



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

Aug 29 - Sept 4, 2019

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Sierra Madre Search and Rescue Responds to Mutual Aid Calls throughout California

by Carolyn Grumm

If a hiker twists an ankle one mile up the trail, or a mountain biker becomes lost near where they left their car, local search and rescue teams can usually staff these calls by themselves. But when operations get more complicated, teams call each other for assistance.

The Sierra Madre Search and Rescue Team (SMSR) is one of eight teams in Los Angeles County, and one of dozens of teams in California. Each team has a local area they are primarily responsible for, but all teams work together in mutual aid when their neighbors need help.

The California Office of Emergency Services (OES) works with search and rescue teams to coordinate mutual aid. If a county needs 50 searchers to assist with a search for a missing hiker, they can make one call to OES who will handle the logistics of organizing the needed searchers from neighboring counties.

SMSR is ready and able to assist in these mutual aid calls by living up to their motto, "Anywhere in the wilderness that someone needs help."

In March SMSR participated in the search for Marine 1st Lt. Matthew Kraft. He was overdue from a ski trip in the Sierras, and



Searchers happily returned to the command post after locating Sheryl Powell this July in Inyo County. Kraft is still missing.

In April SMSR participated in a mutual aid search with a happier ending. Teams were dispatched to assist the West Valley Search and Rescue Team to locate two overdue hikers near Mount Baldy. Thirteen members from SMSR participated alongside searchers from across southern California. On day 5 a crew of three SMSR searchers on a grueling 2 day assignment found boot prints leading to the subjects. Eric Desplinter and Gabrielle Wallace were found alive and well and extracted by helicopter.

In June, the Team again participated in a long search with a happy ending. When 73 year old Eugene Jo went missing near Mt. Waterman, the Montrose Search and Rescue team called for mutual aid. Over 300 searchers responded from as far away as Marin and San Diego counties. Throughout the week SMSR fielded 23 team members, logging over 650 hours, providing

search, a crew from Kern County found the dog, which prompted the search managers to redirect several of the field crews. Shortly thereafter, a crew from SMSR located Powell who was then extracted by helicopter and flown to a local hospital.

Later in July, Wesley Welch and his dog Davie were reported overdue from a backpacking trip in Los Padres National Forest. The Santa Barbara Search and Rescue Team was aided by teams from across southern California, including SMSR, and early on day 2 of the search, Welch and Davie were found alive and well.

SMSR is proud to respond and help their neighboring teams in mutual aid. The Team is also grateful when neighboring teams respond when SMSR needs help.

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.



Davie and his owner Wesley Welch were located in Santa Barbara County after being 2 days overdue from a backpacking trip.

Photos courtesy of SMSR

New Veterans Administration Clinic Opens in Arcadia



Mayor of Arcadia April Verlatto, VA facility director, VA director Robert McKendrick, Congresswoman Judy Chu, and Congresswoman Grace Napolitano at the ribbon-cutting ceremony.

By George Ogden

ARCADIA - The San Gabriel Valley Community Based VA outpatient clinic located at 7 West Foothill Boulevard in Arcadia had its ribbon-cutting ceremony on Saturday, August 23rd. The facility will provide Primary Care, Social Work, Mental Health, Women's Health and basic laboratory services for nearly 2,000

veterans in nine cities. The hours of operation are Monday through Friday from 8 a.m. to 4 p.m. Their phone number is 877 251-7295.

The event was attended by Congresswoman Judy Chu and Grace Napolitano along with Arcadia mayor April Verlatto and interim VA director Robert McMenrick.

Judy Chu thanked everyone

who helped make it possible including VFW Post 3208 who help spearhead the project and to get the facility open in the area. There were a number of other organizations that also were mentioned that gave their support.

The event was well attended by veterans from all over the San Gabriel Valley.

Education Coordination for Homeless

DUARTE - Leeane Knighton has an exciting job. She is the Education Coordinator for Student Support Services covering the San Gabriel Valley. She works with the Coordinated Entry Systems (CES) for Youth and Families. This means that she is a key liaison for youth and families experiencing or trying to prevent homelessness. Her job is funded through Measure H funding that was passed in LA County. She is a key resource for children and helps connect folks in need with the right resources in their areas. She shared her story and some of her resources at a recent



Cheryl Reynolds, Duarte Kiwanis President, and Leeane Knighton, Education Coordinator for Student Support Services.

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

Waiting List For County's Senior Public Housing Community Opens To Public

LOS ANGELES COUNTY - The Los Angeles County Development Authority (LACDA) is now accepting registrants for its Lancaster Homes public housing community. Lancaster Homes has 120 one- and two-bedroom units for elderly families, and is a smoke-free community located in Lancaster, California. Registrants may add their name to the waiting list through December 31, 2019, 11:59 p.m., by regis-

tering at lacda.org or calling (626) 586-1845. This waiting list is not for the Section 8 Housing Choice Voucher Program.

"Housing helps to create independence and supports healthy aging for older adults," Monique King-Viehland, LACDA Executive Director, said. "We are excited to open the waiting list for Lancaster Homes to help lift up those individuals and families."

An elderly family is a house-

hold whose head, co-head, spouse, or sole member is a person who is at least 62 years of age. The elderly family may include two or more persons who are at least 62 years of age living together, or one or more persons who are at least 62 years of age living with one or more live-in aides. Registrants will not be accepted for households that are non-elderly (61 years of age or

below).

Applicants will be selected from the waiting list in the order of admission preferences, followed by date and time. If the LACDA receives sufficient applications prior to the established December 31, 2019 deadline, the LACDA will notify the public through its website that the waiting list will close at an earlier date.

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Citizens of the Year for West Covina, Vicki Sheliga and J. Ken Lund.

By George Ogden
WEST COVINA - In West Covina on Saturday, August 24, the Historical Society had their Summer Fest event where they recognized two people for Citizen of the Year. Vicki Sheliga and J. Ken Lund were selected for the top honors. They have both been very active in the city for years. The well attended event had Dr. Forest Tennant emcee the event. He gave everyone accolades for their service to the community. What was missing were the council members who were requested to boycott the event. However, Mayor Lloyd Johnson did attend because he thought it was more important to "be there" for his friends and show his support for them. The issue was, the West Covina Improvement Association nominated Brian Jobst for Citizen of the Year. He has been vocal about Singoli and their intended project at the BKK site. He may be considering suing the city. It had been rumored that the city manager and the city attorney made the request that council and staff not to attend that event because of this issue. It was disappointing for the recipients not to have them there but the Mayor showed up and that seemed to smooth out their disappointment.



Vicki Sheliga (center) with husband Don and daughter Melissa.



