



San Gabriel Valley Examiner

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25 cents

Since 1997 • Published in GLENDORA, California
A Weekly Adjudicated Publication Serving all of Los Angeles County

Volume XXI, Issue No. 36

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

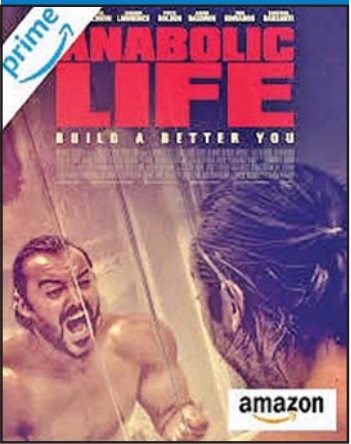
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Glendora Woman's Club To Hold Welcome Tea

By Joan Hallidy

GLENDORA - The Glendora Woman's Club will hold our Annual Welcome Tea at 11 a.m. Tuesday **September 18**, at the clubhouse, 424 N. Glendora Avenue in Glendora. Woman interested in joining the Woman's Club, hearing more about the club's activities, and visiting with other returning clubmembers are invited to attend, said club co-presidents Carolyn Cunningham and Joy Martau.

During the Welcome Tea, catered by Cambria Catering, membership vice president Chris Ohrmund will be among several board members giving a brief report. She will focus on membership information and an invitation for women to join the Glendora Woman's Club and renew memberships at \$40 per year.

Other reports will include some of the club's philanthropies and service projects, fundraising events, and club's recent involvement in community events.

Also included will be information about the club's monthly luncheon-meetings and programs, the club's four departments, and opportunities to help with service projects and fundraising events, said Carolyn Cunningham, Wel-

come Tea event chair and co-president.

A special display on the Historian's Table will feature a number of Past Presidents Memory Books and also several special award plaques the club has received as the founder of the Glendora Public Library, said club Historian Rose Myers.

The Glendora Woman's Club, organized in 1908, has a long history of involvement and service in Glendora that includes the founding of the Glendora Public Library in 1912. The Woman's Club is one of the oldest active service club in Glendora, and on that maintains it's own clubhouse for both club events and meetings.

For new members, prospective members, or returning club members interested in attending the Welcome Tea, tickets at \$15 per person may be ordered by calling 626-963-7725 or going to carolsgrdn@hotmail.com with R.S.V.P due by September 10. Checks may be sent to the Glendora Woman's Club, P.O. Box 672, Glendora, CA. 91740.

For information about renting the clubhouse, call Ryan at Cambria Catering at 626-335-7010



Photo by Rose Myers

Getting ready for the Glendora Woman's Club Annual Welcome Tea on September 18 at from left, club co-president and event chair Carolyn Cunningham, club co-president Joy Martau, department chair Loretta Salazar, shown service tea to club membership vice president Chris Ohrmund, and club member Jerrie Nackos. The Welcome Tea is the first meeting of the new club year.

Pedestrian Killed In Azusa



Azusa and Covina Police both responded to the scene of the accident. (Photo by Glenn Purbaugh)

By George Ogden

AZUSA - Azusa police dispatch received a number of calls Thursday morning around 10 a.m. a was pedestrian hit on Arrow Highway. Police were sent to the 800 block of Arrow Highway of a man down in the roadway. Covina Police also responded to the scene.

Officers found a man that had

been hit by a vehicle. Paramedics were also dispatched to the scene of the accident. The man was declared dead at the scene. The driver of the vehicle remained at the scene and was cooperating with the officers.

The man was not identified pending notification of next of kin. The investigation will take a

look to see if any drugs or alcohol were involved by any parties, or the possibility that use of a cell phone during the time of the accident.

Azusa Police Department would like to hear from anyone that would like to assist with information in regards to this accident.

Weatherization Myths – Debunked!



Weatherizing your home for each season can make it more comfortable – but how to do it can be confusing. Here are four common weatherizing myths – busted! – to help get your home ready for cooler weather to come.

Myth 1: It doesn't matter where your thermostat is placed.

Truth: Location, location, location! You may be spending more on heating and cooling than you need to be if your thermostat is in the wrong place. Placed in direct sunlight, you run the risk of getting false readings, as it can "think" the room is warmer than it actually feels, causing your air conditioner to turn on when it isn't needed. Similarly, a thermostat placed near the kitchen often reads that the home is far warmer than it truly is due to the stove and oven. The best location is on an interior wall, centrally located and near areas where you spend the most time, ensuring these rooms are the most comfortable.

Myth 2: Closed curtains and blinds in cold weather prevent heat escape.

Truth: According to the Department of Energy, shades and

drapes can reduce heat loss from a warm room by up to 10 percent. However, opening curtains and blinds during the day when direct sunlight hits can also allow for a warming effect. In winter, draperies should be closed at dusk but opened at dawn.

In addition, heat escape through windows can be prevented with window insulation products such as Duck brand Roll-On Window Kits, which create a barrier between outdoor air and a home's interior, helping block drafts and air leaks. And, it's also a myth that these are hard to install: A pre-taped edge makes for easy roll-on application, requiring no measuring, while fitting snugly to indoor window frames to provide an airtight, crystal-clear seal.

Myth 3: It's expensive to draft-proof your home.

Truth: Homeowners can actually save hundreds of dollars annually on heating and cooling costs with proper weatherization early in the season. How do you do it? There are many inexpensive, do-it-yourself weatherization products that are easy on the wallet and easy to install, requiring minimal -- if any -- tools.

Windows and doors are the

two largest draft sources in any home and should be top priorities for homeowners. Duck brand MAX Strength Silicone Weatherstrip Seals are quick to install and seal various size gaps around windows and doors that may be allowing air to escape.

Myth 4: It's cheaper to keep your home at a constant temperature.

Truth: A common misconception is that it's better to keep your home at a constant temperature, even when you're not home. However, if the system runs less during the day, it uses less energy. According to Energy.gov, you can save as much as 10 percent a year on heating and cooling by turning your thermostat back 7-10 degrees from its normal setting for eight hours a day.

Still need more help? For additional tips and information, text "Weather" to 84444 to access Duck brand's Project Selector, an online resource for project guides, instructional videos and more, or visit DuckBrand.com.

Don't let common myths scare you. Weatherizing can be an affordable, easy do-it-yourself project -- especially if you plan ahead. (StatePoint)

School Lunch Hacks for Busy Families

Busy families are always looking for efficient ways to pack healthy, satisfying school lunches. Keep kids on their "A" game this year with the following tips.

Get the Kids Involved

Getting your kids involved in packing their lunches is not only a great way to teach responsibility, it's also an opportunity to discuss the fundamentals of healthy eating – plus with helpers afoot, it may just save you some time and energy.

Kids will enjoy feeling like they have some control over what goes into their lunches. Keep them focused by providing them with structured choices, such as -- turkey and swiss sandwich or cheddar and apple? Carrot sticks or sugar snap peas?

Include Fruit

Fruit is an important part of a child's nutritious diet, so be sure that lunches include healthy fruit servings. Juice labels can be especially confusing, however, sticking to options made from 100 percent juice is a good rule of thumb. For example, Mott's Sensibles, available in three flavors in convenient 6-ounce pouches, contain 30 percent less sugar compared to 100 percent apple juices, and contain no artificial flavors, colors or sweeteners.



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

Another way to include some fruit at lunch? Applesauce. A classic kids' favorite, today's applesauce is often healthier and more versatile than it once was. Free of added sugar and artificial colors, sweeteners and flavors, Mott's Unsweetened Applesauce, for example, comes in flavors like granny smith, strawberry and blueberry, and can be used in lunch-time recipes such as Applesauce Energy Bars or Golden Apple Raisin Squares to boost flavor and nutrition.

Pick the Right Pack

Make your life easy and pro-

mote wellness with great lunch gear. Check labels; dishwasher-safe containers will streamline your routine and non-toxic materials will help keep kids healthy and safe. If you plan to include both hot and cold food items, look into ice packs, sturdy leak-proof thermoses and lunch bags or boxes that feature compartments.

Consistently creating great midday meals may sound like a tall order, but with a few go-to essentials and some smart packing strategies, you can help keep kids fueled for more focused learning. (StatePoint)

Is Your Heating System Ready for Cool Weather? Smartest Card In Your Wallet

Savvy homeowners know that with cool weather, comes a bit of preparation. A quick audit of your heating equipment can mean less wasted energy, a more comfortable home and lower energy bills.

