



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

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Azusa City Council Hosts Meet & Greet Event For New Azusa City Manager

By Jorge V. Rosales

AZUSA - On Saturday morning, May 5, 2018, from 10 a.m. to noon, the Azusa City Council hosted a meet and greet public event at the Azusa Senior Center to publicly introduce its new City Manager, Sergio Gonzalez who was officially hired by the City Council at its meeting of Tuesday, February 20, 2018 but didn't officially start working for the city until Monday, April 2, 2018.

Gonzalez was selected from a field of 80 applicants, according to the February 20 staff report. Gonzalez had worked for 14 years in South Pasadena before becoming Hermosa Beach's city manager less than a year ago after a national search. Gonzalez came to South Pas in 2003 as a part of the community services department. He was promoted to Assistant City Manager in December 2008. In November 2011, he was selected as the new City Manager at an annual salary of \$143,000.

Despite the commute, he made the decision to take the job with "eyes wide open," he said. Gonzalez replaced Tom Bakaly as city manager in April 2017. His base salary started at \$219,000 a year. After less than a year on the



Azusa City Manager Sergio Gonzalez (center) at Meet & Greet event at Azusa Senior Center with Library Commissioner Jennie Avila and her daughter Debbie (sitting) and former Planning Commissioner Jorge V. Rosales and former Canyon City Foundation Board Member Fong-Fong Chu.

job, Gonzalez stepped down from his position, effective March 22, 2018 to take the top administrative job in the city of Azusa. In his Feb. 14 resignation letter, Gonzalez said he accepted the city manager's post in the San Gabriel Valley community to be closer to his family. Although the driving distance is only 34 miles one way, the commute time is one and one-half to two hours.

"Being present and visible as a

city leader is something that every successful city manager works toward," Gonzalez wrote. "On the other end, I find myself commuting up to three hours a day ... missing out in a lot of quality time and not being able to pitch in to help my wife with the

10-year-old girl twins." Present at the meet and greet were approximately 50 community participants. Gonzalez came accompanied with his wife Kathy and his two daughters, Olivia and Sofia. Gonzalez went around and introduced himself to each indi-

vidual by table groups. One of the concerns most often heard during the conversations was the loss of the postal office in downtown Azusa. He indicated that he was aware of the future loss of the post office because they had lost the lease due to a property sale to a developer.

He and his staff have already started working with Federal Officials in an effort to maintain postal facilities in Azusa.

Gonzalez indicated that he looks forward to keeping the redevelopment momentum going on in Azusa with Blocks 36, 37 and A2 and A3, but emphasized that neglected areas, such as Edgewood Shopping Center or other areas south of the 210 Freeway required greater attention. Gonzalez also said his new position with Azusa offers him an "opportunity for professional growth, has a tremendous amount of potential with its own water and power operations, light rail system and is home to a private university."

Two Arcadia Unified Schools Earn California Distinguished School Honors



Principals Travis Long and Teresa Oakland were joined by two of their teachers and by Dr. Vanasaddall and Dr. Tom Bruce who were honored at the Disneyland Hotel by the State Superintendent and the California Department of Education.

ARCADIA - Holly Avenue Elementary School and Longley Way Elementary School in Arcadia have been named California Distinguished Schools. Honoring "some of California's most exemplary and inspiring public schools," the California Department of Education recently released its list of schools that received the state's top recognition.

With nearly 6,000 public elementary schools in California, less than five percent were named Distinguished Schools

for 2018.

"These schools implement outstanding educational programs and practices that help California students realize their potential, and put them on the path to achieve their dreams," said State Superintendent of Public Instruction Tom Torlakson.

Along with all the other Arcadia Unified School District elementary and middle schools, Holly Avenue Elementary and Longley Way Elementary have

both been bestowed this coveted recognition in the past.

"It's very rewarding to be recognized as two of the best schools in Southern California and the entire state," said Arcadia Unified School District Superintendent Dr. David Vanasaddall. "I'm so proud of all of our principals, teachers, students, staff, and parents who really work together in so many innovative ways to help our children thrive in school."

The 2018 California Distinguished Schools Program recognizes California elementary schools that have made exceptional gains in implementing academic content and performance standards adopted by the State Board of Education. Schools that applied were eligible based on their performance and progress on the state indicators as described on the California School Dashboard.

Regional Elected Leaders Tour El Monte Homeless Veterans Housing Project



One of the tour groups attentively listens to a representative from New Directions for Veterans, an organization that provides property management at Veterans Village.

EL MONTE - Eccentric, colorful artwork adorns the walls of Kevin Rachal's studio. Rachal, a Marine Corps veteran, opened the doors of his small studio to community leaders during the San Gabriel Valley Council of Government's (SGVCOG) homeless housing tour of Veterans Village in El Monte. Over 45 elected officials, city stakeholders and business leaders participated in the tour on April 12, 2018.

The SGVCOG organized a tour of homeless housing sites to provide cities in the region successful examples of affordable housing projects. Jan Cicco, Regional Homeless Coordinator for SGVCOG says the City of El Monte's Veterans Village was selected as a tour site for its exemplary leadership and support to homeless veterans.

"Veterans Village has a very good reputation. It highlights quality, supportive housing in the San Gabriel Valley," expressed Cicco. "I want people to know that it [supportive housing] can be done in the San Gabriel Valley in a way that is beneficial for the community."

Located on Ramona Boule-

vard in El Monte, Veterans Village is a 40-unit development for homeless veterans. The property features on site services such as case management, health and wellness programs, assistance for benefits claim, legal services, substance abuse and recovery support, social activities, and more.

"Veterans Village is a commitment of our support to the men and women who have served our country," said Mayor Pro Tem Juventino "J" Gomez. "The City of El Monte is invested in improving the quality of life for our residents."

The tour of Veterans Village included four stops: a booth of the property management, New Direction; a booth of the social work services; a booth of the development company, Mercy Housing; a tour of studio apartment; and a panel discussion of with the Veteran's Village project stakeholders.

"Veterans Village gives them [veterans] a stable place to live in order to be able to engage in their recovery from mental illness, physical disabilities and life stressors," said Melody Jazeb, Veteran's Village in-house

Senior Social Worker from the Department of Veterans Affairs.

In addition to providing resources for physical and mental recovery, tour participants learned that Veteran's Village also provides assistance with resume development.

Kevin Rachal, who was homeless for nearly two years, shared with the tour participants that Veterans Village provided him stable housing when he needed it most.

"It [being homeless] got to the point where I would get on the bus and then... walk the streets and I would say to myself, it's not that bad. Go get help before it gets worse," said Rachal. "It [Veterans Village] made my life. Every day is getting better."

