



San Gabriel Valley The Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

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Trustee to Be Honored



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Glendora Teen Making a Difference

By Glenn Purbaugh

GLENDORA - Monique Vobecky 15 Year old sophomore at Glendora High School is making the world she lives in a better place. Besides maintaining a 4.75 GPA, she plays on the girls JV Soccer team a local traveling Soccer team and plays Violin on the school orchestra. Monique's concern over other youths has led her to start up a 501 c 3 (still pending approval from IRS) Non-Profit organization using her own money of approximately \$600.00 to pay for the domain name for the foundations web site and the incorporation fee. The "Little Sunshine Foundation" started in July of 2018 and their focus is Literacy, Sports and Youth Ambassador

The Literacy Program aims to advance literacy and provide disadvantaged kindergarten to eighth grade students with new or gently used books to improve reading proficiency.

The Sports Program provides supportive services to disadvantaged youth ages 4 to 18. The program will provide youth with shoes, athletic equipment and financial support for uniforms and sporting fees.



Monique Vobecky Glendora High School Sophomore founder of "Little Sunshine Foundation" and her ambassadors.

And finally, the Youth Ambassador Program (between the ages of 14-18) which provides opportunities for youth to contribute to their communities in a meaningful way. By involving youth as partners it will empower them with leadership

opportunities helping them become empathetic, reflective individuals, setting them on a course to becoming community leaders. Monique has great support by her parents Pete and Bianca and the backing of her

ambassadors.

Monique plans on becoming a doctor and has already toured one college.

In November 2018, The Little Sunshine foundation

partnered with "Hearts for the Hungry" who feed over 250 people a full Thanks Giving meal, and held a "Thanksgiving Turkey Ball Day" event where kids who attended were given a free Brand new soccer balls, Basket Ball or Football by the Ambassadors.

Since their beginning less than a year ago, this California Non-Profit organization, incorporated by a 14 years old high school sophomore has made a difference in many young people's lives. So far, they have distributed over 250 books to children in the Pasadena parade, given out 6 AP Scholarships to students who could not afford the fees of \$91.00 each and donate over 200 brand new sports balls to local Churches, YWCA of Covina and underserved community children.

When not busy going to school, doing radio interviews or speaking at city events or civic clubs she can be found working on her foundation. For further information or donations go to www.littlesunshine.org or call (626) 210-5971.

Former West Covina Mayor Found Deceased in Ontario Motel



Former WC Mayor Mike Spence found dead in Ontario Motel Room.

By George Ogden

WEST COVINA - On Thursday afternoon around 5:30 p.m., former West Covina Mayor Mike Spence was found dead in an Ontario motel room. Spence was 52 years-old.

Ontario police received a call and responded with paramedics to The Folk Inn, which is a high-end Motel near Ontario Airport. The First Responders entered the room and found an unconscious man who was later identified as Spence. The Ontario Fire Department paramedics pronounced him dead at that time.

The news traveled quickly. Ontario Police contacted West Covina Police Chief Marc Taylor who contacted the Interim City Manager David Carmany of Spence's death. The city manager then made contact with the council members.

The news of his death out of Ontario spread like wild fire over social media especially Facebook. Although Spence had some personal medical is-

suess dealing with self-medication of controlled drugs, he was still loved by many. The response was overwhelming with shock of the horrible news, love for the man and concern for the family. It was impressive.

In July 2016, Spence was involved in a major crash where he was critically injured. He had major trauma which included various broken bones. There was a year-long recovery process for him.

He was cited for driving under the influence of alcohol or drugs and later pleaded guilty to driving under the influence of methamphetamine for that incident. He was sentenced to three years probation and paid a fine as well. As a condition to his probation, he had to attend 26 meetings of Alcoholics Anonymous, Narcotics Anonymous or Crystal Meth Anonymous.

Spence worked as chief of staff for San Bernardino County Supervisor Curt Hagman. He had been with him since 2009. A few weeks before Spence entered his guilty plea, Hagman did not extend or offer a new contract to Spence.

In May of last year, Spence was found unconscious in a Costa Mesa hotel room after a call from a woman stating that Spence may have OD'ed. Po-

lice found Spence unconscious. Paramedics treated him with Narcon which is a drug that counteracts a meth overdose. This treatment may have saved his life.

The West Covina City Council then decided to strip Spence of his title as Mayor of West Covina. This was led by Lloyd Johnson and Tony Wu. Spence announced that he would relinquish his position of Mayor at the end of last month. Having a family event that he needed to attend, he immediately left the council meeting after submitting his resignation as Mayor. At the time, Mayor Pro Tem Lloyd Johnson, moved to have Spence relieved as mayor immediately. The council voted in favor of the removal and Johnson then became mayor.

Spence had a lifelong battle with various issues dealing with drugs and medication. He admitted that he was flawed. He talked about his issues with friends and the battle he waged with the fact that he felt the need to self-medicate.

As the author of this piece for this paper, I can say that "Mike Spence had to be one of the most intelligent individuals around when it came to the logistics of legislation. He was a wealth of knowledge without question. This is an absolute tragedy and extremely sad. He was witty and funny with quick one-liners. He will be missed by so many."

There is no cause of death as an autopsy will be needed to find the exact cause of death. At this time there is no information on his services.

The Examiner and the publisher former mayor of Azusa Eugene F. Moses extends their condolence to his family and love ones.

Dogs Rescued By The Sierra Madre Search And Rescue Team

By Carolyn Grumm

As part of their commitment to go "anywhere in the wilderness that someone needs help," the Sierra Madre Search and Rescue Team (SMSR) rescues not only people but also dogs.

On March 17th SMSR responded to an exhausted dog near Chantry Flats. Heidi was hiking with her family and became too tired to continue. SMSR team members hiked in Sturtevant Falls trail with a wheeled litter to transport Heidi out.

Each year SMSR responds to approximately 100 calls, usually for lost or injured people, but occasionally for animals. Since 2006 the Team has rescued 39 animals including 4 horses, mules or donkeys, 1 bear and 34 dogs.

About half of the dog rescues are for exhausted or overheated dogs. These dogs may simply require transportation in a wheeled litter, but overheated and dehydrated dogs need immediate treatment. Last summer on Mount Wilson Trail, SMSR helped a German shepherd named Bailey who had heat stroke. She was cooled in the field with water and ice packs before being urgently transported off the hill so she could get to the vet.

The other half of dog rescues are for injured or stranded dogs. Dogs can quickly take off after deer or squirrels and become stuck at the bottom of a canyon or on top of a cliff. In 2014 Buster tumbled down a 150 foot cliff dislocating a hip. SMSR hoisted Buster up to the trail and wheeled him out to the trailhead.

SMSR maintains an emergency dog kit including a dog rappelling harness and treats. Many team members are dog owners and dog lovers. They are just as happy to rescue a dog as a person. As the Team has seen, if they don't assist dogs, owners will attempt a rescue themselves. SMSR does not want owners to



SMSR rescued Buster after he tumbled off the trail and dislocated his hip.

risk injuring themselves. It is safer and easier for the Team to rescue a dog than have to rescue a dog and their owner.

One team member explained, "Dogs know that we are there to help them. I've never had an issue with a dog being anything other than grateful." Other team members echoed this sentiment, and one added, "They never make excuses for what happened."

SMSR consulted with local veterinarian Dr. Debbie Hu from Family Dog and Cat Hospital to create guidelines to consider before hiking with your dog.

- Dogs build physical fitness just like you. If your dog only takes walks around the block, they're not ready for a 14 mile trip to Mt. Wilson.

- Know your dog. Short snout breeds like pugs and Boston terriers are not great hikers. They are especially prone to exhaus-

tion and overheating.

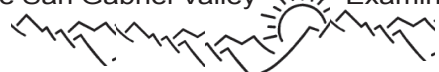
- If temperatures will reach 75°F carefully consider how dark your dog's coat is and how much shade is on the trail.

- If temperatures will reach 80°F it is best for your dog to stay home.

- Carry enough water for you and your dog.

- Keep your dog on leash.

Since 1951, the all-volunteer Sierra Madre Search and Rescue Team has responded to calls for help in the local mountains and beyond. SMSR also provides a range of wilderness safety programs. The Team never charges for any of these services, and is funded entirely by charitable donations. For more information, to donate, or to arrange a wilderness safety demonstration for your school or group, visit www.smsr.org.



