



# San Gabriel Valley Examiner

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

Volume XXII, Issue No. 44

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

Oct. 31 - Nov. 6, 2019

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# Citrus College Honored for Transfer Degree Success

**GLENDORA** - The Campaign for College Opportunity has once again recognized Citrus College as a state leader in producing transfer degrees.

For the fourth consecutive year, the California-based nonprofit research and advocacy organization has named Citrus College a Champion of Higher Education for Excellence in Transfer. The Campaign for College Opportunity presents this annual designation to select California community colleges and California State University (CSU) campuses who have demonstrated success in implementing the state's associate degree for transfer (ADT) pathway.

Citrus College is one of only 12 community colleges in the state to be named a 2019 Champion of Higher Education.

"Every year, we are excited to see thousands of students earning their associate degrees for transfer and continuing their education at a university," said Michele Siqueiros, president of the Campaign for College Opportunity. "The campaign is proud to honor the top California leaders and campuses that are doing the necessary work to ensure transfer students can achieve their college dreams."

California's ADTs were implemented in 2012 and are a



**A Citrus College delegation attended the annual Champions of Higher Education celebration in December 2018. Pictured (L-R): Dr. Arvid Spor, vice president of academic affairs; Dr. Patricia A. Rasmussen, member of the board of trustees; Dr. Geraldine M. Perri, superintendent/president; and Dr. Martha A. McDonald, vice president of student services. In 2019, Citrus College was honored for the fourth consecutive year by the Campaign for College Opportunity. (Photo courtesy Citrus College.)**

collaborative effort of the California community colleges and CSU systems. Also known as transfer degrees, ADTs provide community college students with guaranteed admission to the CSU system and priority admission to a CSU campus.

At Citrus College, thousands of transfer degrees have been awarded over the past seven years. During the 2018-2019 academic year alone, the college awarded 964 ADTs.

"The Champion of Higher

Education designation is one that Citrus College is always proud to receive," said Dr. Geraldine M. Perri, superintendent/president of Citrus College. "The college awarded 39 transfer degrees in 2012, which was the inaugural year. Since that time, faculty and staff have

invested a significant amount of time and effort into creating new transfer degree options and promoting transfer degrees as sensible academic pathways. We now offer 25 different transfer degrees, and the number of students earning these degrees has increased by nearly

2,500 percent. The progress has been astounding! We are very proud of our diligent transfer students who have excelled academically."

As a Champion of Higher Education, Citrus College will be honored during the Campaign for College Opportunity's 15th Anniversary Celebration in Los Angeles on Thursday, Nov. 14. Governor Gavin Newsom, California Secretary of State Alex Padilla, Students Making a Change, and CSU Trustee Silas Abrego will also be honored during the event.

"It is a privilege for Citrus College to once again receive recognition from the Campaign for College Opportunity," said Susan M. Keith, president of the Citrus Community College District Board of Trustees. "On behalf of the board of trustees, I extend my sincere appreciation to our dedicated faculty and staff. Their dedication to ensuring that students achieve their goals of transferring to four-year institutions is what has made this recognition possible."

# Duarte Named Finalist for L.A. County's 2019 Most Business-Friendly City Award



**At the Duarte City Council meeting, Bob Machuca with the Los Angeles Economic Development Corporation, presented the City with a plaque to recognize the esteemed nomination as a finalist.**

**DUARTE** - The City of Duarte has been named one of five finalists for the Los Angeles County Economic Development Corporation's (LAEDC) Most Business-Friendly City award in the population under 50,000 category, along with La Mirada, Monrovia, San Gabriel, and Santa Fe Springs. Duarte was a previous finalist for Most Business-Friendly City in 2010, 2011 and 2018; and won the prestigious title in 2012. Duarte has once again been recognized for its business-friendly approach.

"It is an honor to be selected again as a finalist," says Community Development Director Craig Hensley. "The city continues to thrive because of its overarching commitment to providing effective and affordable business services through an efficient permitting and licensing system with a friendly and attentive staff at the helm. We also receive a great deal of support from City Council, who is dedicated to facilitating sustainable economic development."

In the past year, Duarte has

seen 55 new businesses open from September 2018 to present, with industries ranging from food services, health and wellness, technology firms and several home-based enterprises.

According to the LAEDC press release, "Business-friendly programs and services are a critical factor in job creation." Finalists were selected based on:

- Demonstrated priority commitment to economic development and quality jobs
- Excellence in programs and services designed to facilitate business entry, expansion, and retention
- Competitive business tax rates and fee structures
- Availability of economic incentives
- Effective communication with and about business clients

The winner of the Most Business-Friendly City award will be announced at 24th Annual Eddy Awards, Thurs., Nov. 7 at the JW Marriot at LA Live. The Eddy Awards were introduced by LAEDC in

1996 to celebrate exceptional contributions to economic development in the L.A. region, consistent with LAEDC's focus on advancing opportunity and prosperity for all.

Duarte's nickname is the "City of Health" as a nod to being home to world-class cancer care and research center City of Hope but extends beyond to define a community focused on offering high-quality programs and services, making it an exceptional place to do business. In Duarte, every business is a valued partner in serving the residents and an integral piece of fabric in a tight-knit community. The City prides itself on being accessible to businesses from the start of a fledging idea to lasting support once an establishment has opened its doors - we will work hard to connect you to the right staff, the Chamber of Commerce and other community partners to ensure business success in a thriving community. For more information on doing business in Duarte, visit [www.accessduarte.com](http://www.accessduarte.com).

# Designer Bag Bingo set for November 2



**Designer Bag Bingo committee members: Birgitta Stocking (co-chair), Randi Costa, Jody Fischer, Margie Henderson (co-chair), and Cathy Napoli display some of the many stylish purses and bags that will be given away to winners at the Designer Bag Bingo event, Saturday, November 2, 11:30 a.m. at the Crowther Teen and Family Center.**

**GLENDORA** - Get ready to play Bingo - for designer bags at the Glendora Kiwanian's annual Designer Bag Bingo event, to be held on Saturday, November 2, 11:30 to 5 p.m. at the Crowther Family and Teen Center. Admission is \$50 and includes 20 bingo cards for 20 games of bingo, appetizers and a glass of wine. The winner of each game wins a designer bag valued at over \$200. Tickets can be purchased online at [www.glendorakiwanians.org](http://www.glendorakiwanians.org).

"This is a fun, fast, and exciting event where everyone has a terrific time," said Birgitta Stocking, co-chair of the event. "We have wonderful designer bags as prizes from Brighton,

Kate Spade, Coach, Michael Kors and more," she said.

To enhance the chances of winning the purses, reserved tables of 8 can be purchased for \$550. "Guests who purchase a table receive 2 packets of 20 bingo cards, two glasses of wine, and complimentary appetizers," said Margie Henderson, co-chair of the event. Additionally, opportunity tickets for baskets worth \$200 will be sold.

"For the past two years, the event has sold out so I would encourage anyone who wants to attend to go on line and purchase their tickets today," said Stocking. Local resident and Kiwanian supporter, Rob Kobus, will be master of cer-

emonies.

The Kiwanian's are grateful for the support of their annual Designer Bag Bingo from Emanate Health, Athens Services, Andrews Inc., State Farm Insurance, Glendora Employment Agency, Southland Properties, Foothill Goldline, Visiting Angels, and the Bettfreund, Acevedo, Peace, Stoddard, and Ludwick families.

The proceeds from this event fund scholarships for local students in the Glendora schools. Last year over \$10,000 was awarded to local students from the Kiwanian's.

For more information about Designer Bag Bingo, visit the Kiwanian website at [www.glendorakiwanians.com](http://www.glendorakiwanians.com). The Kiwanian's are affiliated with Kiwanis International, a world-wide service organization.

