



# San Gabriel Valley Examiner

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## INSIDE



Transit-To-Trails / A3

## Great Trivia Challenge



Glaze-Merrick Family / A7

## INDEX

|                    |     |
|--------------------|-----|
| Commentary         | A4  |
| Financial/Consumer | A5  |
| Legal Notices      | B1  |
| City Notices       | B14 |

# Glendora Village Wine Walk & Beer Fest a Huge Success

By Sherri Fernandez

**GLENDORA** - It was a beautiful evening. The trees were lit with ambiance. It was a perfect night for a stroll through the village and a glass of wine at the 9th annual Glendora Village Wine Walk, held on Saturday March 3rd.

A new twist was added this year; craft beer breweries. Of course the attendees enjoyed traditional wines from thirty-one pour stations as they strolled the Glendora Village from store to store, but also savored tasty brews from local craft breweries such as Alosta Brewing Co. of Covina, Congregation Ale House, Lagunitas Brewing Company, both from Azusa, Last Name Brewing, Rescue Brewing Co., both from Upland, as well as Old Stump Brewing Co. from Pomona.

The decision to add craft beer was well received by all in attendance, as the lines at each brew station booth in the center of Glendora Avenue proved it very successful. The craft beer enthusiasts didn't mind waiting to sample the 3 ounce tastes and beer appropriate goodies such as peanuts, mini beef sticks, and



Glendora Council Member Karen Davis with friends.

pretzels.

Each attendee received 15 tastes of either wine, beer, or a combination of each for their \$40 admission. For those who attended as a designated driver, there was a non-drinker ticket at \$20 which allowed the safe ride home, of course, but allowed for different food tastings and non-alcoholic beverages that several merchants provided.

This year a new ride share pick up and drop off location was hosted at Visiting Angels on Foothill Blvd, just East of Glendora Avenue. This allowed for the traffic to flow freely around the Village without the usual congestion

of a large event, as well as make sure any inebriated passengers arrived home safely.

Also new this year was the sponsorship provided by the Haugh Performing Arts Center at Citrus College. "This was an ideal partnership", stated Janna Hirth, Co-Chair of the event. "The Haugh Performing Arts Center provided 4 bands of very talented students that played many genres of music from soul and blues, to classic rock, disco, and pop. We placed each group throughout the village so that when the guests walked from each store, they always heard music. We received many comments on how much everyone enjoyed the bands."

"Our sponsors helped make this event possible. The Wine



Crafted beer was served to the participants at the Wine Walk.

Walk committee would like to thank all the sponsors for their generous donations", said Hirth. Outdoor Elegance of La Verne provided a beautiful outdoor patio complete with thickly padded lounges and chairs, fire pits which were much enjoyed by all on that cool night, pyramid style heaters with dancing flames, patio tables, bronze statues, umbrellas for the Haugh performers, and a large branded canopy. This helped to set the mood of the event.

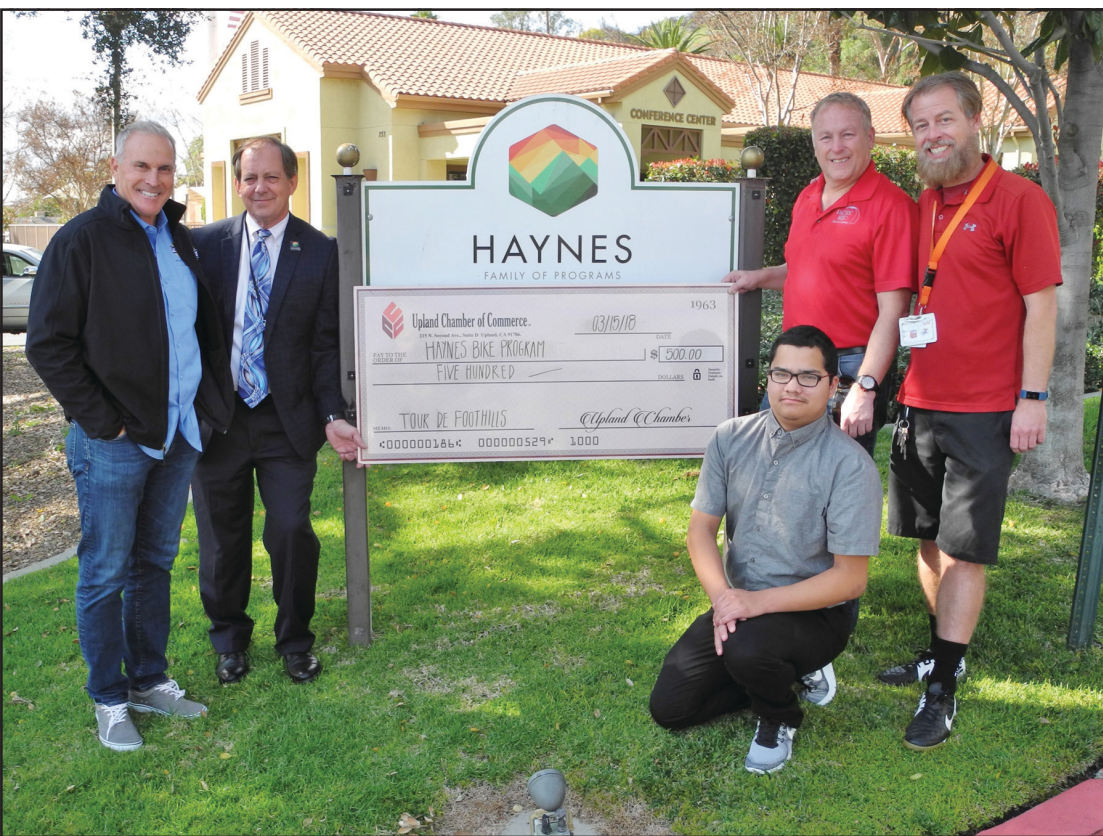
Other generous donations were provided by America's Christian Credit Union, Bevmo, Parker Equine Insurance, Foothill Federal Credit Union, Kirk Warner Insurance Agency, and Maureen Haney of Coldwell

Banker Millennium, all of Glendora. "Thank you again! The Glendora Wine Walk and Beer Fest would not be possible without your support!" added Hirth.

The Glendora Education Foundation was the charitable beneficiary receiving a donation from the Wine Walk committee to help support its ongoing programs for the students of the Glendora Unified School District.

The weather cleared just in time much to the delight of everyone, and it made for a very successful event. Look for photos online at the glendora Village BID Facebook page and [GlendoraWineWalk.com](http://GlendoraWineWalk.com) and join us next year!

## Promoting Bicycling For The Kids



La Rocque, Haynes President and CEO Dan Mayo, Haynes Recreation Supervisor Bill Hicks (who also participates in the cycling program), and, kneeling, Cesar Veliz, 18, a resident at Haynes and a recent Bonita High School graduate, who took his first bike ride and learned the sport two years ago on the back of La Rocque's tandem.

**LA VERNE** - Representatives of the Upland Chamber of Commerce, which has hosted the "Tour de Foothills" bicycle ride for the past 13 years, has presented a check for \$500 to the Haynes Family of Programs in La Verne to help support a weekly bicycle ride program for the kids at Haynes. The boys have been riding for about four years. Richard Mayo, the Chamber's Vice Chair of Business Services and owner of Pacific Auto Sales and Leasing in Upland, an avid cyclist himself, explained the Tour de Foothills added a component two years ago to give money back to various charities within the community. Guy La Rocque, Board Chairman of Haynes and President and CEO of La Rocque Better Roofs, Inc., a 16-time Ironman Triathlon finisher, a 21-time (half) Ironman Triathlon finisher and a long-time supporter of the Tour de Foothills, started the road cycling program at Haynes and continues to ride with the kids each week. Mayo, the ride director of Tour de Foothills,

said Chamber members felt it would be appropriate to support his program as La Rocque supports the Tour de Foothills. "We started this program in order to essentially give back and get them excited about cycling the same way we are," Mayo added. La Rocque said it was great to see the Chamber become involved in the program making it more of a community effort. Between five and seven kids participate in the weekly bike rides, and some of them have already

participated in the Tour de Foothills annual ride.

The Haynes Family of Programs provides specialized and educational services to children with special needs relating to emotional development, autism, Asperger's Disorder, learning disabilities, neglect and abandonment. The facility serves more than 2,000 clients, family members and caregivers each year. For more information, visit the web site at [www.leroyhaynes.org](http://www.leroyhaynes.org).

## Got Talent?

**GLENDORA** - Do you have a talent in graphic design or art? The Glendora Public Library needs your help! We are seeking talented individuals to enter our contest to design a limited edition library card. If your design is chosen, a Glendora Public Library library card with YOUR design will be given out to the Glendora community in the fall. You

will also be awarded a \$75 gift card.

You must be 14 years old or older to submit. Entries will be accepted starting April 1st and must be submitted to [library@glendoralibrary.org](mailto:library@glendoralibrary.org). Final entries are due by May 5th, 2018. Please visit our website, [glendoralibrary.org](http://glendoralibrary.org) for official rules and design guidelines.

