

Glendora Woman's Club To Present New Club Officers And October Program

By Joan Hallidy

GLENDORA - The Glendora Woman's Club will begin the 2019-20 Fall Season at the club's luncheon-meeting on Tuesday, October 1. With a welcome by Club President Chris Ohrmund and her new Board, and the afternoon program by the Glendora LaFetra Singers.

The club day will begin with a social time at 10:30 a.m. followed by the business meeting at 11 a.m. The catered luncheon by Cambria Catering around noon-time and the afternoon program will follow.

The program intitled "The Joy of Singing" will feature the La Fetra enter Chorus Group, under the direction of Kim Hollard, with piano accompaniment by Pat Kelly, said program vice president Helen Storland. Selections will include old favorites and special arrangements. The groups program marks a return engagement to the Women's Club.

One of the club's special displays each month is the Members' Participation Art Display that features a different theme each month. This month's theme will be "God Bless the U.S.A." And members are encouraged to share items from hoe for the display, said project chair Susan Lepkojus.

Coming i[next month at the club's November 5 meeting, clubmembers will be asked to donate nonperishable food items for the Glendora Coordinating Council's Annual Holiday Basket Program. The community program is one of the club's annual service projects that helps Glendora residents in need during the holidays, said philanthrope chair Gloria Aparicio and Coordinating Council representative Judy Gillham. Also, cash donations will be greatly appreciated for the service project, they said. Information flyers will be available at each table.

With this year marking the club's 111th year of service to Glendora, Club Historian Rose Myers has planned a display of several of the club's special awards and service projects from the club's archives.

For member's rejoining the club, or for those joining the club for the first time, the club's membership Vice Chair president Joy Martau. Annual membership dues are \$40 per year. The booklets list club information, including programs for the year, service projects, the clubs four departments and their meetings, special events and the membership roster.

For membership information or the club's special events, call 626-335-7010; for information about renting the clubhouse for an event or meeting, call Ryan at Cambria Catering at 626-335-7010. The Clubhouse is located at 424 N. Glendora Avenue in Glendora.



Photo by Rose Myers

Glendora Woman's Club President Chris Ohrmund, pictured at right, is shown with her new board for 2019-20 following installation, Board members are from left, Joy Martau, membership vice president; Sue Falls, house and rentals; Pam Drennan, corresponding secretary; Susan Lepkojus, parliamentarian; the late Gilda Skinfill recording secretary; Helen Storland, program vice president; Connie Halbert, treasurer; Loretta Salazar, recording secretary; Suzanne Rodgers, co-ways and means vice president; and Carolyn Cunningham, co-ways means vice president. Not pictured were Gloria Aparicio, philanthropy and Kathryn Martin, accountant.

West Covina Unified Student Excels in Purdue Summer Science Program

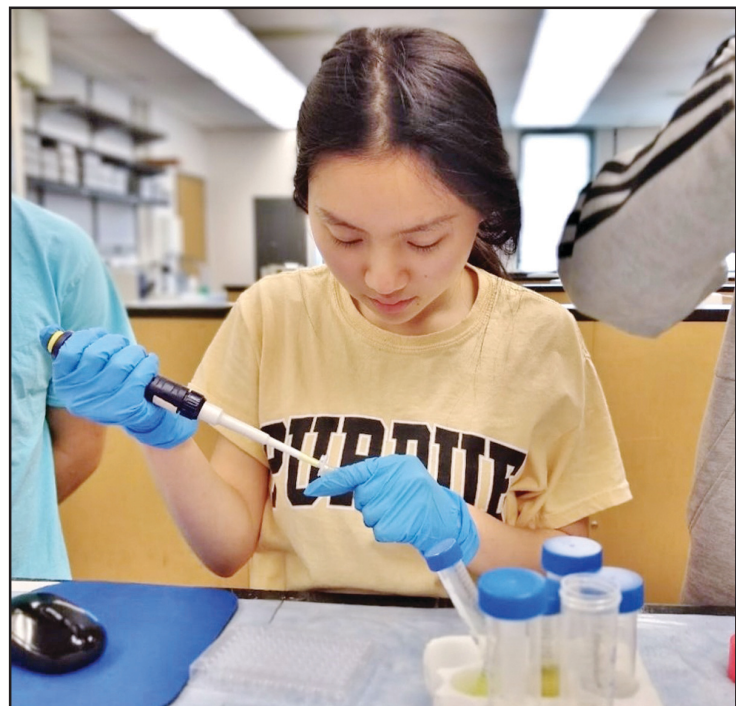
WEST COVINA - Edgewood High School senior Vanessa (Ching Ying) Li returned to West Covina for the 2019-20 year with an elevated zest for science after conducting weeks of intensive biochemistry research during Purdue University's Summer Science Program (SSP).

