



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

December 21 - 27, 2017

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Walnut High's Canned Food Drive Brings In More Than 8,000 Donations

WALNUT - Walnut High Key Club members counted, sorted, and boxed more than 8,000 cans of food stored under the stadium bleachers, and now those cans are filling pantries in local homes and food banks. Donations of canned vegetables, beans, soup, meats, and other staple foods poured in during the two-week Yes We Can compassion project.

"The kids were bringing in cans every morning while I was coming in to work," said Key Club advisor Justin Panlilio who has headed up the project for the past seven years. "It put me in a good mood knowing so many needy families will have food during the holidays," he said. Donations doubled, up from 4,000 last year, during the 50th annual food drive held in partnership with Kiwanis of Walnut Valley, Panlilio reported. One reason was a new collaboration with Diamond Bar High's Key Club that brought in several hundred additional donations. The schools came together to show their compassion for helping the community. "We thought it was a good idea to get both schools involved," Panlilio said.

Walnut High's Key Club also hosted a class competition to boost donations, offering a pizza



Yes, We Can! Walnut High Key Club members count, sort, and box thousands of canned food donations.

party to the winning class. It worked, Kellee Lyons' English class brought in over 550 cans.

In addition, Panlilio led an a capella choir benefit concert on December 10 with free admission for a canned food donation.

On Saturday, December 16, about 35 Walnut High and Kiwanis Club volunteers gathered at 7 a.m. to distribute the food.

"I think it's insane that we have 8,000 cans this year!" commented senior Nathan Lin, one of the 30 cabinet members charged with organizing volunteers for the project. The teens worked in unison while loading 200 packed cardboard boxes as several cars

and trucks arrived on campus.

In total, about 90 local families will receive two boxes with about 50-pounds of canned food, a large frozen turkey, fresh vegetables, and fruit. "This project is about helping people in our community. We couldn't do it without the kids!" said Ray McMullen, a 53-year Kiwanis charter member. "This is one of the best things I do. It just makes me feel good!" shared Kiwanis

member Ralph Mendez. "I grew up in a big family with six kids and we were always taught to give back."

The 350-member Walnut High Key Club will next be decorating Rose Parade floats and hosting an InterKey dinner fundraiser to benefit a pediatric trauma program. Before the distribution day, Key Club volunteers put in many hours organizing and pack-

ing donations at the bleacher storage area, known as the dungeon. "I can say without a doubt that everyone has a heart to help," Lin said. Sophomore Jasper Wang showed up on Wednesday, Thursday, Friday, and Saturday.

What was his motivation? "When they get a knock on the door and get a box delivered, you can just see the happiness on their faces," he said.

Getting Into The Spirit

LA VERNE - "Regulars" at the annual gift wrapping party at La Verne's Haynes Family of Programs Jay Kohler, at left, and his wife Ananda, of San Dimas, put their years of experience to good use as they stuff a bean bag chair into a holiday wrap gift bag. The two started by adopting a residential cottage at Haynes providing Christmas presents for the kids for several years and have been coming back to wrap gifts for the past three years. Ananda said once they learned about the services Haynes provides, they were touched and started telling people about it, adding that it was an "easy sell." Now they bring friends and family -- her mom, her sister, a niece, a friend and her friend's granddaughter and friends from work -- all from the Covina and San Dimas area. Jay said he went to school in San Dimas with a lot of kids from the



Haynes facility. Members of the community donate gifts each year for the 36 boys living at Haynes and the 210 boys, girls and teens with autism and learning disabilities attending school on the campus. And volunteers come in each year for the two-

hour gift wrapping party to wrap gifts and enjoy holiday treats.

The Haynes Family of Programs serves more than 2,000 clients, family members and caregivers annually. For more information, visit the web site at www.leroyhaynes.org.



Walnut High School Key Club and Kiwanis of Walnut Valley members distribute 200 boxes containing canned food and turkeys on December 16.

Aldi Supermarket Opens in Glendora



DM Mark, Spencer, DM Stephanie, Store Manager Nestor Velazquez, Shantell, Mireya, Valeria, Veronica, Blake

By Jayam Rutnam

GLENDORA - The Aldi Supermarket opened in Glendora at the Marketplace on December 14th, with the Mayor of Glendora Gary Boyer and Glendora City Man-

ager Chris Jeffers in attendance.

Founded by the Albrecht family, the first ALDI store opened in 1961 in Germany, making ALDI the first discounter in the world. Headquartered in Batavia, Illinois,

ALDI now has more than 1,600 stores across 35 states, employs over 25,000 people and has been steadily growing since opening its first US store in Iowa in 1976.

"Follow The Star" at St. Dorothy's Church



The altar of St Dorothy's Church serves as a backdrop to students singing Christmas carols.

By Jayam Rutnam

GLENDORA - Christmas was certainly in the air at St. Dorothy's Church in Glendora. On December 14th, students, from kindergarten through 8th Grade, who attend St. Dorothy's School put on a great show of singing Christmas songs and carols in the church packed with parents, family and friends. It

seemed that they sang just about every Christmas carol there is, from "We Three Kings" to "Winter Wonderland."

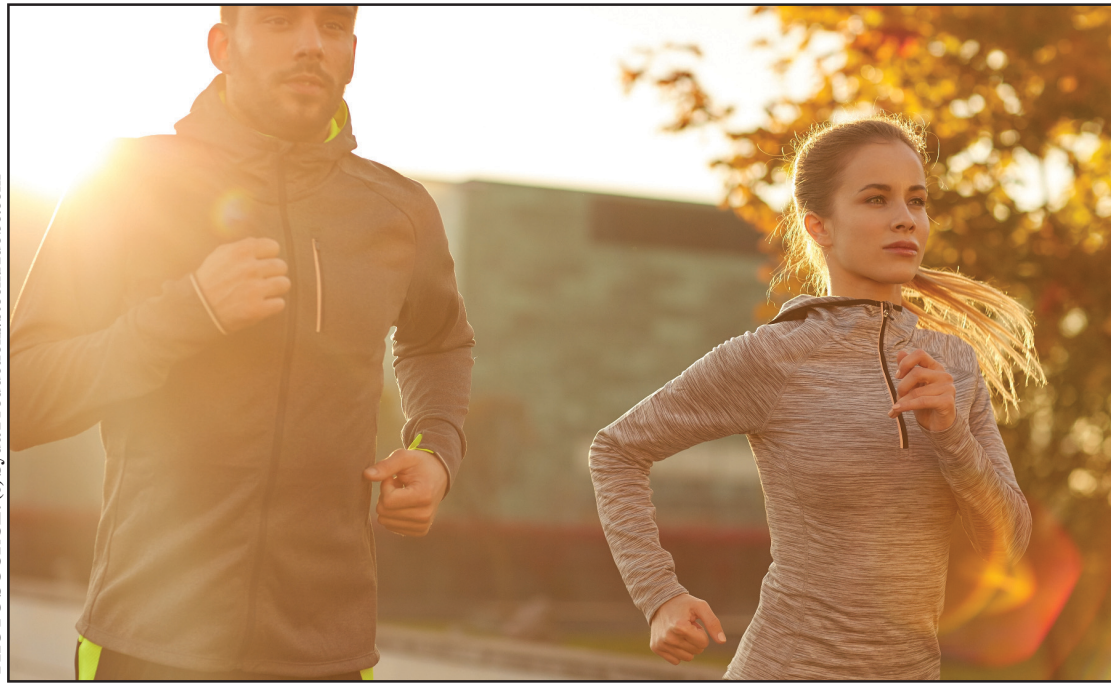
The program was arranged by Lauren and Ryan Nearhoff, who had been practicing with the students since September 2017.

The Three Kings were portrayed by Trenton Norman who played Balthazar, Cody Agnew

who played Melchior and Aldo Pricco who played Caspar. "The Star" soloist was Carmina Gary.

Mr. Ryan thanked Mrs. Ferguson (the Principal), Fr. Mark, Fr. Norm, Fr. Ray, Mrs. Jasso and all the teachers and staff for their continued support and constant help throughout the year.

Easy Ways to Stay Healthy Through the Holidays



Between all those holiday festivities and extra seasonal chores, it can be difficult to always stay on top of your health. Here are some easy ways to prioritize wellness this time of year.

Make Mornings Count

Evenings are especially busy around this time of year, so taking control of your mornings can be key. But, on dark winter mornings, the hardest part about working out can sometimes be just getting out of bed. Stay accountable by making workout plans with friends. Get your yoga-loving coworker to commit to a weekly class with you, or start a holiday steps competition at work to motivate yourself to move more.