J. Ken Lund with Vikki Lund Downey and Misa Downey

The well attended event big success for everyone that seemed to be a lot of fun and a was there.

Meet a Mason

GLENDORA - In 1907 The first discussions relative to the formation of a Masonic Lodge in Glendora took place and a meeting was formed to decide to organize a Lodge, and call it "Glendora Lodge". The Grand Lodge of California granted a dispensation granting the newly formed Lodge to hold meetings and raise Master Masons on 13th of May 1909. May 22, 1909 at 8 o'clock P.M. the first official meeting under a Dispensation. The First Stated Meeting was held at 8 O'clock P.M. on 3 June 1909 A L 5909. The Charter was granted by the Grand Lodge of California in October 1909, at its Annual Communications. Then duly chartered, the Lodge was dedicated on October 28, 1909 at

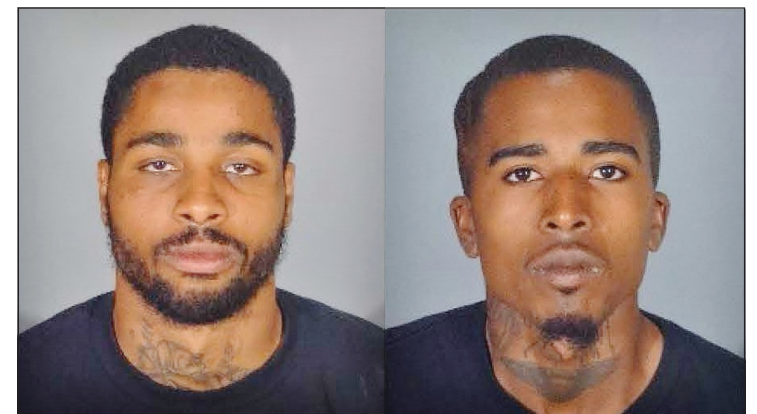
7:30 pm. In May 1963 Ground was broken for this new edifice on; and the cornerstone was laid by the Grand Lodge of California on September 14, 1963. The Masons of Glendora Lodge No. 404 are pleased to invite members of the community to "Meet a Mason", which will take place on **September 7** at 12:30pm. The goal of this program is to draw aside the "Cloud of Doubt." To educate the Mason. To inform the non-Mason. To convey new knowledge To dispel some of the popular myths about Freemasonry. Refreshments will be served.

There is no charge. Please RSVP by September 4, 2019 to fnbernhardt@gmail.com or

626.335.4378 To learn more about Glendora Lodge visit www.glendoramasons.com Freemasonry is the world's first and largest fraternal organization, based on the belief that a man who strives to improve himself can also improve his community and the world at large. The Masons of California have more than 60,000 members and over 340 lodges located throughout the state. The California Masonic Foundation is committed to making a profound difference for our communities, and touches the lives of thousands of Californians each year. Learn more at freemason.org and follow us on Twitter. You can also visit us on Facebook and YouTube.

Monterey Park Police Announce Arrests of Commercial Burglary Suspects

MONTEREY PARK - On August 21, 2019 at approximately 3:18 p.m., Monterey Park Police Officers stopped a vehicle for a vehicle code violation in the 600 block of W. Newmark Avenue. Upon making contact with the two occupants, the officers immediately recognized the occupants as suspects wanted for a series of commercial burglaries that have occurred throughout the San Gabriel Valley and Orange



Damonta Gillen, 24, and Donald Williams, 24.

County. The officers also identified the vehicle driven by the suspects (grey colored four-door Mercedes Benz) as the same vehicle used to commit the burglaries. Both suspects were arrested for commercial burglary. The suspects are identified as: Damonta Gillen, 24, from Rancho Cucamonga and Donald Williams, 24 from Lynwood, CA. Both suspects have been charged with suspicion of commercial burglary. Their bail is set at \$20,000 and were scheduled to appear in the Alhambra Superior Court on August 23, 2019. Williams is also being held for several outstanding warrants.

Project 29:11 Award Dinner

COVINA - Project 29:11, San Gabriel Valley's Food Bank, located at 418 Second St, Covina announces its annual fundraiser for October 10, 2019. South Hills Country Club will be hosting the event which honors Covina's Police Chief, John Curley. Tickets for

the dinner and drawing (one week at the Newport Marriott Vacation Club) may be purchased on line at www.project2911.net. Project 29:11 is open Tuesdays and Fridays for distribution. Over 20,000 people have received bags of food sufficient

to serve a family for a week for this year. The Non-Profit operates strictly by volunteers and is in need of more participants and donations. Contact Kathy Novarro at (626) 862-4455 or email kathynovarro@aol.com for more information.

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Rates are accurate as of 07/01/2019. Rates, terms and conditions are subject to change without notice. Additional restrictions apply. Must qualify for membership. A \$2 membership fee may apply. The credit union is federally insured by the National Credit Union Administration. Added savings protection provided by American Share Insurance. Please speak to a credit union representative for details. Equal Housing Opportunity.

Holden Scores Early Victories for People with Developmental Disabilities

SACRAMENTO – While most advocates must wait until September or October for their proposals to be signed into law, efforts to help people with developmental disabilities have turned into early victories thanks to legislative and budget proposals by Assembly-member Chris Holden. The impacts of these victories will result in \$400 million for developmental disability service providers, \$3 million for speech-language pathologist training, and better standards for music therapy.

“I’m proud of the work we did to better align our legislative and budget priorities with the simple fact that people born with developmental disabilities possess the exact same human rights as all other members of our society,” said Assembly-member Holden. “We could not have achieved these early victories without the energy and commitment of families, advocates, and service providers of

the developmental disability community.”

The new funding for developmental disability service providers will help the nearly 330,000 Californians living with developmental disabilities including autism, Down syndrome, cerebral palsy, and intellectual disabilities. These funds will enable service providers to continue their work – helping people gain the tools to become successful and productive members of our community.

“Thanks to the work of these service providers, people are now living, working and thriving as members of our communities and it is essential these service providers remain open and funded at appropriate levels,” said Holden.

The \$3 million for speech-language pathologist training will help close the speech-language pathologist shortage the state is experiencing. The new

funds will expand existing programs in California State University (CSU) system. Speech and language is one of the largest disabilities in students and is growing each year. Many of these students have developmental or intellectual disabilities.

Lastly, Holden’s music therapy certification bill, AB 1540, strengthens standards for music therapists to protect consumers from potential harm or misrepresentation from individuals that are not board certified music therapists. Music therapists are helpful to a wide range of individuals, from helping children with autism develop their verbal and social skills, to helping veterans manage Post Traumatic Stress Disorder, to working with stroke victims, and many others.