Li joined 35 high school students from across the country for the highly selective program at Purdue, enjoying 39 days of hands-on, collaborative experimental research, mentorship from university professors and behind-the-scenes tours of local scientific and cultural sites.

"I learned a lot in the classes and lectures, and it gave me more confidence to prepare for a career," Li said. "It is a real community; you live together for six weeks and have the chance to bond and learn in a supportive environment."

Li spent her time focused on biochemistry research, using wet lab techniques and modeling software to study an enzyme from a fungal pathogen and designing a small molecule inhibitor to protect crops from the enzyme.

"I love to learn about the systems within us - molecular bi-



Edgewood High School senior Vanessa Li conducted weeks of intensive biochemistry research during Purdue University's Summer Science Program.

ology is fascinating to me and I always look for opportunities to expand my interests," Li said.

Li's SSP experience aligns with her studies as an International Baccalaureate (IB) Diploma Programme candidate, which encourages students to explore the real-world context of their studies.

"Edgewood and IB are very rigorous and it's taught me how to absorb information quickly,

so I was prepared for the work in SSP."

Li is an active member of Science Olympiad Club, National Alliance on Mental Illness club and Key Club and is a passionate dancer who loves to choreograph contemporary and hip-hop routines.

She hopes to explore her interest in science further by pursuing a degree in biological engineering followed by career in the medical field or at a start-up company.

"I want to inspire younger generations to work hard and achieve their goals," Li said. "It might not seem possible, but if you work for it you can do anything."

Breathe Easier

Many people may be surprised to learn that some things used to keep their homes looking good and feeling fresh—scented candles, air fresheners, cleaning products, paint, furniture—actually contribute to indoor air pollution.

The Problem
These items—and many others—produce volatile organic compounds (VOCs) which, the EPA says, can irritate skin, eyes, noses and throats and cause headaches, nausea and dizziness. Extended exposure, the EPA warns, can even cause asthma, liver, kidney and nervous system damage.

Some Answers
Fortunately, you can reduce your exposure. Here's how:

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- Store products containing VOCs outdoors.
- Seal surfaces containing dangerous compounds.
- Keep your HVAC air ducts clean.

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system and contaminants can build up in the ductwork. Getting your air ducts properly cleaned can improve the ventilation throughout your home and lessen the number of pollutants in the air you breathe.

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ciation (NADCA). They pledge to a Code of Conduct and clean according to strict standards.

Learn More
For further facts, see www.BreathingClean.com. To find a NADCA member nearby, visit the Find a Professional Directory there. (NAPSI)

Man Shot After Being Seen with a Shotgun at Scene of Brush Fire

By George Ogden

COVINA - Calls came in to the around 9:20 p.m. Thursday, Sept. 19th near the intersection of Badillo Street and Vincent Ave. A brush fire had been reported in an empty lot just north of Badillo on Vincent. This was next to the old 99 Cent Store that had closed sometime back.

Firefighters who arrived felt there was a threat and requested for police assistance. Covina police soon arrived and saw a man with a shotgun in the field. They closed off all the streets in the area.

While officers were in the process of setting up the containment area and working on a plan to remedy the situation, "man

with a gun", they saw the man go over a fence into the backyard of a residence. Sheriff's deputies also arrived and started evacuating homes along the 4000 block of North Morada Avenue which is just north of Badillo and one block west of Vincent. Officers and deputies feared the armed man would try to break into an occupied home and endanger the lives of the residents.

It appeared the armed suspect was jumping through backyards. The suspect then hurled rocks and decorative bricks at officers who were looking for him. He hid out until around 12:30 a.m. when he was located. At that time the suspect failed to comply with officers' commands, such as dropping the weapon and getting into a safe position for officers and deputies to take him into custody. The

suspect then compromised his own safety by a threatening action that caused officers and/or deputies to fire their weapons at the suspect for their own protection and safety. The man was hit several times went down.

Paramedics were called in once the area was deemed safe and they treated the man and transported him to the hospital who was in serious condition at that time.

The shotgun was recovered and they are investigating to see if he fired at the firemen or officers.

It is undetermined if the man started the fire, but he is a suspect.

The name of the suspect has not been released and he has a number of charges pending including assault on peace officers with a deadly weapon.

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Mike Bertelsen Sworn In as Azusa's New Police Chief

By George Ogden

AZUSA - Mike Bertelsen, a 25-year police veteran with the Azusa Police Department, was sworn in as Azusa's new police chief on Monday at the City Council meeting.