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# New Kiwanianne Board Installed



Photo by Jo Cox

**GLENDORA** - Twenty members of the Glendora Kiwanianne Board, a service organization affiliated with Kiwanis International, were installed as new officers for the 2019-2020 year at a dinner event held on October 3. They are, front row, l to r: Tricia Gomer, Mary Jane Bettfreud, Rose Wentz, Jody Fischer, Pam Richards, and Shirley Hale. Back row: Jo Cox, Anna Napoli, Debbie Deal, Sherry Heinrich, Janna Wells, Kandy Nunn (president), Kathy Morey, Cathy Napoli, Tammi Houser, and Janet Dial. For 37 years, the Glendora Kiwanianne has served the youth of the community by raising funds for scholarships, grants for teachers to bring art and science into the classroom, and assisting other nonprofit organizations. To learn more about the Kiwanianne and how you can join, visit their website at [www.glendorkiwanianne.org](http://www.glendorkiwanianne.org).

# 4 Ways to Make Turning Back the Clocks a Cinch



PHOTO SOURCE: (c) Mladen Zivkovic / iStock via Getty Images Plus

Daylight Saving Time may end like clockwork each fall, but that doesn't make the transition any easier. Here are four ways to avoid scheduling snafus, missed appointments and lost sleep.

- **Revamp Evenings:** Time changes are best handled when you're well-rested. Encourage plenty of sleep in the weeks ahead. Before bed, avoid activities that make sleep more evasive, such as looking at bright screens, consuming caffeine or indulging in too much alcohol. A vigorous workout, while great for your cardio health, is best performed at least several hours before lights out.
- **Connected Tech:** You don't necessarily need a smartwatch to avoid the hassle and potential risk of forgetting to wind watches back. Instead, consider a connected watch that updates automatically when Daylight Saving Time starts or ends or when traveling to a different time zone. For example, the shock-resistant, solar-powered G-Shock GSTB100XA-1A is equipped with Bluetooth that lets it connect with a smartphone to receive time information from an internet time server. Likewise, the Casio Edifice EQB1000D-1A, a new high-spec super-slim model with phone linking capabilities can keep you further on track with a daily alarm, full auto-calendar and stopwatch.
- **Avoid Anxiety:** The anxiety caused by a time change can ironically make it harder to function. Make a point of engaging in some stress-reducing activities like meditation, yoga or relaxing with a book. These activities can also serve to create a calming bedtime routine.
- **Think of the Family:** Time changes can be especially difficult on young children and pets who don't understand why bedtimes and feeding schedules have changed. Ease kids and furry creatures into the time change by shifting their schedules 10-15 minutes each day.

While "falling back" is a time-honored tradition, it can take its toll on schedules and health. With some smart strategies, you can set your clocks back with ease. (StatePoint)

# Be Sure to Be Counted in 2020

**DUARTE** - The upcoming 2020 Census will be a crucial test for all of us in Southern California. Our task will be to ensure everyone is counted - no matter how young, no matter how old, no matter where we live, we all count. Justine Chen from the US Census shared that important topic with the Duarte Kiwanis Club. It turns out that areas that are undercounted lose out on many federal dollars for 10 years! So let's make sure everyone is counted! For the first time, we will be able to complete the census on the internet and we'll all be receiving postcards in the mail advising when the site will be open for business. Jobs are still available with the Census at [2020census.gov/jobs](http://2020census.gov/jobs). The Census has even created lesson plans for children K-12 at [census.gov/schools](http://census.gov/schools). Don't be missed in this coming census! If you are interested in joining Duarte Kiwanis or being a speaker at a future event, contact Tina Carey at [tinac51@aol.com](mailto:tinac51@aol.com)



Duarte Kiwanis Club President, Kaye Biggs and Justine Chen.

# Dominos in Glendora Has a New Manager

**By Jayam Rutnam**  
**GLENDORA** - Dominos Pizza at the Glendora Village Gateway has a new manager. Bradley joined Dominos recently as manager of this very popular establishment and is already enjoying his new job. Bradley comes with managerial expertise having worked in management of a company in San Diego for nine years. He had 35 employees working for him. Dominos in Glendora has 28 employees. Bradley was born in Glendora and he is glad to be back to the city of his roots. He is very enthusiastic and said "the quality of the food is 100%



**New Dominos manager Bradley, poses for a photo with Paul.** and he expects to increase that to 150%. He will strive to keep customer service at 100%. Dominos opened its doors in 1960. Dennis is the owner and Nicole is the General Manager. They run a special daily of carry-out pizzas. The Manager's Special is 1 Large 3 Topping Pizza for \$7.99, and Mix and Match at \$5.99. Dominos in Glendora is located at 110 W. Foothill Boulevard. Their telephone number is 626-914-3881.

# San Gabriel Police Announce New Operating Hours For Marshall Police Satellite Station

**by Chief Eugene Harris**  
**SAN GABRIEL** - The San Gabriel Police Department proudly announces dedicated business hours for the Marshall Police Satellite Station. The South-end police station will have dedicated business hours, Monday through Thursday from 9:00 a.m. to 3:00 p.m. There will also be non-dedicated, or random hours during other times where Traffic Bureau personnel are present. Emergency services, as well as, online, traffic, and other general services will be available.



Members of the public are encouraged to utilize the Marshall Police Satellite Station as an extension of the regular services provided by the Police Department. A welcome is offered to visit the new facility for details.

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# LA County Wins \$134 Million Lead Paint Settlement, Will Use Funding to Remove Lead from 4,000 Homes

**LOS ANGELES COUNTY** - The Los Angeles County Board of Supervisors unanimously approved a motion by Chair Janice Hahn and Supervisor Kathryn Barger to use a recent \$134 million settlement to remove lead paint from thousands of homes in LA County, thus protecting children now and for generations to come from toxic lead poisoning.

In 2018, the County of Los Angeles and nine other local public entities won a landmark legal victory against three former manufacturers of lead paint. After 19 years of litigation, the Court found that these companies created an ongoing public nuisance by advertising lead paint use in homes while having knowledge of the toxic hazard to human health. Of the \$305 million settlement, the County of Los Angeles will receive \$134 million.

"Children are still being poisoned by the lead paint these companies profited off of for decades," said Supervisor Janice

Hahn, who authored the motion. "I applaud the aggressive efforts of our litigation team in their pursuit of environmental justice. We are going to put this funding to work removing lead paint from thousands of homes in LA County so that we can protect children now and for generations to come from lead poisoning."

The Board of Supervisors voted today to use the \$134 million settlement to create and fund a new and comprehensive Lead Paint Hazard Mitigation Program in partnership with the LA County Department of Public Health and the Los Angeles County Development Authority. Over the next eight years, this program will allow for the removal of lead paint from an estimated 4,000 to 5,000 homes.

The program will target residential properties built before 1951, in low-income communities with a high prevalence of children under the age of six. Services will be completely free to those who qualify and will include testing for and remediation

of lead paint hazards in both indoor and outdoor surfaces of homes. The program will also provide resources and education on lead hazards and how to prevent childhood lead poisoning.

"All of our children deserve to live in homes and communities that are free from environmental hazards," said Barbara Ferrer, PhD, MPH, MEd, Director of the Los Angeles County Department of Public Health. "The proposed program is critically needed to ensure that low-income families with young children can live in housing free from lead paint hazards."

"We are pleased to partner with the Department of Public Health to address lead hazards in older homes and provide solutions to protect our most vulnerable residents for generations to come," said Monique Viehland-King, Executive Director of the LACDA.

Lead paint is the most significant environmental hazard for children in Los Angeles County and in California. Lead is a neurotoxin and exposure of children to lead can cause severe and permanent damage to the developing brain, including learning disabilities, deficits in attention and concentration, memory, comprehension, and impulse control. Even though lead paint was banned in the United States in 1978, nearly 3,000 children are still diagnosed with lead poisoning each year in Los Angeles County.

For more information about lead, call 1-800-LA-4-LEAD

# Practice Safe Clean-Up After a Fire

Public Health provides tips for safe clean-up following a fire

**LOS ANGELES COUNTY** - The Los Angeles County Department of Public Health reminds residents returning home to take precautions during clean-up following a fire. While ash from wildfires is relatively non-toxic and like ash that may be found in a home fireplace, it may be irritating to the skin, nose and throat. Ash, dust and debris (particularly from burned buildings) may contain toxic and cancer-causing chemicals, including asbestos, arsenic, and lead.

