



# San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

March 23 - 29, 2017

## INSIDE



Be Hazard-Ready / A3

## Songs & Stories



Debbie & Jerry Burgan with Tholow Chan / A7

### INDEX

Financial/Consumer	A5
Legal Notices	B2
City Notices	B15
Classifieds	B1

# Glendora Community Coordinating Council Youth Recognition and Humanitarian Awardees

**GLENDORA** - Kelsea Hiramoto is a Glendora High School senior and a Girl Scout Gold Award recipient. For the majority of her life, Kelsea has epitomized volunteerism and humanitarianism. Kelsea has donated her time to Girl Scout projects and to various community and school projects. For her Gold Award, Kelsea coordinated youth and adult volunteers to produce a week long arts camp for elementary age children. A theatre major herself, she wanted to share her appreciation and love of the arts with young children. The end result of the art camp was a short production of "Mid Summer Night's Dream". Recently Kelsea was selected to be one of the Honor Scouts to carry a banner in the 2017 Rose Parade. In all of her endeavors Kelsea demonstrates kindness, compassion and generosity. It is with great honor that Kelsea was recognized with Glendora Community Coordinating Council's March Youth Recognition Award.

Jane Bock is an extraordinary volunteer. She began her acts of service by volunteering with the PTA at Washington Elementary



Jane Bock receiving the March Humanitarian Award from Glendora Community Coordinating Council President Gene Morrill.

and also served on their School Site Council. Since then Jane has been a very active member of the Glendora Rotary Club, the Charter Oak Foundation, sits on the Glendora Chamber Board of Directors, serves with the League of Woman Voters and the Glendora Arrow Corridor Committee. If this is not enough Jane also is a Charter Oak School Board Member. It is with great honor that Jane was recognized with Glendora Community Coor-

inating Council's March Humanitarian Award.

The GCCC is always looking for volunteers from the city to be



Glendora Community Coordinating Council awards Kelsea Hiramoto with the March Youth Recognition Award with President Gene Morrill and Karen Davis.

recognized each month. If you have a nominee please visit our website at [www.glendora coordinatingcouncil.org](http://www.glendora coordinatingcouncil.org) for a form and contact information.

# Fifth-Grade Student to Represent San Gabriel Unified at Los Angeles County Spelling Bee

**SAN GABRIEL** - Coolidge Elementary fifth-grader Ryan Yan will represent San Gabriel Unified School District at the 12th Annual Los Angeles County Elementary Spelling Bee on March 29 after taking top honors in the school spelling contest.

Yan faced off for 13 rounds with other fourth- and fifth-graders in friendly competition at the 10th Annual Coolidge Spelling Bee on Feb. 24, ultimately winning the contest for the second consecutive year. Fourth-graders Dorian Gamero and Kyle Tang took second and third place respectively.

"I'm really excited to go to the County Bee again, but I want to win first place this year," Yan said.

Yan won last year's Coolidge contest and placed second in the 2016 LA County Spelling Bee. This earned him an invitation to the California State Spelling Bee, where he placed 13th. Yan is studying hard to prepare for the County bee and hopes to be a state finalist this year.

"We wholeheartedly support opportunities like the Coolidge Spelling Bee that allow students to test their knowledge in a fun and challenging environment," SGUSD Superintendent Dr. John Pappalardo said. "This is also a great way to showcase the talents of our students and reward them for their hard work and diligence in preparing for the spelling bee."

All Coolidge fourth- and fifth-graders are invited to participate in the annual spelling bee; this year, 12 accepted the challenge. Students began preparing in De-



Coolidge fifth-grader Ryan Yan celebrates his victory at the 10th Annual Coolidge Spelling Bee on Feb. 24 with finalists Kyle Tang and Dorian Gamero. Yan will represent San Gabriel Unified School District in the LA County Elementary Spelling Bee on March 29.

ember, when they were provided a study list of 350 words. The words were organized into three sets of varying difficulty and were used in the early rounds of the competition.

The competition based at least two rounds on each set of words from the preparation list and eliminated students after one misspelled word. The final rounds used more difficult challenge words that were not provided to students prior to the competition. Challenge words included facetious, photosynthesis, margarine and the winning word: inadvertently.

Yan received a trophy and PTA sponsorship to cover the County bee registration fees, while second- and third-place winners Gamero and Tang received med-

als.

Coolidge Principal William Wong served as the event's pronouncer. Judges included San Gabriel City Councilmember Juli Costanzo, Jefferson Middle School Assistant Principal Stephen Feng and Jennifer Vargas, SGUSD teacher on special assignment and GATE coordinator.

"I want to congratulate each student who participated in this challenging contest. We know they dedicated a lot of time outside of the classroom to preparing for it," SGUSD Board President Andrew L. Ammon said. "This demonstration of student excellence represents the very best of San Gabriel Unified and we wish Ryan the best of luck in the County competition."

# Monrovia Cub Scout Pack 66 Tours Los Angeles Port Police



Monrovia Pack 66 Tour Los Angeles Port Police

**LOS ANGELES** - On Saturday, March 11th; Monrovia Cub Scout Pack 66 toured The Los Angeles Port Police Marine Unit. Pack 66 Cub Scouts along with Monrovia Girl Scouts and Scouts from Duarte Troop 185 were given a behind the scenes tour of the famous Maritime Unit that protects our ports and harbors. Scouts learned about the Los Angeles ports and the commerce that flows through them. Approximately 43 percent of all clothes we are wearing more than likely came through this port. They also learned about the maritime environment, goods movement and about future career possibilities.

Pack 66 scouts learned that the Maritime Unit is one of the few agencies that is responsible for the continuous protection 24/7 for all port activities. "The Los Angeles Port Police are responsible for patrol and surveillance of the Port of Los Angeles and neighboring LA Harbor Area communities. As California peace officers, the Port Police enforce federal, state and local public safety statutes as well as environmental and maritime safety regulations. Highly regarded among specialized law enforcement agencies, the primary goal of the Port Police is to maintain the free flow of com-

merce and produce a safe, secure environment that promotes uninterrupted Port operations."

Officers Chris Brincat and Omar Cuevas, along with Sargent's Logan Braun and Jose Alvarez took our Cub under their wings and let them really feel what it was like to be a Los Angeles Port Police Officer. The Scouts were able to board the police crafts, work the radios and learn about radar and Forward looking infrared (FLIR) cameras to detect bodies in the water. Scouts learned that the Marine Unit is the first public safety entity on scene and aids in rescues

and towing operations. The Scouts were able to wear the gear, hoist the bulletproof shield for breaching, and learn about basic port protection. The officers even gave out warning whistles to the Scouts to use in times when they get lost.

Our group wishes to offer a deep sense of gratitude to Officer Brincat, Officer Cuevas, Sgt. Alvarez and Sgt. Braun for taking the time out of their day to educate our Scouts and provide us with a look into the life of a Port Police Officer. These Officers are truly "Sworn to protect, dedicated to serve."

# Delta Nu Chapter Honors Kristin Heathcoat at Area XIII Conference

**GLENDORA** - The Ten Chapters of The Delta Kappa Gamma Society International, DKG California State Area XIII met at the Cal Poly Kellogg West Conference Center, for their annual conference.