Chief Stephan Hunt retirement became effective Friday the 13th after serving three years as chief. Bertelsen was sworn in by Azusa Mayor Joe Rocha at the beginning of the council meeting. The chief thanked everyone for their support and reflected on his "Twenty-five years in serving the community groups and attending their events and meetings. He appreciated the community and support from the police department."



Azusa Mayor Joe Rocha swears in Mike Bertelsen as the new Police Chief.

Bertelsen started his police career with Azusa 25 years ago and never left. He started as a jailer, and then became an officer.

He rose through the ranks and covered every aspect of police work... including working gang enforcement.

"Trash Talk" Makes an Impact

DUARTE - Steve Bradshaw of Burrtec Waste Industries came to "talk trash" at a recent Duarte Kiwanis meeting. He was able to share with the club some of the key changes/expansions that are coming soon on how and what gets recycled. Restaurants can partner with Burrtec to support a Food Rescue program within its existing Food Waste Recycling efforts to help divert edible food waste to local communities in need.

Since China has decided to stop accepting any recycling waste, we Californians will need to come up with creative solutions for our waste stream. Burrtec is a great partner to do just that.

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



Cheryl Reynolds, Duarte Kiwanis President and Steve Bradshaw, Burrtec Community Relations Manager.

Newcomers and Friends of San Gabriel Valley Invites Local Residents to General Meeting

ARCADIA - Are you interested in meeting new people, making new friends, exploring well-known landmarks, and enjoying new activities? Newcomers and Friends of San Gabriel Valley, a social club, invites local women to attend their next general meeting.

On **October 2**, at 10:00 am, Newcomers and Friends of SGV's "meet-and-greet" coffee will be held in Jordan Hall at Church of the Good Shepherd, 400 West Duarte Road, in Arcadia.

FREE tickets are available from Eventbrite, www.eventbrite.com/e/sgv-womens-social-club-meet-and-greet-coffee-and-meeting-tickets-72874213735

This general meeting is a great way to meet the members

of Newcomers and Friends and learn about the club's wide variety of daytime, weekday, fun activities. Anyone interested in joining is welcome to attend. You can bring a friend along or just come and meet your future friends!

Additional Newcomers and Friends' mostly-daytime, weekday activities include a Book Club, Bridge, Crafters, Day Trips, Games (Bunco, Rummikub, etc.), Golf, Hiking, Happy Hour, Lunch Bunch, Mah Jongg, Movies, Pinochle, and Wine Tasting.

Newcomers and Friends is a friendly, caring group of women of diverse ages. This group currently has 118 members of various backgrounds and has existed since 1965. You can choose to be as ac-

tively involved as you like, based on your time and interests.

To learn more about Newcomers and Friends of San

Monrovia High School Students Learn Job Skills Through Coffee Cart Program

MONROVIA - Monrovia High School students from the MHS Roasters program put on their aprons and stock a coffee cart at 7 a.m. to begin selling cups of coffee, tea, and hot chocolate to faculty and staff as part of Monrovia High's WorkAbility and Transition Partnership program for students.

The programs open doors to job opportunities from local business partners in the community. By going into the community and working for local businesses, students in special education classes learn independence and gain experience for life-skill development.

"Monrovia High's MHS Roasters program provides students with a chance to gain critical skills in academics, social interaction, communication, financial management, and job performance," Monrovia High Transition Coordinator Kymberly Hirst said.

Local business partners include Unleashed, Foothill Unity Center, REI, Grocery Outlet, Chuck E. Cheese, Wendy's, Walgreens, and Smart and Final.

"My son is very excited to get up in the morning now, and he shows up to school always ready to start working," said Leslie Hudspeth, mother of Monrovia High student Jason Travers. "This experience is going to give him the confidence he needs to go out to the community and hold his head up high because he will have the skills he needs to do the work."

Similar coffee cart programs are finding success in schools



A student from Monrovia High's Roasters prepares coffee sold to a staff member as part of the school's WorkAbility and Transitions Partnerships programs.

across the states, achieving a high degree of popularity on campuses and offering beneficial work experience, Hirst said. Students work alongside adults for support as they gain the skills they will need to be employed in the community.

"At Monrovia Unified, providing our students with the opportunities and experiences they need to be successful after graduation is one of our priorities," Board of Education President Ed Gililland said. "Our dedicated teachers and counselors at Monrovia High always ensure that our students have the opportunities they need to be successful not only academically, but in their personal goals as well."

Student training started with

making hot chocolate for a friend and then providing complimentary drinks for teachers who visited the cart. Students learned how to use a cash register and how to manage a line of customers. Now they criss-cross campus on Tuesdays, Wednesdays, and Thursdays, selling coffee to faculty and staff.

