



# San Gabriel Valley Examiner

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# Glendora Rotary Awards \$16,115.00 in Mini Grants to Teachers

**GLENDORA** - The Glendora Rotary Club's sponsorship of "Mini-Grants for Teachers" began in 1984 under the guidance and tutelage of the late William "Bill" Bird. The Rotary Club of Glendora dedicates this annual project to Bill's memory.

This program is one of the major fund-raising efforts of Glendora Rotarians. This year's campaign began in October and culminates with the awarding of 48 grants to 62 teachers benefiting hundreds of students at the February 5th 2018 Recognition Ceremony. At this year's ceremony Mini-Grant awards totaling \$16,115 were presented to very deserving teachers which will supply needed supplies for hundreds of Glendora and Charter Oak students from Kindergarten to High School.

Glendora Rotarians under the direction of Mini-Grant Chairman, Thom B. Hill, solicited funds from the Club, from local business people, and from members of the community. The Glendora Rotary Teacher Mini Grant Program



Mini-Grant awards totaling \$16,115 were presented to very deserving teachers at the February 5th, 2018 Recognition Ceremony.

is just one of the many great programs the Glendora Rotary Club does to better the Community of Glendora and around the world.

To see all the different projects the Club does or if you'd like to help please visit [RotaryofGlendora.org/projects](http://RotaryofGlendora.org/projects)

for more information. You can also view the award presentation at [Facebook.com/glendorarotary](https://www.facebook.com/glendorarotary).

Glendora Rotary's motto is

Service Above Self. The Club works hard in the community and around the world to make a difference. Serving the community is our number one goal.

They meet every Tuesday at 12:00PM at The Glendora Continental Restaurant. 316 W Rte. 66, Glendora.

# Grand Opening and Ribbon Cutting of AhiPoki Bowl



**GLENDORA** - The Glendora Chamber of Commerce hosted a Grand Opening and Ribbon Cutting for AhiPoki Bowl in Glendora. AhiPoke Bowl is a new seafood restaurant featuring the freshest and healthiest options such as: salmon, tuna, albacore, yellowtail and shrimp!

AhiPoke Bowl was represented by owners Wing Mar and Hengky Huang and store manager Eduardo Cazares along with staff and community members. From the Office of State Senator Anthony Portantino was Marco

Lundgren, from Assembly-member Blanca Rubio's office was Sarah Bedore, and from the Office of Los Angeles County Supervisor Kathryn Barger was representative Sandra Maravilla. Representing the City of Glendora was Mayor Gary Boyer and Councilmember Karen Davis. The Glendora Chamber Board was represented by Ken Salzman, Marilyn Sparks and DJ Jafari, along with Chamber Ambassador Karen Colasanti. Chamber Staff present were Membership and Events Coordinator Michele Street and

President/CEO Joe Cina.

AhiPoki Bowl is a California coastal kitchen serving the freshest ahi poke seafood with the only the best ingredients and spices inspired by the diversity of people and culture from local California communities. Their Hawaiian fusion cuisine is made to order every time and served right before your eyes. Their dishes are sourced from the freshest and highest quality ingredients they can find, cleaned, cut and prepared to meet the highest standards of quality of seafood. But beyond the quality they guarantee with every poke dish they serve at AhiPoki Bowl, they promise to deliver an affordable poke experience unlike any other.

AhiPoki Bowl is conveniently located at: 1377 E. Gladstone Glendora, CA 91740. Stop by today for a delicious and nutritious lunch or dinner! For more information on their services, visit their website at: <https://www.ahipokibowl.com>

# Los Angeles County Breaks Ground On \$8.9 Million Del Mar Avenue/Alhambra Wash Bridge Replacement Project



**SAN GABRIEL** - The City of San Gabriel, in partnership with the County of Los Angeles, broke ground on the Del Mar Avenue/Alhambra Wash Bridge Replacement Project in a ceremony held earlier today. Located south of Valley Boulevard above the Alhambra Wash, the new \$8.9 million bridge will replace an existing 83-year old structure that is now classified as structurally deficient and functionally obsolete.

"We're pleased to break ground on this new bridge with our partners at Los Angeles

County," said Algis Marcuska, Principal Civil Engineer for the City of San Gabriel. "This new bridge will provide a beautiful, safe and modern entrance to Valley Boulevard."

Using concrete components, the new structure will feature architectural treatments that will provide a distinctive entry point into the Golden Mile District.

"This new bridge will enhance traffic safety for motorists, pedestrians and cyclists and will reduce congestion and pollution for our residents here in San Gabriel," said Kathryn Barger,

Los Angeles County Supervisor for the Fifth Supervisorial District.

During construction, traffic control measures will be implemented along Del Mar Avenue to allow one-lane of traffic in each direction, at all times. In addition, a temporary detour ramp and traffic signal will be installed to mitigate traffic.

The project is expected to be completed in 2020 using funds from the Federal Highway Bridge Program, with additional funding provided by the City of San Gabriel.

# The Gift Box at Citrus Valley Medical Center

**COVINA** - Citrus Valley Medical Center Inter-Community Auxiliary is proud of its Gift Store. The gift store known as the Gift Box is on campus in the hospital which is located at 210 W San Bernardino Road in Covina. You will find items that appeal to the home such as table linens, inspirational and whimsical wall art, pillows and throws. Items for the garden as well as items for gift giving are

available. See's candy is offered all year. Novelty items for Valentine's Day, Easter, and Christmas are available. The Gift Box carries beautiful greeting cards. The store is an exclusive retailer of Periwinkle by Barlow jewelry. It carries designer fragrances for both men and women, and a variety of Ty plush. Available are characters from Secret Life of Pets, Paw Patrol, My Little Pony and

more. For the patients there are beautiful fresh flower arrangements and balloons, personal care items, and convenient items and toiletries. The Gift Box is a fundraising source for the Auxiliary. In 2017 the Gift Box presented the Auxiliary with a \$20,000.00 profit donation. The Gift Box is managed by Kristine McLeod and a staff of volunteers. For information call (626) 331-7331.

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# Quail Summit is Rocking Kindness

**DIAMOND BAR** -Quail Summit Elementary students are rocking their commitment to spreading kindness.

On Wednesday, the 645 students at the Diamond Bar campus each took home a rock in their backpacks. But these were no ordinary rocks. The children painted colorful heart designs with personal messages of kindness, hope, joy, compassion, or strength on the small gray stones. In the coming days and weeks, these kindness rocks, as they are called, will be left around the community, state, and even the world.

The school is marking its 30th anniversary with a week of caring and compassionate activities. "We want to spread a positive message to others," said elementary learning specialist Leann Legind. The children hope that their kindness offerings will make a difference in the lives of the lucky recipients.

"I want our messages to inspire people," said fifth grader Lanna Xiao, age 11. "My rock says "You are special," shared first grader Emma Johnson, age 6. "I hope it makes someone feel good!"

"It was fun painting them!" said classmate Aiden Chang. "I feel like I'm sharing kindness with the world even if it's just one little way," said 5th grader Evelyn Wu who decorated her rock with a heart and three flowers. The nine-year-old penned "Have faith in your heart" on the back of the rock she plans to deliver while on vacation to Taiwan this summer. Third grader Amy Song wrote "Even though you think no one cares, I care!" and classmate Kyle Chen declared "You are wonderful" on their rocks.

Each kindness rock also comes with a tiny card describing the schoolwide project. "This gift is for you! Turn the rock over and know that these words came from a child's heart to yours. Know that someone in this world cares about you!" Recipients are en-

couraged to post a message on the "Quail Summit Rocks Kindness" Facebook page.

"I'm probably going to put it in our town!" Chen said. Fifth grader Bethany Li decided to paint "Hopeful" on her kindness rock after singing at the school's talent show. "I performed a song called "Hopeful" with an anti-bullying message," she said.

Another fifth grader, Wynnsion Notomihardjo, age 10, wrote "Honor one another" on his gift. "I picked it because even if you get mad you should forgive people," he shared. "I see many people who give up on their goals," said Anderson Zhu about his "Conquer your dreams" message. "If you don't succeed try, try again!" Saym Waraich, age 10, said on his kindness rock. "A lot of people in this world give up. I believe you should try again until you get it!" he said.

The "School with a Heart" is hosting daily kindness activities including "I can make a chain-ge in this world" paper chains and kindness notes posted around the campus, and an 80's-themed dress up day to commemorate the school's opening.



Quail Summit Elementary 5th grader Evelyn Wu is excited to share her kindness rock and note.



Quail Summit Elementary students decorate kindness rocks during school's 30th anniversary celebration.

## Five Spring Vacation Tips

If you'll be spending time in sun-kissed climates on your next vacation, these tips can help you keep your skin, eyes and lips protected.

1. Travel like a pro: Stay moisturized while in flight. To combat notoriously dry airplane cabins, reach for a lip balm that contains cocoa butter. For example, Carmex's Classic Original Jar can help soothe and moisturize even the most chapped lips.

2. Find some shade: Find a spot at the pool with an umbrella. You can also wear a hat with a brim all the way around that shades your face, ears and the back of your neck from the sun. Retreating from the sun's strong rays and finding rest in the shade can help you stay protected and cool in the heat.

3. Drink plenty of water: Just like the rest of your body, your lips need nourishment. Be sure

to pack a large refillable water bottle for your trip and keep it near your beach bag so you're more likely to drink water throughout the day.

