



San Gabriel Valley Examiner

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25 cents

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

Volume XXIII, Issue No. 4

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

January 23 - 29, 2020

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Glendora Community Coordinating Council's January Award Recipients

GLENDORA - Greg Oberon was a law enforcement professional with the City of Glendora for 31 years of service before his retirement. He didn't stay retired very long. Approximately six months following his retirement, Greg returned to serve his community, but this time as a Glendora Police Auxiliary Volunteer. To date Greg has donated over 2,775 hours of his time, standing on street corners for parades, performing crossing guard duties, directing traffic during torrential downpours, protecting a crime scene, standing by while a hazard is cleared in the middle of the night, assisting at checkpoints, helping with road closures during the fires and subsequent flooding from the rains. These are just a few of the many tasks Greg has taken on. In addition to the countless hours he has given to the City of Glendora, Greg is also a volunteer and bowling coach for the Special Olympics. For the past 12 years he has also coached, mentored, and assisted with fundraising to support the Spe-



Rose Wentz, Glendora Community Coordinating Council President with January's Humanitarian Award recipient Greg Oberon with Chief Lisa Rosales of the Glendora Police Department.

cial Olympics athletes. It is with great honor we recognize Greg with January's Humanitarian Award.

Pricella Jett is a sophomore at Glendora High School and puts service above self. She is involved as a volunteer at the Crowther Teen Center serving as a board member assisting with coordinating meetings, special events and fundraisers. She also assists the desk staff, mentors peers and orientates

new participants. Pricella is also a program organizer and participant for Together, We Gather, an abundant fruit harvesting program. She assists with coordinating harvest excursions, publications, recruiting and harvesting and weighing fruit. To date Pricella



Glendora Community Coordinating Council President, Rose Wentz with Pricella Jett, January's Youth Recognition Award recipient.

has volunteered over 100 hours to our community. It is with great pleasure Glendora Community Coordinating Council recognizes Pricella Jett with January's Youth Recognition Award.

The GCCC is always looking for volunteers from the city

to be recognized each month. If you have a nominee please visit our website at www.glendoraordinating-council.org for a form and contact information. We'd like to thank Rose Wentz from State Farm for being our meeting sponsor.

Arcadia Unified's Holly Avenue Elementary Named as a 2020 California Distinguished School



ARCADIA - Arcadia Unified's Holly Avenue Elementary School was recently named a California Distinguished School for the second time in three years by the California Department of Education. This annual recognition program honors schools that close the achievement gap and demonstrate exceptional student performance.

"Our team of leaders, educators, staff, and students at Holly Avenue Elementary never cease to amaze us," shared Arcadia Unified Superintendent Dr. David Vannasdal. "One of our district's core values is 'collaborate,' and we provide Collaboration Days for each of our schools to combine their efforts and ideas in support of our students district-wide. This won-

derful recognition is further proof of how we are better together."

With nearly 6,000 public elementary schools in California, only about five percent were awarded this recognition in 2020. In 2018, both Holly Avenue Elementary and Longley Way Elementary were named 2018 California Distinguished Schools. When a school is honored as a Distinguished School, it holds the title for two years. Each Arcadia Unified elementary and middle school has been named a California Distinguished School in past years.

"These outstanding schools don't just educate students; they also provide the young people of California the tools they need to be successful after graduation," said State Superintendent of Public Instruction Tony Thurmond in the California Department of Education's news release. "Thanks go to all the staff at these schools—teachers, administrators, classified employees—and parents, who are

working together to provide high-quality educational experiences for all of their students."

Schools that applied to the Distinguished Schools program were eligible based on their performance and progress on the state indicators as described on the California School Dashboard. Indicators include test scores, suspension rates, and conditions and climate.

The 2020 California Distinguished Schools honorees will be recognized at the California School Recognition Program Awards Ceremony set to be held next month on Feb. 10 at the Disneyland Resort in Anaheim, Calif. Arcadia Unified's Longley Way Elementary School will also be in attendance at this event, where it will receive recognition for its 2019 National Blue Ribbon School title. For information about the Arcadia Unified School District, visit www.ausd.net, and for additional details about the California Distinguished Schools Program, visit cde.ca.gov.

Another Rubio in the Political Arena, Sylvia Rubio for 57th Assembly District



Nice crowd showed up to support Sylvia Rubio for the Assembly Kickoff Event.

LA PUENTE - The parking lot of a mortgage company in the 15800 of E. Main in La Puente became the scene of a Kick-Off Campaign party for Sylvia Rubio for Assembly. This makes the 3rd of the Rubio sisters to join the political arena. Susan Rubio is with the Senate and Blanca Rubio with the 48th Assembly District.

Sylvia Rubio was very excited to officially announce that she is running for 57 District in the State Assembly.

She felt she could help make a difference and decided to run because the residents of the 57th District needed a representative who is prepared to fight for real solutions to the most pressing issues in our region.

Sylvia Rubio stated, "I know families are struggling. I talk

with so many people out in the community who are working harder than ever but can't seem to get ahead. Good-paying jobs are vanishing and healthcare costs keep rising. And across our district, the homeless encampments are a stark reminder of a worsening housing crisis. We should be doing better, and we can. That's why this upcoming election means so much."

This is the first of a series of concerts organized by Alan Bustead, who is a volunteer music teacher guiding the best and brightest high school student singers and string players at East Los Angeles Performing Arts Magnet High School. Every one of his singers was a guest soloist at one or more of several churches for worship services. Those churches include Downey United Methodist Church, West Covina United Methodist Church, the non-denominational Seal Beach Center for Spiritual Living, and the home church of his program - St. Paul's Lutheran Church in Monterey Park. Bustead plays on major motion picture scores, gives concerts with the Santa Barbara Symphony and plays piano in churches.

Estela Olevsky To Perform A Free Concert At St. Paul's Lutheran Church

MONTEREY PARK - Estela Olevsky will perform a free concert at St. Paul's Lutheran Church, 2009 S. Garfield Avenue, Monterey Park, on Saturday, **February 1st** starting at 8:00 p.m. The concert is open to the public. Light refreshments will be served during the intermission; families with children or seniors can enjoy plenty of music and leave when they are comfortable. There is no charge to attend. No reservations are required. A free will offering will be taken.

Argentinean-born Olevsky is a professional soloist and collaborative pianist with enthusiastic followers in the US, Latin America, EU, and Asia. She has performed at New York City's Alice Tully Hall at Lincoln Center, Merkin Hall, the 92nd Street "Y,"

Weill Hall at Carnegie Hall, Boston's Jordan Hall, Vienna's Konzerthaus, Amsterdam's Concertgebouw, Beijing Central Conservatory and Shanghai Conservatory of Music in China. Olevsky is Professor Emerita of Piano at the University of Massachusetts at Amherst. She has been a guest teacher at the Hartt School of Music, Dartmouth College, Mt. Holyoke College, Federal University of Rio de Janeiro, the National Conservatory of Buenos Aires and Beijing's Central Conservatory. Alan Bustead, who is a former student of hers, will accompany her on violin on a couple of short Latin numbers. She is in the midst of doing a solo piano tour of South and Central America, including music of Argentina, Brazil, Venezuela and Mexico.

Upcoming Event?
Let us know at SGExaminer@aol.com

Hollywood Legends Recruit Military Caregiver Champions



Tom Hanks, Linda Hope and Senator Elizabeth Dole want to help honor the people who care for ill or injured veterans.

Academy Award winner Tom Hanks is rallying the nation behind America's military caregivers with help from the legacy of a legend, Bob Hope. Hanks launched the Military Caregiver Champion program with the Elizabeth Dole Foundation to fund resources for the 5.5 million Americans voluntarily caring for a loved one who was wounded, made ill or injured through military service. Hope's daughter, Linda Hope, was the first to join the campaign, donating \$1 million on

behalf of the Bob and Dolores Hope Foundation.