Recently, the National Association of Home Builders recognized Veterans Village as the recipient of the 2018 Best Military/Veterans Housing.

The City of El Monte is expanding its housing assistance to military veterans with the construction of Baldwin Rose, a 55-unit affordable housing project for homeless veterans and low-income veterans with families.

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Monrovia High Student Leaders Celebrated During People's Choice Awards

MONROVIA – Monrovia High Junior Natalia Guevara and Senior Eeana Torres led the school's symbolic class walkout after the Parkland, Florida shootings in February, helping to provide a space to honor the lives lost and for their peers to voice their thoughts and feelings without leaving campus.

Guevara was recognized with the Be the Change Award and Torres with the I Can Count on You Award for their leadership during the 14th annual Renaissance People's Choice Awards on April 17, in which Monrovia High teachers honored 60 students who made their profession rewarding.

"Natalia went out with a purpose and walked with a purpose," Garrison said. "This is a compassionate young lady who is committed and focused. I am proud to have her in my class."

Monrovia High teachers and staff nominated one or more students to honor for the event and personalized the title of the award to fit the student. Among the recognitions were the Please Run for President Award, The Awesome and Model Young Gent Award and the Queen of Perse-



Monrovia High School math teacher and A.S.B. advisor Sandra Duff (left) and MHS social studies teacher Shawn Duff (right) presented MHS student Samantha Avalos with the Little Sister/Big Sister Award during the school's 14th annual Renaissance People's Choice Awards on April 17.

"Congratulations to all of our students who were recognized for their unique abilities and strongest character traits," Monrovia Board President Terrence Williams said. "The People's Choice Award highlights the diversity of students at Monrovia High and the inspiration they bring to their classmates."

The awards show was hosted by Renaissance, a student leadership group that recognizes and celebrates student and faculty

achievements throughout the year.

"Thank you to our Monrovia High teachers and administrators for providing opportunities for our students to excel in their academics and also in their personal pursuits," Monrovia Unified Superintendent Dr. Katherine Thorossian said. "Our District strives to provide a school environment that encourages our students to see their personal traits and identities as strengths to support their peers."



Monrovia High School Renaissance Club members gather after the school's annual People's Choice Awards on April 17 in which MHS teachers and staff recognized students on their unique characteristics and accomplishments throughout the school year.

Overcoming Isolation And Loneliness

If you've ever felt lonely, you're not alone. Researchers at the University of Chicago found that nearly half of older adults in America experience some degree of loneliness.

The University of Chicago study is part of Connect2Affect, a collaborative effort spearheaded by AARP Foundation to learn more about isolation and loneliness in older adults and to work toward practical solutions to reconnect older adults to their communities.

One thing the study highlighted that may seem surprising to many is that loneliness and isolation are not the same.

Loneliness and Isolation
Loneliness or subjective isolation denotes how people perceive their experience and whether they feel isolated.

Objective isolation involves quantifiable measurements, such as the size of the person's social network (and the frequency of engagement with it), availability of transportation, and ability to access resources and information.

The Problem
Together, loneliness and isolation create a growing health epidemic. The health risks of prolonged isolation—in its broadest sense, including both objective isolation and loneliness—are equivalent to smoking 15 cigarettes a day. More than 8 million adults age 50 and older are affected by it.

Why Isolation Happens
Often, there are multiple causes, including poor physical and mental health, poorly designed communities, and major life events such as loss and retirement.

Socioeconomic status stands out as a differentiator between nonlonely and lonely individuals. Lonely older adults are significantly more likely to have an annual household income of less than \$25,000 and assets less than \$10,000, and are more likely overall to be in the lowest income group.

Marital status is another strong indicator of loneliness. Both married and unmarried older adults can be lonely—but the lonely are less likely to be married and more likely to be



Research suggests it's a healthy idea for older Americans to avoid isolation.

divorced, separated or widowed. Fourteen percent of married older adults and 30 percent of unmarried older adults fall into the lonely group. While married women are at a higher risk of loneliness than married men, unmarried women are at a lower risk of loneliness than unmarried men. In both cases, those with more support and less strain in their marital relationship are at lower risk of loneliness.

Some Answers
Fortunately, isolation can be overcome. Here are 12 ideas to try:

- Nurture and strengthen existing relationships. Ask people over for coffee, or invite them to join you for a trip to a museum or a movie.
- Schedule a time each day to call a friend or visit someone.
- Meet your neighbors—youth or old.
- Use social media such as Facebook to stay in touch with long-distance friends, or write an old-fashioned letter.
- Stay physically active and include group exercise as a fun way to socialize while staying healthy.
- Take a class to learn something new and expand your circle

of friends.

- Revisit an old hobby and connect with others who share your interests.

- Volunteer to deepen your sense of purpose and help others.

- Visit a senior or community center to find a wide range of activities and opportunities to meet people.

- Check out faith-based organizations. Many offer outreach to help isolated community members.

- Don't let being a nondriver keep you from staying active. Find out about your transportation options. Many communities have free or low-cost services, and ride-hailing apps are an affordable option for many.

- Get involved in a cause.

Learn More
For further advice about isolation, check out the Connect2Affect website at <http://connect2affect.org/>. The website includes a searchable directory of local resources to help people connect with their communities and a fast, easy self-assessment test to identify isolation risk. For information about AARP Foundation, visit www.aarpfoundation.org. (NAPSI)

The Andersen's High Tea And Shopping In Santa Barbara

COVINA - The City of Covina Parks & Recreation Department is offering a trip to the Andersen's High Tea and shopping in downtown Santa Barbara on Saturday, **May 19**, 8:30 a.m.-8 p.m. Enjoy traditional European cuisine and Danish pastries at Andersen's Danish Bakery and

Restaurant, a family owned and operated landmark for over 40 years. Then explore and shop State Street in downtown Santa Barbara.

Preregistration is required. The fee is \$78 (high tea included). For more information or to register, call (626) 384-5340.

Rummage Sale to Aid Scholarship Fund

GLENDORA - Glenkirk Church will be holding its annual Rummage Sale from 7 a.m. to 2 p.m. Friday, June 8 and Saturday, June 9 at 1700 Palopinto Ave., Glendora

bath items, appliances, toys, electronics, books and jewelry. All proceeds benefit Glenkirk's Scholarship fund to help children and adults attend church service projects, conferences, and camps.

For more information call 626-914-4833

San Dimas Toast To The Best Toastmasters International



Gina Lee, CC of Toast of the Town was voted Best Speaker. Olaf Kock, CC from Germany District 95 won both Best Table Topics and Best Evaluator. Toastmaster Idaly Acosta ACS, ALB on right.

