



# San Gabriel Valley Examiner

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

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## INSIDE



New Traffic Laws / A3

## TOR Honor Band



The Coombs Triplets / A7

## INDEX

Commentary	A4
Financial/Consumer	A5
Legal Notices	B1
City Notices	B10

# 7th Annual Holiday Party for Foster Children

By Feli Gutierrez

DCFS, Adoption Program

**COVINA** - On December 23, 2019, the Asian Pacific Program and Deaf Services Unit of the Department of Children and Family Services (DCFS) hosted its seventh annual holiday celebration for foster children. Supervisors Richard Kwang and Angela Chau, with guidance of Assistant Regional Administrator Robert Rodriguez and Administrator Sonia Contreras, oversaw the preparations and year-round fundraising, allowing children serviced by their office to experience a brighter holiday season. The event was held at the Child Advocacy Center through the generosity of Masonic Homes in Covina. The hall was decorated and refreshments were served by the Holiday Party committee and volunteers from local high schools and colleges who also assisted in check in and crafts tables. Monica Fabric, Henry Chiu, Diana Hong, Melody and Jina Kim led the singing of holiday carols with Diana Parks inter-



Diana, Melody, Jina, Henry, Monica, Duke and Vannarith singing carols

preting the song in American Sign Language. The Covina music band composed of Duke Nguyen, Vannarith Kiev, Pastor Peter Chan, Calista My, Benjamin Sam and Alex Valentine added to the joyful atmosphere. Four-year-old Isaac and 15-year-old Thida impressed everyone with their enthusiastic and confident sing-

ing. The audience felt that student volunteer Leilani Rodriguez, age 16 and daughter of ARA Robert Rodriguez sang like an angel. ASL interpreter, Jesus Gomez, made rounds to ensure that the deaf guests understood what are occurring and able to communicate with others.

Trent of TDang Photography took beautiful instant photos of the guests with Santa Claus Juan Cabrera. The youth in attendance were delighted with face painting by Crystal of Party 4 Beauty, manicures from Jill Bradley, Grace Ballesteros and Susie Burgess of Getting Nailed, and caricatures by Jared Boone and Naylene Justis. The main entertainment was the comedy magic performance of Minh Tran. Around eighty foster children, resource parents and their foster siblings enjoyed a variety of food consisting of numerous Chinese, Korean, Italian entrees, pizza, chips, cookies, juice /soda and cupcakes. Gift cards were raffled off every 15 minutes during the last hour. To the guests' delight food boxes to go were made available.

This year's holiday celebration saw more participation of

community partners. The Korean American Family Service Center (K Fam) and the Korean American Women's Association donated gift cards and Korean dishes. Assorted gifts came from Dr. Cheng, Dr. Chiu, Glendy Chiang, Ping Ding, Mary Chen, ZiQuan Li, Karyn Palmer, Christina Lim

and church members, Trieu Dentistry, Atty Melissa Searle and food trays from Avolio's Italian Restaurant. Mrs. Esperanza Uribe donated all the beautiful Christmas floral arrangements which decorated the tables and raffled off at the end of the event.

Those interested in helping holiday cheer to more children in 2020, please contact Richard Kwang or Angela Chau at 626-938-1601. This event was made possible through the efforts of the Covina DCFS Staff by holding several food, pastry and T-shirts sales and a silent auction. With help from our community partners, we can provide holiday cheer for more deserving children.

The Asian Pacific Program and Deaf Services provide care for dependent children placed in foster homes throughout Los Angeles County. Anyone interested in becoming a resource family for foster care or adoption, please call 1-888-811-1121 or visit [fosterLAKids.org](http://fosterLAKids.org).



A little girl's heart to heart talk with Santa (Juan Cabrera)

## 10 Doctor-Recommended Health Tips for the New Year



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

Four in 10 adults in the U.S. have two or more chronic diseases, according to the Centers for Disease Control and Prevention. While certain conditions and risk factors are beyond one's control, the new year is the perfect time to consider the many lifestyle choices you can make for improved health.

"With too many holiday sweets and not enough exercise likely in the rearview mirror, now is the perfect time to consider your personal goals and how you can make positive health choices in the coming year," says American Medical Association (AMA) President Patrice A. Harris, M.D. "The good news is that there are a few easy steps you can take that will set you on the right track for a healthier 2020."

To get you started, the AMA is offering 10 wellness tips for the new year:

1. Steps you take now can help prevent or delay the onset of type 2 diabetes. Learn your risk by taking the self-screening test at [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org).
2. Be more physically active.

**Upcoming Event?**  
Let us know at  
[SGExaminer@aol.com](mailto:SGExaminer@aol.com)

Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

3. Visit [LowerYourHBP.org](http://LowerYourHBP.org) to better understand blood pressure numbers and take necessary steps to get high blood pressure -- also known as hypertension -- under control. Doing so will reduce your risk of heart attack or stroke.

4. Reduce your intake of processed foods, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods, such as olive oil, nuts and seeds to your diet. Also reduce your consumption of sugar-sweetened beverages and drink more water instead. Drinking sugary beverages -- even 100% fruit juices -- is associated with a higher all-cause mortality risk, a new study published in JAMA Network Open suggests.

5. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

6. If consuming alcohol, do so in moderation as defined by the

U.S. Dietary Guidelines for Americans -- up to one drink daily for women and two drinks daily for men, and only by adults of legal drinking age.

7. Talk with your doctor about tobacco and e-cigarette use (or vaping) and how to quit. Declare your home and car smoke- and aerosol-free to eliminate secondhand exposure.

8. Pain medication is personal. If you're taking prescription opioids or other medications, follow your doctor's instructions. Store them safely to prevent misuse and properly dispose of any leftover medication.

9. Make sure your family is up-to-date on vaccines, including the annual influenza vaccine for everyone age six months or older. If you're pregnant, you can receive the flu vaccine during any trimester, but should receive the Tdap vaccine early in the third trimester to protect yourself against flu and whooping cough.

10. Manage stress. A good diet, sufficient sleep (at least 7.5 hours per night), daily exercise and wellness activities, like yoga and meditation, are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a mental health professional when you need it. (StatePoint)

## Why Vaping is Not Quitting Smoking



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

Ending a tobacco addiction can be tough. While many smokers may think that e-cigarettes are a quit-smoking product, the American Lung Association is reminding people that e-cigarettes are a tobacco product and that switching to vaping is not the same as quitting.

The Food and Drug Administration (FDA) has not found any e-cigarette to be safe and effective in helping smokers quit. In one study, only 10.1 percent of the smokers who used e-cigarettes quit smoking after six

months, while 26.6 percent of smokers who did not use e-cigarettes quit. Another study found 80 percent of the smokers given e-cigarettes did not quit, but switched, and instead became addicted to e-cigarettes, which produce a number of dangerous chemicals including acetaldehyde, acrolein, and formaldehyde, causing irreversible lung damage, lung diseases -- and even death.

Advocates say that it's critically important that the FDA crack down on these false claims,

but in the meantime, those seeking to quit smoking should talk to their healthcare providers about developing a quit plan. To learn more about the American Lung Association's Freedom From Smoking Plus program, visit [lung.org/stop-smoking](http://lung.org/stop-smoking).

Deciding you want to quit smoking is the first step toward a healthier future. For the best possible chance of success in breaking your addiction for good, seek out methods with proven results. (StatePoint)

## Music For The Holidays Begins Christmas Season For Glendora Woman's Club

By Joan Hallidy

**GLENDORA** - The two Glendora High school Girls Choral Groups presented the recent Christmas program "Music For the Holidays" for

the Glendora Woman's Club. Pictured are the Illumination Choral Group, wearing costumes with gold sashes, and the Silhouettes Choral Group, whose costumes featured silver

sashes. At the right, in each photo is the group's Directors Dr. Brian Trevor, and at the left, is the groups piano accompanist Karen Winged.



Illumination Choral Group, wearing costumes with gold sashes.



Silhouettes Choral Group, whose costumes featured silver sashes.

## Citrus Students Can Spend Summer, Spring In Spain And Norway

**GLENDORA** - While many Citrus students are working during winter break or spending time in the snow, some are preparing to take Winter Session Classes or even planning to study abroad.

Winter Session is a four week period January 6 through February 17 where students can enroll in a class or two to continue their studies toward a degree. By taking classes at this time and during the summer, students can ensure they will graduate with a two year period.

The spring term begins February 19 and some students will take advantage of Studying Abroad. Seville, Spain is the destination for spring and students can study Spanish Civilization, Conversational Spanish, art, history, humanities, or psychology

during the 16-week term.

Students stay in en-suite hotel rooms, apartments or with local families. They will receive lectures on Spanish life and culture and will participate in field trips to Cordoba, Granada, and may book an additional two-day tour to Morocco. All trips are guided and led by English speaking guides.

Classes are taught by professors from Citrus, Mr. SAC, and Rio Hondo College and students may also enroll in on-line classes while abroad. What a wonderful way to study art, language and culture in the middle of Spain!

During the summer, an eight week session of Study Abroad will be taught in Oslo, Norway! Students will stay in a hostel and will receive a travel pass for un-

limited use of local buses, trams, metro, trains and ferries. They will study Humanities and Art History. An additional optional weekend tour to Bergen is also possible.