"My dad, Bob Hope, dedicated so much of his life to connecting members of our military to the nation they served and their loved ones waiting at home. He would be so proud to join another passionate entertainer like Tom Hanks in making that same connection between America's military caregivers and the country that owes them such a debt of gratitude and support," said Hope.

Military caregivers provide \$14 billion of unpaid care to veterans every year. They devote their lives to their loved ones, often sacrificing their own health, jobs and financial security.

"As Senator Elizabeth Dole says, our military caregivers are hidden heroes and I am honored to have the spirit of Bob Hope helping us support them," said Hanks. "There has never been, nor will there ever be, a greater ambassador be-

tween the military community and us Americans than Bob Hope."

All Americans are invited to become Caregiver Champions. Supporters will receive a Caring Tag, which reimagines the honored symbol of the military dog tag and includes the name and story of a military caregiver.

All administrative costs have been sponsored. One hundred percent of donations will support the Elizabeth Dole Foundation's resources for caregivers.

"We cannot take away the injuries or the illnesses but we can ensure our caregivers do not walk this difficult journey alone," said Hanks.

To become a Caregiver Champion, visit www.hiddenheroes.org/champion. (NAPSI)

LA County Monitoring Novel Coronavirus As CDC Conducts Screenings at LAX

LOS ANGELES COUNTY - The Los Angeles County Department of Public Health (Public Health) is cooperating with the Centers for Disease Control and Prevention (CDC) to respond to recent reports of a novel (new) coronavirus. Coronaviruses are a large family of viruses, some causing respiratory illness in people and others that circulate mostly among animals, including camels, cats and bats. Common symptoms in an infected person include a fever, cough and shortness of breath or difficulty breathing. Since December 2019, Chinese authorities preliminarily identified more than 45 human infections, including two deaths, associated with this novel (new) coronavirus in an outbreak of pneumonia in Wuhan City, Hubei Province, China. In addition, novel coronavirus infections have been confirmed in three travelers who traveled to or came from Wuhan City. No cases have been identified in the United States. Because this is a novel virus, and there is a possibility of person to person spread, CDC, acting with an abundance of caution, will initiate screening of travelers from Wuhan City at JFK airport in NYC, SFO airport in San Francisco, and LAX airport in Los Angeles. These three airports have been selected because they are the initial U.S. destinations for the vast majority of travelers from Wuhan City.

Public Health will be assisting the CDC to ensure that travelers from Wuhan City that have a fever or respiratory illness symptoms upon arrival to LAX are appropriately screened, tested and receive care. Travelers from Wuhan City who are not ill upon arrival will be provided with information on symptoms and advised to seek care if they become ill while visiting LA County. While there is no cure for this

virus, our hospital partners and clinical providers will be able to test and care for ill travelers effectively to minimize transmission and severe illness. Public Health issued a health advisory informing local healthcare providers in LA County of the current situation on January 8, 2020. Public Health will continue to provide updates and work with local healthcare providers as the situation evolves.

"Though we understand that the news of airport screenings can be unsettling, Public Health is encouraged by preliminary information from China that no infections have been identified among healthcare workers who have provided care for persons with this novel infection, suggesting that the virus may be of low transmissibility," said Muntu Davis, MD, MPH, Los Angeles County Health Officer. "Additional monitoring and investigation are needed to confirm this observation, as healthcare workers have had increased risk in certain previous coronavirus associated outbreaks (e.g. SARS and MERS). From what we know now, this doesn't appear to be something that should affect the daily lives of the 10.4 million residents we serve."

There is much more to learn

about the transmissibility, severity, and other features associated with this novel coronavirus, and investigations are ongoing in China. Based on current information, however, the risk from the novel coronavirus 2019 to spread in Los Angeles County residents is deemed to be very low at this time.

As the investigation proceeds, Public Health is staying in close communication with CDC regarding new information.

Public Health also urges individuals who have recently traveled to Wuhan City and who develop fever or respiratory symptoms, to contact their healthcare provider. Public Health requests that healthcare providers treating patients with respiratory symptoms ask these patients about their travel history to Wuhan, China and to report suspected novel coronavirus infections to Public Health.

Additional questions about the screening process should be directed to the CDC.

Additional information can be found here <https://wwwnc.cdc.gov/travel/notices/watch/novel-coronavirus-china> or at <http://publichealth.lacounty.gov/>. Information is available in English and Chinese.

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'TIME JOCKEY' -Gray Ghost

By Joe Castillo

Queen Mary... The Long Beach harbor is home to one of Southern California's most treasured historical landmarks, the luxury ship Queen Mary. The ship first arrived in Long Beach on December 9, 1967 and has been in the same spot ever since.

During World War II, the Queen was used to transport servicemen from America to England, and returned injured men from Europe to the United States. It acquired the name of "Gray Ghost" as it was painted gray from top to bottom in order to avoid detection from enemy planes flying overhead. From 1940-1946, the "Gray Ghost" was used by the British as a transportation vessel. The ship contained over 2,000 windows and all were painted black to both prevent lights from being seen from the outside and to create a dark room effect for soldiers who slept on the voyages. On trips from England to the United States, the "Gray Ghost" followed a zig-zag pattern so that it

could avoid lurking German submarines.

On September 3, 1939, the Queen Mary arrived in New York to be transformed into the "Gray Ghost". The name of the Queen Mary was covered up and all reminders of a luxury ocean liner were removed including the china and silverware and replaced with machine guns and other weapons. Six months later it was ready for its war service and left New York for Cape Town, South Africa.

The "Gray Ghost" had been fitted with 2,000 state rooms, teak wood decks, officer quarters and a lounge area which had four cots four rows across. The first-class section of the ship was used as a large 62 bed hospital. The different levels for the ship, and the rooms within, were painted various colors which transported service men were assigned as sleeping quarters. A weapons drill was run twice per day in order to keep the soldiers ready for any action which may have come their way. As another precaution, the Queen Mary never traveled the same route twice. United States Navy ships escorted the Queen Mary as far as it could and then British ships took over and provided escort to their destination.

The Queen Mary made 72 war time crossings with over 800,000 men transported. In July 1943, the largest number of pas-

sengers numbering 16,683 were transported. It still remains as a record number of passengers on a single ship cruise. The crossing between the United States and England took 5 days traveling 30 miles per hour but as the war effort became critical it was the only way that the British could receive United States reinforcements. Germany placed a reward of \$250,000 and an Iron Cross on the sinking of the Queen Mary but the allied plan to protect the Queen Mary was successful and German ships and submarines could never bring her under attack. The ship stocked 6 days of food with 124,000 pounds of potatoes and each passenger was given half-a-gallon of water to last for 5 days.

The ship played a vital role in taking American troops to Europe and bringing back injured soldiers for better care in the United States. The role the Queen Mary played during World War II was as important as any other vehicle, vessel, facility, and mechanical unit had in the war and it provided a support line between the United States and Europe during the darkest days of the war...

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

County Receives \$760,394 Award To Help Families Reach Self-Sufficiency

Federal Funding to Support Education and Employment Among Participating Families

LOS ANGELES COUNTY - On December 31, 2019, the U.S. Department of Housing and Urban Development (HUD) announced the award of more than \$79 million to nearly 700 public housing authorities across the country. \$760,394 has been earmarked for the Los Angeles County Development Authority's (LACDA) Family Self-Sufficiency (FSS) Program. This represents the LACDA's largest FSS Program award to date, and \$66,599 more than last year's grant. These funds will help residents of public housing (PH) and Housing Choice Voucher (HCV) assisted housing increase their earned income and reduce their dependency on public assistance and rental subsidies.