SAN DIMAS - On Thursday, May 3rd, Gina Lee, CC from Toast of the Town spoke on "Sitting is the New Smoking". Olaf Kock, CC from District 95 visiting from Germany on work won Best Evaluator and Best Table Topics. And Jon Phillips gave his 3rd speech.

On May 17th, Toast To The Best will have their OPEN HOUSE featuring a workshop on "Strategic Storytelling". Strategic Storytelling focuses on making internet and marketing content more persuasive by patterning company goals into a storyline clients identify with. Save The Date! May 17th at 7 PM.

"The mistake people make is thinking the story is just about marketing. No, the story

is the strategy. If you make your story better, you make the strategy better." Ben Horowitz

What participants will take away from this workshop is how Strategic Storytelling will:

1. Step up your visibility online.
2. Make your message unique.
3. Engage and motivate people towards your brand.
4. Demonstrate that it is the science, not the Art that makes this all work.
5. Learn how to present your story in the ten online Spheres of Influence.

Don't miss this chance to learn how to give your enterprise a leading edge.

May 12 will be District 12's Spring Conference at which all

Division winners will compete. Details to follow.

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.

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. Contact is Art Douglas, DTM, VP of Membership of Toast To The Best (951) 505-0555.

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May Is Bicycle Safety Month

With the California weather warming up, the Monterey Park Police Department and the California Office of Traffic Safety (OTS) are highlighting how bicycling is a great way to stay in shape, save money on gas, reduce pollution and when visiting recreational areas, a great way to see the sights. These benefits are nothing new to cyclists and community leaders. Many cities have created bike-friendly routes now complete with bike paths, special bicycle parking areas and special amenities. National Bike Safety Month in May is just one way we celebrate our love to ride.

However, motorists and bicyclists must take extra precautions when they travel together. Riders often share the road with vehicles, which creates a host of hazards, and injuries can happen even on a designated path. In 2016, California passed legislation requiring motorists to proceed past riders with at least a three foot

clearance.

According to National Safety Council Injury Facts 2017, 488,123 people were treated in emergency rooms in 2015 after being injured riding a bicycle. The only sport resulting in more injuries overall was basketball, at 493,011. Football was third, at 399,873.

According to Injury Facts, about 1,100 deaths resulted from cyclists colliding with motor vehicles in 2015. With about 80 million bike riders sharing the road with millions of motorized vehicles, the importance of safety precautions in traffic cannot be overstated.

Cyclists who wear a helmet reduce their risk of head injury by an estimated 60%, and brain injury by 58%. That statistic makes sense when you consider the first body part to fly forward in a collision is usually the head, and with nothing but skin and bone to protect the brain, the results can be fatal.

California witnessed 147 bicyclist deaths in 2016, accounting for over four percent of all traffic fatalities, much higher than the national average of over two percent. Nationally, 70 percent of all bicyclists who died in motor vehicle crashes in 2015 died in urban area crashes. Over a 10-year period (2006 to 2015), the average age of cyclists killed in motor vehicle crashes has steadily increased from 41 to 45.

The following safety tips can save lives and stop this tragedy witnessed far too often in the city of Monterey Park:

Drivers:

- "Share the road" with bi-

cyclists

- Be courteous; California law now mandates at least three feet of clearance when passing a bike riders

- Look for cyclists before opening a car door or pulling out from a parking space

- Yield to cyclists at intersections and as directed by signs and signals

- Be especially watchful for riders when making turns, either left or right

- It is unlawful to drive in a bike lane except for 200 feet prior to make a right or left turn.

Bicyclists:

- Wear properly fitted bicycle helmets every time they ride. If under 18 years of age, it's the law

- A helmet is the single most effective way to prevent head injury resulting from a bicycle crash

- Riders are considered vehicle operators; they are required to obey the same rules of the road as other vehicle operators, including obeying traffic signs, signals, and lane markings.

- When cycling in the street, cyclists must ride in the same direction as traffic.

- Bicyclists should increase their visibility to drivers by wearing fluorescent or brightly colored clothing during the day, and at dawn and dusk

- To be noticed when riding at night, the law requires a front light and a red reflector to the rear.

- For additional safety, use a flashing rear light, and use retro-reflective tape or markings on equipment or clothing.

May Is Motorcycle Awareness Month

GLENDORA - In order to reduce motorcycle crashes and save lives, the Glendora Police Department and the California Office of Traffic Safety (OTS) are teaming up with the National Highway Traffic Safety Administration (NHTSA) this May for the annual Motorcycle Safety Awareness campaign to help save lives on our roadways. The awareness campaign aims to educate vehicle drivers and motorcyclists on how each motorist can be more aware of the other, creating safer roads and saving lives in the process.

The Glendora Police Department will join law enforcement throughout the state to step up enforcement along with awareness efforts to lower motorcycle deaths and injuries during the May campaign. Officers will have a special emphasis this month on enforcing all traffic violations by both drivers and cyclist deploying Saturation Patrols several times during the month.

According to NHTSA, motorcyclists accounted for 14 percent of all traffic fatalities in 2015, while motorcycles make up just 3 percent of all registered vehicles in the United States. In 2016, 5,286 motorcyclists were killed in motor vehicle crashes - a 6 percent increase from the 4,976 killed in 2015. More than 88,000 motorcyclists were injured in motor vehicle crashes.

Recent data from the California Department of Motor Vehicles shows there are more than 900,000 registered motorcycles in the state and more than 1.4 million licensed riders. In 2016, 560 motorcyclists were killed in motor vehicle crashes in California- an 11 percent increase from the 494 killed in 2015. More than 14,400 motorcyclists were injured in motor vehicle crashes.

The Glendora Police Department has these general tips to drivers on how to prevent a fatal crash with a motorcycle:

- Though a motorcycle is a small vehicle, motorist can do their part by sharing the road.

- Always use a turn signal when changing lanes or merging with traffic.

- If you see a motorcycle with a signal on, be careful: motorcycle signals are often non-canceling and could have been forgotten. Always ensure that the motorcycle is turning before proceeding.

- Stay alert, check all mirrors and blind spots for motorcycles before changing lanes or merging with traffic.

- Always allow more following distance, follow at a safe distance when behind a motorcycle. This gives them more time to maneuver or stop in an emergency.

- Never drive distracted or impaired.

Motorcyclists can increase

their safety by following these steps:

- Wear a DOT-compliant helmet and other protective gear.

- Ride safely when lane sharing and always proceed at safe speeds.

- Obey all traffic laws and be properly licensed.

- Use turn signals at every lane change or turn.

- Wear brightly colored clothes and reflective tape to increase visibility.

- Ride safely when lane sharing and always proceed at safe speeds.

- Never ride distracted or impaired.