"As residents begin to return home and start cleaning after being evacuated, they are more likely to come in contact with ash and soot, especially in areas that were close to or damaged by fire. We ask everyone to remember that smoke and ash can be harmful to health, even for people who are healthy," said Muntu Davis, MD, MPH, Health Officer for Los Angeles County. "If you can see smoke, soot, or ash, or you can smell smoke, pay attention to your immediate environment and take precautions to safeguard your health. These precautions are particularly important for children, older adults, and people with heart or lung diseases."

**Ash Clean-up:**

- Do not let children play in or with items covered by the ash.
- During clean-up, wear gloves such as household dish washing gloves, long sleeved shirts and long pants to avoid skin contact. If you do get ash on your skin, wash it off as soon as possible.
- A disposable mask with a rating of N-95 or better, which can be purchased from a home/hardware store, can be worn during clean-up to avoid breathing in ash and other airborne particles. They do not protect from gases. N-95 masks must be properly fitted,

with no gaps around the edges, for protection. An improperly fitted mask is the same as wearing no mask at all. Follow label instructions on package for proper use. N-95 masks may make it harder to breathe, especially for those with lung or heart disease.

- Avoid getting ash into the air as much as possible. Do not use leaf blowers or take other actions that will put ash into the air. Gentle sweeping of indoor and outdoor surfaces, followed by wet mopping, is the best way to clean an area with ash. A solution of bleach and water may be used to disinfect an area, if desired. Read label on container for proper use.

- Shop vacuums and regular household vacuum cleaners are not recommended to clean up ash. These vacuums do not filter out small particles, but instead blow such particles into the air where they can be breathed. However, HEPA-filter vacuums can filter out small particles and can be used.

- Collected ash may be disposed of in the regular trash by placing it in a plastic trash bag first to prevent the ash from becoming airborne and blowing away as the trash can is later emptied.

- Shower regularly throughout the day when cleaning in and out of areas with ash.

**Food Safety:**

You may have experienced a power outage or could find that your kitchen has ash, soot, dust, and other airborne particles. Follow these recommendations to avoid foodborne illness:

- Any food or drink products with an off odor or signs of spoilage should be thrown out. Best practice is: "When in doubt, throw it out."

- Generally, food in the refrigerator is safe if the power was out for no more than 4 hours and the refrigerator door was kept shut. Food can be held in the fridge for a few hours if, while the power is out, the doors to the fridge and freezer are kept closed to maintain coldest possible temperatures.

- If a power outage lasts more than four hours or the refrigerator door was not kept shut, it is best to throw away perishable food items such as meat, dairy products and eggs.

- Items that have thawed in the freezer should be thrown away. Do not re-freeze thawed food. All other food items should be inspected to ensure safety.

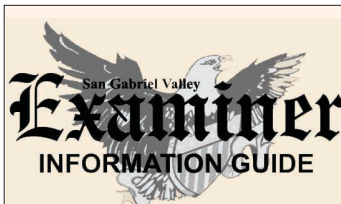
- Plastic bottles of liquid, such as water, that have been covered with ash should be discarded. It is not enough to rinse off the bottle as these particles contaminate the caps, making them very difficult to decontaminate.

- Food that has not been stored in waterproof or airtight containers and has been covered with ash should be discarded. This includes products that have been stored in cardboard or other soft packaging.

- Food stored in sealed, previously unopened glass or metal cans or jars, such as baby food, should be safe for use. Clean before opening and transfer the contents to another container before eating.

- Dispose of food in trash bags and seal tightly before placing in the trash bin. Double bagging is recommended to prevent fly breeding.

For more information on safe clean-up following a fire, view: <http://publichealth.lacounty.gov/media/docs/ReturningHomeAfterAFire.pdf>.



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

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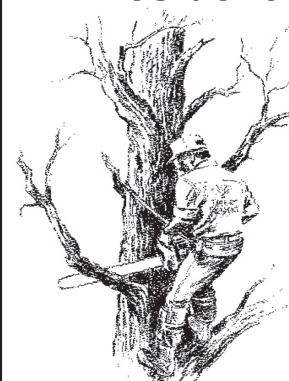


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# Police Department reminds public to watch for Trick-or-Treaters on Halloween

**GLENDORA** - With Halloween fast approaching, Glendora Police Department is reminding parents to be prepared and keep a close watch on their children as they go through the neighborhood collecting candy and treats. For parents and guardians, that means making sure children are visible to drivers. Adults should be using a designated sober driver when leaving a local bar, restaurant, or house party.

"Drivers should expect to see more people out walking than normal, even with Halloween falling on a Thursday this year" Traffic Corporal, Nancy Miranda said. "Be patient and look for trick-or-treaters. We want everyone to have fun, but also be responsible and get home safely."

In an effort to keep trick-or-treaters and others in the Halloween spirit safe, Glendora

Police Department will have additional officers on patrol Halloween night from 5 p.m. to 1 a.m. looking for drivers suspected of driving under the influence of alcohol and/or drugs.

Remember that "DUI Doesn't Just Mean Booze." If you take prescription drugs, particularly those with a "Do Not Operate Heavy Machinery" warning label, you might be impaired enough to get a DUI. Marijuana can also be impairing, especially in combination with alcohol or other drugs.

Glendora Police Department offers these tips for drivers and parents out with children trick-or-treating:

- Carry a flashlight so drivers can see you.

- Have children wear costumes that are easy to walk in and see out of. Make sure cos-

tumes and masks fit well and don't block a child's view or cause them to trip and fall.

Stick to familiar, well-lit routes.

Only cross the street at crosswalks or corners where it is safe. Always look left, right, then left again before crossing.

Always look up. Avoid using the phone while walking.

Look out for trick-or-treaters who may cross the street mid-block, or from behind parked cars.

If you plan to drink, plan to use a designated sober driver.

Hosting a party? Offer non-alcoholic drinks and don't allow anyone who may be impaired leave.

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

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

**GLENDORA** - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold

Fast and for Top Dollar." It tackles the important issues you need to

know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible. In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about

what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold

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## Sen. Grove, Rep. Cook Refute Location

I opened up email and found a letter to Judge Nancy Ayers, Ventura County Superior Court, from Sen. Shannon Grove asking, on behalf of her constituents in Joshua Tree, not to relocate a "sexually violent predator" (SVP) into that community.

Cong. Paul Cook (CD-8) wrote a letter asking the order be rescinded. Cook said, "He did not commit any of his crimes within our county, nor was he convicted for those crimes in our county. It is unjust to subject the residents of our county to the dangers posed by this sexual predator."

Both Grove and Cook argued a relocation site being proposed was close to schools and public transportation in a resort area receiving 3 million visitors a year who could become victims of Wollschlager who has no connections in San Bernardino County ... no family or friends to rely on for assistance.

I became curious and started tracking Ross Wollschlager's history as much as I could. Every article I read had him designated a "sexually violent predator" (SVP) so it seemed there was no argument about his designation.

Definition of SVP: "Sexually violent predator" means a person who has been convicted of a sexually violent offense against one or more victims and who has a diagnosed mental disorder that makes the person a danger to the health and safety of others in that it is likely he or she will engage in sexually violent criminal behavior."

Wollschlager's history goes something like this:

- 1983, at age 19, he entered the rooms of two women he did not know and raped them. Served prison time and was released on parole in 1987.

- 1989, he entered the bedrooms of several children and forcibly molested one of them.

- 1996, he was declared SVP under a new law and remanded to the custody of the Department of Mental Health at Atascadero - the prison for the criminally insane - for two years. Every two years for the next decade, the D.A.'s Office successfully fought to have Wollschlager's stay extended by presenting petitions.

- 2006, he was granted release



**Shade's Perspective**  
Lois M. Shade

Former Mayor of Glendora

as an outpatient under forensic treatment and under supervision of Liberty Health Care. Liberty could not find housing for Wollschlager so he remained confined for another year. Liberty Health Care was/is contracted with Department of State Hospitals to find places for sex offenders to live when it is a condition of their release.

