



# San Gabriel Valley Examiner

To reach us:  
Phone: (626) 852-3374  
Fax: (626) 852-1904  
E-mail: [sgexaminer@aol.com](mailto:sgexaminer@aol.com)  
Web: [www.sgexaminer.com](http://www.sgexaminer.com)

25 cents

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

Volume XXII, Issue No. 3

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

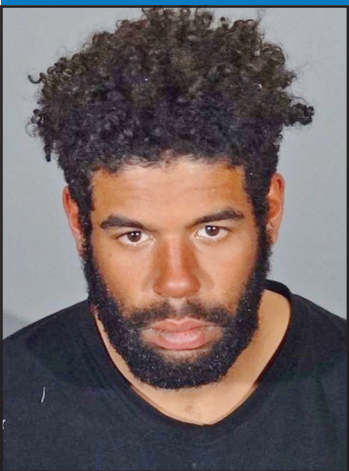
January 17 - 23, 2019

## INSIDE



Azusa Shooting / A3

## Serial Criminal Arrested



Dominic Stonerheark / A7

### INDEX

Commentary	A4
Financial/Consumer	A5
Legal Notices	B1
City Notices	B8

# How Healthy Feet Can Reduce Your Risk of Falling

Among older Americans, falls are the number one cause of injuries and death from injury, according to the Centers for Disease Control and Prevention. Not only are seniors more at risk for falls, when they do so, it poses a greater risk for injuries, hospitalization and complications. For a ground-up approach to fall prevention, seniors should start by examining the health of their feet.

“Painful foot conditions, such as osteoarthritis, corns, bunions, hammertoes and diabetes complications, can make it difficult for seniors to maintain balance and coordination when walking or standing,” says Michael Ambroziak, DPM, FACFAS, a board-certified foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgery (ACFAS). “Compounding the issue is that the very exercises intended to correct risk factors for falls, such as lower-body weakness, as well as gait and balance problems, are made difficult to perform when one is suffering from painful foot and ankle conditions.”

While the factors causing falls are numerous, experts say that seniors, and everybody for that matter, can take steps to reduce their risk by minimizing or even eliminating foot



Photo Source: (c) skynesher - iStock.com

pain. Doing so will improve balance, coordination and stability when walking or standing.

Foot and ankle surgeons recommend the following ways to help keep feet and ankles healthy:

- Don't ignore pain: Foot pain is not just a normal consequence of growing older, so don't resign yourself to aching and suffering. You likely have a treatable condition. For a proper diagnosis and intervention, be sure to pay attention to your feet and see a foot and ankle surgeon if and when you experience pain.

- Examine your feet: You are

the gatekeeper of your own health, making regular at-home foot examinations critical. At the sign of bumps, lumps or other changes in your feet, make an appointment with your foot and ankle surgeon.

- Exercise: Simple stretching exercises can help you main-

tain strength and mobility in your feet and ankles, as well as provide pain relief. Talk to your physician about appropriate exercises for you.

- Protect: Use padding, insoles or whatever special footwear you are prescribed. Be

sure to wear these, along with comfortable, sensible shoes, every day.

- Be flexible: Know that at times, surgery is the most appropriate treatment for a given condition. Fortunately, many simple surgical techniques allow foot surgery to be performed on an outpatient basis.

For more ways for to keep feet and ankles healthy, prevent falls or to find a foot and ankle surgeon near you, visit [FootHealthFacts.org](http://FootHealthFacts.org), the patient education website for ACFAS. Foot and ankle surgeons are experts in providing both conservative care as well as surgical approaches to foot and ankle healthcare.

Remember, just one fall can permanently rob seniors of their independence and dramatically reduce their quality of life. Taking good care of feet and ankles however can reduce the risk of a life-altering slip, trip or fall. (StatePoint)

## Installation of the 2019 Executive Board



Citrus Valley Inter-Community Auxiliary in Covina presents its 2019 Executive Board installed on Thursday, January 10, 2019. Past President Janice Clark officiated at the installation ceremony. It was an entertaining ceremony that highlighted exactly what each of the ladies is...a volunteer. From left: Reyna Conrado President; Nancy Kitamura Programs; Fran Abbott Membership; Peggy Monges Special Projects; Lilia Sarosy Publicity; Jacquie Garretson In-Hospital; Phyllis Rounds Nominating Committee; Doris Schulz Nominating Committee; Linda Mayer Secretary; Carol Koon Treasurer and Janice Clark Past President. The ladies are looking forward to 2019 and ready to work towards the goals set for the year.

## How to Make the Most of Your Medicare Plan



Photo Source: (c) s4svvisuals / stock.adobe.com

For the millions of Americans aged 65 and older, Medicare is a critical source of health care.

To help you choose a plan and get the most from it, consider these tips from the experts at Cigna-HealthSpring:

- Understand your benefits. Plans can vary widely, and certain plans go beyond the basics to include such benefits as transportation assistance to doctor appointments, fitness classes, discounts on delivery of covered prescription medications and even nutritious meals after a hospital discharge. Taking the time to understand all the benefits offered by your plan can help you make the most of them.

- Know your network. Seek out health care providers who will offer you support in navigating a complex health care system, saving you time and money. Your team of providers should commit to getting to know your needs and delivering coordinated care. Also, before making an appointment, be sure your favorite doctors and pharmacies are within your network.

- Leverage preventive care opportunities. Preventive care saves lives and helps you delay or avoid the onset of disease. So, schedule your annual check-up and keep your appointment. Get to know your doctor and ask

about what screenings you need for your age and background. For more information about preventive care, visit [cigna.com/takecontrol](http://cigna.com/takecontrol).

- Get active. Incorporate exercise into your routine; it's essential to healthy aging. While, original Medicare doesn't cover gym memberships or fitness programs, a number of Medicare Advantage plans offer such benefits as part of their coverage at no extra cost.

- Use free resources. Have questions? Many insurance plans offer no-cost, no-obligation seminars explaining plan details. You can also check health plans' websites or call their customer service team for more information.

“To maintain your health and wellness, be sure to review your benefits so you're getting the most out of your Medicare plan,” says Brian Evanko, who leads Cigna's government programs, including Cigna-HealthSpring, which is a supplier of Medicare Advantage products. (StatePoint)

## 2018 Glendora Community Survey Results

The City of Glendora: not only is it known as the “Pride of the Foothills,” it's also known by residents for its overall quality of life – a good place to live and to raise a family.

That's according to a community opinion survey report released recently by True North Research. Commissioned by the City of Glendora, the study's intent was to identify key issues of concern for residents, measure residents' overall satisfaction with the City's efforts to provide municipal services, and evaluate perceptions of and experience with local government.

Timothy McLarney, Ph.D., the president of True North, gave a formal presentation of the survey findings to Glendora's City Council and the public on Tuesday 8 January 2019, in Council Chambers at Glendora City Hall.

And topping the list of findings was that Glendora residents provided the most positive ratings for Glendora as a place to live (92% excellent or good), a place to raise a family (91%), and the overall quality of life in the City (89%).

As did the three prior surveys (2011, 2014, and 2016), this 2018 survey delved into other issues, services, and experiences as well. Results noted by True North included:

- Eighty-five percent (85%) of Glendora residents indicated they were either very (40%) or somewhat (45%) satisfied with the City's efforts to provide municipal services.

- When asked about their satisfaction with specific services, respondents were most satisfied with the City's efforts to provide library services (96% very or somewhat satisfied), followed by maintaining parks and recreation areas (92%); providing programs for youth, adults, and seniors (92%); providing police services (89%); preparing the City for emergencies (85%); and providing trash collection and recycling services (85%).

- 79% indicated that they are satisfied with the City's efforts to communicate with residents. Respondents placed the City's website at the top of the list for communicating information to the city, followed by email and electronic newsletters, and a smart phone app.

“In addition to measuring the City's current performance,” True North's summary report states, “a primary goal of this study is to look forward and identify opportunities to adjust services and/or refine communications strategies to best meet the community's evolving needs and expectations.”

“Although residents are generally satisfied with the City's performance, there is always room for improvement.”

When asked what the City Government could do to improve the quality of life in the City, 22% said not sure or no changes are needed. Among the improvements suggested, the top four improvements most frequently mentioned were limiting growth and development; improving dining and shopping opportunities; improving streets, roads and infrastructure; and addressing homeless issues.

When it came to communication, among those who desired additional information from the City, the most commonly mentioned topics of interest were city growth and development projects, affordable housing, and recreation/community events.

“I am proud to live in and serve a community,” said Mayor Mendell Thompson, “that listens to its residents, solicits honest feedback, and strategically uses that information to set funding priorities that allow Glendora to continue to provide high quality services to its residents.”

The survey highlights, full report, and presentation are available on the City of Glendora website at [www.CityOfGlendora.org/CommunitySurvey](http://www.CityOfGlendora.org/CommunitySurvey).



## Keeping Kids' Minds and Bodies Active



If you're like many parents, you want to ensure that your little ones' playtime gives them a chance to exercise both body and mind. Here are some fun ways to incorporate both into the equation.

- **Outdoor fun:** Outdoor fun can be had nearly any time of year. Carve out time each week for trips to the local playground or park and for short walks and scooter rides. The change of scenery will activate young minds naturally to explore the world around them.

