



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

October 12 - 18, 2017

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Honor Flight Network Honored Azusa Resident Henry Perez, WWII Veteran

By Jorge V. Rosales

AZUSA - Henry Perez was born in 1927 in Sutter Creek, California, which is approximately 3 miles northwest of Jackson, CA and 45 miles southeast of Sacramento. Sutter Creek is in the California Gold Country, famous for gold rush past. His father was a deep rock miner.

Mr. Perez was 16 years old when he tried to enlist in the Merchant Marines in 1943 but was denied enlistment because he was under weight, 120 lbs. instead of the required minimum of 130 lbs. He had his mother fatten him up with her good cooking and at the age of 17 he went back to the recruiter in Sacramento and still didn't qualify for the Merchant Marines but successfully enlisted in the U.S. Navy. He served aboard the United States Ship, USS Saratoga GV3 in the Pacific Rim from 1944 - 1946.

After discharge from the Navy he worked for four years at the Navy Base in Stockton, CA, where he eventually became a Police Officer for the next 20 years. In 1970 he moved to Azusa and started a Smith & Wesson business, for the next 20 years until his retirement, specializing in the sale of all types of police equipment.



Azusa WWII Veteran, Henry Perez sitting in a wheel chair is welcomed along with 80 other veterans by Admiral John Nelson and a Honor Flight Network volunteer to Washington, D.C.

A wish recently came true for World War II Veteran Henry Perez. He had the honor to join 80 other World War II and Korean War Veterans on a San Diego Honor Flight to Washington, D.C. The Honor Flight Network consists of over 130 independent Honor Flight "hubs" across America. There is no cost to the veteran. On September 28, 2017, the Honor Flight San Diego guardians escorted the veterans for four days to Washington, D.C. to visit the memorials that have been built in their honor. Honor Flight is a non-profit organization dedicated to providing

veterans with honor and closure. Their mission is to transport America's Veterans to Washington, DC to visit those memorials dedicated to honor the service and sacrifices of themselves and their friends.

During Perez' and other service enlistees' tours, they would receive personal mail from family, friends and loved ones. According to Henry, in the military this was called "Mail Call, a very personal and important time for all military personnel. So during the veteran's flight back from Washington to San Diego they were handed out letters from their families, friends, loved ones and young school children from many different local schools. Mr. Perez said, "I could not believe the many loving sentiments, gratefulness and appreciation that are still being shared today with all World War II Veterans".

Of all of the wars in recent memory, it was World War II that truly threatened our very existence as a nation-and as a culturally diverse, free society. According to the Department of Veterans Affairs, an estimated 640 WWII veterans die each day. The time to express our thanks to these brave men and women is running out. There are 27,272 veterans on waiting list; 2747 WWII, 8507 Korea, 15,429 Vietnam and 589 other (i.e. terminally ill).

All Veterans require close observation from a traveling companion called a "Guardian." This is not a legal term, but a title. Each Veteran must have one next generation guardian, willing to escort the veteran to D.C. For a donation of \$400, Honor Flight will provide the guardian with transportation, meals, lodging, etc. The guardian must be competent to attend to the physical needs of the veteran. They will book a room with two double beds so the guardian can stay with



Azusa WWII Veteran, Henry Perez with his Honor Flight Network Guardian, Karen Snider at San Diego airport before departing for Washington, D.C. Guardians are asked to care and treat veterans as if they were family and ensure a safe, memorable, and rewarding experience.

the veteran.

Southwest Airlines has been the Official Commercial Carrier of the Honor Flight Network since 2009, providing complimentary roundtrip travel used to unite Military Heroes with their war memorials. The Hilton Baltimore BWI Hotel has proudly supported this program since 2008 by offering discounted sleeping room rates as well as special menus and pricing to multiple Honor Flight Hubs throughout each year. Breittling has been a proud supporter since

2012 when they produced Limited Edition Breitling Navitimer Honor Flight watches and donated the proceeds to Honor Flight. In 2013, Snap-On Tools began a partnership with Honor Flight Network and became the first company to sponsor Honor Flight trips for its own people on a national level.

"Honorable Mention" - Former Mayor of Azusa and former Korean Navy Veteran Eugene Moses said "We are proud of Henry and his service record to the country and community".



Azusa WWII Veteran, Henry Perez is welcomed back from Washington, D.C. at San Diego Airport by his family, including his Great Granddaughter Bella Marchetti.

Elizabeth Foerster 109 - Probably the Oldest Person in Glendora

By Jayam Rutnam

GLENDORA - On Tuesday, October 10th, 2017, Elizabeth Foerster, once again celebrated a milestone birthday. She turned 109. Elizabeth has been celebrating her birthdays with a party, every year, ever since she turned 100, but lately, although her family members visit her on this special day, they do not make a fuss of having a birthday party as it makes Elizabeth too excited, said granddaughter Carol Casey.

Elizabeth was born in 1908. This was the year that, in the U.S., Henry Ford first marketed the Model T Ford for \$825. It was also the year that the average life expectancy was 47 years, only 14 percent of the homes had a bathtub and only 8 percent of the homes had a telephone.

Elizabeth Foerster is one of roughly 72,000 centenarians in the United States. According to the Guinness Book of World Records, the oldest living person in the world is a 117 year old woman in Italy. While she still has a few years to go to catch up to the world record, family members say Foerster is still quite healthy for a 109 year-old. Eldest daughter Loretta Casey attributed her mother's longevity to her healthy diet and her refusal to take prescription drugs.

Elizabeth is a resident of the beautiful Mesa Glen Care Center at 638 E. Colorado Avenue in Glendora. She has been cared for by the staff of Mesa Glen Care Center for over five years. She is very comfortable there and the staff treats her with a lot of love and tenderness.

On her 104th birthday party, the Mayor of Glendora Joe Santoro presented Elizabeth with a Certificate of Declaration. She was also presented with a framed photo of her when she was fourteen years old. Elizabeth recognized the dress and said that she remembered sewing it.

Elizabeth's two daughters



Elizabeth Foerster on her 104th birthday.

Harriet Maldonado of Oceanside, Ca. and Loretta Casey and grand daughter Carol Casey of Glendora, visit Elizabeth very often. Her son Richard lives on the East Coast.

Of Polish descent, Elizabeth Zakrewicz was born in Hamburg, Germany and was one of 18 brothers and sisters. She immigrated to the United States in 1928 to join her sister Angela and settled in New York. On December 26, 1929 she married Alfons Foerster who was also from Germany. Elizabeth was a homemaker but worked at a bak-

ery for a short time. When Alfons retired, they moved to California and lived in Covina and then Glendora. Elizabeth and Alfons were married for 61 years. Alfons passed away in 1990 at the age of 83. Elizabeth has six brothers and sisters still alive in Germany. Her youngest brother is 90.

Elizabeth Foerster used to attend St. Dorothy's Catholic Church in Glendora.

We at the San Gabriel Valley Examiner wish Elizabeth a happy birthday with many more returns of the day.

Duarte Kiwanis Supports the CHIK Program



DUARTE - Naelh Othman, Student Service Coordinator for Duarte Unified School District was honored at the Duarte Kiwanis 2017-2018 Installation Dinner with a Distinguished Service Award (DSA). Naelh was honored for her continuing support of the CHIK program - Community Homeless Initiative for Kids. All school districts in the country are responsible for removing barriers to learning for kids who are defined as homeless under the McKinney-Vento Act. This includes kids who are doubled up with multiple families in one

home, kids living in cars, kids living in motels, garages, etc. Naelh has been on the front lines in supporting these kids and their families. She told a story of learning of a grandmother raising 5 grandchildren - none of the kids had beds. She reached out through the CHIK program and within a day, beds, mattresses, sheets,

pillows and blankets had been donated for those kids. Duarte Kiwanis looks forward to continuing their partnership with CHIK and Naelh!