- 2007, L.A. Times, Catherine Saillant, reported Wollschlager was trying to establish residence in a hotel but each time the owner found out about Wollschlager he was forced out. The September 8th article says, "After seven evictions, Liberty Healthcare Corp, San Diego, ... gave him a tent and he began living in the Ventura River bottom. He [was] overseen by a taxpayer-funded security guard who stays in a vehicle nearby."

In 2006, Prop 83, Jessica's Law, named for 9-year old Jessica Lunsford who was the victim of a convicted sex offender, made more sex offenders eligible for an SVP commitment and eliminated early release credits for some inmates convicted of certain sex offenses, including habitual sex offenders who have multiple convictions for specified felony sex offenses such as rape. For some reason, Wollschlager did not qualify for these new amendments to state law.

In 2007, two days before Wollschlager was to be released, the district attorney filed a petition to extend his commitment for an indeterminate term under the new California SVP Act. An article by Carolyn B. Ramsey, University of Colorado Law School, says that Act provides

for involuntary civil commitment for those coming to an end of their prison sentences. She calls it a "stop-gap" for an ineffective criminal sentencing and parole system. The targets: potential recidivists sentenced years back ready for release who are not able to function in society.

Wollschlager petitioned for conditional release from the state hospital and during the 3-week jury trial, two doctors from Department of Mental Health said he continues to be a threat to others and should not be released. Three experts testified he was ready to be released. He was a model prisoner, doing well in therapy and was getting older. Jury did not reach a decision and a mistrial was declared. After Wollschlager agreed to outpatient supervision, Superior Court Judge Rebecca Riley agreed to the release over the objections of the D.A.'s Office and Department of Mental Health. Condition of release was suitable housing be located for him along with 27 pages of other conditions.

The Thousand Oak Acorn reported in 2010, Wollschlager checked himself into Coalinga State Hospital, a mental health facility where other violent sexual predators are also getting treatment and would be eligible to petition for release annually.

Wollschlager was ordered to be conditionally released Jan. 31, 2019, into the Ventura County community, but in March, Ventura County Superior Court ruled he had to be relocated elsewhere - specifically Sacramento County. That was unsuccessful and on September 19, 2019, he was ordered to live in Joshua Tree and two letters - Sen. Shannon Grove and Rep. Paul Cook - refute that order.

Wollschlager's evaluation, based on two previous court cases, must find he:

1. Is suffering from a mental disorder.
2. Is likely to commit future acts of sexual violence.
3. Is unable to control his behavior.

Psychiatrists are debating Wollschlager's case and I'm sure others, probably ad infinitum.

Note: law.jutia.com and caselaw.findlaw.com

## What If You Can't?

*If you can keep your head when all about you*

*Are losing theirs and blaming it on you,*

*If you can trust yourself when all men doubt you,*

*But make allowance for their doubting too.*

*If you can wait and not be tired by waiting,*

*Or, being lied about, don't deal in lies,*

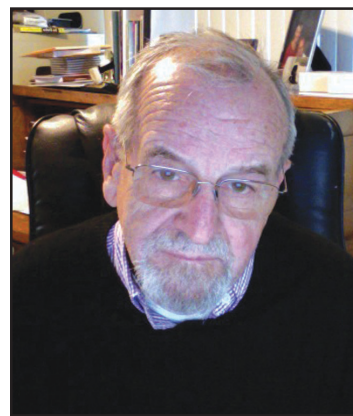
*Or being hated don't give way to hating,*

*And yet don't look too good, nor talk too wise ...*

So begins Rudyard Kipling's invitation to personal fulfillment. There follows a litany of other qualities that, if honored, guarantee success.

Many of us grew up having been inculcated with this or some such can-do creed. Americans in particular have often had their minds focused on what makes for victorious living. We long to point our fingers to the sky chanting, "we're number One." This call to greatness has encouraged many among us to excel and end up on top no matter the obstacles life may have thrown in the path.

Much of American Protestantism has baptized the invitation to strength, victory, and personal achievement. A generation or two ago Norman Vincent Peale called upon Christians to think and act positively as the key to personal success. Peale was the only religious figure that Donald Trump's family knew, (and that may partly explain Trump's obsession with winning). These days Joel Osteen challenges the 15,000 churchgoers who regularly fill what was once a great basketball arena, to put away every negative thought and impulse on their way to the top. Osteen is a leading proponent of what has been called "he prosperity gospel," holding that God wants you to prosper, and that means among other things,



Charles H. Bayer

achieve wealth. My guess is there are those who hear the message and drive their way up the economic ladder.

The American myth is that this is a land of opportunity, and no matter how poor you are you can through self-discipline achieve success. Those who don't get to the top have no one to blame but themselves. If you remain poor you just haven't tried hard enough or are enmeshed in negative thinking. The truth is, however, only a tiny percentage of the American people emerge with these promised riches, and for the masses who don't make it, the shame is theirs.

Kipling concludes this call to greatness with the following:

*If you can fill the unforgiving minute*

*With sixty seconds' worth of distance run-*

*Yours is the Earth and everything that's in it,*

*and which is more, you'll be a Man, my son.*

But what if you can't? I have spent much of my ministerial life listening to people grapple with their failures, limitations, and their inability to reach much beyond where they have found themselves. Their defeats, failures, missteps, or limitations tell them that they are worthless, unloved by God who wills their prosperity. If they never escape the limitations of birth, ability, education, vocation, or marriage,

they may have concluded with Cassius that "The fault, dear Brutus, is not in our stars, But in ourselves, that we are underlings." It is not that they fail to obtain enormous wealth, but that nothing they do can help them out of the rut of poverty. A single mother works three jobs just to survive. A man learns that he will never get that next promotion. The factory closes or the business is bankrupt. Her resume produces the 50th "rejection." There are tens of thousands without homes who try to make it on the streets. Medical bills or education loans loom eating all available income--- and more.

While identifying populations by a bell curve that places a few at the top, most of us fall below in many cases far below that high goal called prosperity. While some drive their way up or are lucky enough to have inherited money without having to do a thing but be born to it, most of us must play the cards we are dealt.

If part of the American dream tells us that by hard work we can succeed, the reality lies in our care for each other. In America we have the obligation to do for others what they cannot do for themselves. That is why we have Medicare, Medicaid, Aid to Dependent Children, Food Stamps and other programs branded as welfare. And that is why universal health care is a must. The America many of us love is really at best a great extended family. During the 1976 Special Olympics a disabled contestant stumbled and fell. Instead of finishing the race, two other contestants ran back to help him, culminating with all three crossing the finish line together. That's America! Blessings on those who can. Support for those who can't.

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

## MY TURN: Trump, Turkey, and the Art of the Deal

President Trump has come to an agreement with Turkey over cease fires and sanctions. Turkey said they will make the cease fire permanent and President Trump will lift sanctions, reserving the right to put them back in if the agreement is violated.

Trump, who has been accused of being erratic and another cowboy diplomat, by Democrats (one of their most popular attack terms), is using diplomacy much in the tradition of Ronald Reagan's "peace through strength" or "trust but verify."

For years now, Trump has been saying and doing things many of the Democrats and Moderate Republicans have long agreed with regarding diplomacy, the border and America's sovereignty. But oddly, it has been since Trump came into office and began saying and doing the same things, that now, all of a sudden, they are all against them.

On the Fox News show "#Out-



Charles Lopresto

numbered," Degan McDowell said that President Trump has chosen to use an economic weapon rather than military weapons to neutralize our foes. Sanctions and the move to make our country energy independent, where countries come to us for energy resources, instead of us relying on them, is giving the President the leverage he needs.

President Trump is also showing us how his negotiations work. America gives them something

and they give America something. If you work to make everyone a winner and not allow ridiculous and foolish sacrifices to be made, then you have a good chance of accomplishing a lot. But as Trump has emphasized, he will always make sure he utilizes an "America First" policy.

"America First" should never be a reason for America apologizes.

