra Center is looking for new class instructors! We are seeking out instructors to teach the following: Cooking classes, Spanish lessons, and American Sign Language (ASL) classes. Share your talents with your peers! If you would like more information on teaching a class at the La Fetra Center contact Jennelle Markel at (626)9148-8235, or email at jmarkel@ci.glendora.ca.us.

LA VERNE

Get About

Transportation

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

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

MONROVIA

Senior Blood Pressure Screenings

The Department of Community Services invites active adults

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

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

Caring Crafters

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

Senior Stretch & Exercise Class

Stretching is essential for our bodies. The Department of Community Services invites seniors to join our weekly senior stretching and exercise class. The class includes stretching techniques geared toward seniors over 50, though the class is great for anyone in need of a good routine. Movement increases range of motion, relaxation, and decreases risk of injury. Participants should wear comfortable clothing and shoes. Bring a towel and bottled water. For additional information, please contact the Department of Community Services at (626) 256-8246.

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

SAN DIMAS

San Dimas

Toastmasters Club

The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7PM to 8:45 PM. Learn to motivate and lead. Challenge yourself with Toastmaster's proven education programs. Let

us help you grow your strengths and accomplish your goals. Become a better speaker and learn to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmosphere. Meets at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave. Contact Art Douglas at (951) 505-0555.

WEST COVINA

TOPS Meeting

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

What a Beautiful Life!

People often believe that a beautiful life consists of wealth, good parents, perfect marriage, good education, but there are people who don't have all of the above and still have a wonderful life. One day, I met a very happy woman. "Why are you happy? What is your life like?" I asked her. She told me, "When I was born, I was adopted and didn't know who my parents were." She always radiated a smile whenever we met.

She told me, "What a Wonderful Life I have." She hid a lot of her suffering behind a smile. She told me, "Life is like that. When I come to think about it, I did complain a lot to myself, but I began to accept both the sad times as well as the happy times."

When I see the funerals of my clients, I see their lives from photographs. I remember a woman who had fought with her husband over coffee and whether it had cream or sugar. She felt her husband didn't accept or appreciate her always giving him coffee. These are the little pains of life. The few humdrum moments



Maria Cho

and dilemmas are things we must hug and accept.

Another woman had fought cancer for 10 years, leaving behind her two young adult sons and daughter. The husband came to me and thanked me for going to the funeral. She lived a beautiful life and said: "I thank God for my cancer because that is what made me become closer to God and a better Christian." Her son said, "Even when she had cancer, she still had the energy to prepare a meal when I came home at night after working." Funerals are a time for acceptance of what life has offered and a time of gratitude and hope.

Another woman who for 17 years couldn't hold down a job

for longer than a few weeks or a few months. She never complained though, she would just look for another job. Her attitude was like that of a CEO. She controlled her own life and said, "When one door closes, another one opens." Even if she got fired, she would get hired right away. She had a laugh that resonated from the belly. I was a little ashamed whenever we ate together, her huge laughter was beyond control.

Life is like a tunnel. We don't always see what's beyond the tunnel. If you have tunnel-vision, you're not likely to see what's coming at you. Sometimes, you might feel stuck in the darkness of life, but never forget there is always light at the end of the tunnel!

While it takes years to build up a lifetime, a eulogy is about five minutes long and a funeral usually a day. What will your funeral look like and what memories will you like to pass on? For more information about pre-planning, please contact Maria Cho at (626)890-9545.

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Azusa Man Accused of Attempted Sexual Assault at Gladstone Park Arrested

By George Ogden

AZUSA - Citizens helped save a woman from a kidnapping and rape when they became aware of what was happening.

On Monday, Sept 17, in the early evening, a man allegedly attacked and grabbed a woman from behind near Gladstone Park at 400 S. Pasadena Ave., and dragged her to a secluded area. He then knocked her down to the ground and tried to rape her.

Two citizens in the area realized what was going on and rescued the woman. The suspect, identified as Juan Cucul-Caal, 20, of Azusa was located by Azusa Police Detectives and subsequently arrested.

Azusa Police arrested the man and bail was set at \$1,100,000. He was charged with kidnapping and attempted rape. Police described him as a Guatemalan na-



Juan Cucul-Caal arrested on kidnapping and attempted rape.

information relevant to their investigation or other crimes to call detectives at (626)-812-3200.

No Crown Required

DUARTE - The Duarte Kiwanis Club was honored to have guest speaker, and former Miss Ohio, Susan Kay Wyatt present for us at a recent meeting. Susan Kay's new book "No Crown Required" provides excellent tips on how we can best raise our children to be Confident, Courageous and Compassionate in the world today. Her message aligns with the Kiwanis International goal of "Changing the world one child and one community at a time."

