



San Gabriel Valley

# Examiner

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## INSIDE



County Disaster Hotline / A3

## Elected VP of CSBA



Xilonin Cruz-Gonzalez / A7

## INDEX

Financial/Consumer	A5
Legal Notices	B1
City Notices	B10
Classifieds	B12

# Glendora's Hometown Christmas Parade

By Jayam Rutnam

**GLENDORA** - A beautiful day in Glendora, the weather couldn't have been better. The sun was shining as the 2017 Glendora Hometown Christmas Parade started sharp at 9 a.m. on Saturday December 9th. Led by three Glendora Police Department motorcycle officers, followed by the Glendora High School Award Winning Tartan Pipers and Band, playing "Joy to the World."

The Glendora Hometown Christmas Parade had grown so much, that spectators and well wishers were three deep on the sidewalk in some spots. Regardless, it was still comfortable with enough space to move around. People from Glendora and surrounding cities look forward to this annual event, which gets bigger and better every year. The theme this year was "An Old-Fashioned Christmas," and this Parade certainly gives one that old time "Mayberry" feeling! The motto of the parade was "all about kids."

This year like all others past, had many great entries such as bands, dignitaries, youth groups, dance groups and



The Glendora High School Tartans carry the "Glendora" sign leading the parade.

much more. Featured special honorees this year were Glendora Citizen of the Year Helen Storland, Glendora Hometown Hero Dr. Patricia Rasmussen, and Glendora Youth Hero Melissa Heredia.

Glendora Mayor Gary Boyer rode with his wife and grandson in an old MG TD, Mayor Pro-tem Mendell Thompson and his wife rode in what looked like an old Model T Ford, Glendora Council Members Karen Davis, Judy Nelson and Michael Allawos rode on the back of newer convertible cars. Former Glendora Mayor Gary Clifford looked quite

lively shouting "Merry Christmas" in a vintage pickup truck. Gary is also the Chairman of

the Glendora Chamber of Commerce. The Glendora Chamber was represented by

Director and President Joe Cina, Michelle Street and Amy Elzik. Joe was seen driving a car that he barely fit in!

As usual, Santa Claus rode in a huge fire truck. Other participants were Cub Scout Pack 491, the Berrytones, the San Dimas Rodeo, Jazzercise, Artisan Spectrum Athletics, California Youth Spirit, Alosta Brewery, Dance Street West, Glendora Tire and Brake and many, many more!

The Glendora Christmas parade is organized by the City of Glendora, Glendora Kiwanis, Rotary Club of Glendora, and the Glendora Christmas Parade Committee.



Mayor Pro-tem Mendell Thompson and his wife ride in a vintage American automobile.

## Community Christmas Party in Covina

By Michele M. Durfee

**COVINA** - Project 29:11, a local non-profit that serves the San Gabriel Valley, held its annual Community Christmas Party at Covina Assembly of God on Saturday, December 9th from 9am - noon.

Every holiday season, Covina fireman, policeman and city council members all join together with local volunteers from Covina Assembly to help spread a little extra cheer to families. At the event, each child who attends gets to pick one toy of their choice, enjoy a Taco Bell breakfast with their whole family, take pictures with Santa and grab a bag of groceries to take home. This year, 1,394 guests attended, 840 children from our community were blessed with toys and 300 food bags were given out to families.

"I need good toys for my son," stated Rana Dawood from Covina, the first mom in line, who arrived at 3am to se-



Covina policemen and council members, like John King, Walt Allen and Peggy Delach help children find just the right toy!

cure her spot. The line of guests wrapped around the church, hours before the event even started. Covina Councilwoman Peggy Delach, who volunteered for the day, noted how, "It's always nice to bring the joy of Christmas to those less fortunate, and the volunteers of Project 29:11 and our police and fire volunteers do an amazing job of doing just that.

The city of Covina is so very fortunate to have the Assembly of God parishioners who give back so much to our community!"

Project 29:11 also offers a year-round food bank and clothing rack to the community. To learn more about what they offer the community and/or how to partner with them, visit: [www.project2911.net](http://www.project2911.net).



Hundreds of San Gabriel families line up in the cold, hours before Project 29:11's Community Christmas Party, waiting to get toys, food and photos with Santa.

## Miss California USA and Miss California Teen USA 2018 Crowned

**LONG BEACH** - Kelley Johnson a 25-year-old contestant residing in Hermosa Beach was crowned Miss California USA 2018. Janeice Love a 17-year-old contestant from Barstow was crowned Miss California Teen USA 2018. The pageant was held at the Long Beach Convention Center on Sunday, December 3, 2017. The winners will move on to compete at the Miss USA and Miss USA Teen competitions, respectively.

Johnson, an Intensive Care Unit Registered Nurse, is currently a full-time doctoral student in the online Nurse Practitioner program at the University of Colorado. Her ambition is to educate, advocate for, empower and inspire leaders in health care to influence positive change and improve patient outcomes. Kelley is a professional public speaker who have given 65 key note speeches.

Love is a senior at Barstow High School and freshman at Barstow Community College. She is Captain of the Barstow High Varsity Cheer Squad who is also a member of her local toastmasters club. She volunteers with an organization called Soldier's Angels to support women in the military who are deployed.

Both shows were streamed live on PageantVision.com

Top 10 Productions, Inc., San Diego based producers of MISS CALIFORNIA USA® and MISS CALIFORNIA TEEN USA® conducted the 2018 California State Pageants in Long Beach for the fifth consecutive year. For more information about Top 10 Pro-



Miss California USA 2018 Kelley Johnson and Miss California Teen USA 2018 Janeice Love.

ductions, Inc., Miss California USA, Or Miss California Teen USA, please visit [www.MissCaliforniaUSA.com](http://www.MissCaliforniaUSA.com), #MissCAUSA2018, #MissCA-

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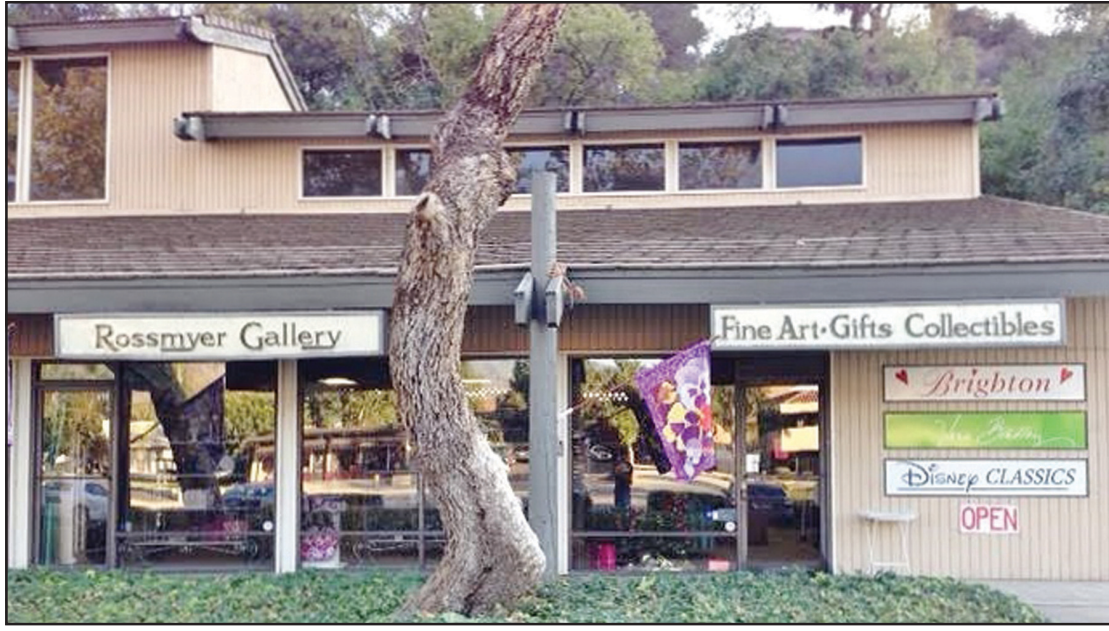
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# Glendora Treasure Closing After 40 Years