- **Movement through discovery:** Seek out toys that inspire movement through the act of discovery. For example, Chase Me Casey, a monkey that skates, spins and wobbles across the floor, encourages children to dance and crawl after him. When your child gets close, Casey reacts with playful sounds and encouraging phrases. Five colorful shape buttons on the monkey's shirt introduce letters, numbers, body parts, music and more.

- **Music class:** For young children, music class is a great way to connect mind and body, as kids are introduced to simple rhythms, dancing, singing and

percussion instruments. If music class doesn't fit into your family's schedule, you can always get the jams going at home, introducing your child to an array of musical styles.

- **Toys to grow with:** From floor play to first steps, look for toys that will assist your child with this crucial transition. For example, the VTech Stroll & Discover Activity Walker, which grows with your child, is nicely suited for floor play as its removable activity panel is packed with features like light-up piano keys, spinning gears and shape sorter pieces to help develop fine motor skills. When kids are ready, you can attach the panel to an adjustable two-speed walker, so they can learn and discover while on-the-move.

- **Imaginative play:** Let kids create their own adventures using their imagination as a guide. Toys such as Starshine the Bright Lights Unicorn can add whimsy and adventure to active playtime. Place the seven charms on any of the three magic hearts to see the horn light up and hear colors, objects and phrases in English or

Spanish. Use the charms to answer quiz questions or add sound effects to create your own special song. Squeeze the unicorn's tail to see her wings flap and hear phrases and sound effects. Starshine's majestic hooves feature wheels so kids can push her as they head off on their next adventure.

- **Simon Says:** "Simon Says" is a fun game to get kids moving while reinforcing vocabulary, from learning the names of different body parts to distinguishing sounds, such as "Simon Says cluck like a chicken." This is a game that can progress with your child's development. Start with the basics like, "Simon Says touch your nose." As kids get more coordinated, try stuff like "Simon Says hop on one leg."

Keeping kids active and engaged adds meaning to playtime and makes things more fun. With toys and activities, you can foster discovery and imagination while introducing movement to children. (StatePoint)

## Keeping Your Health on Track During Winter

Winter can be a sluggish season full of rich foods and little activity. Here are some sensible ways to keep your health on track during the long winter months.

- **Stick to Routines.** To the best of your ability during this hectic time of year, attempt to stick to routines that promote wellness. Set a bedtime and honor it. Hit the gym. Meditate. Do whatever it is that keeps you grounded and feeling your best.

- **Drink Up.** Many people associate dehydration with the warmer months. But in winter weather, it can be especially easy to forget to stay well-hydrated. Remember, water doesn't need to be the only source of hydration you think about this season. Soups and purees made from hearty winter vegetables, as well as citrus fruits do the trick, too, and their nutritional properties can help keep you healthy in winter.

- **Keep Things Organically Sweet.** Staying on track doesn't mean you can't enjoy the sweetness of the season. Instantly boost the flavor of your favorite meals with organic honey. One great option is Organic Honey In The Raw. USDA Organic Certified and Non-GMO Project Verified, it's made from pure nectar collected from exotic wildflowers found in the remote Caatinga region of northeast Brazil. The hand-harvested, sustainable honey is raw (never heated above 117 degrees) and unfiltered, so it retains the benefits of bee pollen.

And just one tablespoon of



organic raw honey provides the right amount of sweetness and flavor for any dish or drink, including year-round staples like oatmeal, yogurt, tea, and more. You can also consider giving a honey makeover to all your favorite holiday recipes, including glazes and sauces for meat and poultry, cocktail recipes, and of course baked treats.

- **Make Substitutions.** Other healthful substitutions you can make this winter and beyond include topping pies with Greek yogurt instead of cream, using apple sauce in place of oil and nut flour instead of white flour in baking, and serving vegetable mash as an alternative to mashed potatoes.

- **Be Mindful.** Wedding or parties on your winter calendar? When you enter a party with a buffet set-up, it can be tempting to reach for the richest foods first. Before indulging in the canapes and Swedish meatballs, try filling up a plate with crudité first. While you're doing so, get a good look at all the options available. This way, you'll be more likely to savor choice items you'll truly enjoy.

Winter doesn't have to result in packing on pounds or feeling under the weather. With a mindful approach, you can keep your health on track all season long. (StatePoint)

Photo Source: (C) Mikhail Malyugin / stock.adobe.com



**24 Hour Towing... 7 Days A Week**  
**Emergency Hotline Call (626)357-3220**



**Now Hiring Drivers**

- Official Police Tow
- We Haul Junk and Abandoned Vehicles
- Auto Lockouts
- Lien Sale Auctions

**(626) 914-1841**

134 N. Valencia, Glendora  
 1045 W. Kirkwall, Azusa

[www.janstowing.com](http://www.janstowing.com)



**Life insurance from a real-life person.**


Kyle A. Cline, Agent  
 Insurance Lic. #: OD16727  
 1275 E Route 66  
 Glendora, CA 91740-3779  
 Bus: 626-335-0815

Get life insurance that comes with someone local (me). I'm here to help you protect your family's financial future. **LET'S TALK TODAY.**




State Farm Life Insurance Company (Not licensed in MA, NY or WI)  
 State Farm Life and Accident Assurance Company (Licensed in NY and WI)  
 1708148 Bloomington, IL

**Mediterranean Catering**



**Authentic • Healthy • Delicious**



221 W. FOOTHILL BLVD - GLENDORA, CA 91741  
 TEL: 626-914-3500 --- FAX 626-914-3511

**New Customer Special**



**\$59 Heater Safety Tune-Up**

Valid for new customers only. Work includes maintenance on one furnace. Expires 1/31/19.. Not valid on prior work.

HEATING AIR CONDITIONING HEALTHY HOMES



**AIR SYSTEMS**

416 S. Vermont Avenue • Glendora, CA  
**626-335-1116 • CANYONAIR.COM**  
 Family Owned & Operated With Over 700 Customers In Glendora  
 License #843843

**We Want Your Business!**

**We'll Earn It, We'll Prove It!**

**WHAT MAKES US DIFFERENT:**

- **No Rebates** (They usually have a fee for the contractor & it's put in the price)
- **No Five Year Financing Same As Cash** (Nothing in life is free, there is a hidden cost in your bid)
- **Yes HERO Financing** (No hidden costs, 90 day same as cash with no cost to you)
- **Yes Best Service & Warranty** (10 Years Parts And, For a Limited Time, 10 Years Labor)
- **Yes Favorite Air Conditioning / Heating Contractor** (Awarded by the San Gabriel Valley News Group's Readers' Choice Awards)

**LIMITED TIME ONLY!**

**10 Year Worry Free Warranty**

Equipment & Labor Covered For 10 Years On New Installs





# Deadline For Assistance Extended For Fire Victims

**LOS ANGELES COUNTY** - The Federal Emergency Management Agency (FEMA) has extended the registration period for disaster assistance to January 31st.

FEMA has provided L.A. County residents with over \$3 million in assistance through their Individuals and Households Program (IHP) to date.

Disaster assistance for indi-

viduals may include grants to help homeowners and renters with temporary housing, essential home repairs, personal property replacement, and serious disaster-related needs.

Woolsey Fire survivors can visit a Disaster Recovery Center (DRC) in their neighborhood to apply for assistance. Residents can also visit disasterassistance.gov or call

(800) 621-3362 to submit an application.

Visit a DRC location below:

- 23525 Civic Center Way, Malibu, CA 90265
- 30440 Agoura Road, Agoura Hills, CA 91301

For the latest updates on disaster recovery, visit [lacounty.gov/woolseyfire](http://lacounty.gov/woolseyfire) and follow @ReadyLACounty on Twitter.

# Mother Held in Death of Toddler

**By George Ogden**

**COVINA** - Friday morning, Jan. 11 around 3:30 a.m. a Covina Police Sergeant saw a half-dressed woman running down the middle of the street in the 300 block of N. Second Ave., which is near the police station. The sergeant and other officers tried to detain and help the woman and to find out what was going on. They found blood on different parts of her body, but she had no injuries. As officers tried to talk

with her, she would not cooperate with them. At one point, she tried to get away from the officers but was not successful.

She still refused to tell the officers what was going on but they were able to find out that she lived in a townhome on 100 E. Italia Street about a block away. Officers went to where they thought she lived and found a small fire burning inside the home and then they discovered a little boy dead upstairs. The boy's body was bloodied and showed signs of trauma, however officers did not state the type of injuries that the little boy had.

The woman, believed to be the child's mother, was transported to a local hospital for a psychiatric evaluation. Police identified her as Xa Dinh Ngo. On Monday, January 14, Ngo was released from the local hospital and arrested by Covina Police Detectives for 187 PC-Homicide. She is currently housed at Los Angeles Century Regional Detention facility being held with no bail.

They ask anyone with information on the case to call Detective Tim Statler at 626-384-5622; the watch commander at 626-384-5665; or Crime Stoppers at (800) 222-TIPS.

# Monterey Park Police Arrest Suspects of Auto Burglary at 300 Block of West Garvey

**MONTEREY PARK** - On January 3 at approximately 7:57 a.m., an officer investigated an auto burglary that occurred in the 300 block of West Garvey in the City of Monterey Park. The subsequent investigation led to the identification and arrest of two suspects later that evening in the City of Rosemead.