So while Democrats continue to play political games, doing investigations the American people have no interest in, and constantly talking of impeachment, Trump rolls along doing his job. And I suspect his tweets are used for what he has always intended them to be used for, throwing a shiny object out there for the singularly focused mainstream media to chase after, while he gets the real work done. In the meantime, expect to hear very little from the mainstream media about the progress in Turkey.

## Two Die in Azusa Apartment Fire

By George Ogden

**AZUSA** - Firefighters responded to a two-story apartment fire at 877 W. Thirteenth St. Thursday evening, Oct. 24th, just after 9:00 pm. This is just south east of Vernon and

Sierra Madre Ave.

When the firefighters were able to gain entry into the burning condo, they discovered two bodies while putting out the fire. It took about 30 minutes to put

out the fire.

Los Angeles County Medical Examiner-Coroner has identified one of the victims as Angelito Panganiban, a 63-year-old man from Azusa.

The other victim has not been identified as of yet, nor have they determined what started the fire.

The fire is still under investigation.

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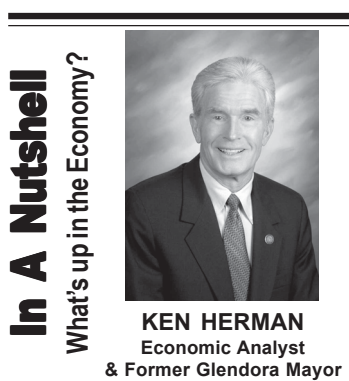
# Mostly Political Hot Air Coming Out Of Washington!

The recent market rally and volatility reflected tremendous optimism on three fronts, namely beliefs that (1) Brexit may finally happen, (2) "Phase One" of a trade deal with China has been successful and completed, and (3) the impeachment inquiry may turn out to be a long-drawn-out dud.

I think the market likes the fact that the House impeachment inquiry is compromised by House Intelligence Committee Chairman Adam Schiff covering up for his staff helping the anonymous "whistleblower", and for his bizarre elaboration of what the Ukraine transcript actually said. Florida Representative Matt Gaetz quipped, "What we see in this impeachment is a kangaroo court, and Chairman Schiff is acting like a malicious Captain Kangaroo."

House Speaker Nancy Pelosi now has to decide if she will back Adam Schiff or make him the scapegoat for botching the impeachment inquiry. In the meantime, the House impeachment circus has allowed President Trump to raise well over \$125 million in additional contributions for his reelection campaign. Clearly, the House impeachment inquiry was intended to weaken President Trump's reelection chances; but, in my opinion, it is having the opposite impact. The stock market rallied after the White House rejected cooperation with the House unless an official impeachment vote was authorized. So, for now, there should not be a significant threat of a credible or enforceable impeachment.

But, the most damaging part of all this House of Representatives



**In A Nutshell**  
What's up in the Economy?  
**KEN HERMAN**  
Economic Analyst  
& Former Glendora Mayor

wasted time may be that needed approval of the trade agreement between the USA, Mexico and Canada does not get finalized! That dereliction of duty to America (by the House) could have seriously negative ramifications on America's recently awesome economy! Could hurting North America's economy also be part of the Trump haters' resist and obstruct plan?

## INEFFECTIVE SUB-ZERO INTEREST RATES

In Germany, every single government bond now has a negative yield, with the longest maturity being the 30-year bund closing with a yield of -0.07% on Friday - a yield so close to zero that it could flip in and out of negative territory, depending on which day of the week one looks at it. That phenomena may be one for the record books.

This negative yield curve is happening because of the continued expansion of the ECB balance sheet, which is like printing "electric euros," but euros available for financial institutions only. Banks take those newly printed electronic euros to buy government bonds, and because of the abundance of electric euros those bonds go into negative territory. That in turn also sup-

presses interest rates on non-government bonds, even though those non-government bonds are slightly still in positive territory.

A lot of observers wonder why such central bank action has not caused hyperinflation. It is because only banks have direct access to those freshly minted euros, and they were designed to suppress interest rates and stimulate lending and borrowing. While similar central banking maneuvers did stimulate lending and borrowing in the U.S., it is not producing the desired effect in Europe or Japan. This is primarily because most Europeans (or Japanese, for that matter) do not like to borrow as much money as Americans do, no matter how low the interest rate goes.

If the demand for credit is not there, how are low interest rates going to help any recovery?

What is also frustrating EU leaders is that mighty Germany is slipping into a recession. Specifically, Germany's Federal Statistics Office reported that factory orders declined 0.6% in August, which was substantially below economists' consensus estimate of a 0.2% rise. Even worse, in the past 12 months, German factory orders have declined a whopping 6.7%. A 2.6% decline in domestic orders in Germany in August was largely responsible for the recent drop in factory orders, since foreign orders rose by 0.9%.

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

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

# Your Money - Ask Julia

## Social Security in 2020 - will there be any cost of living increase?

An article last week on blog.ssa.gov, states that there will be a 1.6-percent increase in your Social Security benefit. However, expect the strong possibility of increased Medicare premiums and increased out-of-pocket limits. You can check on your own information by setting up a password-protected account at mySocialSecurity.gov

## How much does the average household spend on food?

A detailed chart available online at cnpp.usda.gov. It is broken down to weekly or monthly for different plans from Thrifty to Liberal for individuals, and families of 2 or 4 people.

## My checking, savings, CDs, an IRA, and an annuity at my bank are FDIC insured, right?

No. Too often folks trust their bank, and banker - period. Your money could be safe, but you cannot be sure without fully understanding where your money is truly invested, the strength of those sub-companies, and whether or not your money is protected - either due to FDIC insurance or other guarantees. If your checking account, savings account, and CDs are within the established limits, they are FDIC insured.

Chances are high that your IRA and annuity are not FDIC insured. Often obscure, a standard bank disclaimer statement typically reads: Investment products offered through ABC Bank Investment Services, annuities offered through ABC Bank and its subsidiaries, and insurance products offered through ABC Bank Insurance Services are not FDIC insured, are not bank guaranteed,



**Julia Yoder**

may lose value, are not deposits, are not insured by any federal government agency, are not a condition to any banking service or activity. Your IRA is usually invested in the stock market, which means it could lose value. Regarding your annuity, I would advise you to find out what insurance company it's with, and do some due-diligence on that company's strength. While you're at it, review your beneficiaries. And, remember, if you have a safety deposit box, the contents are neither FDIC insured, nor bank insured, and can be difficult for heirs to access.

## How do we go about financially dividing up our family-run business in the most practical and cost-effective way?

You might want to talk to a qualified legal or tax advisor about a Family Limited Partnership. This is an agreement between family members who are actively involved in a trade or business. The family's objectives could be set up in the partnership to divide rights to income, appreciation, and control. You could set up transferring the limited partnership interests in increments over time, resulting in a

gradual, systematic transfer of ownership. These transfers to your children can be excluded from your estate, resulting in estate tax savings later. The method of incrementally transferring interests in your family business could be set up to take maximum advantage of 2019 \$15,000 annual gift tax exclusion per person, up to an \$11.2 million lifetime exclusion. I highly recommend that you also look into using life insurance policies to cross-insuring each family member.

## I'm a salesperson and my monthly income is irregular. How do I start a retirement plan?

You probably have a couple of options, but it depends on what is most suitable for you with your individual circumstances and qualifications. There are retirement plans that understand the fact that independent contractors have variable income. These plans allow intermittent investing and/or payments. If you also need life insurance, there are policies which have living (while you are alive) benefits which can be used for any reason, including retirement income.

## 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.

# Disaster Property Tax Relief is Available for Those Impacted by Fires

SACRAMENTO - Property tax relief is available for homeowners impacted by current and recent fires, as well as by flooding, earthquakes, and other calamities. In many cases, the damaged property can be reappraised in its current condition, with some taxes refunded to the property owner. Once rebuilt, the property's pre-damaged value will be restored.

"I highly encourage impacted homeowners to document the damage as much as possible so they may take a deduction for their loss, especially if their tax records and other important docu-

ments have been destroyed in the fire," said Board of Equalization Vice Chair Antonio Vazquez.