The Office of Traffic Safety encourages all riders, new and experienced, to enroll in the California Motorcyclist Safety Program (CMSP). The CMSP was developed in July 1987 and has training sites throughout the state. The CMSP trains approximately 60,000 motorcyclists per year and has trained more than 1.1 million motorcycle riders. For more information, or to find a training site near you, visit californiamotorcyclist.com.

The Motorcycle Safety Saturation Patrols are funded by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety.

Remember: Riders and Drivers Can Work Together to Save Lives.



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- We also believe in accuracy in fact and context. Journalists should be accountable for any news or subjects they write about.
- We believe in growth. Therefore, complaints or mistakes erroneously committed will be entertained and investigated diligently and corrected accordingly.
- We believe in performing our journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

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Duarte Announces "Green Home" Awards

DUARTE - Duarte homeowners who maintain the beauty of their homes while thinking "Green" are the focus of this year's Duarte "Green Home" Awards. Annually the program recognizes environmentally conscious winners during the May 22nd Duarte City Council meeting at 7 pm. Co-sponsored by Cal American Water, the Green Home Awards Program was designed to re-

ward homeowners who have maintained the beauty of their homes while excelling in their lawn and garden water conservation efforts, including switching to water conserving irrigation systems, and/or adding drought tolerant landscaping and gardening practices.

Guidelines and criteria used in the selection of winners include judging the overall appearance of the home, confirm-

ing that the homeowner used water conscious irrigation and/or drought tolerant landscaping, and ensuring that the properties were in compliance with all municipal codes. Judging was conducted by local service groups April 1st through April 23, 2018. For more information, please call the Duarte Parks & Recreation Department, Lupe Valerioat (626) 357-7931 ext. 260.

El Monte Celebrates Bike Month with Free Transit for Cyclists

EL MONTE - Bicycle commuters have another reason to enjoy a scenic ride. In celebration of national Bike Month, the City of El Monte will be offering cyclists FREE rides on El Monte's Commuter Shuttles and local fixed-route transit buses from **May 14 - 18**.

Cyclists who want to enjoy the free rides must have their

bicycle or have a safety helmet. The City's transit buses are equipped with front-load bicycle racks, and racks are available at transit facilities.

Bicycle commuting is an alternative transportation that provides cost-effective, hassle-free parking while improving physical and mental health.

Established in 1956, Bike Month is a month-long celebration in May highlighting the benefits of bicycling.

For more information on the City's transit, please call the Transportation Services Division at (626) 580-2217 Monday - Thursday from 6:00 a.m. to 4:30 p.m.

West Covina Police Respond to Walmerado Park After Man was Beaten

By George Ogden

WEST COVINA - On Monday, May 7, around 7:30 AM, the West Covina Police Department was called to respond to an assault with a deadly weapon on a person at Walmerado Park in West Covina. Paramedics were also called to respond to the same incident.

When the first responders arrived they found a male subject who had been beaten and appeared to have a broken jaw along

with other injuries. Information was extremely limited, and it is not known if it was a resident from the community walking through the park or involvement by some of the transients or homeless person. The victim was treated at the scene and refused transportation to the hospital. He stated that he would have a friend drive him to the hospital for treatment of the broken jaw and his other injuries. The police have taken a report and are investigat-

ing the circumstances.

Police had responded often to the park for fights, drug and alcohol abuse, camping out, and many other issues involving transients. According to some residents, the police did a good job cleaning it up but it did not last long. They are back and causing more trouble again.

There have been no arrests in this recent assault. They are still investigating.

Pollworkers Needed for the June 5th Statewide Direct Primary Election

LOS ANGELES COUNTY - The Los Angeles County Registrar-Recorder/County Clerk (RR/CC) is actively recruiting pollworkers for the upcoming June 5th Statewide Direct Primary Election. We are targeting recruitment of pollworkers in these specific areas to fill critical vacancies:

- Beach Cities: Hermosa Beach, Manhattan Beach, Redondo Beach, Malibu, Santa Monica, Marina Del Rey, Rancho Palms Verdes, Venice, Playa Del Rey, Torrance, El Segundo, San Pedro and Westchester
- Los Angeles Communities: Los Angeles, West Hollywood,

- Beverly Hills, Bel-Air and Brentwood
 - San Fernando Valley: Sherman Oaks, Newhall and Granada Hills
- To become a pollworker apply online or call (800) 815-2666, option 7. Pollworkers can earn up to \$240 for their service.

Mandates: the Other Side of the 'Right to Healthcare'

By Jane M. Orient, M.D.

A "right to healthcare" is a seductive idea that many Americans accept without thinking. But we need to take a closer look at what this means. The total program being pushed by "right-to-healthcare" cheerleaders—primarily Democrats—is full of mandates. A mandate means you have NO right to opt out, except possibly through some limited exemptions. It starts with controlling the money, but increasingly involves your body—the treatments you MAY receive, the ones you may NOT have, and the ones that you MUST take, especially vaccines.

The old, if little-known news is that seniors have NO right to turn down Medicare Part A—unless they forgo all Social Security benefits and refund any they have already received. Seniors enrolled in Medicare have NO right to spend their own money on covered services, which may be unavailable or of poor quality at the Medicare-controlled price—unless they see an opted-out or nonenrolled physician.

Under the [Un]Affordable Care Act, Americans have NO right to opt out of costly "minimum essential benefits" and buy a low-cost catastrophic-only plan, derisively called "bare bones" or "junk" insurance—without paying a penalty. (The penalty has thankfully been reduced to \$0 under Trump's tax reform, but the benefits mandate remains, so true insurance is still outlawed.) People and businesses have NO right to opt out of paying for other people's lifestyle choices, such as abortion and contraceptives—with limited, hard-fought exceptions.

A patient enrolled in Medicaid has NO right to choose how to use his benefit. He generally cannot buy a private catastrophic-only plan plus a health savings account (HSA) or join a Direct Patient Care (DPC) practice, a new, non-insurance model in which patients pay a monthly membership fee. Generally, Medicaid patients get stuck with a limited choice of physicians and may get auctioned off to the lowest-bidding managed-care plan. There are state waivers, but these are rare and hard-fought.

"Insured" patients—managed-care enrollees—have NO right to go out of network without paying a financial penalty that may be severe. They have NO right to access services in a competitive marketplace. Many independent physicians have been driven out

of practice by Medicare, Medicaid, or health plans that limit payments to below cost, while richly rewarding hospital-owned entities with a generous facility fee. Free-standing centers may have been prevented by certificate-of-need laws, and physician-owned hospitals have been choked and new ones outlawed by ObamaCare. In California, under AB72, insured patients have NO right to pay a market price for an out-of-network and otherwise unavailable service, because insurance plans will dictate allowable fees even for physicians with whom they have no contract.