"The growth of the MHS Roasters program follows the same successful trajectory of our other unique programs," Superintendent Katherine Thorossian said. "It begins with a great idea supported by an organization committed to creating opportunities for students. Our goal is to prepare students with the skills necessary to define their own future."

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A Hiker's 10 Essentials: And Which Ones the Search and Rescue Team Really Wishes You'd Carry



Whether you're going out for a long trek or a quick hike you should always carry the 10 Essentials with you.

By Carolyn Grumm

The Sierra Madre Search and Rescue Team (SMSR) encourages you to pack the 10 essentials for your next hike. This well established list of hiking basics has been used for years by mountaineers, Scouts, the Sierra Club and search and rescue. These items can help you survive an emergency so that you can return home safely without our help.

Map and Compass: Know how to read the map and use the compass.

Light: Your phone doesn't count. Take a headlamp or flashlight and extra batteries

Water: Many factors affect how much you'll need, but hikers often underestimate it.

Food: Pack nuts or granola bars in case you end up being

out longer than you plan.

Sun Protection: This includes sunblock, hat and sunglasses

Extra Clothing: Take a warm layer in case of cold, or a rain jacket in case it gets wet

Emergency Shelter: An emergency bivy, space blanket or even a large trash bag can be used as shelter.

First Aid Kit: Make your own or purchase a pre-assembled kit. Include personal medications including inhalers and epi-pens.

Knife: Repair tools like duct tape and a sewing kit are also helpful.

Fire Starter: Buy a fire starter kit, make your own, or simply take a lighter and some birthday candles to start an emergency fire.

Assemble a small kit of the 10 Essentials to keep in your closet and toss it in your day pack whenever you go out for a hike, whether it is an all day trek or a quick trip.

Although SMSR truly believes every hiker should always carry the 10 Essentials we know some hikers just won't pull it all together. So which few items does the Team think are the most important for you to grab?

Map: SMSR has rescued many hikers who missed a turn, took a shortcut or got confused and couldn't find their way because they didn't have a map. The Team has also rescued hikers who were relying on the maps on their phones. Phone batteries die or the GPS doesn't work

under the trees down in the canyon. Carry a paper map. Look at it ahead of time, know how to read it, and use it every time you get to a trail junction.

Light:

We know what you're going to say, but no, the light on your phone does not count. Even if you don't plan on being out after dark, take a headlamp or flashlight and extra batteries. You may be delayed with a twisted ankle or in helping another hiker. The Team has gone out to search for many hikers who weren't lost, injured, or in any trouble. They just got "darked out" and couldn't keep hiking.

Water:

Especially on a warm day, if you're going on a hike, take water. If you're planning a longer hike, take a lot of water. SMSR rescues hikers every season who don't need anything more than water. When the Team heads out on really hot days, the first crew members hike in with their standard equipment including plenty of extra water. Team members in the following crews strip their



Hikers should carry a map and compass and know how to use them.

packs to the bare essentials and then fill them up with water to take in, because water is the most vital thing out there on a hot day.

In the last year SMSR has been called out 10 times to assist hikers who probably wouldn't have needed any help if they had been carrying the 10 Essentials. The Team has also participated in 5 rescues in the last year for hikers who went out for a day hike and ended up being out for multiple days. Carry the 10 Essentials with you, so that if this hap-

pens to you, you will be prepared.

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

Hospital Auxiliary 2020 Slate of Officers

COVINA - Emanate Health Inter-Community Hospital Auxiliary announced the Executive Board for the year 2020 at the September 12 Luncheon. The officers are: President, Phyllis Rounds; Vice-President of Programs Nancy Kitamura; Vice-President of Membership Janice Clark; Vice-President of Special Projects Peggy Monges; Vice-President of Public Relations Jody Mentzer; Vice President In-Hospital Jackie Garretson; Re-

cording Secretary Jane Lee; Treasurer Carol Koon; Past President Reyna Conrado.

These ladies will lead the Emanate Health Inter-Community Auxiliary to a very successful 2020. These are all volunteers who give their time and energy to the auxiliary. Volunteers are always needed in all areas of the hospital. There isn't a time when we say no more...we are full. Not in the area of volunteering. The Gift Box, The Bargain Box,

Front Desk, Recovery Room, Surgery Waiting Room, Newspaper Delivery are all areas where a second pair of hands comes handy.

Call Tiffany Ramirez, Director of Volunteer Services at (626) 915-6237 or e-mail her at Tramirez@EmanateHealth.org to start the volunteer process.

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