



INSIDE



"Operation Safe Halloween" / A3

Teacher Of The Year



Karla Toledo / A7

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Sierra Madre Search and Rescue Works to Prevent Their Next Call Out

By Carolyn Grumm

The Sierra Madre Search and Rescue Team (SMSR) stands ready to go "anywhere in the wilderness someone needs help" but they also work in town to provide preventative search and rescue (PSAR) education in an effort to keep hikers from ever needing their services. The Team has been busy in the past months with lessons for groups of children, appearances at community events, and presentations for local organizations.

Hug-A-Tree

One of the core components of the Team's PSAR efforts are the Hug-A-Tree presentations they give to children between the ages of 5 and 12. These 30-60 minute presentations are designed to teach children what to do if they get lost in the wilderness.

The Hug-A-Tree program was created after a 9 year old boy in San Diego died of hypothermia after getting lost in the wilderness during a family camping trip. He was found just a couple of miles away from his campsite after a massive 4 day search. Many people were impacted by this tragedy



Photo courtesy of SMSR

Scout groups visit the station for a Hug-A-Tree program.

and wanted to make sure it never happened again.

Now children can watch a short video and hear from team members about what to do to keep from getting lost, how to stay comfortable if they are lost, and how they can help get themselves found. The key is to hug a tree! By staying still children (and adults) can increase their odds of being found quickly.

Kids also walk away from

their Hug-A-Tree lesson with a whistle kit. The kit includes a card reminding them of everything that they learned, a large trash bag (that can be used to stay warm, dry, or shaded in an emergency) and a whistle to carry with them on all of their hikes. Hundreds of these "whistles kits" have been given to kids by SMSR.

Community Events

SMSR also makes appearances at community events. These are valuable opportunities to connect with a large number of people. Whether it is a short conversation with a new hiker, or a trail runner who reads one of their sign boards, the messages of the team are getting out to the public.

Most recently the Team participated in the Southern California Children's Museum Touch a Truck event and the Sierra Madre Professional Firefighter Association's car show.

Local Organizations

The Team has presented to Rotary Clubs about who the Team is and what they do, and they have provided wilderness safety training to the local scouting leaders. Every one of these interactions is a valuable opportunity to share their knowledge and possibly prevent a future call for help to search and rescue.

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

Spectrum News 1 Comes to West Covina

By George Ogden

AZUSA - On Friday, Nov 1, Spectrum News 1, a Spectrum morning show was at Porto's in West Covina. One of their guests was Rosie Fabian, VP of the LWV (League of Women Voters) of East San Gabriel Valley. She is also the former elected City Clerk for Covina and a retired employee for the County of Los Angeles with the County Board of Supervisors.

She hosted a table in the West Covina branch of Porto's to give voters information, register and answer any questions. She is incredibly knowledgeable and is a great source of information.

November marked the 1-year anniversary of the network's launch. To celebrate this milestone, they set up a



Rosie Fabian with Spectrum News 1 news anchors Gizelle Fernandez and Melvin Robert.

program to include their viewers. They are taking their morning show to the community every Friday in November. Viewers are invited to come by, meet the anchors and mingle

with one another while they tape their newscast. It was a great event and guests of the program were glad to be able to celebrate with Spectrum their anniversary.

Live Your Best Life: Free Health Clinic

By Jorge V. Rosales

AZUSA -The Indonesian American Seventh Day Adventist Church located at 803 West First Street (northwest corner of First Street and Vernon Avenue) Azusa, CA 91702 in cooperation with the City of Azusa (CITY), Azusa Unified School District (AUSD) and the Adventist Medical Evangelism Network (AMEN) will be hosting the Second Bi-annual Free Community Health Clinic.

The health clinic will be held on Sunday and Monday, November 17 and 18, 2019 from 8:00 a.m. and 4:00 p.m. at 803 West First Street in Azusa.

The following services will be offered free of charge by Doctors, Dentists and other Medical Professionals: Dental Teeth Cleaning, Extractions and Fillings; Medical Laboratory Screenings; Primary Health Care Consultation; Flu Shots; Mental Health Counseling; Vision eye exams, Eye-glasses Prescriptions and Glau-



coma Screenings; Massage; and Ultra Sounds on Sunday only.

Other services will include: Foot care, Haircuts, Photography, Healthy Lifestyle Seminars, Spiritual Counseling, Thrift Shop items will also be available.

Services will be provided in English with Indonesian and Spanish interpretation available. This community services are

being funded by donations received by the Indonesian American Seventh Day Adventist Church and will be provided free on a First Come First Served Basis.

For further information call Ida Tampubolon, the Free Health Clinic Director at (909) 800-9581 or for information in Spanish language contact Andres Altamirano at (213) 804-6861.

Census Tree Planting in Azusa



Azusa Mayor, Joseph R. Rocha and Azusa Council member, Robert Gonzales were joined by members of Azusa's faith community, city residents, city commissioners, school board member, Azusa Beautiful members and Azusa Parks Division to plant a California Oak to memorialize the coming 2020 Census. "In 2010 we planted the first Census tree just yards from this one in the Memorial Park oak tree grove," said Mayor Rocha. "Today we planted a young oak to memorialize the coming 2020 Census. We want to let everyone know that like the oak that is rooted in Azusa soil and whose branches and leaves are essential to its growth, everyone in Azusa also counts and must be counted in the 2020 Census to determine Azusa growth."

Emanate Health Foothill Presbyterian Hospital Auxiliary Holds Holiday Open House

GLENDORA - To usher in the holiday season and to thank the community for its continued support, The Foothill Presbyterian Hospital Auxiliary would like to invite you to attend their annual Holiday Open House and Sale to be held on Monday, December 2nd between 1 and 5 pm. The gift shop will be offering beautiful, unique items perfect for those important people on your list. There will be a 20% discount on all holiday items purchased that afternoon. Delicious goodies, along with warm beverages, will be served. Remember, the proceeds of this sale will go towards capital improvements of the hospital and



Auxiliary members Bonnie Singleton, Dlorah Gonzales, and Lobby Shop manager, Kristine McLeod, welcomes holiday shoppers.

interested in joining our wonderful group of volunteers, please call (626)857-3103.

El Monte Students Learn Money Management Skills during Mad City Money Competition

EL MONTE—More than 150 El Monte Union business and finance students took on the role of adults and were hit with a dose of reality when they had to learn to be responsible for their own financial planning, oversee monthly expenditures and tackle credit card debt during Mad City Money, a realistic simulation held Oct. 24 at El Monte High School.

Paired with a partner and assigned personal profiles with an occupation, a young child and a monthly salary, students had to deduct taxes, student loan payments, medical insurance and credit card debt from their income and visit merchants to purchase housing, transportation, food, clothing and childcare necessities. Every once in a while, students were hit with unexpected expenses and windfalls that they had to factor in.

“Money management is a crucial skill for students to learn, and Mad City Money is a fun way for them to learn what to expect when they are finished with school,” Mad City Money director Abby Ulm said. “The students appreciate the chance to make their mistakes in a safe environment. It really opens their eyes.”

Mountain View High School senior Diana Bailey and junior Yvette Vasquez opted to go the frugal route, choosing to pay a family member for child care instead of a licensed day care provider.

“Once you get the hang of it, it’s pretty easy,” Bailey said. “We want to be frugal and chose the lowest amount at every merchant station.”

Bailey and Vasquez’s elation soon turned to frustration when they discovered they were late making their credit card payment



Business and finance students from El Monte, South El Monte, Mountain View and Fernando R. Ledesma high schools visit merchants to purchase food, housing, transportation and necessities as part of Mad City Money.

and were hit with a late fee. South El Monte High School seniors Andy Peña and Zixun Chen were assigned the lowest income bracket. The pair sat

down and planned a strategy before making any purchases.

“The decisions we have to make are very complicated,” Peña said. “There are many surprises. We had no idea how much food takes away from your monthly budget. Still, we have a surplus, so we feel good about it.”

Mad City Money was sponsored by the SCE Federal Credit Union’s Center for Financial Empowerment and Assemblywoman Blanca Rubio.

“Financial literacy is an essential component to success in adulthood and Mad City Money is an excellent way for our students to get a sense of just how important having a monthly budget is,” Superintendent Dr. Edward Zuniga said. “I want to thank the Center for Financial Empowerment for staging such a thorough and educational contest, Assemblywoman Rubio for sponsoring this event for our students and our teachers, who guided our students on how to financially and thoughtfully navigate adult life.”



El Monte Union business and finance students strategize how to budget their imaginary money and purchase essential goods as part of a Mad City Money simulation designed to teach students money management skills on Oct. 24.

How to Introduce Kids to Age-Appropriate Tech

Getting young children acquainted and comfortable with digital devices and their interfaces is essential in today’s tech-driven world.