Citrus College is the lead institution for the Southern California Foothills Consortium for the Study Abroad program sponsored by AIFS (American Institute of Foreign Study). To qualify, students must have a GPA of at least 2.5 and have completed 12 units of college work at an accredited college. Financial aid is available as well as scholarships. Cost to attend the spring program is \$7,845 for the 16 week semester. The eight week summer program to Norway is \$3,425. Both costs include airfare.

The application deadline for Spain has passed but the deadline for the Norway Study Abroad program is March 19. Study Abroad is a great way to study in a foreign country, meet college students from all over Southern California, and experience a foreign culture.

For more information, contact John Morris, Study Abroad Specialist, at Citrus College by calling (626) 914-8560 or at studyabroad@citruscollege.edu.

## San Gabriel City Manager's Monthly Message: Learn More About Measure SG

This month, I wanted to take some time to discuss Measure SG and how it impacts our community.

Earlier this year, the City Council placed a 0.75% sales tax measure on the March 2020 ballot titled Measure SG for consideration by San Gabriel voters. Measure SG is anticipated to raise \$3 million per year for San Gabriel's General Fund, which is dedicated to City services such as police and fire services, infrastructure improvements, recreation and free after-school programs.

In a recent community survey, we asked San Gabriel residents how we should prioritize City services. Based on these survey results, San Gabriel residents indicated that the City should prioritize fire and police services alongside infrastructure improvements.

The City takes this input very seriously.

Based on ongoing community input, the City Council has devoted approximately \$19.43 million to rebuild 39 lane miles of San Gabriel streets. We have also improved public safety by striving to maintain prompt 911 emergency response times as well as introducing new programs such as our Mental Evaluation Team, Community Emergency Response Team and the School Community Engagement Team to address safety in our community.

While the City cannot advocate for this initiative, you might find the following factual information to be helpful when evaluating it.

### Why propose a sales tax



Mark Lazzaretto

now?

Costs for important services – such as fire, police and infrastructure improvement projects – continue to rise. Over the past year, our police department has reduced average response times from 4 minutes and 5 seconds to 3 minutes while our fire department continues to respond to an increasing number of calls without changing staffing levels. In order to maintain our high emergency response standards, the City requires additional funds in order to maintain and protect these services.

In addition, the County of Los Angeles currently has a sales tax cap of 10.25%. The current sales tax rate in San Gabriel is 9.5%, with only 1% of funds falling under local control. The remaining 8.5% goes to the State, County and regional agencies for use by those agencies. The remaining sales tax below the cap will be apportioned based on which government entity first adopts a tax measure. If the City adopts Measure SG before the County of Los Angeles, the additional \$3 million in revenue will be transferred to the City's General Fund rather than to the County.

The San Gabriel City Council – rather than the County – will decide how to spend these funds

during their public budgeting process with input from San Gabriel residents and businesses.

### What would the funds be used for?

Based on community input, the City Council has indicated that funds from Measure SG will be spent on public safety and public infrastructure, which includes funding for police patrols, emergency services, street improvements and sewage improvements among other City services.

### How would the sales tax measure impact the average San Gabriel resident?

This 0.75% increase translates to approximately 75¢ for every \$100 spent. This means that a trip to the store for \$50 worth of household goods would increase by approximately 38¢. Thousands of visitors come to San Gabriel on a daily basis to experience our local businesses for shopping and dining. The City anticipates that San Gabriel's strong tourism market will be a significant source of Measure SG's funding.

### Have neighboring cities also passed their own sales tax measure?

Yes. Monrovia, Arcadia, Irwindale and South Pasadena voters recently passed a sales tax increase for their respective cities, while Alhambra is proposing a similar initiative for the March 2020 ballot.

Thank you for taking the time to learn about Measure SG and how it impacts our community. To learn more about Measure SG, please visit MeasureSG.com.

Mark Lazzaretto is the City Manager for the City of San Gabriel.

## West Covina Shooting Leaves One Dead, Two Injured

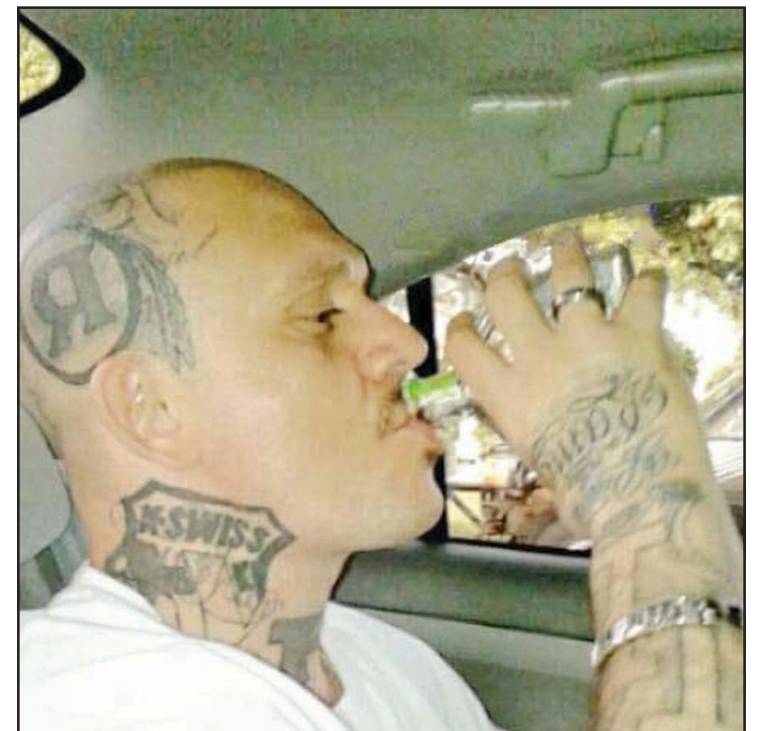
By George Ogden

**WEST COVINA** - Shots rang out around 9:15 p.m. Monday night Dec. 23rd in a West Covina neighborhood. Police responded to 1127 E. Larkwood St., which is where Gretta dead ends into Larkwood. They found one man dead, another man critically injured and a woman wounded.

Police identified the dead man as a Puente gang member, Mikie Tarango (aka Blanco), 41, who lived at the residence since late Dec. 2012. Records indicated that he lived there at the time of the shooting. The two other victims have not been identified, but that they knew each other.

The shooting victims were in the backyard on the driveway near the garage area. According to information provided, two men simply walked up the driveway and started shooting. No description was provided of the shooters nor was there a vehicle description provided.

Neighbors have stated the area was once a nice and quiet neighborhood, but over the last few



Mikie Tarango (AKA Blanco), 41, of West Covina died at the scene.

years there was a lot of issues at the home. Police seemed to be at the home a lot. One said that the home sold about 5 or 6 years ago and it was a very nice home with curb appeal. The new owners ended up driving across the lawn to get around cars parked in the driveway destroying the lawn in the front yard. "Made the place look cheap and crummy. It cheapened the neighborhood."

Police blocked off the streets during the initial investigation which went late into the next day.

Tarango had a long arrest record but kept getting released back to the community because of the Assembly Bill AB-109 that releases prisoners and convicts because of overcrowding.

Police are asking anyone with information about the shooting to call them at 626-939-8688.

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## CHP Encourages Motorists To Prepare For New Year With New Traffic Laws

**SACRAMENTO** – New laws approved by the California Legislature in 2019 will affect roadway safety in several ways, including increased distracted driving penalties, peace officer use of deadly force, bicycle turning movements at intersections, wildlife salvage permits, and motor carrier permit rules.

In support of the Department's mission of providing the highest level of Safety, Service, and Security, the California Highway Patrol (CHP) is highlighting several new laws passed this year. Except where noted, these laws are effective January 1, 2020.

**License points for distracted driving (AB 47, Daly):** Current law prohibits a person from driving a motor vehicle while using a wireless telephone in a handheld manner; if found in violation, the offense is punishable by a fine. However, beginning July 1, 2021, this new law will levy an additional penalty on a driver found in viola-

tion of California's hands-free law: a point will be added on to a driver's record for each hands-free violation occurring within 36 months of a prior conviction for the same offense.

**Peace officer use of deadly force (AB 392, Weber):** Beginning January 1, 2020, this new law revises the standards for use of deadly force by peace officers. The use of deadly force by a peace officer is justifiable when the officer reasonably believes it is necessary. Section 835a of the Penal Code amends the reasonable force standard to "objectively reasonable force."

**Law enforcement: use of deadly force: training: policies (SB 230, Caballero):** With the enactment of AB 392, this new law requires law enforcement agencies to rewrite use of force policy and provide mandatory training to all peace officers in order to comply with the new law.

**Traffic control devices: bicycles (AB 1266, Rivas):** This new law allows bicycles to travel straight through a right or left-hand turn-only lane while at an intersection, if an official traffic control device indicates the movement is permitted. The Department of Transportation would be required to develop standards to implement the provisions.

**Transportation: omnibus bill (AB 1810, Committee on Transportation):** Amends Section 34621 of the California Vehicle Code (CVC) allowing motor carriers of property to continue operating for 30 days past their permit expiration date, under specified circumstances. This legislation also provided for an amendment to Section 23229 CVC. California law will now prohibit the consumption of cannabis, in any manner, by passengers in a bus, taxicab, pedicab, limousine, housecars, or camper. This exemption is now only applicable to alcoholic beverages consumed by passengers in these types of vehicles.