Rossmyer Gallery located at 1200 E Rte 66 # 110, Glendora.

by Theresa Tisdale

**GLENDORA** - Rossmyer Gallery is closing due to retirement after almost 40 years of continuous operation. This is a family owned and operated business (the Myer family) and three generations have worked in the store: owner Maurine Myer, her daughter Laurie Astle, and Laurie's daughter Roz.

The store opened in Summer of 1978 and offered mainly collectibles (plates, Lladro, David Winter, Hempstead dolls, Lenox china).

Over the years, as collecting became less popular, the family decided to retain part of the space as an art gallery and the other as a retail space for Brighton and Vera Bradley.

Well known artists such as Thomas Kincaide and San Fernando Valley artists Marty Bell, and James Coleman have made personal visits to the store over the years. The sculptures and paintings of well-known local artist Richard Myer, Maurine's husband, are also featured in the gallery.

Rossmyer Gallery has been the go to store for Glendora residents who want to find a large

selection of Brighton and Vera Bradley. Thom Clancy, a well-know Brighton designer, made a rare appearance at the gallery and spent several hours greetings customers and talking about his design work.

For several years, Rossmyer hosted a Brighton retro sale when customers could bring gently used Brighton items and receive a 75-90% cut on sale of product. Although the sale began at 10, a line began forming as early as 8 so early bird customers could have best selection.

Rossmyer has been known to host large scale events over the years that were very well attended such as tea parties, fashion shows, and bunco nights.

Since the store's retirement announcement on November 10, over 500 customers have visited the store, many multiple times. A contest is running through the end of this week and the top ten customers who accumulated the most points will win prizes such as Vera Bradley luggage, an Ipad, or set of steak knives.

Loyal employees Jo Lynne, Sandy, Nancy, and Diane have worked at Rossmyer for at least

a decade and many customers have expressed sadness to see the store close. Many old friends have come in to visit Maurine and Laurie and thank them for the excellent customer service they have provided for 40 years.

As a frequent customer myself over the last 10 years, I would describe Rossmyer Gallery as an exemplar of a family owned home town store. The personalized customer service provided by every employee has created an ethos that reminds me of the establishment Cheers "where everybody knows your name, and they're always glad you came." Over the last month, it has been obvious that the store has earned the loyalty of hundreds of customers; most are known personally by staff and addressed by name with follow up questions that reveal a more than passing knowledge and interest in the person's day-to-day life.

When such a treasure will no longer grace our community, even for a well-deserved retirement, it is a loss to us all. Farewell and best wishes to Maurine, Laurie, and all the ladies at the Rossmyer Gallery!

# 85°C Bakery Cafe Opens in Azusa

By Jayam Rutnam

**AZUSA** - The 85°C Bakery Cafe had their Grand Opening on December 8th with red and white balloons decorating the front of the store. There was a brisk business with lines of people extending out of the store, waiting to purchase the variety of bakery items that 85°C Bakery Cafe is famous for. Some of the items offered are sea salt beverages, espresso beverages, tea, smoothies, cakes, cup cakes and rolls from Taiwan, Denmark, Japan and Europe. They claim that they have over 50 varieties of pastries, baked fresh, hourly.

Area Manager Raul Garcia was seen supervising the employees and speaking to the customers. There was also an employee at the entrance handing out red



85°C Bakery Cafe Manager Hannah Mc Nevin with employees Yasmin Wise, Brandon Landeros, Jordan Nguyen and a little customer.

bags with their signature logo on it.

85°C Bakery Cafe is located at the Stater Brothers shopping

area at 1119 E. Alost Avenue, Azusa, Ca. 91702 Tel: 626-335-1885.

# Post 475 Entry Selected for New Children's Center



By Joe Mercier, C.A.L.P.A.

**GLENDORA** - Originally part of the Lester West properties on the east end of Finkbiner Park, the unoccupied home and property last owned by the Carty Family was acquired by the City of Glendora. At the time of acquisition there was no specific plan for the property's use but ideas percolated within the Community Services Department over the last four years and a plan emerged for a facility to house a Tiny Tots Program.

The new complex consists of two separate buildings, one for a classroom, offices and restrooms; the other being a smaller building containing additional restrooms. When interviewing the son of the original owner, Stan West, this reporter discovered that the city had asked if they could mount a plaque honoring Lester West, his father. Misunderstanding the purpose of the buildings, Stan and his wife wondered why they should consent to a memorial plaque on a restroom. It was later that they learned of the buildings' true purpose.

In April of this year, officers from The American Legion San Dimas-Glendora Post 475,

along with representatives of other community organizations, were invited to submit competitive ideas for naming the new Children's Center. While following a patriotic theme, four names were submitted for consideration and discussion by the Parks and Recreation Commission. The selected name would then be forwarded to Mayor Gary Boyer for approval.

At the May 18th meeting the commission moved to consider each name and called for comment from the attendees. In defense of Post 475's submission, Post Adjutant Joe Mercier gave reasons for consideration of the name "Liberty House". He

traces the name to a combination of the patriotic term Liberty with his remembrance of the Settlement Houses of his native New England. These houses were centers for sharing knowledge and culture with an eye toward helping women with social services and daycare while tending their children with kindergartens and play areas. It seemed to him that the purpose of this center served in the same way. It is the fond hope of the Post that this new facility and the Tiny Tots Program will engender the same nurturing atmosphere with the proposed early development classes planned for pre-K children of this community.

# On Santa's Knee

**LA VERNE** - It is never too early to begin getting your holiday requests in to Santa. Just ask Hayden Mason, who is 15 months old. Hayden stopped by the Haynes Family of Programs in La Verne this month for the annual holiday lighting ceremony and community reception as 40,000 lights were switched on for the holidays at the Haynes campus. The lights are synchronized to music (tune in on your car radio) and will remain on every night through the holidays. Pictured with Hayden and Santa are grandparents Kathy Mason and Haynes Board member Bob Mason, President of R.H. Mason Insurance Managers. The Haynes Family of Programs provides specialized treatment and educational services to children with special needs relating to emotional development, autism, Asperger's Disorder, learning disabilities, neglect and abandonment. The campus is located at 233 West Baseline Road, La Verne, (909) 593-2581 or www.leroyhaynes.org.