Try Out Tech

New, innovative technologies can inspire you to take charge of your health. Wearable fitness trackers have been around for a while, but home DNA tests, like Orig3n's Fitness test, can help you optimize workouts by providing insights into your genes. Discover whether you have the genes that need an extra rest day, or whether you're better at high-

intensity workouts or endurance exercises. Then, adjust your routine accordingly. If you're looking to eat more healthfully, the Orig3n Nutrition test analyzes your hunger and weight genes so you can learn about how your body processes fats (good to know for Christmas cookie portion control) and if you're predisposed to any food sensitivities. Ask for one for the holidays or gift a DNA test for your White Elephant swap.

Strike a Balance

Exercise accounts for only about 25 percent of weight loss, while healthy eating accounts for 75 percent. Indulge yourself this holiday season, but also make smart choices. Go for the apple pie and eggnog, but pair them with healthier choices earlier in the day. Enjoy the shrimp cocktail instead of the cheese and crackers, or have a light breakfast of yogurt before the holiday feast. It's all about balance. Instead of reaching for all the sweets and comfort foods in front of you, think about what you'd really like to eat. Choose

wisely and mindfully.

Focus on Fun, Not Food

Don't overthink it! It's the holiday season and you're supposed to be enjoying yourself. If you spend your time at parties counting calories instead of counting down to the New Year, you'll miss out on the most important part of the season -- time spent with loved ones. What's more, you may find yourself overindulging later if you're too restrictive. Instead, focus on the people in your life and the memories you're making.

Get Rest

The most wonderful time of the year can be the most stressful when you have parties to plan, gifts to buy and financial obligations. A University of Chicago study found that people overeat on snacks -- sometimes hundreds of additional calories -- when they aren't getting enough sleep. Take a breather, and when you can, get yourself to bed early. (StatePoint)

Start the new year right. Have fun this holiday season, without neglecting your health.

San Gabriel Middle School Choir Spreads Holiday Cheer to Sick, Elderly



Jefferson Middle School's concert choir group poses following a performance at the City of Hope Helford Hospital lobby on Dec. 8, where students sang a variety of well-known holiday songs, including "Silent Night," "Jingle Bells," "Angels We Have Heard on High," and "Joy to the World."

SAN GABRIEL – Patients at the City of Hope in Duarte and senior citizens at the Royal Vista Center in San Gabriel received an early Christmas gift on Dec. 8, when students from Jefferson Middle School's concert choir group visited both locations to belt out holiday tunes.

The group of 32 middle school singers held the performances as a way to bring some holiday spirit to the sick and elderly. The students performed in the lobby of Helford Hospital and the children's ward before visiting Royal Vista in the afternoon.

Jefferson music teacher and choir director Rachel Chew said the performance was created to mesh with the school's project-based learning (PBL) instruction by showing students that singing can have real-world use by inspiring people in a time of need.

"I really want my students to understand that the actions they do can go beyond the classroom -- we want to teach them about

how music can reach out to people and how they can heal with it," Chew said. "Music reaches across many languages and in the big picture of things, we want them to understand that music is global and that it can impact the community."

During both performances, the choir sang a variety of popular holiday songs, including "Silent Night," "Jingle Bells," "Angels We Have Heard on High," and "Joy to the World."

"We are extremely proud of our choir members for performing at City of Hope and Royal Vista -- we know their musical talent gave a great deal of people hope this holiday season," SGUSD Superintendent Dr. John Pappalardo said. "We aspire to have all our students demonstrate this degree of philanthropy by using the skills they learned while attending schools in our District."

Chew said City of Hope was

chosen because of its specialization in cancer treatment and because it is where Jefferson Middle School special education teacher Kenna McRae Fukuyama's husband, Michael Fukuyama, received treatment before he died earlier this year.

"I think singing for the sick and elderly is nice because some of them might not have any family to visit them during the holidays," Eighth-grader Paige Dance said. "Our visit and music can bring these people some happiness."

San Dimas resident Lorena Martinez, who was visiting City of Hope during the performance, said it was inspiring to see the Jefferson Middle School students giving their time to perform for hospital patients.

"I thought it was amazing," Martinez said. "I think more schools should do this sort of thing because people in the hospital need this -- they need to feel laughter and cheer in their lives."

Five Hacks To Help You Have Happier Holidays

by Kristen Howerton

You can get the best out of "the most wonderful time of the year" if you heed these smart suggestions:

1. Keep it simple. You don't have to "do it all." Opt out of traditions or decorating obligations that make you feel frazzled instead of joyful. Prioritize what's important to you and give yourself permission to say no.
2. Start early. Make deadlines for yourself. Set a time to write cards and a time to wrap gifts. Get the kids to help. Let them try their hand at baking, addressing cards or wrapping gifts. It may not be perfect, but it makes them feel important.
3. Be prepared for holiday parties. For most people, the holidays mean spending more time out of our own homes. Keep a couple of bottles of wine on hand for hostess gifts. Grab some coloring books to take along for when the kids get bored. Don't forget a secret weapon for when

nature calls while you are out and about: Air Wick's V.I.Poo toilet spray can be stashed in your purse and is an excellent foul-odor neutralizer. Just a few sprays in the toilet before you go and you can help avoid the embarrassment of a smelly bathroom at someone else's house. It comes in fruity, rosy, lemon and lavender scents. Incidentally, V.I.Poo is the perfect stocking stuffer for just about anyone in your life, because, as you know, everybody poops. It's sure to bring a laugh or two when everyone is gathered around the tree. Learn more at www.airwick.us/vipoo.

4. Prioritize quality family time over gifts and perfection. Try to cultivate a holiday season that is less about spending and more about making memories and giving presence as well as presents. Give your kids Christmas traditions to remember. Let go of the pressure to do everything perfectly. Your Christmas

tree doesn't have to look like a magazine illustration. You don't need to change your pillows or plates for the season. It's okay to bring premade food to the class party. Let yourself off the hook for having a picture-perfect Christmas.

5. Clean out before opening presents. All too often, Christmas afternoon is spent figuring out where to store all the new stuff. Try clearing out a space before Christmas day. Ask your children to find 10 toys to donate and do an audit of their closets. Get rid of the unused to make room for the new.

• Ms. Howerton, a marriage and family therapist, is known for her popular blog about negotiating the indignities of motherhood, "Rage Against the Minivan." (NAPSI)

Dr. Mak of West Covina - Christmas Party



Nurse Practitioners Na Chou and Katie Zang, Dr. Lakshman Makandura and his wife Thusitha, Margarita Rivera, June Ogawa, Dora Aguilar, Rosa and Pedro Rosel.

By Jayam Rutnam
WEST COVINA - On December 15th, 2017, just like in previous years, Dr. Lakshman

Makandura and his wife Thusitha, host a Christmas luncheon for his patients and staff. The luncheon consisted of turkey and ham with all the trimmings, music and Christmas decorations.

A huge tent set up in the parking lot of Dr. Makandura's clinic, is always full on this oc-

casation, since his patients look forward to this event, where they could mingle with the good doctor and his staff.

Dr. Makandura's practice in West Covina is at 910 S. Sunset Avenue telephone: 626-338-8407. He also has a clinic in Hacienda Heights, Ca.



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AARP Smart Driver Courses

DUARTE - Tuesday and Thursday, **January 17 and 19** from 1:00 p.m. to 5:00 p.m. (**8-Hour Course**) - Fee is \$15 for members (with AARP membership card); \$20 for non-members. Payment required at registration. Attendance is required at both sessions.

(4-Hour Refresher Course) - Thursday, March 15 from 1:00 p.m. to 5:00 p.m. Fee: \$15 for members (with AARP membership card); \$20 for non-members. Payment required at registration.

If you have already taken an 8-hour course in the last four years, then you are eligible to take the 4-hour refresher course. All auto insurance companies are required to give course graduates a discount for the 8 hour class. Please check with your insurance carrier to confirm if they will offer the discount for the 4 hour refresher class.

For more information and reservations call (626) 357-3513, Monday through Friday, 9:00 a.m. to 2:00 p.m.

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Drive Sober or Get Pulled Over

GLENDORA - This holiday season, Glendora Police Officers will work around the clock to keep drivers and passengers safe as they search for impaired drivers. Through January 1st, 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 behavior.

As part of the holiday enforcement campaign period, law enforcement agencies will be hosting DUI Checkpoints and deploying DUI Saturation Patrols during the upcoming 18-day DUI crackdown throughout the region. The Glendora Police Department is conducting DUI enforcement operations during this mobilization period.

"This holiday season, drivers will notice increased enforcement while watching closely for anyone who is driving impaired," said Chief Lisa G. Rosales, Glendora Police Department.

"Our top priority is keeping our roads and our traveler's safe, not just during the holidays, but every day."