**Wildlife salvage permits (SB 395, Archuleta):** Directs the Department of Fish and Wildlife to conduct a wildlife-collision data collection pilot program to support wildlife conservation efforts. Additionally, this bill would authorize the Fish and Game Commission, in consultation with the CHP and other stakeholders, to establish a wildlife salvage pilot program authorizing the issuance of a permit for the removal and recovery of deer, elk, pronghorn antelope, and wild pigs killed because of a collision with a vehicle, if the wild game meat is used for human consumption.

## Notices Mailed to No Party Preference Voters with Information on How to Vote for the U.S. President

*Notices mailed to No Party Preference voters for the March 3, 2020 Presidential Primary Election*

**LOS ANGELES COUNTY** — The Los Angeles County Registrar-Recorder/County Clerk (RR/CC) began mailing 762,582 notices earlier this month to registered No Party Preference (NPP) voters for the March 3, 2020 Presidential Primary Election.

The notices provide information on how NPP voters can request a Party's presidential primary ballot. In a Presidential Primary, the Political Party determines whether NPP voters may request their party's ballot — this is known as "crossover voting."

In the March 3 Primary Elec-

tion, the following parties allow NPP voters to request their party's ballot: American Independent, Democratic and Libertarian.

NPP Vote by Mail voters who want to request a ballot are encouraged to complete and return their mailed notice or download and return a request form available on [lavote.net](http://lavote.net) by December 31 to ensure the initial ballot mailed matches their request; however, crossover requests will continue to be accepted and processed throughout the voting period.

The first mailing of Vote by

Mail ballots is scheduled for February 3.

NPP voters who want to vote for a closed party candidate in the Green, Peace and Freedom or Republican parties must re-register to vote by February 18; otherwise they can change their party through Conditional Voter Registration at any Vote Center starting February 22.

For translated election materials in Armenian, Chinese, Farsi, Hindi, Japanese, Khmer, Korean, Russian, Spanish, Tagalog, Thai or Vietnamese, call (800) 815-2666, option 3.

## Monterey Park Fire Department Responds to Structure Fire

**MONTEREY PARK** - On December 26, 2019 at 12:18 a.m., the Monterey Park Fire Department along with units from the Alhambra and Los Angeles County fire departments responded to a reported structure fire at 123 E. Garvey Avenue.

Arriving units encountered a commercial strip mall with smoke and fire issuing from the front of the unit located at 123 E. Garvey. The fire was contained to the unit of origin within 15 minutes with minimal smoke damage to adjoining

units. No civilians or firefighters were injured during the incident.

Damage is estimated at approximately \$25,000. The cause of the fire was determined to be an electrical short in a neon sign.

## County Develops Action Plan For Homelessness Prevention

*Interventions will be based on data-driven models and research predicting those at greatest risk*

**LOS ANGELES COUNTY** - Los Angeles County has developed a homelessness prevention action plan based on predictive modeling research that can identify residents at high risk of becoming homeless.

The new predictive model, developed by the California Policy Lab and the University of Chicago Poverty Lab, uses Los Angeles County data to predict those most likely to become homeless soon.

Of the people who were identified as at the highest risk of experiencing homelessness almost half actually became homeless and people in this group were 27 times more likely to become homeless as compared to the average person receiving services from L.A. County.

The findings are at the heart of the action plan created by a County-led Mainstream Systems Homelessness Prevention Workgroup made up of County policy makers and expert stakeholders and submitted to the Board of Supervisors today. The recommendations in the action plan will be executed beginning next year. Funding for these innovative tactics will come from County departments and Measure H. A total of \$3 million in Measure H funding has been earmarked to support initial implementation of these strategies.

The proposed interventions are urgently needed to address the continuing surge of people becoming homeless in Los Angeles County every day.

"Last year, despite providing housing to tens of thousands of people, we saw more and more individuals and families becoming homeless," said Phil Ansell, the director of Los Angeles County's Homeless Initiative. "L.A. County is focused on using strategic approaches to preventing homelessness, and these groundbreaking models will make it possible to reach those who need us the most before they reach the crisis point and fall into homelessness."

In 2018, it is estimated that 133 people were housed each day but 150 more fell into homelessness.

The action plan includes using the following data-driven tactics:

- Using the predictive model, generate a list of clients county-wide who are at highest risk of homelessness and currently receiving County services, such as CalFresh and General Relief. The predictive models show that using a data-driven approach, the County can identify individuals receiving those and other services who are almost 30 times more likely to become homeless than the average County client.

- Explore piloting a centralized, multi-disciplinary Homelessness Prevention Unit to target and package services county-wide for a generated high-risk list of County clients. This cross-agency team would help coordinate outreach and services to those at highest risk of becoming homeless.

- Using the predictive model, generate a list of families receiving cash aid from the CalWORKS program who are at highest risk of homelessness to target for additional services.

- The refinement of Department of Children and Family Services (DCFS) intake protocols to prompt enrollment in County homelessness prevention programs as a primary response to housing instability. Research has shown that two-thirds of families experiencing homelessness in Los Angeles County had child welfare involvement prior to becoming homeless and that more than 50% of these engaged households did not end up having an open case for DCFS services, suggesting that identification and treatment for housing instability at the time of DCFS intake may have prevented homelessness for these households and reduced trauma.

- Explore using predictive model to generate a list of DCFS/ Probation- connected transition

age youth at highest risk of homelessness for proactive outreach by DCFS. This would mirror the predictive model for single adults but would be refined for this specific population.

"Predictive modeling can help ensure that homelessness prevention services are getting to the right people, at the right time, before they're in a full-blown crisis," explains Janey Rountree, executive director of the California Policy Lab (UCLA). "We look forward to seeing its impact in connecting people to the help they need."

"The models suggest that sharp spikes in service use, increasingly frequent service use, and the receipt of multiple services from a single agency are all warning signs that someone living in deep poverty is at high risk for homelessness," said Harold Pollack, the Helen Ross Professor at the University of Chicago School of Social Service Administration, a co-author of the predictive analytics study and co-director of the Chicago Health Lab. "We're now diving deeper into the models with our L.A. County partners to learn more and to see how these results can help focus public health and social services to this vulnerable population."

The predictive models research used anonymized data from seven L.A. County agencies about services they provided to L.A. County residents between 2012 and 2016. Researchers developed models to predict which residents were most likely to become homeless in 2017. The research team then checked the accuracy of their model's predictions against County records to see who actually became homeless in 2017.

Of the 3,000 people whom the model identified as at highest risk of experiencing homelessness in 2017, 46 percent actually became homeless, according to the researchers. People in this group were 27 times more likely to become homeless than the average County client. Researchers also identified 3,000 L.A. County residents who were at the highest risk of first-time homelessness. Of this predicted group, one in three subsequently became homeless, and people in this group were 48 times more likely to become homeless for the first time than the average County client.



1160 Englewild Dr.  
Glendora, California  
91741

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

**EUGENE F. MOSES**  
Publisher/Editor

**Jayam Rutnam**  
Contracted Reporter

**George Ogden**  
Contracted Reporter

**Glenn Purbaugh**  
Photographer

Contributing Writers

**Pat Murphy**  
**Joan Hallidy**  
**Ken Herman**  
**Charles H. Bayer**  
**Jorge V. Rosales**  
**Lois M. Shade**  
**Julia Yoder**  
**Gene Morrill**  
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## Big Unsolved Challenge Facing Newsom

Headlining the backroom discussions of the Democrat leadership is a list of accomplishments with pats on the backs proclaiming the victories of the items on their bucket list for the year. The conservative Republicans, and some conservative Democrats, especially those leading their local governments, are not ready to hand out any accolades just yet particularly as the homeless problems still remain a growing challenge.

The homelessness problem, in full view no matter which community you live in, litters our streets because our state government has not only dropped the ball, but dropped the problem on our local governments with seemingly little or no support from the Governor or majority leadership in Sacramento. The solution emanating out of Sacramento to solve the homeless debacle: hijack local zoning ordinances and jerk the environmental review process around to generate completion of more affordable housing. But will 3.5 million new units statewide in the form of density strewn along the rail corridors without any review process solve all of California's homelessness and housing problems?

San Francisco's Democrat Senator, Scott Weiner, put SB 50 on the table as a solution to affordable housing that would get people off the street into housing. His proposal, supported by Gov. Newsom, used all the correct buzz words to try to sell that piece of legislation. Using phrases like "equitable communities' incentive" that creates "jobs-rich" and "transit-rich" areas in all our cities makes SB 50 sound like a fairy tale come true solution.

SB 50 could not get the votes to pass this last legislative session, became a two-year bill and will be back still proposing exceptions or elimination of environmental review, or any local review, of new housing programs proposed by Newsom and Weiner. SB 50 increased density, eliminated parking requirements, allowed increased height of high-density units, and altered floor area ratios eliminating traditional setbacks. Unless Gov. News-



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

om is willing to address the real problems that caused, and continues to cause, more homelessness and create real honest solutions, just throwing more legislation and more money at the issue won't solve the problem. SB 50 will come back on us again in 2020, perhaps with a new bill number and more warm and fuzzy words, but still will usurp local control and zoning ordinances and attempt to redefine the kinds of communities we live in right now.