To qualify for property tax relief, you must file a claim with your county assessors' office within the time specified in your county ordinance, or 12 months from the date of damage or destruction, whichever is later. The loss estimate must be at least \$10,000 of current market value to qualify.

Owners of eligible property may also apply for deferral of the next property tax installment on the regular secured roll or tax

payments on the supplemental roll, without penalties or interest. The disaster must be the result of a Governor-proclaimed state of emergency. When a timely claim for deferral is filed, the next property tax installment payment is deferred without penalty or interest until the county assessor has reassessed the property and a corrected tax bill has been sent to the property owner.

For more details on property tax disaster relief, please see the Disaster Relief information on the Board of Equalization's website (boe.ca.gov).

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

# What is the Actual Cost of an Oil Change These Days?

Oil changes are never "one type fits all cars" and the cost is never the cost advertised. How many times do you see an advertisement for an oil change?

- \$29 for conventional oil
  - \$44.00 for semi-synthetic or synthetic blend (same oil)
  - \$59.00 for full synthetic oil
- Pretty straight forward, right? When was the last time you paid the price advertised? I would venture to say never. Here are the additional items that you will be charged:
- Over 5 quarts (\$6 to \$12 per quart additional)
  - Specialty oil for many cars (especially European makes)
  - High mileage oils
  - Canister oil filters (\$10 additional)
  - Hazard fee (\$2- \$4 additional)
  - Sales tax (\$2 to \$5 additional)

Always ask what the cost will be including all fees and taxes before you visit! NEVER,

EVER use oil in your car that is not recommended for it.

Do your best to be knowledgeable about what oil is recommended for your vehicle. Be informed by checking your owner's manual; go online or open the hood and look at the oil fill cap. Feed it the fluids it needs, just as you feed your body the nutrition it needs to live a longer, healthier life.

Here is what I have observed as a professional automotive shop owner for 41 years; folks that have a local shop take care of them, will have cars that easily have 150,000 to 300,000 miles on them, because all the correct oils and fluids are being used. Folks that bounce around from shop to shop in order to get the cheapest oil change and do not use the recommended oil and fluids for their car, usually have cars that won't make the 100,000-mile mark without major repairs.

An oil change is starting to become part of a mileage ser-

vice, but again check your manual or better yet find one of the many automotive service professionals out there and get to know them, trust them and enjoy a long-lasting car.

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!

# Arcadia Woman's Club Holiday Fashion Show

ARCADIA - As the holidays approach, "It's the Most Wonderful Time of the Year", and that is the theme of the Arcadia Woman's Club fashion show fundraiser. This event will be held on **November 9**, a Saturday, from 11:30 a.m. to 2:30 p.m., in the historic Clubhouse at First and Diamond Avenues. The room will be decorated in festive holiday glitter as guests enjoy seasonal fashions presented by Magnolia of Arcadia. Arcadia High School's Senior Men and Women Club will be serving luncheon to the guests.

The Woman's Club Clubhouse foyer will host vendors displaying their unique boutique items, providing an opportunity for optional leisurely shopping for

# Glendora Police Department Awarded Traffic Education and Enforcement Grant from the Office of Traffic Safety

GLENDORA - Glendora Police Department received an \$80,000.00 grant from the California Office of Traffic Safety (OTS) for a one-year enforcement and education program. The money will fund various activities intended to reduce

deaths and injuries on California roads.

"We extend our gratitude to the Office of Traffic and Safety for their continued support of our effort in providing public awareness in preventing traffic related injuries and deaths," said Glendora Police Chief Lisa G. Rosales.

The grant-related activities are for the 2020 federal fiscal year, which runs from Oct. 1, 2019 to Sept. 30, 2020.

The funding from the OTS will be used for numerous programs, including:

- DUI/driver's license checkpoints.
- Patrols specifically looking for suspected alcohol and/or drug-impaired drivers.
- Patrols targeting violations of California's hands-free cell phone law and vehicle code violations by drivers, motorcyclists, bicyclists and pedestrians that put other roadway users at risk.
- Patrols targeting the primary causes of crashes: Speeding, improper turns, running stop signs or signals, right-of-way violations and driving on the wrong side of the road.

Patrols specifically looking for seat belt and child safety seat violations.

Traffic safety education presentations for youth and community members on distracted and impaired driving, bicycle and pedestrian safety.

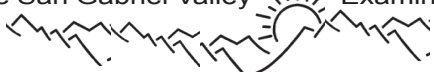
Serving warrants to multiple DUI offenders.

Creating "Hot Sheets" identifying repeat DUI offenders.

Officer training to identify suspected impaired drivers and conduct sobriety tests.

"Getting in a vehicle remains one of the most dangerous things we do," OTS director Barbara Rooney said. "We must continue to work with our partners in law enforcement to shift that realization and make traveling on our roads safer." Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

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# Around the Valley & Senior News

## AZUSA

### Volunteer Drivers Needed

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

### TOPS Meeting

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

## ARCADIA

### Senior Painters at Gilb Museum of Arcadia Heritage

Celebrate the arts and visit the Gilb Museum's temporary exhibit featuring local senior artists from Arcadia starting on **November 2**. The collection highlights their artwork, which offers diverse interpretations of the California lifestyle. The exhibition opens with a reception on Saturday, November 2, from 2 to 4 pm and closes on Saturday, January 4, 2020. For more information, please call 626.574.5440 or visit the [website](http://www.ArcadiaCa.gov/museum) at [www.ArcadiaCa.gov/museum](http://www.ArcadiaCa.gov/museum).

### 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](http://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.

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, 2019 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, 2019. 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 [covinaca.gov](http://covinaca.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. Great 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](mailto: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

### 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

### Woman's Club

### 62nd Birthday

The Woman's Club of West Covina will be celebrating its 62nd birthday at the South Hills Country Club, 2655 S. Citrus, West Covina at their regular meeting on Friday, **November 1**. The Woman's Club of West Covina is a service club started by a handful of local women anxious to serve their community back in the 50s. This month's entertainment features 2 For the Show, with Tricia and Tracy, Southern

California's very own Premiere song & dance duo. The couple has knocked the socks off crowds from San Francisco to San Diego. Guests are welcome. For reservations, please call (626) 918-0721

## 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](mailto: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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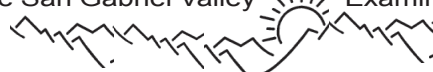
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# It's Official, Vincent A. Capelle is the New Fire Chief for West Covina

By George Ogden

WEST COVINA - City Manager David Carmany made it official and is pleased to announce the appointment of Vincent A. Capelle as the City's Fire Chief. Mr. Capelle has over thirty years of diversified experience and service with the Fire Service, six years voluntary and twenty-six years full time. He began his career in 1993 at the City of Compton Fire Department and was hired by the City of West Covina on November 20, 2017, as Fire Assistant Chief. In his new role as Chief of an excellent Department, Mr. Capelle will handle the daily management of Fire Department operations and provide oversight, while working closely with the City Administration.

Capelle was sworn in at the West Covina City Council meeting with his wife at his side. "The fire service is ever changing, and the West Covina Fire Department is going to move forward by being on the fore front of those changes. We are going to work together as a united team delivering the



West Covina Fire Chief Vincent A. Capelle highest level of Fire and Emergency Medical Services to any and all in need that call upon us for service," said Vincent Capelle.

# Parents as Guilty as Kids When it Comes to Too Much Screen Time



Parents spend nearly the same amount of time with devices as they do with their kids, according to new research from The Genius of Play, a nonprofit initiative dedicated to raising awareness of play's vital role in child development.

The results of the OnePoll survey of 2,000 parents of school-aged children ages 5-18 suggest that families should be finding more screen-free ways to spend time together. Half of the survey's respondents have been asked by their child to put their phone away, and 79 percent believe that their relationship with their children would benefit if everyone spent less time on devices.