4. Pack a lip balm with SPF: For much-needed sun protection on your lips, there's Carmex Daily Care lip balm in a variety of delicious flavors including Fresh Cherry, Wintergreen and Strawberry. They're all formulated with SPF 15 for sun protection and are specially designed to smooth, soothe and soften lips and restore their healthy look.

If your lips need more help, there's the time-tested formula of Carmex Classic lip balm.

Moisturizing and medicated, it's made with camphor to provide pain relief, menthol for a cooling effect, and pure, refined white petrolatum to help protect and provide a healing environment.

5. Remember your sunglasses: Just as lips are sensitive to the sun, so are your eyes and the tender skin around your eyes. Wearing sunglasses can help keep these areas protected from the sun whether on the beach, near the pool or just spending time outdoors.

Learn More For further facts and tips, go to [www.mycarmex.com](http://www.mycarmex.com). (NAP-SI)

## March Kiwanianne Programs To Feature Two Local Residents

**GLENDORA** - The Glendora Kiwanianne will hear about two special programs in March. On **March 16**, representatives from Rancho Vasquez in Azusa, a family run business which grows avocados and other fruit, will talk about organic farming. On Wednesday, **March 21**, Jim Nakano, owner of The Donut Man in Glendora, will speak about his experiences with the Japanese Internment camps during

WWII. The Kiwanianne meet at 5:30 p.m. at the Continental Restaurant on Route 66 in Glendora. Soup and salad dinner is \$15. This community service club raises funds for student scholarships and helps a number of other nonprofit organizations in the community. For more information about the Glendora Kiwanianne, go to [www.glendorakiwanianne.org](http://www.glendorakiwanianne.org).

## Wanted

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## City Seeks Residents For Newly Formed Citizen's Financial Advisory Committee

**ARCADIA** - The City of Arcadia is seeking qualified candidates to serve on the newly formed Citizen's Financial Advisory Committee. The City Council will appoint Committee members to serve in an advisory capacity to help review the City's long-term financial forecast, and provide recommendations to the City Council for revenue enhancements and cost containment. The commitment is expected to be for a period of no more than six months, but will

require intense review and discussion about the City's financial future.

Due to specialized nature of this Committee, prospective candidates with a background in finance are preferred. To serve on the Committee, candidates must be at least 18 years of age, a registered voter, and a resident of the City of Arcadia.

Qualified candidates with an interest in serving may pick up an application from the City Clerk's Office, located at 240 W. Hun-

tington Drive, or print one off of the City's website at [www.ArcadiaCA.gov/CitizenService](http://www.ArcadiaCA.gov/CitizenService). Applications must be submitted to the City Clerk's Office on or before the close of business on Thursday, May 24, 2018. Appointments are expected to be made in June.

For additional information about serving on the Citizen's Financial Advisory Committee, please contact the City Clerk's Office at 574-5455.

## Supervisor Barger To Partner On Pilot Transit-to-Trails Bus Service

**LOS ANGELES COUNTY** - The Board of Supervisors will consider a motion by Supervisor Kathryn Barger next Tuesday to partner with the City of Pasadena, the Trust for Public Land and the Wilderness Society to implement a six-month pilot bus service in the unincorporated Altadena area.

The pilot service will connect

the Metro Gold Line at Memorial Park Station with the Sam Merrill Trailhead in Altadena. Service would extend from April 7 to Sept. 30 on Saturdays and Sundays between 7 a.m. and 5 p.m.

"This exciting partnership expands access to open space recreation and provides another option to improve regional transit

connectivity for our residents in the Altadena community," Supervisor Barger said.

The popular Sam Merrill Trail provides access to exclusive areas in the San Gabriel Mountain Range. Funding for the county's portion of the estimated costs would come from the supervisor's Fifth District discretionary transit funds.

## ABC and over 70 Local Law Enforcement Agencies Team Up to Increase Public Safety and Protect Youth Statewide

The Glendora and La Verne Police Departments participated in the Statewide Underage Drinking Operation last night. Agents from the California Department of Alcoholic Beverage Control (ABC) and Officers from over 70 local Police and Sheriff's Departments have arrested or cited 351 individuals during a statewide underage drinking enforcement operation designed to create awareness to the problem of underage drinking and also protect California's youth while increasing public safety.

The goal of the ongoing operation is to raise awareness about the dangers of underage drinking and also make it clear to any adults that buy alcohol for minors that there are serious consequences. "Unfortunately over 4,000 young people die in alcohol-related tragedies every year in this country," said ABC Acting Director Jacob Appelsmith. "This collaborative effort among California peace officers creates awareness to underage drinking issues, increases public safety for communities and also boosts protections for California's young people."

Preliminary results the operation has revealed citations for 277 individuals who allegedly furnished alcoholic beverages to minors, 26 other individuals have been cited for open containers and 48 others have been cited or taken into custody for various crimes such as outstanding warrants, illegal drugs, public drunkenness or DUI statewide. The operation is an effort to build safer and stronger communities by holding individuals accountable for illegal activity that creates harm.

ABC agents and local law enforcement conducted a program called the "Decoy Shoulder Tap Operation". Under the program, a minor under the direct supervision of a peace officer will stand outside a liquor or convenience store and ask patrons to buy them alcohol. The minor indicates in some way he or she is underage and cannot purchase the alcohol. If the adults agree, and purchase alcohol for the minor, officers then arrest and cite them for furnishing alcohol to the minor. The penalty for furnishing alcohol to a minor is a minimum \$1000 fine and 24 hours of community

service. The program is intended to reduce the availability of alcohol to minors. Glendora and La Verne Police Department's operations were funded by the California Department of Alcoholic Beverage Control through the Department's Grant Assistance Program (GAP).

"We are seeing first-hand the positive impact these and other preventative and education programs are having in our community. No one would purchase alcohol for our minor and several businesses contacted law enforcement to report the minor soliciting for alcohol during the operation." Chief Lisa G. Rosales said.

ABC's mission is to provide the highest level of service and public safety through licensing, education and enforcement. To learn more about ABC programs that help protect communities, prevent alcohol-related harm and potentially save lives visit [https://www.abc.ca.gov/programs/programs\\_PE.html](https://www.abc.ca.gov/programs/programs_PE.html). ABC is a Department of the Business, Consumer Services and Housing Agency.

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INFORMATION GUIDE

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## This St. Patrick's Day, Plan Before You Party!

*Remember: Impaired Driving, Drugs and Alcohol can Kill*

**GLENDORA** - St. Patrick's Day has become one of the nation's favorite holidays to celebrate and party. Unfortunately, too many people are taking to the roads after drinking, making the holiday one of our most dangerous. According to the National Highway Traffic Safety Administration (NHTSA), 252 people lost their lives in drunk driving-related crashes during the St. Patrick's Day holiday period from 2011-2015. More than a fourth of them were killed in drunk driving crashes that occurred in the early morning, post-party hours (midnight to 5:59 a.m.).

That's why the Glendora Police Department and the California Office of Traffic Safety are teaming up to reach all drivers with an important life-saving message and warning: Don't Drive Impaired by Drugs or Alcohol.

Glendora Police Department will deploy additional officers on special DUI Saturation Patrols specifically to stop and arrest drivers showing signs of alcohol or drug impairment. In addition to this St. Patrick's Day enforcement effort, all police, sheriff

and the CHP will be on heightened alert ready to stop and arrest any impaired driver throughout the long weekend.

"These deaths can be prevented; have an alternate plan, designate a driver, watch out for your friends, and drive carefully and safely" said Chief Lisa Rosales, Glendora Police Department.

If you plan to celebrate this St. Patrick's Day, follow these tips to stay safe:

- Before celebrating St. Patrick's Day this year, decide whether you'll drink or you'll drive. You can't do both. "Buzzed Driving is Drunk Driving"
- If you're planning on driving, commit to staying sober. If you've been out drinking and then get behind the wheel, you run the risk of causing a crash or getting arrested for a DUI.
- Drugs such as many prescription medications, marijuana or illicit drugs can also lead to impairment and unsafe driving, leading to a DUI. When mixed with even a small amount of alcohol the affects can be compounded.
- If you have been drinking, call

a taxi or sober friend or family member, use public transportation. You can download the Designated Driver VIP free mobile app, "DDVIP" for Android or iPhone. The DDVIP app helps find nearby bars and restaurants that feature free incentives for the designated sober driver, from free non-alcoholic drinks to free appetizers and more. The feature-packed app even has social media tie-ins and even a tab for the non-DD to call Uber, Lyft or Curb.

• Help those around you be responsible, too. Walking while impaired can also be deadly, as lack of attention could put you at risk of getting hit by a vehicle. If someone you know is impaired by alcohol or drugs, do not let them get behind the wheel and help them find a sober ride home.

This enforcement effort is funded by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration who reminds everyone to be alert and Report Drunk Drivers - Call 911 if you see a dangerous driver call immediately!

## Arcadia Historic Preservation Fact Sheet

**ARCADIA** - Recently, the City of Arcadia released a Draft Historic Preservation Ordinance for public review and comment. The purpose of this Ordinance is to provide a framework to protect certain structures and resources that are important to the heritage or history of the City. Following its release, however, a number of questions were raised by the public regarding the Draft Ordinance. As a result, the City has developed a Historic Preservation Fact Sheet to provide information regarding efforts to date. The Fact Sheet contains frequently asked questions and answers, provides a broad overview of the City's ongoing community-based process, and summarizes the public comments the City has received on the Ordinance.