The grant will enable LACDA FSS Program Coordinators to collaborate with social service agencies, community colleges, businesses, and other local partners to help participants further

their education, gain marketable skills, and otherwise increase their earning potential. The FSS Coordinators work directly with residents to connect them with existing programs and services in the local community. The broad variety of services made possible through the FSS Program enables participating families to find jobs, increase earned income, reduce or eliminate the need for rental and/or welfare assistance, and make progress towards achieving economic independence and housing self-sufficiency.

Participants in the FSS Program sign a five-year contract requiring the family head to obtain employment. In addition, no member of the family may have received cash welfare assistance for 12 months prior to program graduation. An interest-bearing escrow account is also established; the amount credited to the

family's escrow account is based on increases in the family's earned income during the term of the FSS contract through new employment or by advancing in their current workplace. FSS participants who successfully complete the requirements of their FSS contract receive the escrow funds upon completion. They are able to apply those funds to improve their personal circumstances, including, for example, paying educational expenses or making a down payment on a home.

The LACDA FSS Program currently has 448 families enrolled. Out of the 448 families, 239 families have escrow accounts. For Fiscal Year 2018-2019, the FSS Program graduated 44 participants with a total of \$439,380.28 in escrow funds disbursed. In 2019, six participants transitioned out of housing subsidy, and one graduate purchased a home.

Board Approves Funding To Help Increase The County's Affordable Housing Stock

Over \$100 Million Will Fund 821 Units of Affordable Housing

LOS ANGELES COUNTY - Over the past week, the Los Angeles County Board of Supervisors approved funding for 10 affordable multi-family rental housing developments (projects) selected through the No Place Like Home (NPLH) Program Notice of Funding Availability (NOFA) Round 2019-1. The 10 projects will receive a total of \$100,200,000 in NPLH funds.

On April 30, 2019, the Los Angeles County Development Authority (LACDA), in partnership with the Los Angeles County Department of Mental Health (LACDMH), issued its first NPLH NOFA in the amount of \$207 million. While an initial amount of \$207 million was made available, over \$500 million in project funding was requested for 68 projects. After the

completion of technical review, the LACDA recommended a total of 58 projects to receive funding to the LACDA's Board of Commissioners, which will increase the County's supply of affordable supportive housing by 3,600 units.

Of the 58 projects recommended, a total of 36 projects have been approved, including the most recent 10 of which will create a total of 821 units, consisting of 448 for households who are homeless, chronically homeless, or at-risk of chronic homelessness with a mental illness or emotionally disturbed child or adolescent; 227 for chronically homeless households; 45 for general low-income families and seniors; 20 for homeless seniors;

12 for non-NPLH mentally ill homeless households; and 13 for onsite managers.

Following the recent Board action, Emilio Salas, LACDA's Acting Executive Director said, "With the support of the Board and the ongoing investments of local and State funding, we will continue to increase the housing stock so that valuable members of our County, including families, veterans, and seniors, will have quality housing that they can afford."

The total NPLH Program funding allocation to Los Angeles County will be approximately \$700 million, with the total allocation based on the results of the U.S. Department of Housing and Urban Development Point-in-Time homeless count.

Community Services Department Seeks Service Award Nominations

GLENDORA - Annually, the Community Services Commission honors individual Glendorans for their outstanding volunteer service to Glendora youth and senior citizen programs. The recognition awards are named for individuals who were recognized and remembered for their commitment to community service above self. For 2020, the commission is seeking nominations of individuals who are deserving of the 54th Annual Ed Kirkpatrick Award, the 45th Annual William E. "Buck" Dunham Award, and the 28th Annual Ruth Harper Award. The recipients of these awards are recognized for outstanding citizenship and would have distinguished themselves by deed, accomplishment, or volunteerism.

The Community Services Commission is requesting your assistance by submitting the names of Glendorans who deserve to be recognized as per the guidelines of each award. The following is a description for each award. The Commission will select one deserving citizen for each award at the Community Services Commission meeting in May.

Ed "Eddie" Kirkpatrick Award

The first City of Glendora-sponsored perpetual volunteerism award was named after Edgar "Ed" Kirkpatrick. Ed was an outstanding Glendora youth, young adult sports figure, and citizen. Ed signed with the California Angels as a catcher in 1962 just after graduation from high school. Today, the Ed "Eddie" Kirkpatrick Award continues to be awarded to an outstanding adult who has provided exemplary and extraordinary service to the youth of Glendora in the area of sports.

William E. "Buck" Dunham

Glendora is acknowledged as one of the most volunteer-oriented communities in the San Gabriel Valley. As such, the originating commission recognized that adults volunteer in numerous youth-oriented activities. In order

to acknowledge these volunteers, a second award was created. This award was named in honor of William E. "Buck" Dunham and is awarded to an individual who has made outstanding contributions to the youth of Glendora in an area other than sports.

Ruth Harper Award

Glendora also honors individuals who have made outstanding contributions to the community's senior population. This award is named in honor of Ruth Harper. Ruth was a tireless worker and volunteer for the seniors of Glendora. Her tenacity on behalf of senior services was instrumental in laying the foundation for the programs and services that Glendora seniors enjoy today.

Nominations must be submitted no later than Friday, February 28, 2020, at 5:00 p.m. For more information, please contact the Community Services Department at (626) 914-8228 or download an application from the city's website at CityofGlendora.org.

Azusa State Of The City Address

AZUSA - The City of Azusa will host its 2020 State of the City Address on Tuesday, **January 28** at 6:00 p.m. in the Azusa Civic Auditorium, 213 E. Foothill Blvd., Azusa. Mayor Joseph R. Rocha, who has announced that he will not run for reelection, will deliver his last State of the City address which will highlight the major accomplishments for the City

in the past year. The Mayor will address future projects and goals as well as concerns lying ahead for the City of Azusa, many of which will affect all communities in the San Gabriel Valley, Los Angeles County and the State.

Mayor Rocha has built the foundation of his leadership around his commitment to improving the education, health

and welfare of Azusa residents and implementing innovative, fiscally responsible and service-oriented policies that will enhance the efficiency and transparency of City operations for years to come.

After the Mayor's Address, attendees are invited to enjoy a selection of appetizers and refreshments in the adjacent City Hall Courtyard.



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

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- We also believe in accuracy in fact and context. Journalists should be accountable for any news or subjects they write about.
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Homeless Need A Roof BUT...

Read any think tank newsletter and they will tell you homelessness is a top concern of residents in California and our country today. This predicament or crisis, or what ever name you want to give it, is drawing kneejerk reactions from most of the state leadership but no real comprehensive game plan with specific long-term or short-term goals.

The newspaper articles of tent cities only fuel the anxiety of those adjacent to the situation whether it is the business communities or the residents viewing and dealing with those on the streets each and every day. And, we are talking about 151,000, up 21,000 homeless from last year, in California and 25% of the homeless population in the U.S.

Gov. Newsom has designated himself as the 'Homeless Czar' and is walking around visiting cities and tent communities after receiving the Homeless Task Force Report from the 13-member unit led by Sacramento's Democrat Mayor, Darrell Steinberg and Los Angeles County Supervisor, Mark Ridley-Thomas. CalMatters, reported Newsom's tour of the state had a purpose "... aimed at drawing attention to the homelessness crisis." If he thinks he needs to draw attention to the homeless problem he needs to get out a little more often.

Mayor Steinberg told San Francisco Chronicle, referring to local governments' inactions dealing with the homeless crisis, "We are calling for a legally enforceable mandate requiring governments to bring people home ... No more of this being an option. It's past time to do what is fair, compassionate and necessary to save lives." He is, of course, referring to enforcing Newsom's 3.5 million new housing units using the methodology in SB 50 that would eliminate existing local zoning ordinances and no environmental review when building those units. SB 50 has failed passage repeatedly in the Democrat controlled legislature with reports it's going nowhere again this year.