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## California Election 2018 Gubernatorial Candidates Town Hall Meeting

Six candidates vying to become the next Governor of California will face off for the first time during a town hall meeting at the University of Southern California on January 13.

State Assemblyman Travis Allen, State Treasurer John Chiang, attorney John Cox, former state Superintendent of Schools Delaine Eastin, Lieutenant Governor Gavin Newsom, and former Los Angeles Mayor Antonio Villaraigosa will attend the 90-minute town hall meeting, themed Empowering California: A Local Perspective.

The event, hosted by the Empowerment Congress, Los Angeles County Supervisor Mark Ridley-Thomas, and the Jesse M. Unruh Institute of Politics at USC will be open to the public, as well as streamed live on the internet and broadcast live on public radio. To attend, register online at empowermentcongress.org.

"This is an opportunity for voters to see and hear first-hand how the candidates intend to tackle

some of the most pressing issues facing California and, specifically, Los Angeles County," Supervisor Ridley-Thomas said. "Our state's future is at stake, and people deserve to learn about potential policies that will likely affect them for years to come."

ABC7 Eyewitness News anchor Marc Brown will serve as moderator. KPCC senior political reporter Mary Plummer will also sit on the panel, focusing on concerns raised by voters. ABC7 and KPCC are media partners for the event and both will provide a live stream of the proceedings.

"In a time of political turmoil, there is no more fitting way to mark Martin Luther King, Jr. Day than to engage in a spirited yet civil discussion of the great issues facing California," said Robert Shrum, director of the Jesse M. Unruh Institute of Politics at USC.

"This town hall meeting is an affirmation of our values and our faith in democracy." The January 13 town hall meeting will begin 9:00 a.m. at USC's Bovard Auditorium. Immediately afterwards, the public will have a chance to discuss what transpired and visit

with members of the various campaigns in what is being called a Festival of Democracy.

"An informed electorate is crucial to deciding who will become our next governor, so the Empowerment Congress is proud to present this town hall meeting to educate, engage and empower voters," said Empowerment Congress Summit co-chair Charlene Dimas-Peinado.

Supervisor Ridley-Thomas founded the Empowerment Congress 26 years ago, when he was a member of the Los Angeles City Council. It is widely considered a national model of civic engagement, built on the core principles of participatory democracy, reciprocal accountability and intentional civility. It holds an annual summit during the national observance of the Martin Luther King, Jr. holiday to address issues of importance within local communities.

The mission of the Jesse M. Unruh Institute of Politics at USC is to motivate students to become active in the world of politics, and to encourage public officials to participate in the daily life at USC.

## Arcadia Residents Satisfied With Quality Of Life

ARCADIA - A recently commissioned independent survey shows Arcadia residents are highly satisfied with their quality of life and their vital City services. Seventy-nine percent (79%) of City residents agree that Arcadia provides a better quality of life than other nearby communities, and nearly 70% of residents say City services are excellent or good.

"People move to Arcadia because we tend to offer an unsurpassed standard of living," said City Manager Dominic Lazzaretto. "I'm pleased that Arcadia residents are satisfied with the City's performance in service delivery. We work hard to keep our community safe, clean, and well-maintained," he added.

Residents expressed strong support for the Arcadia Police Department, with 84% giving local law enforcement a favorable job rating, and 91% of respondents stating that local police protection was an extremely/very important priority. A clear majority of respondents also expressed concern that Arcadia has become less safe in recent years following changes to state laws that both decriminalized certain crimes and resulted in the early release of repeat offenders.

"The Arcadia Police Department faces significant challeng-

es in the years to come," said Police Chief Robert Guthrie. "Arcadia is a safe City in general but property crime is a serious issue in our community. All available resources are being dedicated to address this priority; however, we need to ensure that this level of effort can be sustained including training, equipment, and additional personnel-to provide the Department, its officers and support staff, the necessary tools to keep Arcadia safe."

Although the local economy remains strong, the rising cost of City services is expected to begin having an effect next fiscal year. "We look forward to discussing how best to support our vital community service needs and evaluating how best to maintain these services, particularly public safety," continued City Manager Lazzaretto. "Over the coming months, we will work with the community to solicit additional views while we develop long-term strategies to maintain and even enhance the services our community values."

The community survey was conducted in October 2017 by opinion research firm FM3, who has extensive experience polling the San Gabriel Valley. For more information, please call Arcadia City Hall at 574-5401.

## County Disaster Hotline Now Activated for Individuals Impacted by Creek, Rye and Skirball Fires in Los Angeles

LOS ANGELES COUNTY - The County and City of Los Angeles jointly announce the activation of the 211 LA County Disaster Hotline for individuals to report damages caused by the recent Creek, Rye and Skirball Fires in Los Angeles. Home owners, renters and business owners may call the disaster hotline to report damages.

"We've started our Recovery efforts in the Los Angeles County Operational Area" stated Jeff Reeb, Director of the Los Angeles County Office of Emergency Management. "We ask anyone who suffered property damage because of the recent fires in Los Angeles County to dial 2-1-1 or visit www.211la.org to report their damages. This will allow the County to determine if we have enough damage to seek a Feder-

al Small Business Administration Declaration, which will offer low interest loans for eligible residents."

"The City of Los Angeles is committed to supporting residents through the recovery process, and that process begins with reporting fire damages through 211 LA County," said Aram Sahakian, General Manager of the City of Los Angeles Emergency Management Department. "These reports help us determine the extent of the impact on our residents and businesses and what is needed to help them recover."

As of December 5, 2017, Los Angeles County Board of Supervisor Chair Sheila Kuehl proclaimed a local of emergency for the cities and unincorporated areas in the County. A County and city-operated Local Assistance

Center will also be offered to provide recovery services and support to individuals impacted by any of the recent fires in Los Angeles as of December 12, 2017.

As a reminder, Los Angeles County residents, renters, and business owners, including persons with disabilities and others with access and functional needs, may also call 211 LA County for emergency preparedness information and other referral services. The toll free 2-1-1 number is available 24 hours a day, and seven days a week, and is able to provide services in 240 languages. Callers who are dialing in from outside Los Angeles County may dial (800) 339-6993. Those who are deaf or hard of hearing may dial (800) 660-4026.

## L.A. County Assessor Offers Tax Relief for Property Owners Affected by Wildfires

LOS ANGELES COUNTY - Assessor Jeffrey Prang urges homeowners and owners of other property damaged or destroyed by the recent wildfires to seek tax relief.

By filing a claim for "Misfortune & Calamity" relief (available at assessor.lacounty.gov) within one year, property owners who have suffered \$10,000 or more in damage as a result of the Skirball, Rye, or Creek fires may qualify for a refund of property taxes they recently paid, as well as a lower tax bill moving forward.

"Wildfires have caused major damage and, in some cases, a dev-

astating loss for many residents of Los Angeles County. The destruction of property and homes in particular is having a profound impact on the lives of our friends and neighbors," said Assessor Jeffrey Prang. "Taxpayers whose properties have been damaged or destroyed by these fires may be eligible for tax relief."