Kids want to have the same cool technology as adults, but the tech built for adults isn’t always appropriate and many parents aren’t willing to hand over their expensive devices. So, what’s the best way to introduce kids to age-appropriate technology? Parents should look for the following things when selecting devices for kids:

- **Kid-safe features:** Any technology that connects to Wi-Fi should boast safety features that allow parents to approve who children are communicating with and what sites they are visiting online. Some technology even comes with built-in kid-safe web browsers that give users access only to pre-approved sites. This can take the guesswork out of the equation, but if you’re looking for more control, consider tools that also



let you add and remove approved sites.

- **An educational component:** Kids are absorbing new information all the time, which means that the best kids’ tech will have an educational component to match their curiosity. For example, VTech’s KidiBuzz G2, a smart device geared for ages 4-9, sends texts, voice messages, photos, drawings and animated stickers and also comes preloaded with more than 40 learning games

and apps that cover math, spelling, science, problem-solving, music, Spanish and more -- including a new augmented reality game. With the device, kids also get a free trial of LeapFrog Academy, an interactive learning program filled with 2,000 games and activities.

- **Durability:** Let’s face it, when it comes to kids and their toys, durability is fundamental, especially when it comes to technology. Look for bumpers

and a shatter-safe screen so that kids can take their device on-the-go worry-free.

- **The same cool features your tech has:** Kids won’t want to use their devices if they don’t have the same cool features that yours do. These might include a sleek and stylish design, a step tracker and a highly functional camera. In the case of the Kidizoom Smartwatch DX2, two cameras allow children to capture everything from action video to selfies that can be customized in the Silly Me app. And because this wearable tech is designed for those 4-years old and older, it also includes 55 digital and analog customizable watch faces to help kids learn to tell time.

Digital devices can serve as a window to a world of knowledge and fun. Be sure to introduce your children to technology in a way that’s secure, educational and age-appropriate. (StatePoint)

Home Weatherization 101: Tips for a Comfortable Home

Do seasonal temperatures sometimes leave you frustrated with your home’s lack of insulation? Staying comfortable indoors is a top priority for most people, and luckily, it’s easy to ensure your home is an optimal temperature.

With a few quick tips and home defense strategies, you’ll be on your way to a more comfortable abode in just a few hours.

Why weatherize?

Preparing your home to combat temperature change is an important task for both homeowners and renters throughout the year. Feel uncomfortable drafts? Notice your heating and cooling equipment is continuously running? Tired of expensive energy bills? You’re not alone: almost two-thirds of American adults live in a home that needs to be weatherized, according to recent research conducted by Duck brand.

There are many motivations for weatherizing. In fact, did you know...

- 54 percent of people weatherize to save money on energy bills
- 44 percent weatherize to make the temperature of their home more comfortable
- 22 percent do it for greater energy efficiency

Is that a draft?

First, you’ll need to identify the source -- or sources -- of leaks. Don’t stress -- it’s easy! Hold an incense stick near potential draft sources, such as windows and doors. If the smoke blows sideways, you’ll know an air leak exists and it’s time to weatherize. But don’t stop there. Areas such as attic access openings, pull-down stairs and exterior electrical sockets are additional, often overlooked sources of air leaks.

So, now what?

Once you’ve identified the leaks, it’s time to stop them.

Window and door seals take a beating from normal wear-and-tear and can be a large source of drafts coming into the home. Replace old, cracked seals with such products as Duck Brand Heavy-Duty Weatherstrip Seals, which are made with durable, flexible material, allowing them to stand up against extreme temperatures that cause other seals to freeze or crack. They help to block cold winter air from entering, as well as dust, pollen and insects during the warmer months.

For added protection with older windows, an easy-to-install, crystal-clear option like Duck Brand Roll-On Window Insulation Kits can create an additional barrier against cold air. The pre-taped top and easy roll-on film require no measuring, making installation painless. When applied to indoor window frames, the film provides an airtight seal that’s easily removed once warmer weather arrives.

Finally, address the hidden leaks with solutions like Duck Brand Socket Sealers Insulating Seals. Quick and easy to install, they fit behind outlets or light switch faceplate covers. When installed on exterior walls, they act as a buffer between the inside and outside air. Next, attic stairway covers protect against an often-uninsulated area, and offer a flexible, lightweight solution that can be repositioned to maintain direct access to the attic.

For more information on increasing home comfort, along with easy-to-follow weatherization installation videos, visit duckbrand.com/weatherization.

With a few key home projects anyone can complete, you can make your home more enjoyable all year long and save on energy bills in the process. (StatePoint)

Veterans to Speak About Their College Life

GLENDORA - Representatives from the Citrus College Veterans’ Center will speak to the members of the Glendora Kiwanianes on Thursday, **November 7**, at 5:30 p.m. at the Village Eatery located on Glendora Avenue. The Veteran’s Center serves more than 500 students who have returned from their tour of duty and are now enrolled at Citrus College. The Kiwanianes are

a service club which has served the community for 37 years providing scholarships for students, grants for teachers to bring art and science into the classroom, and support for other nonprofit organizations in Glendora. Members of the public are invited to attend the dinner meeting. Cost is \$20. For reservations, call Janna Wells at 626 483-3024.

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"Operation Safe Halloween" Results In Arrests And Seizure Of Weapons

L.A. County Probation conducts sweeps of registered sex offenders across the County

LOS ANGELES COUNTY - Deputy Probation Officers took to the streets of Los Angeles County throughout the month of October in efforts to ensure that the local goblins, fairies, and superheroes are safe while in search of candy and other Halloween treats tonight. In its annual "Operation Safe Halloween," the Los Angeles County Probation Department wrapped up its campaign that resulted in arrests and the seizure of drugs, guns, and ammunition.

The Los Angeles County Probation Department's armed Special Enforcement Unit has conducted compliance sweeps of 362 registered sex-offenders throughout the County. This operation is a multi-agency effort that includes teams of probation deputies partnered with other law enforcement agencies.

Chief Deputy for Adult Services Reaver Bingham who oversees the Special Enforcement Operations Unit which conducts the program, explained the rea-

son behind this operation. "Operation Safe Halloween is one of our more critical operations as we target our resources and on ensuring that the community is safe and protected."

Weeks before Halloween, individuals who are on probation for crimes against children are notified by the Los Angeles County Probation Department to remind them of the conditions of their probation. Sex offenders are not allowed to have Halloween decorations, candy, or have their porch light on during the days leading up to and in-

cluding Halloween. During this operation, probation deputies enter the residence looking for any evidence that indicate that a probationer is in possession of weapons, illegal drugs, or child pornography, all of which are probation violations.

The results of operations included 362 compliance checks of registered sex-offenders which led to the arrest of 15 individuals and the seizure of one rifle, one knife, and a computer. One of the arrests made was a sex-offender who was caught with an underage victim.

Police Find Woman with Multiple Gunshot Wounds

By George Ogden

AZUSA - Azusa Police responded to the area of First Street and N. Orange Avenue Saturday night Nov. 2nd around 9:30 p.m. after a call about shots fired in the area. When officers arrived, they found a woman who was suffering from gunshot wounds.

Paramedics were called to treat the woman and they took her to a trauma center.

Officers checked the area for anything that might lead them to

know what happened to the victim. There was little information available and trying to figure out if she was shot while in the street or inside a dwelling and then staggered outside and collapsed where officers found her.

The victim has not been identified. The Azusa Police Department's detectives who are working the case are looking for information that may help them with this case. Detectives can be reached at (626) 812-3223.

Napolitano Introduces the Bridge to End Homelessness Act

WASHINGTON, DC - Rep. Grace F. Napolitano (D-El Monte) introduced H.R. 4936, the Bridge to End Homelessness Act, which would establish a new competitive grant program through the U.S. Department of Housing and Urban Development to give funds directly to cities to construct interim housing for individuals experiencing homelessness.

"I applaud all of the efforts by local residents as well as city, county, and state government officials in tackling homelessness in the San Gabriel Valley," Napolitano said. "Combating this growing crisis requires collaboration from all, and the localized approach in this legislation ensures the federal government does its part, while giving local entities flexibility to determine what is right for them and their residents. It also very importantly requires that any new temporary housing include mental health services and other support services. I ask

all of my colleagues to support this legislation to bring much-needed federal assistance to our communities."

The San Gabriel Valley saw a 24% increase in homelessness between 2018 and 2019, which points to a serious shortage of temporary housing for those in need across the region. According to the 2019 Greater Los Angeles Homeless Count Results, there were 4,479 individuals experiencing homelessness in the SGV, and of that number, 3,292 were living on the streets. Napolitano introduced H.R. 4936 after gathering input from local residents and government officials.