Santa Fe Computer Science Magnet School Distributes Chromebooks, Implements Digital Instruction

MONROVIA—Students from Santa Fe Computer Science Magnet School lined up to receive Chromebooks during the school's one-to-one device rollout event on April 10, enhancing the school's commitment to boost student-learner outcomes by providing a quality education that includes digital instruction.



Students from Santa Fe Computer Science Magnet School explore their Chromebooks and work together on assignments during the school's one-to-one device rollout on April 10.

In addition to the Chromebooks, students also received chargers and laptop sleeves to protect the computers.

"A Chromebook gives students access to our digital world," Principal Geoff Zamarripa said. "By giving our students this competitive advantage, we are preparing them with the skills that employers desire and setting them up for a brighter future."

At Santa Fe, students will create, collaborate, develop, communicate, and interact online with the Chromebooks, adding a new dimension to the school's curriculum. Many subjects such as English and math have avail-

able online curricula, and students and teachers can begin working on the transition immediately.

Digital instruction provides access for teachers to monitor the progress of assignments, ensuring each student is staying on track with classroom work. Teachers can switch focus more on project-based instruction, giving students the opportunity to

learn new skills and master new concepts as they conduct research to complete projects.

"Monrovia Unified is committed to continually enhancing and improving the education of our students," Board President Ed Gililland said. "Working with the devices gives our students access to online learning tools that help engage and motivate them in their learning."

Gabrielino High Speech and Debate Program Celebrates 3 Academic All-Americans

SAN GABRIEL – Three speech and debate students at San Gabriel Unified's Gabrielino High School have received national acclaim as Academic All-Americans, a designation given by the National Speech and Debate Association for excellence in academics and at speech and debate tournaments.



Gabrielino High School seniors Jaycob Wahinehookae, Andrew Do and Kenny Le have been named Academic All-Americans by the National Speech and Debate Association.

Seniors Andrew Do, Kenny Le and Jaycob Wahinehookae received the recognition this year, joining nearly 100 Gabrielino Academic All-Americans throughout the program's 25-year history.

"Joining speech and debate gave me the opportunity to voice my ideas, be a leader and example to fellow teammates, and improve as a speaker," Le said. "My high school experience wouldn't be the same without speech and the people and activities that come with it."

To be eligible for the award,

students must earn a Superior Distinction score of more than 750 accumulated tournament points and an unweighted GPA of 3.7 or higher. Students may also qualify with a 3.5 GPA if they achieve a score of 27 on the ACT or a 1300 on the New SAT.

Andrew Do plans to study mathematics and engineering at Cal Poly San Luis Obispo; Kenny Le will major in business economics and minor in accounting at UCLA; and Jaycob Wahinehookae will pursue a degree in biology at UC Irvine.

Barger Motion Offers County Support For Ending Horse Fatalities At Santa Anita Park

LOS ANGELES COUNTY—The Board of Supervisors has unanimously approved a motion by Supervisor Kathryn Barger to send a five-signature letter to the California Horse Racing Board supporting further efforts to investigate and advocate for solutions to end the spate of horse fatalities at Santa Anita Park.

Since December 26 of last year, there have been 23 horse deaths at the racetrack, and the reasons for this significant increase remain unclear. Some have speculated that the winter rains caused the soil to become too soft. Others with the Stronach Group, which owns Santa Anita Park, argue that standards for veterinary treatment need to be updated.

Barger's motion directs the Chief Executive Officer to work with the Department of Animal Care and Control to offer cooperation with those responsible for horse fatalities at Santa Anita Park, including support for updated standards, if appropriate.

"The extent of loss of these beautiful animals is truly heartbreaking, yet despite all the analysis, concern, and care shown by a multitude of experts, advocates, and concerned citizens, the number of injuries and fatalities con-

tinues to grow," said Supervisor Barger. "My motion expresses the county's concern over the matter and offers the full support of county agencies and departments who wish to partner with state agencies and Santa Anita Park to solve this problem and

protect these animals."

Despite the most recent fatality, Santa Anita Park will remain open to host the Santa Anita Derby, a significant race for those hoping to make it to the Kentucky Derby on May 2, 2019.



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Buy A Brick Campaign

GLENDORA - Buy a brick and leave your mark on Citrus College! Over 600 bricks have been installed around the college's iconic owl fountain, a campus focal point and gathering place for students throughout the generations. Bricks may be purchased for \$150 to celebrate a graduate's class year, an athletic team, or given as honorary or memorial gifts for loved ones. Proceeds from the sale of bricks will be used to establish new scholarships, maintain existing scholarships and to fund projects around campus.



There are still a few remaining bricks to be purchased, but they are going fast!

Order forms are available online at www.citruscollege.edu/foundation/

tion/alumni or in the Citrus College Foundation office. Sponsored by the Citrus Alumni & Friends Association and the Citrus College Foundation.

West Covina Unified Celebrates Construction Progress on Edgewood Event Center



West Covina Unified School District Board of Education members sign their names on a steel beam in a "topping out" ceremony on April 9, celebrating the progress on Edgewood High School's Event Center. Pictured from left to right: Superintendent Charles D. Hinman, Board President Daniel C. Monarrez, Board Vice President Camie Poulos, member Rose Lopez, clerk Eileen Miranda Jimenez and member Michael Flowers.

WEST COVINA – West Covina Unified administrators and Board of Education members signed their names to the final steel beam raised for Edgewood High School's new Event Center during a "topping out" ceremony on April 9.

Edgewood High School Event Center will feature a 350-seat auditorium with bleachers and freestanding seats for school and District stage events and meetings. The project, funded by the voter-approved Measure ES, be-

gan construction in October 2018 and is expected to be completed by January 2020.

"Thanks to the support of our community, we have been able to provide students with facilities and resources that inspire greater success," WCUSD Superintendent Charles D. Hinman said. "We are excited to celebrate a turning point in this project and move closer to providing a place where Edgewood students can gather to showcase their achievements."

Edgewood High is part of West Covina Unified's International Baccalaureate Continuum, providing students with a rigorous, globally focused education.

The Event Center – proposed as part of the District's goals to create innovative, effective learning environments – will also house Edgewood's career technical education (CTE) programs, including studios and classrooms for gaming design, video production, IB dance and theater production.

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Four Bills Authored by Senator Chang Clears Major Hurdles

SACRAMENTO - Four bills authored by Senator Ling Ling Chang (R-Diamond Bar) have passed out of committee with unanimous approval. These bills support veterans, improve public safety, and promote good digital citizenship. "I'm pleased to receive bipartisan and unanimous approval," said Senator Chang. "California is at the forefront of some of the biggest advancements in technology, but with those advancements comes risk of abuse by bad actors who seek to take advantage of others. I'm proud to author bills that support veterans and help Californians feel safe as technology continues to advance."

Senate Bill 245 calls on animal shelters to waive pet adoption fees for military veterans. California is home to 2 million military veterans, including many who struggle to cope with Post-Traumatic Stress Disorder (PTSD) and could

benefit from an animal companion. SB 245 has received support from the California Association of Veterans Service Agencies.

Senate Bill 239 makes it easier to prosecute cybercriminals and computer hackers. The proposal aligns the statute of limitations for felony computer hacking with similar forms of crimes by allowing for prosecution three years after the date of discovery, rather than the date of offense. SB 239 has received support from the American Association of Retired Persons (AARP).

Senate Bill 348 requires state

agencies to develop a plan to improve state services with artificial intelligence and encourages the Governor to create a statewide strategic plan.

Senate Bill 648 promotes user responsibility and public safety by applying the same principles underpinning vehicle hit and run laws to drones. SB 648 requires drone operators who are involved in an accident to provide their name, address, and valid identification to victims and police.

For more information on these and other bills authored by Senator Chang, visit www.senate.ca.gov/chang.

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2019-2020 Los Angeles County Budget: Progress Through Investments That Change Lives

LOS ANGELES COUNTY - Los Angeles County has unveiled a proposed \$32.5 billion budget for fiscal year 2019-2020 that addresses key social issues while embracing innovation, jobs and quality of life improvements—including the launch of a new “human-centered” voting system and the County’s first Department of Arts and Culture.

“This recommended budget reflects the County’s values and vision, along with its ambitious commitment to improving life for all County residents, especially the vulnerable and underserved,” said Chief Executive Officer Sachi A. Hamai. “Although this recommended budget is ambitious, it is also balanced and realistic, reflecting our Board of Supervisors’ long-standing commitment to responsible, sustainable fiscal practices.”