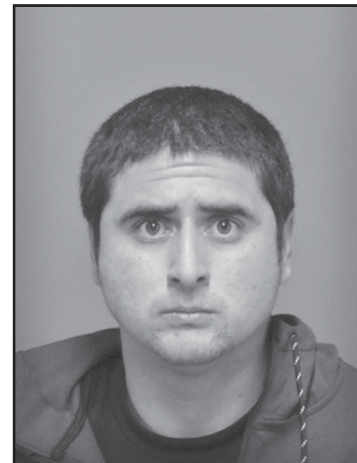
A search warrant was served in the City of Rosemead at the suspects' residence on January 4, 2019.

The suspects are identified as: Jesus Orozco, 27, from Rosemead. Robert Milinkovich, 25, from Compton.

Orozco has been charged with suspicion of auto burglary



**Jesus Orozco** and identity theft. He is being held without bail due to a probation hold. Orozco appeared in the Alhambra Superior Court on January 7, 2019.



**Robert Milinkovich** charged with suspicion of auto burglary. His bail is set at \$20,000. Milinkovich appeared in the Alhambra Superior Court on January 7, 2019.

# Azusa Shooting, Man and Teen Killed, One Injured

**By George Ogden**

**AZUSA** - On Tuesday, Jan. 8 around 10:00 p.m. a gun battle took place in the 600 block of East 6th Street. Azusa Police and the L.A. Co. Sheriff's Deputies responded in force.

When police arrived, they found a man and a 15-year-old boy dead. They also found a third man wounded.

Daniel Issac Zeledon, 15, of Azusa and Mario Ramirez, 28, were found dead at two different shooting scenes in the immedi-

ate area. Detectives recovered two guns at the scene as well as other evidence. So far, there is no motive for the shooting as they are still trying to put together what happened.

There is an indication that Zeledon was the original target. Police say Ramirez and another man walked up to Zeledon in front of the apartment complex and started shooting at the teen. He was hit once in the body. The suspects turned and ran, however, another person pulled out a gun

and started shooting at the fleeing suspects. The unidentified man hit both suspects, killing Ramirez and injuring the other suspect who was taken to the hospital.

It is unknown if the shooter who returned fire was arrested or not.

Authorities ask anyone with information about the shooting to call the Los Angeles County Sheriff's Homicide Bureau at 323-890-5500 or Crime Stoppers at 800-222- 8477.

# DPSS Announces Early Issuance of February CalFresh Benefits

**LOS ANGELES COUNTY** - In an effort to ensure that the County of Los Angeles' most vulnerable residents receive their critical monthly CalFresh benefits without interruption, the Department of Public Social Services (DPSS) has been authorized to issue February

CalFresh benefit distribution to eligible households on January 16, 2019.

The early distribution of funds is not additional benefits, but an early issuance of the February CalFresh benefits. Households are urged to budget their benefits accordingly to

ensure that they have funds available to purchase food in the month of February.

CalFresh customers may contact the DPSS Customer Service Center at (866) 613-3777 for assistance and additional information.

# Barger Calls For E-Scooter Pilot Program

**LOS ANGELES COUNTY** - The Board of Supervisors will consider a motion by Supervisor Kathryn Barger directing county agencies to develop a regulatory framework for the safe commercial operation of e-scooters in the communities of unincorporated Los Angeles County.

In November 2018, the arrival of e-scooters in unincorporated Altadena and East Pasadena created a serious concern about the potential public

safety and nuisance issues that e-scooters have caused in other jurisdictions.

Supervisor Barger's motion directs the CEO, in collaboration with county departments and agencies, to develop a pilot program in 45 days with regulations allowing for the safe operation and storage of shared e-scooters and bikes on County roadways.

"We want a collaborative plan that allows operators to provide a viable transit option

for our residents while minimizing the potential for public nuisances, safety issues, and lawsuits ultimately paid by taxpayers," Barger said.

The program will also include a consumer-focused website regarding safety and other information to set the stage for a safe, sustainable, and innovative approach to incorporating e-scooters and bicycles as a service to residents looking to bridge gaps in transit access.

# Truck Roll-Over Near High School Kills One, Injures Another

**By George Ogden**

**CHARTER OAK** - A pickup truck rolled over and landed on the front lawn of Charter Oak High School, 1430 E. Covina Blvd., on Thursday morning, Jan. 10, around 7:35 a.m., while kids were headed to school.

The unidentified adult driver of the truck was pronounced

dead at the scene while an injured teenage female passenger was trapped in the truck. She had to be extracted by firemen using the Jaws-of-Life to cut her out.

The young girl was taken to the hospital with moderate injuries and is expected to recover.

It is believed that the driver had a medical emergency which may have led to the crash.

The eastbound lanes were closed while emergency crews worked on the accident vehicle and while police did their investigation. The accident is still under investigation.

**San Gabriel Valley Examiner**  
INFORMATION GUIDE

1160 Englewild Dr.  
Glendora, California 91741

Phone (626) 852-3374  
Fax (626) 852-1904  
E-mail: [sgexaminer@aol.com](mailto:sgexaminer@aol.com)

**EUGENE F. MOSES**  
Publisher/Editor

Jayam Rutnam  
Contracted Reporter

George Ogden  
Contracted Reporter

Glenn Purbaugh  
Photographer

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

**SANDBLASTING**

**Elite Sandblasting INC.**  
Residential & Commercial

Metal, Wood & Concrete  
Plastering, Stucco, Roof  
Coating, Concrete &  
Painting, Termite Repair.  
All Types of Roofs.

Free Estimates Lic#827330  
(626) 235-8780

**the Glendoran magazine ...**  
*...is growing!*

Now hiring experienced advertising sales people!

Recording the Past, Present and Future of Glendora and surrounding communities.

- Rubel Castle
- Local Organizations
- Founding Families
- Current News
- Famous Residents
- Local Politics
- Community Events
- Outstanding Community Leaders
- Youth Contributors
- Youth Organizations
- Home tours
- Local Merchants
- Vintage Photographs
- Citizen Profiles
- Historical Mysteries
- Citrus Industry History
- the Big Red Car
- Citrus College
- Local Schools
- And much, much more!

6 Issues still only \$25 direct to your door!  
**(626) 335-7769**  
For advertising & subscription information  
**the Glendoran magazine**  
Box 1174 • Glendora, CA 91740  
[editor@glenmag.com](mailto:editor@glenmag.com)

**BART The BLOCKHOUND**

Unilateral parallelism: a one track mind....  
Bartology #003

**TRUST** - Nearly 100 years of Service to the community  
**QUALITY** - Highest standards of service in the industry  
**AFFORDABILITY** - Pricing plans to meet all needs  
**COMPASSION** - Bereavement Minister on staff  
Free monthly Grief Support group

**White's FUNERAL HOME**  
OVER 96 YEARS OF SERVICE

Life Celebrations • Burial • Cremation • Advance Planning

404 E. Foothill Bl., Azusa, CA 91702 (626) 334-2921  
[www.whitesfuneralhome.com](http://www.whitesfuneralhome.com)

Like us on Facebook

**WHITE'S FUNERAL HOME**  
FD-113



# Two Cities: Haves And Have Nots

November 6th election ballot had:

- La Puente - 0.50 cent sales tax increase to generate \$1.5 million annually until ended by voters. To improve 9-1-1 emergency response, increase sheriff patrols, expand after school tutoring, mentoring gang/drug prevention, economic development, senior services, water conservation, fix potholes and general services. Generates \$1.5 million.

- Covina - 0.75 cent sales tax increase to generate \$5.1 million annually until ended by voters. Maintain service levels including 9-1-1 emergency response, public safety, fire protection, paramedics, fix potholes/streets, after school and senior programs, library services, homeless and general city services.

Other cities for a city-only sales tax were Cudahy, Burbank, Culver City, Glendale, Lawndale, Pasadena, Pomona, San Fernando, and Santa Fe Springs. All passed ranging from a 58% to 75% "YES" vote. More cities, including Glendora, will be putting a city-only sales tax on the March ballot.

If some cities do ask voters for a sales tax increase and others don't, if some pass and others don't, do we end up with the haves and have nots additional sales tax?

Our new governor is charging into office resolving to fix problems Jerry Brown left him and doing it with \$30 billion or more reserve revenue.

The gas tax, originally promised to local government potholes, all but disappeared when comments circulated there was money for local government if they could meet a state mandated formula and can pass a state audit. And, after repayment of \$706 million outstanding transportation loans were paid back to the state general fund. And, after \$750 million was paid annually to public transportation capital projects. Has anything changed here since a new governor came on board? How much is left for local streets and potholes?

Gov. Newsom is saying he wants 3.5 million new housing units by 2025 and is willing to "streamline" the environmental regulations to achieve that goal. Included is his big push for density housing along the rail corri-



**Shade's Perspective**  
**Lois M. Shade**  
**Former Mayor of Glendora**

dors suggesting that is the answer to traffic congestion, improving air quality and saving on road construction and potholes. The assumption is those living in housing adjacent to rail corridors will come out their doors and hop the train to work. The more ridership on a train, the less fare subsidy is needed to keep that train running. Newsom has said he would usurp local general plans, municipal codes and withhold transportation money if local government doesn't help achieve his housing goals.

With new housing comes the demand for more services whether it is single-family with a white picket fence, a condo or high-density adjacent to a rail corridor. What La Puente and Covina submitted to their voters to fund is what all cities are asked to provide to their "customers" or residents ... police, library services, recreation opportunities, and senior services. Part of the assessment in each community is - How much more population can a city absorb while keeping the current level of service? Is it time to start trimming the services a city provides with the current demands of Sacramento leadership? Or is it time to push back?