Newsom has budgeted \$750



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora million, one-time, to cover rent and housing for the homeless. What happens next year? From what I've read here and there he is expecting the private sector to step-up and participate. Comments by Steinberg who is talking mandates, the continual failure of SB 50, says to me we are talking another initiative on the November ballot that would provide the billions of dollars, and private sector partnership, Newsom says is required to provide housing for all.

We know the conditions on the street include not just what we use to call the down-and-outers who are homeless but those with mental health issues and drug and alcohol addiction. The 11-page report commends Governor Newsom for budgeting unprecedented resources to begin a statewide effort to deal with homelessness by including \$1.4 billion in the expansion of Medi-Cal this year to provide support services for the homeless. To qualify for Medi-Cal, income has to be below about \$17,250 for a single adult and pregnant and postpartum women are eligible with incomes up to about \$68,700 for a family of three. Satisfactory immigration status is a requirement. The federal government plays a roll in funding Medi-Cal.

Newsom signed a bill to cover 138,000 Illegals under the age of 25 costing taxpayers \$98 million this year. Through legislation or the budget bill, he will provide free medical to illegal seniors at a cost of \$121 million this year. I don't know if this is part of the homeless package or just addi-

tional taxpayer aid for illegals who don't qualify for Medi-Cal.

The homeless issue is a complicated one with many facets and mandating a roof over the heads of 151,000 people is not easy politically, certainly not affordable or, in review of what is on the streets, not a one-size-fits-all solution unless that roof comes in many shapes and sizes.

We started the deinstitutionalization of the mentally ill back in the 60's feeling there would be adequate treatment and follow-up at a less expensive rate. That homeless population grew and today is a disproportionately large part of the street people. Some estimates are 25%.

In 2011, due to over-crowding in our prisons, approximately 50,000 criminals were released to the streets or sent to county jails and released again. Why do we have that many law breakers running around? Are offenders given any support services before release to prevent re-offending? We have shortened incarceration times, reduced parole supervision time and don't count stealing less than \$950 worth of merchandise as a criminal act. How many of those early releases are on the streets in tents?

Those walking across the border are generally not highly educated or skilled individuals so may not be working or generating enough income to afford a roof. What part of our homeless population are the immigrants (legal or illegal) that should be part of our census count to evaluate solutions?

Women and children who are there because of divorce or other family separation issues, domestic violence and no job need assistance without waiting for a Sacramento report. Resolve that issue first to avoid jeopardizing the kids who will develop anti-social issues and not excel in school. That should be an easy one.

The final report on homelessness, to be an honest sincere effort to solve the homeless problem, needs to address more than housing or a roof over the head of all.

I Have No Compassion

I covered a story a couple of weeks ago about a gang member who got killed at his home in West Covina. I posted information on this on Facebook as well. It was a premeditated act to kill this individual and possibly anyone who was around him at this time. He was only 41 years old.

I posted this information on Facebook and tried posting his arrest record over the last 2 years. He had 78 charges filed against him just in that time alone. Felonies that should have netted years in prison was reduced to 180 days on a number of charges because of Assembly Bill 109. This reduced time then allowed for even less time served.

As for the individual that was killed, I blame that AB 109 law and his way-of-life for contributing to his murder. A letter sent to the Examiner and the letter writer felt I had no compassion. "He had family and kids" and they went on to offer their opinion about my lack of compassion and not considering others around him.

Strangely enough, I had met this individual a few years ago. He had an attitude but he was also



George Ogden
That's just the way it is!

funny. We had interesting short conversations. We had joked back and forth and my interaction with him was actually pretty good, he was a cool dude, but that did not dismiss who he was.

The man chose his way of life. The person that responded on Facebook and the one who wrote the letter may have been one in the same. The responses on Facebook were hugely lopsided with "Thumbs Up" and approvals of his final demise with maybe two comments not being happy with his death. I removed the posting when some people made horrid comments that others should have died as well. I didn't think those kind of comments should be out there like that.

What I published was factual.

People need to know what the "elements" are and who they are. To have compassion for a person who has been defined as, "An Urban Terrorist" is pretty tough to do. The question I have, do these same people have compassion for all of his victims? He has changed lives forever for some families. There has been comments that he has been involved in some homicides in some way or another. Is there compassion for these people? He has cost the taxpayers hundreds of thousands of dollars and there is no compassion for the citizens that have to pay for all of this. Just for the record, a homicide (murder) investigation can easily reach \$1,000,000.00.

I can't understand why some people would take this direction and destroy their own life and that of their loved ones. I don't get it. To create a situation where you are hated by so many, by other gangs and citizens as well.

I guess I may have some compassion here... this "IS" sad all the way around... However, things like this will continue to happen...

"That's Just the Way It Is!"

Annual Health & Wellness Fair

GLENDORA - Celebrate wellness with the City of Glendora Community Services Department and learn how to create a healthier lifestyle by attending the free Annual Health and Wellness Fair on Thursday, **January 23rd** from 12:30pm to 3:00pm at the La Fetra Center; 333 E.

Foothill Blvd., Glendora, CA 91741. Over 34 businesses and vendors will be present giving out information on a variety of health topics such as transportation and first aid safety, homelessness, insurance, stroke awareness, healthy eating, elder care, mental health services and so much

more. Free screenings such as pulmonary function, hearing, blood pressure, blood sugar, memory, and depression will be available to all who attend and don't forget to get your free chair massage and enter your name in the raffle. For more information please call (626) 914-8235.

Hearing Voices

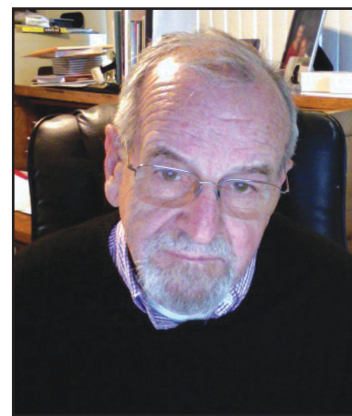
The other day as I was mindlessly flipping through the TV channels—most of which I find to be useless—looking for who knows what, I ran across something called, "The Long Island Medium."

Here was an exotic looking blonde-haired woman who claimed to be in touch with the dead, and who finds in her contacts voices of comfort, goodwill and forgiveness. Nobody who has died had anything negative to report. Loved ones from "the other side" had only pleasant things to report through this TV channeler. Pardon my skepticism, but I put this bit of hokum in the bag with Ouija boards and horoscopes.

I have friends who really believe that they have had honest contacts with those who have died, and I am more than hesitant to judge anyone's private experiences. What is true for someone is their honest reality. But this TV character had my tongue buried deep in my cheek.

Nevertheless, I am more than occasionally surprised by old memories that come unexpected and are not just conjured by some strange electrical happenings in my brain. From time to time someone I haven't seen for decades and who has run across my column writes, and I am flooded with memories—some difficult, some beautiful.

Among contemporary sacred rules is, "live in the moment." I think I understand the wisdom inherent in paying absolute attention to what is happening at any instant. I have been helped by following this wisdom when I have



Charles H. Bayer

needed to pay total attention to someone with whom I am having a conversation, and found myself looking over their shoulder at someone across the room. And I admit that there have been occasions when Wendy has accurately said, "Charles, are you listening to what I am saying?"

However, my life is the product of these nine decades, and my memories are a critical part of who I am. So much of me lives in the past. Encounters with those from my distant history are particularly precious. I get an email from one of my daughter's teenage friends, and Carol, who died two years ago at 65, appears in my mind, and I hear her voice. I get a letter from a former President of my denomination, The Disciples of Christ, and flooding back are the voices of J.J. Van Boskirk, Garnett Day, Barton Hunter, Harvey Lord and a host of others I have known in the national church. I look at the photo on the wall over this desk and I hear the voices of Chuck, Carol, Phil, Judy, Martyn and Woodie, great old friends, all of whom are still alive, and I relive our spirited conversations in the kitchen

of the Italian farmhouse we shared years ago.