The programs recommended for funding bring to life a progressive agenda of fighting homelessness, promoting health and well-being, improving the justice system, championing the rights and needs of immigrants, creating better lives for children and families, and enriching communities through recreation and sustainability

projects.

It includes funding to promote affordable housing, rent stabilization, job creation and safer roads.

The recommended spending plan also makes a substantial investment in the County’s mental health safety net, with an expanded school safety program, enhanced efforts to address the needs of women leaving incarceration, an increase in the number of treatment beds and initiatives to divert mentally ill inmates out of the criminal justice system.

Among the highlights:

- \$424 million to combat and prevent homelessness—a \$14.8 million increase as Measure H moves into its 3rd year
- \$15.2 million and 77 positions to help clients requiring intensive mental health interventions
- \$35 million for affordable housing—part of a five-year plan to reach an annual allocation of \$100 million
- \$28 million for a modernized voting system—Voting Solutions for All People—which debuts in the March 2020 election
- \$17.9 million for 10,000 youth jobs through the Youth@Work program

• \$23 million and 37 positions to make it easier to onboard foster and adoptive caregivers, including relatives

• \$23.7 million to boost the Office of Diversion & Reentry’s supportive housing supply from 1,500 to 2,000 slots

• \$14.3 million for closed circuit TV cameras at Barry J. Nidorf Juvenile Hall and the Dorothy Kirby Center

• \$10 million for improved health care for jail inmates

• \$3.8 million and 32 positions for the County’s new Department of Arts and Culture, launching on July 1, 2019

• \$371,000 and 2 positions to expand the Office of Immigrant Affairs

• \$78.6 million in sustainability initiatives, including solar energy and water conservation projects at County facilities

• \$74.7 million to maintain, build and refurbish parks and cultural facilities

• \$52.8 million to maintain and repair roads and fund safety projects

The recommended budget was presented to the Board of Supervisors on Tuesday, April 16. The budget process continues with public hearings on May 15, 2019 and budget deliberations on June 24, 2019.

County Approves Employment Innovations To Link Homeless Individuals To Jobs

LOS ANGELES COUNTY - To help improve access to jobs and provide a way out of homelessness, the Board of Supervisors has unanimously approved a motion by Supervisors Kathryn Barger and Sheila Kuehl that directs the Chief Executive Office to work with the United Way of Greater Los Angeles to administer a Homeless Employment Innovation Fund.

Resources will be awarded to providers and job centers to support programs that have a proven track record of successfully connecting individuals to

employment opportunities.

“The county been successful in our efforts to connect highly acute individuals to benefits through Measure-H funded strategies, but there are portions of the homeless population who simply need a hand-up to reconnect to jobs and housing,” Supervisor Barger said. “This effort will provide employment opportunities to help curb the inflow into homelessness and help other individuals exit cycles of homelessness for good.”

According to the Los Angeles Homeless Services Author-

ity’s 2018 Homeless Count data, 46% of the 9,205 people experiencing homelessness for the first time said it was due to a loss of employment or other financial reason.

In addition to establishing the Employment Innovation Fund, the County will work with local experts and research collectives, such as the Homelessness Policy Research Institute, to design, implement, and measure pilot programs based on localized solutions to employing homeless individuals and families in their area.

Senator Chang's Legislation to Prevent Drone Hit and Run Passes Senate Transportation Committee

SACRAMENTO - The Senate Transportation Committee unanimously approved a drone hit and run prevention bill authored by Senator Ling Ling Chang (R-Diamond Bar). Senate Bill 648 promotes user responsibility and public safety by applying the same principles underpinning vehicle hit and run laws to drones. The bill requires drone operators who are involved in an accident to provide their name, address, and valid identification to victims and police.

"It's simple. We need to protect public safety by holding drone operators accountable," said Senator Chang. "Like vehicles, drones can and have caused injury and property damage. Current laws give drone operators an

incentive to leave the scene. This bill helps Californians feel comfortable as drones become prevalent - especially since operators can control drones from a distance and outside the direct visibility of the injured party or property owner."

SB 648 requires drone operators who are involved in an accident that results in personal injury or property damage to immediately land the drone at the nearest location and to provide their name, address, and valid identification to the injured individual or the owner of the damaged property.

"Requiring an individual to provide the most basic contact information following an accident involving an Unmanned Air-

craft System (UAS) is fair and equitable to all involved," said Ronak Patel, Director of Bochasanwasi Shri Akshar Purushottam (BAPS) Swaminarayan Sanstha. "Owners and operators have repeatedly caused property damage to our mandir and surrounding facilities in Chino Hills, but have refused to accept responsibility or provide any contact information. This bill is important in ensuring that individuals and property owners are able to engage in a meaningful dialogue following an incident."

Under current law, motor vehicle drivers are required to stop and provide identification and contact information if they are involved in a car accident that causes injury or property damage. Any driver who flees the scene of an accident may be charged with a misdemeanor if the accident involves property damage or a felony if the accident involves serious personal injury.

The FAA projects that there will be an increase of recreational drones from an estimated 1.1 million in 2017 to 2.4 million in 2022.

San Gabriel Valley Examiner
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State Growth Projections In Question

San Francisco Chronicle presented horrifying numbers this past weekend on the homeless in that city by the bay that has a real track record for homelessness and a record of not dealing with it very successfully. But we have to wonder if the homeless numbers we're seeing in San Francisco, along with L.A., New York and other large cities can be dealt with in any sort of finality.

Homelessness was a situation when then-mayor Gavin Newsom tried to tackle the issue during his term in office and solutions to the problem remained elusive and to this day the streets remain littered with sleeping bodies and spent syringes. The Chronicle graphed out a picture of the problem using interactions at the San Francisco Airport with the police department.

March 2017, there were 373 documented responses to homeless issues at the airport. March 2018, that number had doubled to 757 interventions and by February 2019, the police were up to 40 calls a day or 1,139 contacts for that month just at the airport, not BART train riders. In January 2017, when the federally required homeless count was done, the youth and general population count of sheltered and unsheltered was right at 7,500. Another federally-mandated count is pending for all cities statewide.

Gov. Newsom announced his agenda for California at the beginning of his gubernatorial term. One was to combat homelessness and, second, to build 3.5 million new housing units by 2025 to create housing affordability. The two goals are inter-related, but first step is to identify who the homeless are by category so we know whether they need housing or other services in a facility-based environment. Second, the building industry told the Sacramento Bee the 3.5 million new units are necessary to meet projected population growth [and] would require the state to quintuple its current rate of production." Radical statement when you look at the numbers.

Population growth is 2017 projections and politics in California and D.C. may have changed those numbers. Population density is measured by square mile (sq/mi).

- San Francisco population of 884,363 has 6,266 people a sq/mi and growth rate of 0.94%

- Los Angeles population of 4.9 million, a density of



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora
8,534.52 people a sq/mi and growth rate of 0.47%.

- San Diego population of 1.4 million, a density of 4,371.07 people a sq/mi and growth rate of 0.91%

- San Bernardino population is 216,239, a density of 3,500 a sq/mi and growth rate of 0.45%.

- L.A. County population at 10.2 million, a population density of 2,490 a sq/mi and growth rate of 0.47%.

- California population is 40 million and measured density is 251.3 per square mile. Estimates of growth rate for the state as a whole are not clear but one guess is 41 million people by 2020.

Numbers below are from SCAG's 2017-18 reports.

- Azusa's population is 49,485, a density of 5,126 people a sq/mi and growth rate of 0.38%

- Baldwin Park's population is 74,738, a density at 11,286 a sq/mi and growth rate minus 0.21%.

- Duarte's population is 22,177, density at 3,316 a sq/mi and growth rate at minus 0.33%.

- Covina's population is 49,055, density at 6895.33 a sq/mi and growth rate minus 0.31%.

- Glendora's population is 57,703, density at 2682.59 a sq/mi and growth rate at 0.37.

- West Covina's population is 107,873, a density of 6731 a sq/mi and growth rate at minus 0.31%.

- In these cities, majority of residents drive to work in about 30 minutes.

Newsom, regarding his goals, has said: "Many cities and counties have abdicated their responsibility to help those in need ..." and he would hold cities accountable for failing to meet their housing quotas set by the state. He [supports] ... "streamlining the process for approving land use ..." and threatens "... communities could lose out on money for public transit and roads if they don't build enough housing."