Nearly half of all heating and cooling equipment in U.S. homes never performs to its advertised capacity and efficiency due to incorrect installation, according to U.S. government estimates. And if you have an older system that was built before current efficiency standards, you could be spending more than needed on heating your home.

If it's time to replace your system, be sure to have it properly installed by an HVACR professional, certified by North American Technician Excellence (NATE), the nation's largest nonprofit certification body for HVACR technicians. NATE-certified technicians are skilled professionals who have proven their knowledge in the HVACR industry by passing specialized certification tests.

"The NATE-certified techs who perform maintenance and repairs do a consistently great job. We never have any concerns if the job is done right," says Rob Kirkpatrick, a long-standing customer of Thermal Services, a Nebraska-based contractor.

Beyond having an efficient heating system properly installed, you can prepare for the season in the following ways:

- Clean heating filters. Check them every couple of weeks and change them at least twice in the season, or as directed by the manufacturer.
- Check and maintain insulation. Improperly insulated walls, floors, attics, basements and crawlspaces drain away heat and can also lead to moisture imbalance. Adding weather stripping and caulk around windows and doors can also improve a home's insulation.
- Turn down the thermostat or install a programmable thermostat to regulate temperature.



mostat to regulate temperature.

- Clean the furnace area. Don't keep chemicals or cleaning products near a heater, and don't store anything next to it that could impede ventilation.

- Free all vents and returns of obstructions. Don't lay carpet over vents, place furniture over or in front of them, or obstruct the flow of air.

- Dry air feels cooler than moist air, so install a humidifier. A simple humidifier may

make the home feel five degrees warmer than a home with dry air.

- Look into geothermal heating systems which use earth's natural heat and are among the most efficient and energy-conserving heating and cooling technologies currently available.

- For optimal performance of your HVAC system, get an annual service contract which includes both heating and cooling maintenance. But take care

to avoid poor service and scams. To find a qualified local contractor who employs certified HVACR professionals, look for the NATE logo or go to www.natex.org.

By incorporating a few energy-friendly habits into your routine and by making sure your heating system is operating optimally, this season, you can keep utility bills low while maintaining a cozy, comfortable home. (StatePoint)

P & M Management, a healthcare partner you can rely upon with four nearby locations to service your individual needs. We invite you to take a tour of our beautifully appointed facilities where caring for you and about you is our pleasure and our commitment.

<p>Mesa Glen Care Center</p> 	<p>Available services include: Skilled rehabilitation services Weekly MD supervised wound evaluations Respite, Short term, Long term & Hospice stays Nutritional oversight of medical conditions Cable TV provided to each resident Wi-Fi availability throughout the facility Accepting Medicare, Medi-Cal, HMO and Kaiser insurances</p> <p>638 E. Colorado Ave., Glendora Ca. 91710 (626) 963-6091</p>
<p>Offering our residents: Skilled rehabilitation services Wound care management Short-term recovery and long term needs Stroke Recovery Programs Cable TV provided to each resident Wi-Fi availability throughout the facility Accepting Medicare, Medi-Cal, and HMO insurances</p> <p>9333 La Mesa Dr., Alta Loma, Ca 91701 (909) 987-2501</p>	<p>Rancho Mesa Care Center</p> 
<p>Villa Mesa Care Center</p>  <p>99 Bed Skilled Nursing Facility</p> <p>Programs provided include: Physician directed plan of care Post surgical and wound care Pain Management Skilled Rehabilitation services Cable TV provided to each resident Wi-Fi availability throughout the facility Accepting Medicare, Medi-Cal and HMO Insurances</p> <p>867 E. 11th Street, Upland, CA. 91786 (909) 985-1981 (909) 981-6888</p>	

GLENDORA - A library card provides endless opportunities to transform the school year.

As students prepare to head back to school, there is one essential school supply that requires no shopping and doesn't cost a penny - it's a library card.

This September, the Glendora Public Library is joining with the American Library Association (ALA) and libraries nationwide for Library Card Sign-up Month, to encourage parents, caregivers and students to obtain a free library card that will save them money while reaping rewards in academic achievement and life-long learning.

Whether it's providing free access to STEAM (science, technology, engineering, arts and mathematics) programs, educational apps, in-person and virtual homework help or technology workshops, a library card is one of the most cost effective back-to-school supplies. Resources at the Glendora Public Library are available to anyone with a library card.

Libraries play an important role in the education and development of children. Studies show children who are read to in the home and who use the library


perform better in school and are more likely to continue to use the library as a source of lifetime learning.

"Throughout the school year, our library offers a variety of programs to stimulate an interest in reading and learning," said Senior Librarian, Cindy Romero "Story-times expose young children to the joy of reading and encourage school readiness, while older children have access to technology and digital tools and the help from library staff to use those resources."

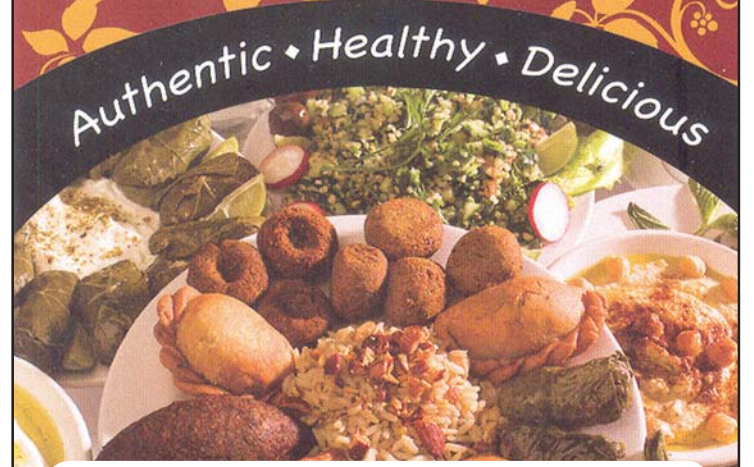
This September, the Glendora Public Library will debut a new, special edition Library Card designed by Kayla Chang, while supplies last. Kayla was this year's winner in the Library Card Design contest. Special edition cards will be available free of charge for all new Library accounts. Replacement cards will be available for \$4.

For more information about how to sign up for a library card, or other Library services, visit Glendora Public Library in person, call 626/852-4891 or online at www.GlendoraLibrary.org. The Library is located at 140 S. Glendora Ave., Glendora.

Mediterranean Catering



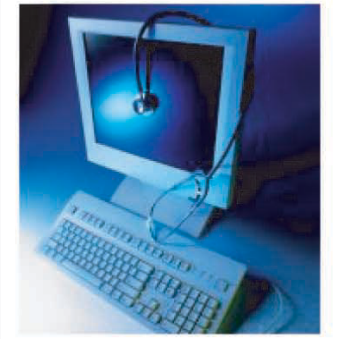
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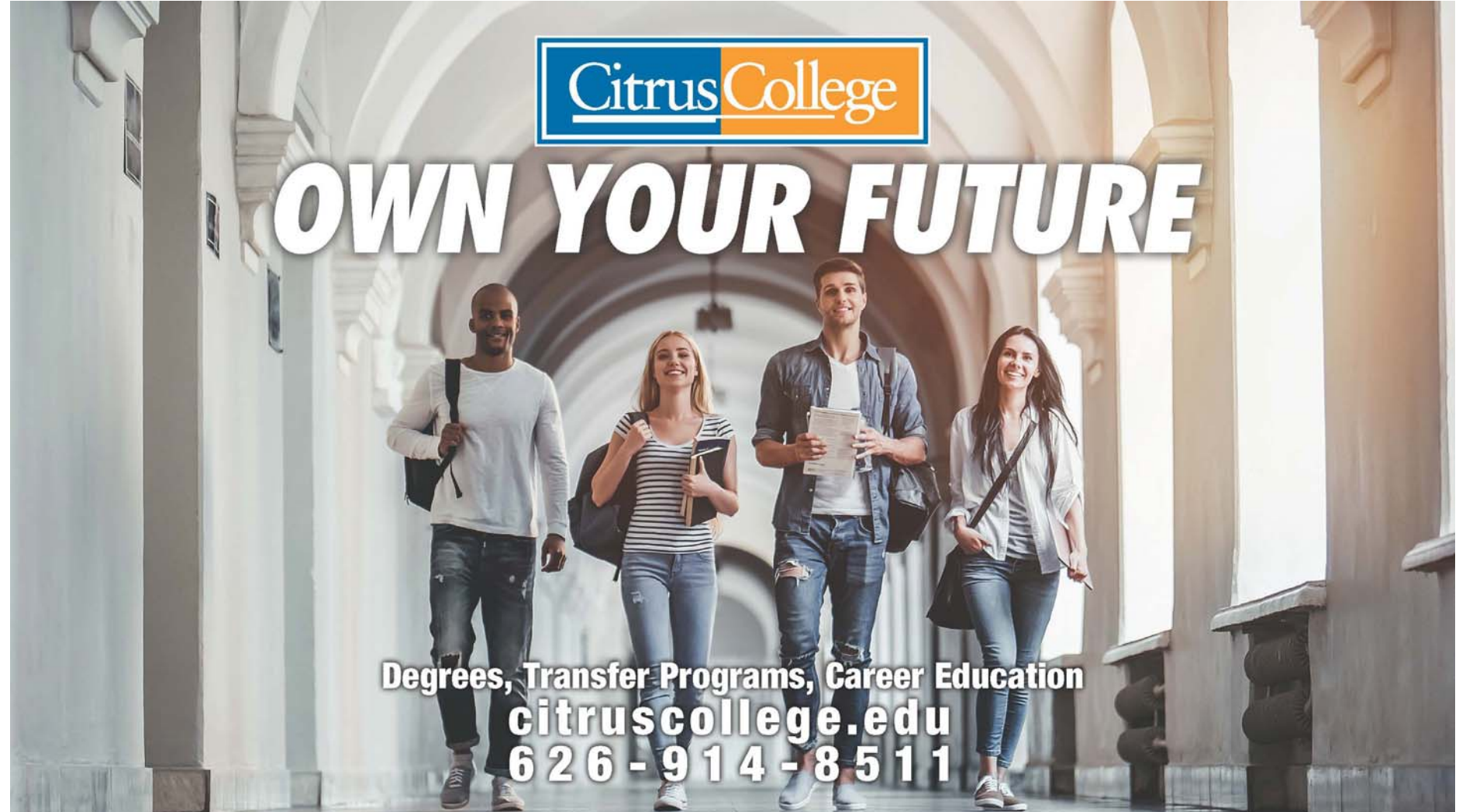
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County Military & Veterans Affairs Hosts Hispanic Heritage Month Celebration