If you are interested in joining Duarte Kiwanis or being a speaker at a future event, contact Tina Carey at tinac51@aol.com.



Author, Susan Kay Wyatt and Duarte Kiwanis Board Member, Joanna Gee.

Four Tips For Better Managing Your Retirement Budget

A recent survey by Ameriprise Financial found that 68 percent of retirees with at least \$100,000 in assets have not yet taken money out of their savings, beyond what they must withdraw as part of the IRS' required minimum distributions from their retirement accounts.

It turns out that the transition from saving money to living off of those assets is much tougher for seniors to navigate than many realized. The Ameriprise survey found that just one in five seniors say they feel "confident" about how to draw down their retirement savings, leaving them fraught with uncertainty about how to manage their budgets.

Helpful Hints

Here are four tips that personal finance experts recommend for tapping that nest egg and making the most of your retirement years:

1. Revisit your monthly expenses. Many people do a good job of tracking their spending in their preretirement years and establishing projections for what they anticipate they will spend in retirement. But it's important to revisit those estimates and use your actual expenditures to fine-tune your average monthly expenses. This will give you a more precise handle on your spending needs and might also identify some areas where you can reduce spending.

2. Consider the bucket approach to income. A common approach to the asset withdrawal phase of retirement is to establish a "bucket strategy." This approach involves breaking your nest egg into three buckets: (1) The Cash Bucket (one to three years of short-term income); (2) The Income Bucket (five to eight years of medium-term income); and (3) The Growth Bucket (10+ years of long-term income). As each of the first two buckets gets low on dollars, you replenish them with assets from the others. This helps you achieve stability in your cash flow and increases peace of mind.

3. Maximize the value of your



With proper planning, you may have more cash for your golden years.

assets. In addition to savings accounts and retirement accounts, you may have the ability to unlock value from assets that you didn't consider. For example, if you own your home, a reverse mortgage can free up cash for you while you still live there. Many seniors are surprised to learn that one potential asset for generating immediate cash is a life insurance policy. It's your personal property, so you have the right to sell it anytime. When you sell a policy—something called a "life settlement" transaction—you get a cash payment and the purchaser assumes all future premium payments, then receives the death benefit. Candidates for life settlements are typically 70 or older, with a life insurance policy that has a death benefit of at least \$100,000.

4. Keep a backstop in place. Financial advisers often recommend that you keep a cash backstop in place of perhaps 12-18 months' worth of living expenses. This will help cover unexpected costs (the biggest risk factor is health care expenses) and provide you with some reassurance that you can weather a sudden big-ticket item without having to cancel that long-planned vacation. Remember, it's your retirement; pay yourself first.

For seniors who have finetuned their expense budget, allocated their income into buckets that ensure cash flow, maximized the value of their everyday assets and put in place a cash backstop,

there's no reason to hesitate to draw down your retirement accounts anymore. Just stick to your plan and stay the course.

For seniors who need additional cash flow for retirement, if they own a life insurance policy that they no longer need or can afford, they may be able to boost their retirement savings by selling that policy for immediate cash.

For facts about life settlements, visit www.LISA.org or call (888) 891-8383. (NAPSI)

Community Clean-Up and Household Hazardous & E-Waste Round-Up

DUARTE - Who said spring was the only time for cleaning? On Saturday, **September 29th** from 8:00 am to 2:00 pm, Duarte will hold its bi-annual Community Clean-up Day at both Duarte City Hall, 1600 Huntington Drive, Duarte and Beardslee Elementary School, 1212 Kelwill Way. Residents can dispose of e-waste, appliances, mattresses and other large items. The Community Clean-Up Day is free and open to Duarte residents.

At the City Hall location only, there will be a free Compost Giveaway and Shred Event. The Compost Giveaway is a self-serve event so please bring sturdy bags, pails, containers, gloves, and a shovel to take and load your material.

Quick Tips to Beat Smelly Feet

It's an issue that can affect anyone, but one that not everyone likes to talk about: smelly feet. Caused when sweat accumulates on the skin and fuels the growth of odor-causing bacteria, it's an embarrassing situation that can afflict anyone, from professionals who spend all day in dress socks to weekend warriors on the hiking trail to gym rats.

But you don't have to live with feet stink. Consider these tips for fresher smelling feet:

- **Wash and Dry:** Don't neglect to scrub your feet in the shower. Get between toes with a good antibacterial soap. After showering, apply the same between-the-toes treatment with a towel, being sure that feet are completely dry before putting on socks and shoes.