The Ordinance has not been adopted and there is currently no timeframe to do so. "We wanted to provide a definitive guide for Arcadia residents to review," said Assistant City Manager/Development Services Director Jason Kruckeberg. "There is a fair amount of confusion about how a Historic Preservation Ordinance may impact Arcadia, and

the Fact Sheet is intended to be a resource for residents."

There will be additional opportunities for the public to review and comment on the Draft Ordinance and the merits of Historic Preservation. To ensure broad public outreach, the guide has been translated into simplified Chinese. In addition, a postcard is being mailed citywide that explains where to find the Fact Sheet. Please visit the City's website at [www.ArcadiaCA.gov/historicpreservation](http://www.ArcadiaCA.gov/historicpreservation) to view the Fact Sheet and for more information on the project.

## Students To Finish Rod Dixon Marathon

**BALDWIN PARK** - More than 160 students in kindergarten through sixth-grade from Baldwin Park Unified's Vineland and Tracy elementary schools will race to the finish line to complete the last mile of a 26.2-mile marathon. Parents, Baldwin Park Unified board members and teachers will cheer on the students, who have run roughly a mile a week since October. The event will take place from 3 to 6 p.m. Friday, **March 23** at Baldwin Park High School, 3900 Puente Ave., Baldwin Park.

## Instructional Aide Honored for Service to Students

**BALDWIN PARK** - Marie Margarette Rivas, a bilingual instructional aide at Sierra Vista High School, is being honored as the California Association for Bilingual Education's Para-educator of the Year for going beyond the scope of her job to serve students and improve her community. Rivas, who has worked for the English language learner community for 27 years, will be honored at the CABE Awards Luncheon on Thursday, **March 29**.

## Fixes to Save the Salmon and WaterFix

In reaction to the almost incessant court challenges to the Water Fix project, the Governor proposed to downsize the project from two tunnels to one tunnel. Water agencies are telling us if this project doesn't go forward before Brown leaves office after the November election, the project is probably dead this time around. But will down-sizing the WaterFix really fix the conflicts between the north and the south?

The north is determined to protect the Delta estuaries and their water and we've seen from the recent court battles how real and strong that determination is up there. Can the South and Central Valley effectuate the amount of water they need and want by moving forward without addressing some of the north's issues? The largest water agency serving the Central Valley farmers has withdrawn their financial support for the WaterFix/Twin Tunnels project because the cost of water is too great.

The biggest argument the north uses against this project and even going back to the peripheral canal, has been the impact on the native fish, primarily the 2-inch Delta Smelt and the Chinook Salmon. Most of what I read tells me the smelt will not survive, but there are those who are working to save the salmon population that has been hard hit by drought conditions the last 5 years. John Rueth of the Livingston Stone Hatchery for the U.S. Fish and Wildlife at Shasta Dam, told the Sacramento Bee, the recent drought caused thousands of salmon eggs and newly hatched fish to bake to death because of the rise in the water temperature in their habitat area in the Sacramento River south of Shasta



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

Salmon typically return to the place where they hatched out when they get ready to reproduce and lay their eggs. The fishery is now going to try to re-set the spawning habits by releasing young salmon in a new location, Battle Creek, a cold-water stream fed by cold-water sources. They won't know if this effort will be successful until 2020 when the young releases return, or not, to Battle Creek.

UC Davies scientists are doing their part by growing bugs to provide food for the salmon as the fish travel along the rivers to and from the spawning areas and back to the ocean. The bugs are called water fleas and are planted / grown in the rice fields and according to the scientists who have been at this for a couple of years, these bugs produce millions a day. When the time comes for the young salmon hatchlings to make their way to the ocean along the Sacramento River, the rice fields will release water with the water fleas into a canal flowing down to the Sacramento River and then fish food is there and ready for eating by

hungry salmon and other native fish.

Orange County Coastkeeper commissioned Peter B. Moyle, John Durand and Carson Jeffres of the Center for Watershed Sciences, University of California, Davis, to write a white paper, Making the Delta a Better Place for Native Fishes, that provides 17 recommendations to improve the survival of the salmon and other native fish. They too also believe the Delta Smelt have little chance of survival at this point and "Dr. Peter Moyle articulated, the historical Delta has been so modified that it is beyond restoration back to what is once was. The best we can hope for is a reconciliation of the Delta."

As the north fiercely fights to keep their water and protect their Delta it might be time for those of us in Southern California to take a step back and take a look at that area from the north's perspective and from the perspective of saving a valuable historic environmental resource. We can do that as part of the process to acquire more water for Southern California and the Central Valley Breadbasket. The Central Valley farmers are a huge part of our state budget and our food source. They need water or we end up with a gaping hole in our state budget and families without a job or income. The alternative is to continue to spend time and money in the court system as the water industry continues to fight for access to more water. Rumor has it those court filings are the stall gimmick being used until Gov. Brown is out of office and the WaterFix disappears. And, those court battles will drive up the cost of water further and further.

## Transitions

*"The old order changeth, yielding place to new, / And God fulfils himself in many ways, / Lest one good custom should corrupt the world. / Comfort thyself: what comfort is in me? / I have liv'd my life, and that which I have done / May He within himself make pure! but thou, / If thou shouldst never see my face again, / Pray for my soul. More things are wrought by prayer / Than this world dreams of..."*

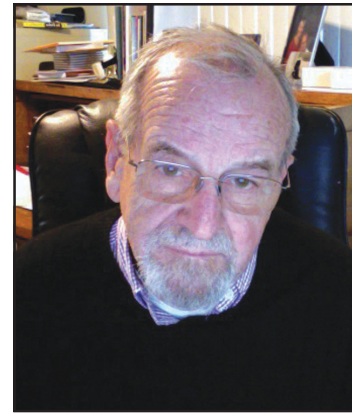
("The Passing of Arthur" from *Idylls of the King* by Tennyson)

No one with any sense of reality can deny the inevitability of change. Examining life at every moment and at every level, from the personal to the cosmic, we cannot avoid facing the perpetual dynamic that we call "living." Nothing and no one exists in a changeless world. Those who deny evolution because a biblical story said that God made it all perfect in six days and nothing since has changed—or evolved—understand neither the profundity of the Biblical message nor the ever changing dynamic we call God.

The question is not whether change will happen, but how we will handle the transition between what has been our reality, and what is currently taking place, as well as what may come.

Instead of taking a broader more philosophical perspective, stay with me as I describe life-altering transitions I am currently facing—issues many of our readers will probably acknowledge as also taking place in their lives.

It is increasingly apparent that as I approach my 88th birthday, time has forced on me transitions I have little ability to control. Bodily systems continue to break down. Golf departed a year ago,



Charles H. Bayer

and the family has decided that it is time I gave up driving. There is a cane inside and a walker outside. An infection placed me in the hospital a month ago, and keeping everyone's name in mind is increasingly elusive. When I asked my physician what has caused all these changes, he replied "birthdays." Last month my beloved Wendy and I moved from our lovely house to an equally lovely apartment with far less we needed to do to keep the house and Wendy's marvelous grounds in tip-top shape.

With age all is not lost. Almost universally younger people—and others not so young—will go out of their way to see that I am offered their seat or an arm to get me down a curb or across the street. Having spent much of my life taking care of others, I am increasingly being taken care of. I love it! Now when I repeat a story, no one seeks to remind me that they have heard it before—maybe ten times. I am far less driven or obsessed, and if it takes longer to button my shirt, who cares.

Events in the wider world that have long concerned me continue to do so. There are changes in my beloved intentional retirement community that leave us no longer currently committed to

finding ways to welcome many who have given their lives in the service of persons and causes which are unable to provide the hundreds of thousands of dollars required for entrance, or the financial capacity to outlive their personal resources. Nevertheless, this is the nation's best community for both the religious and the non-religious whose passion still commits them to an active life centered upon peace and justice.

And then there are changes in the wider world I find terribly disturbing, and that leave us without the power to alter them. Many of these columns have been about what is happening politically in the United States. No one who knows me or who reads what I write will have any doubt that I mourn what is happening in this nation that is being systematically dismantled by an ego-centered disastrous fraud of a President who has disgraced us and has taken the nation down a very dark passage littered with what has really made America great.

What keeps me going? It is the rising voices of women and young people who will increasingly define where America is headed. So let change come. I expect to sit back—mostly—and watch these two groups manage the transition, and guide us into a greater future.

*"A society that lacks people of vision is a society certain of its end. Perhaps the crisis in our country, our church, our world today is a result of a lack of dreamers . . . to open our minds . . . to strengthen our hearts . . . and to employ new energies to change our society."* Leonardo Boff (a liberation theologian)

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

## Californians Can Help Save Wildlife at Tax Time

You don't have to own hiking boots or a fishing pole, or have a degree in environmental science to help wildlife. A click of your mouse or a stroke of your pen can help the California Department of Fish and Wildlife (CDFW) protect—or even save—California's native sea otters and other rare, threatened and endangered animal and plant species.