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. Glendora 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 impair driving, 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 you will be using."

Funding for this DUI operation is provided to the Glendora Police Department 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'.

Text To 9-1-1 Launches In Glendora

GLENDORA - Effective immediately, the Glendora Police Department is equipped to receive and respond to cell phone Text-to-9-1-1 messages. "Call if you can -- text if you can't" is the slogan developed by the Federal Communications Commission (FCC) as the new technology makes its debut in parts of California.

Text-to-9-1-1 is intended primarily for use in specific emergency scenarios:

- for an individual who is speech, or hearing, impaired;
- for a person who is unable to call 9-1-1 due to a medical emergency that renders them unable to speak;
- in the event of a crime such as a home invasion where speak-

ing might give away the location of a person hiding, or in an abduction situation; or in domestic violence situations where it's not safe to make a voice call

If Text-to-9-1-1 is not available, use a TTY or telecommunications relay service. If you text 9-1-1 and text is not available in your area, you will receive a bounce back message advising "text is not available please make a voice call to 9-1-1." Location accuracy varies by carrier and should not be relied upon. Be prepared to give your location and please note at this time texts must be in English only.

For more information regarding Text to 9-1-1, please contact the Glendora Police Department.

Azusa School Board Reappoints Officers For Another Year

Helen Jaramillo to serve as Board president again

AZUSA - The Azusa Unified School Board decided they like things the way they are when it comes to Board officers for the coming year. At its regular meeting on Dec. 12, Board members voted for Helen Jaramillo to serve as School Board president for another year.

The School Board also re-elected Xilonin Cruz-Gonzalez for another one-year term as Board vice president. Paul Naccachian was selected to serve

another term as Board clerk.

President Jaramillo said it's a pleasure serving the needs of students with her colleagues. "This is an exciting time for our school district," she said. "We have strong, visionary leadership and are making progress on all fronts, from overall student academic achievement and increasing graduation rates to important school modernization projects funded by Measure K."

Monterey Park Named as One of America's Best Places to Raise a Family

MONTEREY PARK - Monterey Park has again been named as one of the top communities in the U.S., this time as one of the "10 Best Places in America to Raise a Family."

This latest recognition marks the second time this year Monterey Park has been singled out as one of the best communities to live, work and play in the United States.

"We are truly honored and excited to have been named as one of the best places to raise a family in America," Mayor Teresa Real Sebastian said. "Thanks goes to our residents, businesses, school districts and city staff that have been working side-by-side

to keep Monterey Park safe and our educational standards high. There is still progress to be made, but I think this shows the strong level of commitment that this community has to support our families," the mayor added.

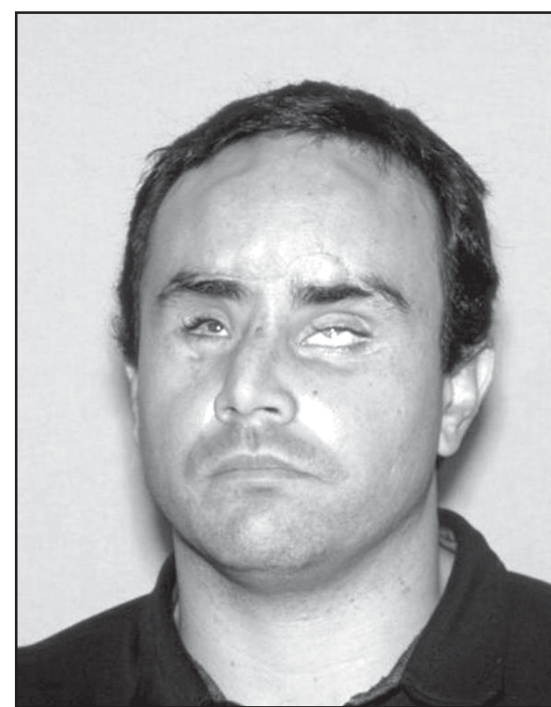
In the Time.com/Money Magazine ranking, Monterey Park placed #2 in the entire U.S., following #1 North Arlington, New Jersey. To compile the "Best Places in America to Raise a Family" list, Money Magazine considered factors such as public safety, economic health, cultural diversity, education, libraries, parks, kid-friendly activities and affordability.

Bus Stop Sexual Battery Arrest

GLENDORA - Between the dates of November 11, 2017 and December 1, 2017, four separate adult women came forward and reported being sexually battered by an unidentified white male who appeared to be blind and used a cane. The suspect approached the victims and asked for directions. After agreeing to help the male adult he then inappropriately assaulted, "groped" the victims. Utilizing investigative resources, Detectives were able to identify the suspect as Anthony Ramsey, 30 years old. Ramsey is transient and frequents the cities of Glendora and Azusa.

On December 3, 2017, Ramsey was located and arrested by Glendora Police Officers. Ramsey later admitted to the above assaults and was positively identified by the victims. The District Attorney's office filed four counts of Sexual Battery on Ramsey.

Anyone with information regarding this investigation is urged to call Detective Chris Farino at (626) 914-8284.



Monterey Park Fire Department Christmas Tree/Holiday Safety Tips

MONTEREY PARK - The Monterey Park Fire Department wants you to have a safe and joyous holiday season. While Christmas trees are a large part of the holiday season, they can also present a significant fire hazard. By following some simple tips, everyone can enjoy the holiday spirit and remain safe at the same time.

- Picking a tree**
 - Choose a tree with fresh, green needles that do not fall off when touched.
- Placing the tree**
 - Before placing the tree in the stand, cut 2" from the base of the trunk.
 - Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
 - Make sure the tree is not blocking an exit.
 - Add water to the tree stand. Be sure to add water daily

- Lighting and decorating the tree**
 - Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
 - Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
 - Never use lit candles to decorate the tree.
 - Always turn off tree lights before leaving home or going to bed.
 - When decorating your tree, if you have small children at home, avoid sharp or breakable decorations. Keep trimmings with small removable parts out of reach as they could be swallowed or inhaled. Also, avoid trimmings that resemble candy or food that may tempt a child to try and eat them.

Properly dispose or recycle the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer. When putting up or taking down holiday decorations that require the use of a ladder or step stool, be sure to not overreach or attempt to grasp something that is too heavy for one person. The most frequent holiday decorating incidents involve falls (41%), lacerations (10%) and back strains (5%). Smoke detectors should be installed and working year round regardless of the season. Take a minute to test your smoke alarm and make sure it is working properly. The early warning provided by smoke alarms saves lives.

Community Development Commission Celebrates 35 Years Of Service

Agency Prides Itself on Delivery and Dedication Since 1982

LOS ANGELES - Over the last 35 years, the Community Development Commission of the County of Los Angeles (CDC) has dedicated itself to advancing its core program areas: Affordable Housing and Housing, Community, and Economic Development.

In 1982, the Los Angeles County Board of Supervisors (Board) merged three entities - the Housing Authority of the County of Los Angeles (HACoLA), the Community Development Department, and the Redevelopment Agency - to form the CDC. Today, the CDC is comprised of two separate legal entities, HACoLA and the CDC.

For over three decades, the two agencies have worked together to ensure families secure stable and affordable housing, increase employment opportunities, and provide access to safe, public spaces in the community.

The CDC prides itself on adapting to the evolving needs of the County and positioning itself to address the myriad of challenges. For example, in 1988, HACoLA recognized that its responsibility extended beyond putting a roof over tenants' heads and implemented a support structure to offer onsite services designed to help public housing residents gain the confidence and skills to become self-sufficient. Today, the Resident Services Program is flourishing with partner agencies offering daily services to public housing residents. Similar wraparound services are also offered in CDC-funded affordable housing developments and are a main component of HACoLA's current homeless programs.

Further, in 1994, when a 6.7 magnitude earthquake hit Northridge, the CDC and HACoLA mobilized to administer millions in U.S. Department of

Housing and Urban Development (HUD) funding to house displaced residents, assist business owners in keeping their operations going, and rebuild damaged infrastructure. While disasters cannot be predicted, the CDC and HACoLA's willingness to step up and lend a hand is unwavering, even if the disaster is thousands of miles away. When Hurricane Katrina hit in 2005, HACoLA responded to the needs of displaced families by issuing Katrina Disaster Housing Assistance Vouchers to place relocated persons into homes within Los Angeles County.

The CDC is proud to be on the ground every day transforming neighborhoods to improve the livability for all County residents. Within the past 10 years, the CDC has overseen the construction or rehabilitation of 13 community centers, 10 public libraries, four County parks, and three childcare centers. Investing in safe, public spaces has been a longstanding priority for the CDC. For example, in 2008 the CDC helped fund the development of the La Alameda Shopping Center in Walnut Park, which removed an industrial eyesore and replaced it with an attractive commercial center that brought 500 jobs to the community. Nearly 10 years later, the complex still serves as a community landmark.