I look in my files and find a picture of my father, and we hold the conversation we never had before he died. When my son, John, would come back from Asia or wherever the ship he worked on took him, he would bring trinkets for our small kids. When I gently caress one of these treasures, John who died decades ago, bounds into the room.

A neighbor returns from her summer in Maine and I see again the John Mark, our Penobscot Bay sailboat—and ten minutes later I see my watercolor painting of that craft recently hung in the hallway by a neighbor. I hear a dog barking in the courtyard, and over in the corner I see my little dog, Mattie, who died three years ago, and about whom I had a recent dream.

It is not all positive, and something will occasionally evoke one of my failures, or I hear the voice of someone I have hurt. If I take too seriously what it means to live in the present, much of my life stays hidden. But then I am reminded that my life is the product of all that has happened in these nine decades. And I worry that age will do something to my memory and I will lose most of who I am. So I will pay attention to what it means to live in the present, even as I listen to the voices of those I have known during all these years. The Long Island Medium may deal in hokum, but being visited by the dead for most of us is a precious encounter.

Contact Charles Bayer at candwbayer@verizon.net

Measure WC Is Not The Typical City Sales Tax Increase

By Jerri Potras, West Covina Neighbors Stopping the Tax Grab Committee

West Covina residents will vote March 3, 2020 on whether or not the city sales tax should be increased by .75 percent. On the surface, West Covina's sales tax increase, Measure WC, seems similar to the sales tax increase residents voted on in Glendora and Covina and residents in Azusa will be voting on. West Covina's Measure WC is radically different from those measures and it is those differences that is the cause for concern. The impact of Measure WC on West Covina is so wrong that former mayors Fred Sykes, Forest Tennant, James Toma, and Ben Wong along with retired Auditor Gloria Gandara, West Covina Audit Committee member Jim Grivich, former Commissioner Steve Bennett, and myself, a retired community college administrator, signed the ballot statement urging a "No" vote on West Covina's Measure WC.

West Covina's sales tax increase was written by the city's public safety unions, not the West Covina City Council. When West Covina's unions wrote their sales tax initiative, they did so to benefit themselves, not residents. The recent pay raise the West Covina City Council recently approved for fire and po-

lice is subtly but clearly linked to Measure WC in four ways.

First, the newly-approved public safety contracts state that if the city gets new revenue exceeding \$3 million and \$4 million, fire and police personnel, respectively, receive another 4% plus a 9% bonus in addition to the 12% pay increase that went into effect January 2020. These two raises plus the bonus give fire and police a huge 25% raise despite the State Auditor ranking West Covina "High-Risk for Fiscal Distress" as the 17th worst of 471 cities in California.

Second, if passed, Measure WC triggers a clause in the new fire and police contracts that will require West Covina's police and fire salaries to be third among ten pre-designated cities police departments regardless of the city budget. Economies fluctuate. Stock markets drop. Requiring West Covina's public safety salaries to be in the top quarter of designated cities regardless of economic realities is not sound fiscal policy and will quickly require residents to pay additional tax and fee increases.

Third, West Covina finance staff acknowledged the increased cost for overtime and pension payments associated with pay raises were not included in the pay raise cost projections. When those costs are factored in, ap-

proximately 7 million of the 9.7 million West Covina is committed to police and fire personnel pay and pensions. With the majority of the new tax going to expensive pay and benefits, little is left for the proponents "promised" wish list.

Lastly, Measure WC union's measure replaces West Covina's Audit and Finance Committee with an Oversight Committee that requires police and fire personnel to be on the committee and their approval on changes a city council may wish to make to their newly created Oversight Committee. The two committees have completely different purposes. The Audit Committee should not have been included in ordinance the union wrote. Most importantly, there is no need to replace a committee that has been working in the best interest of residents.

Measure WC is not a good deal for West Covina.

On Saturday, January 11, 2020, approximately 40 West Covina residents attended the kick-off meeting of the West Covina Neighbors Stopping the Tax Grab Committee. We are letting our neighbors know about the dire consequences of Measure WC and urging them to Vote No on WC.

For more information, visit www.westcovinaneighbors.com.

Arcadia's Crime Drops in 2019

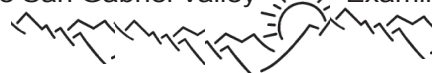
ARCADIA—The Arcadia Police Department's preliminary review of Arcadia's 2019 crime statistics indicates that incidents of crime decreased again last year. Compared to 2018's statistics, there was a 28% drop in Residential Burglaries, a 17% decrease in Robberies, and an 11% reduction in Assaults. Compared to 2017's statistics, Residential Burglaries dropped 46% and Robberies decreased by 35%. As for Vehicle Theft, there was a 1% decline and general theft levels remained at the same level between 2018 and 2019.

"The crime reduction success-

es seen in this preliminary review are the result of directed enforcement strategies that provided increased patrols in areas experiencing upticks in criminal activity," said Arcadia Police Chief Robert Guthrie. He added, "The most important factors in this success have been the hard work and dedication of Arcadia police officers and support personnel, as well as the strong partnership between the Arcadia Police Department and Arcadia residents in working together to keep Arcadia a safe place to live, work, and visit."

Despite these successes, it is important to remind the Arcadia community to continue to be vigilant towards crime. Be aware of what is happening in your neighborhoods and businesses, and remember if you "See Something, Say Something". Together we hope to experience another successful year of reducing crime in Arcadia!

For more information on crime prevention for your home or business, please visit the Arcadia Police Department's webpage at ArcadiaCA.gov/police.



Optimism In The New Year

What could go wrong in this market? First, some high-flying stocks and sectors are vulnerable. As the stock market has moved higher, short covering has caused a "bubble" to form under Tesla, which could be negatively impacted at over 10 times sales and over 76 times forecasted 2020 earnings - especially if Tesla suffers disappointing sales (U.S. sales dropped 39% in the third quarter, although the Model 3 international sales surged), or poor guidance or another earnings miss, like Tesla had in three of the last four quarters.

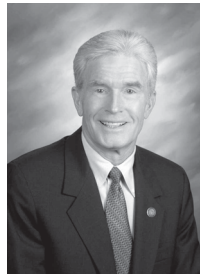
Second, technology, financials and healthcare are the sectors that propelled the S&P 500 higher in the fourth quarter, so a positive showing by Democratic candidates Bernie Sanders or Elizabeth Warren in New Hampshire or on Super Tuesday could "spook" healthcare companies, while rising interest rates or any warning from a big technology company could spoil the party.

All good bull markets "climb a wall of worry," and this is what worries many. But Wall Street really does not see any major risk, since not only are we in the midst of an improving economic environment, but we are also in a Presidential election year, when the candidates run around promising everything to voters, which tends to raise both consumer and investor confidence.

So far, the stock market has been very good at ignoring distractions, like Brexit, and the impeachment process.

As always, we should try to control our own destiny by owning fundamentally superior stocks that we can expect to post strong sales and even stronger

In A Nutshell What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

earnings (due to their profit margin expansion, better than expected earnings results and positive guidance). Then, all we need is the staying power to wait for the fireworks associated with each positive quarterly announcement season.

Other threats continue, but they should not impact the market in a major way. Despite a civil war in Libya, a possible Russian annexation of Belarus, continued chaos in Venezuela, Iran's internal revolution and North Korea's mysterious missile threats, the stock market is very good at ignoring virtually all international events, unless they directly impact the commodity or financial markets. The truth of the matter is that economic sanctions have generally replaced major military operations, as in Iran, North Korea and Venezuela. China realizes that all too well from dealing with the Trump Administration.