"Screens and tech can make up some of your playtime, but parents should be mindful of creating balance," says Ken Seiter, EVP, marketing communications at The Toy Association, the organization that spearheads The Genius of Play. "A wide variety of toys and games will help create rich childhood memories, lead to optimal physical, cognitive and social-emotional development, and nurture critical skills like creativity and out-of-the-box

thinking." Parents are aware that excessive screen time is a problem. Seventy-four percent worry that their child spends too much time staring at a screen and the majority limit their kids' screen time to about two hours per day. However, when it comes to their own use of devices, setting a limit is easier said than done. Survey results revealed:

- Sixty-two percent of parents admitted to spending too much time on their cell phone while with their kids.
- Sixty-nine percent feel "addicted" to their phone.
- Parents spend almost as much one-on-one time with devices as with their kids. They are spending an average of two hours and 17 minutes of personal time on their phone per day, compared to two hours and 41 minutes of quality, screen-free time with their children.
- The survey also found that while parents worry about the amount of screen time kids are getting, technology is now an integral parenting tool.
- The majority (83 percent) agree that screens and technology are necessary when raising a

child in this day and age. Parents use screen time to keep their child occupied (58 percent), as a reward (53 percent) and to help their child calm down when they're upset (52 percent). In addition, taking screen time away is used as a consequence (63 percent).

"Parents often complain that it's hard to get kids to put down devices, but they can set a positive example by swapping some of their own screen time for other types of play," says Seiter. Experts at The Genius of Play recommend setting aside dedicated periods of the day for arts and crafts, word games, role play, board games, sports, puzzles, charades and other screen-free activities to maximize quality time for families, which will benefit both kids and adults.

For inspiration and play ideas, visit [TheGeniusofPlay.org](http://TheGeniusofPlay.org) or follow @GeniusofPlay on Facebook and Instagram. Omnipresent digital devices are a fact of modern life. However, with commitment and creativity, families can spend a greater portion of their free time without screens. (StatePoint)

# Two West Covina Residents Stabbed During Car Burglary

By George Ogden

WEST COVINA - On Monday, Oct. 21, the West Covina Police responded to a local hospital about a stabbing of two men. It is believed that they are a father and son.

Around 5 a.m. the two men went to the parking lot of an

apartment complex in the 700 block of Azusa Ave., and interrupted someone breaking into their vehicle. They were able to grab the guy only to have him produce a knife and started stabbing them. The injured men were able to escape the attack and drove to a local hospital.

The suspect was described as a man in his 20's with black hair and about 5 feet 8 inches tall. He was last seen wearing a gray shirt and dark-colored pants. The crime is still under investigation and surveillance cameras may have caught images of the suspect.

# What Veterans Should Know About Caregiver Jobs



Today, there are over 18 million U.S. veterans, many of whom are seeking civilian jobs. Experts say that the caregiving industry -- which is expected to grow rapidly in the coming years due to an aging population -- is particularly well-suited to the skills and experience of those who've served their country. "Veterans bring many valuable attributes to the table that make them amazing candidates for caregiving careers," says Jennifer Sheets, president and chief executive officer of Caring Brands International and Interim HealthCare Inc. "Given their tried and true ability to lead, think critically and solve problems in a demanding environment, as well as a service-focused mindset, it's often a great fit."

In honor of Veterans Day, celebrated November 11, the experts at Interim HealthCare Inc.

are offering some tips and information to help veterans know what to look for before taking a position in the caregiving industry.

- A track record of hiring veterans: Companies with a proven track record of hiring veterans may be more likely to value the skills veterans bring with them, and may be more likely to accept military training in place of civilian training.
- Diverse opportunities: Veterans should seek employment with companies that offer opportunities for growth, as well as exclusive benefits to veterans. In the case of Interim HealthCare for example, the company offers comprehensive continuing education and in-service programs, and is actively seeking veterans to fill office and field staff jobs.
- Support: Does the company

offer resource groups for veterans? Look for signs that you will be supported once you are hired.

- Meaningful, interesting work: After having served one's country, finding work that's meaningful is of importance to many veterans. Helping patients stay vital and healthy has a positive impact on individuals, families and communities, and for many in the industry, is an immensely rewarding career path. What's more, caregiver jobs are interesting and dynamic and no two days are the same.

For job opportunities, visit [interimhealthcare.com/careers](http://interimhealthcare.com/careers).

With veteran unemployment on the rise and a growing need for home health aides, veterans should consider how a job in the home-based healthcare industry might be right for them. (StatePoint)

# Tips to Support Alzheimer's Caregivers During the Holidays



More than 16 million family members and friends are serving as Alzheimer's caregivers in the U.S. As families approach the holiday season, there are easy ways to support caregivers that can ease the burden of caregiving and help make the holidays a joyous time for everyone.

"Holidays can be stressful for all of us, but they can be especially demanding for caregivers," says Ruth Drew, director of information and support services at the Alzheimer's Association. "It's easy to get lost in the hustle and bustle of the holidays, but little gestures can go a long way and can be easier than you think -- just one hour of help can make a big difference for a caregiver."

An Alzheimer's Association survey reports that many caregivers are not getting the help and support they need -- an overwhelming 84 percent of caregivers say they would like more support in caring for someone with Alzheimer's, especially from family members.

The Alzheimer's Association offers tips for families that can help ease the burden on

- caregivers this holiday season:
1. Build on traditions: Caregivers may feel overwhelmed by maintaining traditions. Experiment with new traditions that might be less stressful or a better fit for the caregiver. For example, turn the traditional holiday dinner into a lunch.
  2. Adjust expectations: The stress of caregiving responsibilities layered with holiday traditions can take a toll. If a caregiver has traditionally hosted family celebrations, offer to host instead.
  3. Give them a break: Make a standing appointment to give caregivers a break. Offer to spend time with the person living with Alzheimer's to allow the caregiver a chance to run holiday errands or engage in an activity that helps her or she recharge.
  4. Check in regularly: It's easy for people to lose touch during the holidays. Calling to check in, sending a note or stopping by for a visit can make a big difference in a caregiver's day and help them feel supported.
  5. Tackle holiday to-do lists:

Caregivers are often overwhelmed by the demands of caregiving and it can be hard for them to find time to complete simple tasks that others may take for granted. Offer to tackle a caregiver's holiday to-do list -- cooking, cleaning, gift shopping or wrapping.

6. Adapt gift giving: Caregivers often neglect their own well-being. Select gifts that can help them take care of themselves and provide some relief. For example, gift a household chore service or meal delivery service.

To learn more and access resources, visit [www.alz.org](http://www.alz.org), the website of the Alzheimer's Association or call its 24/7, free Helpline -- even during the holidays -- at 800-272-3900.

Caregiving needs will intensify and become more demanding as Alzheimer's progresses. While it's important to check in and support caregivers throughout the year, offering additional help during this busy time of year can ensure that caregivers have a reliable and flexible support network. (StatePoint)