When you prepare your California individual income tax return, make a voluntary contribution to California Sea Otter Fund on line 410 or the Rare and Endangered Species Preservation on line 403. Enter any dollar amount you wish. Money donated by California taxpayers supports state programs that benefit these at-risk species.

Southern sea otters (*Enhydra lutris nereis*) once lived in the nearshore waters all along California's coast and in estuaries such as San Francisco, Tomales and Morro bays. Reliable sources estimate there were as many as 16,000 individual otters in California at one time. Their extremely thick fur pelts were coveted for coats, and fur traders hunted them until they were believed extinct in the late 1800s.

A few sea otters survived and were discovered in the 1930s. Legal protection gave the species a chance to survive. The 2017 sea otter survey counted fewer than 3,000 individuals, and was a slight decrease from the 2016 count.

Donations to the California Sea Otter Fund are split between CDFW and the State Coastal Conservancy. CDFW's half supports scientific research on the causes of mortality in Southern sea otters. Through a better understanding of the causes of death, it may be possible to work more effectively to recover the sea otter population here. The Southern sea otter is listed as threatened un-

der the federal Endangered Species Act, depleted under the Marine Mammal Protection Act and fully protected by the State of California.

"These donations provide important funding that helps us to recover the Southern sea otter population," said CDFW sea otter program lead Laird Henkel. "Through this program, we have learned an incredible amount about sea otter health and the health of the ecosystems upon which they depend."

The Rare and Endangered Species Preservation Program has supported work benefiting California's native at-risk fish, wildlife and plants since 1983, thanks to the generosity of California taxpayers. Donations to this fund have enabled CDFW to obtain matching funds from the federal government and collaborate with numerous stakeholders and organizations—including other government agencies—to conserve native wildlife.

For example, with such partners we are currently:

- conducting surveys and helping to restore giant garter snake habitat at Cosumnes River Preserve near Lodi, a population that suffered significant declines during the recent drought.
- developing conservation strategies that lay the groundwork to help conserve and recover imperiled species such as Mohave ground squirrels, willow flycatchers, great gray owls, western pond turtles and mountain yellow-legged frogs.
- studying the dietary preferences of endangered marbled murrelets—forest-nesting seabirds of the north coast—to better understand factors that affect their survival and reproduction, and how changes in the climate may affect them.

The Rare and Endangered Species Preservation Program

also recently helped biologists learn about survey methods for the beautiful western yellow-billed cuckoo, and helped CDFW biologists monitor populations of invasive pennyroyal that are encroaching on the tiny and unique many-flowered navarretia (*Navarretia leuccephala* ssp. *pliantha*) at Loch Lomond Ecological Reserve in Lake County.

CDFW biologists have achieved important recovery milestones and protected vulnerable species, thanks to California taxpayers. There is no upper limit to voluntary contributions and any dollar amount is appreciated. More information about how CDFW uses funds in the Rare and Endangered Species and Sea Otter programs is available at [www.wildlife.ca.gov/Tax-Donation](http://www.wildlife.ca.gov/Tax-Donation) and at [www.facebook.com/SeaOtterFundCDFW](http://www.facebook.com/SeaOtterFundCDFW).

If someone else prepares your state tax return, please let him or her know you want to donate to the California Sea Otter Fund on line 410 or the Rare and Endangered Species Preservation Program on line 403. If you use TurboTax, step-by-step instructions to help you find the California Contribution Funds are posted in the CDFW Document Library.

California has 219 species of plants and 83 species of animals listed as rare, threatened or endangered. Money raised through the tax donation program helps pay for essential CDFW research and recovery efforts for these plants and animals, and critical efforts to restore and conserve their habitat. Habitat conservation and restoration for the most vulnerable species also protects many other plants and animals, helps recover ecosystem function and enhances the outdoor experience for all Californians.

## "TIME JOCKEY" - Capital City

By Joe Castillo

**Sacramento...** Last week, I drove up to Sacramento, California's capital, to be part of a Native Sons of the Golden West contingent to receive a proclamation from the State Assembly for the decades of historic preservation work we have performed and financed within the state. We received the proclamation on the floor of the assembly which I had never stepped foot on before. It was almost like being in arena with a gallery of seats positioned high above the assembly floor and visitors watching your every move from their birds-eye view.

There are 80 members of the assembly each with their own wooden desk and even woodier chairs, a pull-string lamp, leather desk blotter and their own nameplate. It is said that many of the desks and chairs are the original item and are over 100 years old. Behind the speakers desk is a 7-foot tall painting of President Abraham Lincoln. The portrait was painted by William Cogswell and has been in place since 1909.

Originally, an 1855 portrait of John Sutter overlooked the Assembly floor but eventually it gave way to the President Lincoln painting. It's obvious that the As-

sembly was trying to keep pace with California's Senate chamber which has President George Washington's portrait standing tall, a position he has had since 1854. Finally, 5 different secretaries were stationed in the front of the chamber ready to record all activities and business which would take place on the floor of the assembly. That's quite a lot of folks to document every bit of business addressed by our busy congressional leaders.

It was a special experience which gave me a better appreciation of our government and how it works. So feeling like I was on a roll, I later decided to pay a visit to my representatives in the State Senate and State Assembly. Perhaps I could get a color and autographed picture of me shaking hands with my representative or a personalized tour by the congressman of the state capital or a coffee mug with a picture of the State Capital, or even some simple face-to-face time talking about what he's doing in my precinct district.

But it all was too much to expect. Neither of my congressmen was available, probably out playing golf, and the office staff treated me like I was from Mars

rather than from the representative's home district 350 miles away. One of the office staff stated that the State Senator was working in his position Monday through Friday and did not return to Southern California during the week. So obviously I was a bit confused that he was 'unavailable' when I tried to visit him during the afternoon. I guess being a congressman doesn't require someone to work a full day or even a full week in the office.

The California State Capital in Sacramento is a historic and fascinating structure which provides the center of our state's government but it is what takes place within the 158-year old building which really makes the Capital special. I just wish that some of our congressmen appreciated the special responsibility they have, and perhaps provide a warmer welcome to those who voted them into office in the first place....

*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](mailto:joecastillo@aol.com).*

## Payment Activity Notices Is In The Mail

**LOS ANGELES COUNTY** - Joseph Kelly, Los Angeles County Treasurer and Tax Collector, is in the process of mailing 118,380 Payment Activity Notices to Los Angeles County property owners. The notices alert property owners that the Department's records reflect no payment, a partial payment, or a late payment on the first installment of property taxes for the current tax year 2017-18. The notices include the attached insert which provides important information regarding payment options, office locations and office hours.

"As a result of this mailing, property owners may find it

difficult to reach us on the telephone," Mr. Kelly advised. "Property owners may obtain answers to the great majority of their questions, including the amount due on any parcel, from the Los Angeles County Property Tax Portal at [lacountypropertytax.com](http://lacountypropertytax.com). Taxpayers may also call the toll-free Property Tax Information Line at 1(888) 807-2111, where automated information is avail-

able 24 hours a day, 7 days a week."

Taxpayers can subscribe to receive property tax related emails from the Treasurer and Tax Collector regarding special notices and upcoming events, such as annual property tax deadline reminders, office location updates and other news. To subscribe, taxpayers may go to Email Notification Service at [ttc.lacounty.gov/eNotify](http://ttc.lacounty.gov/eNotify).



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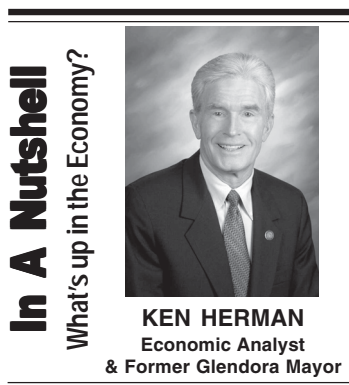


# Trump Turns Up the Heat

A little over two weeks ago the S&P 500 was at 2,715. As of last Friday, March 9, the index traded at 2,780. The volatility recently had investors feeling that the correction had run its course. It was "clear sailing ahead" and February was expected to close out on a positive note. But such was not the case. The major averages became caught up in a technical tug-of-war last week, trying to regain bullish momentum only to have every rally attempt cut short. The market is squarely in the crosshairs now, being jerked to-and-fro between one bold set of headlines and another. Then on Tuesday, March 6, Gary Cohn resigned as Trump's Economic Advisor. Many of my colleagues felt fundamentals had changed and February market lows could be tested.

In Powell's maiden voyage talking before Congress, the new Fed Chairman said, "My personal outlook for the economy has strengthened since December. I wouldn't want to prejudge that new set of projections, but we'll be taking into account everything that's happened since December." Those comments, about 40 minutes into the Congressional Finance Committee hearing, caused the yield on 10-year Treasury bonds to jump and major stock indexes to begin dropping as investors anticipated a fourth rate hike this year, which would be designed to slow growth to keep the economy from overheating.

The next day brought the sudden resignation of White House Communications Director Hope Hicks following a nine-hour grilling in a Congressional closed-door hearing about her role and what she knows about the ongoing Russian election influence scandal. It was construed that her resignation following her interrogation would unleash some damaging evidence against President Trump and his campaign staff, so the Dow plunged over 400 points in the last hour of trading.