It is important to remember that there will continue to be flare-ups and distractions. The proxy wars that Iran conducts through its surrogates, like Kataeb Hezbollah, will likely continue to be aggressively responded to with drones and airstrikes. As far as the stock market is con-

cerned, investors remain focused on peace and prosperity in the U.S., and not on every headline and external distraction.

Another way to put the U.S. situation into perspective is that the mass protests that have become all too common in France are virtually unthinkable here in the U.S., since as soon as workers have a good job, they are much less likely to protest. The longest GM strike in 50 years, in late 2019, resulted in a new four-year labor deal, but it did not significantly reduce GDP growth. Overall, the U.S. workforce is largely too busy to strike, unlike France, where many government workers are still on strike.

What continues to make the U.S. great is that a majority (over 30) of our 50 states are very pro-business and constantly courting companies to relocate there. For example, Charles Schwab & Company recently decided to relocate its headquarters from California to Texas to cut costs in the current "zero commission" environment. This constant corporate courtship from pro-business states helps to promote prosperity, since our 50 states are acting as "economic laboratories."

As I look forward, it is hard to not be optimistic. The U.S. has been re-inventing itself at an accelerated pace, which is causing productivity to rise, boost GDP growth and help to increase wages as well as personal income.

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

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

Your Money - Ask Julia

I meant to invest in my Roth during 2019. Is there any way for me to still do this now?

If you qualify to put money into a Roth IRA, you can make your 2019 investment until April 15, 2020. You will still be allowed to make your 2020 Roth IRA investment contribution, too.

With the current laws, do you think it's a good time to start a business?

It helps the economy when someone sees a need, starts a company, and create jobs. The more recent Federal tax laws do favor starting a business. Those laws offer a lower tax rate and more deductions. However, the government officials in Sacramento, California have reacted by increasing business taxes and utilities, and adding more rules and regulations. Businesses, large and small, have been moving out of California. Before making a decision to start a business, gather the facts for Federal, State, and local taxation and regulations.

As a veteran, can the VA help with my long-term care?

Taking Care of Tomorrow, A Consumer's Guide to Long-Term Care, by the California Dept. of Aging, has a short paragraph about this. "The Veterans Administration (VA) provides a wide variety of services for aging veterans through traditional hospital programs, VA nursing homes, and the State veterans' homes. The VA also offers other programs including home care, adult day care, mental health care, day



Julia Yoder

treatment centers, prescriptions, physical therapy, vision, and caregiver-support programs. The VA has reduced some of its services due to budgetary constraints, not all veterans are eligible for these services, and it's important to inquire before you need assistance. For information, call 1-800-827-1000."

Is there really a safe place to invest?

An individual's age and life-changing circumstances cause their tolerance of risk to fluctuate. The stock market can be quite risky, especially if you do not have enough years before retirement to recover losses. Your investments at a bank are not necessarily FDIC insured. (Ask your banker for their FDIC brochure, and read the disclosures on your bank statement.) The contents of your safety deposit box are not insured by the bank nor by FDIC. Life insurance companies are closely watched and rated (Standard & Poor's, Moody, and others), are required to have a much higher percentage of their mon-

ey "liquid," (quickly available), and typically back their investors' dollars by having their own widely diversified investment portfolio. Nowadays, life insurance (especially with a built-in cash accumulation account), and certain equity-indexed, or fixed annuities are good places to put your money.

How do I leave my money to my favorite charities? (I have no family.)

Check with an attorney. Others I know have leveraged their charitable gifts by using a Charitable Remainder Trust or a Charitable Lead Trust. With a charitable Remainder Trust, assets (money, securities, property, etc.) are placed in the trust, the donor receives any income generated by that trust, and upon death, and the remaining assets go to a designated charity. With a Charitable Lead Trust, the designated charity receives any income generated by the trust, but when the donor dies, the remaining assets go to the heirs.

Ask Julia by email:
juliayoder@yahoo.com

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

Top Things To Do After the Death of a Loved One

If you've discussed end-of-life plans with nurses and counselors who've encouraged you and your family to deal with arrangements, you are one of the lucky ones. Unfortunately, when grieving a loss, some folks, on top of coming to terms with a loved one's death, face aides who can't legally declare your parent's death, calling 911, hosting emergency personnel and dealing with police investigating a potential crime — elder abuse. Only when paramedics arrive can the body be removed and resuscitation attempts stopped.

Keep a sad eventuality from becoming more painful:

1. Get a legal pronouncement of death. How to do so depends on whether the person dies at home, as opposed to an institution such as a hospital or hospice. If a doctor isn't present, you'll have to contact someone and may need to call 911. If your loved one has a "do not resuscitate" document, the paramedics won't start emergency procedures. They will take your loved one to an emergency room for a doctor to make the declaration. In most situations, a doctor is needed to pronounce death.
2. You may have to arrange for transportation of the body. If death has been pronounced and no autopsy is needed, a mortuary can pick up your loved one, and must first provide pricing over the phone. You may want transportation to a crematorium.
3. Check the deceased's driver's license to see whether he or she was an organ donor. Because organs can degrade quickly, this is a priority.

4. Make sure a doctor or county coroner has been notified.

5. Call close family and friends and ask them to call other more far-flung relatives.

6. You may need to have conversations with dependents. You may need to decide what to do with your loved one's pets.

In a few days after death:

- Arrange for the funeral and burial or cremation. This may entail a search of the decedent's documents to see whether a prepaid burial plan exists. Go with a family member or friend to the mortuary. Prepare an obituary.
 - If your loved one served in the military or belonged to a fraternal or religious group, contact the organization. It may have burial benefits or conduct funeral services.
 - Ask a friend or relative to keep an eye on the person's home, answer the phone, collect mail, throw food out and water plants.
 - Create a memorial page online — most funeral homes offer this option and can help you do this.
 - Consider the purchase of a casket or urn. Caskets can be very expensive, so it may be a good idea to have a friend along as the "voice of reason," so the recently bereaved don't buy a needlessly costly one in the throes of grief.
- Within 10 days after death:**
1. Take the will to the appropriate country or city office to have it accepted for probate.
 2. If necessary, the estate's executor should open a bank account for the deceased's estate.

3. Contact a trust and estates attorney to learn how to transfer assets and assist with probate issues.

4. Ask police to periodically check the deceased's house, if it is vacant.

5. Contact an accountant or tax preparer to see whether an estate-tax return or final income tax return should be filed.

6. Check in with Social Security and such other agencies as Veterans Affairs about benefits, to stop payments and to ask about applicable survivor benefits.

These are details we'd much rather never have to deal with, but it's better to be informed.

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



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

Replacing a Car Battery... Why It Takes an Expert!

Our vehicles are much more complicated than they used to be. Each system is controlled by a separate computer module and each car can have as many as twenty of these modules. They each have their own "memory" and they depend upon the car's battery to keep the memory intact.

We all have had to reset our car's clock after a battery disconnect but these days more can be lost than your car's clock time. Here are some of the issues that can occur after

a battery power failure or disconnect:

- Loss of time on the clock, loss of set radio stations and anti-theft lockout
- Stalling, failure of emission monitors
- Loss of power seat and mirror positions
- Door control loss such as locking, driver door switch pad, child lock switches, etc., which are associated with the driver's door. In most of the cases the driver door module acts as a master and others act as slaves

in communication protocols.

If you have replaced your car's battery on your own and you are experiencing any of these issues, please contact us today. We can help your car get its memory back!

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

Hometown Service You Can Count On!

El Monte Union Awarded \$9.8 Million to Promote Zero-Emission Vehicles

EL MONTE – El Monte Union High School District is one of three school districts across the state to be awarded a combined \$24 million to promote zero-emission transportation options for students, parents and staff as part of a two-year Clean Mobility in Schools Pilot Project program.