The housing issue is not limited to California. In Virginia, a freshman Democrat legislator, Ibraheem Samirah, originally from Chicago, has proposed to change zoning ordinances statewide in his state by "... legalizing 'duplex' housing on all residential land throughout the state." That's his answer to the purported housing shortages and told the Daily Caller, "Areas that would be impacted most [by his legislative proposals] would be the suburbs that have not done their part in helping out ... [suburbs that are] 'mostly white and wealthy' and that their local officials - who have historically been in charge of zoning - were ignoring the desires of poor people, who did not have time to lobby them to increase suburban density." He added density is more energy efficient.

Oregon this past summer passed a law that requires cities with more than 10,000 people to allow duplexes to be built in all single-family zones. That state is going further by setting design standards for higher density units and has also passed statewide

rent control.

The questions I've asked myself more than once - how many of the California homeless are out on the streets because they were thrown out of the criminal justice system due to prison over-crowding? The 2011 Supreme Court decision reducing prison population to coincide with design capacity led to AB 109, Prop 47 and Prop 57 that released over 50,000 criminals, many with drug and mental health issues, back on to our streets. More housing of any kind won't solve those problems. TV news programs have shown those who state unequivocally they won't be taken off the street. They don't trust government or government programs. I haven't heard of any new prisons being built or contracts for private sector prisons or mental health facilities by Gov. Newsom or the legislature.

Many of our Democrat representatives have refused to support border control of any kind, refused to implement a census question regarding immigration, support sanctuary city and state status and go on the attack when ICE takes into custody illegal immigrants who have violated the law. Do we know what part of the homeless and housing crisis these individuals are contributing to in our cities today? Do our D.C. representatives who support open borders know the numbers, have solutions to get these people jobs and shelter and would they be willing to share their numbers and solutions with all of us? Optimally, before immigrants enter this country legally, they would have shelter and options for employment.

Good leaders approach problems differently than those campaigning for another, higher office. Strong, dedicated leaders start off identifying the problems, determining why the problems occurred and best ways to coordinate solutions and eliminate the problems, not just implementing the quickest and cheapest alternatives. Some leaders don't lead, just follow someone else's political agenda, and start looking for the next campaign.

## Beyond The Manger, The Shepherds, The Angels And The Wise Men

*This is the only column I repeat each year. The Howard Thurman poem, set to music, is regularly sung at the end of our chorus's annual Christmas concert.*

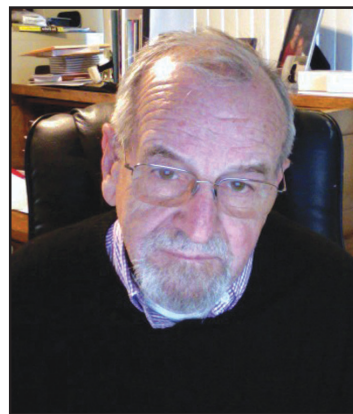
**HAPPY NEW YEAR!**

While the Biblical stories of Christmas are beautiful, for those who have ears to hear what they imply goes far beyond the narratives. The liturgical calendar suggests that Christmas lasts for twelve days, but let's face it; when the last football game ends sometime on the evening of Christmas day, for most Americans it is time to get over it. The presents have been opened, and in a few days what is left of the tree will be on the curb ready for the trash hauler.

Shortly the credit card statements will arrive and merchants will tell us whether Christmas was a grand success or a financial disaster.

That scenario is not true for everyone. After serving on the faculty of Howard University, Howard Thurman founded the "Church for the Fellowship of All Peoples." in San Francisco. His final post was Dean of Marsh Chapel at Boston University (1953-65).

But perhaps for Thurman, and for many millions of others, the message of Christmas is the entrée to a life-changing encounter with the Holy, and that means with the world. The mystery surround-



Charles H. Bayer

ing Jesus' birth is far more than a beautiful story of angels, shepherds, wise men and a star hanging over the manger. So what do we do when the last carol is a fading memory and the remnants of the feast have been safely refrigerated? Here is how Thurman put it:

**When the Song of the Angels Is Stilled**

When the song of the angels is stilled,

When the star in the sky is gone,

When the kings and the princes are home,

When the shepherds are back with their flock,

The work of Christmas begins:

To find the lost,

To heal the broken,

To feed the hungry,

To release the prisoner,

To rebuild the nations,

To bring peace among brothers,

To make music in the heart.

## MY TURN: Six Films That Matter And Remind Us Of The Holocaust

Newsweek reported the results of a group called the Claims Conference Survey, saying "that one-third of Americans don't believe six million Jews were murdered during the Holocaust." If accurate, this is disturbing news.

People who read this and commented on social media, expressed concern with our educational system, feeling it wasn't doing its job. The apathy that may be in play is disturbing. My thought is often this question: why we don't at least show some of the fine films made that depict quite well the tragic events of the 1940's? Show them in school. I especially like six films that I think truly matter. Some of which most modern audiences may not have ever seen.

The most well known film today is of course "Schindler's List," the 1993 Steven Spielberg masterpiece that coincides with the famed Director's attempt at chronicling the words and stories from the remaining Holocaust survivors in their advanced years. "Schindler's List" is based on the exploits of real character Oskar Schindler (Liam Neeson), a German Industrialist that saved countless Jews from extermination.

Another film of critical acclaim is the unusual film "The Boy in the Striped Pajamas (2008)," a tragic story of two boys, one of German privilege, and the other, a prisoner in a Concentration camp near the first boy's home. Neither understand the situation or even why there is this odd camp where everyone seems to be wearing pajamas all the time. The boys become friends in spite of the separation between them with a chain link fence.

Roberto Benigni, an Italian actor, was the talk of Hollywood when he accepted an Oscar in a very celebratory manner. Benigni's film "Life is Beautiful (1997)" was a moving story of a humble Italian Jew who cleverly finds ways to keep his family safe and to shield his son from the evil happening all around him in German occupied Italy. His character doesn't survive, but his wife and son are met in the end by the advancing Allied liberating army, safe at last. A film both humorous and heartbreaking.

The 1959 adaptation of "The



Charles Lopresto

Diary of Anne Frank" is also an iconic story of the Holocaust, uplifting in the face of tragedy.

The one film that most effectively defines the Holocaust in a nutshell is the 1961 classic, "Judgement at Nuremberg." Set in 1948, Spencer Tracy plays one of the American judges brought to Germany to preside over a group of Nazi War Criminals including Ernst Janning, a fictional Nazi judge played by Burt Lancaster. The beauty of this intelligent film is the depictions of many issues surrounding the war crimes. Attorney Macmillan Schell defends the criminals while raising some complicated questions. His opponent, Military Prosecuting Attorney Richard Widmark, effectively makes a case for punishing the criminals, while many Army officials fear punishment too severe would alienate conquered Germany and its effect on the impending cold war conflict with Russia. The film though, was summarized in the final scene, where Spencer Tracy, the judge, visits the jail cell of Janning, now convicted. Lancaster's Janning tells the judge, "I want you to believe...we never thought it would go this far." Tracy replies, "Herr Janning, it came to this the first time you sentenced a man to death you knew to be innocent."

The least known, but one of the very best films about the Holocaust is "The Search" a depiction

From *The Mood of Christmas and Other Celebrations*

Howard Thurman  
Friends United Press, 2001 edition

Here lies the critical difference in how people see religion. For some it is the belief in the story's truth. For others it is a hope in life beyond the grave. For still others it is a mystical vision. But for many it is a call to bind up the world's wounds. And that is what it was for Thurman and is for most of the Christians I know. It doesn't bother me that for lots of religionists it is truth, hope or mystery. People see what they see. But what moves millions of us each year, when the angels have gone and the star is dimmed, is living with and knowing about people all over the world, of all religions-and none, who have dedicated their lives to the pursuit of peace, justice, compassion and the vision of a better world. That is what the story of the Christ child is at its core, and that is the heart of Christianity. Thurman's vision is what goes on these days in seminaries, in thousands of congregations and in millions of homes, even as the decorations are being taken down and safely put in their boxes.

Have a blessed new year even as you are a blessing somewhere and to someone.

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

## New Year's Resolutions

This is a tradition that many of us do, make a "New Year's Resolution".

For me, I guess I will give up Lent... This way, nothing changes... Smart, huh?

Here are some of the others I came across that I thought I would share with you.

"Never take sleeping pills and laxatives on the same night." (Hope you were alone.)

"New Year's resolution to eat more tacos." (My kind of guy!)

"My only resolution for 2020 is to attend more events that have cheese boards." (Call me when you find them.)

"I promise to buy a brand-new scale, because my mind keeps reading the same old numbers." (My scale said TILT.)



**George Ogden**  
*That's just the way it is!*

"I will stop checking my Facebook feed every five minutes, especially when I have to learn for an exam. I will also refrain from adding embarrassing photos of my friends." (Well, we know that's not going to happen young lady.)

"I will not tell my potential

employer that I have trouble with the authorities." (Hmmm.)

"I will stop saying how hot women on television are when I'm with my girlfriend. Instead, I will say how intelligent they are, this way I will not sound like the typical idiotic male." (Dude, you are a dead man.)

"I will only eat white snow from now on." (So, that's where your yellow teeth came from.)

"I will always wear sexy underwear, just in case." (Do I have this correct, you weigh over 300 lbs. I don't like the visual, grandma.)