"The San Gabriel Valley Council of Governments (SGVCOG) welcomed the opportunity to provide policy recommendations to Congresswoman Napolitano and her staff as the Bridge to End Homelessness Act was drafted," said Cynthia Sternquist, President, SGVCOG and Temple City Councilmember. "Several years

ago, SGVCOG leadership reached out to the cities and unincorporated Los Angeles County communities in the San Gabriel Valley to develop a regional strategy responding to the dire housing and homelessness crisis facing our residents. We are confident that robust federal resources provided through the Act could be put to immediate and effective use on the front lines of combating homelessness in our region."

The new grant program created by H.R. 4936 requires the following:

- A local entity must identify property or land adjacent to a high-density homeless population to establish interim housing;
- The site must be furnished with on-site mental health, employment, substance use disorder, and wellness resources;
- The local entity must have a plan for targeted outreach to individuals experiencing homelessness within its jurisdiction

New Report Shows Alarming Death Rate Among Los Angeles County Homeless Population

Homeless Mortality Prevention Initiative Launched to Act on Findings

LOS ANGELES COUNTY - The Los Angeles County Department of Public Health (Public Health) released a mortality study that provides new and alarming data on deaths among people experiencing homelessness in LA County. Not only have the number of homeless deaths doubled, from 536 in 2013 to 1,047 in 2018, but the death rate, which accounts for increases in the total number of homeless people, increased by over a third during that same period. Drug and alcohol overdose was the largest contributor to the overall increase in the homeless death rate. From 2016 to 2018, the overdose death rate was 26 times higher among the homeless than among the general population. Other leading causes of homeless deaths included heart disease, traffic injuries, homicide and suicide.

"This report is tragic, and reflects a true state of emergency on the streets of our community," said Supervisor Mark Ridley-Thomas, lead author of the motion. "It is unconscionable and inhumane for society to continue to turn a blind eye to this plight. That's why we recom-

mended that the Board act with urgency and purpose to direct the Department of Public Health to examine and execute strategies that lead to a rapid reduction in these disturbing numbers."

"Homelessness can have a devastating impact on a person's health and well-being, and we need to better understand the underlying causes that contribute to our County's high mortality rate among those who are experiencing homelessness," said Supervisor Hilda L. Solis. "Children, single mothers, our friends and neighbors represent the people who are struggling to find a warm, safe bed every night. We cannot abandon them. We must recommit ourselves every day to identify innovative solutions that can help prevent premature deaths among our most vulnerable residents."

"This alarming increase in homeless deaths requires immediate action to improve the care for our most vulnerable populations," said Barbara Ferrer, PhD, MPH, MEd, Director of Public Health. "As we work hard to secure housing for those experiencing homelessness, we have a civic and moral obligation to pre-

vent unnecessary suffering and death. We need to start this work by speaking directly with those experiencing homelessness to better understand how to align our support."

The report also found that people experiencing homelessness died on average 22 years earlier than among the general population (average age was 51 among the homeless and 73 among the general population).

The motion directs Public Health to take multiple actions to help prevent future homeless deaths, including:

- Conduct a health needs assessment of people experiencing homelessness to understand their experiences accessing health, mental health, and substance use services and engaging in treatment, by deploying staff to speak directly with people across Los Angeles County (County), including at the 2019 Care Harbor Free Clinic, in encampments, at select shelters and access points, and at various convenings facilitated and led by people with lived experience across the County about their healthcare needs, concerns, and the challenges they face in accessing these services
- Review information from various sources, including mortality and morbidity data, program data, and interviews with homeless service providers and outreach team members, to inform the County's understanding of the current health care delivery system utilized by people experiencing homelessness; and
- Report back to the Board of Supervisors, in writing, within 120 days with a set of recommendations, informed by findings from this assessment, on steps that can be taken to decrease mortality among people experiencing homelessness and improve treatment outcomes.

To view the full report online, visit: <http://publichealth.lacounty.gov/chic>.



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BART The BLOCKHOUND

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Department of Toxic Substances Control November 2019

Public Notice

The mission of DTSC is to protect California's people and environment from harmful effects of toxic substances by restoring contaminated resources, enforcing hazardous waste laws, reducing hazardous waste generation, and encouraging the manufacture of chemically safer products.

EMERGENCY PERMIT GILEAD SCIENCES, INC.
1800 Wheeler Avenue
La Verne, California 91750

The Gilead Sciences, Inc., requested an Emergency Permit from the California Department of Toxic Substances Control (DTSC) for onsite treatment of expired chemicals at 1800 Wheeler Avenue, La Verne, California 91750. The items to be treated are 2 one-liter containers of 1,4 Dioxane, and 4 four-liter containers and 2 one-liter containers of diethyl ether. DTSC has determined that these chemicals posed an imminent and substantial endangerment to human health and the environment if not properly managed. Therefore, an Emergency Permit was issued. This Emergency Permit is effective from October 23, 2019 through December 23, 2019. The Emergency Permit includes measures to minimize any adverse impacts to the community and environment.

The chemicals are potentially reactive and unsafe for transport in its current state. Clean Harbors Environmental Service has been contracted to conduct this treatment. The treatment involves adding a liquid solution to the containers to stabilize the chemicals. Once the chemicals are treated, they are transported offsite for proper management.

CALIFORNIA ENVIRONMENTAL QUALITY ACT (CEQA): DTSC has determined that the project is exempt from the requirements of CEQA and filed a Notice of Exemption (NOE) with the State Clearinghouse. The Emergency Permit, NOE, and Gilead Sciences' request for this project are available for review at the following DTSC office:

DTSC Sacramento Regional Office
8800 Cal Center Drive
Sacramento, California 95826
(916) 255-3758, call for an appointment

CONTACT INFORMATION: If you have any questions or concerns, please contact:

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I watched TV from early morning until the fire news stopped and almost all week long. Incredible amount of damage not only to our forests and watershed but to the families in those areas. Some had damage done to their homes, some lost their homes completely and all the contents. Businesses lost not only their buildings and inventory, but income because there were no shoppers and will have a tough time recuperating. And, to be realistic, what about the sales tax dollars to the counties and cities up in those fire areas?

I started reading fire articles, especially the small-town newspapers, and was brought into the reality of the conditions in those fire areas and adjacent areas and what the residents were up against. When PG & E shut off the power (now called public safety power shutoffs) to prevent additional fire potential (purportedly because of outdated and poorly maintained equipment) people lost a lot more than just lights at night.

Some had no heat and no way to keep warm for days at a time. I would think they would just pile on the sweaters and jackets and perhaps keep the kids under blankets for those that reported temps in the house of 60 degrees or less. That would be fine if the kids could be piled on the couch under those blankets to watch TV, but there was no TV because the electricity was off. Perhaps sit around and read magazines and books, but can you do that without adequate lighting or in the dark? And, for days on end?

No lights and 38-degree classroom temperatures led schools to close down and the kids missed days of school. Some reported six and seven days of missed classes. Sometime this school year they will have to make up the missed time and those classes. One school district reported several times only 76% of their enrollment showed up



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

for classes. Reality again sets in and I have to ask about ADA - average daily attendance. California has never been able to figure out how to fund school districts other than counting the number of students and the number of days they are in school and fund accordingly. These districts are not only going to have to make up class time but deal with teacher contracts and make some budget adjustments along the way.

Many of the homes in Sonoma County get their water from their own wells. That water has to be pumped up from those wells and without electricity that doesn't happen. Some, aware of the pending outages, drew enough water to fill up the bathtub and used that water to drink, cook and flush the toilets. One comment indicated concern about the animals noting a horse drinks about 10 gallons of water a day.

On one broadcast, they talked to a woman as she was cleaning out the refrigerator. All the food in the frig and the freezer had to be tossed out because it had been days since the power had been on and the spoilage was obvious. Even if the power was back on and guaranteed to stay on because the fire danger has passed, it was not possible to totally replace all the food because the grocery stores had thrown out their spoiled stock and had not received adequate replacement

stock. It would seem at that point you eat day to day based on what you can find and if you have power to be able to cook that food.

Those with medical problems had a more difficult time. One individual lost his life within 15 minutes of the power shutdown due to lack of oxygen. Others needing dialysis a couple to three times a week, in some cases, had to drive at least an hour, one reported two hours, to get to those centers that still had electricity. A local hospital was able to provide dialysis for some of the local patients, but due to the number of patients, only for half the time normally prescribed for them.

Those who had cell phones and no power found themselves without a phone. Six days without electricity, meant there was no power to recharge cell phones and no contact with relatives and emergency services. Without cell phones or Internet services there was no way for schools to contact parents to let them know the school was back up and running.