The California Air Resources Board (CARB) awarded El Monte Union \$9.8 million to kick off the pilot program, along with San Diego Unified (\$9.75 million) and Stockton Unified (\$4.8 million).

"These projects will set up the schools to address climate change, reduce air pollution and lead the next generation in learning about and using clean mobility options," CARB Executive Officer Richard Corey said. "Congratulations to these first grant winners."

The Clean Mobility in Schools Pilot Project is part of California Climate Investments, a statewide initiative that puts billions of cap-and-trade dollars to work reducing greenhouse gas emissions, strengthening the economy and improving public health and the environment, particularly in disadvantaged communities.

One major goal of the project is to provide lessons learned and "how-to" guidance for school districts interested in implementing similar projects. CARB staff will use the lessons learned to develop a blueprint for success for school districts and other facilities.

Districts will pilot small- and large-scale long-term school initiatives. Smaller projects include curriculum to teach students how zero-emission vehicle technology works. Large-

scale initiatives include developing vehicle-to-grid charging infrastructure and pathways to zero-net energy school districts.

"This grant will be transformative for El Monte Union, giving us the chance to generate research, compelling education and community outreach in support of our efforts to be a green district," Superintendent Dr. Edward Zuniga said. "We plan to complete a menu of initiatives, including adding zero-emission buses to our fleet, electric maintenance vehicles and battery energy storage, and build awareness of our initiative among our entire community."

Upcoming Event?
Let us know at
SGExaminer@aol.com

**Advertise In
The San Gabriel
Valley Examiner
626-852-3374**

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

Importance of Colon Cancer Screening

Learn the importance of colon cancer screening. Dr. Ken D. Nguyen, gastroenterologist will discuss why you should be screened, what makes you at risk and different types off screenings. The free presentation will take place on Tuesday, **January 28** at 1:30pm, Arcadia Community Center, 365 Campus Drive. Arcadia Senior Services provide this health seminar in partnership with Methodist Hospital. If interested in attending this informative health program or for additional information please call Arcadia Senior Services, 626.574.5130. This program is for individuals age 50 and over.

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

Advertise In The San Gabriel Valley Examiner 626-852-3374

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.

LA VERNE

Pick Your Own Oranges

Enjoy a "Slice of La Verne's Past" while picking some of the best tasting oranges around. The Heritage Foundation offers you one of the last working orange groves in the area as a place to enjoy with your family. Bags of oranges are \$6, and mesh bags and the picking poles are supplied. The historic Weber house will also be open for tours from 10:00 a.m. - 12:00 p.m. Orange Picking is open Saturdays and continuing approximately until the beginning of March. For more information call (909) 293-9005 or check out their web site at www.laverneheritage.org. Heritage Park is at 5001 Via De Mansion, La Verne.

Get About Transportation

Get About provides transportation for seniors aged 60+ and disabled residents of Claremont, La Verne, Pomona, and San Dimas. The door-to-door service can be used for shopping, doctor's appointments, church, senior nutrition sites and many other locations within the four cities. The service operates seven days a week and membership is free. To Register: (909) 621-9900. To Schedule a ride: (909) 596-5964. For more information, contact Abby Nuyda at 909.621.9900, Extension 228.

MONROVIA

Monrovia Unified Elementary School to Celebrate Chinese New Year

Plymouth Elementary School's PTA will celebrate the Lunar New Year during Chinese New Year Family Night from 6 to 8:30 p.m. on Friday, **January 31** at Plymouth Elementary School, 1300 Boley St., Monrovia. The event will feature arts and crafts and a cultural dance student performance. The event was created to emphasize the school's Mandarin Dual Immersion curriculum and enhance students' learning of the language.

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 con-

tact 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

'How to Succeed' Musical

West Covina High School's theater department will stage the musical "How to Succeed in Business Without Really Trying" from Thursday, **January 30** to Sunday, Feb. 2 at the Covina Center for the Performing Arts, 104 N. Citrus Ave., Covina.

Merced Elementary Named a California Distinguished School

Merced Elementary School was named a 2020 California Distinguished School, among just 323 elementary schools in the state to be honored for clos-

ing the achievement gap and exceptional student performance. Merced will be honored by the state on Monday, **Feb. 10** during an awards ceremony at the Disneyland Resort in Anaheim.

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.

Republican Women Socials and Meeting

WEST COVINA - The first meeting of the year for the Republican women is Friday, **January 24** at the Holiday Inn, 3223 E. Garvey North, West Covina (off the 10 freeway). Social is at 10:30, meeting begins at 11:00 with lunch at noon.

Guest speaker after lunch is Captain "AP" Acuna-Perez. Captain Perez is the Senior Aerospace Science Instructor at Unit CA -20051, Air Force Junior Reserve Officer Training Corp at

West Covina High School. Besides his military record and earning a Master's Degree, he deployed in support of Operation Restore Hope and Enduring Freedom To Africa and Afghanistan. The goal of Air Force Junior ROTC is to instill discipline, integrity, excellence, service and sound character in students.

Guests are welcome. For reservations please call (626) 824-8717.

Library Introduces Youth to Coding Classes

MONTEREY PARK - Tweens and teens are invited to participate in an eight week coding program February 1 - March 21 on Saturdays from 10:30 a.m. to 12:30 p.m. in the library computer lab. Youth ages 11-18 can sign up at the reference desk for the free classes. No experience is necessary.

Participants will learn JavaScript and the basics of building websites including HTML

and CSS. The classes will be led by the Mark Keppel High School "Keppel Hacks Club." This series is sponsored by the Southern California Edison Building 21st Century Skills for Tweens and Teens grant.

Monterey Park Bruggemyer Library is the city's public library located at 318 S. Ramona Avenue, Monterey Park. For more information about the free class, contact the reference desk at 626-307-1368.

Education and Family Resource Expo

SAN GABRIEL - The San Gabriel Chamber of Commerce is holding its third annual Education and Family Resource Expo on Sunday, **January 26** from 1:00 p.m. to 4:00 p.m. at the Hilton Los Angeles/San Gabriel.

The expo will allow schools, tutors, book stores, enrichment programs, fitness instruction, after and before-school programs and family resources to network and market. Admission is free and parking is complimentary.

ABC Runs Decoy Operation in Attempt to Reduce Underage Drinking

GLENDORA - On Saturday, January 18, 2020, Glendora Police Officers along with Agents from the Department of Alcoholic Beverage Control conducted a minor decoy operation in the City of Glendora. A minor decoy operation entails sending minors under the direct supervision of department agents, into stores to attempt to purchase alcohol. Minors are instructed to show their true form of identification and verbalize their true age, if asked. During this operation fourteen locations were visited and only one citation was issued to a clerk for selling alcohol to a minor.

Those who sold to the minor face a minimum fine of \$ and/or 24 to 32 hours of community service for a first violation. In addition, ABC could take administrative action against the alcoholic beverage license of the business where the alcohol was sold to the minor. That may include a fine, a suspension of the license, or the permanent revocation of the license.

ABC is conducting the compliance checks statewide to reduce the availability of alcohol to minors. Statistics have shown that young people under the age of 21 have a higher rate of drunken driving fatalities than the general adult population.

Minor Decoy operations have been conducted by local law enforcement throughout the state since the 1980's. When the program first began, the violation rate of retail establishments selling to minors was as high as 40 to 50 percent. When conducted on a routine basis, the rate has dropped in some cities to as low

as 10 percent or even lower. The California Supreme Court ruled unanimously in 1994 that use of underage decoys is a valid tool of law enforcement to ensure that licensees are complying with the law.

Funding for this program was provided by a grant from the California Department of Alcoholic Beverage Control through the department's Grant Assistance Program.

ABC is a Department of the Business, Consumer Services and Housing Agency.