“We took big steps forward on behalf of the developmental disability community this year, but we still have more to do,” said Holden.

L.A. County Makes Increased Investment in Partnership with 31 Cities in Fight Against Homelessness

\$8.2 Million in Measure H Funds to Bolster Vital Locally-Driven Efforts

LOS ANGELES COUNTY – Building on their regional approach to tackling homelessness, the Los Angeles County Homeless Initiative and United Way of Greater Los Angeles announced the award of more than \$8.2 million in Measure H funding to bolster the work of cities in implementing city-specific plans to combat and prevent homelessness. This funding award is a significant next step in supporting innovative local solutions and strengthening the collaboration between the County and cities in the region, which are united in their commitment to address this complex humanitarian crisis.

In September 2018, L.A. County and United Way of Greater Los Angeles’ Home For Good Funders Collaborative issued a Request for Proposals for city-specific projects in two key areas: Priority Area 1: to increase the supply of supportive and interim housing for people experiencing homelessness; and Priority Area 2: to enhance the effectiveness of County service systems for those experiencing and/or at-risk of homelessness.

More than \$8.2 million has been awarded in a two-phase process, to fund 34 applications (covering 31 cities as some cities submitted more than one application), representing all five Supervisorial Districts. These include:

- 19 Priority 1/Housing proposals have been awarded a total of \$5 million. Projects include feasibility studies for motel conversions, motel vouchers, modular housing, ADUs, inclusionary zoning and city-owned sites, property acquisition for interim

and permanent housing, access centers and land use planning.

- 15 Priority 2/Service proposals have been awarded a total of \$3.2 million. Projects include funds for case managers, housing navigators and homeless coordinators; safe storage and shower services; and social enterprise/employment training programs.

“The homelessness crisis touches every one of our cities but there is no one-size-fits-all solution that will work for all of them,” said Board of Supervisors Chair Janice Hahn. “Partnering with our cities to fund local projects means we can help each city address their unique challenges with tailored solutions.”

“Thank you to the First District cities of Baldwin Park, El Monte, South El Monte, West Covina, Pomona, and Claremont, as well as the CEO Homeless Initiative, for your ongoing commitment to pursuing innovative and regional solutions to combat and prevent homelessness,” said Supervisor Hilda L. Solis. “I look forward to seeing our cities’ ideas come to life. Our continued partnership on these efforts will make a real impact to support and lift our friends, families, and neighbors out of homelessness. LA County continues to be focused on empowering our cities and ending this crisis.”

“From Burbank to Culver City to Pomona to West Hollywood, these city grants, funded by Measure H, showcase thoughtful private-public partnerships and tangible solutions,” said Supervisor Mark Ridley-Thomas. “As we seek more housing opportunities

and service collaborations throughout L.A. County, these investments and partnerships will propel our region forward to bring Everyone In!”

“The homeless crisis is so complex, our strategies and solutions must be nuanced and multi-faceted. I am thrilled that our cities have responded so enthusiastically to this Measure H opportunity and I am eager to see their proposals rolled out,” said Supervisor Sheila Kuehl. “Supporting the efforts of our cities brings us closer to our shared goal of increasing the stock of affordable and interim housing, and improving services for those at risk of falling into homelessness. By working together, we can help get our unhoused neighbors on the path to permanent stability.”

“I am extremely proud of the high level of engagement that 5th District cities demonstrated throughout the City Grant process,” said Supervisor Kathryn Barger. “The County will not be able to solve the crisis of homelessness on its own - our cities are integral partners in the work to combat homelessness and I look forward to continuing to collaborate on localized solutions and strategies.”

“We know that homes end homelessness, and cities uniquely hold the key to more or less housing being built,” said Elise Buik, President and CEO, United Way of Greater Los Angeles. “The proposals submitted demonstrate a serious commitment to ending homelessness. We could not be more excited for what’s to come.”



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- We believe in performing our journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

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LA County Fire Department Adds New Basic Life Support Equipment

LOS ANGELES COUNTY – The Los Angeles County Fire Department (LACoFD) is pleased to announce the successful addition of three new pieces of basic life support (BLS) equipment to its inventory:

- Fingertip Pulse Oximeters: These blood oxygen monitors will greatly assist our emergency medical technician (EMT) providers in recognizing hypoxic patients.

- Glucometers: This device will allow our EMT providers to conduct proper testing of glucose levels in patient’s blood.

- Nasal Naloxone (Narcan®): Nasal naloxone is a medication administered through the nasal passage of

the patient and can reverse the effects of opioid overdose.

This equipment will greatly assist and provide our EMT providers with additional resources to identify and assess patients, while also continuing to enhance the LACoFD’s emergency medical services (EMS) mission.

Additionally, the introduction of this new equipment is part of Los Angeles County’s multi-agency and multi-level approach to bring comprehensive solutions and innovative treatment options to the vast number of residents within our communities facing an opioid crisis. The misuse of prescription pain medications has become an epidemic in many cities and rural communities

throughout the United States, which has led to the need for additional life support saving tools for EMT providers.

Los Angeles County is working on various prevention strategies to raise awareness, provide education, and inform people on what opioids are, how to use them safely, and what alternatives exist to reduce the risk of addiction and misuse.

Talk to your doctor about non-opioid options to manage pain or if you believe you have become addicted to opioids. You may also call the Substance Abuse Service Helpline (SASH) at (844) 804-7500 for help. Addiction is a disease that can be treated; and through treatment, the brain can recover and regain its balance.

How to Sell Your Glendora House Without An Agent And Save the Commission

Glendora - If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

Like other "For Sale by Owners", you'll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can't possibly sell your home by yourself. After all, without the proper information, sell-

ing a home isn't easy. Perhaps you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don't give up until you've read a new report entitled "Sell Your Own Home" which has been prepared especially for homesellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

Inside this report, you'll find 10 inside tips to selling

your home by yourself which will help you sell for the best price in the shortest amount of time. You'll find out what real estate agents don't want you to know.

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HJTA Defends Taxpayers Again!

Last week I received an email message from the Howard Jarvis Taxpayers Association (HJTA) letting me know ACA 1, a constitutional amendment, was floating around Sacramento and lobbyists were running door-to-door trying to round up the votes for this measure before it hit the Assembly Floor.

ACA 1 proposes to lower the 2/3 vote requirement to pass bonds and parcel taxes to 55%. HJTA argues that is almost a sure fired way to get another tax increase heaped on the taxpayers of California by making it easier to pass those types of taxes. "Lowering the two-thirds vote for bonds and parcel taxes makes it easier to approve debt that is included "below the line" on property tax bills and is not included in Prop 13's one percent cap. This can add hundreds of dollars a year to residential and commercial property tax bills, and last for decades."