There were those who were missing work. While they could drive to their place of employment, there was nothing they could do without electricity. Some said they could use vacation time or sick leave to make sure they got a decent paycheck perhaps to buy replacement food and pay the bills. Others said they could go to work, but with the schools closed, they needed to scout out relatives or others to watch the kids who were still at home.

We can sit around and try to assign blame, but, we, the people, need to learn from this and prepare ourselves for a disaster whether it is a fire, earthquake, any disaster.

It is sad to see Facebook posts about our golden state: "Welcome to our New Third World Country."

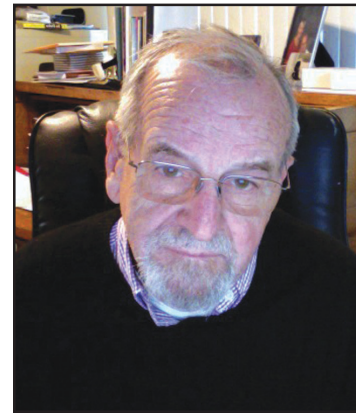
Country Music

I spent part of September visiting a land I knew little about. My pilot was the remarkable tour guide, Ken Burns. The land was called "Country Music" and the journey was his eight multi-hour PBS documentary. I had occasionally been on its borders and knew about one of its provinces through the protest songs of Joan Baez, Pete Seeger and Willie Nelson, who were not even full-blooded citizens. Before I describe my visit, a bit about my musical history.

When I was very small, Saturday afternoons were dedicated to radio broadcasts of the Metropolitan Opera and Milton Cross. Grand opera was my mother's passion and if stacks of 78s appeared in the house they were from the works of Wagner, Bizet and Mozart. My first LPs were compositions by Beethoven, Schubert and Brahms. I tried learning to play the violin, but was too awkward to produce anything but a terrible squeak. In my early teens I was given student tickets to the Philadelphia Symphony Orchestra where I stood at the back of the highest balcony.

In my twenties I tried to master the flute, but that came to an abrupt end when the police appeared at our house with complaints from neighbors about the saxophone. For the past 19 years Wendy and I have spent Sunday afternoons at concerts of the L.A. Philharmonic and the L.A. Opera. I offer the history to define just how far I have lived from the land of Country Music.

In my country music safari Burns introduced me to its various provinces including African American, Gospel, Cowboy/Western, Bluegrass, Honky-tonk, Nashville, Country Blues, Folk



Charles H. Bayer

Rock, Hillbilly and Appalachian folk. If there is one resident whose name everyone knows, it is probably Jonny Cash. The original instruments were the guitar and the fiddle—distinguished from the violin only by the way it is played and the peculiar sound it produces. Other plucked instruments became common.

Country music stars quickly arose with record albums often selling in the millions. And just as quickly they disappeared. If a few made it big, they ended up in Nashville at the Grand Ole Opry. Almost all the performers came from Texas or other southern or border states, and grew up in rural areas. Early fascination with the regional music in most cases constituted their musical education while they attached themselves to prevailing stars.

There were couples, family groups and in later years five or six piece bands. The classic country sound is nasal. Specially written songs constitute about the entire repertoire. The songs are earthy, sad and closely tied to the way of life common in southern or western rural areas. The words are simple, and offered in the dialect of the region from which the singer comes.

There is a certain sadness about most of the lyrics; lost love, heartbreak, personal misery, being abandoned or betrayed by a lover, a goal that could not be reached, the death of a family member. Or they are a celebration of a particular way of life. Happy songs are few and lyrics about anything beyond one's trials are almost non-existent. Focus on the personal journey is the common theme.

Political commentary does not exist. If Trump wants to build a wall to keep Mexicans out, country music has walled itself in as if the rest of the world did not exist. However, I think it would be fair to suggest that among country music lovers in voting for President, Trump would win by a huge margin.

The only religious sentiments are focused on heaven. In fact the theme song of the Ken Burns series was the oft-repeated spiritual:

*Will the circle be unbroken
By and by Lord, by and by?
There's a better home awaiting*

In the sky Lord, in the sky.
The above is only a version offered by a rank outsider. Talk to a citizen and you will probably get a very different reading.

My sojourn has caused me to ask how many other territories of the United States are there about which I am just as ignorant, and what are they? Perhaps it is my world that is drastically limited by my politics, education, upbringing, culture, religion and perspective. Before I die I might explore other of these unknown provinces.

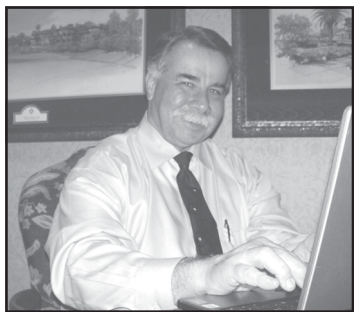
Contact Charles Bayer at candwbayer@verizon.net

Hassling the Police

I am sure that many of you have seen some of these videos and talked with people who say you don't have to talk to the police or answer any of their questions.

If you are one of those that like to play that game, good luck, it could backfire on you. For example, you are driving your car and get pulled over. You decide that you are not going to show the officer your driver's license because you don't feel you have to. Well, then be prepared to have your car impounded because they can't verify that you belong in that car.

You're walking down the street and an officer pulls up and asks



George Ogden
That's just the way it is!

your name. You feel you don't have to tell him. You tell him that you not going to answer any of his questions because you don't have to. So, the officer calls in your description over the radio, and most likely there are a num-

ber of people that match your description that are wanted by the police. Well, there you go, you're on your way to jail until they can identify you and can either determine that you are wanted or not. This could take some time. They can make a case that you're impeding the duties of a police by not cooperating with the officer(s).

Do yourself a favor and simply cooperate with the authorities. The laws are out there to protect you, don't try to use them to your advantage to sidestep questions from police officers. You will lose.

"That's Just the Way It Is!"

County To Explore Increasing Availability Of Domestic Violence Exams To Help Crime Victims

LOS ANGELES COUNTY – The Board of Supervisors approved a motion by Supervisor Kathryn Barger directing county departments to make domestic violence exams more readily-available for victims of crime.

"In honor of Domestic Violence Awareness Month, it's critical that we provide improved services and justice for victims," Supervisor Barger said. "By increasing the availability of forensic exams for those experiencing domestic violence, we can address this growing threat to public safety."

The Los Angeles County District Attorney's office sees an average of 11,000 domestic

violence cases per year, which is roughly 200 cases each week. The County of Los Angeles serves these victims by offering shelter, counseling, legal and health services. However, there are significant barriers in the initial step of completing a hospital exam. Under current law, hospitals are only reimbursed for the forensic medical-legal examinations of sexual assault victims and not domestic violence victims.

New developments in technology, such as Touch DNA and advanced software imaging, now allow forensic nurses to collect the suspect's skin cells in cases involved with strangulation by swabbing the victim's neck and fingernail scrapings.

Additionally, advances such as Secured Digital Forensic Imaging Camera System allow the forensic nurse to take photos and see bruising not visible to the naked eye.

The Board of Supervisors will receive a report back on the feasibility of covering costs for these exams countywide in 120 days.



"TIME JOCKEY" - Indigenous Home

By Joe Castillo

Kizh Nation... Between the Santa Ana River and the San Gabriel River lies a resource wealthy area with an abundant amount of water, rich soil, a thick liquid substance, wildlife, native plants and heavy brush. It was an ideal location to establish a village as all the required resources were readily available. For three-thousand years before the arrival of Spanish colonizers, the land was home to the Kizh, the indigenous people of Southern California. The Kizh tribe consisted of numerous sub-tribes which were independent from the larger tribes but still interacted with their related tribes.

Southern California was home to thousands of indigenous people each living in their specific location, adapting to their environment and living off the land. The climate was perfect to sustain a healthy living environment and the weather was so mild that there was no need to build structures which required strong walls to keep inhabitants warm and comfortable. Today, the climate and weather are the same which was enjoyed 3,000 years ago causing the population to grow to 10 million plus people today.

In this area where the Kizh were in large numbers, prominent villages such as shijit and

chokiishingna were established by Kizh sub-tribes. The location of the villages was adjacent to much traveled Indian trade routes which extended south to San Diego, east towards San Bernardino, west to the Pacific Ocean and north to Santa Barbara. The trail allowed trade with numerous Indian tribes and people, and thus allowed needed commodities to be acquired or obtained for trade.

In the mid 1500's, Spanish explorers Cabrillo and Vizcaino would eventually make short appearances in Alta California but no permanent settlements were established. Eventually DeAnza and Portola explored more extensively and plans were made to build a series of Missions and to Christianize the indigenous people which were encountered along the way. The most prominent Mission in the San Gabriel Valley and all of California was the Mission San Gabriel Arcangel. It was the fourth mission founded of the California Missions after San Diego, San Carlos Borromeo and San Antonio. But of all three of the early missions, San Gabriel was established in a highly-populated region. The area was selected for the large number of potential labor resources as well as natural resources which could be used to sustain life at the mis-

sion as well as those living off the mission and the products it was producing.