Following breakfast an inspirational message was given by Area III's Director Kristin Heathcoat. Then Area XIII and Chapter Honorees were introduced.

Ms. Heathcoat was recognized as the Delta Nu Chapter Honoree. Kristin's take charge

personality enhances her leadership abilities. In Delta Nu Chapter she has served as President, Co-President, 2nd Vice President and on many committees. She is the current Area III Director. She actively participates in Area, State and National Conferences. She is currently on Special Assignment in charge of EL and Title I for the Glendora USD.

Following the recognition of the Honorees attendees were entertained by "Pioneer Women Sharing Their Voice."

These three sisters shared personal stories of growing up ranching among the badlands, buttes and valleys along the Yellowstone River in Montana and being a teacher in a remote one room school.

Delta Kappa Gamma Society International is an organization which promotes the professional and personal growth of women educators and excellence in education. Delta Nu Chapter is the local chapter and is celebrating its 60th anniversary this year.



Judy Kearns Past State President and Delta Nu Chapter Honoree Kristin Heathcoat



# Charter Oak Unified Partners with APU to offer Guaranteed Admission and \$10,000 Scholarships



APU President Jon R. Wallace, DBA, and Charter Oak Superintendent Mike Hendricks, Ed.D.

AZUSA - A significant partnership between Azusa Pacific University and the Charter Oak Unified School District (COUSD) creates a pathway to college for Charter Oak High School students. The Charter Oak Board of Education approved a memoran-

dum of understanding with APU at its February 23, 2017, meeting following a reception with COUSD students and school board members, Superintendent Mike Hendricks, Ed.D., APU President Jon R. Wallace, DBA, and APU Vice President of Enrollment Management David Dufault Hunter.

Students who meet admissions requirements will receive guaranteed admittance to APU, a \$10,000 renewable scholarship, application fee waiver, and support with the application process.

"On behalf of our Board of Education, staff, and students, we are grateful for the partnership we have with APU that allows guaranteed admission and scholarships for our students who apply and meet the entrance criteria," said Hendricks. "This is a wonderful opportunity for our college bound students."

The agreement begins fall 2017 and also includes this year's graduating seniors who meet the program's academic requirements. Incoming high school freshmen who successfully follow the academic pathway all four years will be eligible. In addition, current sophomores and juniors, who meet the requirements, may pursue this educational option.

"Azusa Pacific University recognizes that we are the first choice for a great number of students in our community, yet private college can seem out of reach for many families," said Wallace. "APU is committed to making college more accessible and affordable for our neighbors, and this partnership with Charter Oak is hopefully the first of several such agreements with local districts."

# 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 residents to attend their April meeting.

On April 5, 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 fun, daytime, weekday activities. Anyone interested in joining is welcome to attend.

Another April activity for members includes a tour at The Getty Center in Los Angeles. Additional Newcomers and

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

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

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### Schedule Service in March & Be Entered To

# WIN A \$50 Gift Card To A Local Restaurant

One winner chosen each full week of March 2017. Gift card will be mailed to winners. Each winner to be chosen at random. Service must be scheduled for completion during March of 2017. Warranty and nuisance calls not eligible. Restaurant to be a local establishment.

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## Supervisors Secure Community Voice in Economic Investments for All

LOS ANGELES - The Board of Supervisors passed two motions, introduced by Supervisor Hilda L. Solis, to give voice to neighborhoods and provide the space for communities to be a part of the development process whenever the County is involved. Both motions are intended to ensure that development benefits - and does not displace - local residents.

"It is important we make sure everyone gets a seat at the table," said Supervisor Solis. "The larger Countywide Plan puts the community at the forefront and allows them to contribute to the overall conversation and take ownership of their neighborhoods. This helps us build an authentic community engagement process that will set growth on the right track."

Undertaking robust resident engagement is urgent at this moment to ensure that investments in neighborhoods like Boyle Heights and Northeast

LA directly benefit community residents. Without meaningful, front-loaded, community input, we risk losing the opportunity to lift all boats, and address long standing community needs.

"This community partnership offers real opportunity to create a blueprint for the future that enhances the innovation work of our medical campuses and supports the larger community we serve," said LAC+USC Medical Center interim chief executive Bonnie Bilitch of the Health Innovation Community Partnership motion. "We look forward to working with our academic and community partners to build a shared vision for the future."

As anchor institutions in Northeast Los Angeles and East Los Angeles, LA County

and USC must commit to a process that prioritizes meaningful community engagement and delivers equitable development, investment and services that benefit current residents.

"Boyle Heights advocates strongly support the L.A. County Board of Supervisors in establishing the first "Health Innovation Community Partnership" to inform any further expansion of a health science district and community benefits. Community concerns that must be formally addressed include possible displacement of residents, public safety, housing and environmental impact on the communities adjacent to the LAC+USC Medical Center," said Maria Brenes, Executive Director of Innercity Struggle.

## Help Your Community Be Hazard-Ready!

AZUSA - The City of Azusa is developing a Local Hazard Mitigation Plan for their community. Floods, drought, wildfires, earthquakes, and severe weather are just a few of the hazards of concern to the City. While natural hazards such as these cannot be prevented, a Hazard Mitigation Plan forms the foundation for a community's long-term strategy to reduce disaster losses by breaking the repeated cycle of disaster damage and reconstruction. Additionally, only communities with a FEMA-approved Hazard Mitigation Plan are eligible to apply for both pre- and post-disaster mitigation grant funding.

Nationwide, taxpayers pay billions of dollars annually helping communities, organizations, businesses, and individuals recover from disaster. Some disas-

ters are predictable and, in many cases, much of the damage can be reduced or even eliminated through hazard mitigation planning.

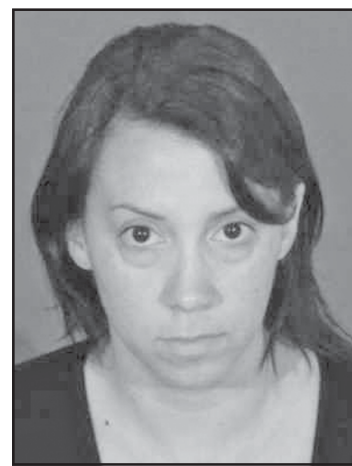
The people most aware of potential hazards are the people that live and work in the affected community. In addition to plan participation by local, state and federal agencies, the community is seeking enthusiastic, community-minded residents to be part of our Local Hazard Mitigation Planning project. We encourage attendance and participation from the general public at our upcoming public meeting to kick off the project on March 29 from 7-8:30pm at the Civic Center Auditorium, 213 E. Foothill Blvd., Azusa. For additional information, please contact Edson Ibanez at 626-812-5289 or email at eibanez@ci.azusa.ca.us.

## West Covina Woman Sentenced 2 Years for Stealing from PTA, Little League, Girl Scouts

By George Ogden

WEST COVINA - Veronica Monique Paderez, 38, of West Covina, was sentenced to two years in jail Friday, March 17, for embezzling more than \$92,000 from local Girl Scouts, Little League and PTA organizations. She was a volunteer working as an accountant and/or bookkeeper.