Local law enforcement is now saddled with Brown's failed modifications to the criminal justice system, some for minor crimes, and some horrific crimes that destroy people and their families' forever. Michele Hanisee, President, Association of Los Angeles Deputy District Attorneys, warned Brown and supporters of Prop 57 that the initiative did not clearly define what offenses were non-violent. That left the door open for violent criminals, including offenders against children, to be released after serving

minimum sentences, with no drug intervention services. Were the flaws in Prop 57 fully disclosed to the voting public or was it just a way to play with the budget and decrease the incarceration costs, including no new prisons?

Newsom talks about dealing with the homeless problems on our streets and doesn't hesitate to say, 'Local government is going to have to step up'. I think that means our police departments are going to have to deal with much of what's on the streets and without the tools to do that job effectively. We don't do incarceration anymore, we write them citations or tickets with the hope they will show up in court if ordered to do so. Our police departments go out to do a job knowing it is revolving door ... write someone a citation today, then write it again tomorrow and a lot of tomorrows after that.

As part of Newsom's "local governments need to step up program", he is calling for mandatory shelters for all homeless. One discussion I heard lately was along the lines ... how do you force those who don't want to be in a shelter and like it out on the streets, to go to a shelter? Do we write them a citation or a ticket if they refuse to comply?

Reality check -- How does sales tax increases affect our local small businesses? Mom & Pop Shops have so many laws that impact them. Will they survive if they are a have a city only sales tax? Can they compete with the small businesses in a have not a city only sales tax?

Political check -- We can't "streamline" environmental laws to provide water to the Central Valley farmers, or water to Southern California businesses and residents, but we can dismiss environmental laws to build 3.5 million new housing units violating local municipal codes?

Glendora's Budget In Brief says ... general fund shows a budget deficit ... expenditures have increased ... rising pension costs are a contributor. Newsom just dedicated \$4 billion to the pension retirement fund to help adjust the 30% shortfall. Over estimating income projections at CalPers Retirement System has caused some of the problems cities are facing.

ly not the IRS. One such clever blogger I saw, photoshopped such a category on the tax form, following the "married" box and the "single" box.

Then there is the Left's newest hype about rich business people paying 70% of their income in taxes. I would pose the question to Alexandria, Kamala and the rest, if that 70% will be doled out by George Soros, Tom Steyer, and Mr. Tax Evasion himself, Reverend Al Sharpton? And by the way, that funding doesn't include political action groups and advocacy causes they like. I mean real stuff for real people. By the way, I don't need to pay somebody to tell me what gender I am, or what car I can drive, or how much meat I can eat.

There is plenty of monetary commitment to go around, so lets spread the wealth and see who is for real.

# Technology - Reading History Backward!

I often feel guilty for failing to stay in closer touch with friends. Perhaps there is something to be learned about this lack from young people-and perhaps not. Try reading the following, beginning now and going backward in history.

1. (These days)

If you run across three kids, two of them will probably be texting; faces glued to their phones, thumbs going a mile a minute. Teachers report that about half of their students will be secretly texting during class. Police report that traffic accidents often occur when young drivers are texting. If the adult world stays fixated on e-mail, the children have discovered the delights of texting.

2. (Go back five years)

The fascination now is THE SOCIAL MEDIA. There is FACEBOOK, TWITTER and who knows what else. Kids spend hour after hour at it. At least it has gotten them off their phones. Maybe it's just a passing fad, but in the good old days nobody had to worry about being consumed by the "social media."

3. (Go back another few years)

At least we've gotten the family's landline back. Now the kids have their own mobile phones, and may even be sitting side-by-side phoning each other. What are they talking about? They tell me, "other kids!" At least in the good old days nobody had to worry about these mobile gadgets.

4. (Go back a couple decades)

Why did we ever get that landline installed? Every time I want to use it, one of the kids will be



**Charles H. Bayer**

jabbering away. They can spend more time talking about nothing than it takes for them to shower-which is forever. What are they talking about? Each other! At least in the good old days they didn't take over the family phone.

5. (Go back a generation)

It's called a typewriter. I guess it does a good job with schoolwork, but try having a conversation while they are pecking away? At least it keeps them around the house.

6. (Go back a hundred years)

Have you noticed how kids these days are spending much of their time writing long letters? They may hardly ever see each other, but will spend hour after hour with their quills and ink, going on and on. When I was that age we would walk miles just for conversation.

7. (Now leap back a few ones)

I don't understand what's going on with kids these days. All they want to do is sit by themselves in the forest and talk to their friends on those darn drums.

What may we have learned? - Certainly that youngsters in ev-

ery generation are much readier to accept new ideas-in this case new technologies-than are we greybeards. If it were up to us we would still be using spinning wheels for making cloth and sundials for telling the time.

BUT-there is something about how young people are recently using these new technologies. What seems to be lacking is any sense of community. From today's fascination with texting on back, these communication gadgets are cocoons woven around the users. What is lacking is any sense of a common spirit. Talking to someone by text or phone who may be six feet away-or a thousand miles-remains a solitary exercise.

Hillary was correct. It takes a village to raise a child. Our best decisions are made in group encounters. Our New England forebears were on to something with their town meetings. We were born in families and nurtured with others in classrooms. One wonders what will be the end product of these isolated forms of communication. I do not even know who I am or what I believe until I see it reflected in the eyes and lives of my colleagues. While the current forms of individual spirituality may be personally valuable, perhaps advocates still may need things like churches. No one does a good job dealing with alcoholism by themselves. It takes AA and incessant group meetings. Even monks need monasteries.

Contact Charles Bayer at [candwbayer@verizon.net](mailto:candwbayer@verizon.net)

# "TIME JOCKEY" - Behind the Parade

By Joe Castillo

**Inside Look...** In my previous articles, I wrote about the history of the Rose Parade and my experience walking in the parade on January 1. It was truly an experience and event I shall always remember but I will also remember the many new things I learned being part of the festivities. Here's a condensed version of some of the inner happenings associated with the 130th Tournament of Roses. Our entry was called the Gold Rush Fire Brigade and consisted of four 1850-era Fire Department wagons, an 1850-era band playing 1850 music on 1850-ish instruments. In addition, a company of retired and current firemen, dressed in 1850 firemen uniforms, and 6 members of the Native Sons of the Golden West, an 1875 established fraternal organization, including Grand President Carey Pearce and dressed in 1850-era outfits, joined the entry. We were classified as an equestrian unit but we were also a mobile band riding on antique wagons and marching members walking alongside the wagons. It was a unique entry and certainly fit right into the collection of other parade entries which followed the theme of "Melody of Life".

Three days before the actual parade, we performed in "Equestfest 2019" at the Los Angeles Equestrian Center at Griffith Park. The show brings out many of the Equestrian units which will be in the parade and allows them to display their skills of horsemanship in the arena. In addition, there are vendors, music and food which are all available to spectators before and after the actual horse show. It's an entertaining event for adults and children alike who can actually pet the horses

after the show. All types of entries were present including the 1st Army Calvary, Norco Cowgirl Drill Team, U.S Forest Service Pack Team, U.S. Marine Color Guard, Los Hermanos Banauelos Vaqueros, Miniature "Healing" Horses, Blue Shadow Drill Team, Hawaii Kahuna Riders, Budweiser Clydesdales and Wells Fargo Stage Coaches. It was just an amazing display of horsemanship and horsemanship that parade spectators don't often see being along the parade route.

On parade day, we arrived at the horse staging area known as the "Pit", the incomplete section of the 134 & 710 Freeway extension where all the horse trailers and their support wagons meet and park. For two hours on the coldest evening of the past year, we waited to be called up to the parade route area to reconnect with our wagons and enter into the parade lineup. Being nearly last in the parade, I saw all the equestrian units pass by as they entered into the parade at Waverly Avenue and Orange Grove Boulevard. All bands gather at the Del Mar Avenue Bridge and lined up in their order to enter into the parade at Del Mar and Orange Grove. There were more than 30 portable toilet units in place on the bridge for use by the hundreds of band members. The more than 30 floats line up on Orange

Grove Boulevard in their parade order and proceed to the starting line as directed by officials. In a nutshell, the floats, bands and equestrian units all filter into the parade lineup from different staging locations to form one complete collection of parade entries.

Within 50 yards of entering the parade order, we found ourselves in front of the large grandstands with television booths and mobile TV cameras everywhere. We were shown before the parade how to wave to the crowd by placing our arm at a 90-degree angle and gently turning your wrist in a light wave. This wave motion was to save your arm from getting tired but of course I didn't believe it. Twenty minutes into the parade, I learned the hard way, that your arm turns to rubber if you don't wave the right way. Two plus hours later, our fabulous experience ended. The 2019 Rose Parade became a fantastic memory but we've been invited back in 2020 to experience it all again, a great way to bring in the New Year! ...

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

# MY TURN: Build The Wall And Let Planned Parenthood Pay For It

We hear it quite often from those on the Left in various forms of the same question. Why doesn't President Donald Trump fund his own wall? Well, first of all, it is not his wall. It is our wall. It was our wall when Schumer, Pelosi, Biden and Obama were for it...before they were against it. Before the President elected was Trump.

Then the Left takes it further.

Why don't the Trump supporters pay for the wall? Well, as a matter of fact many of us have paid for the wall in various privately established social media web sites. Sites like the very popular "WeFund the Wall," established by Brian Kolfage have raised millions of dollars. And many folks will do this if the President asks, because they take their convictions seriously.