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

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

Later that same week, President Trump announced a 25% tariff on steel and a 10% tariff on aluminum, sending stocks lower again out of fears of a global trade war. And yet, after a very negative opening for Friday's session, with the Dow down 425 points, buyers showed up, bidding the S&P and Nasdaq to close solidly in the green with the Dow off only 70 points. The CBOE Volatility Index (VIX) swung 62% over the course of the week, highlighting what might be described for investors as "Mr. Toad's Wild Ride."

Fed Chair Powell made his second appearance on Capitol Hill to the Senate Banking Committee, where he dialed back his hawkish language, stating that there is "no strong evidence of a decisive move up in wages." Wall Street felt this was a sign rates would not need to advance as previously thought. After this non-event, investors let out a sigh of relief and stocks initially traded out of the red - only to get clobbered by President Trump's talk of tough tariffs later that day. The 98.5% probability the Fed will raise the Fed Funds Rate by 0.25% at the March 21 meeting may also have been a factor.

With the Personal Consumption Expenditure (PCE) (the most closely-watched inflation indicator) running well below the Fed's 2.0% preferred target, with crude oil production now at a multi-year high capping upward price momentum, and with the dollar getting its mojo back after being talked down by Treasury Secretary Mnuchin, as well as the

strong bid-to-cover ratio seen at the most recent Treasury auctions, the bond market sell-off has been curtailed (with the 10-year Treasury closing at a yield of 2.86%).

On Friday, March 9, the market received a shot in the arm that caused a DOW rally of over 400 points. Nonfarm payrolls rose 313k, the first 300k+ job gain since July 2016, when companies added 325k jobs. The unemployment rate was 4.1% for the fifth consecutive month and average hourly earnings rose 0.1%, taking the year-on-year rate of wage inflation from 2.9% to 2.6%. As the headline writers at Bloomberg put it, "Wage spike that spooked markets lasted just one month."

The payroll gain was huge, the biggest in over a year and a half. But wage pressures retreated and the unemployment rate was stable. In a nutshell, the tax cuts are already boosting hiring, but as long as it's not causing wages to accelerate or the unemployment rate to drop, why worry? That's the way the Fed is likely to see it too.

Looking forward, March is a historically strong month and April is one of the strongest. As Bespoke Investment Group showed in their "March Seasonality" report (February 28, 2018), the March-April calendar period is the strongest combination of two consecutive months over the last 50 years. In particular, I expect the last two weeks of March to be especially strong, since they typically benefit from quarter-end window dressing as well as the 90-day realignment for most smart-Beta ETFs. At the end of the quarter, fundamentally superior stocks typically benefit from persistent institutional buying pressure.

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

*I welcome your questions and comments:*  
[kenherman46@hotmail.com](mailto:kenherman46@hotmail.com)

# Your Money - Ask Julia

*With interest rates still low, would this be a good time to take some of the equity from our home and invest in some rental properties?*

Although not all-inclusive, here are some things to think about before making this decision. Cost: mortgages, taxes, insurance, upkeep, repairs, vacancies. Do you plan to be the landlords, or hire a property manager? Emergencies: liquid (easily accessible) funds, life insurance to cover expenses and/or pay off debts with the loss of income of one of you due to illness or death. Exit plan: How many years do you plan to hold these properties? Will you hold these properties in the name of a trust? Will you be utilizing 'exchanges'? Learn about your options: What other places could you invest to potentially reach your financial goals?

*Are FHA low-downpayment mortgage loans risky?*

FHA has set minimum guidelines that all lenders must obey. These guidelines have been established to help insure that there is not another 'crash' blamed on 'bad loans.' Often, independent mortgage brokers, partnered with several wholesale lenders, can offer many more choices of mortgage loans while staying with the government guidelines. Banks and Credit Unions are retail lenders with very limited choices.

*It doesn't look like our retirement savings are going to be enough for us to have the lifestyle we were dreaming about.*



**Julia Yoder**  
We're in our early 60's. What do we do now?

Make a new plan. This will take looking at what you've still got, looking at what options you have available, making a plan, and putting that plan into action. You've taken a big step in just realizing that you've got to make the best of what you have, that bad things don't last forever, and that you need to make adjustments. Many financial professionals do not charge for their consultation. A good one will ask a lot of questions in gathering the detailed facts about your current savings, as well as about what you want your money to do for you. He/she will let you know if you are already doing a good job of retirement planning on your own, explain your options, and tell you, openly and bluntly, what changes (some might be uncomfortable) that you need to strongly consider.

*How can I withdraw money from my Roth IRA?*

Qualified distributions, after the initial 5-year waiting period,

include: after the taxpayer reaches age 59 1/2, or in the event of a taxpayer's death, or because the taxpayer becomes disabled, or to pay for 'qualified first-time home-buyer expenses (limited to \$10,000 for purchasing, building, or rebuilding a 'first' home of the taxpayer, spouse, or any descendant or ancestor of the taxpayer or spouse.)

*The taxes I have to pay on the interest earned on my CDs wipes out those earnings! When would I have to pay taxes if I put my money into an annuity?*

Money in an annuity grows tax-deferred. You don't have to pay taxes on the growth until you start taking distributions or withdraw funds. This is important. While your money is sitting in an annuity, the amount you put in, plus the interest it is earning, is compound growing rather than being spent to pay taxes.

**Ask Julia by email:**  
[juliyoder@yahoo.com](mailto:juliyoder@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/RE Broker 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](http://CalStarBenefits.com/28485)

# Home Office As Tax Deduction

Self employed and small businesses usually maintain their office at home. It makes sense this way because the business owner can save a lot of money from paying rent. Per IRS Publication 587, Business Use of Your Home, you can certainly deduct your home office as business expense.

There are two basic requirements for your home office to qualify as a tax deduction. First, you should use your home office regularly and exclusively for business. Let us say you have an extra room in your house and you run your business there, the extra room can be considered as a home office. Second, your home office is the principal place of your business. You need to have proof that you substantially and regularly conduct your business in your home office.

To calculate the home office deduction, you need to figure out the percentage of your home that



**THERESA PACHECO**  
California Certified Public Accountant  
Masters in Business Administration

is used for business. You can allocate your home office expenses based on the percentage of your home devoted for business use. The simplified option for computing the deductible use of home office is \$5.00 per square foot, with a maximum of 300 square feet area.

If you are an employee and you used part of your home for

business, you can deduct it as business expense as long as you meet the two requirements above and:

- Your business use of your home must be for the convenience of your employer.
- You must not rent any part of your home to your employer and use the rented part to perform services for your employer as an employee.

The home office deduction is available to both homeowners and renters. It also applies to all types of homes.

Please call us at 626-343-3488 for more information! We are located at 1559 E Amar Rd, Suite U, West Covina, CA 91792. This is a full service CPA office who offers the following services: Audit, Review & Compilation; Income Tax for both business and personal; Payroll; Bookkeeping and QuickBooks; For Profit and Non-Profit; IRS Help

# How To Be Green For St. Patrick's Day and Every Day!

Most of us are concerned with keeping our environment green. We buy the reusable bags for our shopping trips, combine driving trips to be more fuel efficient and use the new style light bulbs to conserve energy. All these seemingly little conscious efforts add up to help our earth.

It may surprise you to learn that the automotive service and repair industry has been one of the leaders in keeping our environment clean...even before it was a popular theme with the gen-

eral public. We are very careful with waste disposal in every way. As an example, one gallon of improperly disposed of motor oil can contaminate a million gallons of drinking water! When consumers bring their car in for regular service it is one of the biggest benefits to cleaner air and the good news is...it saves you money too! In fact, it saves you money in more ways than one! It prolongs the life of the car you have, it saves money in fuel, and a regularly maintained

vehicle saves you money on expensive repairs! It is a good deal all around.

- A regularly maintained car can last 50% longer.
- A properly tuned car keeps your engine firing properly...one misfiring spark plug can waste 30% in fuel efficiency!
- Keeping your tires checked and rotated makes them last longer and can help your engine work better and easier.
- Clean filters make a more fuel efficient vehicle.

Of course, it also helps not to drive like you are trying out for NASCAR or using it to transport or store heavy objects. All of this contributes to wear and tear on your vehicle too plus cuts way down on fuel efficiency.

Working together, we can all help our earth be a bit greener... breathe a bit easier... and save ourselves more of our hard-earned cash.

Certified Auto Specialists wants to be your GO-TO place! Feel free to call 626-963-0814 with any questions and we will be glad to help, or visit our website at [CertifiedAutoCa.com](http://CertifiedAutoCa.com)

**Hometown Service You Can Count On!**

# Community Articles Are Welcome

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

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# 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

San Gabriel Valley Orchid Hobbyists invite you to our **March 15** Monthly Meeting at the L.A. County Arboretum, 301 N. Baldwin Ave. Arcadia, Ca. Palm Room. Judging at 7:00 p.m. Meeting at 7:30 p.m. Our speaker will be Peter Lin, program on *Neofinetia falcata* and its hybrids. Web site: [www.sgvoh.org](http://www.sgvoh.org)

### Instructors Needed

Do you have a talent you want to share or have a love for teaching? The City of Arcadia is always looking for quality, dedicated instructors to offer a variety of programs to residents and surrounding communities. The best contract instructor candidates are individuals who combine a sincere interest in community service with a desire to supplement their existing income. Go to [www.ArcadiaCA.gov/recreation](http://www.ArcadiaCA.gov/recreation) for the Prospective Instructor Application or call the Recreation Office for more information.