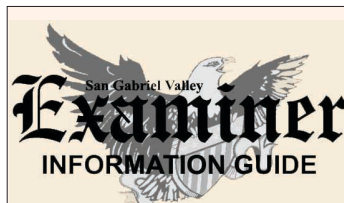
The CDC has remained a trusted resource for the Board, often called upon to administer programs and funding, and oversee projects from inception to completion. In 1997, the Board approved the CDC to oversee the County's Traffic Violator School Monitoring Program. This untraditional relationship has flourished under the CDC, providing technical assistance, customer service, and monitoring services to the Los Angeles Superior

Court. Further, in 2008, the United States found itself in the midst of a housing crisis and the number of foreclosures across the nation were skyrocketing - and Los Angeles was no exception. The Board tasked the CDC with implementing a Homeless Prevention and Rapid Rehousing Program, which helped nearly 4,000 County residents remain in stable housing.

Most recently, the Board has called upon the CDC and HACoLA to be a key player in the County's homeless initiative. The CDC and HACoLA are leaders or contributing agencies in 27 of the 51 strategies, and have developed award-winning approaches to housing homeless families, veterans, and individuals. In fact, since creating its homeless incentive programs in early 2016, more than 850 people have been housed.

Monique King-Viehlend, CDC Acting Executive Director said, "The agency's spirit of partnership and ingenuity has paved the road for the successes it's achieved over the last 35 years. As an agency we constantly assess the needs of the County and position ourselves to address those needs."

As the agency commemorates its 35th year, it acknowledges the struggles it has had to overcome throughout the years, from drastic budget cuts and political changes in Washington D.C., to funding and programmatic changes in California. However, these obstacles pale in comparison to the dedication and perseverance of the agency and its employees. The CDC and HACoLA have proven that the two entities are stronger together, and look forward to continuing to work in unison to fulfill the agency's mission to Build Better Lives and Better Neighborhoods.



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Past Time to Take Back Our Communities

The second week of December, a 68-year old lady was assaulted in her own home and ended up in the hospital in critical condition. This lady, a long time friend of mine, and, as many others since passage of AB 109, Prop. 47 and Prop. 57, never deserved to be battered in her own home by a man who should have been in jail. The West Covina Police Department believes Christopher Phillip Arenas, age 40, who went on a two-day crime spree stealing cars, burglarizing homes in the area and assaulting individuals he came in contact with, was an AB 109 criminal. He is now wanted for attempted murder, battery, burglary and auto theft.

AB 109 was the result of the May 2011 Supreme Court demand for California to reduce prison population from 180% to 137.5% of design capacity to relieve overcrowding. Rather than building prisons, Gov. Brown signed AB 109 shifting housing responsibility for law offenders to local jails of all NNN's. That is Non-serious, Non-violent, and Non-sexual offenses. I seriously doubt those who came in contact with suspect, Christopher Arenas, believe he is a non-violent offender.

When Gov. Brown signed the AB 109 legislation with a promise of full funding for local government, he said it would solve the overcrowding problem, expensive costs of incarceration and cure recidivism. In his press release he said AB 109 would not allow early release and serious offenders would serve a full sentence in state prison. December 19, 2013, fact sheet documents full and permanent funding through vehicle license fees and a portion of the state sales tax outlined in budget trailer bills that year.

AB 109 was then followed up with initiatives Prop 47 and Prop 57 and the combination of the three legal maneuvers to manage prison population and cure criminal activity has completely undermined the California crimi-



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora
nal justice system. The California District Attorneys Association (CDA) in the report, *Analysis of The Public Safety & Rehabilitation Act of 2016* (Governor Brown's Initiative, Prop 57) determined ...

"... the initiative appears to accelerate the release of state prison inmates serving terms for non-violent offenses. But it does so with a sledge hammer rather than a scalpel, amending the Constitution to drastically reduce sentences by requiring parole consideration for those serving consecutive sentences for multiple crimes, repeat offenders, and those whose crimes are aggravated by factors resulting in enhancements. Moreover, the initiative is drafted in a manner that may well make it applicable to serious felonies, violent felonies and possibly even murders. The credits provisions violate the intent of the Legislature and the voters in requiring inmates to actually serve the sentences they receive." Enhancements, now gone, are additional time to be served for use of a weapon, previous offenses and other considerations. Credits are reduced time for good behavior.

And, it appears the CDA is right on in their analysis of Prop. 57. And, we are now victims and potential victims of badly written laws which incidentally save the state millions of dollars and are costing local government law enforcement agencies those millions of dollars. CDA also recommended the initiative be re-

placed at some future time.

Our local elected officials in conjunction with the League of California Cities have initiated a Take Back Our Communities effort to address public safety issues the state leadership has dodged by pushing off the responsibility of addressing the criminal activity on to local government. *Reforming California's Criminal Justice System*, the League's background information document recapping results of AB 109, Prop 47 and Prop 57, tells us:

- Local jails, already full, have resulted in early release of 45,000 criminals back onto our streets.

- Full jails have instituted "flash incarceration" meaning a parole violation gets only 10 days back in jail.

- AB 109 criminals eligible for early release include those charged with attempted murder, domestic violence, rape, burglary, elder abuse, lewd & lascivious acts with a minor, terrorist threats, and battery with serious bodily injury.

- Prop 57 allowed the state to release 30,000 inmates back into our communities and defined non-violent as hate crimes, arson on forest land, assault with a deadly weapon on a peace officer, human trafficking of a minor, first degree burglary, and active in a street gang.

Republican Sen. Patricia Bates (SD-36 - Laguna Niguel) wrote SB 75 to redefine violent offenses but the bill was shot down in the Public Safety Committee on a 5-2 vote along party lines. Democrats voted NO!

There is now an initiative being proposed for November 2018 ballot that I am told will fix some of the problems with the Governor's crime package and begins to reestablish public safety and the criminal justice system in this state.

Since this article was written, the suspect in the West Covina crime spree has been captured, is behind bars and the residents are safe from this criminal.

"TIME JOCKEY" – The Anza Trail

By Joe Castillo

Supplies... The Spanish claimed Alta California primarily from their explorations along the coast of California. They established settlements along coastal locations such as San Diego, San Francisco and Monterey but their knowledge of what was inland was not known. Viceroy Bucareli, under the direction of King Carlos III, selected presidio commander Juan Bautista de Anza to lead an expedition of soldiers and missionaries to explore the inland area of Alta California. De Anza actually led two expeditions, one in early 1774 and the other in late 1775 to further Spain's knowledge of Alta California's interior. The 1774 expedition was focused on exploration and identifying sites for future Spanish missions. The 1775-76 expedition focused on establishing a trade route and identifying economic opportuni-

ties. Both expeditions included De Anza and his Spanish soldiers, along with Spanish missionaries including Father Junipero Serra and Father Francisco Garces.

Even though Spanish sites had been established in the first expedition of 1774, the 1775-76 expedition still struggled due to the lack of supplies, especially food. Spanish Coastal sites were being replenished with supplies on a regular basis from ships traveling along the coast. The primary supply ship was the *Nueva Galicia* but in 1774 a regular schedule of deliveries was not yet established. Food was in short supply and by the time De Anza arrived in San Gabriel, his men were surviving on a ration of only three corn tortillas a day. However, the missionaries and neophytes were surviving on less than that amount and when the entire expedition arrived in San Gabriel; Father Garces was em-

barrassed to ask for food from those who had even less than they did. Even though minimal food amounts were shared, De Anza sent messengers to San Diego requesting more food supplies to be brought in by ship. By the time the request was received and supplies returned De Anza had left to continue his trek north....

Gold Rush Earnings.... When gold was discovered in California in 1848, hundreds of thousands of people left their jobs to seek riches in the foothills of the Sierra's. Stories abound of servants leaving paid jobs without notice to try and earn more money than they had previously been earning. Even those in the military left their \$7 a month jobs to seek out gold. One soldier left the service and returned in less than 3 months with over \$5,000 in gold dust. A group of four citizens left Monterey hired 30 Native Americans to work their claim and returned in seven weeks with over \$67,000. Another individual worked the Yuba River and 64 days later brought back \$5,300 for his hard work. Another town member worked the North Fork of the American River for 57 days and returned with over \$5,400. The California Gold Rush has been called one of the greatest migrations of people in history and with the return of greater earnings, it is easy to understand why....

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.