Why do cities want to force housing development if their growth rates are lagging or declining?

SB 50 (Wiener D-SF) will accomplish Newsom's goals, but will usurp local zoning authority, pre-empt citizens' ability to influence the kind of community they live in and could impact quality of life services. SB 50:

- Creates high-density housing zones within a half mile of a rail transit station, within a quarter of a mile of high-frequency traffic corridors and bus stops, and within "job-rich" neighborhoods.

- Creates apartments or condo units as high as 5 stories and 80 feet.

- Eliminates environmental review to expedite building these units.

- Reduces or eliminates parking supporting the theory all living in those units will ride the bus or train to their destination.

- Dictates failure to comply, would allow procedures to withhold / confiscate transportation funding for that city.

Two reporters question the need for 3.5 million new housing units. Joe Matthews, Connecting California, believes the "era of population growth is over and that shrinkage may be [California's] future." He notes the birth rate has fallen and is the lowest ever. Check school populations and declining enrollment for several years now.

Matthews comments on the loss of more people to other states due to state policies - underinvestment in schools and infrastructure. Let's add in more cost-of-living through more taxes.

Dan Walters noted the estimates from Census Bureau and Department of Finance are estimating state population at 39.6 or 39.8 million, not 40 million, indicating a slowing in population growth. He notes the population booms started slowing in the 1990s and have slowed to 0.4% in 2017-18.

Walters most serious comment provides perspective on the headlines "... If the next census does a poor job of reaching traditionally hard-to-count populations and immigrant communities, more than 1.6 million Californians could be missed and the state could easily lose a [Congressional] seat."

SB 50 will be heard by Committee on Government Affairs on April 24th.

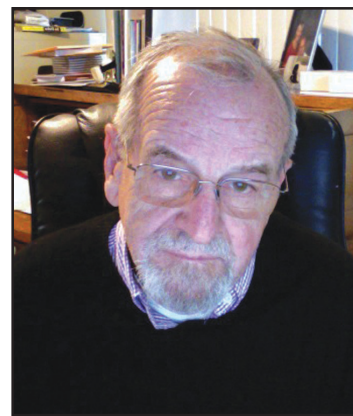
Religion And Politics

One of the complaints I often hear is that religion and politics should not be mixed. Religion has to do with spiritual matters and politics with worldly matters, and the two must be kept apart. Well, this is what Christians call "holy week," the most sacred time in our calendar, so let me put on my preacher's identity and tell you a story right out of the Bible.

Jesus, a Jewish wandering teacher, had just spent several months traveling around Galilee, where his main work was with the ill, the oppressed, the dispossessed and the subjugated. As he traveled from town to town it became increasingly clear that the main problem was the political and economic occupation inflicted by Rome's army and the henchmen Rome had appointed to guarantee domination over the lives of these subjugated masses-taxed without political representation.

He had been clear about his mission, and identified it is his home synagogue when he said "The Spirit of the Lord is upon me, because he has anointed me to preach the gospel to the poor; he has sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are oppressed, and to proclaim that now is the year."

He had subsequently told his disciples that they must go south to Jerusalem and confront the oppressors on behalf of the captives and the oppressed. First, he had to determine whether his disciples were able to affirm his authority. Peter speaking for the



Charles H. Bayer

others called him the one God had anointed. But when Jesus said that the authorities in Jerusalem, the Roman rulers and their puppets, would resist to the point of having him killed, Peter then said that perhaps they should not make that dangerous trip. Jesus call him a devil and determined to go, and on the way south three times had to remind his disciples about what was bound to happen.

Along the way they gathered followers wherever they went, and finally arrived at the Jerusalem. He did not enter the city quietly, but led a parade that included crowds of his cheering followers. It was that event on what we eventually called "Palm Sunday," that made clear he was there to confront the Roman occupiers and their collaborators.

In the week that followed he engaged in a series of confrontations with the Romans and their temple quislings. On what we now call Maundy Thursday evening, he and his inner circle celebrated a meal marking a political uprising that had taken place centuries before when Moses had gone to the Egyptian

capital demanding that Pharaoh "let my people go." That earlier meal was marked by blood painted on the doors of all the Hebrew homes so that the angel of death would "pass over" those dwellings-and the Hebrews would be on their way to political liberation.

Having realized the extent of the threat, Roman soldiers were dispatched later that night to find and arrest Jesus. This they did, and after a series of mock trials before the Roman governor and his temple accomplices, Jesus was unmercifully beaten and then executed as a criminal who had defied Rome's authority. The identification nailed to his cross said "King of the Jews." The message was clear: do not defy the authority of Rome's occupation.

The end of the story had a very different sign. It was an empty tomb whose message was: "God, not Caesar, has the last word." It is an empty cross that for all the centuries since has affirmed this message.

I suppose we will continue to hear from those telling us that religion and politics are not to be mixed. What they will be saying is, "Do not confront Pharaoh, Caesar or any other political ruler or any so-called secular authority which holds people in political or economic captivity."

Must religion and politics be held in totally separate worlds? I doubt if that can be said by anyone seriously confronting the events of what we now call Holy Week.

Contact Charles Bayer at candwbayer@verizon.net

My Turn: Democrats Caught Between A Rock And A Sanctuary Space

Once upon a time in 1995, President Clinton made speeches about legal verses illegal immigration. "The American people are rightly disturbed by illegal immigration." He talked about hiring more border guards, securing the border, cracking down on employers hiring illegals and mentioned how we are nation of immigrants but also a "nation of laws." He appointed Barbara Jordan to head up America's immigration policy.

In 2007, Charles "Chuck" Schumer continued the narrative condemning those for "entering our country without permission." He lamented about the loss of hardworking American employees' jobs and said the use of the more benign term "undocumented workers" was proof of a lack of seriousness about the immigration problem.

In 2008, Barack Obama upon his election, called for "Comprehensive Immigration Reform by the end of his first term. And how we have "An obligation to secure our borders."

Times do change, and they did when Donald Trump first came down the escalator at Trump Tower with his announcement to run for Presi-



Charles Lopresto

dent. The Democrats agreed with everything Trump said about immigration UNTIL Trump said them. And the Democrats would dig in deeper when Trump took the election from Hillary Clinton, vowing to not support or help implement anything Trump proposed. As a result, the Democrats turned their attention to Sanctuary Cities, establishing them to not only accept those they once called illegal, but protect them there with a lack of law enforcement and efforts from activist judges to further hinder the law enforcement.

Democrats built quite an attack on Trump, trying to blame him for a separation of children from their parents who chose to cross the border and were apprehended at the border. Forget about it being done during Obama's term. They pushed back against the wall itself. Nancy Pelosi called the wall immoral, and companies participating in the construction plans were demonized. Detainment of illegals was considered cruel even though it was the only way to vet them. Drug trafficking, human trafficking and health issues set aside, the logistics alone were a problem ignored by the Democrats who claimed the unplanned and uncontrolled "invasion" was not considered an emergency or a crisis.

But Trump had to do something. He won an election on doing something. He made a bold move, announcing he would suspend his battle

against Sanctuary Cities and order the detainees at the border to be transported to areas that are considered Sanctuary Cities. In other words, Democrat conclaves would get the hordes of immigrants. After all, didn't they ask for it?

Once again President Donald Trump called the bluff of his opponents, and the Democrats proved to be not the party of Civil Rights, not the party of the working class, or the party of immigration, as they like to claim. They were revealed as the NIMBY Party-"Not in my backyard." So just like that, the Democrats were opposing this latest Trump decision. USA Today reported that "Donald Trump's sanctuary cities plan faces road blocks...not only is the idea impractical and a misuse of government resources...it is also illegal." Sounds very similar to what Trump tried to say all along in his battle to secure the border, eliminate Sanctuary Cities and turn the illegals away.

And Trump has painted the Democrats in a corner. They couldn't agree with the idea of letting all these people in even after they pushed for it for so long. They realized the consequences of a notion that sounds great when you use it for rhetoric and talking points, but doesn't sound that great when it is actually happening. On the other hand, if they do bring about legal action, they risk what would essentially be the demise of their concept of Sanctuary Cities. In other words, passing legal judgement against themselves.