## Azusa Cares Health Seminar Deals with Disaster Preparedness

By Jorge V. Rosales

**AZUSA** - The free health seminar Azusa Cares Seminar Series, "Let's Talk' DISASTER! Are You Ready" dealing with Safety and Emergency Preparedness issues will take place on Saturday, March 24, 2018 from 10:00 A. M. until 1:00 P. M. in the Azusa Civic Auditorium located at 213 East Foothill Boulevard, Azusa, CA 91702.

The free emergency preparedness seminar is co-sponsored by Azusa Police Department, Azusa Pacific University School of Nursing & Department of Public Health/Disaster Health Specialty, Heritage Clinic Azusa Mayor Joseph Rocha. Guest speakers include: Sergeant Robert Landeros, Dr. Trish Hanes and as usual the Moderator will be Scott Bledsoe, Psy.D, Azusa Pacific University. Dr. Hanes has been with APU's School of Nursing since 1992. She has been a registered nurse since 1974 and has clinical expertise in critical care and emergency nursing, with additional experience in triage and pre-hospital care. She has an interest in disaster health and emergency management. Her research interests



This Basic Backpack Emergency Preparedness Kit is designed to provide 1 person with essential emergency supplies for 3 days (72 hours). That's how long FEMA estimates you may be without basic services or how long it can take emergency first responders to reach you in the event of a disaster. This disaster kit is most suitable for those who believe they will need to leave their home in the event of a disaster. This Basic Emergency Preparedness Kit contains only essential emergency supplies and other items should be added to this kit in order to make it compliant with FEMA's Guidelines.

This all-purpose backpack emergency kit is suitable for use in emergency situations including: earthquakes, tornadoes, winter storms, thunderstorms, hurricanes, floods, wildfires, landslides, tsunamis, volcanic eruptions, and extreme heat and cold.

include disaster topics (wildfires). She has developed the programs and curricula for nursing education, and courses for disaster nursing and disaster health/emergency preparedness. She frequently teaches community courses related to disasters and participates in disaster drills with students.

The free and open to all age groups "Let's Talk' DISASTER! Are You Ready" seminar will address the following topics and goals:

1. How to prepare for evacuation when you cannot return home.
2. How to prepare while traveling by car.
3. How to prepare while in the workplace or home.
4. How and where to evacuate in the community.
5. Available community re-

sources for disasters and emergencies.

Goals:

1. Understand 4 difference types of preparedness.
2. State at least 10 basic items to have in your "go bags" for evacuation.
3. Identify two (2) potential evacuation routes.
4. Name three community resources for disasters and emergencies.

A free Basic Backpack Emergency Starter Kit for one (1) person will be given away to the first two hundred (200) adults who register at the Azusa Civic Auditorium door and remain for the entire Seminar. The free backpacks are made possible through two grants from Canyon City Foundation and United Agencies, Inc. Insurance.

# Good Nutrition Made Easy For Older Adults

**MyPlate for Older Adults**

**Fruits & Vegetables**  
Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

**Healthy Oils**  
Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

**Herbs & Spices**  
Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

**Fluids**  
Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

**Grains**  
Whole grain and fortified foods are good sources of fiber and B vitamins.

**Dairy**  
Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

**Protein**  
Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

Remember to Stay Active!

Tufts University, NRC, AARP Foundation

## Older people can help their own health by watching what they eat.

Roughly 110 million adults in the U.S. are age 50 or older. If you're one of them or know someone who is, there's something you need to know: As you age, your nutrition needs change. You may become less active, your metabolism slows, and your ability to absorb some nutrients becomes less efficient. You need fewer calories to keep you going—which means the amount of nutrients in your food becomes even more important.

To help, the U.S. Department of Health and Human Services and nutrition scientists at the Jean Mayer U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University, with support from AARP Foundation, created MyPlate for Older Adults.

What's on MyPlate for Older Adults?

Based on the federal government's guide to forming healthy dietary habits, MyPlate for Older Adults makes good

nutrition easy. Even better, it helps seniors with fixed incomes select healthy foods within their budget. That includes showing how frozen, dried and canned fruits and vegetables can be wise alternatives to fresh produce.

MyPlate for Older Adults encourages eating whole grains, which are high in fiber, as well as plant-based proteins such as beans and tofu, along with fish and lean meat. Vegetables and fruits make up half the plate, reflecting the importance of eating several servings a day in a range of colors. MyPlate for Older Adults also recommends using herbs and spices instead of salt to season food. Cutting back on salt can have big health benefits—especially for older adults, who are at risk of hypertension.

You can use the MyPlate for Older Adults as a tool when you shop to help you decide on types and combinations of foods, and as a reminder that the foods you choose to eat

should be rich in vitamins and minerals.

The rest of the recommendations include:

- Brightly colored vegetables such as carrots and broccoli
- Deep-colored fruit such as berries and peaches
- Whole, enriched and fortified grains and cereals such as brown rice and 100 percent whole wheat bread
- Low-fat and nonfat dairy products such as yogurt and low-lactose milk
- Dry beans and nuts, fish, poultry and eggs
- Liquid vegetable oils, soft spreads low in saturated and trans fats
- Lots of fluids such as water and fat-free milk
- Physical activity such as walking, resistance training and light cleaning.

You can check out MyPlate for Older Adults and find more information about AARP Foundation at [www.aarpfoundation.org/myplate](http://www.aarpfoundation.org/myplate). (NAPSI)

# DMV Removes Driving Suspensions for Failure to Pay Fines

Sacramento - The Department of Motor Vehicles (DMV) removed failure to pay notations from all driver records and notified customers who had qualifying suspensions removed.

Governor Edmund G. Brown Jr. signed Assembly Bill 103 (AB 103) on June 27, 2017, which eliminated court notifications to the DMV of failure to pay fines, eliminating the requirement for the DMV to suspend or withhold driver licenses for that reason. Since then, the DMV has worked to restore driving privileges to all California drivers who had their driver license suspended solely for failure to pay fines before AB 103 took effect. The DMV also removed failure to pay notices from records at the request of

drivers.

The DMV recently notified affected customers that their failure to pay suspension has been removed from their record. Some customers receiving such a notification might still have a suspended license for other reasons, and this action will not resolve those suspensions. For example, a DUI-related suspension will not be affected by this change. To find out if they have other suspensions or holds, customers can request a copy of their driver record from the DMV online, by mail or at a DMV field office.

Customers who had their driving privilege suspended solely for a failure to pay fines and have a valid driver license can legally

drive without any further steps. Customers with an expired license or customers who no longer have a license in their possession must visit a DMV field office to apply for a renewal or a duplicate, and pay the corresponding fee. Vision and/or knowledge tests might be required.

For more information on failure to pay notifications, including FAQs, visit [www.dmv.ca.gov](http://www.dmv.ca.gov).

# Ribbon Cutting and Grand Opening of Oke Poke



**GLENDORA** – The Glendora Chamber of Commerce hosted a Grand Opening and Ribbon Cutting for Oke Poke in Glendora. With locations in Chino Hills, Brea, Lake Forest, Claremont, Monrovia, Rancho Cucamonga and Walnut Creek, Oke Poke has expanded, bringing tasty fresh seafood options to Glendora.

Oke Poke was represented by Founder Troy Deval, and partners Jesus Abogado, Irene Javier and Merci Liwana along with their staff, and community members. From the Office of Los Angeles County Supervisor Kathryn Barger was representative Sandra Maravilla. And from the Office

of State Senator Anthony Portantino, Marco Lundgren. Representing the City of Glendora was Mayor Gary Boyer and Councilmember Michael Allawos. Assistant to City Manager Valerie Escalante was also present. The Glendora Chamber Board was represented by Jane Bock, Ken Salzman, Marilyn Sparks and DJ Jafari, along with Chamber Ambassadors Karen Colasanti and Keith Van Vliet. Chamber Staff present were Membership and Events Coordinator Michele Street and President/CEO Joe Cina.

What is Poke? Poke is a clas-

sic Hawaiian dish comprised of cubed, raw fish and various mix-ins. Poke is the Hawaiian verb for 'section' or to 'slice or cut.' It is a staple dish. Their 'Oke' version of Poke shares similar characteristics, but with more of a variety. Their poke bowls are customizable, fresh and a must try!

Oke Poke is conveniently located at: 651 S Grand Avenue, Suite 102 Glendora, California 91740. Stop by Oke Poke for a healthy lunch or dinner today! For more information on their menu, visit their website at: [Okepoke.com](http://Okepoke.com)

# Toastmaster Club 5880, Toast To The Best

**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 Toastmasters 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.

Last Thursday, March 15th, Toastmasters Club #5880, "Toast To The Best" held their regular meeting. Art Douglas, DTM gave his final Humorous Speech "A Handful of Jokes Looking for a Story Line". That speech completed his 10 speeches needed for another advanced education award, his 3rd Advanced Communicator Bronze. Xuling Wu-Gerbl presented a speech from the advanced manual on Technical Presentations. Her subject was "Catching the Bit Coin Trend". A fascinating speech.