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

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The Canyon City Foundation Invests Over \$1.25 Million into Azusa



AZUSA – The Canyon City Foundation is pleased to announce its recipients for the 2017 funding cycle. The 2017 funding cycle will bring a total of \$1,237,602 invested in programs benefiting Azusa residents.

President of the Board, Miles Rosedale stated, "We continue to applaud the work of those groups who are improving the quality of life for a growing Azusa and invite other residents to become engaged in the community." President Rosedale's statement is at the heart of the Foundation's mission. The Foundation was established to not only ensure that the Rosedale residents were an integral part of the Azusa com-

munity but to ensure the stabilization of the housing market in Rosedale.

The awards this year are varied but continue to reflect the mission to support social welfare, education and the arts.

The 2017 recipients will bring new programs to Azusa:

- **4CLabs**, a new non-profit in the city, will bring two programs: 1) an expository experience of the spoken word, entitled "In My Azusa" and a Leadership Summit for middle and high school girls.
- **The YWCA**, headquartered in Monrovia, is bringing to the residents of Azusa a Model Legislature and Court which will serve as a foundation for teens in-

terested in the legislative process and prepare them as future leaders for the City. The second program, Y-Adventure Guides, seeks to support and strengthen families in the city.

• **Azusa Police Department**, in conjunction with Azusa Pacific University, will work together to bring an Online Citizen's Academy to the citizens of Azusa.

• **The Golf Club of Azusa** that offers low cost golf lessons to the children of Azusa has been offered funds to support infrastructure development.

The Foundation also awarded support funds to the Azusa Library and Neighborhood Home-work House. "These agencies represent some of the best programming that has been funded and can serve as models and guides to other nonprofits," declared Board member Mark Dickerson.

To learn more about the Foundation and its grant recipients, visit the website at www.canyoncityfoundation.org.

Kiwaniannes To Host Designer Bag Bingo

GLENDORA - The Glendora Kiwaniannes will host their third annual Designer Bag Bingo on Saturday, November 4, noon to 5 p.m. at the Crowther Teen & Family Center in Glendora. Cost to attend is \$45 and entitles guests to 20 bingo cards for 20 games of bingo, 1 complimentary glass of wine and appetizers. At the conclusion of each game, the winner will receive a designer bag worth \$200 or more.

"We are excited about this annual event which raises funds for high school scholarships and local community projects," said Becky Harris, chair of this year's event. Guests can en-

hance their chances of winning a designer bag by joining friends and reserving a table for 8 players for \$500. Those VIP players will receive 40 bingo cards, 2 glasses of wine and appetizers.

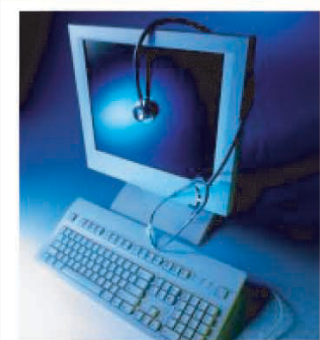
In addition, opportunity drawing tickets will be available for lovely handbags and other items as well as a silent auction.

Beloved weatherman from NBC4 Fritz Coleman will be the guest MC. He is renown in the region for his extensive knowledge of weather, affable personality and sense of humor. "We are so pleased he will join us this year," said Harris.

For ticket information, go to the Kiwanianne website at www.glendorakiwaniannes.org or call 626-914-1689. Sponsors for this year's event are Athens Services and Citrus Valley Health Partners.

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Toastmasters Toast To The Best Club

SANDIMAS - 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.

For the evening of October 5th, Toast To The Best was hosted by NewSong Church in San Dimas. They had a new guest, Megan Lacasse. She was very enthusiastic.

Xuling Wu-Gerbl won best speaker Telling her story about courage. Dan Lee won best Table topics. Tim Cheng was the best evaluator.

Toastmasters International is changing their whole process.



Xuling Wu-Gerbl, Dan Lee and Tim Cheng.

Basic and advanced manuals will be replaced by a much more flexible program called "Pathways".

And on Thursday, October 19th, Guides for the new Pathways program will be introducing it in their club. Come see what the excitement is all about. Toastmaster's District 12 will be represented by Lois Sicking and Pandu Chimata.

West Covina Emblem Club Presents: A Fashionable Tea

WEST COVINA - West Covina Emblem Club #299, will be hosting their Fashionable Modeling Tea on **October 14th** at 10 a.m., at the West Covina Elks Lodge located at 841 West Merced Ave., West Covina.

The West Covina Emblem sisters have come together

along with Baldwin Park Mayor Pro-temp Susan Rubio and West Covina City Attorney Kimberly Hall Barlow, to model "Simply Comfortable" by LuLuRoe Amber Murakami Clothes Line. Proceeds will go to the various charitable organizations, which the West Covina Emblem #299 supports. For ticket purchase of \$20.00 or to RSVP, please contact Loretta at 626-221-8688, or Olivia at 626-377-2767 or Charlene at 626-336-0876



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Construction Authority Awards First Contract for Foothill Gold Line Light Rail Extension

\$2.6 million Utility Relocation Contract is awarded to W.A. Rasic Construction Company, Inc.

MONROVIA – At their September meeting, the Foothill Gold Line Construction Authority board of directors unanimously voted to award a \$2.6 million Utility Relocation design-bid-build contract to W.A. Rasic Construction Company, Inc. for the utility relocation work as part of the 12.3-mile Foothill Gold Line light rail project from Glendora to Montclair. The contract award will allow the Foothill Gold Line Construction Authority (Construction Authority) to begin work on the \$1.4 billion, six-station Glendora to Montclair segment in October, with the first three years being spent relocating utilities, conducting pre-construction activities, finalizing engineering plans and hiring the design-build contract team. Stakeholders can expect minimal construction impacts during this phase of initial work.

"Today's action by the board begins the next phase in our journey," stated Construction Authority Board Chairman, Doug Tessitor. "Many of us have been working for this moment for more than a decade."

The Glendora to Montclair segment will extend the Metro Gold Line light rail line from its eastern terminus in Azusa through the foothill communities in the San Gabriel Valley and into San Bernardino County. It will add new light rail stations in Glendora, San Dimas, La Verne, Pomona, Claremont and Montclair. The project is being funded by Los Angeles and San Bernardino Counties. The portion of the project within Los Angeles County (Glendora to Claremont) is being mostly funded by Metro's Measure M half-cent sales tax that was approved by voters in November 2016 and went into effect on July 1, 2017, as well as residual Measure R funds from the Pasadena to Azusa segment that was completed under budget and other funds. The portion from Claremont to Montclair is being funded by San Bernardino County.

"The Construction Authority received bids from five qualified teams for this work," added Tessitor. "The process worked at providing a highly qualified team at the right price."

The Utility Relocation contract is the first of two contracts to be procured as part of the Glendora to Montclair project. The second, Alignment design-build contract, will begin procurement this November and anticipate award in late 2018. Major construction will begin in 2020 and consist of two major construction phases: first, the relocating/rebuilding of the freight and Metrolink systems, and second, the construction of the Gold Line light rail system. Completion is expected in 2026. A video previewing the construction of the project can be found on the Construction Authority's website at www.foothillgoldline.org.

A public groundbreaking ceremony for the project will be held on December 2, 2017 at Citrus College. More details on the ceremony will be released by the Construction Authority in the near future.

Officials Warn of Regional Hepatitis A Outbreak

BALDWIN PARK - In line with recent news regarding a hepatitis A (HAV) outbreak in Los Angeles County, officials in this city are warning members of the community to practice caution and take preventative measures.