I pulled out my last property tax bill and looked at the "below the line" charges. I did a little math and found out the "below the line" charges that include sewer assessment, various water taxes, flood control, trauma care, vector control, and a few others I'm checking back on, are reaching close to 50% of my tax bill. If one lives in an area with a landscaping and lighting improvement district, Mello-Roos taxes or home owner-association fees, those additions, with the others, may bring those "below the line" costs to that 50% or higher range on a property tax bill.

One of those charges on my property tax bill is RPOSD Measure A. L.A. County voters' passed Proposition A, the Safe Neighborhood Parks Propositions of 1992 and 1996 and in November of 2016 approved Measure A, a parcel tax, to replace previous funding set to expire this year. This money goes to "... provide for public safety improvements to existing park, recreation, and beach facilities; acquisition of additional park land and open space; construction and development of senior centers and at-risk-youth, acquisition



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora and development of trails; restoration of rivers and streams, graffiti prevention, tree planting and other park & recreation enhancements."

Provides all things, to all people, with a lot of overhead costs, hard-to-track spending, and levying a tax rate of 1.5 cents per square foot of improvements on a parcel, with no expiration date, and done with a 2/3 vote. This gives credence to HJTA's comment not only about "last[ing] for decades," but we don't need to lower the approval rate to 55% making it easier to pass tax increases when measures like this pass easily with 2/3 vote approval. Ask yourself if you could afford increases like this one on all those "below the line" - sewer rate, water taxes, flood control, trauma care - at any rate increase proposed, with no sunset clause and only by a little more than 1/2 of the voters or 55% making that decision.

League of California Cities (LCC) is an organization most cities in California belong to and that advocate for those cities. Our local elected members of city councils from each member city may serve on various committees like housing, transportation and more to help set the organization's policies. LCC has been lobbying for the support of ACA 1 purportedly to support city governments.

A memo from LCC says, "ACA 1 ... provides additional flexibility to local agencies by reducing the voter-approval threshold from two-thirds to 55 percent for cities and counties to fund critical

public infrastructure and affordable housing." LCC tells us the 'financing and upgrading of infrastructure is one of the great challenges facing local governments.' I thought we just went through a battle over a gas tax increase "peddled" to "fix the potholes". Sacramento, with no public input, implemented the gas tax, and has \$5.2 billion a year to improve infrastructure, along with a hefty \$20 billion reserve fund.

LCC also mentions the "affordable" housing crisis. Chair of the Assembly Local Government Committee, Democrat Assembly Member Cecilia Aguiar-Curry (AD-4-Napa) is quoted as saying "... [she] understands the difficulties cities and counties face when ... [trying] to address homelessness and affordable housing ... and believes local governments need more flexibility to solve their own problems."

Aguiar-Curry saying, "... more flexibility to solve their own problems" is interesting tainted dialogue to get ACA 1 passed by state legislators. Her Local Government Committee sets policy on general plans, land use and housing. California Housing and Community Development (HCD) mandates the number of housing units cities are required to have developed based on HCD projected growth and need. Where does "flexibility" for local governments fit into this picture? And, why does Aguiar-Curry think housing affordability is a city's own problem? Better yet, how does she think increasing the ability to add new taxes make home ownership and rental units more affordable?

Special interest groups, as in the case of the 1992, 1996 and 2016 Safe Parks bonds, target specific areas and groups with "hit" pieces promising everything they could possibly want, but forget to tell them how much it will cost them. The more pressure the state puts on local governments to increase housing stock and affordability, the more promises you will see and in the case of ACA 1, more property taxes each year.

"TIME JOCKEY" - Mission Days

By Joe Castillo

Spanish Arrival... When the Spanish arrived in Alta California in the 1760's with the intent to establish a series of missions in order to Christianize the local Native American inhabitants, the first order of business was to build sites which would house a military presence. These sites would become known as 'presidios' and the Spanish established one in the northern and southern most locations, Monterey and San Diego. The "presidios" would provide military protection for the missions to be established between Monterey and San Diego, and would also be available to secure what was to be an anticipated highly traveled route known as "El Camino Real".

Gaspar de Portola guided the initial expeditions into Alta California and worked with Father Junipero Serra to identify potential sites for each of the missions. Also, on the expeditions was Pedro Fages, a Spanish military commander who Portola would name as the military commander of the Presidio at Monterey. Fages would later be a successor to Portola, and in turn would go on to become governor of Alta California.

After the two presidios were established and fortified, work began on establishing the next set of Mission buildings. The third Mission was San Antonio which was established in early summer of 1771 and was located south of Monterey. The fourth Mission

was established in the southern part of Alta California and took the name of San Gabriel. It was founded in September 1771 near the campsite of where Portola had stayed in 1769.

Father Francisco Palou was a close friend of Father Serra's with a friendship going back to Serra's school years in Majorca, Spain. Serra asked Palou to write his biography and in 1787 Palou finished the work, which provided an insight to early California Mission history. According to Palou's biographic work of Father Serra, Fathers Pedro Cambon and Angel Somera left San Diego in August of 1771 with ten soldiers and muleteers, while also packing enough supplies for a lengthy trip. The group intended to follow the same route of Portola's 1769 expedition, and traveled north for approximately 140 miles until the group reached a river which was named San Miguel by the Portola Expedition. However, after a severe earthquake and its subsequent aftershocks, Portola changed the name to "Rio de los Temblores" or "River of Earthquakes". When the Father Cambon and Somera group came upon the "Rio de los Temblores" in August 1771, the soldiers renamed the river to that of a saint in order for them to have better luck and the river was renamed to the Santa Ana. Cambon and Somera stayed at the same location as Portola had done two years prior but this time encountered an aggressive Native American population.

Fearing an attack by the local inhabitants, one of the Father's displayed a painting of the Blessed Mother Mary and immediately they laid down their weapons. As the Cambon and

Somera group continued on to San Gabriel, upon their arrival at the selected site, they again encountered an agitated group of local inhabitants. Remembering what had happened along the Santa Ana River, the Fathers' again displayed the same painting of the Blessed Mother Mary.

As Father Palou wrote in Serra's biography, the local Indians remained in a mostly calm state, even when the Spanish soldiers were known to be abusive of Indian women, even raping them. The missionaries tried to protect the local inhabitants, even reporting the abusive actions to Governor Fages. Eventually the Mission San Gabriel was built with the immense labor force of the local Indian population and over the upcoming Labor Day weekend the Mission will be celebrating its 248th birthday as one of California's 21 Missions.....

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 joeacastillo@aol.com.

Those Dollar Stores. Might be Best to Stay Away.