LOS ANGELES – On Friday, September 14th, the LA County Department of Military & Veterans Affairs (MVA) will honor the contributions of Hispanic veterans throughout U.S. history, featuring local dignitaries and veterans at Bob Hope Patriotic Hall, 1816 Figueroa Street.

The event will begin at 10 AM and include color guard, invocation, music, light refreshments, and a variety of speakers. All are welcome.

Julio Cesar Ortiz, Univision Reporter, KMEX Channel 34, will serve as Master of Ceremonies and introduce our impressive speakers, including:

- General Ruth Wong, United States Air Force (Ret), LA County Department of Military and Veterans Affairs Director
- Elizabeth Perez, Deputy Secretary, Minority Veterans Affairs, California Department of Veterans Affairs
- Janet Chin, Civilian Aide to the Secretary of the Army,

on behalf of Ed Hernandez, California State Senator, District 22

- Hector Barajas, deported Army veteran, Founder, Deported Veterans Support House

- Keith Jeffreys—Executive Director, United States Veterans of Artists Alliance (USVAA)

Hector Barajas will recount his journey of becoming a citizen after being deported for fourteen years and giving back by founding the Deported Veterans Support House. The event will also feature the artwork of Roberto Carlos Zea, Marine veteran.

In support of this celebration, General Wong stated, “We honor the contributions and sacrifices of our Hispanic brothers and sisters in the

armed forces. We cannot thank and recognize them enough for their service to our country.”

Observation of Hispanic Heritage Month started in 1968 as Hispanic Heritage Week under President Lyndon Johnson. It was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15, and was enacted into law in 1988. The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively.

Annual Rosemead Moon Festival, September 15

Free event offers dozens of food options, entertainment and celebration of Asian culture

ROSEMEAD - Singpoli GM Media hosts the Rosemead 5th Annual Moon Festival on Sept. 15 from 3:30-11 p.m.

Admission is free. The festival promises an unforgettable night of special entertainment with family and friends on Valley Boulevard. The Moon Festival will feature more than 110 food and merchandise vendors, along with exciting performances and other entertainment.

“The Mid-Autumn Festival is the second most important holiday in Asian culture after Lunar New Year,” said organizer Heidi Lau. “Every year, when the festi-

val comes, Chinese from around the world return home for family reunions.”

Among those performing at the Rosemead festival will be the skilled martial arts experts from the Shaolin Kung Fu Temple, dancers and other entertainers.

The event will take place on Valley Boulevard, which will shut down from Walnut Grove to Ivar avenues for the family-oriented multi-cultural festival.

“We welcome all to come and join us for the festival and a night market full of family fun,” Lau said.

Wellness Wave Health Fair

ARCADIA - Arcadia Senior Services in partnership with Methodist Hospital is having an annual Health Fair, “Catch the Wellness Wave”. The Health Fair will take place on Friday, **September 21**, at the Arcadia Community Center, 365 Campus Drive. There will be information booths and health screenings from 9am to 12pm. You can schedule an appointment for a \$7 carotid artery screening by call-

ing Arcadia Senior Services 626.574.5130. Free screenings are: blood pressure, bone density, hearing, pulmonary function test, and more. There will be healthy food samples, vendors, giveaways and educational sessions including Dr. Rodrigo Rodriguez, Neurologist, speaking on, “Stroke, Alzheimer's and Dementia”, from 12-1pm. You can purchase a box lunch the day of the health fair for \$2.

Senator Chang Secures Funding for Victims of Human Trafficking

Legislature Approves \$10 Million in Resources

SACRAMENTO - Senator Ling Ling Chang (R-Diamond Bar) made the following statement in response to the Legislature's approval of \$10 million in resources and grants for victims of human trafficking:

“This is a huge step in the right direction and an immense sense of relief for victims and service providers. The state came very close to cutting 100% of victim resources and services. I'm thankful to fight alongside important advocates to ensure that trafficked victims

have the tools and resources necessary to survive and thrive.”

Senator Chang's inaugural legislation in the California Senate called on the state to reinstate \$15 million in grants through the Office of Emergency Services. The grants support qualified nonprofit organizations that provide comprehensive services to victims of human trafficking.

In the last weeks of a two-year session, the Assembly and

Senate approved \$10 million in grant funding for service providers. Since 2014 the state has committed funding for programs with a proven record of helping human trafficking victims. This year's budget eliminated funding for these programs, leaving victims vulnerable.

California is ranked #1 in the United States for most trafficking cases, nearly double the margin of Texas which is ranked #2.

County Library Gets a Digital Upgrade with Microsoft Digital Alliance Agreement

LOS ANGELES COUNTY - Public access computers are one of the most popular services at LA County Library locations. Nearly 1 million customers used a public computer in the past 3 years to access information online, work on professional or recreational projects, conduct research, and complete homework assignments. Many communities are highly dependent on these computers, along with the free internet access and Wi-Fi offered at libraries.

LA County Library has been awarded a \$3.3 million software grant from Microsoft as part of a Digital Alliance agreement. The grant will allow LA County Library to complete a systemwide software refresh to upgrade its operating system from Windows 7 to Windows 10, within the next year. With the software upgrade, customers will have the ability to utilize Microsoft Office 365, as well as additional tools to search and access information, like the Microsoft Edge browser and Bing search engine. The Library will also be replacing many outdated computers with newer models, and adding more RAM to slower machines, for a better computer user experience across all locations.

“We consistently strive to provide the latest in technology for our diverse customer base, and this most recent up-

grade is an exciting step forward for LA County Library and our customers,” said Library Director Skye Patrick. “This grant from Microsoft will allow us to upgrade over 2,200 public computers at our 87 Library locations, no small feat for an organization our size, so I want to acknowledge Microsoft for the monumental part they play in making this possible.”

In addition to the software grant, Microsoft will host Digital Camps at Lennox Library and Compton Library in fall 2018, which will provide youth ages 11 – 13 the opportunity to receive Microsoft Certification. The Digital Camps will equip youth with 21st century skills, increasing their opportunities for future employment. Microsoft will also provide training to Library staff, providing them with the tools to host certification classes at an additional 15 LA County Library locations.

The software upgrade and Digital Camps program will support the Library's iCount equity initiative, which tackles inequity and barriers to access in the community. The accessibility features found in Windows 10, such as the Microsoft Narrator screen reader, and Microsoft Edge's assistive technologies, will help eliminate barriers to customers with disabilities. The upgrade will also create consistency for custom-

ers that are accustomed to using Windows 10, whether it be at home or at schools.