The original site of the Mission San Gabriel was in the area between the Rio Hondo and San Gabriel Rivers, today known as Whittier Narrows. The large Kizh village in the vicinity was enough to meet the Spanish needs for constructing a church and supporting buildings. But as the labor demands increased, the Spanish sought out other large village areas which could provide even more labor. Just a short five miles to the east was the Kizh villages of shijit and chokiishingna. Soon men and women were taken to the Mission San Gabriel to aid in its construction. The Spanish would use the same formula to build each of their missions, to use the local labor resources and then reach out further to acquire additional resources as needed to meet their labor demands. In time, indigenous populations would be reduced by significant numbers resulting in Kizh villages becoming abandoned and vacant....

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

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Communist China Turns 70 as Hong Kong Struggles to Stay Relatively Free

My wife (Joanne) and I spent the month of September on a cruise that traveled extensively around Japan and China. Although we saw no sign of the protesting going on in Hong Kong (while we were there), we did speak to many Hong Kongers regarding the recent unrest. Our takeaway was quite interesting and surprising.

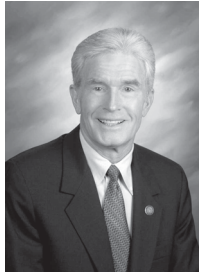
For decades, Hong Kong has demonstrated what capitalism can achieve in the shadow of Communism. However, ever since China took control of Hong Kong from Britain on July 1, 1997, Beijing has increasingly been striving to integrate Hong Kong into China. This integration has (so far) been a failure due to Hong Kong's clear determination to remain a somewhat sovereign "state". This was demonstrated by fierce clashes recently in Hong Kong, before as well as while China's Communist Party celebrated its 70th year in power. Live bullets were reportedly fired by riot police; and, at least one 18-year old student was hit.

Hong Kong was essentially on a lockdown the week before we were there, after clashes in dozens of locations caused riot police to order citizens to stay at home.

During our time there we had an opportunity to interact on a personal level with our tour guide, a middle age gentleman that had no fear of expressing himself. We were impressed with his passion for freedom and were very surprised to hear his open resentment toward the Chinese Government for either taking back and/or ignoring previous promises given to the citizens of Hong Kong. The citizens will never give up their desire to maintain the freedom they have grown to love and are accustomed to. Hopefully the security crackdown in Hong Kong was very embarrassing to China's Communist Party and President Xi Jinping.

Interestingly, capitalism created multiple billionaires in South Korea and Taiwan, democracy surged and both South Korea and Taiwan are now democracies. Hong Kong was also once a democracy and one of the most

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

economically free "nations" on earth (while loosely controlled by Britain). Since then China has slowly tried to integrate it and impose its CCP's (Chinese Communist Party's) will on the people of Hong Kong.

Unelected CCP leaders in Beijing also try to manage the mainland economy for rapid economic growth, but in a top-down manner. Artificial support of many State-Owned Enterprises (SOEs) continues to cloud the overall picture there. I feel that presumed private corporate statistics are more reliable than Chinese Government statistics there, so I was encouraged to see that the Caixin China manufacturing purchasing managers index (PMI) apparently rose to 51.4 in September, up from 50.4 in August. This private PMI survey was a pleasant surprise. I also noted that total new orders grew at a faster pace, due largely to rising domestic demand. While the CCP would like visitors to believe that some form of capitalism is on the rise in China, we should remember that China has a controlled environment, so watching PMI indices in China should be given less credibility than PMI indices in the USA and in the EU. Employment data, retail sales and consumer spending information generated in non-communist countries is generally much more dependable than what comes out of China.

China is ruled by the Chinese Communist Party. And yet, some in America's main street media aren't so sure that China is Communist. The Chinese Politburo knows that it must pretend to be something it is not, to fit into the International Community and strengthen itself. On the surface,

when walking down the main shopping districts, the first take is being surprised with the variety of shopping opportunities: from Prada to Gucci, Rolls Royce and McLaren auto dealerships, you can't help but be surprised. But let's not forget, all these businesses are owned by the Government! We found the people to be very outgoing and genuinely friendly, with many coming up to us and saying "welcome to China". We encountered several groups of college students that approached us with big smiles asking if they could teach us a Chinese phrase as a challenge they were given from their class. Several teenage girls came up to us giggling and talking what little English they knew. Being from a rural area of China, we were the first foreigners they had ever seen! Obviously, we stood out, but overall the people were very friendly. The Government officials (Customs and Immigration) were another issue; stern and unfriendly, they wanted nothing to do with us.

For now, the CCP's strategy for world domination has to be hidden. Yet, last year Xi Jing gave an hour-long speech extolling the life of Karl Marx, explaining that "the life of Marx is a life of fighting to overthrow the old world and establish the new world".

For those interested in better understanding China, one source would be The Epoch Times (readepoch.com). "The Epoch Times was founded in 2000 to bring honest and uncensored news to people oppressed by the lies and violence in communist China."

My wife and I enjoyed our visit to Japan and China. However, as always, we were happy to be back home in the USA. Foreign travel always reminds us of how blessed we are to have lived our personally rewarding lives in America!

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

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

"best by" date of June 5, 2021 (lot code:20156A04), August 1, 2021 (lot code: 20213A06) "Product of Chile." UPC Code: 46567 00754

The frozen raspberries and frozen berry mixes containing raspberries were distributed throughout stores in Aldi and Raley's Family of Fine store chains. The recalled frozen raspberries were imported from Chile. No other retail packages of frozen raspberry products are included in this voluntary and precautionary recall.

Consumers who have purchased the above products should not consume them and should either discard them or return them to the place of purchase for a full refund. Aldi and Raley customers with questions may contact Wawona Frozen Foods at 866-913-0667 or visit the website at www.wawona.com.

Wawona Frozen Foods is fully cooperating with federal health officials as well as Aldi and Raley's to facilitate an efficient and complete recall of the frozen raspberries and frozen berry mixes containing raspberries.

For more information see the FDA recall alert: <https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/wawona-frozen-food-voluntarily-recalls-frozen-raspberries-due-possible-health-risk>

Your Money - Ask Julia

I want to buy a small home or condo, but my husband doesn't think we can afford to make this change from renting. We have great credit. Do you think we could afford to buy?

Either get the facts yourself and present them to your husband, or let your husband know that you'd like to sit down with a professional and figure out whether, or not, you could afford to purchase instead of continuing to rent. He'll probably react in one of two ways - agree or disagree. If he agrees, act before he changes his mind. If he disagrees, he might have another reason that's difficult for him to communicate to you. His reason could be as varied as he doesn't know how to do the simplest repairs, to the pain of watching his close friend go through a foreclosure. Getting the facts can eliminate false assumptions and unrealistic fears.

I'm 54, and my wife is 52. Should we buy long-term care insurance, or wait a few more years?

Although you'd be paying premiums for several more years, there is a big cost for waiting. The older you are when you purchase insurance, the higher the premiums. Also, keep in mind that long-term care is not reserved for the elderly - serious injuries from an accident can necessitate care at a rehab-facility, nursing-home, or in-home. Presently, the IRS (under Section 213(d)(10)), includes qualified long-term care premiums, up to certain limits, to be included with your tax-deductible medical and dental expenses.

My annuity (IRA) contract says I would have to pay a penalty if I take the money out too



Julia Yoder

soon. I turn 70 next year, so I'll need to start taking Required Minimum Distributions. Is there a way to do that without a penalty?

Even though the annuity contract states there's an early withdrawal penalty, it is waived for RMD.

I have a lump sum of money from a CD. Is there an investment that is safe, and that will give me lifetime income right away?

An immediate annuity would give you exactly what you are looking for - safety and immediate income. The insurance company gives you choices for payout: for a fixed period of time, for the rest of your lifetime, or for the rest of your and your spouse's life, and more.

What is this secret, tax-free method of investing that I've read "Washington Insiders" (Senators, Congressmen, etc.), and the very wealthy, are using to save for retirement? Can I get it?

You've seen the hype, along with the solicitation to pay for a newsletter subscription in order to receive the 'free' report about a much better retirement account than a 401(k) or IRA. Here's the

scoop, and you're getting it for free! This "secret" method is not really a secret. It's a 702(j), or 7702 (IRS code that regulates life insurance contracts). These life insurance policies are not like the old whole-life or universal life insurance policies. Today there are permanent life insurance policies which offer much more than the death benefit. The cash value component of these policies can be equity-indexed (similar to many of today's annuities), with company-backed guarantees to protect your funds. These policies have much more transparency, allowing you to choose between several equity indices, and several crediting methods. Basically, you pay for insurance, plus you fund the policy with additional funds. If used as a part of your retirement plan, you could later 'borrow' from that cash value component during your retirement years. Loans are not taxed. Typically, death benefits from a life insurance policy are not taxed. Ultimately, paying off the loans you've taken from the policy would be paid off from the death benefit. A real win-win.