Last week, the Los Angeles County Department of Public Health declared an outbreak of hepatitis A after several cases of the virus appeared locally. A total of 10 cases involving high-risk individuals have been confirmed within Los Angeles County, and two of those cases appear to have acquired their infection within the county. The large majority of hepatitis A outbreaks have occurred in persons who are homeless and/or use illicit drugs, although several cases also occurring among people who provide services to the homeless, according to officials.

"Public Health has been proactively preparing for an outbreak for some time and is working diligently to prevent spread in local communities. Our priorities are to keep all our residents both safe and well informed of the situation," said Dr. Jeffrey Gunzenhauser, interim health officer for Los Angeles County.

HAV is a highly contagious (spread person-to-person) liver disease that is caused by the hepatitis A germ. The virus may last a few weeks or several months, depending on its severity. HAV may be transmitted via contact with an infected person's feces through contaminated food or objects. The virus may also spread if someone does not properly wash his or her hands after using the restroom or after changing diapers. Transmission may also come through certain sexual practices, sharing equipment related to illicit drug use, and consumption of food or water riddled with the virus.

Gunzenhauser added that those who are homeless are at higher risk of infection, as they face challenges with maintaining appropriate hygiene. Because symptoms of HAV may go unnoticed or may be delayed by as much as six weeks after infection,

officials stress that vaccination is the most protective measure one could take against hepatitis A.

"With this in mind, our outreach teams and clinics are offering free vaccine to persons who are homeless, active drug users, and those who provide services and support to those individuals," Gunzenhauser said.

Hepatitis A vaccinations are available at county clinics or from healthcare providers. Residents may call 2-1-1 for referrals to those offering vaccines at a reduced- or free rate. For those without access to the HAV vaccine, Public Health officials will have vaccines available at Public Health Centers located throughout the county.

While working to get the word out about vaccinations, medical associates are also aiming to educate the homeless as well as those who work with them.

HAV causes acute liver disease, which may be severe. Signs and symptoms of acute HAV include fever, malaise, dark urine, lack of appetite, nausea, and stomach pain, followed by jaundice. Some may experience prolonged or more severe illness, according to experts.

Hepatitis A is very contagious, but the following preventative steps may be taken:

- Get vaccinated for Hepatitis A
- Don't have sex with someone who has Hepatitis A infection
- Use your own towels, toothbrushes and eating utensils
- Don't share food, drinks, or smokes with other people
- Wash hands with soap and water after using the bathroom, changing diapers, and before preparing, serving or eating food.

Infection can be prevented by vaccination or by administration of immune globulin within 2-weeks following exposure. Anyone who may experience these symptoms should call a physician. For more information, or to contact the Los Angeles County Health Services division, please call (213) 240-8117 or visit www.publichealth.lacounty.gov.

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

Glendora Mayor Boyer Says Take Back Our Community

GLENDORA - 48th Assembly District Republican Central Committee is having their monthly Koffee Klatch on Saturday, October 14th, at Denny's Restaurant, 546 W. Baseline Rd. Glendora, the 210 Freeway at Grand Ave., Glendora.

Glendora Mayor Gary Boyer will introduce City Manager Chris Jeffers who will give us information on the increased criminal activity we are seeing on our city streets and why all of us need to be involved in taking back our community from the criminal element that is running wild.

Do you know what do AB 109, Prop. 47, and Prop. 57 all have

in common? They shifted responsibility for incarceration of criminals from state prisons to local jails; and, to avoid overcrowding in jails released low-level offenders back onto the streets.

Crimes that were felonies became misdemeanors. Possession of illegal drugs is considered a misdemeanor; and, criminals can steal as many times as they want and as long as it doesn't exceed \$950, the crime is a misdemeanor.

AB 109, Prop 47 and Prop 57 define domestic violence, corporal injury to a child, rape, and as-

sault with a deadly weapon as NON-VIOLENT offenses.

Taking Back Our Community has become a coalition of local governments dedicated to public education and community advocacy to repair the impacts of changes in our criminal laws that have left us all at risk. Please join us and become part of the effort to TAKE BACK OUR COMMUNITY on Saturday, October 14, 8:30 a.m. at Denny's Restaurant, Grand and the 210 freeway, Glendora. Please call for more information or a reservation 626-963-3895. Breakfast is \$12 or coffee is \$5.

Holden's Bill to Empower Families with Developmental Services Needs Signed Into Law

SACRAMENTO – Assemblyman Chris Holden's transparency measure, Assembly Bill 959, which will empower families in need of developmental services from regional centers, was signed into law by Governor Jerry Brown.

"When families are provided clear information regarding the services provided by regional centers, they are able to make the best choices for their loved ones," said Assemblymember

Chris Holden. "The need for this bill was brought to my attention by constituents with personal stories of having difficulty finding the care they needed for their family members."

Assembly Bill 959 requires the Department of Developmental Services to expand the type of information offered by regional centers on their website and describe the services offered in plain language for parents to understand. The bill also ensures

that regional centers use language that is culturally and linguistically appropriate in order to reduce service disparities to minorities. Under the new law regional centers will be required to include a link to the services and descriptions on their website.

"I'm proud to author this transparency measure that will make a difference for children and adults with special needs," said Holden.

Arcadia's Mayor Joins Groundbreaking Coalition of 134 Mayors to Launch 10-Minute Walk to a Park Campaign

ARCADIA - At 10:10 a.m. on October 10, City of Arcadia Mayor Amundson joined The Trust for Public Land, National Recreation and Park Association, and Urban Land Institute in launching an historic "10-minute walk" parks advocacy campaign, establishing the ambitious goal that all Americans, and all residents of the City of Arcadia should live within a 10-minute walk (or half-mile) of a high-quality park or green space.

This bipartisan group includes mayors from all across the country and represents cities large and small, including America's four largest cities (New York, Los Angeles, Chicago, and Houston) and diverse communities across the country. The U.S. Conference of Mayors, which represents more than 1,000 U.S. mayors, also unanimously passed a resolution at the 85th Annual Meeting urging all mayors to actively pursue the 10-minute walk to a park goal.

"Park access is important to all of our cities. I am proud to join this incredible group of mayors," said City of Arcadia Mayor Amundson.

Studies show that high-quality parks provide a wide range of benefits to urban residents and cities themselves. These include physical and mental health bene-

fits, by providing opportunities to be physically active and to interact with nature; economic benefits by boosting business and helping to revitalize neighborhoods; community-building benefits by providing opportunities for neighbors to interact with each other and work together to improve their surroundings; and environmental benefits by cleaning and cooling the air, improving climate resilience, and providing opportunities for environmental education.

Partnering with cities to advance the 10-minute vision

The campaign marks the start of a multi-year partnership with cities and Mayors across the country. Beginning in 2018, the campaign-led by The Trust for Public Land in partnership with the National Recreation and Park Association, and Urban Land Institute-will be working with select cities across the country on measurable policies and strategies to advance the 10-minute walk vision. Reaching 100 percent served in cities nationwide will require major advances in park finance and construction; zoning changes to encourage park development; embedding this goal into city parks master plans; the expansion of "joint use" agreements that open school playgrounds, tracks, and gyms for

public use after hours and on weekends; and other innovations.

Partner organizations on the 10-minute walk campaign

"Everyone deserves to have a park within a 10-minute walk-that is why we are in the midst of mapping park access for every city and town across America through our new platform, Park-Serve®," said Adrian Benepe, senior vice president and director of city park development for The Trust for Public Land. "We have already mapped more than 100,000 parks in close to 7,700 communities across the country, and as our research shows, more than 100 million Americans currently don't have access to the countless benefits parks provide. These Mayors deserve enormous credit for endorsing the 10-minute walk."