The Assessor's Office, working in conjunction with fire department officials, will determine which properties are being affected. "My Office is ready to offer assistance. As the fires are extinguished and recovery begins, visit us on the Web or call our hotline," said Assessor Prang,

who has dedicated a Disaster Relief Hotline to answer questions and assist these property owners in completing claims:

Assessor's Disaster Relief Hotline  
213.974.8658

Although the Assessor's Office proactively reaches out to property owners to notify them of their eligibility for Misfortune & Calamity relief, state law mandates that each property owner submit this claim in order to receive relief. Those without computer access may obtain a paper claim form at any of the Assessor's offices, including in Sylmar at 13800 Balboa Blvd.

## Board of Supervisors Commend Assessor for Achievement of Top Accreditation - the First in California

LOS ANGELES - The Los Angeles County Board of Supervisors formally commended Assessor Jeffrey Prang today for pioneering innovation in assessment administration and for working to ensure excellence in service to the public - the combination of which has resulted in the Office of the Assessor earning the highest accreditation.

"Congratulations to Assessor Jeffrey Prang and the Office of the Assessor for this tremendous accomplishment," said Los Angeles County Supervisor Hilda L. Solis. "The IAAO Certificate of Excellence is a reflection on the entire County family and the work we do on behalf of our constituents. This award recognizes the

County's shared commitment to the highest standard of public service."

The Certificate of Excellence in Assessment Administration (CEAA) was presented to the Los Angeles County Assessor's Office on September 27th by the International Association of Assessing Officers (IAAO), making it the first and only jurisdiction in California to receive this prestigious award.

"I am proud to accept this commendation on behalf of the more than 1,300 employees who make up the Assessor's Office," said Assessor Prang. "I especially want to thank the Board of Supervisors and the Chief Executive Office for supporting our ongoing

efforts to make this the premier property assessment agency in the nation."

The CEAA is awarded only to agencies which integrate best appraisal and administration practices and meet the highest professional standards as established by the IAAO. More than an award, it is an accreditation that serves as the benchmark for measuring success. Worldwide, a mere 41 jurisdictions have earned this distinction out of over 18,000.

During Prang's tenure as Assessor, the Office has been recognized by a range of other organizations, including Government Technology magazine, the National Association of Counties, and Los Angeles County's Quality and Productivity Commission.

## Monterey Park Police Department Is Arresting Drunk Drivers This Holiday Season

MONTEREY PARK - This holiday season, the Monterey Park Police Department will work to keep drivers and passengers safe as they search for impaired drivers. From December 15, 2017 through January 1, 2018, law enforcement is partnering with the California Office of Traffic Safety (OTS) and National Highway Traffic Safety Administration (NHTSA) in a special year-end "Drive Sober or Get Pulled Over" enforcement mobilization to get impaired drivers off the street and to spread the word about this dangerous crime.

As part of the holiday en-

forcement campaign period, police, sheriff and the CHP will be deploying DUI checkpoints and DUI saturation patrols during the upcoming 18-day DUI crackdown throughout the region. Monterey Park Police Department is conducting a DUI/DL checkpoint on December 15, 2017 at an undisclosed location within the city limits between the hours of 6 p.m. and 2 a.m.

"This holiday season, drivers will notice increased enforcement watching closely for anyone who is driving impaired," said Monterey Park Police Chief Jim Smith. "It is vital that we keep our roads and our travelers safe, not

just at the holidays, but every day. With extra travelers on the roads, and people attending holiday parties, we will likely see an uptick in drunk driving. We'll be arresting anyone we catch breaking this life-saving law."

Driving under the influence of alcohol can have deadly, devastating consequences. Nationally in 2016, 37,461 people were killed in motor vehicle traffic crashes, and 28 percent (10,497) died in crashes where a driver had a blood alcohol concentration (BAC) over the limit of .08. California reported 1,059 DUI deaths at .08 or above.

In recent years, California has seen an increase in drug-impaired driving crashes. The Monterey Park Police Department supports the new effort from the Office of Traffic Safety that aims to educate all drivers that "DUI Doesn't Just Mean Booze." If you take prescription drugs, particularly those with a driving or operating machinery warning on the label, you might be impaired enough to get a DUI.

Marijuana use can also be impairing, especially in combination with alcohol or other drugs, and can result in a DUI.

"Two simple words can keep your holiday festivities safe - plan ahead," said OTS Director Rhonda Craft. "Before you head out to any celebration, plan how you are getting home safely. If you are drinking, that means knowing what sober driver or service will be using."

Drivers are encouraged to download the Designated Driver VIP, or "DDVIP," free mobile app for Android or iPhone. The DDVIP app helps find nearby bars and restaurants that feature free incentives for the designated sober driver, from free non-alcoholic drinks to free appetizers and more.

Funding for this DUI operation is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration, reminding everyone to "Report Drunk Drivers - Call 9-1-1".

## Food Bank Distribution Program

GLENDORA - The La Fetra Center and the Los Angeles Regional Food Bank invites SENIORS (Ages 60+) to participate in the Commodity Supplemental Food Program. Current Food Bank participants can receive a FREE food kit once per month which contains items such as canned meats, canned fruits and vegetables, dry milk, cereals, and related products. Participants must meet the following income guidelines to be eligible: one person household income must not exceed \$1,211 per month and a two person household income must not exceed \$1,640 per month. You must provide income verification and a photo ID with birthdate at your first visit. The La Fetra Center distribution takes place on the **Fourth Tuesday of Every Month** from 1:00 p.m. to 3:00 p.m. For additional information, please call the Center at (626) 914-8235.

**San Gabriel Valley Examiner**  
INFORMATION GUIDE

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# State Audit Blows Holes in DWR's WaterFix

The era of Gov. Jerry Brown will come to an end in November 2018 when he terms out in his second round as Governor of California. Brown, the longest serving governor in this state's history, was elected and served 1974 to 1982 and 2010 to 2018.



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

Brown, striving to match the record of his father, Gov. Pat Brown who created the State Water Project, hopes to notch his political belt on two projects - the high-speed rail project referred to as the bullet train, and the WaterFix or the Twin Tunnels project to take additional water from the Sacramento River to areas in the Central Valley and Southern California with major restoration of the Delta areas.

The bullet train was a \$9 billion general obligation bond approved by the voters that has now reached \$68 billion and years behind in construction deadlines with sketchy funding sources to finish the project. Environmental reviews first due in 2016, then bumped up to 2018 won't be done now until 2020. State law requires a business plan to show the project is viable because it has the resources to complete the project. L.A Times reports it has the funds to build 119 miles of track. When asked to assess the train, the Joint Legislative Audit Committee said it is reviewing the request. General obligation bonds are paid for with state general fund monies.

I bring up the bullet train because it seems the WaterFix project, both Gov. Brown projects, seems to be in the same dire situation as the train. The State Auditor's Report paints the WaterFix proposal as taking on the same manifestation as Brown's bullet train with critics sounding off from Brown's own Democrat Party. Former Democrat Senator Lois Wolk, (D-3rd-SD) told David Siders of the Sacramento Bee, WaterFix is an "expensive waste of time and taxpayer and ratepayer money [adding] ...these two tunnels are a relic of the 19th century." As Senator, Wolk represented the Sacramento-San Joaquin River Delta re-

Congressman John Garamendi, (D-Fairfield) called the tunnel project a "multi-billion boondoggle" in comments to democratappeal.com. He serves on the Congressional Water Resources & Environment Subcommittee.