Ali Powell, General Manager, Southwest Region, Microsoft Corp. said, “LA County Library serves a community of people that can have great impact on society, so we want to ensure that the Library team is empowered to provide the best education training and curriculum. Our collaboration with LA County Library will build a crucial piece in leveling the playing field for communities that often feel left behind.”

These updates coincide with the internet connectivity and network speed improvement project that LA County Library will begin to implement in fall 2018, through the Federal Communications Commission's E-Rate Program. Approximately \$5 million was awarded to connect to the California Research and Education Network (CalREN), a high-capacity network that serves the vast majority of research and education institutions in the state. CalREN is operated by the non-profit Corporation for Education Network Initiatives in California (CENIC), and will deliver faster, more reliable wireless access to library customers.

Installation of new computers, RAM updates, and Windows 10 will begin in fall 2018 with a completion date estimated for Summer 2019.

'TIME JOCKEY' - Back to School

By Joe Castillo

Just 83 Years Ago... It seems that kids go back to school earlier and earlier each year and this year is no different. But in the last 83 years not only has the earlier start dates become effective but changes have been applied are hard to believe. I had the pleasure of purchasing a 1935 Alhambra High School annual and took a look through its 175 pages to see what high school life was like back in the good old days. Even though it's a hard cover publication I couldn't help but notice that there was no color pictures included within the very simple and compact design. Titled the 'Alhambra', the only other wording on the tan colored cover was the year 1935. The annual included a dedication in memoriam to two students, Mary Daams and Marrietta Wolf, and the former Superintendent of Schools, Ben Gibbon, each of whom had passed away during the school year. First year Principal Harold Werre received a special dedication page and some rather interesting facts were noted. Alhambra High School was the 7th largest high school in the state in 1935 with a student population of 3,200 and a teaching staff of 127. Over 590 classes were in session through-

out any given school day. That averages out to just over 25 students per class, so much for over-crowded classrooms. In his letter to the students, Principal Werre closed by stating 'We should equip ourselves to meet life's issues squarely by preparing ourselves to be, first of all, useful citizens. This is the purpose of education'.

Just by looking at a list of the departments indicates that students were receiving a well rounded education. There were the basic education departments like English, Mathematics, Social Science, Modern Languages and Art but there were also the more vocationally directed departments such as Commercial, Households, Mechanical Arts and Health. The student classes raised money for events by hosting other school events. For example, the Senior Prom was financed by funds received from the Senior Dance, Senior Play and Senior Class Day. The same types of fundraisers were performed by the lower classes for their own special events. Seniors wore brightly colored sweaters along with Senior rings and pins to distinguish them from other classes.

On Class Day, a competitive and bloody tug-of-war was held between the seniors and

juniors. Even a Senior Ditch day was scheduled and held, proof that this special day has been unofficially recognized in the past. The Varsity Football team competed in the Coast League and played teams such as Pasadena, Santa Ana, Long Beach, Glendale and San Diego, which tells you their weren't a whole lot of local high schools in the area in those days. The Boy's Varsity Basketball team actually scheduled and played the USC Freshmen team in a pre-season game but it's uncertain if USC was placed on probation for scheduling a high school team. The final section was dedicated to Girls' Sports but it was more of an intramural league consisting of teams representing each class. Girls were not yet on the same athletic playing field as the Boys' but in the next quarter century girls would start receiving the same athletic benefits as their counterparts. Indeed high schools have changed since 1935 but then again so has everything else....

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

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San Gabriel Valley Examiner, published weekly by Eumo Enterprises, has been adjudicated as a newspaper of General Circulation for the County of Los Angeles, California in Court Case No. KS 005341.

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Cadiz, Inc Water Project Targeted

Cadiz, Inc., is a publicly held, L.A. based company that owns 34,000 acres in the eastern Mojave Desert in San Bernardino County with 2,000 acres of agricultural land producing lemons, grapes, and raisins and sitting over a huge water basin.

The company has been proposing to pump out as much as 16.3 billion gallons of ground water a year selling it to those Southern California areas that need water. Cadiz estimates this to be a reliable water source for 400,000 people over 50 years providing 3,500 to 4,000 new jobs with costs competitive with MWD when it comes to water rates and be less expensive than desalination and recycled water.

The Cadiz project has jumped through all environmental hoops required and has continued to be met with political obstructionism. The company's proposal went through environmental review in 2011 and 2012 with Orange County's Santa Margarita Water District being lead agency with plans to purchase water from Cadiz. San Bernardino County has approved a water management plan to address over-pumping that basin. The company reports they have been sued three times by Center for Biological Diversity (CBD).

Sen. Dianne Feinstein, supporter of the Mojave National Preserve, and creator of three National Monuments adjacent to the Preserve, has been the most outspoken opponent of the Cadiz project. Under the Obama administration, Cadiz was denied the right to use an abandoned gas pipeline on a railroad right of way to pump the water from the basin to jurisdictions contracting for the water. The Trump administration reversed that ruling last year clearing the way for Cadiz to begin pumping water.

However, a section of that pipe runs across state land and the State Lands Commission, Chaired by gubernatorial candidate, Gavin Newsom, told Cadiz they would need to lease that land and wait for the State Lands Commission to approve the proposal and the lease.

SB 120 surfaced in the last weeks of this legislative session specifically targeting Cadiz and requiring another environmental review. The Senate analysis of the bill, sent to Senate Appropriations Committee, chaired by Anthony Portantino, said SB 120 would:

- Prohibit conveying groundwater from underground basins



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora
underlying desert lands unless the State Lands Commission, in consultation with Fish and Wildlife, found no adverse impacts.

- Require review again -- estimated costs: low hundreds of thousands of dollars for each agency's review and paid by the proponent, Cadiz, Inc.

- Prohibit transfer of water through an unused conveyance facility underlying desert lands in the vicinity of a national monument, preserve or park, or state or federal wilderness area or state lands to an outside basin unless all of the above agencies approved.

- Define "desert lands" as a specified area in the Mojave Desert where Cadiz Valley Water Conservation, Recovery, and Storage Project (Cadiz Project) is being proposed.

Legislation in 2017, AB 1000, Democrat Laura Friedman -Burbank, was identical to this bill but only defined the area as a large piece of desert land. The Appropriations Committee placed that bill in the suspense file. Staff review of AB 120 was directed at the uncertainties of environmental issues which I took to mean more legal challenges costing the company enough money to quit the proposed project and move on.

The end of August, however, AACA (American Assets Capital Advisors) wrote a letter to Assemblyman Al Muratsuchi (D-Torrance) and Assemblyman Dante Acosta (R-Santa Clarita), Chair and Vice Chair of Assembly Natural Resources Committee stating their views on the political manipulation of the Cadiz project calling it potential conflict of interest with far more serious implications of insider trading.

The Desert Sun, Ian James and Evan Wyloge printed that letter in their August 31st article. Burland East, CEO of American Assets Capital Advisers, said, in

part, "... to gut and amend legislation in the last week of the session ... that targets one and only one project and one company that happens to be publicly traded on the NASDAQ ... [with] a known history of suspected collusion between members of government, project opponents and short sellers in this company's securities ... chronicled in the Wall Street Journal ... we ask that members of the Assembly and Senate that hold positions in Cadiz or competitor companies recuse themselves from any vote on SB 120."

The Desert Sun went on to report, "East called SB 120 "a horrible bill symptomatic of a banana republic process" and said it should be scrapped. He said he forwarded his letter to Gov. Brown and Senate leaders - as well as the U.S. Securities and Exchange Commission and NASDAQ "for the evaluation of potential unethical and illegal activity."

Locally, a proposal was made by Cadiz to Upper San Gabriel Valley Municipal Water District to execute a non-binding letter of intent regarding a purchase and sale agreement for water with the Cadiz Valley Water Project.

The vote was 3-2 not to execute the non-binding agreement. Board Member Brian Urias was concerned with moving forward having received letters from Cong. Judy Chu, Supervisor Hilda Solis, Assemblymembers Ed Chau and Chris Holden, Senator Anthony Portantino and Speaker Anthony Rendon. Urias went on to tell the Desert Sun, lobbyists working for Cadiz had repeatedly contacted him trying to influence his vote ... and said ... "he was told among other things, that 'Cadiz will run someone against you, and will be funding them with thousands of dollars'". Cadiz denied Urias's allegations.