Art Douglas, DTM was voted Best Speaker. Peter Romero won both Table Topics best Evaluator. Peter Romero, who has



**Winners March 15th: on left, Art Douglas, DTM – Best Speech, Peter Romero – both Best Table Topics and Best Evaluator.**

been a member of Club 5880 in the past re-joined Thursday night.

On April 5th, Toast To The Best will have their next regular meeting of 2018. Three speakers are scheduled. Xuling Wu-Gerbl will do a Better Speaker presentation on how to succeed in Table Topics. We all need to improve our quick responses to surprise queries. Especially in interviews or making sales. Come April 5th and see how it is done.

Other winning clubs of Division A of District 12 will com-

pete in Pomona April 14th from 7:30 to Noon. Check out the District 12 Toastmasters website at <http://www.d12toastmasters.org/event/division-a-speech-contest/>.

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

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## Transit-To-Trails Bus Service Pilot Program Approved

**LOS ANGELES COUNTY** – The Board of Supervisors approved a motion by Supervisor Kathryn Barger to partner with the City of Pasadena, the Trust for Public Land, Edison International 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.

“This new service will provide a convenient transportation option to access this wonderful open space for the local and regional community. We are pleased to work with our partners on this project,” Pasadena Mayor Terry Tornek said.

To celebrate the launch of the route, an event will be held at Memorial Park at 9 a.m. on April 7. Mayor Tornek and Supervisor Barger will attend.

“The Trust for Public Land is excited to partner with the City of Pasadena, Edison International, Supervisor Barger’s office and the Wilderness Society to increase access to the San Gabriels. Transit to open space projects are an important way to connect the short distances between our foothill cities and our local mountains,” Tori Kjer, Los

Angeles Program Director said.

This new route, Pasadena Transit Route 88, will use clean fuel Compressed Natural Gas buses and serve stops along the route. Travel time to the trailhead is 23 minutes. Buses will leave every half hour from the northbound Raymond and Holly bus stop between 7:05 a.m. and 4:35 p.m. on Saturdays and Sundays. The last bus will depart from the Trailhead at 5 p.m. For more route or schedule information, call 626-744-4055 or visit [www.pasadenatransit.net](http://www.pasadenatransit.net).

“Supervisor Barger, Mayor Tornek and their staff have made this process easy and are committing real money to make this project a success! We’re interested in working with more cities and municipalities to see this type of innovative program serve more communities,” said Daniel Rossman, California Deputy Director with the Wilderness Society and a Nature for All Coalition member.

## Deputy City Manager Karen Herrera Awarded 2018 Woman Of The Year By Assemblymember Blanca Rubio

**DUARTE** - Over 32 years of Community Service to the public and community volunteerism to five different non-profit boards was recognized on Saturday, March 10, 2018 as Karen A. Herrera, Duarte’s long-time Deputy City Manager was honored by Assemblymember Blanca Rubio as 2018 Woman of the Year for outstanding Community Service.

Karen’s energy and enthusiasm for the work she does, both in and outside of city hall, is infectious. She can rally her colleagues at work, and assemble a group of residents anytime to discuss and begin to solve an issue or a problem that needs handling. Never seeking any recognition, she is the last to take credit for a great idea, or a successful conclusion to a problem. She seems to be driven by equity, equality, and fairness to everyone she encounters. To complement her City service, Karen Herrera serves on several boards and committees including the Duarte Chamber of Commerce, the Volunteer Center of the San Gabriel Valley, the USC City/County-Management Foundation, the Foothill Unity Center, El Modena High School Site Council and as a trustee to the new performing arts charter school, CS Arts of the San Gabriel Valley.

Herrera’s commitment to community youth is also notable having created and served as



Project Manager of Duarte’s Promise, the Alliance for Youth an AmeriCorps Project for over 10 years. She also serves as the long time Co-Chair of the Pasadena/Duarte Branch NAACP ACT-SO Youth competition which has garnered six national medals for the Duarte community since 2010.

Special City Council and community projects are also a part of Ms. Herrera’s resume including the remodeling of two civic centers, creation of a job matching and service center for day laborers, and overseeing the creation

of a one of a kind, freeway sound wall concrete mural. She also manages the City’s comprehensive community outreach program which includes the City website, five social media platforms, a quarterly Business/Community Newsletter, two electronic sign including one on the 210 freeway and an news/e-alert system.

The City of Duarte congratulates Karen on this outstanding achievement, and thanks her for the many accomplishments, years of service, dedication, and her passion towards our community.

**San Gabriel Valley Examiner**  
INFORMATION GUIDE

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## \$7 Million Library Refurbishment Project Approved

Live Oak Library will move to a refurbished 7,440 square-foot location.

**LOS ANGELES COUNTY** - The Live Oak Library refurbishment project, with a \$7,315,000 budget, has been approved by the Board of Supervisors. After over 70 years at its current location, the Live Oak Library will more than double in size from 2,891-square-feet to 7,440-square-feet. The new library will be located at 22 West Live Oak Boulevard in Arcadia and is estimated to be completed in April 2020.

“Over the past decade, libraries have evolved beyond just lending books. Library services truly help build healthy communities,” Supervisor Kathryn Barger said. “It is important for us to contin-

ue renovating libraries so we can provide important and relevant services to help our communities thrive.”

The new library will include an adult reading area, a teen area, a children’s area with a homework center, a study room, a 40-seat community meeting room, express-service self-checkout machines, public access computers, free Wi-Fi, and a collection of 42,500 books and other library materials.

“We continue to improve our libraries to better serve our evolving communities. The new Live Oak Library will be situated

within a community that has outgrown its current library and needs additional space and resources,” County Library Director Skye Patrick said. “We look forward to providing invaluable library service to the Live Oak community in the Fifth Supervisorial District.”

The current Live Oak Library, located at 4153 E. Live Oak Ave., Arcadia will continue to provide service to the community. Hours of operation are: Mon: 11 am – 8 pm; Tue: 11 am – 8 pm; Wed: 11 am – 8 pm; Thu: 10 am – 6 pm; Fri: 9 am – 5 pm; Sat: 9 am – 5 pm; Sun: Closed.

## Irwindale Police Pursuit Ends With Four Teens Arrested In Covina

By George Ogden/  
Rudy Lopez WCPD

**IRWINDALE** - On Thursday night, March 15, Irwindale Police tried to pull over a burgundy 2016 Hyundai Sonata around 10:00 p.m. on Rivergrade Road, because it had on license plates. The car pulled over and as the officer walked up to the car, the suspects took off. The chase was on.

The Hyundai headed for the 605 freeway and headed south to the 10 freeway and headed east. The car exited on Azusa Ave. and

headed north on Azusa and on surface streets through West Covina and Covina where the vehicle soon crashed into a parked car at Enid Avenue and Gragmont Street.

There were four suspects in the car, one of the suspect ran and jumped a fence. He injured his ankle. He was taken into custody. The other suspects quickly surrendered to the police.

The Hyundai was stolen from Glendale earlier in the day.

Four male teens were arrested,

a 16-year-old driver, 16-year-old passenger, 15-year-old passenger and the runner was also a 15-year-old who had a felony warrant out for him. They were not identified, however, it was said that they were all from Baldwin Park. They were arrested on various charges, from suspicion of taking a vehicle without the owner’s consent to felony failure to yield. Additional charges for the 15-year-old boy who ran including resisting arrest and for an unrelated warrant.

## Los Angeles County Commission On Disabilities Announces A Family Evening At The Sports Museum

**LOS ANGELES COUNTY** - The Los Angeles County Commission on Disabilities (Commission) is partnering with the Sports Museum of Los Angeles to host a Family Evening at the Museum fundraising event on Wednesday, April 11 from 4:00 p.m. to 7:00 p.m. at the Sports Museum of Los Angeles, 1900 South Main Street, Los Angeles. Tickets for the event will include entry into the museum and catering by So-Cal Burgers Chill and Grill. There will also be a special guest from the Los Angeles

Dodgers Alumni League.

The museum is the home to some of the most treasured possessions in sports history and includes monumental keepsakes from various sports teams that include baseball, basketball, football, tennis, boxing, biking, and horse racing memorabilia. The museum’s walls hold numerous galleries of priceless sports collections that are definitely the ultimate sports fan’s dream to admire.

Ticket prices are \$20.00 for adults and \$15.00 for children

ages 3 to 12.

Proceeds from the event will be used to support the Commission’s educational Scholarship Programs and general operations of the Commission. Please join the Commission on Disabilities in their efforts to raise funds for these very worthy programs, while treating yourself and family to a night at the legendary Sports Museum of Los Angeles. To purchase tickets, please visit <http://laccod.lacounty.gov/> or call 213-974-1053.

## Democrats Did It - Now They Own It

California Republican Party Chairman, Jim Brulte, appeared on Fox News, interviewed by Stuart Varney, on March 3rd. First question from Varney: "If you believe the Democrats - Governor Brown, Hillary Clinton, whomsoever - are ruining the State of California, why is it California always votes Democrat."