Those Dollar and 99-Cent Stores are sometimes worth going to, or are they? How many times have you been there to buy just a few items and you leave with a shopping cart full of stuff you don't need?

Yes, they may have some good bargains, but if you noticed, for example, the 99-Cent Store, not everything is 99¢ anymore. But who cares? You're just going in for a few items. You get in and even though you're getting a few items, you still bring the shopping cart.

As you pass down the aisles, you start picking up things you "think" you need. Then, you pick up stuff you really "don't need" at all. What the heck, it is only 99¢.

You end up getting little trinkets, electrical items, some



George Ogden

That's just the way it is!

cheap tools, sweets, yep, a lot of sweets. Those red licorice, you know, those red twisted vines. You pick up one of those, wait, let's get two of them. Well, let's be honest, you get five packages of those red vines. Oh heck, how did those cookies get into my shopping cart?

Moving on to frozen foods and produce area, you look at your

cart full of snacks and sweets and this is where you make up for all of this. You get some produce and some of that fake cheese and some of the frozen fast food. You think this is going to make up for those sweets, it's not. You are just fooling yourself. This isn't going to justify a cart full of sweets and snacks. What the heck, you only live once.

You finally get to the check-out stand and you unload your cart. Guess what, you forgot your recycled bags, so you have to buy them. You end up with 10 bags of things you don't need.

You load up the car and you head home. Then you remember. The very thing you went into the 99¢ store, you flat forgot to get it.

"That's Just the Way It Is!"

Medicare for Bernie

by Jane M. Orient, M.D.

Bernie Sanders is strongly promoting "Medicare for All," and claims to be its father ("I wrote the damn bill," he proclaimed to the nation during the second round of Democratic Presidential debates).

His plan does not look like Medicare at all. It appears that he hardly knows anything about Medicare. He probably has no experience with it. Despite his advanced age, he does not need to depend on it. Members of Congress are allowed to receive Medicare benefits, but unlike most other Americans, they can receive other benefits in addition.

Sitting members of Congress can get routine examinations and consultations from the attending physician in the U.S. Capitol for an annual fee. And military treatment facilities in the Washington area offer free emergency medical and dental care for outpatient services.

Members are also eligible for the Federal Employees Health Insurance Program, and they won't be kicked off as soon as they reach Medicare age. They do have to go through an ObamaCare exchange, but it is a small one, the DC Health Link, which reportedly functions well. There are 57 gold-tier plans to choose from, not one or two as in many states. Their portion of the premiums could be as little as 25 percent of the total premiums. Apparently, subsidies for senators don't run out just because their salary exceeds 400 percent of the federal poverty level.

Funding for Medicare for All will apparently be vacuumed up from all other sources of payment for "healthcare," and will go into the big collective pot. Then people can get everything without premiums, copays, or deductibles—so they say. This is not at all like Medicare.

Medicare Part A, for hospital care, is funded through the Medicare payroll tax: a 2.9% first-dollar tax—no deductions—on all employment income, half of which is paid by the employer. Seniors believe that they have been funding this through their working years, as they are constantly told. They have indeed paid, but their taxes were immediately used to pay for the care of older retirees. So, their hos-

pital bill today will be paid from the wages of about 2.5 workers (say the persons pumping their gas, collecting their trash, and repairing their plumbing). Already that is not enough, so the IOUs in the "trust fund" are being redeemed from general tax revenues. That fund will soon be gone, according to the Medicare trustees, as Baby Boomers are flooding into the system. It would vanish in a nanosecond if we loaded in everybody, with or without illegal immigrants.

Medicare has long been implementing ways to curb runaway expenditures. From the mid 1980s comes the Prospective Payment System, or Diagnosis Related Groups (DRGs), under which payment has nothing to do with services rendered to a particular patient. According to my 1985 "Ode to DRG Creep":

"Now the pay's by the head, alive or if dead,

Diagnosis determines the money...

We need costs less than average, and discharges quicker

We will get no advantage -- For care of the sicker."

Since "quicker and sicker" discharges might cause a need for readmission, the government penalizes hospitals for readmission. One way to prevent readmission is to discharge to hospice or directly to the morgue. If Bernie were an anonymous Medicare patient, he'd get a consultation from POLST. That's Physicians Orders for Life-Sustaining Treatment, which translates in the Newspeak Dictionary to "Legally Enforceable Orders to Terminate Life-Sustaining Treatment Including Food and Water."

Bernie might think he had been admitted—say he had an IV in a hospital room. But if he gets discharged before his second midnight, he might be classified as an outpatient, which is covered under Medicare Part B, and get a "surprise" bill for thousands of dollars, because of the "Two-Midnight Rule."

Or Bernie might expect to have a little rehab after an orthopedic procedure, but if he is in hospital for fewer than three midnights, rehab isn't covered. He might have the choice of paying out of pocket, or going home where he will be alone, unable to get out of bed.

Preliminary Injunction Reaffirms Oversight Panel's Position That Reinstatement Rules Must Be Followed

LOS ANGELES COUNTY – L.A. County Sheriff Villanueva's reinstatement of a deputy who was fired over credible domestic violence allegations caused concern to the Civilian Oversight Commission. After learning of this decision by the newly minted Sheriff, the Commission expressed uncertainty and emphasized the need for the Sheriff to follow the well-established

county rules for the reinstatement of employees. The preliminary injunction issued by Los Angeles Superior Court Judge Mitchell L. Beckloff yesterday reaffirms the Commission's position that employment and reinstatement rules must be followed.

"From the very beginning of this action taken by the Sheriff, the Commission has advised the

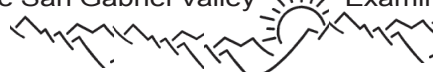
Sheriff to cease and desist in reinstating a deputy who was fired for domestic violence," said Patti Giggans, L.A. County Civilian Oversight Commission Chair and Executive Director of Peace Over Violence. "The Court also agrees. Domestic violence abusers have no place in law enforcement."

The bench trial's final verdict will clarify the Los Angeles

County's hiring and discipline processes and create a precedent for future employment-related actions.

"We will continue to work with the Sheriff's Department to explore solutions to repairing community confidence and building public trust in the Sheriff's Department," said Brian K. Williams, Executive Director of the Civilian Oversight Commission.