When she was first arrested, she was able to bail out on Feb. 8, 2016 for \$85,000. She was arrested on March 3rd of this year on a no bail warrant. She pleaded "No Contest" to three felony counts of embezzlement in November.



Veronica Monique Paderez, 38, of West Covina. (WCPD Photo) Back in 2013 until 2015, Paderez stole (embezzled) more

than \$52,000 from the Vine Elementary School PTA, \$26,000 from the West Covina American Little League and \$11,000 from Girl Scout Troop #4754, for a total theft of more than \$92,000, according to detectives and prosecutors.

As a volunteer, Paderez had access to their accounts and money collections according to the Los Angeles County District Attorney's Office in a written statement.

Upon sentencing, she was ordered to repay \$92,048.81 to the Girl Scouts, Little League and PTA organizations.

## Federal Charges Filed Against West Covina Man in Large Drug Raid

By George Ogden

WEST COVINA - Federal Prosecutors have filed against an alleged drug runner from West Covina after police found 1.25 pounds of methamphetamine and nearly 30 guns at his home.

Edwin Francisco Reyes, 44, was found with possession of methamphetamine with intent to distribute.

Chino police investigators armed with a search warrant, showed up on March 2 at the home where he lives with his wife

and four children on East Grove Center Drive in West Covina.

U.S. Department of Justice spokesman Thom Mrozek stated in a written statement. "During the search, officers with the Chino Police Department seized 532 grams - or nearly 19 ounces - of methamphetamine," according to Mrozek.

The police also recovered a total of 28 guns, including six handguns and two AR-15-style rifles. As a previously convicted

felon, Reyes is barred from possession of guns and ammunition. He will be charged accordingly. One pistol had a silencer fixed on the weapon.

At the time of the arrest, Reyes admitted he delivered 5 lbs of meth to Ontario.

Reyes is being held without bail and was turned over to the Federal Authorities. If convicted, he will be required to serve a minimum of 10 years and could get life in prison.

## Olympic Medalist to Assist with Monrovia Unified Elementary Olympics

MONROVIA - Kim Rhode, a six-time Olympic medalist in double trap and skeet shooting, will join nearly 900 Monrovia Unified fourth and fifth graders from the District's five elementary schools for the Monrovia Elementary Olympic Games at Monrovia High School on Thursday, March 30 from 9

a.m. to 1 p.m. Rhode will assist students as they compete in a 100-yard dash, 4x400 relay, softball throws, football punt and jump rope, among other events. Rhode will then present medals to the winning students. Monrovia High is at 845 W. Colorado Blvd., Monrovia.

## Disney Illustrator to Highlight Third Annual Gladstone Street Career Day

AZUSA - Azusa Unified's Gladstone Street Elementary will hold a Disney animator, drag racers and entrepreneurs among a host of career field representatives during its third annual career day from 9 to 11 a.m. Friday, March 24 on campus at 1040 E. Gladstone St., Azusa. Guests include experts in corporate planning, entertainment, fashion, fire-

fighting, food service, forestry, health care, law enforcement, merchandizing and retail management. The whole school will be used for Career Day, with presentations inside classrooms, on the blacktop and cafeteria patio, and on the athletic field.

## San Gabriel Unified Students to Compete in LA History Day Contest

SAN GABRIEL - Del Mar High School students will put their research skills to the test at the 2017 History Day L.A. competition on Saturday, March 25 at Azusa Pacific University. History Day L.A. challenges students to examine history through ex-

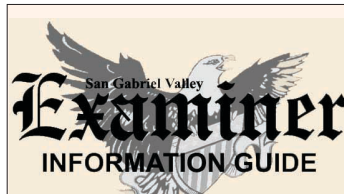
tensive original research and creatively express their findings before a panel of historians and educators. Del Mar High School, the only continuation school competing in the event, advanced three students to the state competition in 2016.

## Pasadena Area Women's Scholarship Available

PASADENA - A Pasadena Area Women's Scholarship is available annually in \$500-\$1000 increments for any female who is currently enrolled or planning to enroll by Fall 2017 at a college or trade/technical school at any level. This scholarship is sponsored by First Congregational Church of Pasadena, United Church of Christ as part of it's community outreach program, however members of it's congregation are not eligible for selection. Qualities to be considered by the Scholarship Committee

are: goals, grades, financial need, college and/or community service and proximity to achieving degree objectives. Students are expected to enroll in at least nine (9) units per semester at the undergraduate level and at least six (6) units at the graduate or post-graduate level. Applicants must be current residents of the city of Pasadena or adjoining communities or be enrolled by Fall of 2017 in a Pasadena college, university, technical or trade institution. Applications are available in

the FCC church office, 464 E. Walnut Street, Pasadena, on the church website: www.ucc-pasadena.org or via email fccmonina@gmail.com In addition to the application, two references are required, as well as a typed 1-2 page autobiography. If currently attending college or trade/technical school, applicants must submit a photocopy of their transcript. The deadline for submitting applications is April 15. Scholarship awards will be announced on May 15 and presented on May 20.



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## Brown's Legacy: Eliminating the Middle Class

Governor Brown and the democrat legislators are creating the highest poverty rate in the country for California primarily through the cost of housing. The Legislative Analyst says the average home price in California is \$440,000 and some change; the average home price in the U.S. is \$180,000 and some change. To buy a home in California costs 2.5 times more than other areas. Rents, LAO says, are at least 50% higher here than other areas. Couple that with a report I saw that said the main growth in jobs is primarily at the low end of the pay scale. That gives me real concern about those of us called the middle class in this state. If this trend continues, will California end up with the rich who can afford to buy a house and the poor who live in small subsidized rental units leaving this state with no middle class?

Families are now confronted with choices and two of them are buy a house in California or leave the state to find the same or better housing cheaper in other areas. If they make the choice to stay in California and pay the high cost of housing, that leaves less dollars to be spent on other things ... food, clothing and enjoyables, like entertainment. That of course affects our business communities and puts the chances of the independents and mom and pop shops survival at high risk.

The Legislative Analyst Office is saying we will need at least 100,000 new housing starts on top of the 100,000 to 140,000 units they expect will be built. We are seeing some of that growth here in the San Gabriel Valley with taller and higher density housing projects to accommodate the local governments' assigned project numbers in their state mandated housing element



**Lois M. Shade**  
Former Mayor of Glendora  
in their general plan.

For California, this isn't really a new bubble as the LAO points out just a bigger more out-of-control bubble. In their recent report, background information says:

- 1940 California housing was about 20% more than the U.S. average.
- By the end of the 40's prices were about 30% higher than the rest of the country.
- Beginning in 1970, home prices began to spike and by 1980 were 80% above the national average.
- By 2010, the average home was twice as expensive as the typical U.S. average.
- Today, California home prices are about two and a half times higher than the national average.

Discussions in other venues have criticized local governments and their municipal codes for creating conditions that increase the cost of housing. Conditions that include environmental hoops created by state and federal regulations down to local governments' parking requirements, green space, and recreation areas in denser projects not to mention zoning ordinances that control development options.