"Thoughtfully designed parks make a positive difference in the quality of life in communities, serving as a respite, a source of civic pride, and a draw for investment activity," said Patrick L. Phillips, global chief executive officer for the Urban Land Institute. "We are excited to work with these distinguished mayors and other urban leaders to promote the 10-minute walk campaign and help improve park access in their cities as well as urban areas across the country."

Taking Back Unwanted Prescription Drugs

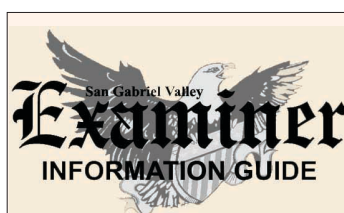
SAN GABRIEL - On Saturday, **October 28**, from 10:00 a.m. to 2:00 p.m. the San Gabriel Police Department will again collaborate with the Drug Enforcement Administration (DEA) and give the public its 14th opportunity in 7 years to prevent pill abuse and theft by ridding their homes of potentially dangerous, expired, unused, and unwanted prescription drugs. Bring your pills for disposal to the San Gabriel Police Department at 625 South Del Mar Avenue, San Gabriel. The DEA cannot accept liquids or needles or sharps, only pills or patches. The service is free and anonymous; no questions asked.

Last April, Americans turned in 450 tons (900,000 pounds) of prescription drugs at almost 5,500 sites operated by the DEA and more than 4,200 of its state and local law enforcement partners. Overall, in its 13 previous Take Back events, the DEA and its partners have taken in over 8.1 million pounds-more than 4,050 tons of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the United States are alarmingly high, as are the num-

ber of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines such as flushing them down the toilet or throwing them in the trash, both pose potential safety and health hazards.

For further information regarding the event, contact Lieutenant Brian Kott at 626.308.2835 or BK076@sogpd.com.



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• We believe in growth. Therefore, complaints or mistakes erroneously committed will be entertained and investigated diligently and corrected accordingly.
• We believe in performing our journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

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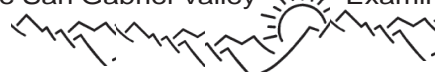
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Contributing Writers:

The San Gabriel Valley Examiner is grateful for the articles submitted by our unpaid writers who have contributed to the success of our newspaper. Our only request is that articles submitted be of minimal length in order to accommodate each and every writer. Thank you for your cooperation.



Poway's Former Mayor Files Against California Voting Rights Act

The San Diego Union-Tribune reported October 4th that former Mayor of Poway, California, Don Higginson has filed a federal lawsuit challenging the California Voting Rights Act (CVRA). When Poway came under the Shenkman gun of vote by district versus citywide elections or get sued, Higginson contacted The Project of Fair Representation, a nonprofit legal foundation based in Arlington, Va. The suit was filed last Wednesday in San Diego federal court.

"The Project on Fair Representation is a not-for-profit legal defense fund program that is designed to support litigation that challenges racial and ethnic classifications and preferences in state and federal courts." <https://www.projectonfairrepresentation.org/about/>

Edward Blum, sole director of The Project of Fair Representation, founded in 2005 says: "... the Project on Fair Representation is a not-for-profit legal defense foundation that is designed to support litigation that challenges racial and ethnic classifications and preferences in state and federal courts".

L.A. Times says about Edward



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

Blum: "The most effective legal strategist before the Supreme Court these days is a retired stockbroker and liberal-turned-conservative who admits he sometimes finds plaintiffs by cold-calling strangers on the phone."

And the Times continues saying: "But Blum offers something that has proved far more important: a conservative take on 1960s-era civil rights principles that has won favor with the high court. These include the idea that the government may not consider race, even if it's to help minorities, and that election districts must be equal, based on the

"one person, one vote" rule."

Blum reportedly has a laptop and a website and no law degree but what he has is the attitude that almost 100% of the people I've talked to, shared emails with and met in the grocery store believe in ... districts is reverse discrimination, dilutes their voting rights, and has become nothing more than a revenue source for a Beverly Hills lawyer who thinks he has found a loophole in CVRA and uses it to extract \$30,000 a pop from cities and knows how to print out and mail form letters charging discrimination.

Because of the constant demands on local government by Sacramento and the poor economy, cities have been seriously afraid to challenge Shenkman's demands. City of Palmdale paid the price of challenging - \$7 million; Modesto's bill was \$3 million; and, West Covina paid out close to \$300,000 to challenge districts, even after an initiative, voted on by West Covina citizens, supported citywide elections - NODISTRICTS.

Let's see where this goes, folks, and I personally wish Don Higginson and Edward Blum much success!

"TIME JOCKEY" - Great Seal

By Joe Castillo

California... The Great Seal of California is unique among other state seals. It provides the same official stamp of legislature passed by a state government as well as serving as the symbol of the state itself. But the images upon the seal are reflective of the history, culture and future of this great state which in its self is a very diverse environment with a rich history and even richer collection of people. The Great Seal of the State of California was introduced on September 29, 1849 at the first state conven-

tion which finalized the state constitution. The Seal was used to 'stamp' the constitution as an official document produced by the State of California. The original cost of the seal was \$1,000 and it was designed by Major R.S. Garnett who chose not to present it for adoption but allowed the Assistant Secretary of the Convention to present it on his behalf. The Seal is enclosed with a collection of 31 stars which represent the number of states, with California, which were included in the union in 1849. The image in the foreground is the

Goddess Minerva who sprung full grown from the brain of Jupiter. Minerva represents a new type of political birth starting with the State of California which did not have to move through a probationary period of being established as a territory. At the knees of Minerva stands the mighty grizzly feasting on a cluster of grapevines and wheat, both symbolizing the states unique characteristics. A sheaf of wheat and bunch of grapes later became emblems of the Agriculture and Horticulture interests in the state. A miner is depicted on the Seal with a pick in hand and a rocker and bowl at his side to symbolize the great riches of the Sacramento. The waterways of California are represented with large ships to depict the commercial and transportation growth of the state. In the background is the snow-covered Sierra Nevada's which run majestically throughout much of the state. The Greek motto "Eureka" translated to "I have found it", applies to both the principle of California's admission to the union and to the expected success of the miner at work and to all those seeking fame and fortune in California. Once the resolution offered by the Honorable Myron Norton was passed, the words "The Great Seal of the State of California" were added to the original design. The Seal represents California in 1849 but is still reflective of today's landscape and can be seen throughout the state at each state government office, site, building and document....

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 joecastillo@aol.com.

The Opioid Disaster—Who Benefits?

by Jane M. Orient, M.D.

The opioid crisis in America is real, it is lethal, and it may be killing the nice family that lives next door to you.

More people are dying of opioid overdoses than died of AIDS at the height of the epidemic. The death toll is nearly twice that from global terrorism. The crisis is so bad that it seems to be "raining needles"; 13,000 discarded syringes were collected last March in San Francisco, compared with 2,900 in March 2016. Coroners are experiencing personnel shortages and equipment failures across the U.S. In Berkeley County, West Virginia, two-thirds of the emergency-medication budget is now spent on Narcan, used to treat overdoses.

Doctors are getting blamed. More potent oral drugs became available, and guidelines for using them in chronic pain liberalized in the "Pain Decade" of the 1990s. So why are we having the epidemic now, when medical opinion is shifting in the opposite direction?

Between 1999 and 2011, annual opioid deaths nearly tripled, from 8,048 to 22,784, and the trend is accelerating. Probably not coincidentally, participation in the U.S. labor force started to decline at the same time, dropping to an all-time low of 62.4% in 2015. While many people evidently have trouble finding a job, one building contractor said he has trouble finding workers who could pass a drug test and did not have a criminal record.