- **Air Out:** After a long active day or workout, a lot of people have the habit of keeping their shoes and socks on, taking care of things around the house. Take your shoes and socks off as soon as possible to give your feet and toes a chance to air out and breathe.

- **Improve Your Sock Game:** Look beyond the "odor-resistant" label on socks, as many manufacturers simply use a liquid application on the socks, which works only until it bleeds



photo source: (c) andrey popov / stock.adobe.com

out of the fibers, which happens when socks are worn for periods of time. Check out innovations in sock design, which are making it easier to beat smelly feet long-term. For example, ScentLok Socks are odor destroying socks, manufactured using silver particles that are permanently embedded into the sock fibers to help control bacterial growth and odor for the life of the sock. More information is available at www.scentloksocks.com.

- **Rotate and Clean Shoes:** Don't wear the same pair of shoes for more than a couple of days in a row. If possible, alternate pairs daily and store them in a cool, dry place, allowing them to air out before putting them in a box or a bag. Handwashing

shoes and insoles with cool water is also a good way to keep them fresh, and you can even add some disinfectant to the water to keep them smelling their best.

"Shoes and boots create an extremely harsh environment for our feet. There's no air moving around; it's dark, moist and warm -- a perfect breeding ground for bacteria, fungi, and a wide range of noxious smells," says Nick Andrews, resident sock tester for ScentLok Socks and vice president of marketing for the company.

Luckily there are some easy ways to avoid feet stink -- from odor destroying socks to better foot care to proper shoe rotation. (StatePoint)

Flu-Fighting Facts

The flu is nothing to sneeze at. According to the Centers for Disease Control and Prevention (CDC), influenza has resulted in between 9.2 million and 35.6 million illnesses annually since 2010. The best way to stay out of such statistics, the CDC says, is for everyone who is eligible and at least 6 months old to get a flu shot as soon as the vaccine becomes available.

To help, all CVS Pharmacy and MinuteClinic locations have the vaccine available seven days a week with no appointment needed.

Study Shows

That may be just as well, since the annual survey, conducted online by Harris Poll on behalf of CVS Pharmacy [1], found that two-thirds of those surveyed get a flu vaccine every year or plan to get one this year, a 5 percent increase from last year.

One reason so many are flocking to get the shot is the knowledge of last year's flu season—which according to the CDC had flu levels that were the highest observed since 2009. Twenty-two percent of those surveyed [2] say that knowledge of last year's severe flu season makes them more likely to get a flu shot this year. On a similar note, among the 27 percent of parents of children under 18 whose child did not get the flu vaccine last year, 26 percent say they are more likely to get their child vaccinated this year after learning about the notably high flu lev-



The best way to protect yourself and your family from the ravages of influenza is to get a flu shot.

els during last year's flu season.

The percentage who get vaccinated at a pharmacy stayed at 22 percent, but the percentage of employed adults who get vaccinated at their workplace fell from 22 percent to 15 percent while those who got vaccinated by a health care professional rose from 44 percent to 48 percent.

The survey also found that doctors' opinions (39 percent), where insurance is accepted (38 percent), and convenience (33 percent) rank among the top three factors in determining where to go for the shot. The flu vaccine is a preventive service under the Affordable Care Act, so it's fully covered and available at no cost through most insurance plans, including Medicare Part B.

Nurse's Advice

"Surprising to many, it can actually take up to two weeks for the flu vaccine to build im-

munity," explained Angela Patterson, Chief Nurse Practitioner Officer at MinuteClinic. "Because of this, CVS Pharmacy recommends patients get their flu shot as soon as the vaccine becomes available to ensure patients are the most protected before flu season peaks. Furthermore, influenza strains tend to change each year, so it's very important to get vaccinated annually to make sure you are protected."

What Else You Can Do

Here are four suggestions:

1. Stay home if you're sick. The survey found that two out of three respondents would still go to work if they had flulike symptoms.

In fact, flulike symptoms haven't stopped some people from going out in public in general:

- 28 percent have gone to the supermarket
- 12 percent have picked up a child from school or day care
- 10 percent have taken public transportation.

2. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based cleansing gel.

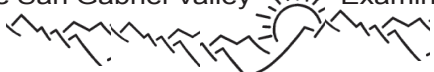
3. Avoid touching your eyes, nose and mouth. Germs spread this way.