Your Holiday Stress Has Nothing to do With Your Mother-in-Law

By Marianne Clyde

As lovely as the holidays can be, this whole time of year just seems to pile on the stress, doesn't it? There are deadlines at work that need to be met before the end of the year. It's easy to find yourself obligated to holiday parties every other evening; holiday cards need to be sent out; then there's the gift buying, which adds to the stress, not only because of the number of gifts you want to get, but it adds to your overall financial worries. Add in the extra baking, cooking and unhealthy eating as well as overindulgence in alcohol. Remember that you have to consider the crowds of people coming to your house; some of them, you don't even like, but you have them over because it's expected; and top it off with the flu that everyone seems to be bringing with them.

Or on the other end of the spectrum, you may have experienced a significant loss this year, making these very stressful times extra sad or lonely for you.

What can you do? The first thing to realize is that while there clearly is a lot going on around you, it's not the events in themselves, or even the people, that cause you stress, but your thinking about the flurry of activity and potential obligations. Other people's opinions of how you decorate your house, who's cooking, whether or not you actually need to send out cards are just that: opinions. And they are not necessarily your opinions.

Traditions and rituals can be fun and create great memories. They can be grounding, particularly for children. Yet it's important to remember that the relationships are most important, not the rituals and traditions or expectations of others. If it stops being fun and meaningful, and if the memories that are being created are negative instead of positive, it's time to do something differently.

People often resist change, thinking that they are giving up on something that has always been cherished, so they dig their heels in deeper and grit their teeth, hating the entire process. Remember, the relationships are important, and if you aren't happy, healthy and energized with good will, then the best-laid plans are going to fall flat.

Here are some things to consider doing differently:

1. Look at your holiday traditions with a critical eye. If you don't enjoy them and you are only doing them because "it's expected," it might be time to call it quits.

2. Ask yourself what happens if you stop sending cards or baking so many cookies? Can the practice be adjusted in some way to make it easier and more enjoyable? (Perhaps only sending

cards to those you haven't seen all year.)

3. Could it be OK to stop traveling to everyone else's house and have anyone who would like to, come to you?

4. Could dinner be a potluck instead of a burdensome chore?

5. Paper plates? Picnic? Buffet? (Instead of formal dinner.)

6. Might it be possible to choose which gatherings are most important for your family, career, or community? Put those on your calendar and write a lovely thank you note to the others, sending your regrets that you can't do it all.

7. Which decorations are a must, and which can take a break? Consider decorating every other year.

8. Try some new healthier recipes, with some of the "must-have" traditions scattered in.

9. Have a family gift exchange where everyone draws one name instead of giving to everyone. OR have everyone bring a wrapped gift of a certain price range and play a gift exchange game where you draw numbers and open them one at a time, with the option to choose the open gift or a wrapped one.

10. If you struggle with getting in fights due to touchy subjects, take control of the conversation by playing a group game like Pictionary or Balderdash, in which everyone can participate. OR put conversation starters on pieces of paper in a basket about funny topics or stories. "Tell us an embarrassing story from High School." "Who was your favorite teacher and why?" "If you won the lottery, what would you do?"

11. Make mealtimes more interesting by baking little fortunes or blessings or questions on a small piece of paper in the muffins. Or use place cards to mix up the seating a bit. Or go around the table saying what you appreciate about the person on your right.

12. Remember if things get heated, you can take a deep breath, take a short walk outside, divert the conversation to another topic. And you can quietly, just leave the room.

13. Your house, your rules. Your kids, your rules. Your time availability, your rules.

14. Focus on what you treasure about each person and tell them.

15. It's sometimes the best option to say, "No, thank you." (You don't have to explain.)

Invite someone over or suggest going out to a restaurant for a change.

1. Create a new tradition in memory of the person you lost. Maybe visit people in the hospital who have no one.

2. If you don't have your kids due to a divorce, plan to get them another day, and in the meantime,

make special adult plans doing something you really enjoy that you can't do with kids.

3. Tell someone you trust that you are struggling. Get help when you need it.

4. Perhaps going on a trip over the holidays would be a nice distraction, if it's difficult to be in the same house where all the old traditions used to take place.

Remember to maintain your own self-care routines: Eat healthy when you can. Resist overindulging in alcohol. Get your regular 7-8 hours of sleep, when possible. Drink plenty of water. Meditate every day. Look for things to be grateful for.

Marianne Clyde is an expert in Mental Health in the workplace. Speaking to businesses and associations about empowerment, team building and relationship networking, she is a licensed Marriage and Family Therapist, in practice for over 27 years, energizing speaker and dauntless world traveler. She lived in Japan for over 8 years and has spent time in at least 20 developing countries, teaching about recovery from trauma, personal empowerment and interpersonal relationships.

She has written and published numerous articles, appeared on radio and television worldwide, commenting on topics ranging from gun violence to having a happy marriage. Host and producer of her own TV shows, she has also hosted a call in radio show and has produced Moments of Mindfulness Meditation CD.

After launching 2 best-selling books, Peaceful Parenting: 10 Essential Principles and Unleashed: Practical Steps to Get Your Life Unstuck, she has now released her most powerful book to date, Zentivity™: How to Eliminate Chaos, Stress and Discontent in Your Workplace. As chaos, reactivity and polarization reign, whether your workplace is in politics, business or home, she recognizes and advocates for mental health in the workplace.

A companion website is available along with the book at www.zentivity.guru to help readers establish strong new patterns of thought and behavior.

Marianne is the founder of the Marianne Clyde Center for Holistic Psychotherapy, in Warrenton, VA, winner of the 2017 Best of Warrenton award, winner of the Business Person of the Year Award from the Fauquier Chamber of Commerce, and also the founder of Be the Change Foundation, helping underprivileged women create and sustain home-based businesses.

Monterey Park Police Department's Next Citizens Academy to Begin in January

Citizens Academy Class 27 runs January 25 through April 12, 2018

MONTEREY PARK - For community members looking for an insider's view of the Monterey Park Police Department, the Citizens Academy may be just what they're seeking. Citizens Academy provides an exciting, dynamic and informative course that meets once a week for eleven weeks. It is designed to provide residents and non-residents an interactive, hands-on, comprehensive overview of the Monterey Park Police Department and the city. Classes include an introduction to the detective bureau, K-9 units, patrol procedures and other various department programs.

Sign up now to participate in this exciting and informative experience. The class meets Thursday evenings for eleven weeks from 6:15 p.m. to 9 p.m.

The first class will be held at the City Hall Community Room #102, on Thursday January 25, 2018. The course will culminate on Thursday, April 12, 2018. Upon completion of the program participants will receive a certificate of achievement.

Applications can be picked up in the Monterey Park Community Services Bureau at 320 W. Newmark Avenue; mailed to you; or downloaded from our department's website under the Community Relations Bureau tab. Minimum age of partici-

pants is 16 years; minors under the age of 18 years must have a signed parental consent form on file. Participants cannot have any felony convictions, be on parole or probation, or have been arrested within the past year. Participants do not need to be Monterey Park residents to enroll in this class. For further information or to have an application mailed to you, please contact Sergeant Paul Yniguez at 626-307-1253 or any other member of the Community Services Bureau at 626-307-1215.

A VERY MERRY CHRISTMAS and Happy New Year!

Volunteers Meeting for "The Wall That Heals"

SAN DIMAS - San Dimas HEROES is proud to announce that they will be hosting "The Wall That Heals," a Vietnam Veterans Memorial Replica & Mobile Education Center, on March 22 - 25, 2018. We are one of only 38 cities in the United States who will be hosting the "Wall" in 2018. The "Wall" will be located at Lone Hill Middle School at 700 S. Lone Hill in San Dimas.

The HEROES Organization will be holding a meeting for anyone who would like to donate some of their time during the four days. The meeting will be

held on Monday, **January 15, 2018** at 6PM, at the San Dimas Sheriff's Station located at 270 S. Walnut Ave in San Dimas. If you're interested in being a part of this once-in-a-lifetime experience and would like to attend the meeting, please RSVP at 909 677 9557.

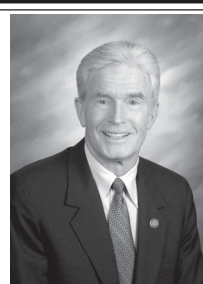
For updated information you can follow the HEROES on Facebook or visit their website at www.SanDimasHEROES.org. The City of San Dimas and Walmart of Glendora are co-sponsors of this event.

How Much Will Proposed Tax Cuts Contribute To Economic Growth?