The decades-long War on Drugs has obviously failed. Some recommended legalization, to reduce the profits from illicit drugs. That option is being tried for marijuana in some states. The odor of maturing marijuana plants in rural Oregon has become so pervasive that people worry about getting a "second-hand high." And the drug cartels' profits did suffer. So the Sinaloa drug cartel diversified into the heroin business. Mexican heroin is of very high quality, and is cheaper than OxyContin.

Legalizing what was formerly called the "gateway drug" obviously hasn't reduced heroin use. The new gateway is now said to be prescription painkillers, and the chief villains are claimed to be legal pharmaceutical manufacturers, doctors, and pharmacists. Because of multiplying regulations and physician prosecutions,

patients who urgently need pain relief are being left in agony. But the ODs continue to mount, mostly on drugs not stocked at Walgreen's—such as heroin laced with fentanyl, an extremely potent synthetic opioid.

What is going on? On the demand side, Americans are well indoctrinated by the sea of advertising about taking a pill for every ill. Nearly 70 percent of Americans take at least one prescription drug. Then there is the pervasive culture of instant gratification and moral relativism. As Paul Harvey predicted in his classic 1965 monologue "If I Were the Devil," these trends would lead to metal detectors and drug-sniffing dogs in schools.

On the supply side, profits are enormous. The largest seizure to date of 63.8 kg of powdered fentanyl plus 30,000 counterfeit drug tablets, found in a tractor-trailer rig at a checkpoint near Yuma, Arizona, had a street value of \$1.2 billion. Most of the fentanyl comes from China—a turnabout from the Opium Wars. In the 18th and 19th centuries, the British smuggled Indian opium into China, selling 1,400 tons per year in 1838, writes Dr. Marilyn Singleton, with devastating effects on the Chinese economy and political stability.

America's rivals and enemies clearly benefit from the "deadly craving" that kills or disables a large portion of the U.S. population, while imposing huge costs on the economy. Also benefiting is the multi-billion dollar treatment industry, including the manufacturers of drugs used in "medically aided treatment."

Where are the drug-sniffing dogs in schools where children are known to be getting addicted? And if taxi drivers know where the drug trades are happening, the police know too, and yet they continue. Huge money-laundering operations by the transnational drug cartels continued for years in upscale Florida suburbs despite undercover penetration by police.

While pouring billions into costly treatment methods with a one-year failure rate of around 90 percent, the government continues to provide "free" opioid prescriptions to Medicare and Medicaid enrollees, some of whom sell them on the street. And the Massachusetts attorney general shut down a network of sobriety-centric primary-care-based clinics

with an astonishingly high success rate and imprisoned the founder, Dr. Punyamurtula Kishore. His alleged crime: ordering too many urine tests.

Is there any way that such massive international trafficking could thrive without some level of political protection? And is the government attempt to remedy the problem making it worse?

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

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WHITE'S FUNERAL HOME

Universal Music Day is October 14th

GLENDORA - Music listening has become an important part of everyday life - in fact, according to Nielsen's Music study, 93% of the U.S. population listens to music.

Considering the importance of music in American life, it doesn't come as a surprise that there's a day set aside every year to pay tribute to it. Universal Music Day is October 14th - a day to encourage and inspire people everywhere to claim, reclaim or rejoice in one's ability to sing and make music.

Martin Luther, a German priest and scholar who began the Protestant Reformation, said about music, "Next to the Word of God, the noble art of music is the greatest treasure in the world."

Talk about music with the Worship Pastor at Church of the Open Door, Steve Sandy, and he'd agree about the importance of music in our lives, "I got into music thinking I would either be a rock star or a music teacher. As time went on, I realized what I am truly

passionate about is using music to tell stories, and worship music lets us sing about God's story, so I began serving as a worship ministry intern at my church."

Steve reflects about the role of music in church, "Music serves many purposes in the church. It is a great tool for teaching scripture and helping people to remember it. It is a great way for the church body to encourage one another and to demonstrate our unity as we sing out those biblical truths together, and the music we sing also helps our hearts respond appropriately to the Spirit at work within us."

Noting that music is also therapeutic, Steve sees the connection between it and the ability to comfort and console. In fact, he often turns to music often during difficult times, "I listen to songs like Be Still My Soul if I'm particularly stressed out, or I find comfort in the midst of pain in songs like Blessed Be Your Name.

The deep connection between music and God isn't any-

thing new - it was the famous composer, Johann Sebastian Bach who said, "The aim and final end of all music should be none other than the glory of God and the refreshment of the soul."

More contemporary musicians agree about the power of music. Herbie Hancock, American pianist, composer and keyboardist said, "Music is the tool to express life and all that makes a difference."

Whatever genre of music you listen to, be sure to encourage and inspire someone with a song on the upcoming Universal Music Day, October 14th!

You learn more about the role of music at Church of the Open Door at churchoftheopendoor.com - click on ministries and select music. Also, all are welcome to visit the church on Sunday mornings at either the 9:00am or 11:00AM service - both include music!

Church of the Open Door, the historic non-denominational church established in 1915 was originally located in downtown Los Angeles and once Pastored by J. Vernon McGee of Thru the Bible Radio Ministries; Senior Pastor is David Anderson.

Community Articles Are Welcome

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

A Dive Into The Unknown

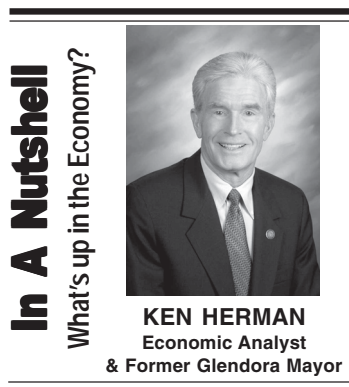
Last week brought some clarity as to the beginning of the end of the greatest monetarist experiment in history, otherwise known as the Federal Reserve's multi-legged quantitative easing (QE) program.

In addition to maintaining the fed funds rate at 1.25%, the Fed directed Managers of the System Open Market Account to NOT reinvest maturities of Treasury securities (initially about \$6 billion) and all maturities of mortgage-backed securities (initially about \$4 billion). In plain English, starting in October, that's \$10 billion worth (0.2%) of securities from the Fed's \$4.5 trillion balance sheet that will be allowed to mature and won't get reinvested.

This \$10 billion monthly amount of securities allowed to "run off" is forecasted to slowly grow every month. It could theoretically grow to \$50 billion or more per month, even though one could imagine this process being closely monitored so that there are no unintended consequences - like a spike in long-term interest rates. The Fed is expected to be extra careful this time due to the "Taper Tantrum" experience when then-Fed Chairman Ben Bernanke created quite a spike in Treasury yields in May 2013.

In less than a decade our national debt grew from \$10 trillion to \$20 trillion and the Fed's balance sheet grew from a tad over \$800 billion to \$4.5 trillion. As they say in the central banking business these days: a trillion here, a trillion there and pretty soon we are talking about real money, right?

On a related note, the U.S. government is estimated to collect \$3.21 trillion in tax revenues and spend a total of \$3.65 trillion in its 2017 budget, resulting in a deficit of \$443 billion in the first year of the new Trump administration. So even though tax receipts will be at an all-time



In A Nutshell
What's up in the Economy?

KEN HERMAN
Economic Analyst
& Former Glendora Mayor

high, and we are in the third longest economic expansion in the past 240 years, our government is still running huge deficits. The only conclusion one can come to is that spending is out of control. The Obama administration felt it needed to keep deficit spending high in order to help the economy after the worst recession since the 1930s, but why was President Trump unable to cut Obama spending to offset needed additional military and border security spending?