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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

Wanted: Men and Women who want to lose weight. TOPS (Take Off Pounds Sensibly) is a non-profit group that encourages men and women to lose weight. TOPS is a hands on, Pounds Off approach to weight loss. No Quick Fixes, just helpful information you need to reach your weight loss goal. We offer the latest nutrition, fitness and medical information. We also have information on the latest Diabetes resources. Motivational stories from successful TOPS members. Our meetings are every Thursday at 9:30am to 11:00am at Azusa Memorial Park at 320 N Orange. For more information please call 626-967-8829

ARCADIA

Older Adult Transportation Pop-Up

Join us on Tuesday, September 10 from 9:30-11:30am at the Arcadia Community Center, 365 Campus Drive for Metro's Older Adult Transportation Pop-Up and learn everything there is to know about using public transportation. Hosted by LA County Metro, this event will include information on the On the Move Riders program, all about TAP cards, trip planning, and resource tables. To sign-up for this free event, call 626.574.5130.

Saturday Adult

Basketball League

Gather your friends, form a team and stay active in the adult basketball league. Whether it's casual or competitive, there's always an opportunity to stay fit and have fun. Games are played at the Dana Gym, 1401 S. First Avenue, Arcadia on Saturdays between the hours of 9:00am and 1:00pm, beginning Saturday, June 29, 2019. Saturday Open League is limited to six teams and is open to all levels of play. League fees are \$502 plus a \$40 forfeit deposit, which includes 9 league games, officials, scorekeepers, and championship award. Registration takes place on a first-come, first-serve basis. For more information please call 626.574.5113.

BALDWIN PARK

Annual Laguna Beach and Potluck Party

On Wednesday, August 28th from 9:30 am – 5:30 pm, come and enjoy the cool breeze of the ocean as we embark on our annual pot-luck part. Laguna Beach offers a variety of activities, shops and restaurants. We encourage you to bring your chair, radio, comfortable shoes and beach balls. There will be games and contest such as balloon toss, card games, horseshoes and more. Please register your dish at the senior center. Tickets for Baldwin Park Resident Seniors is \$8 and \$10 for Non-Resident Seniors. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

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

Los Angeles County Fair

The LA County Fair Goes Pop! Spend a day at the fair with us on Wednesday, **September 11th** from 1:00 pm – 9:00 pm. Celebrate decades of pop culture revisiting all the toys, tech, fashion, movies and music that make up Los Angeles' iconic pop culture scene! Features include: The Farm at Fairplex; Carnival games and rides; the Flower and Garden Pavilion; and a shopping promenade. Don't miss out on your chance to indulge in bacon fried smores, fried hot sauce, frog legs and craft beer. Seniors age 60 and older receive free admission with valid ID at the ticket gate. Tickets for Baldwin Park Resident Seniors is \$5 and \$7 for Non-Resident Seniors. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

McNeill Fitness Program

A challenging but accessible workout regimen, which includes basic calisthenics, arm workouts, legs and torso, and a steady run/walk around Morgan Park. Nutritional guidance is also offered. Eating well and exercising will not only improve your overall health, but also improves your mood and energy levels. Group meets in senior center dining hall Monday through Thursday from 8:00am – 9:00am. This class is free to participate. For more information on the class or registering, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

COVINA

Community Garden Parcels

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

DUARTE

Duarte Museum Needs Docents

It's fun and educational! Volunteer to serve as a docent at the Duarte Historical Museum in Encanto Park. You will serve about every other month on a Wednesday (1-3 p.m.) or Saturday (1-4 p.m.) with a seasoned docent who will train you. Greet visitors, show them around the museum and learn about local history. Training sessions are available. Call Claudia at (626) 358-0329 for more information.

Blood Pressure Checks

2nd Annual Beerfest "On the Lawn"

DIAMOND BAR - Craft beer lovers will gather together for the Diamond Bar Community Foundation's 2nd annual Beerfest "On the Lawn" September 15 from 4 p.m. to 7 p.m. at the Diamond Bar Center, 1600 Grand Avenue, Diamond Bar.

This one and only Beerfest in Diamond Bar will feature unlim-

ited tastings from Elysian, Firestone Walker 805, Golden Road, I&I Brewing, La Verne Brewing, MillersCoors, Old Stump, Pacifico, a Special Surprise Ale and Taj Mahal. Guests will also enjoy pizza from Mr. G's, live music, DJ, Sip-n-Paint, lawn games, wine and lots of fun.

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.

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.

Senior Lunch

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.

GLENDORA

Glendora Genealogy Group

The Glendora Genealogy Group meets Tuesday, August 27 at La Fetra Center, 333 E. Foothill Blvd., Glendora. Pat Chavarria leads a refresher class at 6:00 pm. The business meeting is at 7:00 pm, followed by the program: "Workman and Temple Families," blending genealogy and history, by Paul Spitzzeri of the Homestead Museum in Industry. For questions about our group or this meeting, please call Pat Chavarria at 909-592-4030.

Stress Management & Controlling Chaos

Feeling overwhelmed can peak from a long to-do list which is increasingly common as demands on human attention increase. A clear sign of being overwhelmed or stressed is for-

getfulness, anxiety, anger, and emotional chaos. Learn to manage personal space, time, and energy in this interactive class where your challenges, experiences, and solutions will be solicited. Pre-register at the La Fetra Center: 333 E Foothill Blvd., Glendora, CA or by calling (626) 914-0560. Fee: \$12.00 material fee payable to instructor, Mondays, September 16-30, 6:30pm to 8:30pm

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 Toni Levyssohn at 909-843-5239. 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.

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.

LA VERNE

Get About Transportation

Get About provides transportation for seniors aged 60+ and disabled residents of Claremont, La Verne, Pomona, and San Dimas. The door-to-door service can be used for shopping, doctor's appointments, church, senior nutrition sites and many other locations within the four cities. The service operates seven days a week and membership is free. To Register: (909) 621-9900. To Schedule a ride: (909) 596-5964. For more information, contact Abby Nuyda at 909.621.9900, Extension 228.

MONROVIA

Senior Blood Pressure Screenings

The Department of Community Services invites active adults and seniors, 50 years and older,

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

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

Caring Crafters

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

Senior Stretch & Exercise Class

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

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

SAN DIMAS

San Dimas

Toastmasters Club

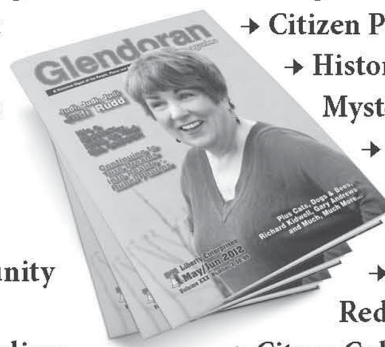
The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7PM to 8:45 PM.

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WHITE'S FUNERAL HOME

West Covina's Former Mayor Mike Touhey Cited for Possible Assault

By George Ogden

MONTEBELLO - A former councilman and mayor of West Covina, Mike Touhey, got into a shoving match with an acquaintance at the Montebello Country Club Golf Course at a Friday, August 23rd charity golf event.