4. Clean and disinfect surfaces and objects that may be contaminated with germs.

Learn More

Consumers can visit www.CVS.com and www.MinuteClinic.com for further information and to find a nearby pharmacy or clinic. Customers get a \$5 off \$25 coupon when they get the shot at CVS Pharmacy or MinuteClinic. (NAPSI)

[1] Survey was conducted in the United States by The Harris Poll on July 12-16, 2018, among 2,020 adults ages 18 and older. [2] U.S. adults surveyed who did not get a flu shot last year.



Four Shot at Baldwin Park House Party

By George Ogden
BALDWIN PARK - For people were shot after an argument broke out after a party at a Baldwin Park house Sunday morning around 12:30 a.m. The shooting left one person in critical condition and three others with injuries. The home on Loma Lane late on Saturday, had 15 to 20 teenagers hanging out in front of the house and in the driveway. Just after midnight is when

shots rang out, according to neighbors and Baldwin Park police. Arriving officers found four people who had been shot. Three of the victims did not have life threatening wounds while one other was injured critically and ended up in grave condition. The investigation is ongoing and that this is not a gang hang-out area. It has been said that there hadn't been any issues in 10 years on that street.

5 Tips to Bring Your Home's Wi-Fi 'Dead Zones' to Life

Whether it's to stream a movie from the bedroom or lock the front door using smart home technology, you've likely come to expect Wi-Fi to reach every corner of your house. The reality is that there are certain locations in many homes where Internet-connected devices and smartphones are unable to receive a steady Wi-Fi signal (or any signal at all) from the router. These sad places are called "dead zones."

"Dead zones typically include bathrooms, second and third story bedrooms, attics, basements, garages and back patios - and they can drive everyone in the house absolutely crazy," says Jeff Parker, the "Wi-Fi Guru," and editor of the Milo Wi-Fi Blog, a source for practical advice, new products, and leading-edge technology dedicated to enhancing the Wi-Fi experience. So, given today's basement-to-attic demand for Wi-Fi access, what is the most economical and effective strategy for winning the battle against dead zones in your home? Parker offers five no-cost/low-cost suggestions:



Photo source: (c) nuclear_jilly / iStockphoto.com

1. Keep your router away from metal. Objects such as mirrors, televisions, appliances or anything large made primarily of metal (i.e. decorative furniture, filing cabinets, even fish tanks!) have the potential to impair your network's signal strength. If possible, move such items and your router apart.
2. Switch to a less crowded frequency. In living spaces like apartment buildings, too many broadcasting networks can interfere with each other and impact Wi-Fi quality. Because routers broadcast across two wireless frequency bands, 2.4 and 5 GHz,

when one is too crowded it acts like a highway packed with cars. The good news is you can usually switch frequencies within your mobile device settings to use the less crowded channel. 3. Reboot regularly. Routers asked to complete many requests, such as handing out multiple IP addresses to different devices and handling large downloads, can end up slowing down because of the heavy workload. You can think of rebooting your router as basically refreshing it and clearing any memory or stalled tasks.

4. Get the latest hardware. If you're still using that dinosaur router from the early 2000s, it's probably time for an upgrade. Outfitting your home with a smarter and more advanced router could be the solution to your Wi-Fi woes, especially if your existing router is a very old model with limited capabilities. Internet service providers often provide router upgrades by request for no charge. 5. Consider a distributed mesh Wi-Fi system. For Wi-Fi that reaches farther, consider a mesh Wi-Fi system, which consists of a main router connected to a modem and a series of satellite Wi-Fi distribution modules placed throughout the house. Those from Milo provide a strong uninterrupted signal to every Wi-Fi device in the home, from attic to basement. To learn more, visit milowifi.com or call 1-877-426-6456. Don't just live with the dead zones in your home. By taking a few simple steps, you can enjoy a more satisfying Wi-Fi experience. (StatePoint)



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Bikers Rally to Support Children's Hospital



Bike Clubs come together for a cause.
By George Ogden
WEST COVINA - On Sunday, Sept. 23rd, the West Covina VFW co-hosted with the Wilshire Law Firm and the Sic Psyches Motorcycle Club a charitable event. The event was to raise

money to help support programs for the Children's Hospital. The event brought together a number of different clubs to help with the cause. There were all kinds of show bikes and a few cars. One car on display was the



The ladies from Wilshire Law Firm.
 1956 Chevy that is dedicated to the veterans and owned by Mayor Lloyd Johnson. There were plenty of booths and a lot of food. There was a lot of money raised by all the clubs working together. At the end of the day, they were very satisfied with the donations and wanted to thank all the other bike clubs and citizens who came to support the event.



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