Well, let's just face it... we make these resolutions just so we can break them. Have a good New Year.

*"That's Just the Way It Is!"*

## City of Monterey Park Seeking Volunteers for the 2020 Homeless Count

**MONTEREY PARK** - The City of Monterey Park will be participating in the Greater Los Angeles Homeless Count on Tuesday, January 21, 2020. The city is partnering with the Los Angeles Homeless Service Authority (LAHSA) and joining many other cities in Los Angeles County in the 2020 Homeless Count, #TheyCountWillYou. The point-in-time homeless count, an annual

event coordinated by LAHSA, is used to determine the number of people in the city experiencing homelessness.

The City of Monterey Park is seeking volunteers ages 18 and over to participate in the count on January 21, 2020. The volunteers will first undergo a brief training and safety presentation. They will then be placed in groups and be assigned to specific census tracts to count the number of homeless in those specific areas. The training and count are expected to last from 7-11 p.m. Snacks and drinks will be provided.

Volunteers should go to the LAHSA website listed below to register and obtain information. Listed below is a direct link to Monterey Park page.

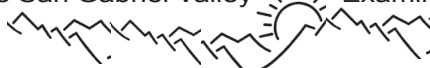
Persons who live in other areas of the county that want to volunteer can go to [www.theycountwillyou.org](http://www.theycountwillyou.org) and find their local city to sign up.

Monterey Park volunteers, please go to: [www.theycountwillyou.org/monterey\\_park\\_count\\_20200121](http://www.theycountwillyou.org/monterey_park_count_20200121)

For questions regarding Monterey Park's count or volunteering, please contact:

MPKHomelessCount-2020@montereypark.ca.gov.

**Upcoming Event?**  
Let us know at [SGExaminer@aol.com](mailto:SGExaminer@aol.com)



**buzzed**  
driving is  
**drunk**  
driving  
designate a sober driver

**IF YOU SEE SOMETHING, SAY SOMETHING.**  
REPORT SUSPICIOUS ACTIVITY TO THE POLICE

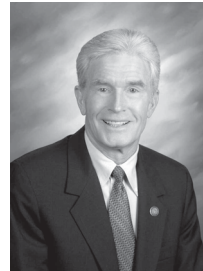
# Potential Economic Reacceleration

One could say that December 2019 is almost the opposite of December 2018. Instead of over-tightening, as it did back in 2018, the Federal Reserve is being accommodative. While it may not be for me to make political statements, I do try to interpret how Washington's various policies affect markets. So far, what President Trump has done has been very good for the stock market and the USA's economy (especially from a short- and intermediate-term perspective). And, recently the FED has also helped.

Quantitative easing is almost like printing money. It usually inflates the prices of both stocks and bonds. Not surprisingly quantitative tightening hurt the stock market in 2018. I don't know where monetary policy is going; but, for now it is beneficial to the stock market as well as America's economy.

More good news just keeps on coming, including the recently announced "Phase One" of a trade deal between the U.S. and China. The Trump Administration (in good faith) also canceled new tariffs on \$160 billion in Chinese goods that were scheduled to kick in on 12/15; and, it plans to partially reduce tariffs on other Chinese goods. President Trump was 100% right to challenge China, as that Communist Country has been abusing our bilateral trade relationship for years. However, President Trump called this recent agreement "phenomenal", while he also told reporters that the U.S. would use the remaining tariffs as leverage in future negotiations. In return, China agreed to boost agricultural purchases by \$32 billion in the next two years (which will provide a huge benefit for American interests hurt most by the recent China trade war").

**In A Nutshell**  
What's up in the Economy?



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

The truth of the matter is that China is hurting and really "needs" to maintain trade with the USA. The weak Chinese yuan and swine fever have caused its inflation to soar. China's National Bureau of Statistics announced last Tuesday that consumer prices rose to an annual rate of 4.5% as pork prices soared. Due to African swine fever, about half the hogs in China have died; and, the price of pork has more than doubled in the past year. China can now alleviate its pork shortage by importing more U.S. pork.

I know that the Chinese trade deal may be only half-baked, with Phase One only a beginning. However, it does remove some uncertainty from the economic environment. China's attempted imitation of capitalism utilizes an army of state-appointed buyers to source products and commodities (where they are told to source them, not where it's the best deal). That's because China purposefully buys more from their supportive "satellites" to increase political influence, and less from the U.S. (except where they hope to gain other benefits, such as obtaining transfers of business secrets or technology). China's abusive practice of technology theft has been rightfully targeted by the Trump administration.

However, I hope there is a Phase II and both sides can declare another victory. I don't

know if that will be the outcome; but, for the time being, the tension seems to be reduced, along with declining recent negative headlines. In an ongoing trade truce scenario, we could experience the second-leg effects of the Trump tax cuts. In 1986, President Reagan cut taxes and helped George H.W. Bush become president in 1988. In 2003, George W. Bush cut taxes and got re-elected in 2004. Major tax cuts create a sugar-rush phase, then a pause, and then a reacceleration, which should come just in time for the 2020 Presidential election. President Trump is doing what any politician usually does, run for re-election on his record, which in this case should be an awesome economy in the U.S. (as well as hopefully rebalancing the trade situation with the Chinese).

There is more cash on the sideline now than when the market bottomed out in early 2019, as well as (previously) in the first quarter of 2016, and again at the end of the fourth quarter of 2018. All of those times were significant bottoms for the S&P 500. With cash now at record levels, the Fed on hold, and a cooling of the trade war hopefully in the works, I'd say the path of least resistance for the S&P 500 most likely is still higher.

It also looks like President Trump should have a beneficial American economy as a tail wind in his 2020 re-election bid. I personally would not be surprised if the S&P 500 gets to 3400 (or maybe even 3500) before Election Day.

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

# Your Money - Ask Julia

*At the top of my list of New Year's resolutions is to get control of my finances. I don't even know how to make a budget let alone stick to it. Can you help?*

Yes. To make a budget, write down all your after tax, take home income. Next, write down all your expenses. This includes your ATM, cash, and online purchases, as well as your usual monthly bills, and any amount you put into your emergency fund, Christmas savings account, or regular savings. Take any semi-annual or annual bills, divide by 12, and add that to your monthly expenses. Most of this information will be available on your bank or credit card statements. Subtract your expenses from your income. The goal here is to account for every dime of your income. If you have a positive total, your income exceeds your expenses. Put the excess into savings so that your total is zero. If you have a negative total, your income is inadequate to cover your expenses. You'll need to either make budget cuts, or increase your income. Readers can send me an email, by January 15, with your New Year's resolutions and I'll reply with some personalized advice.

*It's great that the stock market is doing so well, but I can't help but be concerned about a possible crash. How can I feel more secure?*

There's an old saying: Don't put all your eggs in one basket. (If you drop that basket, all your eggs get broken.) If all your investment dollars are in the stock market, and the stock market



**Julia Yoder**

crashes, chances are, you've lost your money. As I've said many times, put your retirement investment funds into different baskets - 401(k), IRA, Roth, Annuity, Life Insurance, etc. Stock market charts will appear more dramatic in their ups and down when you look at a time period (1 week, 1 month, 6 month, 1 year). In order to get a bigger-picture look at the behavior of the stock market, it's best to view a chart showing a 2 - 5 years to present. Now, take action to look into different baskets for your savings.

**How are annuities taxed?**

With qualified annuities (funded with money you have not paid taxes on yet), withdrawals are fully taxed as ordinary income. With non-qualified annuities (funded with money that you already paid taxes on), only the earnings are taxed upon withdrawal. Avoid the possibility of a 10% federal income tax penalty by waiting until you're at least 59 1/2 years old before making withdrawals. Be fully aware of the rules of your annuity.

*We bought our first home in*

*2019. What are our tax deductions?*

If you choose to itemize, you have the opportunity to deduct mortgage interest paid, any points connected with the loan, and property taxes paid. The mortgage interest deduction for 2019 to present is applicable to a mortgage debt of \$750,000 or less.

*My annuity is past its surrender fee period. Can I cash it out and put that money into a new annuity without paying taxes and penalties?*

A 1035 exchange can be used to exchange an existing annuity contract for a newer contract without creating a taxable event or resulting in a pre-59 1/2 early withdrawal penalty. Initially, it's important to ensure that an exchange is in your best interest. Newer annuities carry several more benefits, often serving to eliminate the negative enigma too many folks still hang onto regarding annuities. Annuities and life insurance aren't what they used to be! The industry listened to the consumer and made great changes.

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

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

# How Health Care Proxies Work

You've heard about or maybe have even been asked about designating a health care proxy.

Often, we wave off the medical worker who comes over to discover if we have one — we are in an emergency room and have other things to keep our minds busy.

But naming a health care proxy to make decisions on your behalf is worth some thought. The idea is that the proxy you designate will make treatment decisions whenever you are incapacitated and unable to communicate due to a temporary or permanent illness or injury.

It's not automatic; a doctor will have to certify that you are indeed unable to make these decisions for yourself. At that point, your proxy may have access to your health records and other information depending on the permissions you give them.

This is a good reason for you to set aside some time to consider the whole proxy thing. Do you want to place restrictions on what your proxy can do or see? You should include these in your health care proxy document.