Trump is shrewd and his Queens, New York businessman savvy has proven once again to reveal him as the chess master. Trump doesn't need to take up a sword against his opponents, the Democrats. All he needs to do is hand them the sword and let them fall on it.

"TIME JOCKEY" - El Tepayac Café

By Joe Castillo

Manuel Rojas... In 1956, a small Mexican food restaurant was opened in Boyle Heights on Evergreen Avenue. Salvador Rojas and his son, Manuel, had opened two other restaurants in the Los Angeles area, El Tupinamba Cafe and La Villa Café, nearly a decade before but the eateries failed to succeed. Then a new site was located in the hills of Boyle Heights, a location that reminded Salvador of the appearance of the Blessed Mother known as the Virgen de Guadalupe near Mexico City.

The story goes that an Aztec Indian named Juan Diego witnessed the vision on a hilltop named El Tepayac. The new restaurant was named accordingly and it featured the usual collection of Mexican food; tacos, burritos, enchiladas, rice and beans, but with three notable exceptions. The Original Okie, Original Hollenbeck and Manuel's Special Burrito, the later weighing five pounds and filled with pork, rice, beans and guacamole, provided a unique menu for restaurateurs. Manuel worked tirelessly at the restaurant, cooking, greeting customers and serving them. He was the face of the business and its primary host, sharing kisses, greetings and even a shot of his favorite tequila. Customers enjoyed the warm wel-

come and they returned their loyalty by coming back and returning over and over.

The restaurant name goes by a variety of monikers: El Tepeyac, El Tepeyac No. 1, Manuel's Original El Tepeyac Café, El Tepeyac Café or even Manuel's. But whatever name it went by, the restaurant served the same tasteful dishes. The restaurant is located at 812 No. Evergreen Avenue in Los Angeles, and is opened every day. It sits approximately 60 inside and another 30 outside, and there's usually a line waiting to be seated, especially during Dodger season. Despite its small seating capacity, hundreds of thousands, perhaps millions of customers have been served. The restaurant is located across the street from Assumption Catholic Church with many of the properties in the area also owned or at one time owned by Manuel Rojas and his family. Just two units from Manuel's is another restaurant which was going to be a larger version of Manuel's but was never turned into one. Today it sits empty with only a sign which reads "El Tepeyac Café #1". Manuel's El Tepeyac Café comes up on nearly every Los Angeles top Mexican restaurant list and continues to maintain its prominence after 60 years.

Manuel Rojas passed away in 2013 from cancer but his family

has taken over the operations of the restaurant and now three generations of the family works the business. As Manuel Rojas used to say. "It's all a mind over matter. If I don't mind, it doesn't matter". The story of Manuel's El Tepeyac Restaurant continues today in Boyle Heights with the best Mexican food in the City of Angels....

Joe Castillo is a freelance historical writer who has been covering Southern California history for 11 years and has written 5 books on the topic. He can be reached at joecastillo@aol.com.

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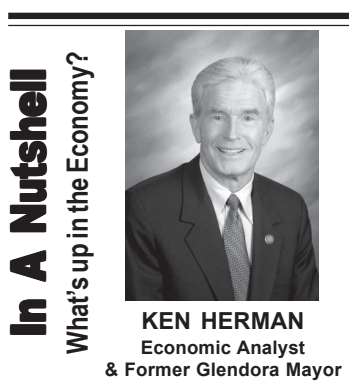
What, Me Worry?

A slightly-inverted yield curve continues to spook investors. However, my colleagues at Bespoke Investment Group documented the fact that during the previous six yield curve inversions, the S&P 500 rose by an average 1.75%, 6.16%, and 8.13% over the next month, three months, and year, respectively. Even more dramatically, after the last four times the yield curve first inverted, the S&P averaged gains of 19% after 12 months.

The yield comparison used in the Leading Economic Indicators (LEI) is the spread between the 10-year Treasury rate - set by the market - and the fed funds rate, set by the Federal Reserve. Comparing these two rates is somewhat like comparing apples and oranges. Fed fund rates appear artificially constructed based on the whims of the Fed Governors and their changing interest-rate policy decisions.

A more rational yield curve measurement would be the 10-year over the 2-year Treasury rates. By that measure, the yield curve remained positive by at least 13 basis points in March, closing at +15 bps.

Bespoke also likes to follow the "smart money" on Wall Street. They noted recently that in January and February these "smart" folks liked to buy during the last hour of trading (3-4 pm EST). But in March, Bespoke says, there has not been much buying pressure in the last hour. This has raised some concerns that these smart buyers may have turned into patient net sellers, implying



In A Nutshell
What's up in the Economy?

KEN HERMAN
Economic Analyst
& Former Glendora Mayor

a coming correction.

Either way, I think the evidence is clear that today's stock market is getting much more selective, due largely to the anticipation of a potentially rapid deceleration in corporate earnings for the next two or three quarters. Therefore, this is the time in a recovery cycle when we should be super-selective in any new stock portfolio selections.

Assuming the market has found some equilibrium, both Director of the Economic Council, Larry Kudlow, and Federal Reserve nominee, Stephen Moore - both ardent supply-siders - are calling on Mr. Powell to slash the Fed Funds rate by 50 basis points "immediately." Wow! This has the tone of "watch out - that bus is about to hit you!" To me, this sounds like a very radical statement following the FOMC meeting in which the Fed left rates alone while noting "slowdowns in overseas economic growth."

My first gut instinct is to say: "This is a pretty severe position to take." What do Kudlow and Moore know that the rest of Wall Street doesn't? Rates are current-

ly at 2.25%-2.50%, so a 50-basis point cut would put such rates below 2%. Maybe President Trump believes Jerome Powell is way behind the curve.

Until recently, April has been historically the best month of the year for the stock market. But in recent years (excluding 2018) December and November have surpassed April. Regardless of history, we've just enjoyed the best first quarter in the 21st century - the biggest opening-quarter stock market increase since 1998. The three most-watched indexes each gained over 11% in the quarter just ended, but despite any recent "overbought" condition, the market kept rising, with smaller growth each month.

We should also watch the Fed's hot-and-cold reactions to the economic data. Since a significant yield inversion depends on the Fed's actions, a rate cut could have resolved an "inverted" yield curve situation overnight. Right now, the Fed says they will institute no more increases this year, but they never promised not to cut rates.

There are several more technical reasons I could cite for not losing sleep over a short or temporary yield curve inversion, but suffice it to say: Wall Street must always climb its "wall of worry," justified or not.

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

What's the best use of my refund? Should I pay down debt, or start an emergency fund?

I suggest you start by paying down your debt. If you can pay off one credit card, take the amount you were paying on that card and add it to the payment you've been making on the second credit card. As you pay off the second credit card, add that payment amount to the third credit card's payment. Once you get your credit cards paid off, put the accumulated payment amount into a savings account for your emergency fund. All this can be accomplished faster by figuring out where you could cut your budget. Often that means giving up Starbucks, fast food, restaurants, and/or cable or satellite tv. It can mean getting a second job.

1. Get out of debt. 2. Emergency fund 3. Investing

My business partner and I are concerned that if something happened to the other, the survivor might not be able to keep the business going while looking for a competent replacement. What can we do?

The most common way to accomplish what you want is for the business to buy life insurance on each partner, with the business as the beneficiary. The expense of the life insurance policies can be a write-off as a business expense. Some types of insurance, and some annuities, can be set up to supply retirement income, too.

We're considering long-term care insurance. Some friends say it isn't worth it; others say they are very happy they have a policy. What do you have to say about it?

Differences of opinion usual-



Julia Yoder

ly come from different experiences. The friends who have long-term care insurance have probably seen, or personally experienced, the financial burden that befalls those folks (and their families) without an LTC insurance policy. If you are financially able, and you've decided that's where you want to spend your money, and your heirs' inheritance, then go ahead and consider self-insuring. At this time, in California, you can expect to pay between \$45,000 and \$70,000 per year per person. In 20 years, the cost is expected to be over \$100,000 per year. The average stay in a nursing home is 5 years. If you are planning to rely on Medicaid/MediCal, then you might want to determine when you think you might need this form of government welfare for your nursing home care, and set the date to spend-down your assets to coincide with the government's compulsory 5-year look back period. If you have other plans for your money and assets, you might want to consider long-term care insurance. Long-term care insurance premiums can be tax-deductible (within published

limits). There are differences in the plans offered, so make sure to do your research.