It appears that the acquaintance and Touhey are adversaries. They are connected through their work as lobbyists for businesses and property developers in the area. There is an on-going civil lawsuit that Touhey is familiar with and this has created the conflict. Touhey has allegedly been harassed by this individual over the last few weeks and it appears their paths crossed at the event and they got into a shouting match that escalated to a chest to chest confrontation. Touhey claimed that he pushed the man back away from him. Nobody was pushed down nor were there any punches thrown.

At the final hole, the police were waiting for Touhey and they detained him. The acquaintance felt that Touhey was the aggressor and had the police issue a citation to the former mayor. The event is basically a civil issue because the police did not see any type of offence.



Former West Covina Mayor Mike Touhey

West Covina Unified Launches 2019-20 Year with New Programs, Facilities

WEST COVINA – West Covina Unified students returned to campus for the 2019-20 year on Aug. 15, ready to learn new languages, jumpstart their college education and strive for success thanks to expanded learning opportunities and the promise of new and upgraded facilities.



West Covina Unified welcomed its inaugural Mandarin Dual Language Immersion kindergarten class for the 2019-20 year.

Many schools welcomed students and families with cheers and signs of encouragement, as well as backdrops for first-day photo ops. Clad in red shirts, West Covina High School's Link Crew greeted freshmen and made themselves available to answer questions and provide support throughout the day.

"West Covina Unified is founded on the belief that every student receive a rigorous, high-quality education that inspires college- and career-readiness and fosters positive community engagement," WCUSD Superintendent Charles D. Hinman said. "We are looking forward to furthering these efforts in 2019-20 and inspiring lifelong success."

Mt. SAC Early College Academy welcomed its second freshman class this year, introducing a new group of students to the rigors of the District's flagship dual-enrollment high school. The Academy, which opened in fall 2018, provides students the opportunity to earn up to two years of transferable college credit as they pursue their high school diploma.

West Covina Unified also expanded its highly successful Dual Language Immersion (DLI) program by adding Mandarin instruction at Orange-wood Elementary.

The inaugural kindergarten

class, led by native Mandarin speaker Yuyan Chen, will follow a 50:50 Mandarin-to-English instructional model and use Simplified Chinese characters.

Several West Covina Unified schools are undergoing construction as the District completes Measure ES-funded projects, including an event center and sports complex at Edgewood High School; a science and career technical education building at West Covina High School; and facilities modernization at Mt. SAC Early College Academy.

Toastmasters Toast To The Best Club



Our guest Jim McComb, SMP on the left, handed out awards for best Table Topics to Peter Romero, M Ed, CC; best evaluator to Eric Wild, VC1; and best speaker to Art Douglas, DTM.

SAN DIMAS - In the August 15th meeting of the San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880, there were two great speeches by Art Douglas DTM "Connections" and Jon Phillips PM3 "Change of Plans"! Eric Wild, VC1 did a great job on Table Topics. Evaluations of the two speeches gave the speakers great feedback.

Thursday, September 5th is our next meeting. You can stop by to meet with us at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave (Between Walnut & San Dimas canyon Rd) San Dimas. Contact is Art Douglas, DTM, VP of Membership of Toast To the Best (951) 505-0555.

Our San Dimas chapter of Toastmasters International, Toast To The Best Club, Club

#5880 meets every 1st and 3rd Monday from 7 PM 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.

West Covina Fire Department Training

By George Ogden

WEST COVINA - Members of the West Covina Fire Dept. had some extensive training in Rope Rescue class recently in Anaheim. The training of our fire personnel in a technical rescue that requires special technics with rope and ladder will cover many of the possible rescues. Since the city has just about everything from hillsides, mountain areas, washes, high rise and much more, this special training will aid the rescuers to expedite victims so they can get emergency care. This is not just exclusive to West Covina, but with the skills they are learning, it will allow them the ability to perform a wide range of technical rescues in neighboring cities as well.



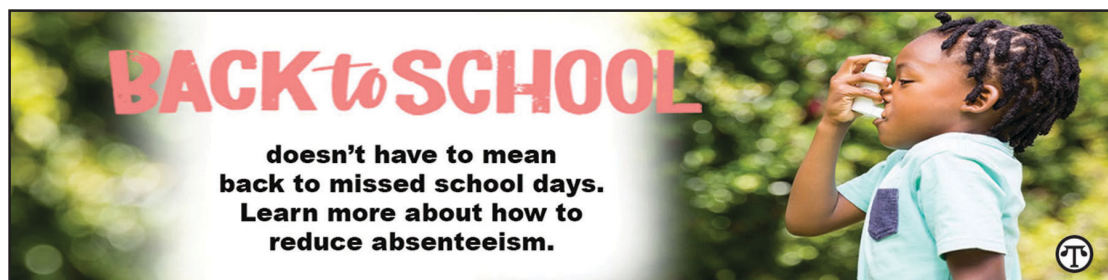
Breathe Easier, Have Your Kids Tested For Asthma

The school year can be a hectic time for the families of America's estimated 57 million schoolkids—but it's also a good time for parents to bring their children to the doctor to get tested for asthma.

Asthma Affects Academics
According to the Asthma and Allergy Foundation of America, Asthma is a leading cause for chronic absenteeism, which is defined as missing 10 percent or more of school days for any reason, excused or unexcused. It detracts from learning and is a proven early warning sign of academic risk. This affects young children in particular in ways that can shape academic outcomes for their entire school career.

Understanding Asthma
Asthma causes swelling and narrowing of the airways that carry air from the nose and mouth to the lungs. Allergens or irritating things entering the lungs trigger asthma symptoms. There's no cure, but it can be managed with proper prevention of asthma attacks and treatment. More than 25 million Americans have asthma, 7.7 percent of adults and 8.4 percent of children. Additionally, diagnosed asthma cases have increased since the 1980s.

Asthma Symptoms
Asthma symptoms vary from person to person. A person may have infrequent asthma attacks, have symptoms only at certain times—



It's a healthy idea to get your children tested for allergies and asthma.

while exercising, for example—or have symptoms all the time.

Asthma signs and symptoms include:

- Shortness of breath
- Chest tightness or pain
- Trouble sleeping caused by shortness of breath, coughing, or wheezing
- A whistling or wheezing sound when exhaling
- Coughing or wheezing attacks are worsened by respiratory viruses.

If your child shows any of these symptoms, it's even more important to have him or her visit a pediatrician for testing.

How Asthma Is Diagnosed
In order to accurately diagnose asthma, a doctor will take a detailed medical history of the patient, conduct a physical exam, and test lung function with spirometry. A spirometry test measures the volume and speed of air that a patient can expel from the lungs, this helps determine the type of asthma and the optimum treatment plan.