Cong. Tom McClintock (R-4th CD Elk Grove) has voiced his strong opposition to the project while hoping to reignite support for a long ago proposal for the Auburn Dam providing increased water storage, recreation opportunities and flood control. The Twin Tunnels does none of that.

California State Auditor was requested by the Joint Legislative Audit Committee to review and report on the Department of Water Resources (DWR) management and planning of 'restoration of the Delta and improving water reliability' that began in 2006 with the Bay Delta Conservation Plan (BDCP).

The Delta Habitat Conservation and Conveyance Program (DHCC) was then initiated by DWR in 2008 to evaluate implementation of the BDCP, including alternatives to BDCP's preliminary design and environmental assessments. WaterFix was one alternative and became the preferred approach for new construction of a water conveyance facility to improve water reliability. Delta restoration in DBCP was separated out to become California EcoRestore. At that point, DWR had effectively created two separate projects -- Twin Tunnels or WaterFix and a project

to restore the Delta.

The Auditor's report noted:

- DWR created the Bay Delta Conservation Plan (BDCP) in 2006 and as of 2017 has not created an economic or financial analysis to demonstrate financial viability of WaterFix.
- DWR has not, as of November report, implemented a governance structure for design and construction phases of the project.
- DWR has not created or maintained a paper trail for WaterFix.
- DWR did not follow state law when contracting for a replacement program manager for the conservation and conveyance program (DHCC) and costs have tripled from \$4.1 million to \$13.8 million.
- Planning phase as of the November Auditor's Report has reached \$280 million.
- Reported: No general fund money has been used and if WaterFix moves forward will be financed with revenue bonds. Those agencies who contract for water will pay for it and pass those costs onto the water consumers.

Water from the Delta is transported by two agencies. The State Water Project managed by DWR; and, the Central Valley Project managed by the U.S. Bureau of Reclamation. Water contractors (local water districts and companies, irrigation districts) contract for water from these two systems and have contributed to funding this planning phase that got us the WaterFix project. Metropolitan Water District has committed \$4 billion to the WaterFix project but the major irrigation district serving the Central Valley has pulled back its funding.

Without even fully exploring what the tunnels are proposed to do for both the environment and water providers/consumers, it is very disconcerting that our state leadership is operating so recklessly without concern for the taxpayer wallet in two major money grabbers - the bullet train and WaterFix.

## "TIME JOCKEY" - December 7, 1941

By Joe Castillo

**Surprise Attack...** The Japanese attack on Pearl Harbor was remembered last week on the 76th anniversary of the surprise attack which brought the United States into World War II. Even 76 years later, stories of the event continue to surface keeping the memory of the heroic men and women who fought in the attack alive in people's minds. One of the earliest documented stories was that of Japanese pilot Judo Mauri and U.S. Navy Warrant Officer Farris Jackson. Mauri was a Petty Officer in the Japanese Air Force based in Tokyo and had been training for years in preparation for an attack of this magnitude. Even though Admiral Yamamoto, master planer of the operation, was opposed to the Pearl Harbor attack he prepared his pilots for an eventual encounter.

In June 1941, Japan was in its 7th year of trying to conquer Asia and was keeping a wary eye on its two known enemies, Russia and the United States. But Hitler and Germany had just declared war on Russia and now only the United States was left as an obstacle to Japanese dominance in Asia. The time was ripe to plan an attack on U.S. holdings in the Pa-

cific. In May 1940, the U.S. Pacific Fleet left San Diego for exercises near Hawaii. Warrant-Gunnery Officer Jackson was stationed on the USS California and responsible for repairing any artillery gun that did not work. The California along with the other ships in the Pacific Fleet, performed their exercises around Hawaii, which was mostly used to house a large number of Air Force personal and two Army divisions. Officer Jackson noted that there was not much to do in Hawaii especially when a large amount of personnel were on leave at the same time. The Navy kept the Pacific Fleet at Hawaiian naval sites with no anticipated date of returning to San Diego.

In November, Japan initiated its plan to attack Pearl Harbor, Hawaii and built a strike force of 32 ships to move onto the Hawaiian Islands. If any encounter was made with a U.S. or British ship, appropriate action would take place in order to avoid detection. The Japanese attack was scheduled at dawn on December 7th but the young pilots were disappointed as no aircraft carriers would be in port. Instead battleships became the primary target

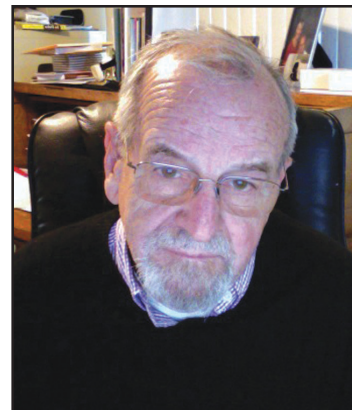
and each plane was equipped with 2 torpedoes to sink the big ships. Officer Mauri is in the 1st wave of pilots to attack Pearl Harbor and took off to cheering airmen aboard the Japanese carriers. At 7:55AM, the first bombs are dropped on U.S. ships moored at Pearl Harbor. All the battleships are located in pairs except the California, making them an easy target for Japanese pilots. More than 400 Japanese planes leave a trail of devastation over an assault period of nearly two hours.

Officer Mauri completes his mission, returns to Japan, fights in the Wake Islands, Midway and Guadalcanal before crash landing and losing his hand. He finishes the war as a pilot instructor in Tokyo. Officer Jackson mans an anti-aircraft gun on the California and fires on attacking Japanese planes. His actions help protect remaining survivors on the California who are then able to escape to safety. Jackson returns to fight in the Philippines and is in Tokyo as part of the Japanese surrender ending World War II. Jackson becomes the first person recommended in World War II for the Medal of Honor due to his bravery on the California. Seventy-six years later, we continue to remember December 7th, 1941, as the actions, events and brave people who fought at Pearl Harbor should still be remembered for many years to come....

*Joe Castillo is a freelance historical writer who has been covering Southern California history for 10 years and has written 3 books on the topic. He can be reached at joeacastillo@aol.com.*

# Selecting A Christmas Tree

*Permit me to borrow my column from a few years ago, and reoffer it here.* Our home is now decorated with the lovely things Wendy and I have accumulated over the years. There are a dozen crèches, three or four Father Christmases, a wooden star that has lost a ray, an angel that shows the effects of advancing age, and a few new items we hope the great-grandchildren will one day cherish. Since our space is limited, our artificial tree is not only short but skinny!



**Charles H. Bayer**

branches had to go, and a bit more trunk. When I had finished, what had started out as an elegant tree had shrunk to waist high.

There ensued a vigorous dissent from the family, which had watched the mutilation with considerable agitation. "We will not take that wretched tiny tree home" was the unanimous opinion of the four bystanders. Quite humbled, I negotiated with the lot owner for a second try. Since it was late in the season he agreed, with the proviso that I not touch it with anything sharper than a glove.