In more recent news, legislation is being proposed in Congress (H.R. 365) to fix the situation that Americans now have NO right to use funds in their HSA to join a DPC practice and NO right to contribute to an HSA if they are a member of a DPC practice. And HSAs were supposed to be the patient's own money! (Look for Democrats to oppose this bill.)

It gets worse. It's not just that patients have NO right to choose how to spend their money, but that they may have NO right to opt out of treatment. In New Jersey, a bill is being railroaded through the legislature to severely limit the religious exemption to the 74 shots children have to receive to be allowed to attend school. (So much for the "right" to a public education.) This was introduced by a Democrat just before Good Friday, Passover, and spring break. Despite the short notice, parents, many with vaccine-injured children, showed up in droves to testify at a hearing. Only 64 were allowed to speak, for exactly 60 seconds each.

Parents have NO right to make health decisions, such as to forgo certain vaccines and self-isolate if there is an outbreak, as of currently rare measles. They have NO right to practice their religion—and the state even defines what constitutes a genuine faith. They have NO right even to be heard.

It makes sense: if you have a "right" to healthcare, and the government is empowered to define it and obligated to provide it, you are part of the herd on the government ranch. It's the population health that is important, not yours or your child's.

And don't believe that these "compassionate" or public-health-conscious politicians aren't being driven by money. Physicians may be tightly scru-

tinized lest they charge \$5 too much or accept a sandwich or a notepad from a drug company. But how big a bonus do they get from insurance plans for nearly perfect vaccine compliance? How much of Medicare and Medicaid funding and insurance subsidies is enriching managed-care executives and big hospital systems while providing minimal care?

Americans need to look behind the "rights" rhetoric, see the chains, and follow the money.

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

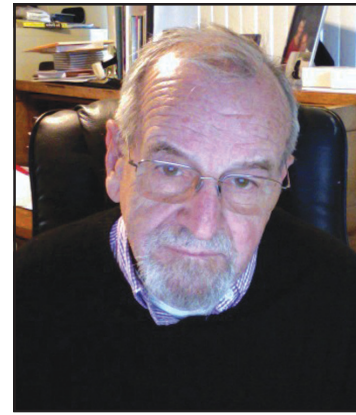
Growing Up Hating War

"I hate war! Eleanor hates war! Our dog Fala hates war!" It might be an urban myth, but these words have been attributed to FDR for the past eighty years. Whether Roosevelt actually said them, they certainly reflected his continual rejection of violence as a national policy, clearly stated in his 1939 speech to Congress and in his speech at Chautauqua in 1936. He continued with that theme until his "day of infamy" speech December, 1941.

Here are a sample of his oft repeated affirmation. "I have seen war. I have seen war on land and sea. I have seen blood running from the wounded. I have seen men coughing out their gassed lungs. I have seen the dead in the mud. I have seen cities destroyed. I have seen 200 limping, exhausted men come out of line—the survivors of a regiment of 1,000 that went forward 48 hours before. I have seen children starving. I have seen the agony of mothers and wives. I hate war ... Every gun that is made, every warship launched, every rocket fired signifies, in the final sense, a theft from those who hunger and are not fed, those who are cold and are not clothed."

I will spare you from comparing these sentiments with the continual bellicose threats of destruction uttered by Donald Trump.

I grew up in a home where the rejection of violence was never debated, simply assumed. On Monday December 8, 1941 my school's playground was alive with children—girls and boys—



Charles H. Bayer

ready to give it to the dirty "Japs," but in my family it was the saddest day in our experience. No rejoicing for us, only the grief from sensing what war would bring.

Our hatred of war, and our desire to do whatever we could to avoid it dates for me from 1936 when this six year old first grade child was introduced to passivism on a Sunday morning in church. Our congregation attracted numbers of international visitors, mainly those who came from the denomination's mission enterprise. But on this Sunday danger penetrate the otherwise peaceful atmosphere. War was about to break out right there at 61st and Oxford St., and my parents knew they must find a way to interfere before it started.

While an awareness of what was going on in the world was far beyond my childish understand, that Sunday church seemed to be a dangerous place. A Chinese family operated a laundry in the neighborhood, and the three adults were regularly at worship. At the same time three students from Japan were present. And

when these six arrived at the same time, the tension was obvious. Seeing the danger, my parents sat down in the row of chairs—no pews back then—separating the two groups, intending to forestall any violence.

Sometime later it was explained to me what caused the tension. Japan has just invaded China, bringing serious death and massive destruction in Nanking and its environs. Our pastor, Brother Fowler, did what he knew best—he prayed that nothing untoward might happen. My not nearly as pious parents just sat between the angry parties.

During the ensuing World War I bought ten-cent defense stamps with whatever I was able to earn from my newspaper route. My father rolled tin foil balls from his packs of Kools. Once a month the family would go to a deserted golf course to search the sky for German bombers, and my father would be responsible to see that no light leaked from the houses on our block. And yet our hearts belonged to the termination of the war and the return of peace, and when that day arrived we went with thousands of others to a nearby terminal where we cheered for hours.

When later we became engaged in the disastrous Vietnam war—which we lost—I was emotionally ready for much more aggressive resistance, but that is another story I may not be ready to spread the details widely, while I have shared it with smaller trusted groups.

Contact Charles Bayer at candwbayer@verizon.net

What Isn't Good For You???

As we go through life, we often hear about things that are not good for us. Most of the time it is about cigarette smoking, drugs, alcohol and certain foods. Maybe we should take a look at some of the other things that are not good for us.

Let's take me for example on this one. Being overweight and not doing much about it. Although I have lost a few pounds lately, it's not enough. When I take a look at myself in the mirror, I can understand why it's hard for me to get a date. Heck, I don't want to sleep with myself and I have to.

I'm addicted to Pepsi. As a volunteer bartender for eight hours, I can drink 40 Pepsis during that period. If you break it down by per hour that is about five Pepsis per hour. So you figure a 16 ounce cup with ice, and that will give me 8 ounces of Pepsi. The doctor threatened me with a needle and she was willing to show me how to use it if I continued on this path of destruction. I now don't drink Pepsi, I drink Coca-Cola. Only kidding, I basically knocked off all sodas. I have actually seen an improvement. Now let's just see if I can keep it up.

Other things that sometimes is not very good for you could be your ex-wife or ex-husband. If you don't get along, you can have a problem, especially if you have kids.