Asthma Treatment
Treatment generally involves

a blend of medication and avoiding triggers such as pollen, chemicals, extreme weather changes, smoke, dust mites, stress and exercise.

The good news is your child can live a normal life with asthma as long as it's properly managed and monitored. Even many professional athletes have asthma.

More good news is that doctors now have better equipment than ever to help them accurately diagnose the condition. For example, the EasyOne® Air Spirometer created by ndd Medical Technologies and available through Henry Schein Medical, helps doctors make diagnoses confidently. Built for healthcare providers large and small, it uses TrueFlow™ ultrasound technology for unprecedented accuracy and reliable diagnosis.

A portable stand-alone

spirometry solution helps doctors stay flexible. The device is extremely robust and calibration-free TrueFlow technology provides a lifetime of worry-free operation. The color touch screen lets doctors view real-time curves, easily enter data, and navigate using a premium touch screen interface while it easily connects wirelessly via Bluetooth for real time incentives, data exchange, and electronic medical record connectivity.

It's just one of the many medical devices available through Henry Schein Medical, a provider of medical and surgical supplies to health care professionals.

For further information, parents and doctors can go to www.henryschein.com/spirometry and <https://www.allergyasthmanetwork.org/> . (NAPSI)

Community Articles Are Welcome

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



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Windsong Southland Chorale Celebrates 25 Seasons of Song Concluding with Italian Tour in June 2020



"Requiem for the Living" concert, La Verne Heights Presbyterian Church, April, 2019

LA VERNE - Next June, to celebrate the conclusion of their 25th Season, Windsong Southland Chorale will tour in Italy, concertizing in Rome (including singing in the Sistine Chapel), Florence, and Venice. Singers, as well as non-singers, are invited to join the tour.

Born and raised on the East Coast, Founder/Director Dr. Janet Harms showed early musical talent and ability and was awarded a scholarship to the renowned Juilliard School of Music at the age of thirteen. She earned a Master's degree from the American Conservatory of Music in Chicago, and a Doctorate from New York's Columbia University. She is an internationally-acclaimed organist and teacher.

Back in the summer of 1995, after directing church and community choirs for many years, Dr. Harms was approached by three different friends, suggesting to her that she start her own chorale. On July 26, 1995, an organizational meeting was held, and as an outcome,

Windsong Southland Chorale was born. There was interest, and in the fullness of time, the Chorale grew from thirty singers to more than double that number. At one time, they nicknamed themselves "The Zip Code Chorale" because singers came from such a widespread geographical area of Southern California, from the desert, to the mountains, to the ocean, from Lake Arrowhead to Pacific Palisades.

As the years past, Windsong's reputation grew, and the Chorale was privileged to premiere some major works, including Rene Clausen's "Memorial", written in honor of the 9-11 victims. Windsong introduced that stirring piece to California, to Greece, and to Australia. Performing it in Carnegie Hall to New Yorkers was one of the most moving concerts in the Chorale's history, for those on-stage as well as audience members. There was scarcely a dry eye in the house.

Windsong also gave the first performance in Carnegie Hall of "Lux Aeterna" by Morten Lauridsen. Originally commissioned for the L.A. Master Chorale, this piece has become part of the international choral repertoire.

Windsong's home base is La Verne Heights Presbyterian

Church in La Verne, where Dr. Harms serves as Director of Music Ministry, and is the organist, as well as church choir director. Dr. Harms promotes collaboration, and to that end the newly reformed and renamed "Bells of Windsong", under the direction of Joan Hamm, rehearses and performs there, as well as the Canyon City Brass, directed by Mike Edwards.

In addition to Windsong's seasons of local concerts, the Chorale has traveled by invitation to sing in Carnegie Hall four times, and on international tours to Greece, Scandinavia/St. Petersburg, Australia, Ireland, Austria/Czech Republic.

Windsong is a multigenerational community choir, ranging in age from college students to seniors, from 18 - 81. Their gifted accompanist is Nightingale Chen. The Chorale is known for its friendliness and new singers are always welcome. The Chorale rehearses on Monday nights from 6:30 - 9:00 p.m. at La Verne Heights Presbyterian Church. After a summer hiatus, rehearsals will begin on Monday, September 9. If you have an interest in singing or touring with Windsong, please call 909 983-9879 to set up an audition, or for further information.

Hints To Help You Be Engine Smart, Earth Kind

Knowing where to look can help you save money at the fuel pump.



You can give both the earth and your wallet a boost when you fill up your car with cleaner-burning gasoline.

To help, Growth Energy and GasBuddy announced that drivers across the nation can now take advantage of Unleaded 88's affordable prices through GasBuddy's database and app. Unleaded 88 is a fuel with 15 percent renewable biofuel approved for cars 2001 and newer and, thanks to the recent lifting of outdated government regulations, is now available for sale at the pump all year-round.

GasBuddy is a smartphone app and website used by millions of drivers every month to avoid paying full price for fuel. It is the world's largest database of real-time, crowd-sourced gas price data covering more than 150,000 North American gas stations.

This new partnership lets GasBuddy's app users access a comprehensive database of Unleaded 88 fuel at more than 1,800 retail locations around

the country. Additionally, Growth Energy and GasBuddy have launched an advertising campaign within the app to promote the benefits of the renewable fuel to consumers.

"With fuel prices constantly changing and varying between stations, GasBuddy's goal is to be the most comprehensive platform for drivers to make fuel-purchasing decisions and save money on every fill-up," said Patrick DeHaan, head petroleum analyst at GasBuddy.

"By including the availability of Unleaded 88, we're continuing our commitment to our users." Emily Skor, CEO of the world's largest ethanol trade association, Growth Energy, celebrated this new partnership and the opportunity for millions of drivers to find the more affordable choice at the pump with Unleaded 88 through GasBuddy's popular price-tracking app.

"We are thrilled to partner with the nation's leading and most respected fuel app to help more Americans access the engine smart and earth kind benefits of Unleaded 88," said Skor. "Drivers all over the U.S. rely on GasBuddy to fuel their lives and we are looking forward to giving them another option at the pump that is cleaner-burning and provides a savings of up to 10 cents per gallon."

Today, Kwik Trip, Sheetz, Casey's General Store, Cumberland Farms, Thorntons, Kum & Go, RaceTrac, QuikTrip, Rutter's, Minnoco, Protec Fuel, Murphy USA, Family Express, Royal Farms, Pump & Pantry, and Bosselmanns offer Unleaded 88 at more than 1,800 locations across 31 states.

For more information, head to www.UNL88.com. (NAPSI)

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