It's important to appoint a proxy you trust and who you believe will be assertive and honor your wishes. So, make sure your proxy is aware of your personal attitudes toward health, illness, death and dying.

Make sure your proxy understands your medical treatment preferences — how you feel about and whether you would want palliative or comfort care;

life-sustaining care, such as artificial hydration and nutrition and feeding tubes; and treatments you may need if you're unconscious.

These preferences can be included in a living will, which will help your proxy make decisions on your behalf. In fact, many states combine health care proxies and living wills into one advance directive document.

It's important, therefore, to update advance directives and living wills and to tell your proxy if your feelings or attitudes change so the most appropriate choices can be made for you.

Actually, you should know that you can change your proxy at any time and create a new health care proxy document. And, of course, when you regain the ability to make decisions on your own, you can go back to speaking on your own behalf again.

Keep in mind that your health care proxy only makes medical decisions for you. You may also want to appoint someone to make financial decisions for you, giving that person the authority or a power of attorney to act for you in specified financial matters. Of course, it should be someone you trust. Depending on your state, decisions about health insurance and paying health care bills may be considered financial decisions.

Your state's attorney general's office or department of health may post state-specific advance directive forms on their websites. If you don't see one, call to ask

where you can get one. You also can turn to the National Hospice and Palliative Care Organization, which has state-specific advance directive forms. You can ask your local hospital as well.

*Hayes Law Firm provides the information in this article for general guidance only, and does not constitute the provision of legal advice, tax advice, accounting services, investment advice, or professional consulting of any kind. The information provided herein should not be used as a substitute for consultation with professional tax, accounting, legal, or other competent advisers. Before making any decision or taking any action, you should consult a professional adviser who has been provided with all pertinent facts relevant to your particular situation. Tax articles in this e-newsletter are not intended to be used, and cannot be used by any taxpayer, for the purpose of avoiding accuracy-related penalties that may be imposed on the taxpayer. The information is provided "as is," with no assurance, or guarantee of completeness, accuracy, or timeliness of the information, and without warranty of any kind, express or implied, including but not limited to warranties of performance, merchantability, and fitness for a particular purpose. For more information on Estate Planning, please contact Hayes Law Firm at 626-403-2292. [www.LosAngelesTrustLaw.com](http://www.LosAngelesTrustLaw.com)*

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

# Keeping Your Vehicle Physically Fit!

On December 26th our television sets and other devices seem to be taken over by ads brought to us by diet and exercise gurus. They seem to feel that a New Year should be a time to restart our bodies to be at peak efficiency! I suppose during the busy holiday season we can overdo on the food and at the same time have less time to exercise.

The same can be said of our cars. We often get so busy running here and there (in our cars) during the holidays that we neglect old faithful! Here are a few resolutions to keeping your car

fit! We can inspect it and make sure to remind you when it is time to bring it to us in order to...

- Keep your car's fluids clean and don't let them run low!
- Keep your car's filters clean.
- Keep your car's tires properly inflated.
- Keep your car's wipers in good working order.
- Keep your car's lights lit!
- Keep your car's brakes stopping when they need too!
- Keep your car's charging system ready to go!
- Keep your car's exhaust system healthy.

tem healthy.

Your car has many components and it is our pleasure to keep them physically fit for your driving pleasure. If your car has been a little neglected over the holidays, give us a call and we'll get it back in tip-top shape!

Certified Auto Specialists: the friendlier and more helpful auto shop! Feel free to call 626-963-0814 with any questions and we will be glad to help, or visit our website at [CertifiedAutoCa.com](http://CertifiedAutoCa.com).

**Hometown Service You Can Count On!**

# Christian Community Credit Union Pledges \$135,000 To Council For Christian Colleges And Universities

Christian Community Credit Union has pledged \$135,000 over three years to the Council for Christian Colleges and Universities (CCCU). This pledge will add to the Council's existing faculty scholarship fund. The faculty scholarship fund provides faculty from Council institutions with funds to create and disseminate high-quality scholarship that brings Christian voices into contemporary academic conversations.

"This wonderful first-time gift from the Christian Community Credit Union marks the beginning of an exciting new

partnership," said CCCU President Shirley V. Hoogstra. "I look forward to seeing the increased impact of the faculty grants because of this commitment."

"We are very excited to partner with the CCCU and have a hand in increasing the presence of Christian values and perspectives within academia," said Christian Community's Interim CEO, Marji Hughes.

The Council for Christian Colleges & Universities a higher education association of more than 180 Christian institutions around the world. With cam-

puses across the globe, including more than 150 in the U.S. and Canada and more than 30 from an additional 18 countries, CCCU institutions are accredited, comprehensive colleges and universities whose missions are Christ-centered and rooted in the historic Christian faith.

Christian Community Credit Union has \$674 million in assets and over 31,000 members nationwide. For over 60 years, the Credit Union has served as a financial partner of Christian ministries, churches, and their members.

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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 Bingo And Lunch

Arcadia Senior Services is having a fun event of BINGO and lunch on Friday, **January 10**. 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.

## Surprise Musical Presentation

Arcadia Senior Services is having a surprise musical presentation on Friday, **January 17** at 1:00pm. The program will feature Bluegrass, Folk and Old Time Music. Come join us for a sing along, clap along and refreshments! It will take place at the Arcadia Community Center, 365 Campus Drive. Cost is \$3 and you can purchase your ticket at the Arcadia Community Center. This presentation is for individuals age 50 and over. For additional information, please call Arcadia Senior Services at 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 McNeill Fitness Program

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

## COVINA Community Garden Parcels

The City of Covina Parks & Recreation Department has a Community Garden located at Cougar Park. Parcels are now available. Grow your own vegetables alongside other gardeners who are passionate about gardening and growing healthy organic produce! Annual fee of \$50 for large or handicap accessible parcel, and \$44 for small parcel. Applications are available at 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. Greet visitors, show them around the museum and learn about local history. Training sessions are available. Call Claudia at (626) 358-0329 for more information.

## Blood Pressure Checks

Health Care Partners will provide a medical assistant to do free blood pressure checks. No appointment needed. **Every 2nd Tuesday** of every month from 10:00 a.m. - 12:00 p.m. For more

information call the Senior Center at (626) 357-3513.

## Meals on Wheels

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

## Alzheimer's Safe Return Registration

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

## Volunteering Does Your Heart Good!

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

## Senior Lunch

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

## GLENDORA Genealogy Group Meeting

The Glendora Genealogy Group meets Tuesday, **January 28** at La Fetra Center, 333 E. Foothill Blvd., Glendora. Pat Chavarria leads a refresher class at 6:00 pm. The business meeting is at 7:00 pm, followed by the program: "Share an Heirloom". For questions about our group or this meeting, please call Pat Chavarria at 909-592-4030.

## Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers re-learning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. For more information, please call Toni Levyssohn at 909-843-5239. The program is **Wednesdays** 8:30 a.m. - 12:00 pm.

## Instructors Needed At The La Fetra Center

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

## Cars 4 the Community

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

## 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

### Go West

### Shuttle Service

The Go West Shuttle service consists of three alignments (Red, Blue, and Green) that serve destinations throughout the city including Plaza West Covina, Eastland Shopping Center,

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

## TOPS Meeting

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

## Senior Lunch

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

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

## Christmas Tree Recycling Program for Duarte

**DUARTE** - Through Burttec Waste Industries, the City of Duarte will provide a Christmas tree collection service for residential customers.

Christmas trees will be collected on regular trash collection days through **Jan. 11, 2020**. All decorations, tinsel, and stands must be removed. Flocked trees will not be accepted.

For information about Christmas tree recycling programs in unincorporated areas, call 1-(888) CLEAN LA between 7 a.m.-5 p.m., Monday through Thursday.

For more information about the Christmas tree recycling program in the City of Duarte, contact City Hall at (626) 357-7931 or Burttec Waste Industries at 1-(800) 325-9417.

## Christmas Tree Recycling Program for La Verne

**LAVERNE** - As part of the City of La Verne's curbside recycling program, Christmas tree recycling will be available Monday, January 6 & 13, 2020. Residents who have curbside recycling available must first remove all decorations, the stand, and place the Christmas tree next to their recycling bins. A separate truck will pick-up the tree and take it to be recycled as alternative daily cover at the landfill. Participation in

this program helps the City of La Verne meet California requirements to divert thousands of tons of materials from area landfills. If your tree is six feet or more, please cut in half and avoid flocked trees if possible, as they cannot be recycled.

For more information on this or other recycling programs, please contact La Verne Customer Service at (909) 596-8744.

## Volunteers Still Needed For Every Person Has A Name, A 25-hour Vigil To Commemorate UN International Holocaust Remembrance Day

**PASADENA** – The Jewish Federation of the Greater San Gabriel and Pomona Valleys is partnering with the City of Pasadena and the community's synagogues, to hold *Every Person Has a Name*. This 25-hour vigil will be held on the steps of Pasadena City Hall on Saturday, January 25 – Sunday, January 26, 2020.

The program will begin with a commemoration ceremony at 7:00pm and it will feature speeches from elected officials, including Pasadena Mayor Terry Tornek, LA County Supervisor Kathryn Barger, local clergy, as well as performances by the Jewish Federation's Jewish Youth Orchestra.

Immediately following the ceremony, the program will transition into the reading of the names of people who perished during the Holocaust. Holocaust survivors and children of Holocaust survivors from around the community will begin by reading the names of their family members who were murdered during the Holocaust, and then will be followed by volunteers from throughout the community reading names.