### Arcadia Senior Card Club Looking For New Members

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

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

### BALDWIN PARK Birthday Celebration

Join the Julia McNeill Senior Center monthly Birthday Celebration on the third Wednesday of the month (**March 21**) from 12:30 pm – 2:30 pm. 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.

For more information on the class or registering, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

### Income Tax Appointments

AARP is providing free tax assistance to the senior community 55 years of age or older. This service is available only on Thursday and appointment is necessary. To schedule an appointment, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

### McNeill Fitness Program

A challenging but accessible workout regimen, which includes basic calisthenics, arm workouts, legs and torso, and a steady run/walk around Morgan Park. Nutritional guidance is also offered. Eating well and exercising will not only improve your overall health, but also improves your mood and energy levels. Group meets in senior center dining hall Monday through Thursday from 8:00am – 9:00am. This class is free to participate. For more information on the class or registering, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

## COVINA

### Senior Lunch Program

The City of Covina Parks & Recreation Department hosts a daily nutrition program for senior citizens at their senior programs site, located at the former Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina. Lunch is served Monday-Friday at 12 pm. For those 60 and older there is a \$3 suggested donation. For those under 60, the fee is \$5. For more information, call (626) 384-5380.

### Community Garden Parcels

The City of Covina Parks & Recreation Department has a Community Garden located at Cougar Park. Parcels are now available. Grow your own vegetables alongside other gardeners who are passionate about gardening and growing healthy organic produce! Annual fee of \$50 for large or handicap accessible parcel, and \$44 for small parcel. Applications are available at [covina.ca.gov](http://covina.ca.gov). For more information, call (626) 384-5340.

### Covina's T.E.A.M.

The City of Covina Parks & Recreation Department is looking for Covina teens who would like to help out and volunteer in their community. Join Covina's T.E.A.M. (Teens Endeavor to Accomplish More) and participate in service projects and community events each month. Attend a meeting for more information. Meetings held on Tuesday **April 10**, 6-7 p.m. at Cougar Park, 150 W. Puente Street. No preregistration required.

For more information, call (626) 384-5340.

### Basketball And T-Ball

The City of Covina Parks & Recreation Department is offering Winter Basketball for ages 18 months-11 years and T-ball for ages 3-6. These programs provide instruction and fun in a non-competitive atmosphere. For more information or to register, please call (626) 384-5340 or

visit [covina.ca.gov](http://covina.ca.gov).

### Covina Chalk Art Festival

The City of Covina Parks & Recreation Department and AutismHwy.com present the annual Covina Chalk Art Festival on Saturday, **April 14**, 9 a.m.-5 p.m. (Rainout date is April 21) Join us at Heritage Plaza Park (San Bernardino Rd. and Citrus Ave.) as artists from all over the area transform the cement into a bright and colorful museum. There will be a Kids' chalk area, vendors, food and more!

For more information, please call (626) 384-5340 or email [parksandrecreation@covina.ca.gov](mailto:parksandrecreation@covina.ca.gov).

All proceeds benefit children and adults on the Autism Spectrum by providing opportunities for creativity and community inclusion.

## DUARTE

### Hot Lunches at Senior Center

The Senior Center serves hot lunches Monday through Friday to individuals over 60 years, or the spouse of someone over age 60, and must check in by 11:45 a.m. for lunch. Reservations are requested by calling 357-3513, 24 hours in advance, and 48 hours, in advance, for a choice day. The suggested donation is \$3. The Duarte Senior Center is located at 1610 Huntington Drive.

### Alzheimer's Safe Return Registration

Safe return is a service of the Alzheimer's Association to help identify, locate and return Alzheimer's victims who wander and become lost. The one time registration includes identification items, preventative information, membership in the Alzheimer's Association, and participation in a nationwide search system. Call the Duarte Senior Center at 357-3513 for an appointment.

### Volunteering Does Your Heart Good!

The Duarte Senior Center is always in need of volunteers. If you would like to give back to the community, please consider being a Senior Center volunteer. For more information call 357-3513.

## GLENDORA

### Alzheimer's Peer Support Group

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

### Instructors Needed At The La Fetra Center

The City of Glendora's La Fetra Center is looking for new class instructors! We are seeking out instructors to teach the following: Cooking classes, Spanish lessons, and American Sign Language (ASL) classes. Share your talents with your peers! If you would like more information on teaching a class at the La Fetra Center please contact Jennelle Markel at (626)9148-8235, or please email [jmarkel@ci.glendora.ca.us](mailto:jmarkel@ci.glendora.ca.us).

## LA VERNE

### Get About Transportation

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

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

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

## MONROVIA

### Senior Blood

### Pressure Screenings

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

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

### Caring Crafters

If you have an interest in knitting, crocheting and hand work or would like to learn, join us at the Monrovia Community Center

**every Wednesday.** The Friendly Crafters is a social group that meets every Wednesday from 12:00 p.m. to 3:00 p.m. and is designed to foster friendships and provide social opportunities while crocheting and knitting. The group always welcomes new participants to teach and share new ideas! This free program is offered to all Seniors and Active Adults! Crafters meet every Wednesday from 12:00 p.m. - 3:00 p.m. at the Monrovia Community Center.

### Senior Stretch & Exercise Class

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

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

### La Fetra Center

### Senior Classes

### Sing For Health Sing For Joy

You don't have to sing well to get all the benefits! Come join our group for a great time of laughter and singing. Singing releases endorphins known as those "feel good" chemicals in your brain. It also increases circulation and oxygen to your blood. Singing is a great way to relieve stress and will leave you feeling happy for the rest of the day! Mondays, through April 30, 2018 9:00am - 10:00am Pre-register at the La Fetra Center or by calling (626)914-0560. \*\$10.00 is payable to the instructor for printed materials.

### Classic Cinema

Join us as watch classic films from the golden years in Hollywood. This class will focus on how movies were made and the background of the films. Following the movies there will be a question and answer portion that will help you appreciate your favorite movies even more! Mondays, through May 21, 2018 1:00pm - 4:00pm. Pre-register at the La Fetra Center or by calling (626)914-0560.

## SAN DIMAS

### San Dimas

### Toastmasters Club

The San Dimas chapter of Toastmasters International, Toast To The Best Club, Club # 5880 meets every 1st and 3rd Thursday from 7PM to 8:45 PM. Learn to motivate and lead. Challenge yourself with Toastmaster's proven education programs. Let us help you grow your strengths

and accomplish your goals. Become a better speaker and learn to communicate with confidence. Learn these skills and more in a supportive, self-paced, fun atmosphere. Meets at the Faith Lutheran Church, Parish Hall, 505 E Bonita Ave. Contact Art Douglas at (951) 505-0555.

## WEST COVINA

### Woman's Club Annual Fashion Show

The Woman's Club of West Covina present its annual fashion show – Mardi Gras Fashion Show & Luncheon on Thursday, **March 22**, at the Via Verde Country Club, 1400 Avenida Entrada, San Dimas. There will be music, vendors and fashions by Chico's of Santa Anita Mall. Luncheon choices are beef, chicken and salmon. Reservations – call (626) 339-0874. Guests are most welcome.

### TOPS Meeting

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

### Go West Shuttle Service

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

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

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

- The fare is only \$1.00 each way.
- No Service on Thanksgiving, Day after Thanksgiving, Christmas Eve, Christmas Day, New Year's Day, President's Day, Labor Day, Memorial Day, and Independence Day.

### Senior Lunch

The West Covina Senior Center has an award-winning lunch program that provides a **daily lunch service** for seniors, Monday through Friday at 11:30 a.m. The lunch program is funded in part by the Los Angeles County Area Agency on Aging.

There is a suggested lunch donation of \$2.00 for those 60 years and older. Persons younger than 60 years old pay \$4.00, and persons with disabilities younger than 60 years pay \$3.00. West Covina Senior Citizens Center is at 2501 East Cortez Street.

## 11th Annual Women's Evensong Invitational

**MONROVIA**—St. Luke's Episcopal Church in Monrovia will present its 11th Annual Women's Evensong Invitational on Sunday, **March 18**, at 4 p.m. at the church, 122 South California Avenue and Foothill Boulevard in Monrovia.

The free public performance will spotlight the women of the choir along with invited guest singers. Music will include the Monrovia Preces and Responses by St. Luke's Music Direc-

tor Kent Bennett Jones and a new anthem, *Nunc tempus acceptabile*, by Paul M. French.

The Rev. Nathan Biornstad will officiate, and a freewill offering will be taken. Guests are invited to a post-concert wine and cheese reception in Guild Hall, where choir member Lyn Walsh will be selling her homemade English chutneys, jams and marmalades to benefit the church organ fund.

## Donations Needed

**COVINA** - Citrus Valley Medical Center Inter-Community Campus Auxiliary in Covina has a thrift store named The Bargain Box. The Bargain Box welcomes donations in good condition of clothes, shoes, ceramics, dishes and small pieces of furniture. This is a non-profit store and donations are

tax deductible. The hours of operation are Tuesday-Friday from 10am-4pm and Saturday from 12-4. The store is closed Sunday and Monday. The Bargain Box is located at 216 E. Rowland Ave. in Covina. For more information call (626) 332-4847.