I would like to ask the folks, that ask that question, if they are willing to fund Planned Parenthood themselves? I don't believe in what they are doing anymore than they believe in what we want the wall to do. So as wasteful as they claim the wall is, we can make the case that there is just as much waste in having our government funding which is, in essence, a special interest group. One that takes the money the government gives them, and gives large sums back to the



**Charles Lopresto**

Democrat party. Planned Parenthood has separated more children from their families than the wall has. So we the taxpayers, fund a group we don't believe in and helps them elect candidates we don't support, and some how it is the border wall that is a strong arm tactic.

A lot of this is about convictions, and I pose another question to the Left.

What is stopping you from paying the higher tax rates that your candidates, the anti-Trump candidates as well, have proposed in opposition to the cuts in taxes President Trump made? You folks on the Left who claim Trump is "not our President" and "we prefer a return to Obama's policies," can easily calculate the difference between an Obama rate and a new Trump rate and cut a check for the difference when you send in your tax returns. No one is stopping you. Sure-

San Gabriel Valley  
**Examiner**  
AN ADJUDICATED PUBLICATION FOR THE COUNTY OF LOS ANGELES

**When Business is Good, It pays to Advertise**

**When Business is Bad, You've got to Advertise**

Call 626-852-3374  
For A Price Quote

**CERTIFIED Automotive Specialists**  
Serving Glendora Since 1978

Your Dealership Alternative

We service all European makes including:

- Audi
- Mini
- BMW
- Range Rover
- Jaguar
- Volkswagon
- Land Rover
- Volvo
- Mercedes

**\$50 OFF Your 1st Visit**

The Friendlier and More Helpful Auto Shop

476 S. Vermont Ave. Glendora, 626.963.0814  
**CertifiedAutoCa.com**



# Have The Markets Turned A Positive Corner?

Conversations I had last week felt like emotional capitulation, which mimicked price action. Major indexes took a nosedive after enjoying the first fruitful rally from Christmas lows, because Apple's fall apparently confirmed the world's fears.

The global slowdown is not only real, but it's probably affecting the U.S. more than originally thought. When the world's first trillion-dollar company says that China's slowdown affected them more than expected, how worried should we get? This raises questions about Trump's efforts to reduce unfair international trade. At what point does policy aimed at American economic strength harm more than help?

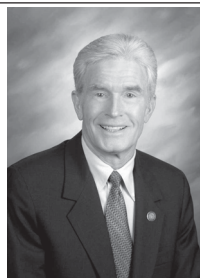
After the short storm, the sun brightened things up! Friday morning, sure enough, cheer returned. In a Jekyll and Hyde move, the market took back what it gave away on Thursday, plus a little more. The NASDAQ finished +4.26%. As I mentioned in last week's article, the U.S. labor force added 312,000 jobs vs. the median forecast of 182,000. This strong news could also be considered negative if it reinforces the Fed's view of an overheated economy; but, Fed Chair Powell calmed investors' nerves by saying the Fed would quickly adjust its policy as needed (essentially submerging any likelihood of rate hikes this year). A second slice of good news stimulated the market further. This came after market bond rates collapsed. The 10-year yielded 2.55% on Thursday. With S&P 500 dividends yielding 2.13% and taxed at a lower rate, this has to be bullish for stocks. That left trade wars, and China.

Now, suddenly, the market feels much better. But that doesn't erase "killer volatility". When the market gyrates this wildly, and everyone is looking for answers, I ignore the noise and dive into the economic numbers.

Q4 earnings season is about to begin. I suspect growth rates to slow (like the poor Apple out-

## In A Nutshell

What's up in the Economy?



**KEN HERMAN**  
Economic Analyst  
& Former Glendora Mayor

look showed) yet we should still see sales and earnings growth. How bad is the slowdown really; and, how deeply will it affect us? No one knows, but the market looks forward. Likely most of the damage is done. We are looking for unusual institutional buying to put money to work as the year begins. Capital needs to be deployed, and bonds offer unappealing returns compared to equities.

Again, this is bullish for U.S. equities, so let today's fears gradually subside, and let the market do what it usually does. Thankfully, the combination of the strong jobs numbers and the Powell statement gave an oversold market a catalyst from which to trade higher, with high-volume conviction. We know we can't trust "Mr. Market" to deliver sanity. If the Dow goes down 660 one day and up 747 the next, we're not dealing with a sane person. The fundamentals don't change that radically that fast.

But before we break out the party hats, Mr. Market has a lot of technical "wood to chop" before any notion that a resumption of sustainable upside bias has been restored.

I received an email last week from a reader that stated: "The U.S. economy and the dollar are slated for a controlled demolition. The Fed will do everything in its power to prod Trump and conservatives into war with the central bank, because the Fed is now ready to sacrifice itself and the dollar's world reserve status in order to clear a path for a new global system and ideology. The Federal Reserve is a suicide bomber. Jerome Powell is a plant

of a global conspiracy of elites designed to destroy the dollar and bring in a New World Order". All I asked in return was, "If the Fed is 'destroying the dollar,' then why is it raising rates when the yen and euro - the two other mega-currencies on earth - offer near zero returns, thus drawing trillions of dollars to the U.S., rapidly lowering Treasury rates and strengthening the dollar, which rose 5% last year against the euro?" They had no e-mail response. This far out thinking is an example of what investors (like me) are being bombarded with each day, not to mention the false news we get from questionable news outlets.

Nuts and media experts are both scaring many investors. The weekly polls of the American Association of Individual Investors (AAII) have been a good contrary indicator. When the market tanks, as it has done lately, these investors turn bearish. In late December, when stocks were at their lowest, their expectation that stock prices would fall over the next six months soared nearly 20% to 50.3% (in just two weeks). The AAII noted that 50.3% is the highest bearish reading since April 2013, and the 11th straight week that bearish sentiment has been above the historical average. Falling markets invariably engender mass fear.

Investors act on these fears. During the week ending December 19, investors withdrew \$56 billion from mutual funds, the biggest weekly withdrawal since 2008. That was during a deep recession and the threat of a new depression. There is no threat of a recession today! These sales are generated by media fears, and crazy bloggers, like the guy I quoted above. Do yourself a favor and read history books and sane analysts, and spend less time listening to "doom peddlers".

**LIVE LOCAL, SHOP LOCAL - THIS IS THE TIME OUR MERCHANTS NEED US**  
*I welcome your questions and comments:*  
[kenherman46@hotmail.com](mailto:kenherman46@hotmail.com)

# Your Money - Ask Julia

*People on furlough or having to work without pay to keep their job, are quickly running out of money. How bad are things going to get? What do we need to do now?*

Things could get worse. Those directly affected should immediately contact their lenders (mortgage, automobile, credit cards) to see what is being offered to those caught in this situation. Even when the partial government shutdown finally ends, there will be a recovery period of time.

If you have income, get a tight grip on your budget! Save whatever you possibly can so that you are better prepared to ride out any economic downturns (rising rates and costs, inflation, recession). Financial advisors suggest always having some cash at home for emergency access.

**I got a bonus in December and cashed the check in January. Can I claim it as income in 2019?**

No. You'll need to claim it as income received in 2018 because that's when your employer paid you. In the future, if you anticipate a bonus next December, talk to your boss to see if other arrangements can be made. Beware that, in some cases, unless you specify, some employers do not subtract withholding taxes when they issue bonus checks.

**Why was half the cost of my \$100,000 group term life insurance policy through work added to my income on my W2?**

Only the cost of the first \$50,000 of group term life insurance is considered a tax-free fringe benefit. Additional bad news: The IRS uses its own table to determine the cost of group term life insurance. This frequently is higher than the actual



**Julia Yoder**

amount being paid by the employer, resulting in a higher "phantom" income on your W2. You might want to consider accepting your employer's \$50,000 "free" coverage and looking into purchasing your own life insurance policy outside the company. Besides, if you were to lose your job, you'd need your own coverage anyway.

**Are home loan interest rates going to go up in 2019?**

Probably, but rates are good right now. (Check BankRate.com) When the Fed raise the rate they charge banks for money, interest rates for mortgages, credit cards, and other loans will go up. Economists are saying that the Fed will increase rates twice in 2019. Whether they hold the rates, or increase them more than two times depends on government statistics and other factors that affect the economy. One factor is inflation. The unexplainable 'mystery' of our current economy is that we should be seeing inflation, but we aren't.

**I'm a Realtor, and I'm frustrated with mortgage loan people who say my buyer has loan approval and then days before close of escrow that lender says**

*there's a problem with the their mortgage insurance certification! Is there a way to avoid this disaster?*

Yes. Get a loan originator / loan officer who has access to loans offered by a wholesale lender who stands by their mortgage insurance certification issued early in the loan process all the way to funding. They really do exist!

**I have some money that I'd like to pass on to my beneficiaries. What do you suggest?**

It really depends on what's really suitable for your individual situation. If you qualify, look into a paid-up life insurance policy. That way, upon your death, your beneficiaries could receive the money income tax free. If you use the right kind of life insurance policy, you could have access to those funds during your lifetime - just in case your plans change. If you don't want, or don't qualify for life insurance, look at a fixed, or equity-indexed annuity. You could have access to the funds in your lifetime, and choose between methods for your beneficiaries to receive their inheritance via a lump sum, or a gradual payout over five or more years.