Getting one of these policies is like getting any other life insurance coverage.

Ask Julia by email:
juliayoder@yahoo.com

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

Public Health Alerts Residents of Recall of Wawona Frozen Foods, Raspberries and Frozen Berry Mixes sold at Aldi Stores

Possible Exposure to Hepatitis A Virus

LOS ANGELES COUNTY - The Los Angeles County Department of Public Health (Public Health) is working closely with The California Department of Public Health (CDPH) Food and Drug Branch, in coordination with the United States Food and Drug Administration (FDA), to alert consumers to a recall of frozen raspberries and frozen berry mixes containing raspberries sold at Aldi Grocery Stores, as well as frozen raspberries sold at Raley's Family of Fine Stores because they could potentially be contaminated with Hepatitis A virus (HAV).

To date, no cases of acute HAV associated with the recalled product have been identified. Although no cases have been identified, because the virus can persist in frozen product, consumers are urged to see if they have product in the freezer and discard it or take it back to the store it was purchased in.

HAV is a contagious virus that can cause liver disease. An HAV infection can range in severity from a mild illness lasting a few weeks to a severe illness lasting several months. In rare cases, particularly consumers who have a pre-existing severe illness or are immune compromised, HAV infections can progress to liver failure. Illness

usually occurs within 15 to 50 days after eating or drinking contaminated food or water. Symptoms of infection include fever, headache, fatigue, loss of appetite, nausea, vomiting, diarrhea, abdominal pain, jaundice, dark urine or pale stool. In some instances, particularly in children under the age of six, HAV infection may be asymptomatic.

Persons who may have consumed the affected products should consult their health care provider to determine if a vaccination is appropriate and consumers with symptoms of HAV should contact their health providers or the Public Health immediately.

The recalled frozen raspberries were packaged and sold in the following sizes and with the following accompanying information:

- Season's Choice Raspberries (frozen): 12-ounce bags, "best by" date of June 10, 2021, August 1, 2021 and August 23, 2021. "Product of Chile." UPC Code: 0 41498 12419 9 o Season's Choice Berry Medley (frozen) containing raspberries: 16-ounce bags, "best by" date of July 17, 2021, July 20, 2021 and July 22, 2021. "Product of USA, Chile." UPC Code: 0 41498 31344 9 Raley's:

- Raley's Fresh Frozen Red Raspberries: 12-ounce bags,

Oil Consumption

Question: How often should you check the oil level in your car?

Every 1,000 miles of driving; the newer the car and the lower the mileage. This seems to be the forgotten "check list" item.

Question: How often do you check the oil level in your car?

From what we can tell...rarely! Our shop is seeing more cars come in with no visible oil on the dipstick. Granted, the majority of the cars have 75,000 miles or more. Remember, that many cars with smaller engines also have less oil capacity (four quarts or less) to lubricate the moving parts.

When technology builds in lights, bells and whistles to replace opening the hood and pulling a dipstick or visually inspecting the under-hood fluid, I get concerned. The warning systems are great backups but should not replace physically inspecting

items.

The reason for the oil consumption concern is due to low tension piston rings, used to get better miles per gallon. This causes engines to run hotter than ever to achieve better MPG. Today, lighter oils (0w20 and 5w20) are also used for, you guessed it, better MPG, with 0w16 in the new models coming into production.

The latest change is GDI (gasoline direct injection), which is a completely different way for the fuel injector to deliver the fuel into the engine. Yep, this is for MPG also. Combine all these changes and add the extended oil change interval, and you get major oil consumption.

The car mentioned above, with no oil on the dipstick, also did not have a warning light on to let the driver know what was going on. That tells us the light comes on

when the car is beyond critical for the oil level and is doing internal engine damage.

The old adage that an ounce of prevention is worth a pound of cure, in car terms, means servicing your car more, and often equals 200, 300, or even 400,000 miles of driving. We have many customers that have continued success because they adhere to regular servicing of their car!

We have a new service that is helping cars with oil consumption issues. It cleans the piston rings and keeps the car running longer.

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

Hometown Service You Can Count On!

California Department of Tax and Fee Administration Develops Online Tool for Offer in Compromise Eligibility

SACRAMENTO - The California Department of Tax and Fee Administration (CDTFA) released an innovative and simple online screening tool to help people determine if they are eligible to apply for an Offer-in-Compromise (OIC).

The CDTFA's OIC program is for taxpayers that do not have, and will not have in the foreseeable future, the income, assets, or

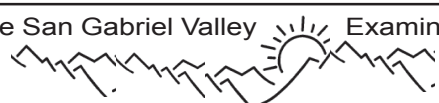
means to pay a tax liability in full. Taxpayers may be eligible for the program if they:

- Have a final tax or fee liability
- Are no longer associated with the business that incurred the liability or a similar type of business
- Do not dispute the amount of tax or fee owed
- Cannot pay the full amount

owed in a reasonable amount of time

The new eligibility screening tool can help taxpayers quickly determine if they are eligible to apply for an OIC by entering financial information to calculate a preliminary offer amount. Taxpayers can use the preliminary offer amount when they submit an application for an OIC.

View a demonstration video <https://youtu.be/Xk368Ioi0CU>



Around the Valley & Senior News

AZUSA

Volunteer Drivers Needed

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

TOPS Meeting

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

ARCADIA

Celebrate Dia de los Muertos

The Gilb Museum of Arcadia Heritage is celebrating Dia de los Muertos on Saturday, **November 9**, from 1 pm to 3:30 pm. Dia de los Muertos has its roots in Mexico and is a special celebration to remember and honor those who have passed on. We'll remember and commemorate family and friends we have lost with joy and cheer! There will be fun activities for the entire family at this free event!

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

Bingo And Lunch

Arcadia Senior Services is having a fun event of BINGO and lunch on Friday, **November 15**. It will take place at the Arcadia Community Center, 365 Campus Drive starting at 10am. Cost is \$10 and includes a 10 pack of BINGO sheets, pizza and salad served during intermission plus great gift card prizes. The final game of "Cover All" is a \$50 prize. A professional BINGO board is used. Daubers are available for \$1. This program is for individuals age 50 and over. Tickets are on sale now and can be purchased at the Community Center. For additional information, please call Arcadia Senior Services, 626.574.5130.

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.

Community Articles Are Welcome

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

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 Riverside Hotel and Casino in Laughlin

Enjoy a 3 day, 2 night stay in Riverside Hotel in beautiful Laughlin, Nevada. The Riverside Hotel hosts 40,000 square feet of your favorite slots and table games. If you get tired of gaming you can take advantage of the optional tours, dining restaurants, museums and theaters or nearby outlets, at your own expense. Price include: 2 breakfast buffet, 1 dinner buffet, and a fun book, room reservation and transportation. California ID is required. We will also be visiting Oatman Ghost Town, an authentic old western town with burros roaming the streets. Departure date **November 6** at 8:00 am and returning November 8 at 6:00 pm. \$125 per person for Double Occupancy. \$145 per person for Single Occupancy. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

Winter Ping Pong Tournament

The Julia McNeill Senior Center will be hosting its Winter Ping Pong Tournament. The tournament will be held in the Esther Synder Community Center. All those who wish to participate must register at the: Julia McNeill Senior Center. Last day to register is Monday, November 11, 2019. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

Winter Billiards Tournament

The Julia McNeill Senior Center will be hosting its Winter Billiards Tournament on Thursday, **November 21** from 8:00 am – 12:00 pm. The tournament will be held in the Esther Synder Community Center. All those who wish to participate must register at the: Julia McNeill Senior Center. Last day to register is Tuesday, **November 19**. 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

Covina Woman's Club Country Store

Come one, come all to the Covina Woman's Club Country Store on **Nov 11th**, the public is invited. Doors open at 10am at the Club House at 128 S San Jose, Covina. Baked goods and crafts will be sold. A luncheon will follow the meeting at 11:30. A patriotic program is planned in observance of VETERANS DAY. This is always a wonderful annual event.

Reservations are required for the luncheon. Please contact Carlene at (626) 335-6741 to make a reservation. All reservations must be made by Nov 05, 2019.

Community Garden Parcels

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

DUARTE

Duarte Museum Needs Docents

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

Blood Pressure Checks

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.

Alzheimer's Safe Return Registration

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

Volunteering Does Your Heart Good!

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

Senior Lunch

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

GLENDORA

Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers re-learning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. For more information, please call Toni Levyssohn at 909-843-5239.