A Doctor's Advice for Achieving Healthy New Year's Resolutions

With the start of a new year, many of us are setting our sights on health goals for the new decade ahead! While 60 percent of people make New Year's resolutions, only about eight percent actually fulfill their goals. What's more, many kick off their 2020 goals without a healthy - and practical - way of reaching them.

So, before you hit the treadmill or transform your eating habits, consider these steps to tackle the most common New Year's resolutions the healthy and safe way.

1. Lose weight. About half of resolution-makers have this intention at the top of their list. But the truth is, your health is measured by more than a number on the scale. It's important to live a happy and healthy lifestyle in mind, body and spirit! In fact, an Applied Psychology: Health and Well-Being study found that standard well-being can have a positive impact on the immune and cardiovascular systems. Make sure a happy attitude is a priority!

If you are concerned about your weight, a better indicator of health than pounds lost is body mass index, or BMI,



Augusto G. Cigliano, MD

which is a measure of body fat based on height and weight. Visit the Centers for Disease Control's website to see the healthy ranges.

2. Eat healthier. You are what you eat, and making healthy changes to your daily eating habits can have a positive impact on your overall wellbeing. Each person's body is unique, and their eating habits should reflect that. It's a good idea to check in with a registered nutritionist or dietitian to create a meal plan that's right for you. A good rule of thumb is to cut back on sugar and processed foods and incorporate more whole foods into your diet such as organic fruits, vegetables and whole grains.

3. Exercise more. As with any resolution, first identify your goal and the "why" behind it. The same is true when it comes to fitness. For example, do you want to increase muscular strength, improve aerobic stamina or enhance overall endurance? Identifying the specific physical improvements you want to make keeps you motivated on your fitness journey. Remember to consult with your doctor before starting a new exercise regimen, especially if you have previous injuries or a chronic health condition that may call for a specific exercise routine. Finally, ease into your new fitness regimen by starting slow to avoid workout-related injuries like sprains and strains.

4. Quit smoking. Tobacco use remains the single largest preventable cause of disease and premature death in the United States. Quitting smoking lowers your risk of cancer, prevents further damage to your lung tissue and lowers your risk of a heart attack within only 24 hours! There are several different avenues to take: medications to help with nicotine withdrawal, counseling and support groups and quitting cold turkey. Talk to your doctor about the best option for you.

On behalf of all of us at Emanate Health, we hope 2020 is your most healthy year yet! For more health tips, visit Emanate Health on Facebook @EmanateHealthNow or Instagram @EmanateHealth_. For additional information, visit www.emanatehealth.org.

Augusto G. Cigliano, MD, is an Emergency Medicine physician at Emanate Health Foothill Presbyterian Hospital - providing quick and efficient emergency care. Dr. Cigliano received his medical degree from Rosalind Franklin University of Medicine and Science in North Chicago, Illinois, and completed his residency at Loma Linda University Medical Center in California. 24/7 emergency care is available at all three Emanate Health hospitals: Emanate Health Queen of the Valley Hospital, Emanate Health Foothill Presbyterian Hospital and Emanate Health Inter-Community Hospital. For emergencies that are not life-threatening, schedule a visit to an Emanate Health ER by using our convenient check-in for shorter wait times: <https://www.emanatehealth.org/services/emergency-room-services/>.

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Judicial Candidates

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**Offices No. 42, 72, 76, 80, 97, 129, 145, 150 and 162
(23 Candidates)**

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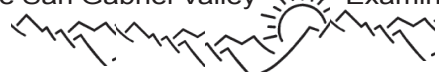
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David Fredendall Running For Glendora City Council District 2



David Fredendall is one of the candidates for Glendora City Council

David Fredendall is a third generation Californian born and raised in the Inland Empire region of Southern California. A graduate of the University of California at Riverside with a Bachelor's Degree in Administrative Studies; a liberal arts business degree. David is a fourth generation descendant of pioneering families of Glendora, having moved to Glendora with his wife of more than 36 years, Maria in 1986. Together they raised one son, Derek who also resides in and is a small business owner in Glendora.

David's professional career offers a diverse expertise with more than 40 years in sales services, operations and manage- ment as a Logistics Professional serving consumer goods industries in manufacturing, retail and end user support services for many household name companies. In addition to his professional career David has provided more than 36 plus years in volunteer leadership roles being distinguished and highly recognized for work and commitment to leadership with the Boy Scouts of America as an Eagle Scout and adult leader/mentor in and around Glendora. He has also served similar time as a Governing Board Member and Official for the California Sports Car Club Region, Sports Car Club of America. David has been rec-

ognized for his Commitment and Service to Youth with the Wm. Buck Dunham Award by the City of Glendora.

Currently David serves as a Trustee and President of the Fairmount Pioneer Cemetery Foundation with oversight and management of Glendora's Historical Landmark.

Some of his key focus points are to Serve All of Glendora without borders or zip codes, continue successful management of Glendora as a business, community based customer service, maintain Fiscal management success to protect high rating through transparency, honesty and critical evaluation, improve relationships with community businesses to a strongly business favorable environment, economic development practices to attract new business to town, simplify Property Owner development requirements with clear concise and well defined requirements that are not always being changed mid project, protect the property owner rights while addressing Homeless population; reasons, needs, solutions while expecting funding programs due us from prior taxation, resist new taxation for programs not exercised, maintain City properties and improvements within fiscal capacities, maintain Local Law Enforcement, support Community Services programs for youth, seniors and all citizens, keep Glendora the City you want to live and be in. David and Maria are very proud to call Glendora Home! The election will be held on March 3, 2020.

West Covina Police Department Recognizes Their Volunteers



Volunteers for the West Covina Police Dept.

By George Ogden/WCPD

WEST COVINA - The West Covina Police Department (WCPD) is recognizing their volunteers. Many people don't know that WCPD has a volunteer program nor how much they do for the department. In 2019 alone, they provided approxi- mately 400 hours of assisting

with traffic control, marked 568 abandoned vehicles, completed 900 vacation house checks, served 275 subpoenas, reported 150 abandoned shopping carts, and reported 160 areas with graffiti. Their momentum only continues ...

The volunteers do a lot for the department and WCPD appreci-

ates them greatly and expresses a big "Thank You" for what they do!

For those interested in this volunteer program can visit the WCPD website (www.wcpd.org) under the "recruiting" tab to learn more. You can also contact them at 626-939-8557.

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7:00 am - 11:00 am Health & Safety Expo

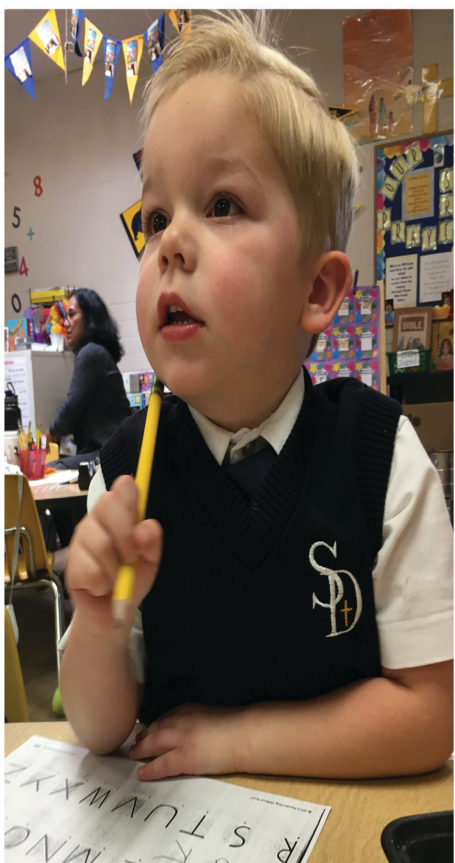
7:00 am	Registration
8:15 am	Warm Up
8:30 am	Special Guest Presentations
8:45 am	Survivors Dove Release
9:00 am	Run/Walk

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