To read the communication: <https://aacadvisers.com/blog/imperial-government/>

Ian James of the Palm Springs Desert Sun has been following the Cadiz Project from the beginning and has done an excellent job of documenting the "trials & tribulations" the Cadiz Valley Water Conservation, Recovery, and Storage Project has faced. Much of the knowledge I've acquired and mentioned in this article is due to his outstanding investigative reporting. Take a look: <https://www.desertsun.com/search/Ian%20James/>

Boycott In-N-Out Burger, Are You Kidding Me?

I am sure if by now you have heard that the Democratic Party is calling for a boycott of the In-N-Out Burger chain. This is all over social media, Facebook, Twitter and all the others. This is all because they donated \$25,000 to the Republican Party.

Are you freaking kidding me? Are they for real? If that is the case, then the Democratic Party should give back the money that In-N-Out Burger donated to their party.

Let's see if I have this right. The Democrats feel it's okay that they receive donations from respectable historical American Institution. However if they donate to the Republican Party, we have to boycott them. Isn't this a form of Communism? Put people out of business if you don't do it their way. This is also a form of ex-



George Ogden
That's just the way it is!

tortion.
Now, let me give you the punchline. I am a registered Democrat. This is something that I feel ashamed of right now to admit to. I will admit, that I don't vote along party lines. To me, that is absolutely wrong to do. I will vote for the person that will do you and me and this country the best job. If I hurt a Democrat because I voted Republican, then I have

only one thing to say, "go to hell."

We have had American soldiers give their lives for us to vote in free elections. To vote for who we want with a secret ballot. To have a group of people chastise you because of the way you voted or to make demands that we no longer support certain businesses because of their political affiliation and/or political support is just wrong. To boycott an American institution that employs people and delivers a good product to the people is ludicrous. I'm sure you have already seen the response of the Americans around the State to this demand of the the Democratic party.

Let's be honest with this, I am sure there are only a few of those in the upper management of the Democratic Party that have put this out there. I'm not sure what they're smoking but that's the stupidest thing I've ever heard them say, to boycott a company that puts people out of work.

This makes me really want to consider changing my party affiliation.

"That's just the way it is!"

Dealing With Grief, Part One

If you have been following the drift of these columns over the past decade, you may have noted a recent modest shift. For years I have focused almost exclusively on what I saw happening in the political world with the despoiling of the American dream and a hopeful way out of the morass. While those dynamics will continue to be a central focus, I have recently begun to take a more dedicated look at what may be churning in my inner life. Perhaps this inward journey is the normal product of my advanced years, or perhaps it is the result of a sensitivity that can no longer be ignored. Wendy often reminds me that like many men I have a hard time getting in touch with what is going on in my inner life, let alone expressing it. For whatever reason, I now feel compelled to focus more on that journey as well as on those who have both impacted and were themselves impacted by this aspect of my life.

For some time there has been welling up within me something that I have been unwilling to face, not because it is too remote, but because it is too close. I can no longer put these feelings aside. It is the grief over the deaths of my two children—John and Carol.

First I must tell you about events that helped shape both the troublesome and the marvelous years before the lives of John and Carol were snuffed out. Next week I will tell you a few brief things about their years from the time we moved to Chicago until their deaths. In two weeks I will write about how grief has reshaped me. But first this column describes how my history helped mold the persons John and Carol became. Bear with me as I try and tell this part of my story—and theirs.

In 1960 I became pastor of a fine middle-class congregation in Alexandria, Virginia, a comfortable affluent Washington



Charles H. Bayer

D.C. suburb. A few years later I was also elected President of the Metropolitan Washington Council of Churches. This comfortable world was blown apart on November 22, 1963 with the assassination of President Kennedy. I was at a meeting of the Council of Churches just a few blocks from the White House when we got the news. Within an hour I was called by a parishioner who was a member of Congress, and with her invitation I spent most of the next three days at the Capitol. During those hours I stood at the lectern from which I had recently heard President Kennedy address the nation. As I stood there I heard the shuffling of feet as people by the thousands walked in the adjacent rotunda by the bier of our fallen leader. I will never forget that sound. I was now confronted with being immersed in the dynamics of history, politics and the social issues that shaped so much of who I became. The events of those days influenced decisions I would make for years to come, including an invitation to become the pastor of The University Church of the Disciples of Christ in Chicago.

This congregation was—and still is—the denomination's most vital voice with its focus on issues of peace and justice. Following the JFK assassination this congregation seemed just the right place for me to continue the ministry to which I was called.

A Penalty Flag for this Moon Landing

by Charles Lopresto

It has been reported that a new film is coming out starring Ryan Gosling called "The First Man," depicting Neil Armstrong. Omitted from the film will be the scene we all saw on television, and still quite often viewed in black and white...the broadcast of the moon landing with the planting of the American flag on its surface. Oddly, Gosling claims they want to focus on the human aspect of the event, not the American aspect. Hence, no flag.

Maybe we need to drop a flag of our own, a penalty flag.

Remember when we were kids learning history and our text books would depict Christopher Columbus landing ashore in a strange new land and planting the Spanish flag on the beach? Fast forward 477 years and in what could be considered a modern generation's out of this world experience, we saw the flag representing the nation that grew out of Columbus' discovery, completing a promise an American President made. John F. Kennedy set a challenge that we would land a man on the moon within the decade, and sure enough, we did just that. The significance of the solitary scene of Neil Armstrong bouncing around on the zero gravity landscape and planting the flag was symbolic of so much in those cold war days. We had beaten Russia to the lunar "finish line" and we provided a picture of American ingenuity at its best.

There was no insignificance to seeing the flag displayed on the lunar surface. Rather, an important moment in history for America and mankind.

The ridicule and puzzlement skeptics experienced in those days was no different than the skeptics and flat earth people making fun of the Nina, the Pinta, and the Santa Maria, or, peo-



Charles Lopresto

ple today hearing President Trump speak about a "space force."

I don't believe in judging a film I have not seen, but another revisionist stab at something that is still fresh in the minds of many of us, provides no interest to me. My preference to see, and to suggest younger people see, would be a film that I already know provided a more powerful depiction of what those days of NASA space missions were all about.

The film, adapted from a Tom Wolfe novel was called "The Right Stuff," (1983). It depicted two parallel activities taking place in the late 1940's to the early 1960's. On one hand was the selection, recruitment and training of the first Mercury Seven astronauts and at the same time the efforts of test pilot Chuck Yeager to push the envelope and test the limits of the sound barrier. The story poses interesting questions that ran through the

minds of the folks inventing a space program. Just what would an astronaut be, and what qualifications would be required? They considered airline pilots, military men and even circus performers. Settling on military fighter pilots seem to be the way to go. Yeager was unfortunately left out due to his lack of a college education, and he continued throughout the story, working in anonymity. The film even dealt with the reality of funding the program. "No bucks, no Buck Rogers."

Performances including Dennis Quaid, Fred Ward, Ed Harris, Scott Glenn, Pamela Reed, Barbara Hershey and Sam Shepard as Chuck Yeager, were stellar and lightyears above the challenge Ryan Gosling will face.

While the astronauts, Glenn, Shepard, Grissom, and the others, enjoyed publicity and media attention, Yeager continued to fly his test missions. Toward the end of the film, he crash lands in the desert and a rescue squad speeds out to see what is left. In the distance emerging from the dust and the smoke is one lone figure, a battered and bloodied Chuck Yeager.

One rescuer asks "Is that a man?" The other one replies "Damn right!"

A lot of people and a lot of blood, sweat, and tears, even death, were behind that flag planted in 1969. It is foolish not to depict it.

BART The BLOCKHOUND



believe me, the eyes in my back of my head are for you..

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Market Timers vs. Long-Term Investors

The average annualized total return from investing in the S&P 500 index over the past 90 years has been 9.8% per year. Even during periods of hyperinflation, like the early 1970's, the S&P managed to grow by mid-single digits over that five-year period. And, those that bailed out at the low in 1974, after the S&P had declined by 41.1% over an 18-month period, essentially did so at the peril of missing out on the great rally that followed. Over the next two years the S&P gained +37.2% in 1975 and +23.8% in 1976, erasing all the 1973-74 losses.

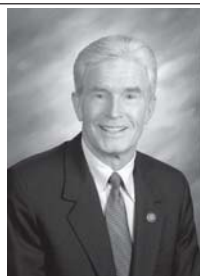
In fact, going back to the period of 1927-1931 that included the 1929 crash and the two years that followed, only then and the period of 1937-1941 did the stock market lose significant value over a five-year period. During the Great Recession of 2007-2011, the S&P was essentially unchanged. While the Great Recession is the most recent time when many investors were severely hurt, jumping out of the market at any time in the past 100 years may have been an expensive decision.