The program is **Wednesdays** 8:30 a.m. - 12:00 pm.

Instructors Needed At The La Fetra Center

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

Cars 4 the Community

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

LA VERNE

Veterans Memorial Ceremony

On Monday, **November 11** at 11:00 a.m., La Verne will be hosting an event to honor the services and sacrifices made by our veterans. The ceremony will take place at Veterans Hall (located on the corner of Bonita and Wheeler). The commemoration begins with a "Call to Assemble" by Master of Ceremonies, Dan Harden. The event includes prayers, a color guard ceremony, a flag raising ceremony, and other dignified proceedings. Lastly, refreshments are provided by VFW Post 12034 to conclude the service.

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

Convivio de Familia

Monroe Elementary School will host a Convivio de Familia from 5:30 to 7 p.m. on Friday, **Nov. 15** at Monroe Elementary School, 402 W. Colorado Blvd., Monrovia. The Convivio de Familia serves as a cross-cultural event, where students and families participate in a potluck, salsa contest and learn a traditional dance.

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

College Financial Aid Info Night

West Covina Unified's Edgewood High School will hold a fi-

nancial aid information night for students and families, providing presentations on the process and assistance with financial aid applications from 6 to 8 p.m. Wednesday, **Nov. 20** in the Pride Café, 1625 W. Durness St., West Covina.

Go West Shuttle Service

The Go West Shuttle service consists of three alignments (Red, Blue, and Green) that serve destinations throughout the city including Plaza West Covina, Eastland Shopping Center, Heights Shopping Center, West Covina Civic Center, West Covina Senior Center, Cameron Community Center, and many more. For questions on the location of shuttle stops, assistance in locating the stop closest to you, and route schedules please call (800) 425-5777. The fixed-route service operates Monday through Friday from 6:30 a.m. to 7:00 p.m. The fare is only \$1.00 each way. No Service on Holidays.

TOPS Meeting

TOPS (Take Off Pounds Sensibly) meets each Saturday at 9 a.m. at the Cortez Senior Center, located at 2501 E. Cortez St in the back classroom building. Visitors are always welcome and your first meeting is free. Come now and learn about nutrition, portion control, food planning, exercise, motivation, and more every week. This group has motivated members from all over the San Gabriel Valley. For details, call Erika Hernandez at 6 2 6 - 3 8 4 - 0 5 0 2 (ehernandez57@aol.com).

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.

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West Covina Unified Dual Language Instructor Named L.A. County Teacher of the Year



Orangewood Elementary kindergarten teacher Karla Toledo was honored as one of 16 Los Angeles County Teachers of the Year

WEST COVINA – When Orangewood Elementary School kindergarten teacher Karla Toledo was 7 years old, she proclaimed to her father that she was destined to be a teacher.

The 2018-19 West Covina Unified Teacher of the Year prepped for the role by playing “Escuelita” with her friends, always taking the role of the teacher, instructing them on math and language arts and giving spelling tests.

Toledo, a Spanish Dual Language Immersion instructor in the District’s International Baccalaureate (IB) Continuum, exceeded even her own expectations when she was recognized as one of the Los Angeles County Office of Education’s (LACOE) 16 Teachers of the Year for 2019-20.

“I am so happy to receive this recognition,” Toledo said. “I would like to thank our principal, Janet Shirley, who has

been so supportive since day one. It’s a joy to come to a school with such a great environment, with such great teachers and wonderful, friendly students.”

Over the years, Toledo has drawn inspiration from her sixth-grade teacher, Chi Kim Lee, who went out of her way to make Toledo and her classmates feel special. Ever since, Toledo has aspired to bring the same level of confidence and self-esteem to her students.

Since arriving at Orangewood in 2017, Toledo has acted as a Capturing Kids’ Hearts Process Champion, starting each school year by leading her kindergartners in writing affirmations to their classmates and instilling the IB principles of inquiry, tolerance and compassion.

“Every day, my students show me something new,” Toledo said. “I love the teachable

moments. Our goal is to make our students globally-minded thinkers and be able to problem-solve, be great communicators and work with a variety of different people.”

When Toledo came to Orangewood, she was unfamiliar with International Baccalaureate. She was so impressed with the program’s values she quickly enrolled her daughter at Edgewood High School so she could take advantage of the District’s educational opportunities.

“Karla is simply amazing,” Orangewood Principal Janet Shirley said. “She is so friendly and outgoing; her smile lights up the school. It’s no surprise she has become a campus leader. I am happy and proud that her special qualities have been recognized by LACOE. This is a great moment for everyone at West Covina Unified.”

How to Navigate the Challenges of Caregiving



As the population of older U.S. adults grows, more Americans are taking on long-term caregiving duties for loved ones. An estimated 43.5 million adults in the U.S. have provided unpaid care in the past 12 months, according to AARP.

“While caregiving presents many opportunities for growing strong bonds with loved ones, the work itself can be demanding, eventually taking a toll on those shouldering the burden,” says Lakelyn Hogan, a gerontologist and caregiver advocate at Home Instead Senior Care.

In honor of National Family Caregivers Month observed in November, Hogan and the experts at Home Instead Senior Care are sharing tips to navigate the challenges.

Use Online Resources

To fully advocate for your loved one, it’s necessary to understand his or her medical conditions and the specific areas where extra help is needed. Doing so will help you secure support services, get information from doctors, ensure medications are being administered safely and even help you make appropriate meal and transportation arrangements. Most reputable sources of condition-specific information can also double as a place for finding

care and support.

Search for Innovative Tools

Innovative companies are taking note of the needs of caregivers and are designing everyday products to help them make daily tasks easier and more comfortable for all involved. In the realm of personal care, this trend is especially important: personal care activities were identified in an AARP survey as among the most challenging daily activities caregivers must manage.

When it comes to shaving, a task that seems simple enough when performed on oneself, things can get tricky. Currently, 46 percent of caregivers are using a disposable razor to provide an assisted shave to their loved one at home, according to a Gillette survey. The problem? When caregivers use one of the 4,000 razors designed for shaving oneself, turning it around to use on someone else is trickier than you might expect -- not to mention time-consuming. Fortunately, there is now a razor specifically engineered for assisted shaving. A first of its kind, the Gillette TREO razor includes special features that protect against nicks and cuts, and its clog-free design doesn’t require the use of water. What’s more, the razor has an ergonomic handle

providing greater comfort and control. These updates are particularly critical, as sensitive and thinning skin is prevalent among older adults and is a common side effect of many medications. To learn more, visit Gillette.com/TREO.

As more companies introduce tools designed for caregivers, such as personal care tasks as shaving have the potential to become easier, safer and more comfortable.

Make Space for Yourself

Prioritizing your own health and happiness is critical. After all, if your health suffers, it could make it impossible for you to continue caregiving. Rely on family and friends or a part-time professional to step in and give you a chance to recharge. Use the personal time to read, journal, exercise, take a nature walk, visit your doctor or simply meet with friends. You may also benefit from joining a caregivers’ support group. Luckily, social media has made it simple for people to find one another and connect.

While the roles and responsibilities of caregiving vary, leveraging the resources designed to universally assist caregivers can help you navigate the many challenges of daily life. (StatePoint)

ACCU Honors Clergy On Pastor Appreciation Day



ACCU President/CEO Mendell Thompson thanked the audience and said the closing prayer.

GLENDORA – America’s Christian Credit Union (ACCU), a faith-based financial institution headquartered in Southern California, honored church and ministry leaders on Pastor Appreciation Day. Over 40 church leaders attended the all-day event, held at the credit union’s Glendora headquarters on October 22.

After the opening prayer Matt Kyser, founder of Restor Renewal Ministry, kicked off the morning session with a presentation titled “Burnout is not a pastor thing, it’s a people thing.” The next featured speaker, Charlie Cutler, president of ChurchWest Insurance Services, offered insights on how to protect a church from various liabilities affecting Christian organizations today.

In the post-lunch session Bishop Aaron Blake, co-founder of Harvest Family Life Ministries, spoke on adoption and fos-

ter care. Himself a foster/adoptive parent, Bishop Blake serves on the board of the Global Orphan Project. He was followed by Rebekah Weigel of CarePortal, a nonprofit that makes it easy for churches to engage in foster and orphan care.

October has long been recognized as Clergy Appreciation Month. The call to honor Christian ministers can be traced back to the apostle Paul, who said that “the elders who direct the affairs of the church well are worthy of double honor” (1 Timothy 5:17). As a banking partner for individuals and organizations across a spectrum of Christian traditions, ACCU was proud to participate in the celebrations by hosting Pastor Appreciation Day for the second year in a row.

Apart from a complimentary chair massage for those who wanted it, the program included a variety of raffles and prizes.