A year ago, Governor Brown's

solution to affordability was, first, to increase the number of units by providing incentives for developers. He talked about exempting review by local government if developers provided 20% of their units to low-income persons. There was another discount if the project was built next to transit projects like the Gold Line or other proposals in Los Angeles. That I am told went down in flames due to a backlash from environmentalists and unions.

Governor Brown is back again with a new proposal summarized by the Sacramento Business Journal as a package to include:

- Reduction of regulatory barriers
- Reduction of fees related to housing construction
- Reward local governments with funding and other incentives for meeting housing goals
- Penalizing local governments not meeting those goals through infrastructure funding or lack thereof.

The direction Governor Brown seems to be going is to eliminate local government barriers - or maybe just local government and the average citizen who feels very strongly about the kind of community they want to live in and perhaps their property rights.

Additionally, SB 2 has just been introduced by Senator Toni Atkins (D- SD 39 San Diego) whose web page says: "SB 2 would create a new, reliable source of funding for affordable homes through a modest recording fee on certain types of real-estate documents, excluding sales of residential and commercial property. The fee will generate hundreds of millions of dollars annually." Not sure yet what that is or how it will morph out as it goes through our state legislature.

## Education Plus Opportunity Equals Success

**By Dr. Barbara R. Dickerson**  
President, Citrus Community College District Board of Trustees

Economic prosperity and a good quality of life for the residents of our region are dependent upon industries that will generate high-paying jobs and economic growth. Currently, job opportunities exist in many of these industries; however, there is a sizeable and growing shortage of workers with the requisite skills to fill them.

A 2016 study by the Los Angeles County Economic Development Corporation (LAEDC) Institute for Applied Economics identified target industries that are likely to drive economic growth and provide the largest number of jobs in Los Angeles County in the next five years. According to LAEDC, the majority of these jobs will be in middle-skilled occupations-those that require more than a high school diploma but less than a bachelor's degree.

Fortunately, California's community colleges are working to address this mismatch between trained workers and job openings, by providing state-of-the-art training for middle-skill jobs.

Citrus College, with its 31 certificates, 17 skill awards and 17 associate degrees in career technical fields, is well positioned to meet local industry needs for middle-skilled workers. College programs are aligned with current industry standards and closely related to the occupation. In addition, curriculum development is guided by an advisory council that provides timely input about current and emerging technologies.

Some of the sectors identified as those with the fastest growth

rate, or "super sectors," by LAEDC include construction, education, health care services, professional and business services and leisure and hospitality. Citrus College's career technical programs align well with these industry super sectors. Below are just a few examples.

- Given the state's ongoing demographic shift to an older population, healthcare is a large and growing industry sector. Citrus College offers an Associate Degree in Nursing, which has a 90 percent state board passing rate on the first attempt. The college also offers associate degrees, certificates and skill awards in related nursing and healthcare occupations, including biotechnology and emergency medical technician training. The healthcare sector is expected to add almost 92,000 new jobs between 2015 and 2020 in Los Angeles County.

- Entertainment and information technology are considered the region's signature trade industry cluster as they generate thousands of employment opportunities in television, motion pictures, sound recording, performing arts and pre- and post-production occupations. Citrus College is renowned regionally, nationally and internationally for its outstanding performing arts programs. These highly acclaimed programs include associate degrees in music (instrumental and vocal), recording technology and theatre arts. Certificates are offered in audio recording technology, emerging theatre technology and many other entertainment-related fields.

- In the area of education, Citrus College offers associate degrees for transfer in early child-

hood education and elementary education. In addition, the college's Center for Teacher Excellence has partnered with the University of La Verne to equip the next generation of educators with technology skills for 21st century classrooms.

- Construction is an industry that has been identified as vital to the region's economic growth, and there is pent-up demand for new housing, infrastructure projects and energy efficient retrofitting. Because of this, Citrus College is in the process of creating an associate degree program in construction management, which will enable students to receive the necessary certifications in the field. The combined construction sector is projected to add more than 20,000 jobs between 2015 and 2020 in Los Angeles County.

As the LAEDC study indicates, the region's economy is dependent upon the strength and skills of our current and future workforce. With affordable tuition, flexible course schedules and close proximity to the Gold Line, Citrus College is a great option for traditional students, displaced workers and students who are already working to attain the middle-skills they need for great careers.

The aforementioned examples of career technical programs offered by Citrus College are just a small sampling. I encourage you to log onto [www.citruscollege.edu](http://www.citruscollege.edu) for information about many other outstanding programs at Citrus College.

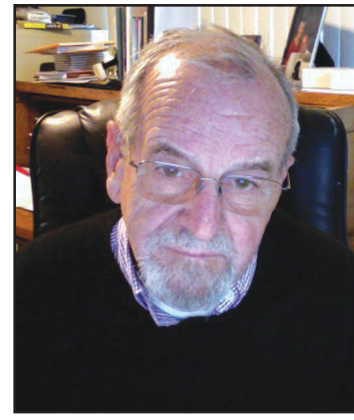
It's a simple equation: a good education, plus great opportunities, equals personal and professional success.

## We Really Do Care For One Another

Sometimes what a community or a nation is at heart seems to be reflected in the grim side of the daily news. But underneath what the public often sees and the media reports may well be another reality. The realization that this less obvious aspect of life in America exists has recently dawned on me unexpectedly. For several months I have had a physical problem that makes walking difficult. So I use a four-wheel walker to get around outdoors and a cane to navigate indoors. While my wife takes her role as my primary caregiver very seriously, and among other things, keeps me at disciplined regular exercise, my friends and other members of our community are always ready to do for me what they sense I need. Not willing to lose my independence, I have laid down a rule: I want to do for myself whatever I can do, and will ask for help doing the things I cannot.

While that system works pretty well for those I know, it works less well for those I don't know. And here is where a refreshed understanding of the nature of community has been evidenced. I have discovered something I had not always suspected. Most Americans are kind, friendly, helpful people.

As I was negotiating going from a curb to the street I wanted to cross, a perfect stranger ran across from the other curb, stopped traffic in both directions and made certain I got across. I



**Charles H. Bayer**

am always offered a seat on a crowded bus, supplied with a helping hand as I make my way slowly around a grocery store, ushered in and out of elevators, and when I was heading with a load for the dry cleaners, was spotted by an employee of that establishment who rushed out and got my bundle safely inside.

When I have needed help and asked for it, I have never been turned down. But the sense of community goes beyond that. I have had my restaurant bill paid by someone else I did not know and did not see. When I have stood on a street corner not sure what direction I needed to take to reach my destination, I have been helped by some passing stranger who sensed my bewilderment and pointed me in the right direction, even going out of his way for a block or two to make sure I got where I had intended to go.

I am told that if I lived in some

other complex urban area, it might be different. In many places it is everyone for him or herself. You know, rugged individualism often seems to be the accepted social rule. That may be the way it is elsewhere, but here in Southern California the social compact seems more important than individualism. There is a sense in these parts, that for better or worse, we are all in this together.

Every now and then I fall into near despair about what is happening in our nation. But

from some unexpected source there is extended a friendly hand and I am yanked back to the reality that reminds me I live in a caring place with gracious neighbors.