Investors are now trained to think that history will repeat itself, and because the current bull market is the longest ever recorded, the noise level about an inevitable major market correction is way up. I think much of the fear mongering is out of the need for ratings by the financial media (because the data simply doesn't support trying to time the market). It is well documented that the cost of being out of the market can be considerably greater than staying in, assuming one has a long-term time horizon.

Just going back 30 years to 1988 and using a hypothetical investment of \$100,000 in the S&P 500, those that stayed invested through the 1990 Iraqi invasion of Kuwait, the 1997 Asian economic crisis, the 2000 collapse of the technology bubble, the 9/11 attacks during 2001, Hurricane Katrina in 2005, the failure of the mortgage credit markets in 2008, and the Greece-led European credit crisis and Flash Crash of 2010 have seen that same \$100,000 appreciate to \$1,907,620.

Those initial \$100,000 investors that were out of the market for just the five best days during

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

that 30-year period forfeited almost \$700,000 in gains and the numbers get more sobering for those that missed out on the best 10, 15, 20, or 25 days of the 7,920 trading days during that same 30-year period. Imagine missing out on over \$1.5 million in total return because of not being in the market for the 25 best days during a 7,920-day stretch.

What is even more glaring is seeing how much of the returns were credited to dividends. During that 1988-2017 period, if we back out the inclusion of dividends, \$100,000 grew to \$1,082,000. So, dividends accounted for \$825,620 of the total of \$1,907,620 or a whopping 43.3% of the total return.

What most people don't remember is that S&P dividend payments were slashed by an average of 22.6% in 2009, making it the largest decline since a 36.3% slide in 1937. During 2009, there were 21 financial firms in the S&P that slashed or suspended dividends altogether. And yet there were some standout companies that raised their dividends 10% or more that year, so stock selection is also always important.

Many investors spend the income from dividends so the compounding effect is minimized, but having the right dividend growth stocks that double their dividend payouts on average every seven years is like getting an annual pay raise that keeps up with the pace of household inflation. And, for today's vast majority of investors that have underfunded retirement accounts, buying those stocks that are "A" or "B" rated are likely to be where investible dollars should be dedicated.

It is no secret that the headwinds of a tighter Fed have weighed on past stock performance. But the winds of change are already at work. As market volatility has started to pick up,

rotation into dividend growth stocks and related sectors is notable. While technology still leads all sectors YTD, energy, consumer discretionary, and healthcare are pushing higher. That might also be where the fastest growing dividend payouts can be found.

With the 2-year Treasury Note yielding 2.61%, some might view this yield as tempting. While the element of safety is always nice, there are no fundamental signs of an impending recession. Quite the opposite is happening - an economy expanding at a 4%+ pace of growth. Careful stock selection of blue-chip companies paying 3.0%+ yields on qualified dividends that are hiking those payouts by 10% to 20% this year and next should be the center of every income investor's attention. And don't try to time the market. Just turn down the noise and enjoy the ride.

Trade Deal With Mexico

There is some debate over how big a deal the trade agreement with Mexico really is - Bloomberg News calls it a lemon because it changes so little from the old deal. But there are some protections for US workers in the deal, like minimum pay requirements for auto workers and an increase in North American auto content from 62.5% to 75%. And Mexico agreed to labor and environmental guidelines that were not in the NAFTA deal. These will help get Canada on board, as they are important to Trudeau.

President Trump said it's not the right time for negotiating trade with China, denting expectations after the deal with Mexico. Nevertheless, the deal - regardless of content - should help pull China back to negotiations. After months of Xi playing up US isolation from the world, trade deals with Mexico, a likely deal with Canada and a tentative agreement with Europe means China trade tension is increasingly an isolated news story. However, China does represent the world's biggest obstacle to fair trade.

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

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

Your Money - Ask Julia

September 11 marks the date in 2001 that terrorists successfully attacked America.

It was a shocking surprise! It was unexpected, and many were not prepared for the personal and financial losses that followed. All those lives mattered. America had the power to take action. Some people don't have the same opportunities and options to be more financially prepared for disasters. Some governments aren't positioned to help. And even philanthropists have limited funds. What are you doing to be prepared for disasters?

I noticed that my life insurance policy states that it does not pay if death was caused by an act of terrorism or act of war. Was that true on 9-11-2001?

According to my internet research, it took a request by then-President Bush for resistant life insurance companies to pay benefits to the beneficiaries. Nowadays, more insurance companies include the clause that they will not pay if loss of life was due to terrorism or act of war. Those survivors with no insurance, or who were under-insured, were left with adjusting their lifestyle by, among other things, modifying plans for their children's education, and altering their retirement plans. Some life insurance policies with cash accumulation accounts would make those funds (not the death benefit amount) available to the beneficiaries. Some properly-set-up annuities would also pay out to beneficiaries.



Julia Yoder

We're thinking about refinancing our home loan. Is now a good time? Or is there a chance that rates will go down?

Although I cannot predict the future, historically, once interest rates start to rise, they continue to go up for quite awhile. An old saying states that a bird in the hand is worth two in the bush. In other words, interest rates are still low. Are you going to be okay if interest rates go up considerably? Go online and use a mortgage calculator to figure out the monthly savings between what your interest rate is now, and what it could be at current rates. (Keep in mind that rates quoted online are often based on stellar credit scores, low debt-to-income ratios, solid comparable/appraised value, and the borrower's ability to repay the loan.) Banks are limited to their loan programs and rates. An independent mortgage loan professional has many more loan programs and rates. When you are ready, see below for information on applying securely online for a mortgage loan.

I have about \$150,000 in CDs that mature in October. I don't foresee needing this money anytime in the near future. Is there a better place to invest?

Definitely! You have a couple of different options that would give you the safety you're used to, with good returns. Some of my clients choose fixed-indexed annuities (not variable annuities), while others choose to purchase paid-up life insurance. Both can have tax-deferred growth. The advantage folks like about using life insurance as an investment are: 1. The cash account of this life insurance can be accessible, tax-free, to you if you find you do want it during your lifetime, 2. the amount of the life insurance benefit is more than the amount of money you pay into it, so you're leaving more to your beneficiaries, and 3. your beneficiaries will receive these funds in a timely manner, and income tax free!

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.

Guardian Angel's Corner: Don't Say Goodbye Until You Pre-Plan

LOS ANGELES - Last year in Austin Texas, a flashlood and lightning prevented a plane from taking off. I was on that plane with my daughter Jennifer and a few good men. We quickly devised a new plan. Get Jennifer to go online and shop around for the cheapest, safest, large car and get us all on it and drive to our hotel.



Maria Cho

Affordable Plans
The price of that detour: \$589. That was enough to get us to Dallas. Was saving money the priority? Life is beautiful but not many realize it until sadness comes. Just like the rain, we do not have power over certain responsibilities. Not knowing where to go, can you find a minister and church venue, restaurant and home, without connections and without a smart phone? We were able to attend the Texas Korean Club and vote just in time before the storm.
Time and Money
Many people go to the hos-

ate about living here present moment.

They are very much about now.

Some who do not, are often stuck wishing they knew me 5 years, 5 months, 5 days, or even 5 minutes ago. Taking that trip, wishing someone more harm than good, forgiveness: these are the things that may drain time. These are values, decisions, and space that require more time and family preparation than ever before.

What and how will you be remembered?

Will you need that extra suit? That extra pair of jeans? Or will you need socks? These are things that you can't technically take with you. Your family will make these decisions ultimately. As we all know, two great American heroes passed away this year (Aretha Franklin and John McCain.) While their funerals were televised and carefully orchestrated, Americans must remember that many other heroes will never be forgotten. A cantor or musician will generally sing or play for free- \$100, caskets begin at \$50-\$30,000, and a Mass offering or stipend is collected at the very end.

For more questions about a free consultation or a car-ride to visit family, please contact me at (626) 890-9545 or (310) 987-0736.

THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

Ten Good Reasons to Invest in an Annual Car "Physical" and Needed Maintenance

1. **CUT REPAIR COSTS** - Discovering a worn component before it creates major problems can save big money.
2. **SAFETY** - A poorly maintained vehicle can drive you into a serious accident.
3. **BETTER PERFORMANCE** - This translates to improved fuel economy as well as "driveability."
4. **SAVING THE ENVIRONMENT** - Under-maintained vehicles are a serious contributor to air pollution.
5. **IMPROVED TRADE-IN/RESALE VALUE** - A well maintained vehicle can be worth two to three times as much as one that has been neglected.
6. **BETTER HANDLING** - Incorrect wheel alignment, worn suspension components and/or tires cause poor ride and handling.
7. **ABILITY TO PLAN AHEAD** - When a check-up indicates future need for replacement of a part, you can budget accordingly.
8. **DEPENDABILITY** - A well-maintained vehicle is less likely to stall, fail, or otherwise leave you stranded.
9. **DRIVING ENJOYMENT** - It's more comfortable and more fun to drive a car that holds the road and rides well.
10. **PRIDE OF OWNERSHIP** - It's said that your car is an extension of our personality. Keep it looking like you care!

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Hometown Service You Can Count On!

Voluntary Insurance Can Help Keep Employees

How can employers keep their best workers when increasing salaries isn't necessarily an option?

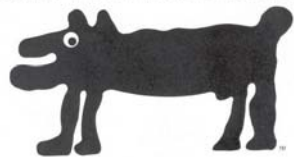
The Aflac WorkForces Report found that robust, cost-effective benefits offerings - especially in today's environment

of rising costs - can be an effective solution for businesses serious about protecting their most valuable assets.

Evidence shows many employees may test the waters in the next year, and voluntary insurance can be a critical tool in

providing a broad range of benefits options. A vast majority of employees see the need for voluntary insurance, and they are most likely to find these options from companies whose performance is on the rise.

BART The BLOCKHOUND



believe me, the eyes in my back of my head are for you..

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Around the Valley & Senior News

AZUSA

Volunteer Drivers Needed

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

TOPS Meeting

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

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

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

ARCADIA

Instructors Needed

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

Arcadia Senior Card Club Looking For New Members

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

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

BALDWIN PARK

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

BUNCO!

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

Senior Lunch Program

The City of Covina Parks & Recreation Department hosts a

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

Indoor Chair Beach Volleyball

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

Oldies But Goodies Singing Club!

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

Free Ice Cream Social! (Ages 50+)

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

DUARTE

Meals on Wheels

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

Hot Lunches at Senior Center

The Senior Center serves hot lunches Monday through Friday to individuals over 60 years, or the spouse of someone over age 60, and must check in by 11:45 a.m. for lunch. Reservations are requested by calling 357-3513, 24 hours in advance, and 48 hours, in advance, for a choice day. The suggested donation is \$3. The Duarte Senior Center is located at 1610 Huntington Drive.

Alzheimer's Safe Return Registration

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

Volunteering Does Your Heart Good!

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

GLENDORA

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

er 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

Church Installs New Pastor

WEST COVINA - New Beginning Christian Fellowship Church will install her new Pastor, Rev. Stanley Evans, on September 23, 2018. The service will be held at the Church located at 114 S. Glendora Avenue in West Covina at 3:00 P.M. Pastor Stanley recently was the Assistant Pastor at the Second Baptist Church in Los Angeles. His objective is to teach the Word of God and win souls to Christ. He

was ordained in 1996. He is working towards his Master's Degree at Fuller Theological Seminary in Theology and Biblical Studies. He was Director of Men's Ministry at Christ Second Baptist Church. He has a Bachelor's Degree in Communications and Public Relations. He is married and the proud father of a daughter and a son. Come worship with us on this blessed occasion.

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.

Volunteers Needed

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

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

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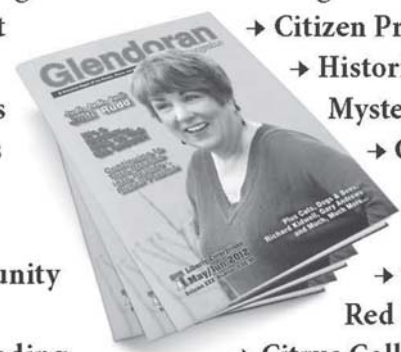
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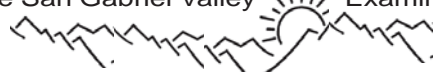


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Official Launch Party for Anabolic Life Welcomes Hollywood's Newcomers

By Jenny Park

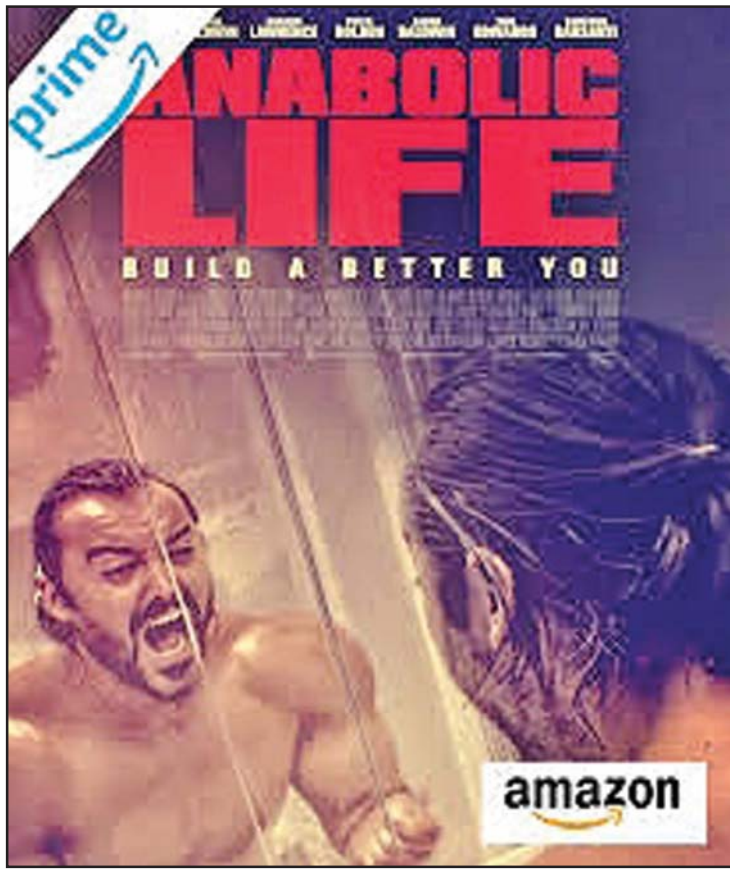
BEVERLY HILLS - The up-and-coming London Levine Pictures and SocialMixLA presented a professional entertainment mixer at the Sofitel Hotel on Thursday August 23, 2018.

A large crowd and cast together celebrated the release of Anabolic Life, starring Chris Levine, Thai Edwards, Cameron Barsanti, Sharon Lawrence, Daniel Baldwin, and Lou Ferrigno Jr. The film was directed by Landon Williams.

Chris Levine plays Adam Stenson, a young man who falls into the darker side of body-building replete with anabolic steroids. Levine, who co-produced and wrote for the movie, looked great and unrecognizable from the poster. He had gained and dropped more than 40 pounds for the movie.

"The movie was loosely based on my college years. I was a body-builder. It was told to me that the only way to be a competitive body-builder was to take steroids. That turned into a very abusive situation and it took many years to be happy with who I am without them. So when I came out here to be a film-maker, actor, and writer, I set out to make the first steroid-abuse movie," said Chris Levine.

While Americans may be dealing with obesity on one hand, the other extreme may be body-building. Many industry body-builders may face the



stress of competition, not just enduring the pain of fasting from foods Americans love-hamburgers, hotdogs, and apple-pie. Body-building may create isolation and needless deprivation.

It is not until the father, played by Peter Holden, steps in that he is able to realize what he was doing to himself. Peter Holden is an actor and producer known for Social Network (2010), The Dark Knight Rises (2012), and Lovelace (2013). Ultimately, the movie explores the abuse of steroids.

"I'm a big story-driven guy. I don't want to do the same things people have been seeing

before. This particular movie is about a guy who had a body-image issue. Something you don't get to see or hear about." said Thai Edwards who plays the antagonist Jason who takes in Adam Stenson and shows him the power of anabolic steroids.

Daniel Baldwin, who plays Mr. Louis, did not attend the launch party due to bartending at a charity event in New York. Lou Ferrigno Jr., whose father played The Incredible Hulk (1978), attended the party and will be in CBS's S.W.A.T. Singer-songwriter Exzavier Whitley also made an appearance.