"With every passing day, survivors are dying, and with them go their stories... my concern is that the memories will be dying as well," explains Jason Moss, Jewish Federation's Executive Director. "An event such as this

allows the community to come together and to remember that each person that was killed was someone who lived and whose life was cut short. While our readers and those who listen may not know the people they are reading the names for; by saying their names aloud... they are remembered."

The event is open to the public. Volunteers can sign up by visiting the Jewish Federation's website ([www.jewishsgpv.org](http://www.jewishsgpv.org)) or by calling 626.445.0810.

For more information, please contact the Jewish Federation at 626.445.0810 or by sending an email to [federation@jewishsgpv.org](mailto:federation@jewishsgpv.org).

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# The 2020 Tournament Of Roses Honor Band Has Unique Members

(Photo by Jean Palmer)



The Coombs triplets (L to R) Nolan, Jack, and Grant by Howard Palmer

While reviewing the list of high school students in the 2020 Honor Band with Kyle Luck, the director of the band, some names stood out. There were three students with the same last name, Coombs. The next question was, "Are they related?" Sure enough they are three 15-year old brothers - identical triplets! They are sophomore students attending Norco High School and all have a strong interest in music. However, although they are identical each plays a dif-

ferent instrument. Grant plays the trombone, Jack the trumpet, and Nolan the alto saxophone.

Mr. Luck joined the faculty at Pasadena City College in 2006 and said "I have had many twins in the band, but do not recall ever having triplets, let alone identical triplets. Maybe before my time and since the Honor Band has performed in every Rose Parade since 1930 anything is possible."

The brothers, as one might

expect, offered nearly identical expectations when it came to performing with the band, "We're proud to be part of this prestigious band and perform before so many people".

When it comes to family dedication, their mother, Shelly, said "We travel 45 miles each way to bring the boys to their rehearsals and then we stay until rehearsal is over. Since most rehearsals start at 10am or earlier and end at 5pm it makes for a very long day. But, we love it!"

# Why the 'Real Feel' Really Matters When It Comes to Weather

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



Picture this: you're getting ready for the day and check your phone to see what the weather will be like. Your weather app shows 58 degrees, so you throw on a light jacket and head out the door. By the time you reach the end of the block you're hit in the face with a blast of wind and cold air. It feels more like 35 degrees.

What happened? You were provided with information for the temperature outside, but not how the air really feels - and many times these two phenomena can be very different.

"When it is cold, wind can make you feel colder because it removes heat from your body," says Marshall Moss, vice president of Forecast Operations and Graphics at AccuWeather. "On colder days, the stronger the wind, the faster the heat is getting removed from your body, so it will feel colder outside."

So what should you do if you are looking for a more accurate reading of how the weather really feels? Check out apps

that go further than than just reporting the temperature.

As the only weather app to take both sunshine and wind into account when giving users information about how it really feels outside, the AccuWeather app features both AccuWeather RealFeel Temperature and RealFeel Shade right on the home screen. Calculated using more than a dozen different weather variables, this index can provide you with helpful information about how the air really feels -- when both in and out of the shade. Plus, its RealFeel Temperature Guide details its meaning and impact to enhance safety and comfort as well as help consumers be prepared for extreme conditions.

For example, 9 to -10 degrees Fahrenheit ranks "quite cold" on the AccuWeather RealFeel Temperature Guide, warning individuals that frostbite can occur to exposed skin within just 15 minutes. Designed to show, at a glance,

how the air really feels outside, the guide suggests what clothing and activities are best suited for different types of weather conditions throughout the year across all regions of the world. Importantly, it can also be used to evaluate what dangers may exist from extreme weather conditions. This can be an especially valuable tool in the fall and winter months when you are determining how best to bundle up and prepare for the day ahead.

On some days, sub-freezing temperatures could be predicted, but a lack of certain factors and an increase in others may cause the air to feel warmer. On other days, different factors can cause sub-freezing air temperatures to feel more than 10 degrees lower than what thermometers register, making them significantly more dangerous than would be expected based on temperature alone.

"When AccuWeather first introduced AccuWeather RealFeel Temperature, we knew we had invented something special that would become an industry standard," says Moss. "Now users have access to forecasts of the RealFeel Temperature wherever they go, making it part of their regular routine to help them prepare."

Using the latest tools, you can stay comfortable, safe and informed no matter what the weather is outside. (StatePoint)

# One and a Half Centuries of Defining American Food Traditions



Workers label and pack cans for distribution, c. 1905

Think back on some of your favorite family meals over the years and it's likely that Campbell Soup Company played a role during those important moments around the table. An American icon, Campbell is celebrating its 150th anniversary.

From tomato soup and grilled cheese on a cold day to green bean casserole, generations of home cooks have made Campbell food, snacks and recipes part of their daily and holiday food traditions.

Here are some of the most interesting facts about Campbell's place in American culture:

- Campbell Soup Company was founded four years after the Civil War ended in 1869 by a fruit merchant and an icebox manufacturer. By the turn of the century, the company flourished as a result of several innovations -- including Dr. John T. Dorrance's invention of condensed soup,

which made nutritious soup more affordable to millions of Americans at just 10 cents per can.

- Campbell food was served during WWI and WWII, and during the Apollo missions, offering troops and astronauts comfort and a taste of home.

- Campbell's influence can be seen in American pop culture throughout the years, from Andy Warhol's iconic paintings of Campbell's Soup cans to the enduring "M'm! M'm! Good!" jingle to other cultural icons like the Campbell Kids and President Ronald Reagan's V8 ad.

- The Green Bean Casserole, invented by Campbell employee Dorcas Reilly in 1955, was served at 20 million dinners this past Thanksgiving. During the holiday season, Green Bean Casserole recipes were viewed more than 6 million times on the Campbell's Kitchen website.
- Campbell's tomato growers

harvest over 1.5 billion pounds of tomatoes per year. Eighty percent of Campbell's tomato growers and their families have worked with the company for more than two decades.

- Over the years, the company has grown to include numerous other brands that are staples in American households, among them Pepperidge Farm cookies, Goldfish crackers, Snyder's of Hanover pretzels, Lance sandwich crackers, V8 beverages and Swanson broths. Today, 95 percent of U.S. homes have Campbell products in its cupboards and fridges.

For more information, as well as recipes, visit [CampbellSoupCompany.com](http://CampbellSoupCompany.com).

Campbell's history and American history go hand-in-hand. A part of American kitchens and culture for generations, its foods reflect the trends and tastes of the country. (StatePoint)

# Myths vs. Facts of Landing a Skilled Trade Job



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

With the demand for skilled trade workers growing nationwide, you may be looking to launch your career, change professional paths, or hone current skills in order to advance in your industry.

As you go about the process, consider these few myths and facts about landing a skilled trade job:

- Myth: It will be hard to find training in my local area.
- Fact: There are numerous free resources available to connect you with local training opportunities. Veterans and their spouses for example, can seek career assistance from organizations such as [amvets.org](http://amvets.org). In the case of the HVACR industry, locating training organizations in your zip code is as simple as visiting [natex.org](http://natex.org), which provides online services to English and Spanish speakers, as well as certification and recertification.
- Myth: All training programs are pretty much the same.
- Fact: Not all certification

programs offer the same quality education, nor are they associated with the same breadth of job opportunities. Those in the HVACR industry, for example, can set themselves apart by getting North American Technician Excellence (NATE) training.

"Not only do contractors prefer working with NATE-certified technicians, consumers look for this certification as well because it ensures that a knowledgeable, well-trained and highly experienced technician will service their home heating or cooling system," says Anthony Spagnoli, NATE's director of training and education.

- Myth: Skilled trade careers don't offer room for growth.
- Fact: Skilled trade careers are in especially high demand today, offering long-term job security, a good living and room for advancement. To learn more about existing growth opportunities, tune into the podcast "Blue is the New White." Available for

download on Apple Podcasts and Spotify, this is also a good resource for those seeking to get their foot in the door.

- Myth: Career support will be hard to come by once I receive my certification.

- Fact: Connecting with a seasoned professional who can act as your mentor is a great way to build relationships, network and learn as you go. This is especially important for those who have traditionally been underrepresented in a given industry. You can find mentors on-the-job, at industry events and through online resources such as [WomeninHVACR.org](http://WomeninHVACR.org), which among its initiatives, connects young women in the industry with mentors. Visit [womeninhvacr.org/mentorship](http://womeninhvacr.org/mentorship) to learn more.

Looking to break into HVACR or another skilled trade industry? Check out available resources which can help you get trained, certified and employed with confidence. (StatePoint)

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# Local High School Students Marched With Tournament Of Roses Honor Band



Glendora H.S. students (L to R) Cherish Jenkins, Andrew Custodia, Sean Dixon

by Howard Palmer

**PASADENA** - The Pasadena City College Tournament of Roses Honor Band has marched in every Rose Parade since 1930 and has a long standing tradition of musical excellence. The band is comprised of PCC Lancers Marching Band members and exceptional high school musicians from throughout Southern California. Over 500 high school students audition each year for the approximately 200 spots in the band and pageantry. Students from 70 area high schools were selected this year.

Included in this year's band were five students from Glendora High School and three from Bonita High School in La Verne.