The award for the greatest distance traveled went to Pastors Kelly and Suzanne Larson of Bishop Creek Community Church, who drove over 260 miles to attend the event. The longest-serving minister prize was won by Bishop Charles Nouden of Holyway Church of God in Christ, who began his ministry upon returning home from Vietnam in 1969. When asked what advice he would give to younger ministers, Bishop Nouden succinctly replied, “Don’t quit!”

“Pastor Appreciation Day fits well with our key corporate priorities of building stronger communities and ministries,” says Darren Thompson, VP of Corporate Services at ACCU. “Based on the comments I have received from those in attendance, I am confident that we achieved our goal of teaching, encouraging, and inspiring.”

The Lion King Jr. 'Rules'

GLENDORA - Disney’s The Lion King JR. is playing at Sandburg Middle School Gym on Friday, **November 8th** and Saturday, **November 9th** at 7:00 pm., 2019. The 60-minute musical, designed for middle-school aged performers, is based on the Broadway production directed by Julie Taymor and the 1994 Disney film. Our local Golden Notes company and crew contains approximately 75 students led by Mrs. Trevor.

The Lion King JR. tells the sto-

ry of the epic adventures of a curious cub named Simba as he struggles to accept the responsibilities of adulthood and his destiny as king. Along the way, the young lion encounters a colorful cast of characters including spunky lioness Nala, charismatic meerkat Timon, and loveable warthog Pumbaa. To claim his rightful place on the throne and save his beloved Pridelands, Simba must find his inner strength and confront his wicked Uncle Scar. The Lion King JR.

features classic songs from the 1994 film such as “Hakuna Mataka” and the Academy Award®-winning “Can You Feel the Love Tonight” as well as additional songs penned for the Broadway production.

Tickets are available at the Sandburg front office and at the door.

Students K-12 - \$5.00

Seniors (65 and up) \$ 5.00

Adults: \$10.00

Sandburg Middle School is at 819 W. Bennett, Glendora.

Retired Teachers Celebrate 90 Years of Giving Back

The California Retired Teachers’ Association (CalRTA) has good reason to celebrate Retired Teachers Week, November 3-9. This organization has been going strong since its beginnings and is now celebrating its 90th Anniversary! CalRTA was founded in 1929 (known then as CRTA) through the efforts of Laura Settle, a retired Pasadena educator, with five or six people. Now the state organization numbers over 40,000 members!

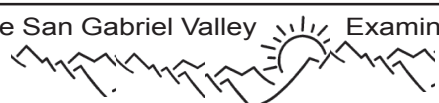
Although retired from teaching, members of CalRTA stay vital and active. One major contribution they make is through volunteer service. Many go back to the class-

room—not for pay but to volunteer their time and effort. According to the CalRTA State Communications and Technology Committee, this past year CalRTA members contributed almost 2 million hours of volunteer service to schools and to the community in general. That number translates to \$57.8 million in services. Besides that, members donated \$600,000 in grants to schools and scholarships to future teachers.

Of equal importance is that CalRTA members, like other public employees, give back to their communities and to the state economically through pension spending. According to the National Institute on Retire-

ment Security in its Pensionomics 2018 report, California saw \$73.7 billion in total economic benefit in 2016 from pension benefits paid out by state and local pension plans. Retirees contribute to the local economy by spending their pension benefit checks in their communities, so one person’s spending becomes another person’s income.

Membership in the California Retired Teachers’ Association (CalRTA) is open to all retired educators, as well as to current educators and to any others interested in joining. For membership information, please call Marietta Watkins at (323) 258-9615.



Color Run Spreads Pediatric Cancer Awareness

WALNUT - Sporting yellow t-shirts, tutus, and headbands, South Pointe Middle School students jogged laps on a grassy field during a morning Color Run.

The special event held during Childhood Cancer Awareness Month was designed to raise funds, spread understanding, and to honor seventh-grade student Bryson Yang who lost his battle with leukemia this past January.

"The 'one dollar, one day, one lap' slogan also taught students that it doesn't take a lot to make a difference when people come together for something they're passionate about," according to Principal Dr. Susan Arzola.

"And for us it was our stu-

dent and fighting cancer," she said.

Local sheriff deputies, firefighters, and Walnut Valley USD officials lined up to offer high-fives as students completed their laps during the September 26 event.

"I'm emotional at the support with all our 1,000 kids and teachers out here," said counselor Chris Sandoval who helped organize a week-long campaign that raised over \$4,200 for St. Jude Children's Research Hospital.

"I saw smiles, emotion, and lots of donations - so today's a beautiful day that came from tragedy," he said.

Special guests in attendance included Bryson's parents, James and Kelly Yang, and his

sister, Breanna, a junior at Diamond Bar High.

"We are hoping to raise awareness that someday there will be a cure," Breanna said.

The proactive 16-year-old pushed through her own grief by founding a Sunshine Club on campus last year to brighten the spirits of children battling cancer.

Breanna saw the need after witnessing firsthand the heartbreaking struggles and sufferings that young patients endured during her brother's one year of treatment.

"It inspired me to do something special for them," she shared.

Last year, the team of like-minded high school students delivered Halloween treats and



South Pointe Middle School hosts Color Run to benefit St. Jude Children's Research Hospital.

Christmas gifts to all patients on the oncology floor at Children's Hospital of Orange County.

In September, members were busy raising funds for pediatric cancer research by collecting donations and selling used books in front of local grocery stores every weekend.

The Sunshine Club is currently focused on collecting new toys for young oncology patients from November 1 - December 8.

"Knowing that many children will have to spend their Christmas in the hospital, we

would like to bring them some holiday spirit," Breanna said.

Breanna, who serves as the club's president, also contacted Walnut Valley USD Superintendent Dr. Robert Taylor about sharing the message at all 15 schools.

The schools chief wholeheartedly supported the plan and the Board of Trustees approved a resolution declaring September 2019 as Childhood Cancer Awareness Month.

After the unanimous vote, several families in attendance

were moved to donate to the cause and pressed crisp dollar bills into Breanna's hand.

"I'll always remember my brother's words, 'no child deserves cancer,'" Breanna said. "Together we can make this a reality."

Please donate to St. Jude Children's Research Hospital at: <http://events.StJude.org/sunshineclub>.

To contribute to a new toy during the Sunshine Club holiday drive, please contact dbhs.sunshine@gmail.com.



South Pointe Middle School hosts Color Run to benefit St. Jude Children's Research Hospital.

El Monte Union Recognized as Leader in Sustainability and Green Technology

EL MONTE - El Monte Union High School District has been recognized as a leader in promoting green initiatives in its schools, implementing green school practices in its operations Districtwide and fostering environmental sustainability in the classroom.

Green Technology - a nonprofit initiative that informs government efforts toward sustainability and promotes the development and distribution of green technologies - honored the District for its efforts with a Leadership Award at its annual Green California Schools and Community Colleges Summit and Exposition on Oct. 16.

"Critical to our success has been our collective commitment to integrating environmental accountability into every facet of our operation, from facilities to the classroom," EMUHSD Facility and Energy Manager Lena Luna said. "We have made great strides in transforming El



El Monte Union was recently honored with a Leadership Award from nonprofit Green Technology for its innovative approach to promoting green initiatives in its schools and across the District. Pictured are Chief Business Officer Wael Elatar (left), Facility and Energy Manager Lena Luna and Superintendent Dr. Edward Zuniga.

Monte Union as a model District in 21st century sustainability and energy."

El Monte Union is a Green Ribbon School District and Energy Star leader, recognized by both the state and U.S. Department of Education for its pioneering efforts to maintain safe learning environments through environmental conservation efforts. Its energy and

sustainability program are driven by its policies on Green School Operations, Energy and Waste Management; Integrated Waste Management; and Evaluating Existing Buildings.

The District has installed over 30 electric car charging stations across the District and most campuses have new solar panel carports, which are

expected to generate over 60% of the District's annual energy needs. Projects include LED lighting replacement Districtwide and replacement of 270 HVAC units with energy-efficient systems. Mountain View High School Zoo Crew engineering programs address environmental sustainability in city development by preserving natural resources. In 2019, the Board of Trustees passed resolutions to reduce polystyrene foam use and to call for climate change action.

"Through the support and leadership of our Board of Trustees, we are proud to have become a leader in green school operations and facilities, helping to save our District money, preserve natural resources and ensure our students have healthy environments in which to learn and achieve," Superintendent Dr. Edward Zuniga said.

Community Articles Are Welcome

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



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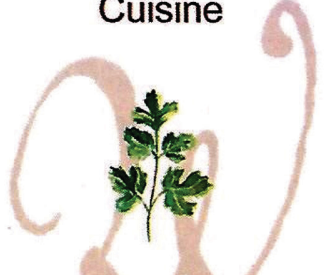
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