That mutilated tree has become a Christmas metaphor for me. When I hear people say, "We're not going to take Christmas seriously this year," I wonder what lower limbs they have chopped off. "We're not sending out greetings this year." "We probably won't decorate the house." "Ever since the kids have gone ..." "We don't give parties and won't go to any." "I wish they

would play something else." "Church? Why bother?" Chop! Chop! Chop! until we have reduced Christmas to a pedestrian exercise we can well do without

But perhaps something catches us and we renegotiate the whole thing at the last minute. Maybe it's the sound of a carol played from the roof of a nearby church; a letter from an old friend telling us of a new baby; a mother's death; a box of cookies a child made just for us. And then dawns the realization that life's most precious gift comes in a rude manger.

So we make our way to church on Christmas Eve to sing carols and listen to an old story—and we are caught up in the mystery of it all once more. Afterwards we go home, hold each other, and phone family members far away. And we give thanks for the providence that has brought us safely through another year. For a few moments we are healed of all the discouragement, despair and death the year might have brought.

Just for these few moments we know that God is with us; that this tired, old, violent world has been the living room of the one we call "Emmanuel." So we pause and say with Tiny Tim, "God bless us, every one," and perhaps catch a glimpse of the peace which passes all understanding.

To you all, a very Merry Christmas!

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

## Sex and Fitness for Office

by Jane M. Orient, M.D.

Self-righteous, virtue-signaling predators are attacking Judge Roy Moore in force. Even some Republicans are saying that he must prove his innocence, or step aside.

Democrats are applying a presumption of innocence—but only with respect to their own "icons," even after they admit guilt. Their "mistakes" have to be weighed, it is said, against all the good they do—in advancing the radical leftist agenda.

Moore, after all, has been accused of being a "child molester," surely the most heinous of crimes. And what does this mean, in his case?

Apparently, when he was a 30-year-old bachelor he dated younger women. Back in my day, jealous women might have called him a "cradle-robbler" because they felt they deserved him more. And maybe on occasion he kissed his date too passionately.

The worst accusation is that he engaged in "inappropriate" behavior (we would've called it "heavy petting") with an underage "child." The woman was 14, not 16, the Alabama age of consent, and not 12, Justice Ruth Bader Ginsberg's suggested age of consent. Women used to marry much younger; my great-great grandmother was about 13, and she had a happy, long, and fruitful life.

What he allegedly did sounds icky to me, and not very smart. Guys, if a 14-year-old girl ("jail bait") gives you her phone number, invites you to call her on her bedroom phone, and offers to sneak out to meet you, you should run, run, run!

But is it credible? I don't think so. It sounds very fishy to me. How many women did the Washington Post have to stalk to find a few accusers from 40 years ago who have held their peace through other campaigns until now?

In the wake of the Moore stories, we're getting a shocking perspective on the depravity of media and political icons, and the pervasive cover-ups. We may applaud the idea of liberation for women, but what we have is freedom for powerful men to expose themselves, fondle, and solicit favors from women—who "consent" and remain silent, in order to protect their careers.

The most important issue for feminists is the right to abortion; thus, they protect men as long as

they defend that right. But Judge Moore would actually work to protect the unborn, while his opponent would allow them to be killed, even minutes before they would take their first breath. Ironically, abortion is most needed by the most predatory men, as it removes the undeniable evidence of their behavior, and averts paternity suits.

The hypocrisy of the feminists is highlighted by what is not alleged against Judge Moore, but was evidently done with impunity by leftist politicians such as Bill Clinton: injury ("you'd better put ice on that"), rape, possibly fathering and abandoning a mixed-race child, and trashing the reputations of women (with Hillary's help).

And who can believe that radical feminists care about molesting children, when they are silent about the saddest, most unequivocal victims of all: underage girls presenting for abortions at Planned Parenthood. Almost every single one is a victim of statutory rape, and many are being used and abused in sex trafficking. Their only contact with the medical system may be Planned Parenthood—but have we heard of a single rescue? And where is the outrage about sexualizing children in Planned Parenthood's sex "education" programs?

Our "core values" were allegedly violated—40 years ago—by Judge Moore. But what are these values? We hear no complaints from leftists about sex-saturated movies and television shows, rampant pornography, and widespread promiscuity starting very young. And where is the defense of marriage, stable families, modesty, and chastity?

Judge Moore has exemplified these values in his long faithful marriage, while one of the most prominent holier-than-thou Republicans calling for him to stand aside has reputedly been guilty of serial adultery and ditching a devoted, ailing wife in favor of someone younger, richer, and more beautiful. Whatever Judge Moore did, if it makes him unfit for office, then the guiltier and still offending ones need to go

first. If they did, how many would be left?

*Jane M. Orient, M.D. obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She completed an internal medicine residency at Parkland Memorial Hospital and University of Arizona Affiliated Hospitals and then became an Instructor at the University of Arizona College of Medicine and a staff physician at the Tucson Veterans Administration Hospital. She has been in solo private practice since 1981 and has served as Executive Director of the Association of American Physicians and Surgeons (AAPS) since 1989. She is currently president of Doctors for Disaster Preparedness. Since 1988, she has been chairman of the Public Health Committee of the Pima County (Arizona) Medical Society. She is the author of YOUR Doctor Is Not In: Healthy Skepticism about National Healthcare, and the second through fourth editions of Sapira's Art and Science of Bedside Diagnosis published by Lippincott, Williams & Wilkins. She authored books for schoolchildren, Professor Klugimkopf's Old-Fashioned English Grammar and Professor Klugimkopf's Spelling Method, published by Robinson Books, and coauthored two novels published as Kindle books, Neomorts and Moonshine. More than 100 of her papers have been published in the scientific and popular literature on a variety of subjects including risk assessment, natural and technological hazards and nonhazards, and medical economics and ethics. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.*

## Community Articles Are Welcome

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

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# Thanksgiving Usually Launches a Strong Year-End Rally

Statistically and historically, this is the best time to invest, since traditionally the stock market takes off just before Thanksgiving when we gather for friends, family, football, and food. The holidays are a happy time of year and that positive sentiment typically launches a healthy year-end rally in the stock market.

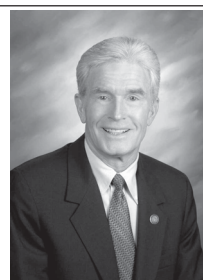
U.S. stocks notched another record high last week with the S&P 500 closing above 2600 for the first time ever, rising almost 1% for the week. That's the second-fastest climb to another 100-point milestone in S&P history. You have to go back to the 35-trading-day surge in February/March 1998, when the S&P raced from 1000 to 1100, for a faster rise in round-number hundreds in S&P 500 history. The NASDAQ composite also hit a record recently at 6889 and the Dow Industrial index hit a record high also.

Conventional wisdom would have you believe that a flat yield curve is an indication that investors and traders are worried about a coming recession. But from several vantage points, the U.S. economy seems to be doing just fine. Growth, for the most part, has been trending upwards; the job market continues to shine; and inflation is becoming less of a worry for the Federal Reserve. The flattening yield curve, however, suggests that everything may not be as rosy as it seems.

The continued curve flattening has been noticed by analysts and policymakers alike, but Fed officials have been quick to attribute the flattening to international demand for Treasuries stemming from sovereign yield differentials, rather than concerns about a slowdown in U.S. economic growth.