I do not wear rose-colored glasses, and have never been accused of being just another optimistic liberal, unaware that the world can be cruel, ruled by selfish tyrants and dominated by hogs only interested in getting to the trough before anyone else. I guess I know and have seen the dark side of who we are as a people, darker these days than it has been in my lifetime. But the moments of common, gracious, human kindness I have encountered time and time again keep me optimistic about who we are-a people who really care about each other.

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

## Sanctuary Cities, REALLY?

Everyone hears about various cities declaring themselves to be a "Sanctuary City" to allow illegals to stay in their city without the worry of being arrested.

So, let's see if I have this right. Cities are conspiring against state and federal laws to give sanctions to those who are breaking the law by protecting them from being arrested. REALLY? Anyone see anything wrong with this picture? Somebody, or a group of people, let's just say, the majority of a city council vote to make it legal for those who are breaking the law to come to their city and stay without the worry of being arrested.

First off, the law is clear. When you more than one person conspires to harbor criminals, they are in fact guilty of a crime themselves. Who is going to arrest these people that committed this crime?

Recently we have heard that the Governor may be bowing



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

down to the Latino legislators wanting to have California become a Sanctuary State. If this goes through, then the state would be telling cities to "break the law" to allow such activity in their city. This is CRAZY.

The police and our citizens have enough problems without inviting more into their community.

If you examine our elected officials and see "who" they are and how they vote, you will understand why this is happening.

## 'TIME JOCKEY' - Father Of The National Parks

**By Joe Castillo**

**John Muir ...** Just north of San Francisco Bay, in the green lush Alhambra Valley, near the small farming town of Martinez, lived the greatest champion of nature and conservation that the United States and perhaps the world has ever known. John Muir, born on April 21, 1838 in Dunbar, Ireland, emigrated with his family to the Wisconsin area and eventually enrolled at the University of Wisconsin. He became a skilled machinist, a creative inventor and a diligent worker and researcher. In 1868, Muir made his first trip to California and for the first time visited Yosemite discovering an active glacier in the process. The discovery was significant as it led to the basis of how the Yosemite Valley was created even though it was contrary to beliefs which were accepted at that time.

Muir was so moved by what he saw that he began to write magazine articles calling for the federal protection of forests and natural areas. He traveled throughout the West including

Alaska and Central America, and took up the studying of trees and forests while becoming an activist of conservation. He eventually settled down as a famer in Martinez and met Louisa Strentzel, the daughter of Dr. John Strentzel, a leading pioneer of fruit growing and transportation who once entered 91 different varieties of fruit in a state county fair.

Both Muir and Strentzell became so knowledgeable and successful in the fruit growing, ranching and transportation business, as well as successful businessmen, that each became very wealthy men. Even though Muir had made a small fortune from the commodities produced by nature, he began campaigning to save the wilderness and wild while advocating that nature had more to offer than food to sustain human life. Fearing his health was getting worse, his wife Louisa sent him out to continue writing about nature conservation. Muir would spend the next 28 years traveling, writing, talking and educating people for the need to protect and conserve

nature. He is sited as the 'Father' of the National Park System and was the driving force behind the creation of Yosemite, Sequoia, General Grant and King's Canyon National Parks.

His magazine and newspaper articles helped changed America's opinions toward the wilderness and wildness. Muir became so influential that he was able to persuade President Theodore Roosevelt to spend a week with him camping in the Yosemite Valley. For three days, Roosevelt was only in the company of Muir while demanding that his aides not disturb him for any reason. With Roosevelt's support, Muir became an advocate of conservation throughout the world, traveling to Africa and South America in his quest to protect Earth's greatest natural resources. 'The battle for conservation will go on endlessly. It is the universal warfare between right and wrong' - John Muir 1896.

*Joe Castillo is a freelance historical writer and can be reached at [joecastillo@aol.com](mailto:joecastillo@aol.com)*





# Doves In Retreat

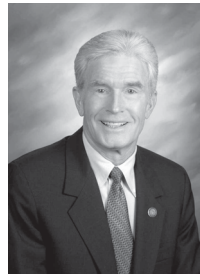
As widely expected, the FOMC raised the target fed funds rate 25 basis points to a range of 0.75% - 1.00%, citing both realized and expected labor market conditions and inflation. Fixed income markets rallied on the report reflecting lower yields, likely due to the Fed's median estimates for 2017 and 2018 rate hikes remaining the same as they projected in December. Many market participants expected a more hawkish message given the Fed's earlier-than-previously-expected hike at this meeting. The Fed still expects to raise rates two more times this year, taking the probability of a June hike down from over 60% to less than 50% immediately following the release.

The FOMC has been eager to "remove accommodation" for eight years. Really eager. But opportunities have been few and far between. The motivation for tightening last Wednesday is as much about "because we can" as "because we should." After all, the Atlanta Fed is now tracking Q1 GDP at 1.2%. Tightening because you can could also be the first step on the road to tightening too quickly.

The need to remove stimulus has been a consistent Fed theme at least since January 2009, pre-dating Yellen's appointment as Chair by several years. Extraordinary policy adds a certain urgency, and as a result, on the recently rare occasions when the economy is strong enough and the world calm enough to advance the tightening agenda, FOMC participants have usually pushed too hard.

Participants apparently walk into FOMC meetings armed with dozens of conflicting models and rules of thumb, as Chair Yellen and Governors Fischer and Powell explained in a recent series of speeches. By looking at a myriad of tools, participants hope at least one will contain the right

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



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

policy path. But there's a dark side to this cornucopia; the myriad of conflicting messages among the Fed's tools leads to a tendency to stress the ones that best fit the mood of the moment. When doves dominate the conversation, as they will when the economy drags, dovish models dominate. But, when hawks feel empowered, hawkish tools take the spotlight. As a result, the Fed's communication shifts more than is probably justified by the data.

Prior to this month, the effort to undo extraordinary stimulus amounts to two quarter-point rate hikes 12 months apart, the first in December 2015, the second in December 2016. The plan after that first hike was to continue at a quarterly pace until the fed funds rate reached 3%, the level thought consistent with the long-run natural rate at that time. The Fed would tackle its swollen balance sheet once tightening is "well underway".

The biggest Fed related risk was not the widely expected rate hike and not even the updated forecast in the summary of economic projections. The biggest risk is the way the Fed chooses to communicate its forecast. Communication goes two ways. The problem is not the market's failure to listen to the Fed. The problem is the FOMC's failure to listen to the market.

Bottom line: A Tendency to Overdo It

The economy is stable and growing at a modest pace. Year-

on-year final sales growth - the measure of demand in the economy - has been within 0.1% of 2% since the fourth quarter of 2015. If the Atlanta Fed is right and final sales rise 2.0% in the first quarter, final sales growth will remain within a tenth of 2.0%.

The sum of the first quarter hard data in hand so far suggest the economy has not changed since last year. What has changed is soft data, including consumer confidence, the Fed-favorite ISM indices and expectations evident in stock prices.