**Ask Julia by email:**  
[juliayoder@yahoo.com](mailto:juliayoder@yahoo.com)

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

## \$35 Million Dollars In Tax Savings Unclaimed By LA County Homeowners

**LOS ANGELES COUNTY** - Over \$35 million dollars' worth of property tax savings go unclaimed each year by eligible homeowners in the County of Los Angeles. In an effort to raise awareness among the estimated 435,000 homeowners who likely qualify for the savings, Los Angeles County Assessor Jeffrey Prang along with the Board of Supervisors have declared the month of January as Homeowners' Exemption Awareness Month.

"It is not surprising that the savings program goes unnoticed as homeowners usually only contact the Office when they are buying or selling their property. Being that they are already inundated with paperwork, our application can easily get lost in the shuffle," said Assessor Prang.

This exemption reduces a property's taxable assessed value by \$7,000, resulting in a \$70 savings on the annual tax bill. Homeowners need only apply once in order to receive the savings each year or until a change in ownership is recorded. The only eligibility requirement is that the property is the owners' principal place of residence as of January 1st.

"We estimate that one in three families do not take advantage of saving \$70 each year, totaling almost \$1,000 over the average length of homeownership. This savings can potentially go towards investing in easy home improvements such as, purchasing a new water heater or installing new sprinklers. I encourage every homeowner to apply," said Assessor Prang.

In addition to County efforts, Assessor Prang is partnering with local cities to facilitate similar outreach, focusing on those with the highest percentage of unclaimed exemptions.

The number of homeowners who do not take advantage of the program is concerning. In the City of Palmdale for example, 14,095 likely eligible homeowners have not filed, leaving just under \$1 million in unclaimed exemptions. For a complete list of all 88 cities and the number of unclaimed exemptions, contact Special Assistant Angelina Romero at [PIO@assessor.lacounty.gov](mailto:PIO@assessor.lacounty.gov) or by calling 213-974-3101.

For questions regarding the Homeowners' Exemption Application form and filing information, please call 213-974-3415.



## THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

## The Basics Of A Healthy Car

Cars are built better than ever these days and give us miles of service. Keeping them healthy is important and extends their life.

**Oil** is their lifeblood. Dirty oil makes it harder for your engine to turn over and causes premature engine wear.

**Belts and hoses** are made of very durable material with relatively long lives, but they do deteriorate over time. We recom-

mend an eight to ten-year replacement cycle.

**Leaks** are not normal except for condensation from your air conditioner. 11 different fluids keep your car running; brake fluid, antifreeze, engine oil, power steering fluid, air conditioner refrigerant, shock absorber fluid, battery electrolyte, windshield washer solvent, rear axle or CV boot lubricant and

fuel. If any of these leak, they need to be fixed right away.

**Tires** need to be kept properly inflated to save gas and tire wear and rotated every six months.

**Coolant**, when neglected can corrode and leave sediment throughout your cooling system causing clogging that results in damaging hot spots that can harm your engine. Flushing every two years is recommended.

The **battery** needs to have the cables securely attached and free of corrosion in order to get power to the starter and accessories so the alternator receives a charge.

Keeping your car healthy means getting it serviced regularly. Remember, we are a full-service preventive maintenance and auto repair center. We work on all makes and models, import and domestic!

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](http://CertifiedAutoCa.com).

**Hometown Service You Can Count On!**

## West Covina to Host Two Community Workshop on Possible Development at the Former BKK Landfill Site

**WEST COVINA** - The City of West Covina will be hosting two Community Workshops to solicit community input on a possible development at the former BKK Landfill site. The workshop will be organized as a charrette to facilitate as much public participation on the types of amenities residents would like to be developed on the former BKK Landfill site.

The City encourages all stakeholders to attend a workshop and provide the City with comments and feedback on the possible development. For more information about the community meetings, please visit the City's website at <http://www.westcovina.org>. It is important to note these workshops will be ran by the City of West Covina. The informational sessions on the former

BKK Landfill site hosted by a local organization are not related to the City hosted workshops.

BKK Landfill Community Workshops will be held on Thursday, **January 24** from

6:30 pm to 8:30 pm at Shadow Oak Park, 2121 E. Shadow Oak Drive and on Wednesday, **January 30** from 6:30 pm to 8:30 pm at Cortez Park Community & Senior Center, 1305 E. Cameron Avenue.

## Volunteer for the 2019 Homeless Count, Jan. 22nd

**DUARTE** - Interested in volunteering during the annual Homeless Count on January 22, 2019? The City of Duarte, in partnership with the City of Irwindale and the Los Angeles Homeless Services Authority, will conduct its annual Homeless Count starting at 8:00 pm in the Duarte Community Center.

The Cities of Duarte and Irwindale participate in this count

annually as one way to comprehensively identify and address homelessness in their communities. Volunteers will receive training on site the day of the count, and all materials including food and beverage will be provided. Register to volunteer by calling Duarte City Hall at (626) 357-7931 ext. 266 or sign up for the Duarte/Irwindale count by visiting [www.theycountwillyou.org](http://www.theycountwillyou.org).

## Kirk Warner Insurance Agency

Medicare • Health • Life

### Call us with your Medicare Questions

(626) 963-3244

Our services are always free!




137 N. Glendora Ave. Glendora, CA 91741  
CA LIC. #0809588



# Around the Valley & Senior News

## AZUSA

### Volunteer Drivers Needed

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

### TOPS Meeting

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

TOPS is a non-profit weight loss group which meets weekly every Thursday at 9:00AM to 11:00AM at Soldano Senior Village in their meeting room in Azusa. There is no obligation, all visitors are welcome. For more information, call Norm Klemz, 626-967-8829

## ARCADIA

### Orchid Hobbyists Monthly Meeting

San Gabriel Valley Orchid Hobbyists invites you to our **January 17** Monthly Meeting at the L.A. County Arboretum, 301 N. Baldwin Ave. Arcadia, Palm Room. Judging at 7:00 p.m. Meeting at 7:30 p.m. Our speaker will be Thomas Miranda from Hawaii. The topic will be Growing Orchids on the Big Island of Hawaii. Refreshments. Everyone welcome!

### "Senior" Red Carpet Senior Prom

Arcadia Senior Services is having a special Senior Prom for individuals age 50 and over. The event will take place at the Arcadia Community Center, 365 Campus Drive on Friday, **January 25** from 4-6pm. There will be a catered dinner, music and dancing to the Stardust Trio Band, a prom king and prom queen will be chosen. Cost to attend this red carpet affair is \$13. Tickets are on sale now and can be purchased at the Arcadia Community Center. For additional information please call 626.574.5130.

### Youth Basketball League

Arcadia Recreation and Community Services is excited to offer a basketball league designed to expose children to the fundamental skills of the sport while allowing them to experience teamwork and sportsmanship. Leagues are organized to provide a fun, non-competitive, learning experience for boys and girls of all skill levels in grades 3rd-8th. Practice is held at Dana Middle School in the Dana Gym on Mondays and Wednesdays, times T.B.D. Transportation to and from the practice and games is the responsibility of the participants. Space is limited and registration is currently open until filled online at [www.ArcadiaCA.gov](http://www.ArcadiaCA.gov) or at the Recreation Office. For more information please call

626.574.5113.

### 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 4:30pm and 7:30pm. Saturday Open League is limited to six teams and is open to all levels of play. League fees are \$500 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.

### Instructors Needed

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

### Arcadia Senior Card Club Looking For New Members

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

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

## BALDWIN PARK

### Martin Luther King Jr. Southern Luncheon

The Julia McNeill Senior Center will be hosting a Southern Style Luncheon in honor of the Martin Luther King Jr. Lunch on Monday, **January 21** at 12:00 pm. Presentation of the "I Have A Dream" speech at 11:00 am. Loteria and Games at 10:00 am - 11:00 am. Lunch Menu to include Southern Style Chicken Casserole, Corn, Green Beans & Mashed Potatoes, Biscuits & Fruit Cobbler, Drink. Tickets are \$5.00. Last day to register will be Thursday, January 17 at 12:30 pm. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

### Pala Casino Spa & Resort

Spend your day gambling away at Pala Casino Spa & Resort on Thursday, **January 24** from 9:30 am - 6:30 pm. With state of the art slot & video machines, 87 table games, a 13-table poker room, 10 great restaurants and 2 lounges with live entertainment, there is something for everyone! Immerse yourself in classic stea-

house elegance, grab a quick, tasty bite, experience the bold flavors of Asia, or dive into Pala's all-you-can-eat Buffet with over 200 food options (meals at your own expense). 60+ Club members will receive a 30% discount on at CHOICES, The Buffet, from 11am-3pm. Must sign up for Players Card. Tickets are \$8 for Baldwin Park Residents and \$10 for Non-Residents. 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

### BUNCO!

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

### Indoor Chair Beach Volleyball

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

## DUARTE

### 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

Health Care Partners will provide a medical assistant to do free blood pressure checks. No appointment needed. **Every 2nd Tuesday** of every month from 10:00 a.m. - 12:00 p.m. For more information call the Senior Center at (626) 357-3513.

### Meals on Wheels

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

### 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.

### 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 Genealogy Monthly Meeting

The Glendora Genealogy Group will hold its monthly meeting on Tuesday, **January 22** in the Elm Room of the La Fetra Senior, 333 East Foothill Blvd, Glendora. There will be a refresher class led by Pat Chavarria at 6 PM. We will have our business meeting at 7 PM. This will be followed by our installation of officers for the coming year. Come join us as we start the new year.