The level of the federal deficit may become even more relevant to investors (since the first details of the Trump tax plan were unveiled recently to coincide with the start of the Fed's balance sheet unwinding). Since a tax overhaul is likely to affect the level of federal tax receipts, one could safely conclude that the likelihood of the Trump tax plan increasing federal deficit is high. The first details reported in the press indicate \$1.5 trillion worth of tax cuts over 10 years to be offset by \$1 trillion in new government revenue due to increased economic growth. The "c" corporate tax rate is expected to be reduced to around 20%. Maybe more concerning might be the tax revenue lost by establishing a proposed new 25% tax rate for pass-through entities (which have always been taxed at higher individual tax rates because those shareholders have elected to escape the double taxation involved in cashing out "c" corporation profits).

Nobody really knows how much federal net tax receipts might go down because of this coming tax cut. Secondly, we are eight years and 3 months into the present economic expansion. There have been only two longer economic expansions - one was nine years long in the 1960s and the longest is 10 years, from March 1991 till March 2001. If this tax plan is passed, there may be a boost to the economy, which may give Mr. Trump a chance to beat the all-time record of economic expansions. I would not put it past Republican leaders to make the political calculation to pass the tax overhaul in the February-March 2018 period so that the desired positive economic effect could give them a helping hand in the 2018 elections.

Still, with the Federal Reserve letting bonds retire in ever higher numbers, possibly reaching a \$50 billion monthly rate in 2018, we will have what is in effect Federal Reserve tightening in an election year plus (at least an initially) an expanding federal deficit in the early days of the tax cut (if it passes). This combination of rising deficits coupled with Fed tightening could backfire in 2018 as it could produce an interest rate spike.

One of my colleagues on Wall Street used to say that the Fed Chair holds the most powerful unelected position in the U.S. Government. It is even possible that the Fed Chair holds more power than the President as far as its ability to push around the economy and influence elections and global markets.

A collision of Central Bank tightening with deficit expansion could also lead to much more volatility in financial markets.

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

Your Money - Ask Julia

What are my choices on what to do with an IRA I'm inheriting?

If you're inheriting this IRA from a spouse, you can roll the assets into your own IRA and delay withdrawals until you reach age 70 1/2. Or you could keep the IRA in the decedent's name and remain the beneficiary, in which case you must start taking the required minimum distributions (RMDs) by December 31 of the year in which that person would have turned 70 1/2, or by December 31 of the year after the year in which the spouse died (whichever is later). Withdrawals taken prior to age 59 1/2 are subject to a 10% federal income tax penalty, in addition to ordinary income taxes. A non-spouse heir who doesn't elect to cash out and pay income taxes on the entire distribution right away must treat the IRA as a beneficiary IRA. The age 70 1/2 distribution rule does not apply to non-spouses. RMDs must begin by December 31 of the year following the year of the original account owner's death. Failing to withdraw the RMD results in a 50-percent federal income tax penalty on the amount that should have been withdrawn. By stretching distributions over your lifetime, you can postpone current taxes on the account balance, increase the time that any earnings accumulate tax-deferred, and possibly grow your inheritance. The IRS has a Life Expectancy Table to help you with calculations. Take the account balance, divided by the life expectancy to get the RMD for the year.

My CDs mature this month, and the taxes on the growth means I net zero earnings. I want my money to be safe, I



Julia Yoder

want more growth, and I want to pay less taxes. Do you have anything that can give me what I want?

Banks now hold billions of dollars in CD funds. Folks invest in bank CDs for the safety - CDs are FDIC insured and people trust their banks. As you have discovered, the rate of return is low, and you must annually pay taxes on the growth. An alternative to investing with your bank is investing with insurance companies. The strength of the insurance company plays an important role in the safety of your investment dollars. Independent agencies, like A.M. Best and Standard & Poor's, rate and make public "grades" on each insurance company. Insurance companies offer a product that historically may outperform a CD because of higher rates along with the benefit of deferring taxes until accessing those funds. Also, there are ways to access funds in certain life insurance policies, tax free, while you are living.

Is the stock market setting up for another crash? Is it time to take my money out?

Generally, the stock market is volatile. I don't know if, or when, the stock market might rally or crash. Investing in the stock mar-

ket can be risky. When looking at the charts, rather than looking at one day, or one week, switch to the view showing 5 years. That will give you a much more balanced view of what is happening. There are many, many factors which affect the ups and downs of stocks. It is important to take a look at the amount of time you have to recover from losses. Some will tell you to buy when stock prices are low and sell when they are high. Others will tell you to not try to time the market, but rather buy a little each month, every month. And, some will advise you that if you do not have adequate time to recover losses before retirement, don't sell the stocks you own, but stop buying additional stocks. My clients like to diversify some of their retirement savings into safer products like fixed or fixed-interest annuities, or fixed-indexed universal life insurance. These typically offer less-than-the-full increases in the stock market, along with annually locking in your gains, so the worst case is your money maintains the same balance as it had at the end of the policy's previous year.

Ask Julia by email: julia.yoder@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/juliyoder>. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

The Glendora Chamber's Women's Wellness Expo Returns For Its 3rd year

Event celebrates Mind, Body, and Spirit... Vibrant Living at Any Age!

GLENDORA - The 3rd Annual Glendora Women's Wellness Expo returns to the Bidwell Forum at the Glendora Library Saturday, **October 14th** from 9:00AM to 1:30PM to educate and enrich your Mind, Body and Spirit.

This year's Expo is brought to you by the Glendora Chamber of Commerce along with this year's event sponsors Glendora Community Hospital and The City of Hope. The lineup features wellness presentations, health screenings, safety demonstrations, presentation on understanding Alzheimer's, Cancer Prevention and Awareness, Shopping/Information Vendors and much more.

Expo attendees will be welcomed by Glendora's new Chief of Police Lisa G. Rosales who was chosen this summer to be the first female Police Chief for the City of Glendora in the Glendora Police Departments 106-year history. Chief Rosales has 30 years of law enforcement experience and is a former Glendora resident of 19 years. Chief Rosales served with the Pasadena Police Department from 1987 to 2014 before being selected to head the San Pablo Police Department in 2014.

The Keynote Speaker for the Expo will be ABC7 Eyewitness News Nutrition & Fitness Reporter Lori Corbin. Lori has a



Lori Corbin - ABC7 Eyewitness News Nutrition & Fitness Reporter

Bachelor of Science degree in nutrition along with certifications in personal training and group exercise and is a member of the American Council on Exercise, as well as the American College of Sports Medicine.

Speakers for the event will be Stuart Haskin of Get Safe with his talk on Embracing your Life and Friendships Safely - Dating, travel, communication, environmental and situational awareness; Diana Rudolph, M.A. of Azusa Pacific University will speak on Natural Solutions for Physical & Emotional Wellness; Dr. Nagewara Guntupalli of Glendora Community Hospital will present his topic Understanding Alzheimer's; and Stacey O'Byrne of Pivot Point Advantage will speak

on the Psychology of Success, The Mind Body Connection.

The Expo will also feature a panel discussion by Kristin Venegas of Nutrishop (Social Media and Self Image - Strong Not Skinny!), Patricia Apodaca of Select Medical (Living Great at 98), Sandra Abarca of Planned Parenthood Pasadena & San Gabriel Valley (Paps, Breasts, and Hot Flashes: A cancer and menopause chat), and Justin Garcia of The Giving Tree Tai Chi and Cultural Center (The Health Benefits of Learning to be Still).

Between each presentation attendees will be able to visit vendor booths at the Bidwell Forum for information, demonstrations and health screening provided by local professionals and organizations along with chances to win prizes.

The Glendora Women's Wellness Expo will run 9:00AM to 1:30PM. Admission is \$12. For more information and tickets please visit GlendoraWomensWellnessExpo.com or call (626) 963-4128.