Brulte's response: "We've had some demographic changes here and they've worked against Republicans here just as they have in other parts of the country. But the Democrats have total control in California. Our goal is to elect a Republican governor in 2018."

Brulte went on to explain the reasons why the Republicans in this state are so determined to win the upcoming elections and to effectuate the changes this state desperately needs.

- Democrats have control of the state budget

- Democrats raised the income tax giving our state the highest in the nation

- Democrats raised the sales tax giving us the highest sales tax in the nation

- Democrats have taken California from a fairly good surplus to a deficit

- Democrats have given us hundreds of billions of dollars in off book liabilities (healthcare and pension costs)

- Democrats have left 2.5 million children living in poverty

- California has the highest income inequality in the nation.

Added to that list is Governor Brown's attempt to raise the gas tax by 42 cents a gallon. Petitions are still being circulated to repeal that tax even though Carl De-



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

Maio, Chairman, Reform California, Repeal the Gas Tax, has announced 585,000 signatures have been collected, more than enough to repeal that tax. DeMaio announced, "Gov. Brown plans to demand a full recount of all signatures to delay the process and potentially push us past November's election."

The initial TV ads proclaimed the gas tax would fix potholes in our local streets but we all discovered after the initial push to get that tax passed by legislators we would actually see that money go to repay outstanding transportation loans, subsidize transportation projects and operating expenses and provide congestion relief with no specific target areas. The only way local government will get pothole money is if they pass a state audit proving they are spending a like amount to fix the potholes.

Led by the League of California Cities, local electeds are pushing hard to "Take Back Our Communities". That campaign began as the soaring crime rates began to impact local law en-

forcement agencies in cities throughout the state, our businesses and average law-abiding citizens. The Supreme Court demanded California prison populations be reduced from 180% to 137.5% and rather than build new prisons or allow I.C.E. (Immigration and Customs Enforcement) to find and deport criminal illegal immigrants, Gov. Brown promoted AB 109, Prop. 47 and Prop. 57. Those three laws reclassified violent crime to misdemeanors and granted those in prison early release. Gov. Jerry Brown has effectuated placing 45,000 criminals, who should be prison or jail, back onto our streets to commit more crimes.

And, as a side note to the illegal criminal activity here in California, Chairman Brulte shared Barack Obama and N.Y. Sen. Chuck Schumer both supported building a border wall and only came out against the wall when President Donald Trump announced he was determined to see that wall become a reality.

Gov. Jerry Brown has two projects he hoped to complete or guarantee completion as his legacy before leaving office. The Bullet Train, now stalled out once again with costs rising daily making this antiquated technology a mere money pit using your tax dollars and mine. His other project, the WaterFix to provide water to Central Valley farmers and Southern California businesses and residents, seems to be doing no better. It too seems stalled out with water delivery south taking a back seat to restoration and protection of the delta area.

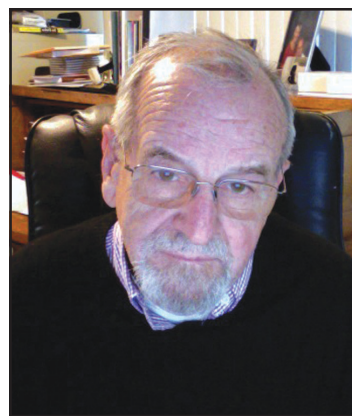
## Resurrecting The Rust Belt

As I have been rummaging around in my storehouse of memories, I have come across something about my father that is puzzling. For his entire adult life Dad was a devout disciple of FDR, the New Deal and organized labor. Before becoming part of management at General Electric, he was a devoted member of a labor union. When he transitioned to management he lost his union affiliation while remaining deeply committed to the rights of workers.

Here is the problem that I recently encountered and resolved. I remember him describing his participation in a series of contract negotiations between the company and the electrical workers' union, but as a member of the management team! How did that happen? It was not that he changed either his loyalties or his political opinions. I discovered that management in that era often brought to the table someone whose loyalties were clearly those of the union with whom they were negotiating. This person helped interpret the union position. That strikes me as a very wise move in those often-hostile negotiations. How do you deal with an adversary unless you understand what he/she is saying?

This long-gone policy has been substituted in more recent days by a zero sum game in which winning has replaced any effort to arrive at an equitable resolution of the issues. Consider what more recently transpired in the "rust belt" whose states from Pennsylvania to Wisconsin provided just enough electoral college votes to elect Donald Trump.

The economic basis of these States included steel, vehicles and other heavy industrial products. The communities where these factories existed were prosperous, providing millions of good paying jobs secured by organized labor that formed



**Charles H. Bayer**

America's robust middle-class.

Consider what has recently happened. To start with, America's conservatives declared war on organized labor, successfully gutting the power of unions to negotiate for good wages and other benefits. The emergence of the Taft-Hartley Act and the so-called Right To Work laws crippled organized labor's negotiating capacity. The corporate community, largely in the hands of the nation's Republicans, discovered that they no longer needed to pay the substantial wages secured by what was left of organized labor, so they simply closed thousands of these manufacturing plants and moved them to places where they could obtain employees for a fraction of what America's workers rightfully demanded. If it was cheaper to operate in Mexico, they relocated there, until they discovered that they could obtain workers at even lower wages in Bangladesh.

It was not the unions, who were basically allied with the Democratic Party that gutted the economy of the Rust Belt States, but America's conservative profit-hungry corporate establishment. Subsequently in former middle-class towns and cities all across the aforementioned States, thousands of factories were abandoned, and their communities devastated.

Having gutted the power of America's unions, and taken mil-

lions of jobs overseas, along come the Republicans fronted by Donald Trump, who promised to return these jobs and open the factories his political cohorts managed to close. And enough voters in this tier of States swallowed the line to get him elected. Does anyone really believe that corporate interests will reopen the factories and rehire workers anywhere close to the wages unions had previously negotiated? Or will the wages closer to those currently being offered in Bangladesh prevail? My guess is restoring the economic base of these middle-class communities will exist only in a Trump-produced fantasy world.

But back to my father and his union orientation while he was part of management's team in contract negotiations. What if the enlightened self-interest of America's corporate elite today recognize that the good of all of us must depend on some level of equity between the owners and managers of our industrial base and the millions of workers who share that vision. Perhaps this might depend on the resurrection of organized labor's honest place at the table where these issues are negotiated.

My guess is that this outcome will depend on the moment America's workers realize that they have been hoodwinked and their communities kidnapped by the very interests now offering to return what was stolen. There is a political aspect to the problem. Workers who formed the backbone of America's middle-class were brought to birth from the womb of The New Deal and other Democratic initiatives, and owe their existence to that Party. The first positive clue to this awareness will show up in November's off-year elections.

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

## You Just Don't Do This

There are certain things you just don't do. I don't know what is wrong with some of these people.

Last week I was driving and I got behind a pickup truck with some lumber hanging out the back. If it sticks out to far, you put a red flag on the end. As I approached the truck, I see that this red flag is actually an American Flag tied in knots around the end of the extended wood. I thought, "What the Hell" and I changed lane to pull up alongside of the truck. I couldn't catch up because of the car in front of me. I thought I would get alongside of this guy and let him know how disrespectful it was for him to use our flag as a rag. Sadly, we came up to a traffic light and he changed lanes to make a left turn. I was unable to let him know how I was feeling, you just don't do this.

Maybe it was a good thing I didn't catch up with him as I don't think I would have been too nice about it.

I like it when people do a good deed for others. Basically this is a process where you do something for someone else and in return, they do something nice for the next person.

I went to the Aldi Market in La Puente. When you go there, and you want to use the shopping cart, you put a quarter into a slot on the shopping cart and it releases the lock from the rack so you can pull out the shopping cart and use it. When you're done, you put the cart back and it will release your quarter back.

This does a couple of things. Keeps the parking lot free of shopping carts and you don't need



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

to pay someone to go retrieve the shopping carts. Next, keeps transients from stealing them from the lot.

As I approach, I realized I don't have any change. I see this lady returning the cart and asked if I could have it and offered her a dollar, letting her know that I didn't have change. She said no to the dollar and just to take it as it was only a quarter. I thanked her and did my shopping.

When I was done shopping and was returning the cart, instead of placing it in the rack and getting the quarter back, I left it out next to the rack so someone else who didn't have a quarter could use it.

My car was a very short distance away and as I was getting in, this lady with a full cart of groceries came out and saw the cart. She stopped and eyeballed it for a moment. She went over to it and tugged at the quarter and I couldn't help but chuckle. What she did next blew me away. She pushed the cart in the rack and took the quarter, locking the cart back up. I yelled, "Hey, I left that cart out so someone else could use it." She looked at me, shrugged her shoulders and keep on going. She couldn't be that stu-

pid not to know why the cart was left there. She didn't need to do what she did.