Nevertheless, the Fed senses opportunity to hike, which not only changes the way the Fed thinks about its options, it changes the way the Fed thinks about the world. In January, when Yellen spoke at Stanford, she emphasized the change rule, developed by Fed economists because it does not include a natural rate assumption. The Fed has struggled with its natural rate forecast lately, she explained. But on March 3, just three weeks later, her brief discussion of the March decision centered entirely on the Fed's confidence the natural rate is rising. The change in focus was jarring.

When the economy is weak, the Fed favors methodology likely to lead to wait-and-see policy, but when the Fed senses strength, it turns to methodology favoring faster tightening. As a result, policy turning points have a magnified impact. This turning point is likely to be no exception. Watch for volatility to kick up in all markets over the next several weeks as the realization sets in that the FOMC has gone from wait-and-see to gung ho in less than a month.

**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

*When the Feds raise their rate, what else does that affect?*

When the Feds raise their rate, savings, U.S. Bonds, mortgage, and credit card rates will rise. Banks are much quicker to raise their loan rates (credit cards and mortgages) than they are to raise interest they pay on savings and investments. Wages could be affected, but often remain unchanged. Stocks could become more volatile.

*What are the different investments in relation to when I have to pay taxes on them?*

On savings, checking, CDs, mutual funds, stocks, bonds, and treasuries, you pay taxes NOW (annually). Pay taxes LATER on an IRA, a 401k, a 403b, other pension plans, variable and fixed annuities, and savings bonds. Pay taxes NEVER\* on Roth IRAs, Municipal bonds, and life insurance cash value accounts. (\*You already paid taxes on the money before investing in these.)

*Is there anything I can do to help lighten the tax burden my baby sister will have when she inherits my 401k?*

You have several choices depending on your circumstances. If you are no longer working at the company holding your 401k, I can help you roll it into an IRA so that you don't trigger a taxable event. IRAs have much more flexibility on distribution than funds from a 401k. Additionally, you could purchase a life insurance policy with your sister as the primary beneficiary. Since the payout from life insurance policies are income tax free, that money could be used to pay the taxes on taxable inherited monies.



Julia Yoder

*I have about \$100,000 that I'd like to invest, but it has to be safe. I don't anticipate needing any of the money for at least 5 - 10 years, and even then might not need it. I'm leaning toward putting it in CDs, a money market account, or municipal bonds. Are these low-interest earning accounts the only safe places to put my money?*

No. You might want to consider putting your money into one of a couple of products which could offer you a potentially higher rate of return, defer taxes, be every bit as safe, and offer some great additional benefits you might take advantage of later in life. These products also fulfill some aspects of retirement and estate planning.

*My husband lost his job and our health insurance. We can't afford Cobra. And, the Affordable Care insurance is very expensive, too. What do we do now?*

Contact a licensed health insurance agent to help you navigate the health insurance choices available. Ask about short-term health insurance policies which frequently work out to be

less expensive than the cost of annual policies. You could also check into using 401(k) funds to pay the Cobra premiums. See if you qualify for MediCal.

*We're homeowners, have debt, two kids in college, and recently our adult child moved back home. And this week, we've become caregivers for Grandma. Any advice?*

Welcome to the "Sandwich Generation" -- caught between caring for an adult child AND an aging parent at the same time. Set rules for your 'boomerang' child (one who leaves home and returns), possibly including rent. This adult child can be very helpful as an additional caregiver. Grandma's Social Security income and Medicare benefits should help. Look into Powers of Attorney for finances and medical. Contact your local Senior Center. You may want to talk with an Elder Law attorney. Avoid dipping into your retirement savings, and you might consider refinancing to improve your own cash flow.

**Got a question? Ask Julia by email:**

Email questions and comments to:  
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/ Member: Nat'l. Ethics Assoc. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

# Inspire 2017 - A Journey To Health And Happiness

A Fundraising Event for WINGS - Women in Need Growing Strong

**GLENDORA** - INSPIRE 2017, The INSPIRE Event is back for its fourth year in a row. This annual fundraising event brings women together to enjoy a morning of fun with one main goal in mind: to raise funds for WINGS Domestic Violence Program.

INSPIRE 2017 provides an opportunity for women to gather together and enjoy guest speakers, a red carpet photo shoot, light refreshments, and swag bags, all while supporting the WINGS foundation.

The ARDENT Group, an all female entrepreneurial networking team comprised of business owners within the Foothill Communities, sponsors this event.

The fourth annual Journey to Health and Happiness Event is set to take place on Saturday, **April 8**, from 9:30AM to 11:30AM. It will be held at Fiorina, located at 124 Glendora Avenue in Glendora, California.

In 2014, The ARDENT Group and attendees raised \$1,200, which went directly to the WINGS program. WINGS, also known as Women in Need Grow-

ing Strong, is a domestic violence program that was established in 1979 with the intention to aid victims and their dependent children in moving out of crisis and towards safety, stability and autonomy.

WINGS is affiliated with the YWCA of San Gabriel Valley, which arranges safe emergency and transitional shelters, support groups, and individual assistance while also managing to provide families access to longer term transitional housing.

The ARDENT Group's mission is to empower women by providing them with unique products, services, and experiences and by supporting the local community efforts that benefit women and their families. Through this fundraising event for the WINGS foundation, the ARDENT group is empowering the women affected by domestic violence through informing the community and promoting Health and Happiness in the Foothill area.

The ARDENT group is comprised of Lindsey Rehfeld owner of Visiting Angels, Stephanie

Simpson owner of Simpson Portraits, Melina Ferrandino owner of Glendora Gardens Nursery, Annette Hernandez owner of Luxe Salon, Dale Snider owner of Glendora Florist, Tina Schneider owner of Spin 360 Fitness, and Nikki Vitale owner of Fiorina Fashion Chic.

"It's such a fun morning for women to come together and enjoy themselves while raising funds for a good cause. This year we hope to raise 25% more than we have previously to benefit the WINGS program," says Nikki Vitale, founder and group member of ARDENT.

INSPIRE 2016 is a free event, with a suggested \$20 donation at the door that goes to benefit WINGS program.

To RSVP for the event and receive more detailed information, please visit the ARDENT Facebook page at <https://www.facebook.com/TheARDENTGroup> or feel free to contact Jessica Ionnatti, the Marketing Manager at Visiting Angels, at (626) 852-3302 or by email: [jessica@angelcaregiving.com](mailto:jessica@angelcaregiving.com).

# Sixth Annual Empty Bowls Event Highlights Plight of Homeless Families

**ROSEMEAD** - You have an opportunity to make a lasting difference for a homeless family with young children. Family Promise of San Gabriel Valley invites you to the sixth annual Empty Bowls event on Sunday, **April 2** from 12:00 pm to 3:00 pm. All event proceeds will go towards assisting local families with temporary housing, hospitality, and services as they work to regain their homes and independence.

Go to [www.familypromise.org](http://www.familypromise.org) to hear Family Promise guest families from the San Gabriel Valley speak about how the program has helped them recover their independence through better jobs and permanent housing stability-and given them hope for the future.

The \$30 admission includes a beautiful handmade soup bowl donated by local artisans and lunch provided by area restaurants. You will enjoy a variety of

delicious soups, bread, and cookies. The event also features live music, an artists' village with ceramics for purchase, and a raffle for fabulous gift baskets.