There has been skepticism among many economists and tax analysts that proposed tax changes would contribute much to economic growth. These skeptics seem to think that more significant personal tax cuts could stimulate our economy, while primarily reducing business entity taxes may not. Their opinions include a theory that growth may "pop" then "drop" as business entity tax receipts decline significantly and are expected to only slightly recover over the following 10 years. According to the nonpartisan Joint Committee on Taxation the Republican tax plan would encourage modestly faster economic growth, but not enough to cover its own costs. The Joint Committee on Taxation estimates that only \$500 billion of the proposed \$1.5 trillion cut will be recouped within 10 years. The JCT's econometric models also assume that behavior may not significantly change, even though the potential bill should be loaded with incentives likely to generate significant change. Companies receiving the proposed tax windfall could invest more in growth, add employees, buy back some of their outstanding stock and/or increase dividends.

The economy should also benefit as shareholders invest or spend their increasing dividends and/or capital gains. The potentially biggest economic benefit from significantly lower corporate tax rates may come from repatriation of cash and investment now held outside the USA, although this may occur "down the road". While the inability of Republicans to pass a tax bill with higher projected deficits left little room for significant personal tax relief, most individuals should benefit in the long run from stimulating business growth. The decision last Wednesday to increase the corporate rate by 1% and to lower top personal rates primarily will primarily benefit highest income individuals. Less than top tax individuals would be more assured of being better off if business tax reductions are "cut back" further in the Conference Committee,

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

and individual tax cuts are made permanent!

While a final bill was not available at the time this article was written, it remains likely that this Republican tax plan will continue to be seen by a majority of Americans as a Christmas gift for the wealthy. Any reduction in estate taxes only benefits the wealthiest families. Some of those richest families currently avoid capital gains taxes and generate questionable charitable tax deductions using overly generous past tax law (which apparently is not being addressed in current "tax reform"). Corporate tax reductions are very much needed to make American Corporations competitive in the world, but also adding more tax reductions (and benefits) for the very wealthy will make future election of Republicans much more difficult.

Any corporate tax rate under 25% should significantly stimulate corporations to grow and spend. Pass-through businesses (who unlike corporations avoid double taxation) do not need proposed new lower rates (especially if corporate rates are closer to 25% than 20%). If the Conference Committee wanted to be fair they could establish lower permanent tax rates for all but the highest income individuals! But, even if a final tax reform bill is not as fair as it could be, corporate tax rate reductions should increase opportunities for most Americans.

Corporate investment correlates strongly with after tax profits. US corporations slashed investments after profit weakness in 2013 and 2015. However, investment climbed when profits recovered following those earnings soft spots. It makes sense that investment would increase if

after-tax profits rise as a result of a corporate tax cut. As for tax revenue, other countries have benefited significantly after reducing their domestic corporate tax rates.

Since the 1990's dozens of US corporations have relocated partially or almost entirely outside of the US to avoid our relatively very high tax rate. Corporate inversions, where US companies merge with smaller international firms and move their tax headquarters out of the US were so common that the last administration adopted rules to make them more difficult. If US corporate tax rates had been kept competitive (with other countries that have coveted our corporations) those relocations and inversions would not have happened.

Add to that the ability of US Companies to move cash earned overseas back to this country with no penalty. US multinational corporations should be expected to invest more of their assets in America in the future (assuming America's tax rates will remain competitive in the future). Multinational corporations surely have some anxiety about significant assets and cash being subject to foreign government whims.

The idea that US companies will not respond to a lower, more competitive US tax rate seems to be naïve, especially considering how effective much lower tax rates in other countries have been in generating economic activity and tax revenues from American companies choosing to conduct more business in those other countries. I have no doubt that within five years a US corporate tax rate of less than 25% will have a materially positive impact on America's GDP. Our country would benefit from both a lower trade deficit (as more products are produced in the USA) as well as from increasing business investment!

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

Be kind to one another

Ask yourself what you could do to help others have a more enjoyable and meaningful Christmas and Holiday season. Then, just do it! Always be on the lookout for opportunities to be kind. It will make your Christmas and Holidays more pleasant, too. Be nice to cashiers, restaurant servers, public transportation drivers, flight attendants and all those who are working while you are shopping, traveling, or partying. Be courteous to other drivers and shoppers. Christians, be the Good Samaritan. And remember, if you drink alcoholic beverages, or take any drugs, don't drive. (DUI stands for Driving Under the Influence [of drugs or alcohol])

I'm currently paying 5 ¾ interest rate on my old 30-year mortgage, which seems to be a high rate. I currently owe \$110,000, and [I'm] on a fixed income. Is it too late to get a lower rate without a lot of origination, etc., fees?

No, it's not too late. In general, I'd say you should be looking into a change of rate and payment. To give you a more accurate answer, I'd need to know how many years you have left on your loan, and your current payment amount. For those who don't want to get into a long term mortgage, there are refinance loans available now that match the number of years you have left in your current loan. Refinancing does cost and it takes time to recover those costs. Depending on your age and the amount of equity in your home, another option might be a reverse mortgage. Interest



Julia Yoder

rates are starting to rise, so I encourage you to not procrastinate.

When we decided to buy a newly constructed home, the builder was emphatic, saying that we have to get our financing from his lending company to get the discounts and perks that we can apply to the closing costs or to upgrades. Is that true?

The bottom line is that builders can entice, wheedle, and woo buyers with great deals, but they cannot threaten them; that's illegal. If a buyer does feel threatened, they should first stand their ground, then complain to the builder and to the state and federal consumer affairs officials.

My mom is 70, turning 70 ½ in 2018. What's the deadline for her to take her Required Minimum Distributions?

Her deadline for taking her first RMD will be April 1, 2019. Thereafter, her deadline will be on December 31 each year. She can contact the companies her investment(s) are with and they'll tell her what her options are: monthly, semi-annually, or annually. She should also talk with her

CPA

Is there an investment that will pay me like a pension, starting now, so I have income for life?

Depending on your specific situation, you might have several options. If it turns out to be the best and right thing for you, you might consider an immediate annuity. You can get the same security as a monthly pension check, it's simple, and tax-efficient.

I have some money in stocks. I regularly contribute a set amount, and the same stocks are purchased. Should I sell my stocks and buy different ones?

I am not licensed to give you advice about stocks. I encourage my clients to invest where their money is safe (based on the strength of the company). As Will Rogers said, "I'm not as concerned about the return ON my money as I am the return OF my money." That said, my clients did not lose a penny in the investments I recommended over the last 15 years; they gained.

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/Realtor 01238153/NMLS 248681/Nat'l Ethics Assoc. Home loan application: <https://blink.mortgage/app/signup/p/allsourcemortgage/juliayoder>. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

Waste Management Encourages Residents to Recycle their Christmas Trees after Holiday Festivities

This year, after the presents are opened and the ornaments are removed from the once-sparkling Christmas tree, Waste Management invites residents in the San Gabriel Valley to recycle their tree through its curbside tree collection program. In addition, Waste Management reminds customers there will be a one day service

delay following Christmas and New Year's Day.

Curbside tree collection for residents in the following cities/areas will take place on the following dates on customers' scheduled collection day:

- Arcadia:** Dec. 28 through Jan. 10
- Baldwin Park:** Dec. 30 and Jan. 6

Diamond Bar: Dec. 26 through Jan. 13

La Verne: Dec. 26 through Jan. 2

Pomona: Dec. 26 through Jan. 13

San Dimas: Dec. 27 through Jan.9

When placing trees on the curb for collection, customers should follow these guidelines:

- Remove all decorations, including tinsel, lights, ornaments and tree stands, and place your tree on the curb for recycling. Please do not block carts.
- Trees taller than six feet must be cut in half.
- Please note that flocked trees cannot be recycled. They will be collected by your trash collector.

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THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

I'll Have A Blue Holiday Without You!



I'll be so blue, dear car, thinking about you,
I'll be so sad just being without you!
Decorations of red, I won't be able to see,
Because my car is not able to transport me!

Missing out on all the holiday fun, I tell you, is appalling
I'll wish Certified Automotive Specialists, I had been calling,
My cars not doing all right,

on this holiday so bright,
Why didn't I call Gene and get my car fixed right?

I could be out enjoying holiday sights and having fun
But I'm sitting home wondering why my car won't run.
Learn a lesson from me to keep your life stress free,
Keep your car serviced and do it regularly!

From now on, dear car, I'll be thinking about you,

I promise never to have to do without you!
Certified Automotive Specialists I'll take you to see,
So you are always and forever able to transport me!

I'm having a blue holiday without you,
I'm so blue just thinking about you,
Decorations of red, I'm not able to see,
All because I didn't service you, dear car, regularly!

I'm so blue, blue, blue without 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.
Home Town Service You Can Count On!

How Much Will This Holiday Season Cost You?

According to one festive and fun annual economic indicator, the cost of this holiday season for shoppers is not expected to rise a significant amount over last year.