Although the current bull market is the second longest in history, and will become the longest if it lasts until next August, the technical landscape support-

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



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

ing the case for a higher stock market is sound. The 2-year yield has been working higher for the past few months and, contrary to popular belief, a flattening yield curve that does not invert has historically been a precursor to very strong equity returns.

Quite frankly, I'm not sure why the talk of yield curves still gets so much attention. The Bank of Japan in essence eliminated the yield curve altogether. Core inflation in Japan is near zero and the BOJ has stated that it is committed to an over-shoot of 2.0% inflation, which means that they are committed to keeping the yield on the long end of their yield curve down for a very long time. In Germany, there is no yield curve and the ECB has said that it will be printing money until the fourth quarter of 2018.

The world's most powerful central banks manage their various yield curves, so I'm not sure why we are even talking about concepts from the 1970s and 80s - when they were market driven. Today, central bank policy determines the yield curve. In my view, the Fed is content with a flattish yield curve. The cost of mortgages and credit is attractive these days and the U.S. is one country that can ill afford higher interest rates against its \$20 trillion mountain of federal debt and expected higher deficits in the near future.

In light of the expectation of tighter Fed policy coming next month, I just don't see the cause of a major market downturn on the horizon. I think equity invest-

tors will shrug off a quarter-point rate hike. The breadth of the latest rally has been very broad-based. It's not just large caps. This past week, mid-caps made new highs, small-caps made new highs, and we saw rallies led by many stocks, not just a few.

The current market action is consistent with the later middle innings of a nine-inning bull market, so investors should look to ride the back of this bull well into 2018 with a high level of confidence.

**TAX BILL UPDATE** - The tax bill still has to be reconciled as both houses passed different versions. There are two paths forward from here. Ryan can put the Senate version up for a vote or the two houses can form a conference committee and draft a compromise bill. At the moment it appears they will follow the second course, with Leader Mitch McConnell indicating he expects a committee to start work next week. He reiterated his intent to have a bill on the President's desk by Christmas. One sticking point is pass-through income, which was cut more in the House version than the Senate version, as the final round of Senate amendments were designed to woo deficit hawks.

Eliminating Estate Taxes in the near future (for the extremely wealthy, as proposed by the House) also could produce a compromise bill which would not pass in the full Senate. The calculated deficit based upon a final conference bill might also keep more than two Senators from voting for final passage. It is still too soon to assume the President will have a tax bill to sign by Christmas!

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

# Your Money - Ask Julia



Julia Yoder

## Can I buy a life insurance policy on my grandchild?

Yes. A life insurance policy that could build up a cash value account might become a very sizeable gift for your grandchild to use for a higher education, purchasing a home, retirement savings, and more.

## I'm getting a bonus at work, but I don't want to claim it as income for 2017. Can I just wait to cash the check in 2018?

No, the income would still be earned in 2017. However, you could ask your boss to issue the check in 2018. Make sure to ask for taxes to be withheld. An important factor in deciding whether to get your bonus this year or next is to determine whether or not you are going to be forced to pay the Alternative Minimum Tax (AMT.) Either do your research online at the tax websites, or talk to your CPA.

## What's the deadline for opening a Roth IRA?

To start a new Roth IRA for

2017, you have until April 17, 2018. You can also open or add to a Roth IRA for 2018 in 2018. (IRS and State tax due date will be April 17, 2018 because April 15 falls on a Sunday, and Monday is Emancipation day in Washington, D.C.) Check with your CPA for further clarification about a Roth IRA, and/or visit the website: irs.gov

## How do I go about figuring out my RMD?

The IRS provides worksheets and tables for calculating your Required Minimum Distribution. (See IRS.gov) You must receive the RMD for the year you turn age 70 1/2 by April 1 of the following year. For all subsequent years, you must receive your RMD by December 31st of that year. Failure to do so results in a 50% penalty of the amount that should have been distributed to you.

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

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# Waste Management Unwraps Eco-Friendly Entertaining Tips

Industry leader takes the lead with easy ideas for creating a green holiday season

Waste Management of Southern California is making it easier to go green this holiday season by sharing eco-friendly entertaining ideas they've created with their industry-leading experience.

"As holiday gatherings peak, we see a spike in waste," said Eloisa Orozco, spokesperson for Waste Management of Southern California. "But we also see an opportunity: an opportunity to change that with some easy ideas we've created to show gratitude for our environment."

Ways to Gather Green

Waste Management makes the guilt of throwing things away a ghost of Christmas past with these tips:

- Invite eco-friendly. Electronic invites save trees. If paper invites are a treasured tradition, try invites made of recycled paper.
- Encourage "sleigh-sharing." Suggest that guests carpool or use ride-sharing services to reduce fuel consumption.
- Make your list. Check it twice. Plan meals to get shopping done in fewer trips—and to avoid impulse buys that increase waste.
- Make "First In, First Out" a

tradition. Move older food to the front and place newer items in the back of your fridge, freezer and pantry.

- Use Reusables. Celebrate the environment with reusable utensils, plates, glasses, napkins and table coverings.
- Don't let 'em leave empty-handed. You'll definitely have more food than you can handle. Send it home with guests in reusable containers.
- Share your recycling spirit. Have containers easily available so your guests can recycle empty cans and bottles.
- Shopping online this holiday season? Don't forget to give back to the environment by recycling all those cardboard boxes making sure to break them down properly to make room for all those empty bottles and cans in your recycling cart.

Share Your Tips

It's the season of giving, so share your eco-friendly holiday tips with friends and neighbors on Twitter @WM\_SoCal. It's a great way to give back to the environment.

# How Often Should You Have Your Car Serviced?

I know in this day and age it is sometimes difficult to remember those certain appointments...like going to the dentist or the doctor every six months...or having your vehicle serviced at least twice a year! You can ignore it until suddenly you aren't feeling your best, or you experience a toothache, or your car breakdowns!

Here is what your car's owner manual tells you should happen and how often. We recommend you visit us every six months to keep your vehicle in tip-top shape!

Your owner's manual states that every time you stop for fuel you need to:

- Check engine oil level and add as required.
- Check windshield washer solvent and add if required.
- Once a month you are supposed to:
  - Check tire pressure and look for unusual wear or damage
  - Inspect battery and clean and tighten terminals as required.
  - Check fluid levels of coolant reservoir, power steering, brake master cylinder, and transmission and add as needed
  - Check all lights and all other electrical items for correct operation
- At every oil change you are supposed to:
  - Inspect exhaust system
  - Inspect brake hoses
  - Rotate tires at each oil change interval shown on schedule "A" (Highway miles) or every other interval as shown on schedule "B" (Stop and go miles).
  - Check coolant level, hoses, and clamps.
  - After completion of off-road operation, the underside of the vehicle should be thoroughly inspected.
  - Examine threaded fasteners

for looseness. That is what the kindly, full-service gas station attendant used to do for us. Now that everything is self serve, we tend to drive up, fill up and drive off. Think about it. Do you check your engine oil level or your washer solvent at each fuel stop? Do you monthly check your tire pressure, inspect your battery, and check fluid levels, lights and other electrical items? The majority of consumers never lifts the hood of their car or even looks at their tires, much less checks the pressure. Some, when it is time for an oil change are adamant that we just change their oil as they are in a hurry and everything else seems fine.