Next; horrible driving habits and excessive speed. I'm sure we all have known people who have had a number of traffic tickets and we know people that don't have any tickets at all. The only



George Ogden

That's just the way it is!

thing that I can say is be safe and keep others safe. It's not good for you and not good for others if you get yourself in an accident and somebody gets hurt or the worst scenario, somebody gets killed. For those that know me, I have quite a few cars and some of them are high-performance cars. With these high-performance cars, you really can't drive them on the streets like you would. About the only place you can do this is on the on ramps to the freeway. You can quickly accelerate to the speed limit, as long as it is safe, in about 2 1/2 seconds. What a thrill it is to have 660 hp underneath the hood that you can use for less than three seconds. But it's still fun.

I had a six passenger airplane up for sale until recently. Everyone told me it wasn't good for me. Many people felt I had a "death wish". I can understand their issue; I have no depth perception because of my eyesight. Well that part of my life ended when I got an above reasonable offer for the plane. I didn't use it that much and it was rented out most of the time. So I guess I will keep my boots on the ground.

This one really is not good for you. Having a bad attitude towards cops. You might just get one that's having a bad day. If you feel they are having an attitude with you, and you're not having an attitude with them, it's okay to ask them why they are acting like that. There may be a possibility they don't realize that they're copying an attitude.

If the police officer comes up to your driver's window and seems to have an attitude right off the bat, could it be that you are doing over hundred miles an hour on the freeway? Maybe driving recklessly? These are a couple of the things that might have a police officer ticked off before he gets to the window of your car. They have seen the end results of bad driving habits. Just man or woman up and take it from there.

A few other things that may not be good for you. Petting somebody's dog. Playing with fire. Trying to pick up a snake. Failing to notice that there's NO toilet paper on the roll before you sit down in the bathroom. Forgetting to check to see if you have the keys before you lock the door. Telling your wife she looks nice, and later you go up to another woman and tell her she looks gorgeous. That is certainly not good for you.

This is all you have to do. Don't drink anything, don't eat anything, don't say anything, and don't go anywhere. That's what it seems like you have to do to be safe from everything that isn't good for you.

"That's Just the Way It Is!"

"TIME JOCKEY" - Manzanar

By Joe Castillo

Remembrance... On the eastern side of the Sierra Nevada's, with majestic Mount Whitney towering over the Owens Valley, are the remains of one of ten concentration camps established during World War II. The camp was named Manzanar and as part of Executive Order 9066, 10,000 persons of Japanese ancestry were interned at the relocation center located in the remote desert region near Independence, California. Most of the persons interned in the camp were American citizens. Starting in the spring of 1942 through November 21, 1945, Manzanar was home to loyal Americans who were incorrectly deemed a threat to the security of the United States.

Following the conclusion of the war, the camp was dismantled piece by piece, until nothing was left of the once armed prison camp which became home to Japanese-American citizens who did what they were ordered to do by the only government they knew. All that was left standing was the guard station, a sign located at the entrance of the camp and the community auditorium.

The sign read Manzanar War Relocation Center and stood as a reminder of what was once there with all other structural remains removed as if to erase the mistake which had once grown out of the desert.

For nearly 30 years, the only memory of Manzanar was in the minds of the Japanese-American who called Manzanar their home, who put up with the harsh summers, the bitter winters and a life of living in a commune style encampment which provided little privacy and less opportunity. In 1973, California dedicated the site as a historical landmark and inscribed on a bronze plaque the words 'May the injustice and humiliation suffered here as a result of hysteria, racism and economic exploitation never emerge again.' A small group of Japanese-Americans who had made Manzanar their home returned each year on a pilgrimage to remember the past and honor their memories. The pilgrimages grew larger and larger each year eventually reaching crowds of over 1,000 persons. The site was added to the National Register of Historic Places in 1985 and in 1992 the National Park Service acquired

the property and established the Manzanar National Historic Site. In 2004, the auditorium was restored and was turned into a visitor's center with over 2,500 guests attending the grand opening, most of which were the families of the Manzanar Japanese-American community which had over 3 years of their life interrupted by Executive Order 9066.

Today, a state-of-the-art interactive visitor's center and museum has been created with a theater, recordings, displays and authentic artifacts which reflect on life in Manzanar during World War II. The museum gives visitors an opportunity to experience what life was like living in the Manzanar War Relocation Center but it also gives everyone walking through the site an opportunity to learn about one of the greatest mistakes our country has ever made and help us to prevent the same mistake from happening again....

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.

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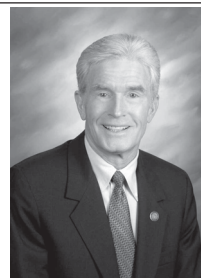
Because of the present Federal Reserve rate-tightening policy, the 2-year Treasury note yield (which is most sensitive to the fed funds rate) has been rising faster than the 10-year note yield (which is more sensitive to inflation and economic growth). That created a new cyclical low in the 2-10 spread of approximately one-half of a percent. That's a long way from the dreaded point where 2-year Treasuries have a temporarily higher yield than 10-year Treasuries - also known as an inverted yield curve - which has predicted every one of the last five recessions.

The fed funds futures market is now 98.4% certain that the next rate hike will be announced in June as per the CME Fed-Watch Tool. Another rate hike is expected in September while the probability of a fourth hike in 2018 has increased to 42.6% from last week's 29.3%, according to the same source. Last week's batch of Fed speakers underscored the Fed's hawkish stance, boosting rate hike expectations even further.

I believe the 2/10 spread will stay positive and not invert for the simple fact that inflation is picking up. The gauge of inflation expectations recently was 19 bps below a three-year high notched in early February. The recent rally in energy prices will most likely push this gauge higher, resulting in at least maintaining the 2/10 spread.

As far as the Fed raising key interest rates at its June 13 FOMC meeting, the probability is rising, since intermediate Treasury yields between 2-year and 5-year notes have risen significantly. But, the Fed does not

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

want to invert the yield curve, since it would be devastating to the banks they regulate. However, if market rates and inflation pressures continue to rise, the Fed will likely feel forced to raise rates 0.25% in mid-June. (That should not invert the yield curve).

A related subject (when it comes to interest rates) is the recent scare regarding the possibility of a trade war. Any kind of real trade war - not the threat of a trade war that we have seen recently - has the potential to cause a recession in the U.S. and in China at the same time. A real and prolonged trade war could cause a global recession as the U.S. and China are the #1 and #2 global economies. In the last global recession - the Great Recession of 2008-2009 - U.S. unemployment rose to 10%. The Smoot-Hawley Tariff Act of 1930 caused the biggest collapse of trade in the 20th century and is credited with turning a bad recession with 8% unemployment into the Great Depression with unemployment hitting 25% two years after it was enacted.

I don't think the President wants to turn his "Make America Great" slogan into "Make America Enter Another Great Depression," but he could do it if he is

not careful. As I have mentioned previously, the full name of the Smoot-Hawley Tariff Act reads pretty much like a general summary of the President's election-year promises: "An Act to provide revenue, to regulate commerce with foreign countries, to encourage the industries of the United States, to protect American labor, and for other purposes."