My wife is employed part-time, and I have been self-employed for over 5-years. We want to purchase a home. We're being told I'll need to show 2-years' tax returns. My income last year was considerably higher than the previous year, so they say we have to wait another year. By then, interest rates will probably be much higher. What can we do?

They want to see that your income is "reliable" and that there's a great probability that you will be able to continue making the mortgage payments. There are some lenders who only look at 1-year tax return, especially when you have been in the same line of business for a number of years and it looks like you'll continue. Also remember that there are many loan programs, both fixed interest and adjustable, and very low down-payments for a conventional loan. There are VA loans with zero down-payment, FHA loans, and Reverse Mortgage (with age requirements) purchase loans.

Ask Julia by email:
juliyoder@yahoo.com

This is your opportunity to simplify your life by having one professional working personally with you to coordinate your finances, investments, real estate, mortgage, insurance, retirement, and estate plans. CA Insurance 0C83859/Real Estate Broker 01238153/Nat'l. Ethics Assoc./Accident-Medical-Dental discount plans:
CalStarBenefits.com/28485

THE CAR GURU
WHAT YOU "AUTO" KNOW
By Gene Morrill - Certified Automotive Specialists

Oil Filter Warning

The oil filter is one of the most important parts of the engine. Its job is to filter out any contaminants created by the normal wear and heat of the engine. When your car has the oil changed, most likely the oil filter is also changed, at least I hope so.

Years ago, we all knew that the oil and filter was changed at 3,000 miles, it was just the way it was. Enter the new age of cars, oils and filters; especially synthetic oils which last much longer as stated in some of my previous articles. Many oil changes can last 5,000 to 10,000 miles depending on the type of car, type of oil and how many quarts of oil are in the oil pan.

Back in the day when we recommended the 3,000-mile service, any oil filter would easily

protect the engine for that mileage, but not many oil filters would protect your car for more than 5,000 miles. If you are driving longer than 5,000 miles between oil changes and using a low cost oil change shop, you may be damaging the engine and not even know it.

Let me explain. Oil filters all look the same on the outside, but are very different on the inside. The difference lies in the amount of filtering material used and type of drain back valve used inside each filter. Less expensive filters, as you would suspect, have less filtering material and a less reliable drain back valve.

This may seem insignificant, but the results can be catastrophic. When you drive longer than 5,000 miles on one of the low cost filters, the filter starts to

lose the ability to keep the contaminants contained and they slip into the engine bearings, causing premature wear. The eventual outcome is engine failure. It does not pay to have an inexpensive oil change and an inexpensive oil filter put on your newer model car.

Currently, there is not a standard or law that says what part or quality of part, needs to be put on your car. If you have an engine failure that should be covered by a warranty, and you have been using cheap oil/filter, this is not only scary for you, the consumer, but it could get downright ugly as the manufacturer may deny the claim. Ultimately, the consumer should be aware of what is going on with the car and use a service center you trust.

A cheap oil change may save you money short term, but will not save you money in the long run.

Certified Auto Specialists: the friendlier and more helpful auto shop! Feel free to call 626-963-0814 with any questions and we will be glad to help, or visit our website at CertifiedAutoCa.com.

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Not Taking The Time To Educate Yourself

This is typically a big mistake that too many people make when starting their business they are generally under educated about all of the facets that surround operating a business and how to get it to profitability. Some people try and figure this out on their own without any help. That's fine if that's what you want to do, however, it may be a long time from achieving success of any kind.

There are all kinds of places that you can start your education process and learn what you need to know for success. You can get an internet marketing guide, eBook, go to forums, read articles, blogs or anything else that has to do with your business interests. One of my favorite places to find specific answers is [wikihow.org](http://www.wikihow.org) and [wikipedia.org](http://www.wikipedia.org).

One of the best ways to learn is to find a forum where professionals in your industry hang out who have achieved what you are trying accomplish. One great forum for this is the forum: <http://www.warriorforum.com> However you need to be aware, all forums can become time traps. Stay focused, get in, search and get out. A quick an easy way to search this particular forum is here:

Michael Allawos
Principal Consultant
Global Management Consulting Services

plank.com/warriors/search.php. There are also many others:
<https://www.quora.com/>
<https://bizwarriors.com/forum/>
<https://community.startupnation.com/>
<https://www.youngentrepreneursforum.com/>
<https://www.startups.com/>
<https://www.thefastlaneforum.com/community/>
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These are all well-known forums that have a lot of business experts that contribute to it. They will be more than happy to help you with many areas that you need help in. You can ask them questions, ask their advice on where you can learn what you need to,

or find out what guide they would recommend to help you along the way.

You have to take the time to educate yourself on every aspect of your industry in order to ever be successful. There is no if, ands or buts about it. This is a must if you ever want to get your business to the top where you want it.

People who have achieved success are the best ones to get help from because they have done what you are trying to do. Remember to always surround yourself with folks smarter than yourself. You will find that almost everyone who has been successful would love to help you get to where they are. You just have to ask for their help. They will tell you that education on all aspects of your industry is a must for everyone trying to build their business.

Too many people get impatient and think they can do it themselves with no help. They are usually the ones that end up quitting. Don't make the same mistake that they do. Learn what you need to. You'll be amazed at how willing many of your colleagues will be to lend a hand.

DMV Takes Next Step To Allow Light-Duty Autonomous Delivery Vehicles

SACRAMENTO—The California Department of Motor Vehicles (DMV) released proposed regulations that establish a path for companies to test or deploy light-duty autonomous motor trucks (delivery vehicles) on the state's public roads. The release of these regulations marks the start of a 45-day public comment period, which ends May 27, 2019.

Under the proposed regulations, companies can test autonomous delivery vehicles weighing less than 10,001 pounds with an approved permit from the DMV - provided they do not charge a delivery fee. Companies

must apply for a deployment (public use) permit to make their autonomous technology commercially available. The DMV's regulations continue to exclude the testing or deployment of autonomous vehicles weighing more than 10,001 pounds.

Written comments may be submitted to LADRegulations@dmv.ca.gov during the 45-day period. The proposed regulations are available on the DMV Autonomous Vehicles webpage and under the "News and Updates" section on the DMV homepage.

Following the comment period, the DMV will hold a public

hearing at its Sacramento headquarters on May 30 at 10 a.m. to gather input on the regulations. The DMV previously held a public workshop on October 19, 2018, to gather and discuss input on the development of the regulations. The approach is consistent with how the DMV developed past AV regulations packages, and the department is targeting to complete this rulemaking within the year.

Currently, 62 companies have valid permits to test autonomous vehicles with a safety driver on California public roadways. One company has a permit for driverless testing.

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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.

ARCADIA Pain in your Head

Is your head aching? Could your headache be an indication of something serious? Arcadia Senior Services in partnership with Methodist Hospital is having a free health lecture on Tuesday, **April 23** at 1:30pm. It will take place at the Arcadia Community Center, 365 Campus Drive. Neurologist Kenneth K. Wogensen will be the guest speaker. Dr. Wogensen will discuss the symptoms, causes of different types of headaches, as well as new treatments. The program is for individuals age 50 and over. To reserve a seat at the lecture or for additional information please call Arcadia Senior Services, 626.574.5130 before April 22.

Asian Women's History Documentary

"To Climb Gold Mountain," a documentary recounting the lives of four women of Asian descent and their experiences in the United States, will be screened at the Gilb Museum of Arcadia Heritage on Saturday, **April 27**, at 2 pm. Spanning 160 years, the film shows how each woman fought in her own way to make a difference in America. The program is free and features a ques-

tion-and-answer session with the director, Alex Azmi.

For more information, please call 626.574.5440 or visit the website at www.ArcadiaCa.gov/museum. The Gilb Museum of Arcadia Heritage is located at 380 W. Huntington Drive, immediately behind the Community Center. The Museum Education Center is located at 382 W. Huntington Drive. The Museum is open Tuesday through Saturday from 10:00 a.m. to 4:00 p.m. (closed 12-1). Admission is always free.