### Glendora After Stroke Center

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

### Cars 4 the Community

Glendora Rotary has a new and exciting vehicle donation program, called Cars 4 the Community. We are asking for your old car, boat, motorcycle or RV, running or not, be donated and receive a 100% tax deduction for the proceeds. This program helps our schools, community, country and the world. Call 626-963-0814 for more information.

### Instructors Needed At The La Fetra Center

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

## LA VERNE

### Pick Your Own Oranges

Enjoy a "Slice of La Verne's Past" while picking some of the best tasting oranges around at Heritage Park. The Heritage Foundation offers you one of the

last working orange groves in the area as a place to enjoy with your family. Bags of oranges are \$5, and mesh bags and the picking poles are supplied. The historic Weber house will also be open for tours from 10:00 a.m. - 12:00 p.m. Orange Picking opens Saturdays beginning January 12, 2017, and continuing approximately until the beginning of March. For more information call (909) 293-9005 or check out their web site at [www.laverneheritage.org](http://www.laverneheritage.org). Heritage Park is at 5001 Via De Mansion, La Verne.

### Get About

### Transportation

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

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

## MONROVIA

### Senior Blood

### Pressure Screenings

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

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

### Caring Crafters

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

### Senior Stretch & Exercise Class

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

Classes are at the Community

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

## SAN DIMAS

### San Dimas

### Toastmasters Club

The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7PM to 8:45 PM. Learn to motivate and lead. Challenge yourself with Toastmaster's proven education programs. Let us help you grow your strengths and accomplish your goals. Become a better speaker and learn to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmosphere. Meets at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave. Contact Art Douglas at (951) 505-0555.

## WEST COVINA

### Republican Women Meeting

The Republican women are holding their first meeting of the year on Friday, **January 25** at the Holiday Inn, 3223 E Garvey Ave North, West Covina (off the 10 freeway). Social time 10:30, speaker at 11:00, lunch at noon followed by a meeting at 1:00. Former Mayor and Councilman of West Covina, Mike Spence, will address the group. For reservations, please call (626) 339-0874. Guests are welcome

### TOPS Meeting

TOPS (Take Pounds Off Sensibly) meets **every Thursday** at 6 pm at the West Covina Senior Center, 2501 E. Cortez St in the classroom building. The weight loss group seeks members who wish to lose weight and maintain a healthy lifestyle. Meetings last until about 7:30 and the first meeting is free. Visitors are always welcome. Come for support with your weight loss journey. You can do it! For more information, contact Erika Hernandez 626-384-0502 or email: [ehernandez57@aol.com](mailto:ehernandez57@aol.com)

## Go West

### Shuttle Service

The Go West Shuttle service consists of three alignments (Red, Blue, and Green) that serve destinations throughout the city including Plaza West Covina, Eastland Shopping Center, Heights Shopping Center, West Covina Civic Center, West Covina Senior Center, Cameron Community Center, and many more.

For questions on the location of shuttle stops, assistance in locating the stop closest to you, and route schedules please call (800) 425-5777. The fixed-route service operates Monday through Friday from 6:30 a.m. to 7:00 p.m. The fare is only \$1.00 each way. No Service on Holidays.

### Senior Lunch

The West Covina Senior Center has an award-winning lunch program that provides a **daily lunch service** for seniors, Monday through Friday at 11:30 a.m. The lunch program is funded in part by the Los Angeles County Area Agency on Aging.

There is a suggested lunch donation of \$2.00 for those 60 years and older. Persons younger than 60 years old pay \$4.00, and persons with disabilities younger than 60 years pay \$3.00. West Covina Senior Citizens Center is at 2501 East Cortez Street.

## SUBSCRIPTION FORM

San Gabriel Valley  
**Examiner**

YES, I want a one year subscription of the **SGV Examiner**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Phone \_\_\_\_\_

A weekly publication. 52 issues a year sent by mail for \$75.

Mail check or money order to:

SGV EXAMINER, 1160 Englewild Dr., Glendora, California 91741.



# Transient Career Serial Criminal Arrested in Covina

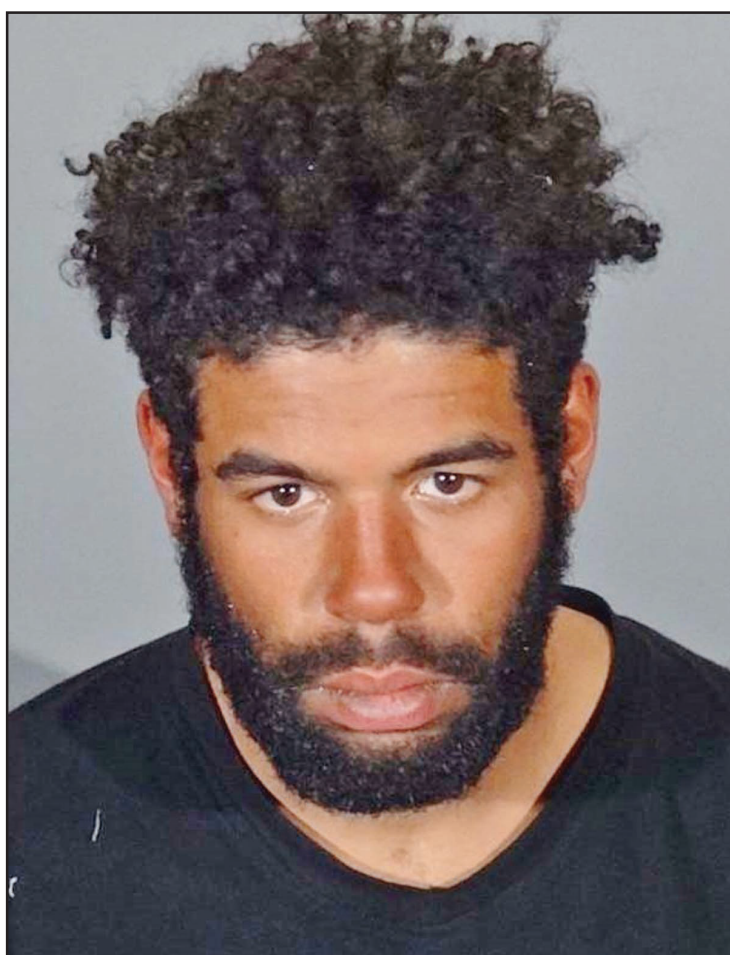
By George Ogden

COVINA - Covina police caught up with a serial criminal again. They arrested a man who they believe is responsible for a ton of crimes in the East San Gabriel Valley.

A resident had a video of a black male trying to break into their cars in their driveway. A Covina Police Officer recognized the man and the dragnet was on for the suspect. Covina police identified the suspect as Dominic Stonerheark, 20, a male black, who is a transient and a career serial criminal. He has a long rap sheet and 16 arrests in the past 18 months. They found him in a laundromat in the 100 block of East Arrow Hwy.

He had in his possession drug paraphernalia and meth, which he admitted was his, but he claimed he did not own a nearby black bag that contained the stolen items. Police found inside the bag, government ID cards, passports, credit and debit cards, vehicle registrations, a garage door opener, medication and sunglasses, all of which belonged to nine people living in Covina, Glendora and Azusa.

He was arrested on drug charges, auto burglary and iden-



Dominic Stonerheark

tity theft. Bail was set at \$50,000.00.

He keeps getting out of jail because of AB109 the Assembly members passed, that releases criminals because they are non-

violent crimes. It is believed that this suspect may be the same person that has threatened home owners with a screwdriver or a knife.

# Women's Philanthropic Club Meeting

EL MONTE - Are you interested in meeting new people, making new friends, and helping good causes? Do you want to make a difference in the community and enjoy networking? El Monte Women's Club is a local philanthropic service organization dedicated to enriching the quality of life.

On January 22, at 11:00, El Monte Women's Club will have a General Meeting and potluck lunch. This "meet-and-greet" will be held in the Grace T. Black Auditorium, part of the El Monte Community Center, 3130 Tyler Avenue in El Monte.

The meeting is a great way to meet the members of El

Monte Women's Club and learn about the club's wide variety of service and fun activities. Club members volunteer their time to improve the community while making new friends, learning new skills, and having fun.

Anyone interested in joining is welcome to attend. You can bring a friend along or just come and meet your future friends!

If you're interested but can't attend this daytime meeting, there is an evening meeting for you. This meeting will be held on Wednesday, January 23, from 6:00 to 7:00 pm, in the conference room, #150, at the

El Monte-Rosemead Adult School, 10807 Ramona Boulevard, in El Monte.

El Monte Women's Club is a friendly, caring group of women of diverse ages. This club has existed since 1902 and currently has 70 members. You can choose to be as actively involved as you like, based on your time and interests.

To learn more about El Monte Women's Club, contact Jackie via email at msbigdreamss@gmail.com or visit them online at www.elmontewomensclub.org and www.facebook.com/em-womensclub

# Quick Tips to Beat Smelly Feet



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

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

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

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

- Improve Your Sock Game: Look beyond the "odor-resistant" label on socks, as many manufacturers simply use a liquid application on the socks, which works only until it bleeds out of the fibers, which happens when socks are worn for periods of time. Check out innovations in sock design, which are making it easier to beat smelly feet long-term. For example, ScentLok Socks are odor destroying socks, manufactured using silver particles that are permanently embedded

into the sock fibers to help control bacterial growth and odor for the life of the sock. More information is available at www.scentloksocks.com.