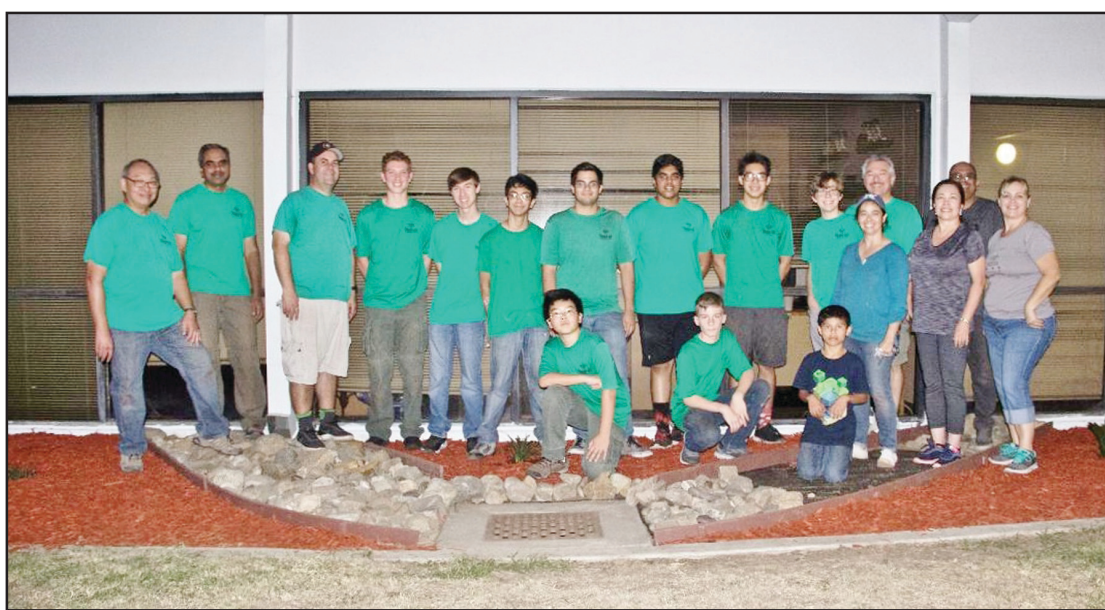


# Jose Vasquez's Troop 491 Eagle Scout Project for Major Upgrades at Margaret R. Sellers Elementary School in Glendora

GLENDORA - Margaret R. Sellers Elementary School, which is also the site of the Glendora Unified School District Headquarters, was recently the recipient of an Eagle Scout Service Project performed by Glendora BSA Scout Troop 491. Beginning on the afternoon of October 4th and into the late evening of October 5th, 2019, Life Scout Jose Vasquez, age 17, lead 12 fellow Scouts and 18 adult Scout leaders and volunteers, in a labor-intensive landscaping makeover project at the school. The work included improving drainage, new irrigation, painting, and placement of water conserving plants and mulch on a section of the campus. This service project was part of Jose's requirement to earn the rank of Eagle Scout and requires significant effort on his part.

Months earlier, Jose had spoken to Steve Bishop, principal at Sellers Elementary School, and Mr. Portugal, Director Maintenance & Operations for the Glendora Unified School District. They agreed that landscape update along the section of campus between the school cafeteria and the district offices would make an exciting and much needed Eagle Scout project. The area had been experiencing drainage problems, especially during the 2019 rainy season, with a result of flooded adjacent offices. Jose worked out a proposal to update the area with plants, drip irrigation, and properly direct rain water away from the buildings.

Finding the money to pay for the project was also a large part of earning Eagle Scout rank. Jose held a well-attended fundraiser at the Mooya hamburger restaurant in Glendora



Left to Right back row: Phillip Tran, Srinivas Chennamaneni, Greg Healy, Spencer Moya, Adam Erickson, Andres Vasquez, Eagle Scout Service Project Leader Jose Vasquez, Prajeet Chennamaneni, Tyler Tran, Andrew Healy, Carmen Rosales, Michael Moya, Tristan Tran, Maurizio Vasquez, Kim Healy  
Left to Right front row: Andy Tang, Reid Johnson, Gabriel Gonzalez.

to raise funds for the needed materials not supplied by the school district.

The first day of the project began on a Friday afternoon on the front lawn of Sellers El-

ementary School. Working until dark, Jose lead Scouts and adult volunteers in removing the old plants, smoothing the ground site, and placing weed blocking fabric. Removal and

capping of old, rusted sprinkler pipes proved to be unexpectedly difficult. "What surprised me during my project was the fact that the sprinklers were so far down into the ground it took near 30-40 minutes to dig up," said Jose later.

The second day of the project began with the planting of new, drought resistant plants and the construction and placement of a rock filled channels designed to direct the rain water from the roof gutters and downspout into the proper drains. Portions of the walls that had been discolored by previous vegetation was touched up with fresh paint.

Work continued for a brief hour on Sunday, as a final load of decorative rocks were placed, finishing the project.

After the project was complete, Jose reflected on his experience. "I learned that being in-charge of teenagers and adults isn't easy because of all the different things that can happen.", said Jose.

A long time Scout, Jose joined the Cub Scouts in 2009, moving onto Boy Scouts and choosing Troop 491 of Glendora as his troop. Jose moved up ranks to Life Scout after years of outdoor adventures and learning Boy Scout skills with his friends. During his time in Scouts, he has held the positions of Patrol Leader, Instructor, Assistant Senior Patrol Leader, and Troop Guide. Jose is a senior at Glendora High and plans to go into college and major in an engineering field.

The Eagle Scout Service Project, or more simply the Eagle Scout Project, provides Boy Scouts in the Boy Scouts of America (BSA) the opportunity to demonstrate leadership skills while providing services that benefit the community. This is the culmination of the Eagle Scout candidate's leadership training, and it requires a significant effort on his part.

## Ninth Annual Thank-a-Soldier Care Package Assembly

By Jayam Rutnam

BURBANK - Nathalie Esber who is a resident of Azusa, is a successful realtor with Keller Williams. Nathalie is respected and has made a name for herself as being enthusiastic, hardworking and sincere as a Real Estate Agent. She is also well known and appreciated for the work she does for her community and charitable organizations.

Recently, she was the prime mover, on behalf of Keller Williams for the Glendale/Burbank 9th Annual Thank-a-Soldier Care Package Assembly Event. Other sponsors were, UME Bank in Burbank, Burbank Rotary Club, some lenders and other business entities..



Nathalie Esber on the right, with her coach and colleague Diana Rosero, in the middle and Diana's daughter Tatiana on the left.

Organized by Keller Williams, the event was a family and friends community oriented, where donations of socks, toothpaste, deodorant,

joyed live music, BBQ, tacos, face paint for kids, and of course the main activity of assembling the care packages. They collected and packed boxes totalling over 900 packages.

Nathalie says "If anyone has a loved one stationed overseas during the holidays we are still accepting military addresses, so feel free to contact me Nathalie Esber at 626-205-4244." She would also like to have Azusa/Glendora community feedback on starting such an event if needed, with Nathalie's help and expertise/experience. Or ideas on any other project needed and beneficial for the community.

books, candy, etc.. were received with gratitude. The event was free if you made a donation at the door, and in exchange, families en-

## 7th Annual Duarte Unity March Encourages Residents to Fight for Love

DUARTE - The 7th annual City of Duarte Unity March is scheduled for Sat., Nov. 2. Each year, the Duarte Mayor's Youth Council organizes and invites residents to march in support of equity, inclusion, unity, and peace. This year's theme of Fight for Love has extra special meaning to students specifically.

"We wanted this year's march to also create awareness about school violence," explained Andy Miranda, Mayor's Youth Council member and President of Duarte Area Resource Team. "With all the school shootings that have happened in the last couple of years, we're turning this idea of "fight" upside down. Fight for peace, fight to focus on

what brings us together versus what tears us apart. Fight to end school violence."

Duarte Recreation Supervisor Marilyn Mays heard Miranda's suggestion and invited Dr. David Schonfeld, Director of the National Center for School Crisis and Bereavement at Children's Hospital Los Angeles to be the keynote speaker at this year's march.

"Dr. Schonfeld can speak to more than violence in schools, but also how communities can come together to grieve the death of a young person whether from illness or accident," stated Mays. "The march is about making a demonstration of peace but we're also using the event as an opportunity to offer tools to youth in talking

about and processing tragic events."

Dr. Schonfeld is a developmental-behavioral pediatrician at Children's Hospital Los Angeles and Professor of Pediatrics at the University of Southern California Keck School of Medicine. Among many professional memberships, Dr. Schonfeld served as a Commissioner for both the National Commission on Children and Disasters and the Sandy Hook Advisory Commission in Connecticut, Commissions tasked with reviewing policy and making recommendations in the areas of school safety, mental health, and gun violence prevention.

Beginning at the steps of Duarte City Hall (1600 Huntington Drive) at 8:30 a.m., participants will march down Huntington Drive, concluding at the Duarte Teen Center (1400 Buena Vista Street). The march will be followed by a celebration of music, food, performances and inspirational speakers. Free t-shirts will be provided to the first 150 participants, so come early!

The event is hosted by the City of Duarte and co-sponsored by the Duarte Public Safety Office. For additional information, contact the Duarte Teen Center at (626) 303-0863.

### Community Articles Are Welcome

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



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