BALDWIN PARK Carlsbad Flower Fields and Carlsbad Premium Outlets

We will be heading to The Flower Fields in Carlsbad California on Saturday, **April 20**, 2019 from 9:00 am -5:00 pm. The Flower Fields is a spectacular event that bursts into a rainbow of color every spring. Enjoy 50-acres of beautiful ranunculus flowers that cover a hillside overlooking the Pacific Ocean. Navigate through the pathways of a sweet pea maze and spend some time on a tractor-pulled wagon ride (included with admission). Musical guest Swingerger will be playing all your favorite Jazz standards in many styles. Gypsy Jazz, Swing Jazz, Traditional Jazz, and more! There is a picnic area for you to enjoy if you decide to bring your own lunch. We will also be heading to the Carlsbad Premium Outlets, which features 90 stores in an attractive outdoor village setting. Limited Tickets! Meals not included. Tickets are \$40 for Baldwin Park Residents and \$45 for Non-Residents. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

COVINA Mother's Day Lunch

The City of Covina Parks & Recreation Department - Senior Services Division is holding Mother's Day Lunch at the Covina Senior Center (Temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Friday, **May 10**, from 11:30 a.m.-1 p.m. Let's celebrate these fabulous ladies! Join us the "motherlode" of all events! These ladies are dressed up and ready to party. Nominal suggested \$3 donation for lunch through Nutrition Program. For more information or to register, call (626) 384-5380.

BUNCO!

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

DUARTE Woman's Club Spaghetti Dinner

The Duarte Woman's Club's Annual Spaghetti Dinner fundraiser will be held on **April 26**, 6-8 p.m. at the Elk's Lodge #1427, 2436 Huntington Drive, Duarte. Door prizes, raffles, and entertainment will add to the festivities. All profits support the Club's philanthropic projects including scholarships for local high school seniors. Tickets are \$15, children up to 10 years, \$6. To reserve your plate-a-pasta, call (626) 358-7028 or (626) 358-3718.

Meals on Wheels

Eligible seniors can receive a hot lunch and cold dinner plate frozen meals delivered once a week by YWCA Intervale Senior Services. For more information,

please contact the Duarte Senior Center at 357-3513 or Intervale at (626) 214-9465.

Alzheimer's Safe Return Registration

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

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 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. For more information, please call Sonia Schupbach at (626) 963-6186. The program is **Wednesdays** 8:30 a.m - 12:00 pm.

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 Easter Egg Hunt

The La Verne Rotary Club and the La Verne Community Services Department Co-Sponsor the Easter Egg Hunt for children 1 to 12 years old. Participants may gather eggs, candy, and prizes. Bring your own baskets to collect the eggs.

Easter Egg Hunt will be held on Saturday, **April 20**, 10:00am at Las Flores Park, 3175 Bolling Avenue and Emerald Park, corner of Genesee and Chelsea.

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 con-

tact 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

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 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 Holidays.

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Citrus College Trustee to Be Honored for Years of Service

GLENDORA - Joanne Montgomery, a long-standing member of the Citrus Community College District Board of Trustees, will be honored for her many years of service during an upcoming conference of the Community College League of California (CCLC).

Next month, Mrs. Montgomery will be presented with a Fulfilling the Trust award during CCLC's 2019 Annual Trustees Conference. Designed to recognize the enduring dedication and service of California's community college trustees, the award is given to trustees who have achieved 20 years of service at a California community college.

Mrs. Montgomery, who represents Monrovia, Bradbury and portions of Duarte on the college's governing board, was first appointed to fill a vacancy in 1998. She was later elected in 1999, 2003, 2007, 2011 and 2015.

"During her more than 20 years of service to Citrus College and the communities it serves, Trustee Montgomery has contributed greatly to the college's growth and progress. Her leadership has been instrumental in establishing Citrus College as a national leader in higher education," said Dr. Geraldine M. Perri, superintendent/president of Citrus College. "On behalf of the college community, I congratulate Trustee Montgomery on receiving this very special honor and thank her for the decades of guidance and vision she has provided."

In addition to her involvement on Citrus College's board, Mrs. Montgomery is active in her community, serving as a member of the Monrovia Chamber of Commerce and the chamber's BEACON (Business, Education and Community Outreach Network) Committee. She is also a member of the Monrovia Coordinating Council. She was previously on the board of directors of the Boys and Girls Club of the Foothills, as well as the board of directors of the 48th District Agricultural Association.

Mrs. Montgomery has also served her community as an educator. For 32 years, she worked as an elementary school teacher for the Monrovia Unified School District. She was also a master



"Mrs. Joanne Montgomery, Citrus Community College District governing board member, will be honored by the Community College League of California at their conference in May 2019." Photo courtesy Citrus College.

teacher for several universities and served on numerous school committees.

"I have always been passionate about empowering others and making a difference in my community," Mrs. Montgomery said. "It is an honor to receive a Fulfilling the Trust award from the CCLC. I am grateful for the continued trust my community has given me and for the opportunity I have had to serve Citrus College for so many years."

Mrs. Montgomery's passion for education and for giving back to the community has earned her several recognitions. Her many honors include a Teacher of the Year award, being selected as the 2003 recipient of the Dick Lord Award from the Monrovia Chamber of Commerce and being named the 2015 Woman of the Year for Monrovia for California's 48th State Assembly district.

Most recently, the Monrovia Duarte Black Alumni Association presented Mrs. Montgomery with their Outstanding Educator Award in November 2018.

"I am pleased that Joanne's service to California's community colleges is being recognized. Her enduring commitment to the community and to Citrus College

is inspirational," said Susan M. Keith, president of the Citrus Community College District Board of Trustees. "It has been an honor to serve beside her on Citrus College's governing board, and I am certain my fellow board members join me in offering our most heartfelt congratulations."

Going Away? Tips To Keep Your Home Safe While You're On Vacation

Peace of mind is important to just about all homeowners, including when they're away on a hard-earned vacation. When warm weather arrives, however, crime rates increase, according to a study published by the National Center for Biotechnology Information.

Fortunately, you may be able to reduce any vacation time stress by taking five steps to improve security—protect your windows, monitor your doors, secure your AC, make your house a difficult target and stay in the loop about what's happening at home.

How to make it look like someone is home, even when you're away

- Stop your mail. Nothing says "there's nobody home" like an overstuffed mailbox and a pile of newspapers on the front porch. You can fill out a simple form with the United States Postal Service asking it to hold your mail. Or, perhaps better yet, have a trusted neighbor stop by to pick it up.

- Leave dog toys in the front yard. Even if you don't own a dog, you can give a burglar pause by making him or her think that you do.

- Maintain a well-kept yard. Remove tree branches that give easy access to top floor windows and cut back tall shrubs that make it easy for burglars to hide behind.

- Add outdoor motion sensor



Having a security and monitoring system with ADT provides the Carrescia family of Greenwich, Conn. with peace of mind when they are at or away from home.

lights to scare away those trying to walk into your yard and peek inside. With smart lighting technology, you can program your lights to come on even when you aren't home. This feature has an advantage over automated timers because you can turn the lights in your home on or off as you please from anywhere with your Internet-connected device, or set routines through your home automation service, such as ADT.

- Integrate your wireless doorbell with your lights for further security benefits. Have the doorbell trigger an inside light to give the illusion that someone is home, since burglars prefer dark areas for stealth.

While you're away, home security can act as your house-sitting service and provide real protection. Choose a security company that has 24/7 monitored protection, such as ADT, which has over 19,000 employees who are always ready to help in case of an emergency. If you do choose to hire a house sitter when you're away, provide him or her with a unique pin code to disarm your security system. Not only will you be alerted when the system is disarmed, you can deactivate this code once you return.

With these steps, you'll have peace of mind on vacation. (NAPSI)

Ten Easy Ways To Get A Dose Of Vitamin N(ature) In Just Ten Minutes

A growing body of scientific evidence proves getting outside (i.e., being an "outsider") is good for our health and well-being. Exploring and appreciating nature—in our own backyards, community parks and school yards—reduces stress, improves memory, boosts heart health, and offers a host of other benefits for our minds and bodies.

"Having a living landscape of grass, trees, shrubs and flowering plants is good. Using this outdoor space to reap the health benefits it offers is even better," said Kris Kiser, president and CEO of the Outdoor Power Equipment Institute (OPEI), whose Foundation created TurfMutt, an environmental education and stewardship program that teaches the value and benefits of the outdoors. "Getting outside, even for just 10 minutes, can do much to boost your mood, productivity, and quality of life."

On its 10th anniversary, TurfMutt shares 10 easy ways you can enjoy nature in under 10 minutes.

Take a walk. Lace up your athletic shoes and head out for a walk around the block or to your neighborhood park. While you're out, commit to turning off your cell phone and enjoying the natural setting around you (it's just 10 minutes, after all!).