How the market reacts to mostly good economic news, against the crosswinds of geopolitics, is anyone's guess. However, if the fundamentals win out we should see the market trade higher even though it may happen in a more volatile fashion than is comfortable for the average investor. It's my view that the market generally held its ground in the face of a swath of negative events. Were the economy on shakier ground, these tests could have triggered a much deeper correction and a risk of recession.

U.S. companies are sitting on a record amount of cash and dividends are a popular use for that money, along with merger and acquisition activity and stock buy-backs. There is a sea change taking place. The global economic stimulus trade is in full swing and the return of cash flow to shareholders is at a record pace. This is why, in my opinion, the U.S. equity markets are set to extend the current rally well into 2019.

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

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

Small Businesses Receive Smart Funding From County

SMART Funding Encourages Growth During Small Business Week

LOS ANGELES COUNTY - The Community Development Commission/Housing Authority of the County of Los Angeles (CDC/HACoLA) celebrated Small Business Week, reaffirming its commitment to the growth and success of local businesses with its SMART Funding business loan program.

Since its launch last Fall, SMART Funding has provided loans to four local small businesses totaling \$775,000. The loan recipients include Ed Technology Funds, a technology-based company; Angeleno Wine Company, a Los Angeles-based wine production company; Teamwork Sales, a wholesale retail distributor; and Hong Kong Bakery, a family-owned deli and bakery.

"SMART Funding is a valuable resource available to small businesses that want to expand," said Monique King-Viehlend, Executive Director of the CDC/HACoLA. "With assistance from our skilled loan officers, small businesses can access capital that might not otherwise be available."

SMART Funding offers a variety of competitive loan programs created to assist small- and medium-sized businesses and promote business growth and expansion. "We wouldn't have been able to grow if it wasn't for the CDC/HACoLA and their interest in supporting small businesses in Los Angeles," said Amy Luftig Viste, co-owner of Angeleno Wine Company. The loan

provided the necessary funds to open a new facility in Los Angeles and hire two new employees. Learn more about how SMART Funding helped Angeleno Wine Company here.

Loans under SMART Funding are available to businesses across various industries including manufacturing, medical, restaurant, and professional services. Loan amounts can range from \$25,000 to \$1.5 million with flexible loan terms.

Businesses within Los Angeles County are encouraged to contact CDC/HACoLA to discuss the loan programs offered under SMART Funding. For additional information please visit smartfunding.biz, or call (626) 586-1856.

Avoid the Lines – Easy Ways to Renew Registration

DMV Reminds Customers of Alternative Services

SACRAMENTO - The California Department of Motor Vehicles (DMV) wants customers to avoid making an unnecessary trip to a field office to renew their vehicle registration when this simple transaction can be completed online, by mail, at a DMV Now Self-Service Terminal or at partner organizations.

Customers can always skip the line by using the DMV

Now Self-Service Terminal, which prints a new registration card and license plate tag on the spot. These convenient kiosks are available in 60 field offices and 40 retail locations.

AAA offices offer its members registration renewal services, and other Registration Service Business Partners can also process vehicle registration renewals and other DMV-related transactions for a small fee.

The DMV also offers many online services at www.dmv.ca.gov, which can save a trip to a DMV field office. A few of the convenient options include renewing a driver license and ID card, paying a registration suspension fee, completing a notice of transfer and release of liability, order personalized license plates and request a driver record.

Your Money - Ask Julia

Happy Mother's Day!

Think of ways you could make this a special day for someone. If you are a single mom, or it just seems that way because your spouse is serving in the military, set aside time to celebrate you. Consider those whose mom has passed, or a mom who has had a miscarriage or has had a child pass. What about doing something to touch the life of the lonely mom or grandma in a nursing home?

We are so tired of renting, and really want to buy. What do we do first?

Take an honest look at your finances and credit scores. Because there are different factors used for each, your 'Mortgage' credit scores are typically lower than your 'Consumer' credit scores. If you decide to pay off a credit card, do not close that account. It looks good if you are using not more than 30-percent of the credit available. If you haven't used a card for a while, use it, and pay it off when you get the bill. Do you have enough money saved for the down payment, property inspection, closing costs, tax and insurance reserves, and several months' payments? Do you have your tax returns for 2016 and 2017? Apply for, and get loan approval. (See below for a link to do a safe online mortgage application.) With so many different types of loans and rates, what you qualify for really depends on your finances and scores. There's almost nothing more frustrating than finding your dream home, but not being ready to make an offer because you don't have proof of loan approval. A pre-approval is vastly



Julia Yoder

different from a pre-qualification.

I'm 55. What are my options for accessing money in my IRA?

Although you must pay income taxes on these funds, the 10 percent early withdrawal penalty might be waived if you withdraw money from your traditional IRA or Roth IRA before age 59 1/2 for any of the following reasons: 1. First-time home purchase, 2. Post-secondary school expenses, 3. Payments of health insurance premiums if you have received unemployment compensation for at least 12 consecutive weeks, 4. Disability, 5. Death of the IRA account holder. You might also see if you qualify to take substantially equal payments over an IRS-determined period of years.

Is there a way for us to help our children pay the tax when inheriting our estate?

Couples who want to help protect their legacy from estate taxes often use life insurance. The life-insurance settlement (death benefit) is typically paid out income tax free, and can provide heirs with the finances to help with final expenses and estate tax-

es that exceed the prevailing exemption amount. Those who are savvy about life insurance also know that certain life insurance policies have living benefits, accessible as supplemental retirement income.

I'm in my mid-50's and have \$100,000 to put into some sort of investment. I'd like it to be safe and make the most interest. CDs are offering too low interest, and I don't want to risk putting it into mutual funds or the stock market. What would you suggest I do?

If you qualify, there are several safe avenues you could take with your money, including, but not limited to an IRA, an annuity, or life insurance with potential of a cash accumulation. Some annuities offer an upfront bonus, while others offer a potential increase in income when utilizing those funds. There are many choices, so it's a matter of figuring out which product is best to meet your needs. (Guarantees are based on the strength of individual insurance company.)

Ask Julia by email:
juliayoder@yahoo.com

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THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

Gasoline

Gasoline has been around for decades and the changes to the formulation have been incredible.

The basic refined crude is mostly the same. What makes each brand unique is the additives and detergents package mixed in. Regular fuel has less additives than the premium blend.

One of the biggest changes to gasoline is the introduction of ethanol. Ethanol has brought us lower emissions and a little better MPG, but it also has caused some new drivability issues. Most fuels started with a small amount of ethanol; now the base amount is 10%. As we randomly test fuel from the tanks we see as much as 30% ethanol.