EMPTY BOWLS is on April 2 from 12:00- 3:00 pm at Sierra Madre United Methodist Church, 695 W Sierra Madre Blvd., Sierra Madre. Register online at <http://bit.ly/EBowls17>  
Pre-Registration: \$30/Registration at the door: \$35

# I Want To Be Green!

Even if you don't own the newest car on the block it can be greener! With a little tender loving care, it can give you a lot more miles and it will make it environmentally friendly...and save you money. Improving the environment and your bank account at the same time is a win-win situation!

At Certified Auto Specialists, we know exactly what is needed. Our techs check out your car's battery, charging and starting systems; engine mechanical; power-train control, onboard diagnostic check; fuel; ignition; and emissions systems. This alone can improve gas mileage by four percent! The oxygen sensor can be checked too, just to be safe. That

can improve gas mileage up to 40%!

Our technicians also look at your vehicle's filters as a clogged filter can bring down fuel efficiency by as much as 10%...that's 15 cents a gallon! Spark plugs need checking too so they are firing properly. Misfiring wastes fuel!

The cooling system can also cause a car to boil over if it isn't in top form. This can leave you sitting on the side of the road with steam coming out from under the hood. This is bad at any time, but worse during peak driving hours when you can be the cause of a traffic jam! And you know what else...you guessed

it...it wastes fuel and raises emissions.

Last but not least, our techs look at the tires. If they are over-inflated it makes your vehicle less fuel efficient...if they are under-inflated...same scenario. Tires need to be just right!

Being environmentally friendly is something we all can help with...especially when it comes to your vehicle!

Certified Auto Specialists is always here to help! Call us today for an appointment or with any questions at 626-963-0814 or visit our website at [www.CertifiedAutoCA.com](http://www.CertifiedAutoCA.com).

**Hometown Service You Can Count On!**

# Barnes & Noble Glendora Welcomes Terrorist Survivor Jeanette Chaffee

**GLENDORA** - Barnes & Noble Glendora is hosting a Q&A/Discussion with author Jeanette Chaffee on Sunday, **April 2nd**. Jeanette survived the midair explosion of a terrorist bomb less than fourteen feet away from her on TWA Flight 840. She will also sign copies of her acclaimed book, *Extravagant Graces: 23 Inspiring Stories of Facing Impossible Odds*. Nowhere else can you read these exclusive true stories. Learn what haunted NFL player Donnie Dee, go behind-the-scenes into the life of the singer of the Happy Days theme song, read about missionary Don Richardson's adventures with headhunters, find

out what troubled author Shirley Dobson, and discover what it was like being the daughter of evangelist Billy Graham. These are just a handful of the thrilling stories in the book.

Join us anytime between 12:00 p.m. and 3:00 p.m. Jeanette will share her harrowing story, "Terror in the Sky."

Jeanette has appeared on 20/20, CBS Evening News with Dan Rather, The 700 Club, 100 Huntley Street, and other television and radio shows. She

has been quoted in The New York Times, USA Today, and Newsweek.

Recognized as a gifted communicator, Chaffee changes lives by offering God's hope to audiences going through their most difficult personal challenges. She regularly speaks at community and church events, retreats, schools, and women's groups.

*Barnes & Noble is located at 1315 E. Gladstone St, Glendora.*

**To Advertise In  
The San Gabriel Valley Examiner  
CALL (626) 852-3374**



# Around the Valley & Senior News

## AZUSA

### Volunteer Drivers Needed

Do you have some extra time to spare? Are you a good driver? The Azusa Senior Center has a great volunteer opportunity for you! The Azusa Senior Center is currently recruiting volunteer drivers to deliver lunches to our homebound seniors in the city of Azusa between the hours of 10:30 a.m. and 12:30 p.m. If you are interested, please contact Lynda Prewitt for more information at (626) 812-5204, ext. 5303.

### TOPS Meeting

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

### Seasonal Allergies and Asthma

Arcadia Senior Services in partnership with Methodist Hospital is having a special health presentation with information regarding seasonal allergies, hay fever and asthma. It will take place at the Arcadia Community Center, 365 Campus Drive, Tuesday, March 28 at 1:30pm and is free. Dr. von Tiehl, board certified in allergy and immunology is the guest speaker. He will discuss why people get allergies and asthma, which allergens are important, and which medications are used to treat these conditions. He will also explain how allergy shots work. If interested in attending please call Arcadia Senior Services, 626.574.5130. This program is for individuals age 50 and over.

### Arcadia Senior Card Club Looking For New Members

The Arcadia Senior Card Club is accepting new members. Arcadia residency is not required. Play contract bridge or pinochle. The group meets at the Assistance League Community House, 100 So. Santa Anita Avenue every Monday from 9:00 AM to 3:00 PM. Lunch is provided for a nominal fee or bring your own lunch.

The group is open to men and women 50 or older. The annual dues are \$5.00. For more information call 626-281-6771.

## COVINA

### Attention All Local Home Gardeners

Plan to stop by The Covina Woman's Clubhouse on Thursday, March 23rd at 11:00 AM. The Friendship Garden Club will be having a plant sale which is open to the public. Members will bring cuttings, potted plants and special flowers for sale. We are bringing items directly from our own gardens and they will be very low priced. The address is 128 S. San Jose, Covina. One block south of Badillo.

Members of the community are invited to visit our club meetings, if they are interested in joining a garden club. Our program that day will be about care and propagation of Begonias, by Bobby West. Please contact Jeanette Gulli for questions. Jeanette Gulli, jhgulli@verizon.net, 909-599-1904

### Blood Pressure Checks

Health Care Partners will provide a medical assistant to do free blood pressure checks. No

appointment needed. Every 2nd Tuesday of every month from 10:00 a.m. - 12:00 p.m. For more information call the Senior Center at (626) 357-3513.

## DUARTE

### Meals on Wheels

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

### 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 \$2. 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.

## GLENDORA

### Ladies Luncheon Once Upon a Time

At the Glendora United Methodist Church, 201 E. Bennett Ave., Glendora on Saturday, April 1st at 10:30 A.M. Tickets \$30.00.

We invite you and your friends to a fun time. There will be a silent auction and entertainment provided by Bronwyn Schramm, telling a story. Lunch will be catered by Plaza Produce. Make a reservation by sending your check indicating the names of the guests to Becky Walker UMW Treasurer at 831 E. Cypress Ave., Glendora, Ca. 91741. For any questions you may call her at 626-914-1305.

### Kiwaniannes Presentation - "The Liberty Belles."

At their April 5 meeting, the Glendora Kiwaniannes will hear a presentation on "The Liberty Belles." Club member Dr. Pat Rasmussen will discuss the fascinating lives of Martha Washington, Abigail Adams, and Dolley Madison. The Kiwaniannes meet at 5:30 p.m. at the Glendora Continental, 316 W. Foothill Blvd. Cost for buffet dinner is \$15.

Applications for this year's Leadership Academy, a week-long summer program for fifth and sixth graders, are now online [www.glendorakiwaniannes.org](http://www.glendorakiwaniannes.org). Students receive instruction in

leadership skills to prepare them for the future. Cost is \$25 and includes a t-shirt, daily snack and craft project. The Leadership Academy is now in its 7th year and 135 children have completed the program.