The Honor Band members make a significant time commitment in order to attain the excellence expected. They rehearse

every Sunday in November and December, plus almost every day during their school winter break. They march over 25 miles in rehearsal using the Santa Anita Race Track and Dodger Stadium parking lots to be sure they are ready for the five and a half mile trek down Colorado Boulevard and their performances at Disneyland and in every Bandfest Show. The goal is for the band to look and sound as good at the end of the parade as they do at the beginning.

Representing Glendora High School were three seniors and two juniors. The seniors were Idannia Arriaga, Andrew Custodia, and Cherish Jenkins. The Juniors were Sean Dixon and Madison Oldham.

Idannia Arriaga has the most experience marching in the parade as she has been in the Honor



Glendora H.S. students Idannia Arriaga (L), Madison Oldham

Band pageantry for three years. Last year she was one of the two girls that carry the Honor Band banner. She also has performed with the tall flag unit. When asked why she returned for a third year Idannia said "I probably will never have an opportunity to experience something this special again".

Andrew Custodia plays the trombone and this was his first year in the band. "Friends who have been in the Honor Band told me of the fun they had and the lasting memories. I just had to try out" said Andrew before the parade.

Cherish Jenkins plays the alto saxophone and as a high school senior this was her last opportunity to try out for the band. Cherish also heard many good comments from others and she said "I have watched the Rose Parade

for many years and decided I wanted to be in it".

Sean Dixon provided the surprise of the Glendora group. Sean plays the tenor saxophone and stated before the parade "This saxophone is the one my father played when he marched with the Honor Band for two years and it will make its third trip down Colorado Boulevard".

Madison Oldham, had the privilege of carrying the banner as part of the color guard. Madison continues Glendora's tradition of having girls in the Honor Band pageantry. Before the parade Madison commented "I think the Rose Parade is cool and can't wait to go to Disneyland".

Representing Bonita High School were juniors Michelle Millan and Nathan Palmer. They are joined by sophomore Denny



Bonita H.S. students (L to R) Denny Duran-Flores, Michelle Millan, Nathan Palmer

Duran-Flores.

Michelle Millan plays the clarinet. However, this year during the Bonita High School Marching Band marching and field show performance Michelle did not have the opportunity to play her clarinet. She was one of the Drum Majors. "I missed playing my clarinet and so I decided to try out for the Honor Band and this being my first year I'm looking forward to many new experiences" she said in an interview before the parade. Then she added "This is my dad's 30 year- old clarinet I will be playing."

Nathan Palmer commented after a rehearsal "I am enjoying my second year in the Honor Band as much as the first. I wanted to experience again the thrill of marching down Colorado

Boulevard and seeing all the people, the great music, making new friends - everything!" Nathan plays the alto saxophone.

Denny Duran-Flores plays the trumpet and was very enthusiastic to make it into the band for the first time. Denny was influenced by his brother who was in the 2017 Honor Band. Before the parade Denny said "I always wanted to be in a big band and here I am" then quickly added "I can't wait to turn the corner onto Colorado Boulevard".

These students have learned that making a commitment to the success of an organization requires many hours of physical and mental dedication. They have earned the respect of their family and fellow students. And even more importantly they have increased their self-confidence.

## 5 Important Things Learned About Alzheimer's Disease in 2019

In 2019, researchers discovered meaningful insights into the causes, risk factors and treatment of Alzheimer's disease and other dementias. Here are five of their important discoveries:

1. Lifestyle may play a major role in reducing risk. We're told that eating a healthy diet and exercising are good for overall health, but did you know that these habits may also reduce one's risk for cognitive decline and dementia? Research reported at this year's Alzheimer's Association International Conference suggested that making multiple healthy lifestyle choices -- including eating a low-fat, high vegetable diet, not smoking, getting regular exercise and engaging in cognitive stimulation -- may decrease dementia risk and may even offset increased risk caused by genes or exposure to air pollution. This year, researchers also learned that intensive high blood pressure treatment can significantly reduce the occurrence of mild cognitive impairment, which often leads to dementia.

2. A blood test is on the horizon. Researchers are working at full speed to develop a simple blood test that can detect signs of Alzheimer's early and accurately. Blood tests are cheaper,

easier to administer, less invasive and more accessible than many advanced technologies currently available for Alzheimer's research and diagnosis. Once these tests become available in doctors' offices, they may also play a role in early detection of dementia, giving individuals and families more time to plan for the future and get needed care and support services, and potentially increase their chances of participating in clinical trials.

3. Alzheimer's is different in men and women. Two-thirds of people living with Alzheimer's disease in the U.S. are women, but scientists aren't exactly sure why. This year, researchers learned about a number of differences in progression and risk between women and men, including newly identified sex-specific risk genes, sex-based differences in how Alzheimer's may spread in the brain and cognitive benefits for women who participate in the paid workforce.

4. Vision and hearing loss may increase dementia risk. Most older adults experience some form of vision and/or hearing loss later in life. New research suggests these sensory impairments may increase risk for cognitive decline and Alzheimer's,

especially if you experience both. Sensory impairment screening may help identify older adults at higher risk of developing dementia, thereby encouraging early detection. This new knowledge opens the possibility that preventing or correcting sensory impairments may reduce dementia risk.

5. Researchers are looking at new drug targets. Researchers are taking a fresh look at the possible causes for dementia and how drugs might be used to stop the disease in its tracks. More than 500 new candidate drug targets have been identified that address everything from reducing inflammation in the brain to protecting nerve cell health. The Alzheimer's Association's Part the Cloud awards help fund this type of out-of-the-box research and move findings from the laboratory, through trials, into possible therapies for people.

Researchers are poised to uncover even more in 2020 and beyond. Increased funding for research from the federal government and nonprofit organizations is driving the rapidly growing body of knowledge about Alzheimer's disease and dementia. (StatePoint)

## Resolve to Green Your Grocery Shopping

In our grab-and-go culture, plastic is pervasive at the grocery store. But as more supermarkets worldwide adopt smart strategies for reducing single-use plastic packaging, experts say that these same changes are possible here in the U.S., so long as retailers, companies and individuals commit to making them a reality.

"It's time to build smarter supermarkets," says Kate Melges, plastics campaigner, Greenpeace. "We're starting to see examples of retailers moving away from throwaway packaging, but not at the urgency and scale needed to address this crisis."

A new report from Greenpeace, "The Smart Supermarket," travels through a hypothetical grocery store to explore how single-use packaging-free initiatives can be implemented in every aisle, as well as details the benefits each change would have on consumers and retailers.

As you head into a new year and possibly resolve to reduce your environmental impact, consider these report insights:

- "Nude" food: Plastic-wrapped produce creates needless packaging waste and potentially leads to wasted food, as consumers are required to buy portion sizes they may not

need. "Nude" food lets you buy exactly what you need. For those products that do require packaging, stores and consumers should consider natural alternatives, such as banana leaves tied with bamboo twine.

- Bulk staples: Smart dispensing systems for such shelf-stable foods as rice, beans and lentils, allow customers to buy the quantities they need and can afford. And when customers dispense products into reusable containers they've brought from home or are supplied by the store, the system can eliminate single-use packaging.

- Refillable personal and home products: While the public is becoming aware of the need for reusable shopping bags and coffee cups, there's less awareness about alternatives to single-use plastics for beauty and cleaning supplies. Refill stations on favorite shampoos, dish soaps and more can substantially reduce plastic waste.

- Smarter takeout: Many grocery stores have to-go options like salad bars and hot food counters. At a smart supermarket, takeout will not mean throwaway. Technology is at the heart of the concept, with customers using an app to collect rewards when they return reusable cups and contain-

ers. This is great for stores who want to establish brand loyalty, and great for customers who want kickbacks and to reduce their plastic use.

- Sustainable checkout: Five trillion single-use plastic bags will be used this year alone -- that is 160,000 bags per second. Providing durable, reusable bags at checkout through a rent-a-bag scheme is an easy way for stores to reverse this trend.

- Mindful online shopping: Buy your groceries online? A number of online retailers are already dropping off and collecting reusable containers via more sustainable transport. A smart supermarket can follow the same model.

For more information on how to help build a smarter supermarket, visit: [greenpeace.org/usa/research/report-the-smart-supermarket](https://www.greenpeace.org/usa/research/report-the-smart-supermarket).

Without decisive action, plastic production is set to quadruple by 2050. This new year, advocates say that everyone can resolve to do their part to stem the tide, with retailers and consumer goods companies cooperating to create eco-friendly solutions, and consumers demanding these alternatives and opting for them when they become available. (StatePoint)

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- HIGH FIXED RATE FOR 12-MONTHS
- \$1,000 MINIMUM; \$4,000 MAXIMUM

**CONTACT US TODAY!**

AmericasChristianCU.com | **800.343.6328**

\*APY = Annual Percentage Yield.

1. New Member Certificate: This 12-month Term Share Certificate (TSC) has a \$1,000.00 minimum balance and \$4,000.00 maximum balance per member. Account must be funded with new funds or funds deposited less than 30 days prior to opening. Early withdrawal penalties do apply which may reduce the principal. At maturity, this TSC will automatically renew for a 12-month term at the prevailing 12-month rate unless we are notified in writing prior to the maturity date. Offer valid for 60-days from membership opening. One certificate per member.

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