Signs Your Brakes Need Attention

Noises - A scraping sound means metal is rubbing metal and that tells you that your brake pads are worn out and need to be replaced. A squealing noise doesn't always indicate a problem depending on the materials used in the pads but shouldn't be ignored as it could also mean the pads are worn or your system is missing a gasket.

Swerving - If your vehicle swerves to one side when you apply the brakes the front brakes need to be checked to make sure the "power" of the brakes are evenly distributed. This could indicate a leak or a mechanical problem or a miss-match of brake pad brands on either side. It is best to have it checked out if you notice this issue.

Signs you need to have your vehicle towed - Pedal to the

floor is a sign that the car has a leak or a bad master cylinder. This is a situation where you need to get your car towed in for repair immediately. Do not drive your vehicle if this occurs. Another issue is when your brakes "lock" as this is caused by a damaged pad.

Keep in mind that your braking system endures a lot! The components are constantly bombarded by water, road grit, heat

and contamination of its fluid. We suggest you have your brake system inspected once a year so it can do what you need it to do...bring you to a stop!

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Around the Valley & Senior News

AZUSA

Volunteer Drivers Needed

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

TOPS Meeting

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 Monthly Meeting

San Gabriel Valley Orchid Hobbyists invites you to our **October 19** Monthly Meeting at the L.A. County Arboretum, 301 N. Baldwin Ave. Arcadia, Ca. Judging at 7:00 p.m. Meeting at 7:30 p.m. We will be discussing all aspects of orchids. Refreshments. Join us, as we understand orchids and the joy they bring!

Arcadia Senior Card Club Looking For New Members

The Arcadia Senior Card Club

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

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

BALDWIN PARK 24th Annual Award Winning Prom

The Julia McNeill Senior Center invites you to join us at the Courtyard by Marriott on Friday, **October 13** from 5:30pm – 11:00pm for our 24th Annual Award Winning Prom. The theme this year is "Blue Suede Shoes and Dapper Days: A Tribute to the Classic 50's." Don't miss out on this spectacular evening filled with dancing, live music performance by Smooth Touch and DJ Sonic Boom, raffles, door prizes, and more! Tickets are available for purchase now at the senior center. Tickets are \$15 for Baldwin Park Senior Residents (55 age and over). Baldwin Park residents will be required to bring their ID and a utility bill or statement showing proof of residency. Tickets are \$30 for Non-Resident Seniors. For more event information and ticket prices, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

October Birthday Celebration

Join the Julia McNeill Senior Center monthly Birthday Celebration on the **third Wednesday** of the month from 12:30pm – 2:30pm. Dance to the music of DJ Sonic Boom as active adults celebrate their birthday. Have some cake and lots of music, as well as door prizes for your celebration! \$1 door admission.

COVINA

Volunteer Your Gift Of Music

Volunteer Services of Citrus Valley Health Partners is looking for volunteers to share the gift of music with the patients, families and staff. If you sing or play an instrument and have a passion for bringing peace, comfort and joy to others please call Tiffany Ramirez, Director of Volunteer Services at (626) 925-6237 or email at tramirez@mail.cvhp.org to start the application process.

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 \$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.

GLENDORA

OktoberFest

Ja, Ja! The La Fetra Oktoberfest celebration is here! Enjoy traditional German desserts, delicious food, and entertainment by the Bavarian Wudnerband at this popular event. It's sure to be "eine gute zeit", a good time! Purchase your tickets at the La Fetra Center; 333 E. Foothill Blvd. Glendora. \$5 Partners Members & \$6 Non Members Thursday, **October 12** 11:00am

Glendora Genealogy Monthly Meeting

GLENDORA - The Glendora Genealogy Group will hold its monthly meeting on Tuesday, **October 24** in the Elm Room of the La Fetra Senior Center, 333 East Foothill Blvd. Glendora. There will be a refresher course led by Pat Chavarria from 6:00 to 7:00 PM. Her topic will be "Genealogical Historical Societies and Museums". This will be followed by our business meeting at 7:00PM. Our speaker for the evening will be Gregory Beckman, His topic will be "The Case of the Wrong Headstone". Greg will talk about the journey of the three Beckmann brothers

to 12:30am.

Laugh Because You Can

In this class Barbara Stevens will help students snort and giggle while exploring the simple truth about laughter and why it transcends the borders of geography and lifestyles. Humor obliges us to have an open mind and compels empathy and forgiveness; so join us as we laugh at the absurdities of life. Pre-Register at the La Fetra Center; 333 E. Foothill Blvd. Glendora or by calling 626-914-0560. \$8.00 is payable to the instructor for printed materials. Classes on Mondays, **October 16 - November 6**, from 6:15 PM to 8:15 PM

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 Schupbach 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

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 tech-

niques geared toward seniors over 50, though the class is great for anyone in need of a good routine. Movement increases range of motion, relaxation, and decreases risk of injury. Participants should wear comfortable clothing and shoes. Bring a towel and bottled water. For additional information, please contact the Department of Community Services at (626) 256-8246.

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

SAN DIMAS

San Dimas

Toastmasters Club

The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7PM to 8:45 PM. Learn to motivate and lead. Challenge yourself with Toastmaster's proven education programs. Let us help you grow your strengths and accomplish your goals. Become a better speaker and learn to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmosphere. Meets at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave. Contact Art Douglas at (951) 505-0555.

SAN GABRIEL

Fire Department To Hold Disaster

Preparedness Class

The San Gabriel Fire Department will be holding a disaster preparedness class on **October 14** from 8:00 a.m. to 12:00 p.m. at 1303 South Del Mar Avenue on how to prepare in the event of an emergency. Course material, refreshments and a free gift will be provided.

Please RSVP at cert@SGFD.org or contact Chris Fetner or Taka Suzuki at 626.308.2880.

WEST COVINA

Go West Shuttle Service

The Go West Shuttle service consists of three alignments (Red, Blue, and Green) that serve destinations throughout the city including Plaza West Covina, Eastland Shopping Center, Heights Shopping Center, West Covina Civic Center, West Covina Senior Center, Cameron Community Center, and many more.

- For questions on the location of shuttle stops, assistance in locating the stop closest to you, and route schedules please call (800) 425-5777.

- The fixed-route service operates Monday through Friday from 6:30 a.m. to 7:00 p.m.

- The fare is only \$1.00 each way.
- No Service on 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.

Community Articles Are Welcome

We are seeking articles, photos, and news event items for future issues of the San Gabriel Valley Examiner. Information can be sent to SGExaminer@aol.com. We request that articles be in Word while photos be in jpeg.

State Of The City Address To Be Held On October 19

Address will be held in the Mission Playhouse lobby

SAN GABRIEL - Please join Mayor Juli Costanzo at the Mission Playhouse lobby at 320 South Mission Drive for this year's State of the City address.

Seating is limited, so please RSVP by October 13 to Melanie Benson at mbenson@sgch.org or by phone at 626.308.2805. Hors d'oeuvres will be served.

Kid's Night Out - Trick or Treat Night!

ARCADIA - Join us at the Arcadia Community Center, 365 Huntington Drive, Arcadia, for Trick or Treat Night! Kid's Night Out, on Friday, **October 13** from 6 - 11pm, provides kids a night of fun and play so mom and dad can enjoy an evening out or a quiet evening at home. The Arcadia Recreation Staff and Volunteers offer dinner, themed games, supervision and a movie for children ages 4 and above. All activities will be geared toward elementary school children; anyone

younger must be potty trained. Accommodations cannot be made for special dietary needs. The cost is \$22.00 per child and also includes snacks and beverages. Pre-registration is mandatory. Registration for Kid's Night Out can be done on-line at ArcadiaCA.gov by fax, 626.821.4370 or by coming into the Recreation Office, 375 Campus Drive, Arcadia. For more information please call 626.574.5113

Soroptimist of Azusa/ Glendora to Host Desert Coast Region Meeting

AZUSA/GLENDORA - Soroptimist of Azusa/Glendora will host the Desert Coast Region, District I Fall Meeting on **October 14**, 2017 at the American Legion Hall in Glendora. Clubs from the Desert Coast Region will come together to celebrate success awards, attend interactive workshops and reconnect with old friends and meet new ones.