While in another market, a lady gave her son a banana to eat while shopping. Well, there is one banana that won't be paid for. We seemed to end up on the same aisle but going in opposite directions. While the little guy was eating the banana, a piece of it broke off and fell on the floor. His mom saw it and told him something, but I couldn't understand what she was saying to him. Instead of picking up the piece that fell, he kicks it to the side and just left it. I made a comment, "You just going to leave it there?" Of course, she just ignored me. I had nothing to pick it up with and it was out of the way at least, so there it stayed for some store employee to clean up.

Well, it doesn't end there. A few aisles later, I glance over and on the shelf there was this peeled banana that was mostly eaten with about a third of it left just thrown on the shelf. Well, well, well, I wonder how that got there. I saw the lady in line getting ready to check out and there was no banana or banana peel in sight.

So here you have a lady that can't control her kid, she steals, and don't clean up after her kids when they make a mess and don't care where she throws her trash. What a great piece of parenting. I don't know if this is how she was brought up or what, but it was sure different when I was growing up. You just don't do this.

Sadly, people like this are out there...

*"That's Just the Way it Is!"*

## Mt. SAC Art Gallery Presents DB Studio Exhibit

WALNUT - The Mt. San Antonio College Art Gallery presents an exhibit of works by artist Dennis Brown, "DB Studio: Not the Destination, But the Journey," which runs through Apr. 12 at the Art Gallery. This exhibit is free and open to the public.

"DB Studio: Not the Destination, but the Journey" is a

solo exhibition by Brown, an artist and art professor at Mt. SAC. The exhibition is a manifestation of the artist's creative process, regardless of the production destination. It is a shift between fine art and commercial, bridging that gap and embracing the outcome, celebrating the journey of art making.

Gallery hours are Tuesdays through Thursdays, 11 a.m. to 2 p.m., and Tuesday nights, 5 to 7:30 p.m.

Special Saturday hours for this exhibit are from noon to 2 p.m. on Mar. 24 and Apr. 7.

For more information, call the Art Gallery at (909) 274-4328.

## "TIME JOCKEY" - Outlaws

By Joe Castillo

*Gold, Robbers and the Law...*

In the early years of California, a criminal element was spreading its ways throughout the state. From the North to the South, the numbers of unlawfully-minded criminals were taking privileges with prized shipments of gold and other precious minerals. Riders working for shipping companies such as those owned by Henry Wells, William Fargo and Ben Holladay ran the risk of encountering highway men ready to relieve them of their of valuable cargo. Wells and Fargo stages were robbed 313 times usually along the same routes and under the same conditions. Robbers would appear at the door of the stage coach, masked and armed and demand to the have possessions of the passengers and the contents of the 'strong' box. An escape was executed before the law could arrive and the stage robbers fled for another day. Individual riders were also vulnerable to the risks of being robbed, murdered or having his horse stolen while riding alone on a country road. The chief threat during this time was the notorious outlaw Joaquin Murrieta. From the North to the South, he struck terror from his actual misdeeds to the stories which were told about him. Without a doubt Murrieta was the 'superbandit' of his time and his rise forced the State of California to place a bounty of his life. Captain Harry Love of the California Rangers was selected to perform the job. He caught Murrieta, cut off his head and placed it in a jar of alcohol to be displayed throughout the state.

In Los Angeles, Juan Flores and his outlaw gang called 'Las Manillas' robbed and stole at every opportunity he could and while his gang terrorized the southland, Flores took on a 'Jesse James' like mystic. Eventually Flores was caught and hanged near Fort Hill in Los An-

geles. Tiburcio Vasquez was another of the feared outlaws and his fear spread throughout Southern California. On the run for years, Vasquez eluded his capturers at every possible turn. He was finally surrounded while hiding out in the Cahuenga Hills, injured in a shoot-out and was arrested. At his trial Vasquez said that his mother sent him out in the world to suffer and take his chances. For twenty years, he suffered in the world and took his chances until he was he was finally caught, and hanged to death in San Jose.

In Northern California, a gentlemanly and well-dressed highway agent acquired an impressive resume robbing stagecoaches while using his famous trademark saying of "throw down the box" when asking for the prized strong box. He was known as Black Bart and for eight years 28 drivers threw down their own express strong box. But one little mistake did Black Bart in when he inadvertently left behind his handkerchief at a robbery and the laun-

dry mark led detectives to San Francisco. Black Bart turned out to be a well-respected mining engineer named Charles E. Bolton who was arrested, charged and sentenced to five-years at San Quentin Penitentiary. Bolton served the 5 years, was released and was never seen again.

Other robbers such as Dick Fellows, Tom Bell and Rattlesnake Dick also left their mark as notorious outlaws but with less and less gold shipments and the advancement of railroads, stagecoach robbery became an outdated form of cargo transportation. Murrieta, Flores, Vasquez and Bolton were all part of California's notorious history and each left their mark on California's early image of the Wild West...

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).

**BART The BLOCKHOUND**



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**A morsel becomes the meal when the eyes of the spirit gazes upon the I of the Soul..**

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# How Soon Might Good News Energize Markets?

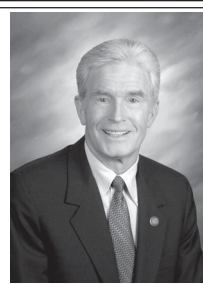
Wall Street almost always overreacts to and grossly distorts any news announcement. Anytime market analysts act like political pundits, you should tune them out, since they are often speculating wildly based upon political preferences.

Speaking of speculation, the talking heads in the financial media love to scare you about the Fed by forecasting multiple interest rate hikes that seldom fully materialize. That is exactly what has been happening in the past several weeks. However, the 10-year Treasury bond has failed to "crack" the 3% level. As a result, many on Wall Street are anticipating a dovish Federal Open Market Committee (FOMC) statement on March 21, which could spark a significant market rally.

There seems to be some dispute over whether or not the Fed will raise key interest rates two to three more times this year (after its March rate increase). The Fed may not raise rates as much as Wall Street anticipates, since the FOMC does not want to invert the yield curve, which would be devastating to the banking industry. Furthermore, market rates have moderated a bit. The Fed does not like to fight market rates.

If the mythical inflation that the Fed is expecting to see does not materialize, market rates might even continue to moderate, especially if the U.S. dollar strengthens and attracts more foreign buying pressure. I think that there is a good chance that key interest rates will not be raised as much as the Fed has forecasted. The Fed is notorious for not raising rates as much as

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



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

expected because the Fed's favorite inflation indicator has not hit its 2% target rate since 2011.

Assuming the Fed follows through with a reassuringly dovish FOMC statement, the last 10 trading days in March should be especially strong due to quarter-ending window dressing that traditionally boosts many stocks. Since first-quarter earnings will benefit from the recent corporate tax reform, I am expecting another stunning earning announcement season in April and May. Already, many stocks are benefiting from positive analyst earnings revisions for the current quarter.

Leading up to the release of the February employment data, the investing landscape had three forces acting as potential headwinds to an otherwise secular bullish trend: rising interest rates, rising inflation, and global trade tariffs. Regardless of all the other headlines that might cross the tape, these three were the top concerns among market participants because they have wide-reaching effects on financial markets.

The combined impact of these three perceived headwinds caused the market to slice up and down on alternating days, stopping the recovery we saw from

early February's large sell-off. The possibility of a trade war had investors tuned in to possible global retaliation to the U.S. tariffs and its implication on our NAFTA partners. In the past, such periods of trade protectionism have not been great for investors.

All three market headwinds have lifted, at least for now, following the February jobs report that showed average hourly wages grew at a 2.6% annual pace, down from the 2.8% rate reported for January. The reaction by market participants was an unfolding of a steadily increasing bullish bias throughout the trading sessions. The fear of spiking wage inflation didn't materialize. The yield on the 10-year T-Note did not breach 3.0%. Also, the President's tariff proposal on steel and aluminum was modified to exempt two of America's largest trading partners, Canada and Mexico.

The news that North Korea may suspend nuclear testing and hold talks on denuclearization with the U.S. is also welcome news; but the hopes of a successful resolution is premature, since previous talks with North Korea have accomplished nothing. However, President Trump has put the U.S. in a strong negotiating position with its increasing military buildup and sanctions, so there is hope of beneficial change, even though almost all experts (including President Trump himself) are skeptical.

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

# Your Money - Ask Julia

*When the stock market 'corrects' I panic! All my retirement savings is in a 401k at work, so I can only make changes once a year. What can I do?*

Make an appointment and talk with the 401(k) provider's financial advisor. (This should be free.) Meanwhile, take a look at your statements and compare balances from 1 year ago and current. Overall, the stock market has improved dramatically over the last year. That said, past performance does not predict future performance. You might also see if you qualify to invest in an IRA, Roth IRA, or in an IUL (Indexed-Universal Life Insurance) policy.