Inspired Citizenship Announces Free Naturalization Workshop

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

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

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

WHAT TO BRING:

1. A Copy of your green card (both sides)
2. List of all trips you have

taken out of the United States during the past five years, including departure and return dates

3. List of addresses of all places you have lived, worked and/or attended school during the past five years, including start and end dates

4. If you are currently married, spouse's full legal name, date of birth, Social Security or residency card number (A#), date and place of naturalization (if applicable), and current address

5. Information about all your prior marriages and about all of your current spouse's prior marriages, including date of marriage, date the marriage ended, and how marriage ended (bring divorce papers or death certificate if applicable)

6. If you have children, their full names as they appear on their birth certificates, dates of birth, residency card A# or social security number, and address

7. Proof of income (e.g. tax-returns/pay stubs) and/or proof of

recent receipt of public benefits (e.g. Medi-Cal/CalFresh)

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

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

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

Volunteer Groups Complete Restoration of the Gabrielino National Recreation Trail

All 26 miles of the Gabrielino from Altadena to Chantry flat are back in service

ANGELES NATIONAL FOREST - Last week, "trail closed" signs were removed from the Gabrielino National Recreation Trail from Switzers/Bear Canyon trail junction to Oakwilde campground and the Ken Burton trail. For the first time in 9 years, hikers, mountain bikers and equestrians have access to all 26 miles of the Gabrielino.

Large swaths of the trail were destroyed by the 2009 Station Fire and subsequent El Niño storms. Sections that survived had suffered years of erosion and lack of use or maintenance. It was virtually impassable due to hundreds of downed trees, rock slides, heavy sloughing and failed support structures. In the years shortly after the fire, a few people who ignored the closure order ended up lost and needing rescue.

CORBA President Steve Messer, the USDA Forest Ser-

vice, and professional trailbuilders did a hike-through assessment of the Arroyo Seco trail section in February 2016. It would be another year before work could begin.

In fall 2017 it took six volunteer sawyers two days of chainsaw work to cut through the trail corridor. Much more chainsaw work was needed to cut through log jams and overgrown sections of trail, where brush had been growing for more than eight years.

The Mount Wilson Bicycling Association (MWBA) led monthly volunteer work days on the trail from November to July. Several volunteer work days were sponsored by local bike shops including Incycle, Pasadena Cyclery, Golden Saddle Cyclery and Montrose Cyclery. There was so much enthusiasm for the project that a few days there were more volunteers than tools.

Generous grants from REI and Southern California Edison enabled CORBA to hire professional trail builders, Bellfree Contractors, to complete some of the more technical work. By far, the majority of the work was done by 102 dedicated volunteers on 283 volunteer days. The 1,900 volunteer hours equates to over \$60,000 in value for the Forest Service.

"When we assessed the trail in 2016, given the extent of the damage, it was hard to imagine getting the trail back at all," said Messer. "But now, thanks to a monumental team effort, the trail is back."

"It's a much-loved trail that we know a lot of people have been eager to use," said Jenny Johnson, MWBA President. "We are so grateful and proud of our volunteers. It's mind-boggling what we can accomplish on our trails by harnessing the passion of our dedicated volunteers."

Tips for Creating a Successful Back-to-School Carpool

It's time to get back into the school mindset, which for parents means school supplies, packing lunches and carpools.

A carpool arrangement can be the school year's greatest gift, but the key to a seamless schedule is good communication and a solid set of rules. With these best practices, parents can help ensure a safe and smooth ride for all the carpool passengers throughout the school year:

- **Develop a contact list:** Compile a contact list that includes the names of every child and adult involved in the carpool, along with addresses and phone numbers. Print several copies of the list. Keep one copy in the car and share the remaining copies with the other families participating in the carpool.
- **Create a calendar:** Discuss scheduling needs and clearly outline who goes where and when each day of the week. This calendar may change over time, so consider sharing a document electronically for easy updates and to keep everyone on the same page.
- **Prioritize safety:** New car seat options are making it easier to ensure every child is protected in the back seat. For example, the Graco TurboBooster TakeAlong Highback Booster and Backless Booster provide safety on-the-go and are designed for ultimate portability. In both highback

booster mode and backless booster mode, big kids from 40 to 100 lb. can be safely transported. In highback mode, the seat back nests inside the seat bottom, making it simple to transport the booster from car to car. In backless mode, the seat folds to become 50 percent smaller and comes with a carry bag for additional portability. To learn more about these booster seats, visit gracobaby.com.

• **Minimize distractions:** Carpool lanes are often busy, so it's important to stay focused. Don't listen to a podcast or look at your phone. Instead, concentrate on the task at hand -- getting chil-

dren safely where they need to go.

• **Provide snacks:** After school, kids are typically hungry and will want a snack during the car ride home. Talk to the other parents about what food you plan to provide for their children. Be mindful, many children have allergies or dietary restrictions, so factor this in before snack time.

A well-run carpool is a blessing for any busy parent. With these tips, you'll be able to start the new school year off on the right foot and ensure the carpool runs smoothly and safely. (State-Point)



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National Preparedness Month: Keep Your Family Safe in an Emergency



Hydrating safely from any fresh water source is key during emergencies.

September is National Preparedness Month, and with wildfires, floods, earthquakes, tornadoes and hurricanes occurring around the world, having access to safe drinking water in the event of an emergency should be top of mind no matter where you live.

Natural disasters can contaminate and disrupt water supplies, making it difficult to access safe drinking water at home. Emergencies also force families out of their homes, making it necessary to hydrate from natural water resources where harmful contaminants

like bacteria, chemicals, microplastics and heavy metals may be present.

"The everyday public health concern of water contamination is elevated during emergencies, when water can be unreliable for drinking," says Alison Hill, managing director of LifeStraw, a manufacturer of water filtration systems that is often involved in disaster relief both in the U.S. and around the globe.

"If an emergency has your family on the move, being able to hydrate safely from any fresh water source -- fountains, streams, rivers and ponds is key," points out Hill.

When building your emergency supply kit, be sure to include a portable filter to help eliminate harmful contaminants from your drinking source.

LifeStraw makes it easy to hydrate safely at home and outdoors. LifeStraw Go is a refillable bottle that incorpo-

rates a two-stage filter removing bacteria, chemicals, microplastics and bad taste from drinking water. Another good option for personal use is LifeStraw Flex, a multi-use filter that removes heavy metals including lead as well as bacteria and parasites. Finally, those traveling in groups may find it more efficient to use a filter specifically designed for a crowd, such as the brand's Mission model, a high-volume gravity-powered purifier that also filters viruses, available in a 12-liter compact roll bag.

Being prepared for any situation will help keep your family safe and healthy, for whatever comes your way. This National Preparedness Month, gain the confidence of knowing that you will have access to safe water for days, weeks and even months should your water supply be compromised by a natural disaster or other emergency. (StatePoint)

Is Your Dinner Contributing to Plastic Pollution in the Ocean?



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

Did you know that the choices your local grocery store makes can have a global impact on the environment? From the types and brands of seafood sold to the way foods are packaged and carried out of the store, oceans worldwide are affected by the operations of grocers near you.

Fortunately, supermarkets across the country have made significant progress over the last 10 years when it comes to providing sustainable seafood options to customers, according to a new Greenpeace report, "Carting Away the Oceans." From advocacy and transparency initiatives to addressing illegal fishing, many major retailers nationwide are improving. Overall, 90 percent of the retailers profiled in the report received passing scores, 10 years after every single retailer failed Greenpeace's first assessment. However, experts say that the momentum of this

positive trend should be applied to other areas of sustainability, too.

"It's time to put the same energy into tackling the unaddressed issues facing seafood workers and our oceans," says Greenpeace oceans campaigner David Pinsky. "It's not truly sustainable seafood if it's produced by forced labor and then wrapped in throwaway plastic packaging. Supermarkets can use their brands, buying power and influence to do what is right for our oceans and for future generations."

As Greenpeace points out, the equivalent of a garbage truck of plastic enters oceans every minute, and with plastic production set to double in the next 20 years -- largely for packaging -- threats to ocean biodiversity and seafood supply chains are increasing. According to the report, none of the retailers profiled currently

have a comprehensive policy to reduce and ultimately phase out their reliance on single-use plastics.

As a customer, you can make a difference by carrying your own tote bag on shopping trips and by asking your local supermarket what steps are being taken to reduce plastic use. Consumers can also show their support for brands doing the right thing by shopping only for seafood that's produced sustainably and ethically. To learn more, visit greenpeace.org/usa/carting-away-the-oceans.

The next time you shop for groceries, take note of both the foods you are buying and the way items are packaged. Experts say that when you eat seafood from ethical, sustainable producers and limit single-use plastic packaging, oceans worldwide will benefit. (StatePoint)

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