Get your kids moving. A rousing game of tag or hide-and-seek in the family yard is a great way



Getting outside is good for your mind and body.

to counter computer and screen time.

Play with your dog. A dog's favorite "room" of the house is your family yard. Take inspiration from your pooch and spend a few minutes outside playing Frisbee or fetch.

Clean up your outdoor living room. Make simple work of yard chores by breaking them up into smaller chunks. Ten minutes is enough time to put a serious dent in weeding a flower bed, sweeping off the back patio, or picking up debris from your lawn.

Plant something. It is spring planting season, so take 10 minutes to dig a hole and introduce a new plant or get started on your vegetable garden or flower beds.

Dine alfresco. Taking a meal

outside is one of the easiest—and most nourishing—ways to enjoy the outdoor space around you. Have breakfast with the backyard birds. Lunch at a park near your office. Enjoy your coffee break under a shade tree.

Study or read a book. Take the "work" out of homework by moving study or reading sessions to your backyard or community green space.

Swap a (short) commute for walking or biking. Do you typically use your car to run down to the mailbox, to a nearby convenience store, or to run other nearby daily errands? If it's not too far, take a short walk or ride your bike instead.

Meet outside. Fresh air can be a catalyst for fresh ideas, so take your next brainstorming session for work outdoors. Need to have a heart-to-heart with your child? Scientists have discovered that communication between parents and children is more connected when conducted outside.

Sit back and relax. Sometimes, the best thing to do is absolutely nothing at all. Spend some time in a hammock, spread a blanket out on the grass, or take a meditation break outside to soak up the nature around you.

Learn More
For more information on the benefits of our living landscapes and how to be an outsider, visit www.SaveLivingLandscapes.com. For more about the TurfMutt program, go to www.TurfMutt.com. (NAPSI)

Be 'Earth-Minded'

In celebration of Earth Day this month, an online Environmental Survey can help families and classroom students score their environmental habits and get practical tips on how to conserve energy, save water, and reduce waste and pollution.

The free survey can be taken in just a few minutes on a computer, smartphone, or tablet. Based on their survey input, families and classes will receive personalized recommendations that can help them reduce their environmental footprint and, in some cases, even save money.

"Covering all types of household topics, the Environmental Survey is a fun and informative way for classrooms and families to understand how they impact the environment and to learn commonsense behaviors that help children and adults be more environmentally responsible," says Joe Haworth from the Think Earth Environmental Education Foundation.

Home and school versions of the free survey with detailed re-



There are many ways to see if you're "Earth-minded." A fun one is by taking an online survey.

Results are available online at www.thinkearth.org/surveys.

Founded in 1988, Think Earth is a nonprofit organization that pioneered the development of classroom lesson plans promoting environmental awareness and behaviors. Think Earth lessons for K-5 elementary grades have reached more than 4 million students. Educators and parents can download the free materials at www.thinkearth.org. (NAPSI)

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Wanted: Motivated Volunteers for Short or Long-Term DPSS Assignments



(L-R) Front row: East Valley District Office Director Gerry Bonilla, Rocio Cruz (Vega's mother), Tatiana Vega (Youth Honoree), Karine Iskandaryan (Adult Honoree), Armen Grigoryan (Iskandaryan's husband), DPSS Director Antonia Jiménez. Back row: DPSS Acting Chief Deputy Parjack Ghaderi, Bureau of Special Operations Director Michael Sylvester, Mauro Vega (Vega's father), Communications and Training Academy Division Chief Elizabeth Becerra, Volunteer Programs Coordinator II Eryn Aquino, DPSS Volunteer Services Director Marcia Blachman-Benitez.

LOS ANGELES COUNTY - Congratulations to Tatiana Vega and Karine Iskandaryan, who were honored as the Department of Public Social Services (DPSS) top volunteers at the Los Angeles County Department of Human Resources Volunteers of the Year Award and Luncheon April 3 at the Dorothy Chandler Pavilion.

Vega and Iskandaryan were honored for "planting seeds of kindness," displaying the best quality that volunteers can have. Iskandaryan, who was

selected by DPSS as the adult volunteer honoree, donated 293 hours performing clerical duties at the DPSS East Valley District office. Vega, the youth volunteer honoree, recorded 423 hours at the DPSS Toy Loan and Volunteer Services Program headquarters in downtown L.A.

DPSS is currently seeking more motivated individuals like Vega and Iskandaryan who are interested in gaining valuable work experience that will prepare them to become highly marketable in today's workforce, through short or long-term assignments.

The DPSS Volunteer Services Program is committed to creating volunteer opportunities

that offer true value for students, displaced workers, senior citizens and others in the County to help keep their employment skills polished, while opening doors to new career possibilities.

During the month of April, Los Angeles County celebrates its volunteers as part of National Volunteer Month. While volunteer services do not replace the work conducted by county employees, the efforts complement their work and leave a lasting impact.

Some examples of the Volunteer Services Program assignments:

- Toy Loan Centers: Help operate a community-based toy library, lending toys, books

and games to children or collecting donations of usable toys and other items for the centers.

- Clerical Support: Assist DPSS staff on a variety of assignments.

- Adopt-A-Family Program: Sponsor and provide contributions of food, toys and clothing, to some of the department's neediest individuals and families during the holidays.

- Community Outreach Events: Volunteer at DPSS-sponsored community outreach events, such as the department's May 11, 2019 Help the Homeless event at the Weingart Center in downtown Los Angeles.

- Special Projects: Provide assistance with group or individual projects based on personal skills or interests.

Volunteers typically work 20-40 hours per week, using their expertise and talents to help DPSS improve its services to the community. Applicants must be at least 16 years old and will be required to complete a personal background check that includes a fingerprinting and reference check. Applicants also must sign a confidentiality agreement.

For more information on volunteer opportunities offered by the DPSS Volunteers Program Section or to obtain a volunteer application packet, visit: <http://dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/volunteer-services/>. The section can also be reached by calling (213) 744-4344.

Citrus Valley Inter-Community Hospital Volunteers Recognized



Tiffany Ramirez, Director of Volunteer Services and Reyna Conrado, Inter-Community Auxiliary President.

CITY OF INDUSTRY - The Volunteer Appreciation and Awards Luncheon was held on April 12 at Pacific Palms Resort in City of Industry. Each year Citrus Valley Inter-Community Hospital recognizes volunteers and the hard work and dedication they provide to the hospital. This is the first year that volunteers from all four campuses came together for a fantastic social hour and lunch. Volunteers from Foothill Presbyterian, Hospice, Inter-Community and Queen of the Valley attended the Appreciation Luncheon. Tiffany Ramirez, Director of Volunteer Services presented service pins to volunteers of all four campuses. Volunteers from the four campuses have donated a total of 67,114 hours of service in 2018! Through the hard work and dedication of volunteers fund-raising events have helped the hospital to continue to advance technology and service provided to patients. Because of the fundraising efforts, well-deserving health care students are chosen to receive annual scholarships. Service pins were awarded to 192 volunteers. The Volunteer Service hours ranged from 50-19,000!

El Monte Women's Club Fashion Show Fundraiser

EL MONTE - Do you enjoy fashion shows, raffles, door prizes, shopping unique vendors, and helping good causes to make a difference in the community? El Monte Women's Club is a local philanthropic service organization dedicated to enriching the quality of life and raising funds for local scholastic scholarships.

On Saturday, **April 27**, starting at 10:30, El Monte Women's Club will have a special "Run for the Roses", their 2019 fashion show fundraiser that includes a delicious lunch.

Since the Kentucky Derby's rose garland is the source of both the event's theme and nickname, "Run for the Roses", Derby attire is encouraged. Show off your best hat! The

catering is by Kiko's Mexican Grill of Pico Rivera, and the fashions being modeled will be from the wonderful Magnolia Boutique of Arcadia.

This fun and beneficial occasion will be held in the Grace T. Black Auditorium, part of the El Monte Community Center, 3130 Tyler Avenue in El Monte.

Tickets are \$30 by April 19 at either 626-271-7384 or www.squareup.com/store/emwc-general-fund. Otherwise, you can join the good time for a good cause for \$35 at the door on April 27.

To learn more about El Monte Women's Club, visit them online at www.elmontewomensclub.org and www.facebook.com/emwomensclub.

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