## Spring Squeeze

**LA VERNE** - The La Verne Heritage Foundation is presenting its fourteenth annual "Spring Orange Squeeze" at Heritage Park through **March 16** from 9am to 12pm. We are reserving the morning hours on weekdays for preschool and elementary school children to come and experience a little bit of what life was like during the orange picking time in the late 1800's.

Our "Spring Squeeze" field trip at the Weber Ranch will fea-

ture a tour in the historic Weber House, a tractor ride through the orange grove, a demonstration of how the oranges were picked, the purpose of a smudge pot, the importance of a windmill. The children will also be able to squeeze an orange and taste the fresh juice, and use the orange rind to plant a small flower to take home. If your group is interested in a tour please call (909) 293-9005 or check out the web site at <http://www.laverneheritage.org>.

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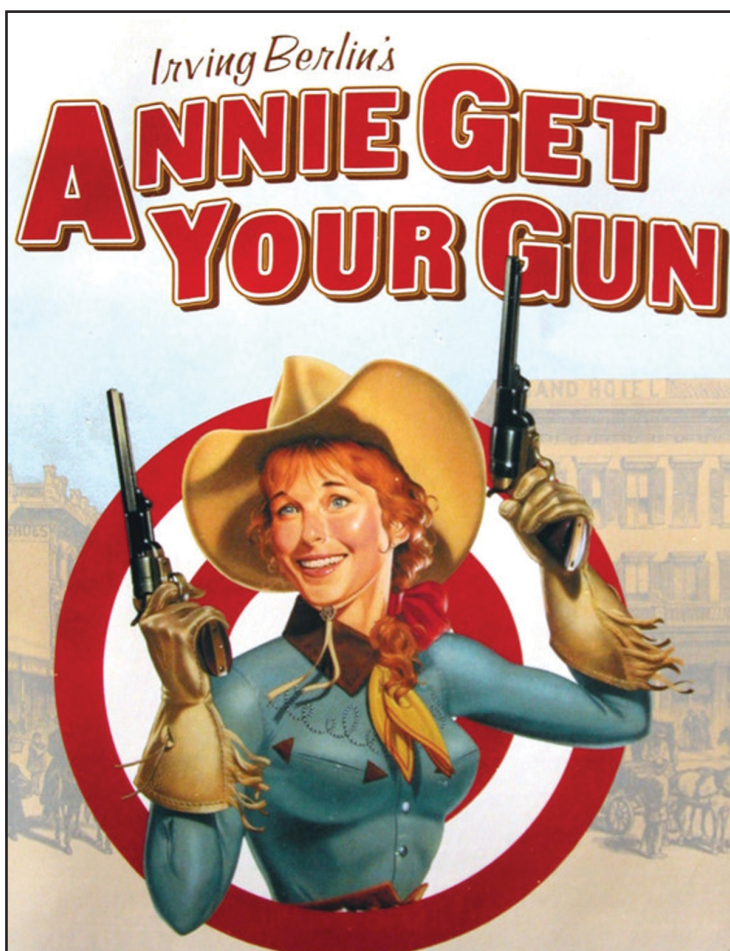
# Annie Get Your Gun

CLAREMONT - Ben D. Bollinger's Candlelight Pavilion presents Irving Berlin's seminal musical "Annie Get Your Gun" and each actor appears to be "doin' what comes natu'ally". This play brings us back to a simpler time, both socially and artistically, replete with hokey jokes which elicit as many groans as laughs from the audience.

But "Annie Get Your Gun" is timely in addressing the timeless battle-of-the-sexes storyline. Annie Oakley, enters a shooting contest against her future husband, professional marksman Frank Butler and upends his perceived order of the universe by beating him. This was progressive feminism when first premiering on Broadway in May of 1946.

Jamie Mills stars as Annie Oakley and stakes her personal signature on the role which Ethel Merman and Bernadette Peters have dominated has always dominated, creating the most disarmingly unaffected Annie in years.

Mills dominates the stage with such artistic purpose and her voice is simply melodic. She and Brent Schindele who stars as Frank Butler. They exude a



chemistry which transforms this play into a fun, warm, nostalgic romp. Schindele softens the sexism of Frank Butler and allows his warmth and compassion to

embrace the audience.

Randy Hilton is Buffalo Bill Cody who brings Annie into his Wild West Show. Erica Marie Weisz is Dolly Tate, Jacob Nancy is Tommy Keeleer, Kylie Molnar is Winnie Tate, Greg Nicholas is Charlie Davenport, and Michael Lopez is Sitting Bull. These actors each contribute mightily as they sing, dance, and cavort about the stage.

Irving Berlin brings us numerous unforgettable melodies including: *There's No Business Like Show Business, Doin' What Comes Natu'ally, The Girt That I Marry, You Can't Get a Man With A Gun. And They Say It's Wonderful.*

"Annie Get Your Gun" is directed by James W. Gruessing, Jr. Musical Direction by: Douglas Austin. And Choreography by Janet Renslow.

The Candlelight Pavilion was founded in 1985 and has produced over 200 professional musicals and contemporary shows seating 299. In addition to this immensely enjoyable musical, the Pavilion offers water-served cuisine. Michael Ryan, an internationally acclaimed guitarist regaled the audience during dinner.

The Candlelight Pavilion is located at 455 W. Foothill Blvd., Claremont, CA.

"Annie Get Your Gun" runs from March 2-April 14. Friday and Saturday evenings at 6:00 pm, Sunday evenings at 5:00 pm, and Saturday and Sunday matinees at 11:00 am. Reservations: 909-626-1254 ext 1.

# Arcadia Rotary Club's Salute to Seniors Luncheon

ARCADIA - The annual Salute to Seniors Luncheon sponsored by the Arcadia Rotary Club will be held on Tuesday, **May 8** from 11:30am-1:30pm at the Arcadia Community Center, 365 Campus Drive. At this special event, the Arcadia Rotary Club along with the City Council, Senior Commissioners, and other guests will honor Mary Hansen, the City of Arcadia 2018 Senior of the Year! Tickets will be distributed beginning Tuesday, March 27, 2018 at 7:30am, limit two (2) tickets per person.

Congratulations to the 2018 Senior of The Year, Mary Hansen. Mary is the 2018 Senior of the Year because of her 46 plus years of volunteer work and dedication throughout the City of Arcadia. Over the past 46 years, Mary has volunteered in many capacities ranging from board member to President for the following organizations: Arcadia Beautiful Commission, Methodist Hospital, American Heart Association, Centennial Celebration, Lutheran Church of the Cross, Meals on Wheels at the Red Cross, Women's Club, American Cancer Society, Breeder's Cup, Arcadia Tournament of Roses, ALTRUSA, Arcadia Republican Women,



Mary Hansen, the City of Arcadia 2018 Senior of the Year.

Chamber of Commerce, Friends of the Arcadia Historical Society, and Arcadia Coordinating Council. Mary has not only volunteered countless hours to the Arcadia Community but she has also made generous contribu-

tions to the Arcadia Rotary Veterans Memorial and also to the Arcadia Police foundation to purchase K-9 Officer Zoli. The City would like to congratulate Mary for her service, dedication, and contributions to the community.

# Volunteers Needed

COVINA - The Citrus Valley Medical Center Inter-Community Auxiliary needs volunteers. If you are a senior citizen, retired, or simply looking for something to do, join the auxiliary and be a volunteer! Volunteers are needed in the following areas: The Front Desk; the Gift Store; The Sur-

gery Waiting Room; the Bargain Box; Newspaper Delivery to patients and other areas of the hospital. Call Tiffany Ramirez, Director of Volunteer Services at (626) 925-6237 or email her at [tramirez@mail.cvhp.org](mailto:tramirez@mail.cvhp.org) to start the volunteer process.



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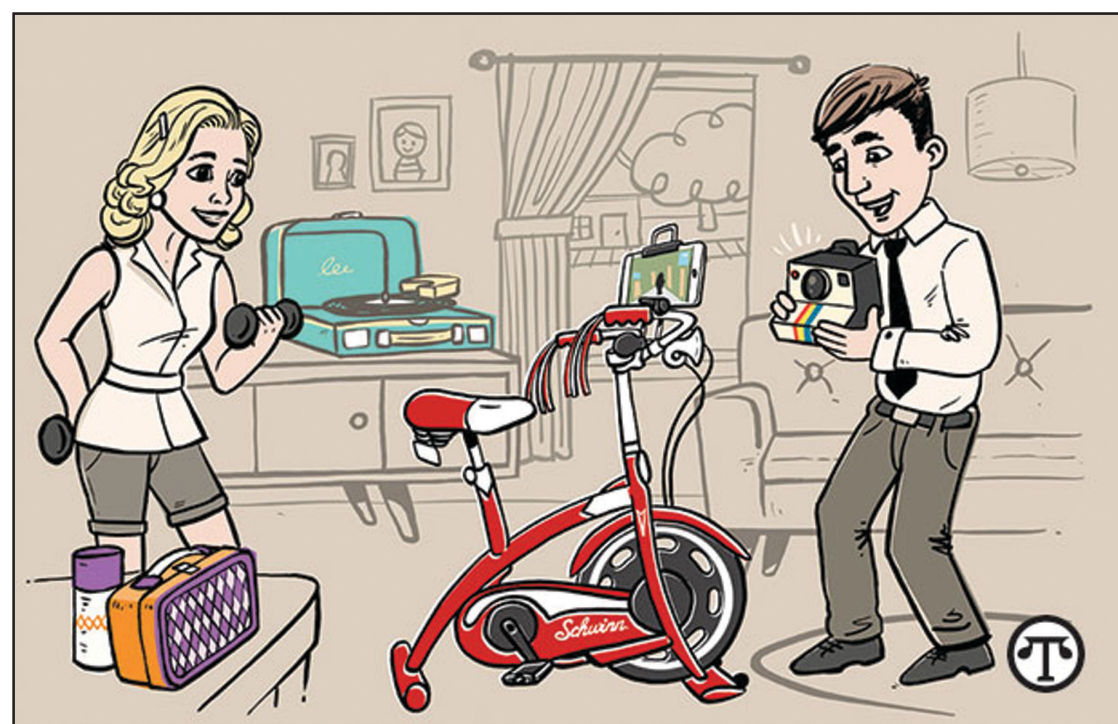


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# Out With The Old, In With The Old-Inspired: Retro-Feeling Essentials Make At-Home Fitness Fun Again



With retro-inspired essentials, such as the Schwinn Classic Cruiser exercise bike, sticking to your healthy living resolutions is easier than ever.