For more than 30 years, PNC has calculated the combined estimated price of the gifts from the classic carol "The 12 Days of Christmas." Known as the PNC Christmas Price Index, the results can indicate what holiday shoppers might expect at the register. This year, the index calculated the total price of all 12 gifts to be \$34,558.65, a modest 0.6

percent increase over last year.

While the average consumer is unlikely to shop online or at the mall in search of geese-a-laying or a partridge in a pear tree, the Christmas Price Index can be informative for those planning their holiday shopping, as the cost for these gifts often increase or decrease at a rate consistent with the U.S. Consumer Price Index, a measure of inflation produced by the U.S. Department of Labor.

"The U.S. economy is growing at a sustainable pace, fueled by higher consumer confidence,

low unemployment, modest wage gains and low interest rates," says Thomas P. Melcher, chief investment officer for PNC Asset Management Group. "However, The PNC Christmas Price Index rose at slow steady pace of 0.6 percent in 2017, as companies appear hesitant to pass through price increases to the consumer."

A few factors largely have driven changes in the index over the years. The Internet makes it easier to find the gifts from the song online, but these goods and services tend to be expensive,

mainly due to added shipping and handling costs. The price of services overall has increased, while the price of goods has slowed. Fuel costs, which have been especially volatile over the last few years, have a major effect on the cost of shipping.

So, while you may have no need to buy anyone on your list any maids-a-milking, it is good for jewelry lovers to know that the price of golden rings jumped more than any other gift that may be on their true love's wishlist this year! (StatePoint)

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

TOPS (Take Off Pounds Sensibly) #950 Azusa has been serving the San Gabriel Valley since 1967 and has successfully supported and assisted men and women in their pursuit to lose weight. Through group support to start living the good life by eating healthy and doing exercise.

TOPS is a non-profit weight loss group which meets weekly every Thursday at 9:00AM to 11:00AM at Soldano Senior Village in their meeting room in Azusa. There is no obligation, all visitors are welcome.

For more information, call Norm Klemz, 626-967-8829

ARCADIA

Orchid Hobbyists Meeting

San Gabriel Valley Orchid Hobbyists invites you to our **December 21** Monthly Meeting at the L.A. County Arboretum, 301 N. Baldwin Ave. Arcadia. Judging at 7:00 p.m., Meeting at 7:30 p.m. Our Open Forum on Orchids will cover Questions and Answers. Refreshments. All are welcome.

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 pinocle. 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

International Potluck

Join the Senior Center on Thursday, **December 28** from 9:00 am - 1:00 pm as we celebrate our accomplishments of our year with a taste of dishes from different cultures. There will be a slideshow of the events of 2017. Live music by Baltazar. Please register your dish at the Julia McNeill Senior Center. There will not be Intervale lunch.

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

DUARTE

Hot Lunches at Senior Center

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.

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.

GLENDORA

Alzheimer's Peer Support Group

Caring for a loved one with Alzheimer's can be frustrating, challenging, and sometimes distressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the **2nd Thursday of each month** from 6:30-8:30 pm at Glenkirk Church, 1700 Palopinto Ave., Glendora, in Room #11. We caregivers look forward to lifting each other up as we journey through this season of life. For more info, visit glenkirkchurch.org or call Glenkirk's church office at (626) 914-4833.

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. Lunch is available (\$3 senior lunch or \$2.75 deli sandwich). For more information, please call Sonia Schubach at (626) 963-6186. The program is **Wednesdays** 9:00 a.m.-3:00 p.m. Co-sponsored by The After Stroke Center and the Glendora Community Services Department.

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.

Introduction To Computers And Internet Learning

Never touched a computer before?! You did, but felt confused? It's never too late to learn! Explore the basic skills to enrich your knowledge and understand the terminologies and access the online world through the Internet. Our hands-on practice can accelerate students to master computer learning while making it easy and fun. Register online at www.ci.glendora.ca.us or at the La Fetra Center; 333 E. Foothill Blvd. Glendora. \$120 Tuesdays, September 26- October 31, 11:15am to 12:00pm

LA VERNE

Farmers Market

"La Verne Fresh," Old Town La Verne's certified Farmers Market continues every Saturday from 8:00 a.m. - 1:00 p.m. The Farmers Market is located at the corner of D Street and Third Street, south of Bonita Avenue. The market features a wide variety of fresh fruits and vegetables, specialty foods, fresh flowers and plants, tasty food offerings, and unique handcrafted artisan goods. Live music is always provided. The merchants of Old Town La Verne sponsor and support this Farmers Market and hope you will support La Verne's own Farmers Market. For current information please check out La Verne FRESH Old Town Certified Farmers Market on Facebook, or call (714) 345-3087 or City Hall at (909) 596-8706.

Get About Transportation

Get About provides transportation for seniors aged 60+ and disabled residents of Claremont, La Verne, Pomona, and San Dimas. The door-to-door service can be used for shopping, doctor's appointments, church, senior nutrition sites and many other locations within the four cities. The service operates seven days a week and membership is free.

To Register: (909) 621-9900
To Schedule a ride: (909) 596-5964

For more information, contact Abby Nuyda at 909.621.9900, Extension 228.

MONROVIA

Senior Blood Pressure Screenings

The Department of Community Services invites active adults and seniors, 50 years and older, to attend a monthly blood pressure screening. The free program is hosted by Methodist Hospital. The program is designed to detect high blood pressure. For additional information, please contact the Department of Community Services at (626) 256-8246.

Blood Pressure Screenings is at the Community Center, 119 West Palm Avenue on the **Second Tuesday of the month** from 9:15 a.m. - 10:15 a.m. and on the **Fourth Wednesday of the month** from 9:00am - 10:00am

Caring Crafters

If you have an interest in knitting, crocheting and hand work or would like to learn, join us at the Monrovia Community Center **every Wednesday**. The Friendly Crafters is a social group that meets every Wednesday from 12:00 p.m. to 3:00 p.m. and is designed to foster friendships and provide social opportunities while crocheting and knitting. The group always welcomes new participants to teach and share new ideas! This free program is offered to all Seniors and Active Adults! Crafters meet every Wednesday from 12:00 p.m. - 3:00 p.m. at the Monrovia Community Center.

Senior Stretch & Exercise Class

Stretching is essential for our bodies. The Department of Community Services invites seniors to join our weekly senior stretching and exercise class. The class includes stretching techniques geared toward seniors over 50, though the class is great for anyone in need of a good routine. Movement increases range of motion, relaxation, and decreases risk of injury. Participants should wear comfortable clothing and shoes. Bring a towel and bottled water. For additional information, please contact the Department of Community Services at (626) 256-8246.

Classes are at the Community Center, 119 West Palm Avenue on Mondays from 1:00 p.m. - 2:00 p.m. and Fridays from 9:00 a.m. - 10:00 a.m. Fee: \$2 per class.

SAN DIMAS

San Dimas Toastmasters Club

The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7PM to 8:45 PM. Learn to motivate and lead. Chal-

lenge 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

TOPS Meeting

TOPS (Take Pounds Off Sensibly) meets **every Thursday** at 6 pm at the West Covina Senior Center, 2501 E. Cortez St in the classroom building. The weight loss group seeks members who wish to lose weight and maintain a healthy lifestyle. Meetings last until about 7:30 and the first meeting is free. Visitors are always welcome. Come for support with your weight loss journey. You can do it! For more information, contact Erika Hernandez 626-384-0502 or email: ehernandez57@aol.com

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 Thanksgiving, Day after Thanksgiving, Christmas Eve, Christmas Day, New Year's Day, President's Day, Labor Day, Memorial Day, and Independence Day.

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.

Covina Senior Services has Moved to Lark Ellen Elem.

COVINA - The City of Covina Senior Services programs has moved to Lark Ellen Elementary School located at 4555 N. Lark Ellen Ave., Covina. Parking and entrance is at the corner of Cypress Street and Lark Ellen Avenue (North Parking Lot).

They will officially open on Tuesday, January 2, 2018 and

all classes and programs will be held in the new location.

For more information, please contact the Senior Services Division at (626) 384-5380 or the Parks & Recreation Department office at (626) 384-5340.

Holiday hours - Dec 18 - 29, 8am - 1pm. Closed Monday, Dec 25 and Monday, Jan 1.

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Newcomers and Friends of San Gabriel Valley Invites Local Residents to Events

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

On **January 3**, at 10:00 am, Newcomers and Friends of SGV's "meet-and-greet" coffee will be held at the Fireside Room, Santa Anita Church,

226 West Colorado Blvd., in Arcadia.

This general meeting is a great way to meet the members of Newcomers and Friends and learn about the club's wide variety of daytime, weekday, fun activities. Anyone interested in joining is welcome to attend.