Founded in 1921, Soroptimist International is a global volunteer movement with a network of over 75,000 club members in 122 countries. Advocating for human rights and gender equality, at the

heart of Soroptimist International's advocacy is its work across six UN Centres, where our UN representatives ensure that the voices of women and girls are heard. Our membership work on grassroots projects that help women and girls achieve their individual and collective potential, realise aspirations and have an equal voice in communities worldwide.

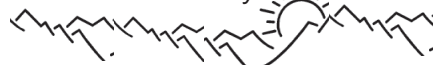
For more information you may contact Shannon Lancaster, Azusa/Glendora Soroptimist president at shannongirl54@verizon.com.

5th Annual Kids Bike Race

ARCADIA - Kids Fest and Family Expo would like to invite you to attend the grand opening ceremony of a very special community and family event - the KidsFest 2017 5th Annual Kids Bike Race, a unique family and children event and fundraiser for the Arcadia community. This year we are working with the Recreation and Community Services Department with the event. We expect over 1,000 people to attend this year's KidsFest and help raise funds for Children's Hos-

pital Los Angeles. The event is on Sunday, **October 15** at the Arcadia Community Center, 365 Campus Drive, Arcadia. Registration begins at 9:30am and the race starts at 10am. Free parking is available at Arcadia Performing Arts Center, 188 Campus Drive. The cost is \$15 when registering online at www.KidsBikeRace.org. This event is open to all youth ages 2-14 and every rider must bring his or her own bike or trike and wear a helmet. The day of the event the cost is \$25.

Races are scheduled by age & bike type; the event will follow a rolling start beginning with Tricycles group, followed by the Bikes w/Wheels group and the Regular Bikes group. Parents are not allowed to run with their children. All bikers finishing the race receive a medal and certificate. For more information please call 323.728.7200 or email info@lajakids.com. You can also visit the City of Arcadia's website at www.arcadiaca.gov.



Duarte Chamber of Commerce Celebrates Grand "Re-Opening"



DUARTE - The Duarte Chamber of Commerce has experienced a lot of change during the past few months. Long time CEO, Jim Kirchner, is retiring and newly appointed CEO, Sheryl Lefmann has been busy preparing the Chamber's new location on Route 66. On September 27th, the entire community came to celebrate the Duarte Chamber's Ribbon Cutting. The crowd included City

Council members, Duarte Unified School District Board Members, representatives from Congress Member, Grace Napolitano's office, Assembly Member, Blanca Rubio's office, State Senator, Anthony Portantino's office, City Staff, Chamber Board Members and Ambassadors, Residents, Duarte Chamber staff and many others. Numerous chamber members donated food and

services to make the evening a huge success.

The Duarte Chamber's new office includes a Visitor's Center that shares information and items celebrating Route 66 - The Mother Road - and Duarte's place along the route. The Chamber's new address is 1735 Huntington Drive, Duarte.

Veterans Day Tribute and Luncheon to be held Oct. 25

The San Gabriel Rotary Club and the city to honor veterans

SAN GABRIEL - On October 25, the San Gabriel Rotary Club and the city will honor our nation's veterans during the annual Veterans Day Tribute and Luncheon on October 25th. This year's celebration begins at 11:30 a.m. and will

conclude by 1:00 p.m. at Grapevine Arbor Park. Lunch will be provided for residents who have served or are currently serving in the U.S. Armed Forces. A reservation is required for lunch.

For more information, please contact Community Services at 626.308.2875. To make a reservation, please contact the San Gabriel Rotary Club at 626.287.5716.

Got News?
Let us know at
SGExaminer@aol.com

Orangewood Soccer Field Ribbon Cutting



City Council along with city staff do the ribbon cutting at Orangewood Soccer Field in West Covina.

By George Ogden

WEST COVINA - Back on September 29, 2013 - The master plan called for two new lighted soccer fields and new playground at Orangewood Park. Originally, the plan was proposed back in 2008. This was previously used as a baseball field but with the influx of gang members putting graffiti all over the place and the eventual total destruction by the taggers, homeless and transients at the facility, it became impos-

sible for the little league teams to use it. The graffiti removal at that location was almost done daily at the cost to the taxpayers of \$10,000 or more per year at this site alone. The safety of the staff came in question as well when they tried to remove and maintain the field. It was clear that the vandals in the area had taken away and destroyed this facility from the kids of West Covina.

On Friday, October 6, 2017,

the city along with the soccer fans, players and city management had a ribbon cutting ceremony.

The well attended event had everyone pleased with the final product. Many felt it was about time that "we" took back our park from the criminal element that plagued the park for so many years and made it useless.

West Covina can now say it is "Soccer Time at Orangewood Park."

Kaleo Real Estate Opens New Office in Glendora

By Jayam Rutnam

GLENDORA - Kaleo Real Estate had their grand opening party on September 28th, 2017 at their new office at 158 N. Glendora Avenue, Suite M, in the Glendora Village. With ample food and cocktails, this was a very enjoyable evening. They had raffles and music to keep the over one hundred guests entertained.

Kaleo Real Estate Company was founded by 10 year Real Estate veteran James Baiseri in 2013. After spending 7 years as a TOP producer with the biggest real estate firm in the area, James decided to venture off on a journey of his own,

and open his own Independent real estate office. He opened the doors to his first location in 2013 with just himself and 2 others.

"In a business that requires communication, trust, professionalism, commitment, dedication and knowledge, KALEO REAL ESTATE COMPANY is committed to ensuring that each and every Realtor and staff member will exceed your expectation in each of these categories," said owner and Broker James Baiseri. The Kaleo Real Estate in Glendora telephone number is 626-609-2130.



Realtor Dan and Karyn Colasanti, Nancy Trent, two Realtors, Realtor Menyoun Andrade and Owner Broker James Baiseri

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Proud of Our Past. Ensuring Our Future.



Measure GG will give our students access to the education, facilities, and technology they need to be successful in college and their careers.

Measure GG will:

PROVIDE

the facilities and technology needed to support high-quality instruction in science, technology, engineering and math, as well as music and art;

UPGRADE & MODERNIZE

classrooms, science labs, career-training facilities, computer systems and instructional technology;

REPAIR

aging plumbing, electrical, heating and ventilation systems;

IMPROVE

student safety and campus security systems, including security lighting, security cameras, emergency communications systems, smoke detectors, fire alarms and sprinklers.

Accountability Measures:

- ✓ Funds can ONLY be used on projects in the District's *Bond Program Plan*.
- ✓ By law, ALL funds stay local to benefit Glendora USD schools.
- ✓ No funds can be taken away by the State.
- ✓ MANDATORY annual financial and performance audits.
- ✓ Independent Citizens' Oversight Committee REQUIRED.
- ✓ NO funds can be spent on administrator salaries, benefits or pensions.



Yes
on

GG

For Glendora Unified Schools

www.YESforGlendoraSchools.org

VOTE by Absentee Ballot or at the Polls on November 7th.

Paid for by Yes on Measure GG for Glendora Schools 2017 • 146 N. Glendora Ave., Suite 201 • Glendora, CA 91741 • FPPC #1398392