If you're like most people, your resolution to eat well and get fit won't even last six months. According to U.S. News & World Report, 80 percent of people ditch their resolutions after eight weeks. Fortunately, there are fun, retro-inspired tools you can use to stay on track while staying on trend.

"The most effective way to keep your resolutions is to find ways to make healthy living fun," explains exercise physiologist and Schwinn fitness adviser Tom Holland. "If you find a workout or a nutritious recipe you enjoy, make it a part of your regular routine and eventually you'll have a healthy habit that'll last a lifetime."

Recently, retro-inspired items have soared in popularity based on the nostalgia and positive memories they evoke. Having things that remind you of your childhood can create positive emotions and help keep you motivated.

Try these four retro-inspired essentials to make healthy living more fun with a nod to the good ol' days:

1. Invigorate your workout with vinyl.

Music can play a crucial role in any fitness routine, as it motivates you to keep moving. According to Costas Karageorghis, Ph.D., from London's Brunel University School of Sport and Education, music can benefit people's ath-

letic performance by up to 15 percent by making them less aware of their exertion. Looking for a trendy and unique way to listen to music? Try investing in a record player that blends new with old by offering Bluetooth technology inside a retro-inspired design. Head to your local record store to find your favorite old and new upbeat tunes that'll get you amped to sweat.

2. Make meal prepping cool with a vintage-style lunchbox.

If you want to practice healthy eating, meal prepping is a great place to start. Planning ahead helps with portion control, ensures you're eating nutritious foods and helps curb mindless snacking, all while saving money. The next time you make a healthy dinner, double the recipe and you'll have leftovers for delicious lunches. Still not convinced meal prepping is for you? Get a cute lunchbox designed like the one you remember from elementary school for use at work or on the go. It can help you feel more excited about packing lunches while showing off your trendy accessory. If your food doesn't fit into your lunchbox, it's a pretty good bet it doesn't fit into your diet!

3. Leave the filters behind and showcase your true results with a Polaroid camera.

Tracking your progress is an important motivational tool, regardless of your fitness goals.

Tracking can take many forms—including journaling or using an app. You can also use a camera, such as an old-school Polaroid, to keep tabs on your results through pictures. Instant-exposure cameras provide both instant gratification and prints that can be posted on your bathroom wall instead of your Facebook wall, to keep you motivated, accountable and aware of your progress.

4. Work out with equipment that makes you feel like a kid again.

Studies show that when you enjoy your workout, you're more likely to continue doing it and you'll see better results. Find a piece of workout equipment that makes fitness feel like play—such as a hula hoop, roller skates, a jump rope or the Schwinn Classic Cruiser exercise bike ([www.schwinnfitness.com/classic-cruiser.html](http://www.schwinnfitness.com/classic-cruiser.html)). The retro-inspired Classic Cruiser bike offers users a fast, effective, 20-minute workout and makes fitness fun for the whole family. It comes complete with modern capabilities—such as Bluetooth connectivity and an electric speedometer—while maintaining a retro feel and whimsical charm.

Learn More

To see how retro-inspired items can make fitness fun, go to [www.schwinnfitness.com/classic-cruiser.html](http://www.schwinnfitness.com/classic-cruiser.html). (NAPSI)

# San Gabriel Unified Opens Enrollment for Early Learning Programs

**SAN GABRIEL**—San Gabriel Unified School District has opened enrollment for its kindergarten and transitional kindergarten programs, providing robust learning opportunities for early learning and preparation for the social and academic rigor of elementary school.

Program offerings include 1:1 technology resources, award-winning music immersion instruction, Spanish dual-language immersion and STEM curriculum supported by fully equipped labs.

Transitional kindergarten, available at Roosevelt and Washington elementary schools, introduces children to a structured educational environment and jumpstarts learning with developmentally appropriate curriculum. The daily schedule includes class instruction and activities, small group instruction and independent hands-on learning experi-

ences. Kindergarten programs are offered at all five elementary schools: Coolidge, 421 N. Mission Drive; McKinley, 1425 Manley Drive; Roosevelt, 401 S. Walnut Grove Ave.; Washington, 300 N. San Marino Ave.; and Wilson, 8317 E. Sheffield Road.

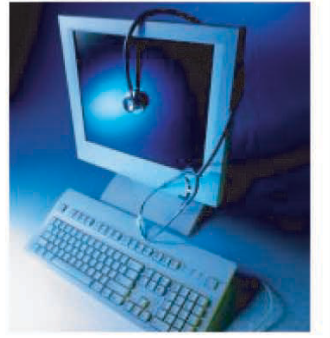
Children must turn 5 by Sept. 1 to register for kindergarten. For transitional kindergarten, children must turn 5 between Sept. 2 and Dec. 2. Children who turn 5 between Dec. 3 and Jan. 1 will be accepted into transitional kindergarten as space is available.

Parents can enroll their children by visiting their local San Gabriel Unified school from 8:30 a.m. to 11 a.m. and from 1 to 3 p.m. or by visiting [www.sgusd.net](http://www.sgusd.net). For information about inter-district transfers, call (626) 451-5400.



San Gabriel Unified School District's transitional kindergarten and kindergarten programs jumpstart learning with developmentally appropriate curriculum.

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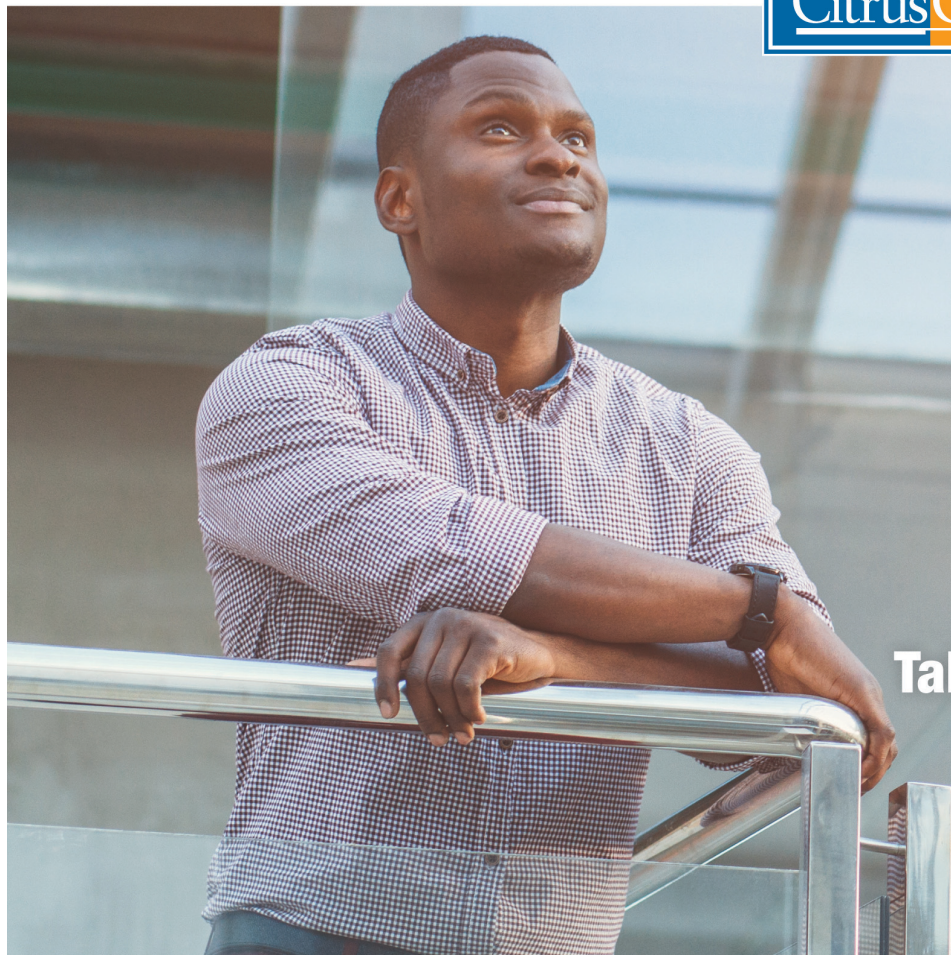
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