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

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

*When do you have to pay taxes on the different kinds of investments?*

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

*I have about \$100,000 that*



**Julia Yoder**

*I'd like to invest, but it has to be safe. I don't anticipate needing any of the money for at least 5 - 10 years, and even then might not need it. Are low-interest earning accounts (CDs, money market, muni bonds) the only safe places to put my money?*

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

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

You have several choices depending on your circumstances. If you are no longer working at the company holding your 401k, roll it into an IRA so that you don't trigger a taxable event. IRAs have much more flexibility on distribution than funds from a 401k. Additionally, you could purchase a life insurance policy

with your brother as the primary beneficiary. Since the payout from life insurance policies are income tax free, that money could be used to pay the taxes on taxable inherited monies.

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

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

**Ask Julia by email: juliayoder@yahoo.com**

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## THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

## What's Stopping You?

Imagine driving along and suddenly pushing down on the brake pedal and "yikes!" ... you don't stop! That is something we hope you never experience. Another very scary experience is this; you do stop but not until you slammed the pedal to the floor! This indicates a brake line leak! Certainly, you need to have this taken care of immediately! Today most cars are equipped with a brake "warning light" that will illuminate when you have a leak in your system. This alert should not be ignored or you may find yourself unable to stop at all.

Here are some signs that your

brakes need attention! When you apply the brakes, you experience:

- The pedal pulses or vibrates
- A scraping noise
- Squealing occurs
- A jerky feel
- The pedal to the floor

Your brake system includes the following:

- Pads and shoes
- Rotors and Drums
- Calipers (disc brakes)
- Fluid
- Hardware
- Hoses and steel lines

These components work in perfect harmony to make your vehicle stop when you need to.

Generally, these components don't all fail at once but need to be maintained individually to keep them working well together. If left unattended though, the consequences aren't good. Our technicians are here to make sure you can stop when you need to! Contact us today!

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## Identifying the Best Time to Change

A high concentration of homogeneous players operating in a single market leads to elevated consumer satisfaction levels; however, this may lead to the inability of a company to provide a consumer with preferred services and products which may cause consumer switching.

To avoid such disastrous consequences and remain in competition, many companies might resort to a different means of change. There could be a change in management techniques, executive coaching, machinery, production techniques or salary structure among others.

So, when is the best time to implement a change? – The best time to implement a change would ideally be when it is not needed. It is universally acknowledged that a change arising out of an urgent need is challenging to implement do to the lack of time and dearth of efficient research which goes in choosing the structure of a change. Also, during an urgent need, an organization is unable to give the necessary time to its employees to be prepared for the change that is about to take place. All these reasons require the need to know the best time to change.

If an organization wants to implement a change, a pre-planned and systematic approach towards a change is very much needed. Consider the case of an organization that has to implement an extensive employee database. Let's assume



**Michael Allawos**  
Principal Consultant  
Global Management Consulting Services

that such a database is made mandatory by a court order that states that many workers working in the nearby companies are responsible for a high number of community crimes in the area. Such database would require a lot of planning for proper implementation. Many considerations like the choice between computerized or paper database, the person responsible for the records and their maintenance, official documents needed from an employee for proper verification etc. should be made. It is easier to do all these things if the planning for such change had already been done when the organization started its hiring procedure.

There are two methods to implement changes namely, long term solutions and short-term fixes. Long term changes are often initiated at one go whereas short term fixes are continuous and recursive. Normally when long term solutions are prescribed, it has been seen that nothing was changing in the company for some time

and suddenly a big significant change is implied to the organization. Evidently such changes are often resisted by various stakeholder including employees and the timing of such changes need to be carefully thought out, to avoid a confrontation. Ideally a proper time frame should be put forward whereby old structures are dismantled and the new change and structures are brought forward.

Short term fixes on the other hand are very minimalist in nature and are easily accepted by employees and stakeholders alike. Such fixes are easier to implement because of their relatively insignificant impact. If properly planned on constructive foundation; short term fixes may lead to excellent long-term benefits. Timing for such changes can mostly be left on the discretion of the management.

Irrespective what change you plan to bring in or the modality of the change that you propose, it is always best to implement a change at a time when a significant window of time is available, to properly plan and create interest in the implementation of the change.

The ongoing challenge always rests with being vigilant and recognizing that there may be issues that have been avoided or maybe on the horizon but overlooked or even worse yet ignored.

Forward thinking and proper communication is always the key to success!

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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 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 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 The Flower Fields and Carlsbad Premium Outlets

On Wednesday, **March 28th** from 9:00 am – 5:00 pm, we will be heading to The Flower Fields in Carlsbad California. The Flower Fields is a spectacular event that bursts into a rainbow of color every spring. Enjoy 50-acres of beautiful ranunculus flowers that cover a hillside overlooking the Pacific Ocean. Navigate through the pathways of a sweet pea maze and spend some time on a tractor-pulled wagon ride. There is a picnic area for you to enjoy if you decide to bring your own lunch. We will also be heading to the Carlsbad Premium Outlets, which features 90 stores in an attractive outdoor village setting. Limited Tickets! Meals not included. Tickets are \$30 for Baldwin Park Residents and \$35 for Non-Residents.

For more information, 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

there will be services at 9 and 11 a.m. followed by family activities, coffee, tea and breakfast treats. Childcare for children up to 4 years of age will be available. All children Kindergarten and up are invited to attend services with families. Additional parking will be available at Gateway Plaza, at the southeast corner of Lake Avenue and the 210 Freeway (enter off of Mentor St.). We are also conveniently located across the street from the Metro Goldline Lake Avenue Station.

For more information about any Holy Week event, visit [www.lakeave.org/holyweek](http://www.lakeave.org/holyweek), email [worship@lakeave.org](mailto:worship@lakeave.org) or call the church at (626) 844-4721. For childcare information e-mail [earlychildhood@lakeave.org](mailto:earlychildhood@lakeave.org) or call 626.817.4856.

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 [covinaca.gov](http://covinaca.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 [covinaca.gov](http://covinaca.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@covinaca.gov](mailto:parksandrecreation@covinaca.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, 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.

## Easter Week Events at Lake Avenue Church

**PASADENA** - Lake Avenue Church will host Easter-week events on Maundy Thursday, Good Friday and Easter.

- On Maundy Thursday, March 29, at 7:30 p.m., there will be a communion service with music, meditation and prayer. Childcare will not be available.

- On Good Friday, March 30, at 7:30 p.m., there will be a tenebrae service in the Worship Center, with speakers, choir, orchestra, organ, meditation, prayer, poetry and scripture readings - recreating the emotional aspects of Christ's suffering on the cross. Childcare for children to four years old, and a children's service for kindergarten through fifth grade will be available. For more information, contact [worship@lakeave.org](mailto:worship@lakeave.org) or call (626) 844-4721.

- On Easter Sunday, April 1,

## California's Deadliest Earthquakes Author To Talk At Museum

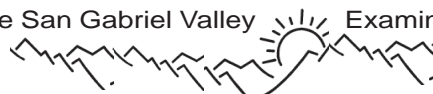
**DUARTE** - Historian Abe Hoffman, author of recently released California's Deadliest Earthquakes, will talk about the personal accounts and aftermath of California's most destructive tremors on Saturday, **April 7**, 4:00 p.m. at the Duarte Historical Museum, 777 Encanto Parkway, Duarte.

More than 3,000 persons died in the 1906 San Francisco

quake, and Long Beach's 1933 temblor caused a loss of nearly \$50 Million Dollars. Thousands were injured in the more recent Northridge earthquake. And then there are quakes not so famous such as the Whittier Narrows shake up in 1987, the Loma Prieta "World Series" quake in 1989, and the many quake events in Early California.

Learn why California has more earth quakes than any other state in the Nation, and what you can do to prepare for the one that is coming. Professor Hoffman warns: "And be assured, there is one coming."

He will sign and sell his book following the talk. Admission is free. Space is limited.



# Protect Your House From Fire

House fires are more common than many people think. No matter the season, it's important to ensure homes and families are well protected. Therefore, there's no time like the present to evaluate the different fire-safety measures in place around your house. If you happen to be remodeling, it's an ideal time to bolster your home's fire safety.



**You can protect your home and family and keep the home fires from burning.**

- Be sure you have working smoke detectors on all floors of your home and outside sleeping areas. Check them once a month, clean them every six months and change the batteries at least once a year. Better yet, opt for newer units that come with a 10-year, no-maintenance battery.

- Select appliances with an automatic shutoff.
- Never overload electrical outlets or use extension cords to replace additional outlets. When remodeling or undertaking repairs, make sure you engage a licensed electrician for all electrical work.

- Install ground fault circuit interrupters and arc fault circuit interrupters in kitchens, bathrooms, outdoor areas, unfinished basements and crawl spaces, garages, boathouses, laundry areas, and within 6 feet of sinks, bathtubs and shower stalls. These devices have helped save thousands of lives from fire or shock since

being introduced.

- Check your residential fire extinguisher and ensure it is stored in an easy-to-access location in case of emergency.

- Create a fire escape plan for your home and practice it twice a year with all family members.