- Rotate and Clean Shoes: Don't wear the same pair of shoes for more than a couple of days in a row. If possible, alternate pairs daily and store them in a cool, dry place, allowing them to air out before putting them in a box or a bag. Handwashing shoes and insoles with cool water is also a good way to keep them fresh, and you can even add some disinfectant to the water to keep

them smelling their best.

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

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

## Now Open in Beverly Hills

## NCCA Certified Pediatrics

## Caring for Kids & Teens is Our Specialty

Accessible care you can count on  
Open 7 days a week from 9am to 8pm  
323.664.1977 | [www.ktdoctor.com](http://www.ktdoctor.com)



NCCA Board Certified Pediatricians	10 medical offices & urgent care centers in Los Angeles County	After hours and weekend urgent care offices	Affiliated with Children's Hospital specialists	Same day appointments & physicals	Accept Most Insurances including PPO, HMO, CHDP & Medi-Cal

Kids & Teens Medical Group has 10 medical offices & urgent care centers conveniently located across Los Angeles County.

<b>Beverly Hills</b> 240 S. La Cienega Blvd., #350	<b>Pasadena</b> 504 S. Sierra Madre Blvd.	<b>La Canada</b> 1442 Foothill Blvd.	<b>Agoura Hills</b> 29525 Canwood St., #111
<b>Arcadia</b> 75 N. Santa Anita Rd., #206	<b>Northridge</b> 8940 Reseda Blvd., #101	<b>Pacoima</b> 13711 Van Nuys Blvd., #1	<b>Van Nuys</b> 14426 Gilmore St.
<b>Encino</b> 17609 Ventura Blvd., #106	<b>West Hills</b> 7345 Medical Center Dr., #400		

KTMG is affiliated with the best hospitals in the communities we serve.

- Northridge Hospital • Children's Hospital Los Angeles • Huntington Memorial Hospital
- Valley Presbyterian Hospital • Cedar Sinai Medical Center • Providence Tarzana Medical Center
- Providence Holy Cross Medical Center

**Our Promise**  
At Kids & Teens Medical Group, our mission is to deliver the highest quality care and the most comprehensive service to all families in the communities we serve.



Call 323-664-1977 or visit [www.ktdoctor.com](http://www.ktdoctor.com)

Thank You For Patronizing Our Advertisers

# OWN YOUR FUTURE

Degrees, Transfer Programs, Career Education

citruscollege.edu

626-914-8511



## Age Healthier With These Five Tips



Your pharmacist may have more ways to save you time and money than you realize.

As your wisdom grows with age, so can the number of pill bottles in your medicine cabinet. For those “young-at-heart” seniors, sticking to healthy habits is the key to aging well. With some simple steps, you can keep a healthy routine that also gives you more time to do the things you love. Joe Koren, pharmacy manager at Walgreens, shares his top five tips for managing your health with a busy schedule:

1. Consult the experts

You know to go for regular checkups with your general practitioner, but don't forget that pharmacists can also be accessible experts to answer questions about your health. In fact, your pharmacist is a licensed professional who provides different health care services including immunizations and can help you understand why and how to take your medications to support effective treatment. Some pharmacies offer extended hours, and 24-hour chat with pharmacy staff is available whenever you need it. Many locations also have health care clinics to treat minor injuries and illness, which can be a con-

venient and cost-efficient alternative to a doctor's visit.

2. Let your smartphone help you

With a packed list of to-dos, friends to meet and grandchildren to watch, medication routines can easily slip the mind. Luckily, your mobile phone is a helpful tool to keep track of your medications, right in the palm of your hand. For example, the Walgreens app can help you set daily pill reminder notifications, so you never miss a dose. You can also find close-by health care providers and arrange a video call for a face-to-face consultation with a physician or specialist through the app. If using your smartphone comes with its challenges, ask one of the pharmacy staff or a family member to help set it up for you.

3. Simplify your prescription refills

Multiple prescriptions can mean multiple trips to the pharmacy each month. A trained pharmacist can recommend convenient refill options such as aligning multiple refill trips to one single date, switching to

90-day refills or having eligible prescriptions sent directly to your home. All these services can make it easier to stay on your medication schedule and help save time.

4. Find perks in your Medicare D plan

So you've signed up for your Medicare Part D plan, but are you using it to save money? Fortunately, many prescription drug plans include Walgreens in their preferred pharmacy network, which could mean a convenient way to lower your co-pays. A little bit of research into the right combination of plan, provider and pharmacy can go a long way to help you save money. Walgreens pharmacies even conduct senior days, giving you extra advice on health care topics and special offers.

5. Maintain a healthy lifestyle

They say age is only a number, and when you're in control of your health, that's very true! With the time and money you'll save from these tips, think about how you can embark on and maintain an even healthier lifestyle. Why not challenge yourself to walk for at least 30 minutes a day, connect with friends and family, or take the time to prepare nutritious meals?

These five small steps can all contribute to a healthier life, and free up time and head space for the things you really love.

For additional information on tools to make medication management more convenient, visit [www.walgreens.com/pharmacy](http://www.walgreens.com/pharmacy). (NAPSI)

## Why Vocational Education is Critical for Many Young People



Chevron's Delo Tractor Restoration Competition connects students with opportunity.

In this high-tech era where a college degree is positioned as a necessity for success, vocational education is often overlooked. But experts say that a vocational education provides the right experience for many jobs that are currently vacant.

Indeed, there are 30 million jobs nationwide that don't require a Bachelor's Degree that pay an average of \$55,000 annually, according to the Georgetown University Center on Education and the Workforce.

Whether it's a student that doesn't fit the traditional high school-to-college path or someone who is interested in mechanics, a vocational education can prepare that individual for a well-paying, real-world career right out of high school. Indeed, many students learn from industry professionals and participate in internships and other unique programs that serve as a springboard to careers after they graduate.

For example, over the last two decades, derelict farm equipment has provided high school-aged students with the tools they need for life through the Chevron's Delo Tractor Restoration Competition, an annual event that is open to high school-aged tractor

restorers. The program provides a national platform for students interested in careers in agriculture or diesel mechanics on which to shine, mixing the hands-on vocational experience of restoring an antique tractor with the business skills needed to detail, manage and communicate the process. On top of valuable experience and national exposure at industry events, the Delo Grand Champion receives a \$10,000 prize.

The process of restoring an antique tractor to like-new condition involves commitment, determination, teamwork, project management, budgeting, planning and even a little marketing. It's a very hands-on experience and those familiar with the program say that participants come out prepared for the real world.

"I can't count the number of kids that have been exposed to excellent career opportunities through this program," says Rick Elmore, career and technology education coordinator at Dubiski Career High School. "I have been an advisor and mentor to participants in the competition for over a decade and have seen the impact it can have on their lives."

Indeed, many participants have gone on to careers in mechanics, or have used the experience to launch them into careers outside of agriculture or mechanics.

"The vocational aspects of the Delo event provided critical context that led to my study of automotive restoration at McPherson College," says Tabetha Salsbury Hammer, two-time competition winner ('03 and '04) and the first female to win the event. "The business skills helped prepare me for a career in the classic car industry. To say this event changed my life would be an understatement."

For those interested in a vocational education, such programs abound, representing a number of industries and careers. It's only a matter of learning more about these opportunities.

So, whether you have an aptitude for mechanics or you are not sure if a traditional four-year college degree is the right path for you, visiting the career center at your school as well as looking into vocational internships, programs and competitions, can expand your horizons about what's possible for your future. (StatePoint)

### Thank You For Patronizing Our Advertisers

**FALL INTO SAVINGS**  
16-MONTH TERM SHARE CERTIFICATE

EARN UP TO **2.85%** APY  
IF QUALIFICATIONS ARE MET  
MINIMUM \$5,000 TO OPEN

**STRONG**  
AMERICA'S CHRISTIAN CREDIT UNION

CONNECT WITH US!  
[AmericasChristianCU.com](http://AmericasChristianCU.com)  
800-343-6328

f t i

1) APY=Annual Percentage Yield and is accurate as of 11/01/2018. APY assumes that dividends will remain in the account until maturity. Minimum deposit is \$5,000 and \$250,000 maximum balance per member. Early withdrawal penalties do apply which may reduce the principal.

2) Saver TSC is 2.45% APY for 16 months up to \$250,000. Additional rate bump of 0.40% will be given to members who open a Saver TSC and have a checking account with minimum monthly direct deposit of \$1,000. Direct deposit must be a recurring electronic deposit from you or your joint owner's paycheck, pension, or government benefit (such as Social Security). The member has 30 days to set up and receive direct deposit to qualify for rate bump. Higher rate effective as of date recurring direct deposit is first credited to the checking account. At maturity, the promotional TSC will renew as a traditional TSC for another 12-month term at the prevailing rate unless we are notified in writing prior to the maturity date. This offer is for new funds or funds deposited less than 30 days prior to opening. Offer valid through 12/31/2018. All program rates, offers, terms and conditions are subject to change without notice. Certain restrictions apply. Existing members are eligible.

3) No statement fee with online statements. Paper statement fee may apply. Must qualify for membership.

A \$2 membership fee may apply. The credit union is federally insured by the National Credit Union Administration. Additionally insured by American Share Insurance. An Equal Opportunity Housing Lender. Visit [www.AmericasChristianCU.com/Promotions](http://www.AmericasChristianCU.com/Promotions) to learn more.