Additional Newcomers and Friends' mostly-daytime weekday activities include a Book

Club, Bridge, Crafters, Games (Bunco, Rummikub, etc.), Hiking, Happy Hour, Day Trips, Lunch Bunch, Mah Jongg, Meditation, Movies, Golf, and Wine Tasting.

To learn more about Newcomers and Friends of San Gabriel Valley, contact them via email at sgvnewcomers@gmail.com or visit them online at <http://www.sgvnewcomers.com>

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Baca Elected Mt. SAC Board President

WALNUT - At its annual organizational meeting on Dec. 13, the Mt. San Antonio College Board of Trustees elected Dr. Manuel Baca as president, Robert Hidalgo as vice president, and Jay Chen as clerk. They will serve one-year terms, effective immediately.

Baca was elected to the Mt. SAC Board of Trustees in 1999 and reelected in 2003, 2007, 2011, and 2015. During his tenure on the governing board, he has served multiple terms as president. His professional experience spans the state university and community college systems. He currently teaches political science at Rio Hondo College in Whittier, where he has also held key academic and administrative positions, including an interim presidency. On the state level, Dr. Baca is past president (2012-14) of the California Community Colleges Board of Governors, which sets policy, establishes regulations, and provides guidance for the 72 districts and 113 colleges that comprise the nation's largest public higher education system. In addition to other appointed positions, he served on the California Community Colleges System Strategic Plan Steering Committee (2005) and the Student Success Task Force (2011), which led to the formulation and passage of the Student Success Act of 2012. Long active with civic, educational and business organizations within the greater San Gabriel Valley, he is a member and past president of the Kiwanis Club of Walnut Valley, a mentor with the El Monte Union High School District's Graphic Arts & Communications Academy, and on the executive committee of the Rio Hondo Boys & Girls Club of Bell Gardens. He has also been a member of the 32nd Congressional District's U.S. Military Academies Advisory Committee.

Hidalgo was elected to the Mt. SAC Board of Trustees in 2013. Previously, he served on the Rowland Unified School Board of Education to which he was elected in 2005 and in 2009. He has also served on the executive board for the California Latino School Board Association, Los Angeles County School Trustees Association, and the La Puente Valley Regional Occupational Program. He



Dr. Manuel Baca

has over 15 years of experience in public education, having taught at both middle and high schools. He currently serves as assistant principal at Glen A. Wilson High School in Hacienda Heights.

Chen was elected to the Mt. SAC Board of Trustees in 2015. Previously, he served on the Board of Education for the Hacienda /La Puente Unified School District for 8 years, serving as board president twice. He also served two terms on the La Puente Valley Regional Occupational Program Board, was President of the Asian Pacific Islander School Board Members Association, and was a member of the Delegate Assembly for the California School Board Association and the Los Angeles County School Trustees Association. He previously worked at Bain & Company as a management consultant and currently owns his own real estate business.

The other Mt. SAC trustees are outgoing president Rosanne Bader, trustee Judy Chen Haggerty, trustee Dr. David K. Hall, trustee Laura Santos, and student trustee Corey Case.

San Gabriel Unified Parents Explore Computer Science, Robotics during Hour of Code Workshop

SAN GABRIEL – Washington Elementary parents put newly learned coding skills to work as they programmed robots to move and make animal sounds during the school's Hour of Code Parent Education Night, which highlighted the importance of computer science education.

Washington Principal Ross Perry and Jackie Avakian, San Gabriel Unified's educational technology coordinator, presented the hour-long workshop on Dec. 11 to show families what students are learning during Hour of Code, a weeklong series of introductory computer science and programming lessons held Dec. 11-15.

"It is always important for parents to know what their students are learning and through this workshop we can teach them how to support computer science and coding at home," Perry said.

Parents received hands-on instruction in programming the school's newly purchased Wonder Workshop's Dash and Dot robots, which are equipped to respond to voice and clapping commands, navigate objects and recognize other robots.

Mayra Whitehead said the workshop opened her eyes to the fun of coding and how beneficial it is for students who struggle with traditional subjects.

"I loved learning about basic coding and how to program the robot to complete commands,"



Twenty Washington Elementary parents put newly learned coding skills to work as they program robots to move and make animal sounds during the school's Hour of Code Parent Education Night which highlighted the importance of computer science education.

said Whitehead, parent of a first-grader at Washington. "This type of instruction will teach my son critical thinking and how to follow directions. Coding is something I can do at home with him and he'll learn that education can be fun."

Hour of Code is an international movement that aims to immerse students in coding projects and bring awareness to potential STEM-related hobbies and careers. During the workshop, Perry and Avakian discussed the high demand for workers in computer science jobs and the need for more women and people of color in the industry.

Avakian also highlighted coding and computer science opportunities that are available at Jefferson Middle School, including the robotics team and STEM electives.

"San Gabriel Unified School District is committed to providing students with technology-based instruction that prepares them for academic and professional success in STEM fields," SGUSD Superintendent Dr. John Pappalardo said. "We are thrilled to share with our parents what their students are learning and to demonstrate the importance of coding and robotics in everyday life."

Toastmaster Club 5880, Toast To The Best

SAN DIMAS - The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7 PM to 8:45 PM. Learn to motivate and lead? Challenge yourself with Toastmaster's proven education programs. Let them 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.

November 30th being on the 5th Thursday of the month, they held a Speakathon. Speakathon's are opportunities for members to catch up on their speeches and get them evaluated. Their newest member, Maria del Carmen Covarrubias gave her first speech ("Ice Breaker") from the Competent Communicator manual. Elsa Tovar gave her 10th speech ("Inspire Your Audience") from the same manual. Great speeches done by both Maria and Elsa.

On December 7th, Toast To The Best's meeting theme was Pearl Harbor Day. Art Douglas, DTM kicked the meeting off with a "One Minute Toastmaster" on how to read your audience. Dan Lee gave his 2nd speech from his Competent Communicator manual and Xuling Wu-Gerbl gave her 2nd speech from her advanced

manual for "Story Telling". Both speeches were fascinating and very well done.

Attendees responding to Table Topics about Pearl Harbor, World War II and War in general revealed some fascinating personal stories.

On **December 21st**, they will have their next regular meeting. Holiday will be the Theme. Members will bring their favorite Holiday treat and tell their favorite poems or stories about the season.

Come sharpen your communication skills.

You can stop by to meet with them at the Faith Lutheran Church, Parish Hall, 505 E Bohnita Ave (Between Walnut & San Dimas canyon Rd) San Dimas. <http://5880.toastmastersclubs.org>. Contact is Art Douglas, DTM, VP of Membership of Toast To The Best (951) 505-0555.

Winter Wellness Tips

A busy lifestyle and cooler weather can take a toll on the body, especially for those who suffer from chronic aches and pains. Whether the cause of your pain is due to injury, stress, or poor sleep, there are many ways to feel better while avoiding future pain.

To stay well this season and naturally manage muscle pain, consider these tips from professional ballroom dancer Tony Dovolani, who's no stranger to the subject of pain management.

- Stretch. Stretching is not just for before or after a workout. Stretch throughout the day to keep blood flowing, particularly if you have a job that keeps you sedentary.

- Eat right. Your diet should include lean protein and healthy carbs. "And I eat my vegetables,

too!" says Dovolani. "Mainly spinach, string beans and broccoli."

Figure out which vegetables you like best, and be sure to incorporate them into your diet.

- Hydrate, hydrate, hydrate! Water is necessary for muscle repair. Drink water throughout the day and especially when you're active.

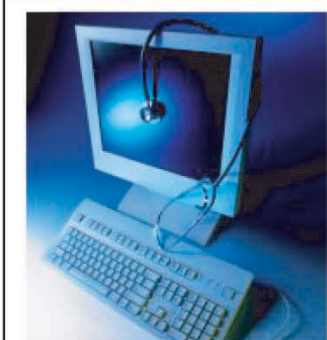
- Apply heat. Heat is a timeless remedy, and it's clinically proven to relieve pain associated with muscle tension and stress, helping to relax muscles and improve blood flow. The increased blood flow restores oxygen and nutrients to inflamed areas to help accelerate healing.

"After every rehearsal and performance, I use heat to soothe aches and pains and improve blood flow to my neck and shoulder muscles," says Dovolani, whose pain relief routine includes using The Sunbeam Renue Neck Wrap. "It's great for providing relief to the back of my head, neck and shoulders."

Because it features an adjustable neck collar that contours to the shape of the neck of the user, it can provide high-level, concentrated heat for targeted relief.

Don't let aches and pains set you back. With a healthy, active lifestyle and simple, natural remedies, you can feel your best. (StatePoint)

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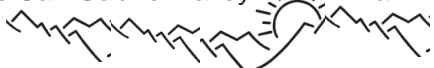
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