- Opt for noncombustible building materials, whenever possible. Insulation is especially important. A stone wool insulation, such as Rockwool Safe 'n' Sound, is the preferred choice of many professional builders. Because of its ability to resist fire up to 1,177°F-higher than the temperature of a typical house fire-it stays in place to protect escape routes and buys occupants precious extra time to escape. Made from stone, its inorganic

composition means it will not produce toxic smoke or harmful gases when exposed to fire. That's a key feature, because smoke, not flames, is the leading cause of fire-related fatalities.

Homes today burn faster than in years past because they're loaded with more synthetic materials. In the event of a fire, occupants typically have just a few minutes to get themselves to safety. Careful selection of building materials and implementing both fire prevention devices and measures can make all the difference when every second counts.

For further facts, go to [www.rockwool.com/products/safesound](http://www.rockwool.com/products/safesound). (NAPSI)

# Disabled Parking Placard Abusers Have Difficulty Evading Enforcement Efforts

**LOS ANGELES** – The California Department of Motor Vehicles (DMV) has a message for people fraudulently using disabled parking placards: "We will catch you." As part of the department's unrelenting crackdown on placard misuse, DMV investigators cited 19 out of 100 people contacted during an enforcement operation today at 100 West Broadway in Glendale. Statewide, the DMV has issued 1,664 citations since July 1, 2017.

Offenders must appear in court to face possible fines that range from \$250 to \$1,000 and risk having a notation placed on their driver record. Individuals assigned a disabled parking placard are the only people allowed to use one – anyone else is breaking the law.

"The DMV is committed to searching out drivers who misuse disabled parking placards and hamper the mobility of our disabled community," said DMV

Director Jean Shiimoto. "Our goal is to have our proactive enforcement operations combined with our aggressive education efforts will result in more people complying with the law. I ask you to save the space."

The DMV launched a comprehensive public awareness campaign last year, which includes publicizing results of its monthly enforcement operations throughout the state. The public and media are encouraged to download, display and share posters, brochures, and public service announcements available in English and Spanish at [https://www.dmv.ca.gov/portal/dmv/detail/about/dppp\\_outreach](https://www.dmv.ca.gov/portal/dmv/detail/about/dppp_outreach).

In addition, the DMV has implemented new procedures aimed at reducing fraud. Disabled parking placard applicants must now provide proof of their true full name and birthdate. Placard holders are now limited to four replacements without a medical

recertification every two years and they must submit a renewal notice every six years beginning with placards that expire in June 2023. Currently, permanent disabled parking placards expire in June 2019 and are automatically renewed every two years.

Individuals who suspect disabled parking placard misuse are urged to inform the DMV by using an online complaint form or contacting their local DMV Investigations office. It is important to note that some qualifying disabilities are not visually apparent and allegations of misuse might be unfounded.

# Friends Foundation's Great Trivia Challenge 26

**GLENDORA** - It's been 26 years of fun and games for the Friends Foundation's Great Trivia Challenge, and the fun continued on February 24th when 19 teams competed for the Trivia Challenge championship. Since 1992, this fundraising event has been hosted by the Friends Foundation to raise funds in support of the programs and services of the Glendora Public Library.

At Trivia Challenge teams representing local businesses and service organizations compete against each other by answering a series of increasingly difficult trivia questions. This year's enthusiastic crowd cheered for their favorite teams as Master of Ceremonies, Thom Hill, asked the competing teams a variety of questions, with the team representing the Glaze-Merrick Family winning first place and the team representing ERA Yes! Real Estate winning second place.

The Great Trivia Challenge 26 was co-sponsored by Athens Services, Azusa Pacific University, Crestwood Communities, Suncraft Development and RG Business Insurance Agency.

The 19 competing teams represented the following businesses, service clubs, and families: Athens Services, Azusa Pacific University, Azusa Pacific University Libraries,



Great Trivia Challenge 26 - Glaze-Merrick Family - FRIENDS FOUNDATION



Great Trivia Challenge 26 - ERA Yes! Real Estate - FRIENDS FOUNDATION

Crestwood Communities, ERA Yes! Real Estate, Foothill Christian School, Forest Lawn, Glaze-Merrick Family, Glendora Kiwanianettes, ImplantASmile.com, In-N-Out

Burger, Kiwanis Club of Glendora, LaPetite Fleur, RG Business Insurance Agency, Rotary Club of Glendora, Shepherd's Pantry, Social Model Recovery Systems, Southland Properties, and Suncraft Development Corp.

# 44th Annual Mayor's Community Breakfast

Friday, April 6 at 7:30 a.m., Arcadia Community Center

**ARCADIA** - This year the City of Arcadia is partnering with the Arcadia Chamber of Commerce to host the 2018 Mayor's Community Breakfast featuring the State of the City Address. This new take on the City's featured event gives Arcadians a fresh opportunity to come together as a community and share in the spirit of our hometown.

"The theme for this year's breakfast is about Legacy," said Mayor Peter M. Amundson. "Arcadia is great because of the devotion and dedication of those who came before us. As Arcadians, we each play a role in shaping the future of our community. I encourage everyone to do their part to keep Arcadia great." Mayor

Amundson will speak further on the subject of "Leaving a Legacy" in his State of the City Address.

This year's keynote speaker is former Los Angeles County Supervisor Michael D. Antonovich who served Arcadia in the Fifth Supervisorial District from 1980 to 2016.

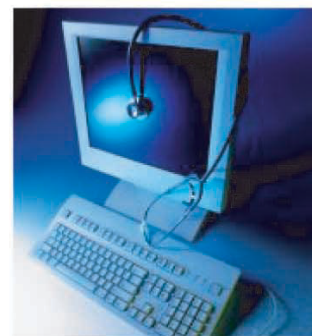
Tickets to the event are \$20 per person, with a breakfast buffet included. A portion of the proceeds will be donated to the Foothill Unity Center.

Reservations required by **March 28**. For additional information please contact the Mayor's Office at 626-574-5403, or [mbuttice@ArcadiaCA.gov](mailto:mbuttice@ArcadiaCA.gov)

GPL Friends Foundation would like to thank co-chairs Guilda Asmar and Amanda Petralia, along with the rest of their committee: Kathy Boyer, Karrie Boyer, Joe Cina, Tricia Gomer, Nancy Gorey, Roger Gutierrez, Craig Henderson, Thom & Sheryl Hill, Blaine & Sin-Yi Lambertson, Pat Loukota and Daryl Overlock for their time, dedication, hard work and endless supply of energy.

For information on how you can support the Glendora Public Library and Friends Foundation, or participate in Trivia Challenge 2019, contact the Friends Foundation office at 626-852-4894 or [gplfriendsfoundation@glendoralibrary.org](mailto:gplfriendsfoundation@glendoralibrary.org)

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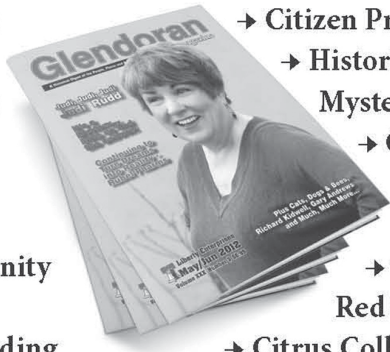


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### Mesa Glen Care Center



### Available services include:

- Skilled rehabilitation services
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- Respite, Short term, Long term & Hospice stays
- Nutritional oversight of medical conditions
- Cable TV provided to each resident
- Wi-Fi availability throughout the facility
- Accepting Medicare, Medi-Cal, HMO and Kaiser insurances

638 E. Colorado Ave., Glendora Ca. 91710  
(626) 963-6091

### Offering our residents:

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- Wound care management
- Short-term recovery and long term needs
- Stroke Recovery Programs
- Cable TV provided to each resident
- Wi-Fi availability throughout the facility
- Accepting Medicare, Medi-Cal, and HMO insurances

9333 La Mesa Dr., Alta Loma, Ca 91701  
(909) 987-2501

### Rancho Mesa Care Center



### Villa Mesa Care Center



99 Bed Skilled Nursing Facility

### Programs provided include:

- Physician directed plan of care
- Post surgical and wound care
- Pain Management
- Skilled Rehabilitation services
- Cable TV provided to each resident
- Wi-Fi availability throughout the facility
- Accepting Medicare, Medi-Cal and HMO Insurances

867 E. 11<sup>th</sup> Street, Upland, CA. 91786  
(909) 985-1981

(909) 981-6888

# Keep The Spring In Your Step: Good Reasons To Exercise After Age 50



You can enjoy your strength training workout more when you heed a few hints to reduce your risk of injury and relieve muscle pain.

For many older adults, growing older seems to involve an inevitable loss of strength, energy and vigor—but that need not be, says the Centers for Disease Control and Prevention (CDC). The frailty and decreased energy associated with aging are largely due to muscle loss due to inactivity. And when it comes to muscle, the old saying is true: “Use it or lose it.”

**What To Do**  
One of the best ways to keep muscles healthy and strong, the CDC advised, is through exercises called strength training.

**Why To Do It**  
Done regularly, strength training builds bone and muscle and helps to preserve strength, independence and energy. These exercises are safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—such as arthritis or heart disease—often benefit the most from lifting weights a few times each week.