It is true that our cars are increasingly sophisticated pieces of machinery and that our oil is better able to withstand a couple of extra thousand miles between

changes but how about all those other services that the gas station attendant used to take care of for us? Sadly, the answer for the most part is no one! You should at least have your vehicle serviced twice a year at the minimum. If you don't, think about what can go wrong between visits without someone lifting the hood and someone checking your tire pressure and fluid levels.

Remember, we love cars, trucks and SUV's! We want them to run at peak efficiency so that they are safe and reliable for you! Don't be a stranger. Stop on by and let us lift the hood for you!

Certified Auto Specialists wants to be your GO-TO place! 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).

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## Azusa School Board Member Elected VP Of California School Boards Association

Xilonin Cruz-Gonzalez to represent almost 1,000 California school districts

**AZUSA** – Azusa Unified School Board Vice President Xilonin Cruz-Gonzalez has been chosen to serve as vice president of the California School Boards Association (CSBA), which represents the interests of nearly 1,000 school district and county office of education governing boards statewide. Cruz-Gonzalez, long active at CSBA, previously served as a member of the CSBA Board of Directors, representing the greater San Gabriel Valley.

“This is a true honor and opportunity for me, but, more important, it’s another step up for Azusa Unified,” said Cruz-Gonzalez. “It keeps our school district at the center of discussions about California education policy, including how we improve education for historically underserved students. We have a lot to add to those discussions, and our views will continue to be heard.”

Now in her 16th year as an AUSD School Board member, her belief that the economic success of our country will only truly be achieved through educational equity drives her educational-advocacy work. Cruz-Gonzalez works for Californians Together, directing a project called “Support for Immigrant and Refugee Students.” She has also served as president of Californians Together and president of the California Latino School Boards Association. Additionally, she has served on a variety of national and state non-profit boards, including the National Association of Latino Elected Officials, Education Trust-West Allies for Equity, and Opportunity Action. She has extensive experience in the development of local, state and federal education



**Xilonin Cruz-Gonzalez** policy with a focus on connecting policy to successful local implementation.

“This is another very significant event for Azusa Unified,” said School Board President Helen Jaramillo. “Xilonin serving in such a high-profile statewide position further identifies AUSD as a leader among California school districts.” Jaramillo noted that AUSD Superintendent Dr. Linda Kaminski, recently selected Los Angeles County Superintendent of the Year, also serves as vice president of the Association of California School Administrators (ACSA).

## Foothill Presbyterian Hospital Opens Geleris Community Educational Center



FPH Auxiliary board members tour the newly remodeled Geleris Community Educational Center. From left: Jade Knight, Art Bereuter, Pam Byars, Dlorah Gonzales, Kathy Hawkins, Bonnie Singleton, Patty Mateer, Garry Reynolds, Jana Swete, Pat Gouder, Mary Barham and Jack Mateer.

**GLENDORA** - At their meeting in November, the FPH Auxiliary Board was given a tour of the newly remodeled Citrus Valley Health Partners Geleris Community Educational Center located at 427 E. Carroll in Glendora. They were impressed with the seven flexible meeting rooms and the state of the art technology

the building offered including the teleconferencing webcam. The building will be used by the hospital and the community for educational purposes and group meetings. The renovation was made possible partly because of the \$100,000 raised by the auxiliary over the last three years, so they would like to thank all

those who bought tickets for our fund raising projects, Corks and Forks and the Dream Car Raffles, along with those of you who made purchases from our hospital's gift shop.

If you would like more information about joining this worthwhile group of volunteers, please call our office at (626)8573103.

## Compassionate Rescue - Serving the World

**DUARTE** - Compassionate Rescue has quite a Mission - they are committed to providing access to clean water and education on water self-sufficiency to communities around the world. In partnership with the Duarte Kiwanis club, they have completed projects in:

- Northwestern Cambodia - digging wells to supply clean drinking water for 400 villagers,
- Kedowa Village Nursery in



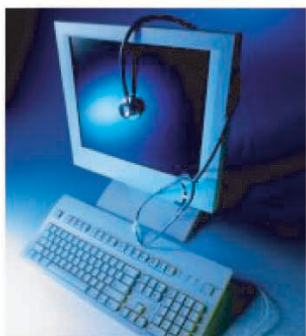
Kenya - providing material for latrines in partnership with the Peace Corps,

- Mazengo School in Tanzania - providing lavatories and wells,
- and rural El Salvador, providing Community Lifestraws

to eliminate exposure to contaminants causing kidney disease.

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

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## Tackling Depression Can Lead To A Happier New Year

As cheerful and joyous as the New Year can be, it can also be a trigger for stress and depression for some people—but there is hope. There are many resources for people who feel wrong out ringing in the New Year.

For example, Marriage and Family Therapists (MFTs) can help. MFTs are licensed mental health professionals who work with individuals, couples (married or not), families of all types, and groups to cure or relieve mental, emotional and relational concerns of all kinds.

How To Recognize Depression

To help you tell if you or someone you care about is suffering from depression, the experts at the California Association of Marriage and Family Therapists (CAMFT) offer these warning signs:

- Feeling sad and/or irritable
- Changes in weight or appetite
- Difficulty sleeping
- Feelings of guilt, hopelessness or worthlessness
- Inability to concentrate, remember things or make deci-

sions

- Thoughts of death or suicide.

How To Handle Depression

If these symptoms look familiar, here are some things to do right now:

- Recognize depression early. Depression can happen to anyone. It's not a character defect, a weakness or a shameful condition. It's a serious disorder that no one is immune to.

- Engage in your life. If you are depressed, you may feel like you don't have an ounce of energy or motivation to tackle depression. Recovery, however, requires your active participation. Be willing to take the first step, even though it's not easy.

- Build your skills. Learn why you're vulnerable to depression and specific ways to become more resilient by breaking unhealthy patterns of thought and behavior. Developing good coping and relationship skills can reduce both the frequency and severity of de-

pression episodes.

- Find the right therapist. Talking through one's stressors and understanding the underlying causes is a proven way to effectively treat depression. Look for therapists with training and experience in treating depression, as well as someone who is warm, supportive and goal oriented. Use short telephone interviews to find a good fit with potential therapists. Ask about how they approach problems like yours.

- Be optimistic. You have every reason to believe you can get better with effective treatment. While anti-depressants are not a cure, they can be very helpful to some people in managing depression. Whether or not you choose to use medicine to manage your symptoms, therapy can give you the long-term skills you need to live a productive, fulfilling life.

For further information about how to find a therapist, visit [www.Counseling-California.com](http://www.Counseling-California.com). (NAPSI)

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# Glendora Village Santa in The Plaza

**4 Saturdays**

**December 2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup>**

Santa Photo Opportunity

5 PM to 7 PM

Carriage Rides Along

*The Avenue*

Dec 2<sup>nd</sup> , 9<sup>th</sup> , 16<sup>th</sup> , & 23<sup>rd</sup>

3 PM to 7 PM

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Carriage Rides

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