### Regional Food Bank Distribution Program

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. 3:00 p.m. For additional information, please call the Center at (626) 914-8235.

### 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 6:30-9:30 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](http://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 infor-

## Preschool Instructor Wanted

ARCADIA - Arcadia Recreation and Community Services Department is looking for an instructor who can provide age-appropriate classes for preschool-aged students. Classes may include dance, yoga, foreign language, sports, art, or anything new that would benefit the community.

The Arcadia Recreation and Community Services Department offers a variety of classes for all age groups. There are

over 500 classes to choose from including art, cooking, yoga, Zumba, music, and many others.

### Glendora Public Library launches e-magazines!

GLENDORA - Visit the Glendora Public Library website, [www.glendoralib-rary.org](http://www.glendoralib-rary.org), to download the latest copies (and back issues, too) of your favorite magazines. Titles available include: Consumer Reports, Cooking Light, Men's Health, People, Sports Illustrated, Lonely Planet Traveller and more! For more information, please contact the Glendora Public Library at (626) 852-4891 or visit us at [www.glendora-library.org](http://www.glendora-library.org).

## MONROVIA

### Tenth Annual 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 Com-

munity 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.

## WEST COVINA

### Garden Walk by West Covina Beautiful

The organization of West Covina Beautiful is sponsoring a Garden Walk of beautiful and interesting West Covina gardens which includes a view by van of some of the city's Art in Public Places sites. The walking and city van tour is on Sunday **April 2** from approx. 1 to 4PM. Van pick up is at Cameron Community Center location at Cameron and Lark Ellen. Tour also ends at this location. Light refreshments are served at the last home. Wear comfortable shoes and a hat. Cost is \$10.

To let us know of other interesting gardens in West Covina, for information and to make reservations please call Shirley Buchanan at 626 338-5452

### 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 is 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.

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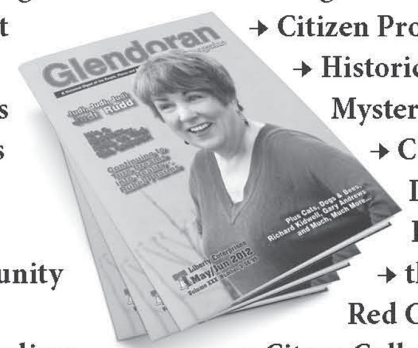
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## Genealogy Group Monthly Meeting

GLENDORA - The Glendora Genealogy Group will hold their monthly meeting on Tuesday, **March 28** in the Elm Room of the La Fetra Center, 333 East Foothill Blvd, Glendora. There will be a refresher course led by Pat Chavarria at 6:00 PM. Our business meeting follows at 7:00 PM. Our speaker will be Barbara Randall. She will be presenting "Nil se Blarney (It's Not Blarney): Research in Irish Records."

Irish records ARE available and many are online. More are becoming available each day, but there are challenges to Irish research, and the myths that records don't exist persist. Barb

will show us where to look and how to research our Irish ancestors.

Barbara Randall is president of the British Isles Family History Society-USA and a board member of the Southern California Genealogical Society. She is also editor of BIFS-USA Journal. Barbara conducts workshops in the Southern California area. She is a member of the Association of Professional Genealogists (APG), National Genealogical Society (NGS), Genealogical Speakers Guild, International Society of Family History Writers and Editors, New England Historical Genealogical Society

(NEHGS), New York Genealogical and Biographical Society (NYG&B), and other local societies. Barbara is also a Daughters of the American Revolution (DAR) volunteer genealogist/consultant. She is a special education middle school teacher/coordinator with the Los Angeles Unified School District. Barbara blames her addiction to genealogy on a close friend who dabbled in it for years. Her first lessons accompanied her first Jamboree conference and the passion was lit.

Any questions about our group or the meeting please call Pat Chavarria at 909-592-4030.





## West Covina Senior Center Activities

**WEST COVINA** - The West Covina Senior Center provides a variety of recreational activities and trips, sports programming, support groups, volunteer opportunities, and many other programs for seniors.

**Thursday Evening Dance**  
Every 1st and 4th Thursday of the month from 7:30 p.m. to 10:00 p.m., live-band dances with light refreshments are held at the Senior Center. The Big Wednesday Band, a local favorite, plays on the 1st Thurs-

day of the month and the Sentimental Journey Band on the 4th Thursday of the month.

### Senior Men's Softball League

Men fifty-five and older are welcome to participate in a slow-pitch softball game held at 9:00 a.m. each Friday morning at Cameron Park. This is not a league team and there are no fees involved, just a group of seniors playing a game for fun and exercise. So bring your mitt and come on out.

### Table Tennis

The West Covina Table Tennis Club, welcomes players of all ages to come play a friendly game of table tennis at the West Covina Senior Center. The club plays Monday and Wednesday from 5:00 p.m. to 8:30 p.m., and Saturday from 12:00 p.m. to 4:00 p.m. For more information, please contact Ken Trinh at (626) 858-2385 or their website: [www.westcovinattc.com](http://www.westcovinattc.com)

## They Are Back!!! The Songs & Stories of Burgan and Chan



Debbie & Jerry Burgan with Tholow Chan

### By George Ogden

**COVINA** - Mark Saturday, March 25 at 8 PM down on your calendar. The Songs & Stories of Burgan and Chan will be in the famed Fret House in Covina. They are located at 309 N. Citrus Ave in Covina.

If you want to hear some Folk Music in concert and get a guided tour through magical and memorable moments of

their common folk music experience, when songs-and the times-was changing.

The Fret House is an independently owned music store in Downtown Covina. They have been around for decades and are of the icons of Covina. They sell instruments, offer lessons, have weekly shows in their underground concert venue, and host LA's longest

continuous running Open Mic Nights.

All styles of music are presented. Country, Jazz, Classical, Bluegrass, Rock, Celtic, Blues, Flamenco, Pop, and Folk are all heard in an intimate atmosphere, for a crowd willing to think as well as be entertained. You can go to their website or give them a call for more information. (626)339-7020.

Jerry Burgan, co-founder of We Five, joined by We Five's lead singer, Debbie Burgan, and longtime bassist, Tholow Chan, trace their musical roots back to the classic folk era of the early 60s before they rode the leading edge of the folk-rock with their hit recordings of, "You Were On My Mind" and "Get Together". They give a great history lesson in music that will certainly make you glad you attended. It's an intimate, up close experience that puts you up front for a terrific folk concert with artists that made it happen. Become part of history at the Fret House and join them for some great tunes.

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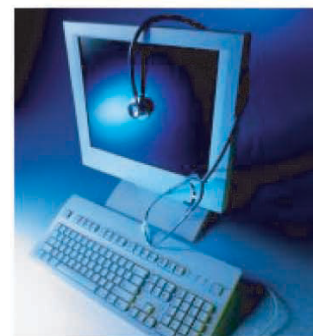
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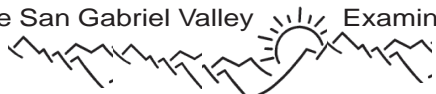


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