Strength training, the CDC adds, can also reduce the signs and symptoms of:

- Arthritis—It reduces pain and stiffness and increases strength and flexibility.
- Diabetes—It improves glycemic control.
- Osteoporosis—It builds bone density and reduces risk for falls.
- Heart disease—It reduces cardiovascular risk by improving lipid profile and overall fitness.
- Obesity—It increases metabolism, which helps burn more calories and helps with long-term weight control.
- Back pain—It strengthens back and abdominal muscles to

reduce stress on the spine.

What’s more, studies have shown that people who exercise regularly sleep better and have less depression, more self-confidence and self-esteem, and a greater sense of well-being.

Fortunately, strength training exercises are easy to learn, and have been proven safe and effective through years of thorough research. What’s more, you may be relieved to learn, there are ways to train without undo strain, aches and pains.

**Doctor’s Advice**  
To help, Bob Arnot, M.D., an award-winning journalist, author of 12 books on nutrition and health, host of the “Dr. Danger” reality TV series, previously Chief Medical Correspondent for NBC and CBS News, and Chief Foreign Correspondent for MSNBC and NBC, offers this advice:

- Find a few minutes at least two to three times a week to maintain general fitness. Try three or four five-minute bursts of activity such as walking or climbing the stairs at the office.
- Take two or three more minutes a day for yoga breathing and movements to help your body maintain balance, usable strength, flexibility and muscular restoration.
- Spend another few minutes every day and before any vigorous exercise doing calf stretches and forward bends.
- Stay hydrated before, during and after your workout.
- To reduce your risk of muscle soreness after exercise, consider a massage, an Epsom salts bath or intermittent hot and cold showers, as well as proper stretching and cooldown.

- Muscle strains and muscle pulls are major health concerns for weekend athletes. Signs you should look for alerting you to rest your muscles and avoid overtraining are a higher than normal resting heart rate, disrupted sleep due to an elevated heart rate, muscle cramping and muscle twitching.

- Eat right. In addition to lots of fruits and vegetables and a few lean meats, consume foods with magnesium, which helps fight inflammation, and with vitamin B12—especially if you’re over 50—such as fortified cereals. Drink three cups of fat-free or low-fat milk throughout the day or consume the equivalent in yogurt, cheese or other dairy products. Consider an anti-inflammatory diet—cut out sugar, potatoes, tomatoes and eggplant.

- Go topical. Topical pain relievers such as creams, gels and patches work locally. For example, the Salonpas Lidocaine 4% Pain Relieving Gel-Patch provides the maximum strength of lidocaine available without a prescription.

According to the Center for Medicare Advocacy, “[Lidocaine] is a highly effective pain reliever and its unique non-narcotic and nonaddictive properties make it a benign alternative to opioids, without the risks and devastating side effects of opioids.”

These unscented patches can desensitize aggravated nerves and provide numbing relief generally within an hour of application.

For further health hints from Dr. Arnot and others and information on relieving aches and pains, go to <http://salonpas.us>. (NAPSI)

# “The Wall That Heals” is in San Dimas from March 22 through March 25

Vietnam Veterans Memorial Replica Wall and Mobile Education Center spreads healing legacy of The Wall and educates about the impact of the Vietnam War

**WASHINGTON, D.C.** - The Wall That Heals, a replica of the Vietnam Veterans Memorial, along with a mobile Education Center, is in San Dimas, California on March 22 through March 25, 2018 at Lone Hill Middle School, 700 S. Lone Hill, San Dimas and will be open 24 hours a day and free to the public. The Wall That Heals honors the more than three million Americans who served in the U.S. Armed forces in the Vietnam War and it bears the names of the more than 58,000 men and women who made the ultimate sacrifice in Vietnam.

The Vietnam Veterans Memorial is one of the most visited memorials in our nation’s capital, with more than 5.3 million visitors each year. However, many Americans have not been able to visit what has become known to many as “The Wall.” The Vietnam Veterans Memorial Fund (VVMF), the organization that built The Wall in 1982, wants to give all veterans and their family members across America an opportunity to see the Memorial.

“VVMF is pleased to bring The Wall That Heals mobile exhibit to San Dimas to allow local veterans and their family members a chance to visit The Wall and honor and remember those who have served and sacrificed,” said Jim Knotts, president and CEO of VVMF. “We hope it provides an oppor-

tunity for healing and an educational experience for the whole community on the impact of the Vietnam War on America.”

More than 250,000 people visited The Wall That Heals in 2016. Since its debut in 1996, the exhibit has been on display in nearly 500 U.S. communities in addition to an April 1999 tour of the Four Provinces of Ireland and a visit to Canada in 2005. Hosting The Wall That Heals provides a community with a multi-day experience that includes an educational experience for local schools and organizations on the history of the Vietnam era and The Wall. The exhibit includes The Wall replica and a mobile Education Center comprised of: digital displays of photos of service members whose names are on The Wall; letters and memorabilia representative of items left at The Wall in D.C.; a map of Vietnam and a chronological overview of the Vietnam War. The exhibits tell the story of the Vietnam War, The Wall and the era surrounding the conflict, and are designed to put American experiences in Vietnam in a historical and cultural context.

VVMF coordinates local stops of The Wall That Heals and the accompanying mobile Education Center. The current schedule and more information can be found at: [www.thewallthat-heals.org](http://www.thewallthat-heals.org). The 2018 national The Wall

That Heals tour is hauled through a partnership with the Truckload Carriers Association (TCA) and the trucking industry and generously sponsored by USAA. Local sponsors are

*About the half-scale replica*  
The replica Wall is approximately 250 feet in length, and like the original Memorial is erected in a chevron-shape. The replica is constructed of powder-coated aluminum, supported by an aluminum frame, and is made up of 24 individual panels, each containing six columns of names.

The names on The Wall That Heals replicate the names on The Wall in Washington, D.C. As on The Wall, the names are listed alphabetically by day of casualty. Beginning at the center/apex, the names start on the East Wall (right-hand side) working their way out to the end of that wing, picking up again at the far end of the West Wall (left-hand side) and working their way back in to the center/apex. Thus, the beginning and ending of the conflict are joined at the center, signifying an epoch in American history.

The Wall That Heals is transported from community to community by a trailer with cases built into its sides, allowing it to serve as a mobile Education Center that tells the story of the Vietnam War, The Wall and the divisive era in American history.

## Schedule For "Wall That Heals"

"The Wall That Heals" hosted by San Dimas H.E.R.O.E.S (Helping Establish a Remembrance Of Every Serviceperson) will be at Lone Hill Middle School, 700 S. Lone Hill Ave, in San Dimas on March 22 - 25, 2018. Open 24 hours a day for the four days and FREE to the public.

The schedule of events is as follows.....

**Wednesday March 21**  
9:00 AM - Escort staging at Fairplex, Gate #1, 1101 W. McKinley, Pomona

10:00 AM - An escort of the "wall" will start from Fairplex and go through the cities of Pomona, La Verne, Glendora,

Covina, and San Dimas before it arrives at Lone Hill Middle School in San Dimas.

11:00 AM - Arrives on Site at Lone Hill Middle School  
11:15 AM - Media Briefing  
12:00 pm - Wall Setup  
5:30 PM - Volunteer Training

**Thursday March 22**  
10:00 AM - Opening Ceremony

**Friday March 23**  
No scheduled activities

**Saturday March 24**  
7:00 PM - Candle Light Vigil

**Sunday March 25**

2:00 PM - Closing Ceremony

2:30 PM - Wall Closed  
San Dimas HEROES would like to thank their co-sponsors, City of San Dimas, Los Angeles County Supervisor Kathryn Barger, San Dimas Community Hospital, WalMart and ADP for their generosity. Other supporting sponsors include CareMeridian, Golden State Water Company, Inland Valley Humane Society, Casa Colina Hospital and Centers for Healthcare, and Fairplex, Pomona.

## Glendora Genealogy Group Monthly Meeting

**GLENDORA** - The Glendora Genealogy Group will hold its monthly meeting Tuesday, **March 27** in the Elm Room of the La Fetra Senior Center, 333 East Foothill Blvd, Glendora. There will be a refresher class led by Pat Chavarria from 6:00 PM to 7:00 PM. This will be followed by our business meeting at 7:00 PM. Our speaker for the evening will be Judith Brooks. She will be presenting "Researching Scottish Ancestors". Her lecture will include Scots and Scots Irish focusing on online research sites in the UK. This is excellent for those with Scottish or UK heritage.

Judith is a retired registered nurse and quality management professional. She has done extensive research over the past fifteen years. She believes in thorough research to prove or disprove other researchers input. She likes to focus on locating and reporting the history of the area in which ancestors lived including society memberships and local stories. Her focus has been on the colonial era, Revolutionary War, and the early settlement of the Ohio River Valley; as well as finding how and when these ancestors crossed the ocean.

Please call Pat Chavarria at 909-592-4030 for more info.



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