What that means is the ethanol and the detergents added do

not work together! Ethanol washes the detergent away that is supposed to help stop carbon build up inside the engine. Type "engine carbon" into a browser and there are many articles to scan. The tough part for you, the driver, is you don't know it's happening until it gets bad.

Here are the symptoms of carbon build up:

- Drivability issues; engine not running smoothly or stalling
- Engine vibration or shaking
- Car jerking or surging at stops
- Check engine light may be on
- Cold start misfires

The cure is to be proactive by cleaning the fuel injectors and air intake system every 15,000 miles. For most drivers that is

once a year. This is great insurance to protect the investment you drive. Previous year cars did not have the carbon concern, so this will be something to be educated on. If ignored the cost to dis-assemble the engine to clean out the carbon is not pretty.

Cars, year 2000 and newer, have a different type of fuel system than previous years and 2010 and newer have gasoline direct injection (GDI) that is even more susceptible to carbon build up.

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

Hometown Service You Can Count On!

L.A. County Assessor Jeffrey Prang to Host Resource Seminar for Property and Business Owners

Over 300 property owners and real estate professionals to participate

MONROVIA - Los Angeles County Assessor Jeffrey Prang and elite staff from the Office of the Assessor will hold the second in a series of resource seminars for property and business owners across the County.

Sponsored by the City of Monrovia and hosted at Monrovia Community Center, this seminar is part of Assessor Prang's ongoing public awareness campaign aimed at educating residential and commercial property owners, as well as business owners, about the services

and tax-saving programs available through the Office of the Assessor.

The overwhelming interest in the first seminar and its high turnout prompted the Assessor's Office to organize the upcoming session in order to accommodate taxpayers who were unable to attend due to space constraints.

In addition to the City of Monrovia, event partners include Supervisors Hilda Solis and Kathryn Barger, the Cities of Arcadia and Duarte, area chambers of


commerce, associations of realtors, media outlets, the Chinese-American Elected Officials Association, the San Gabriel Valley Council of Governments, and the San Gabriel Valley Economic Partnership.

Assessor Resource Seminar is on Saturday, **May 12**, from 2:00 PM to 4:00 PM at the Monrovia Community Center, 119 West Palm Avenue, Monrovia.

Free on-site parking. No cost to attend. Light refreshments will be provided

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You find no fault in a person if there are limited expectations...

San Gabriel Unified Elementary Unity Fest Celebrates the Power of Music



Roosevelt Elementary second- and third-grade students showcase their dance skills during the third annual Music Immersion Experience Unity Fest on April 28.

SAN GABRIEL – More than 200 parents, students and community members cheered as Roosevelt Elementary second- and third-grade dance students showed off their moves to Taylor Swift's "Shake it Off" and clapped as rock band students jammed to The Beatles' "Come Together," complete with a guitar solo.

These energetic performances were highlights of the school's third annual Music Immersion Experience (MIE) Unity Fest, which transformed the quiet San

Gabriel Library into a music festival on April 28.

"I like music because it makes me confident and it helps me learn," said third-grader Maybellie Mendez, who performed a piano solo and Orff percussion piece. "It made me happy to perform because I love to play music and want to do it as much as I can."

MIE coordinator Samantha Theisen and staff created the MIE Unity Fest as a way to celebrate the importance of music with the community and highlight

the program's musical elective courses, including handbell choir, ukulele, show choir, Orff percussion, camera, guitar, drumline and Mariachi band.

"Music has the power to bring people together, and we wanted to give our community a reason to come together and celebrate," Theisen said. "Our students work hard every day to become better musicians, and we are excited we could share their talent and joy for music with the public."

Formed in 2015, the MIE program enhances overall student learning and achievement through music education. All students receive fundamental music lessons daily, and second-through fifth-grade students can also sign up for three additional elective courses that meet one to three times a week.

"Music is a vital part of our students' well rounded educational experience and we are thrilled to see our students thriving in the MIE program," SGUSD Superintendent Dr. John Pappalardo said. "Thank you to Roosevelt teachers, staff and parents for providing their students the opportunity to explore and celebrate their musical talents."

Two El Monte Union Seniors Receive \$20,000 Dell Foundation Scholarships

EL MONTE – Two South El Monte High School seniors who helped create the school's Freshman Mentoring Program have been selected as 2018 Dell Scholars by the Michael and Susan Dell Foundation, a prestigious honor that comes with a \$20,000 scholarship to help pay for their college education expenses.

As Dell Scholars, Sandra Amezcua Rocha – already a winner of a \$40,000 Edison Scholarship – and Miriam Benavides will each receive a \$20,000 scholarship over four years, a laptop and textbook credits. They will also have access to a support network of students, peer mentors and Dell staff, with services including confidential counseling, financial aid coaching and work-life solutions.

"Miriam and Sandra are close friends, outstanding students and campus leaders who are establishing a culture of high expectations through their work with the Freshman Mentoring Program," South El Monte High Principal Amy Avina said. "They are demonstrating that hard work and determination pay dividends when preparing for a college education, and their accomplishments are resonating with the freshmen."

"I am very happy for this opportunity," said Benavides, who plans to study nursing and work in the medical profession. "I always feel that I'm not smart enough or I don't have the right background, but this



South El Monte High School seniors Sandra Amezcua Rocha and Miriam Benavides were selected as 2018 Dell Scholars by the Michael and Susan Dell Foundation and will receive \$20,000 scholarships to help pay for their college educations.

has proven me wrong. I am capable of more and there are opportunities out there waiting for me. It's a possibility that I can achieve my dreams."

Now its third year, the Freshman Mentoring Program is designed to acclimate incoming students to the increased rigor and responsibilities of high school life, while establishing a plan for higher education. Mentors and freshmen are paired at the beginning of the school year, exchanging contact information and meeting regularly throughout the year.

As mentors, Benavides and Amezcua Rocha counsel incoming freshmen who have been identified as college-

bound, offering advice, recommending classes and making them aware of scholarship opportunities.

Benavides, who has a 4.0 GPA, is a caregiver for her mother and has volunteered at Beverly Hospital. Though she is not able to participate in many extracurricular activities due to her responsibilities at home, Benavides is active in California Scholarship Federation and South El Monte High's Emerald Jewel environmental club.

She is undecided on whether to attend Cal State University Los Angeles or Cal State Long Beach.

Amezcua Rocha credits attending the Leadership Enterprise for a Diverse America summer internship at Princeton University in 2017 for her knowledge of available scholarships. It was Amezcua Rocha who advised Benavides to apply for the Dell Scholarship.

She plans to study environmental engineering and is still undecided on whether to attend Stanford or Yale.

"I want to thank my teachers at South El Monte for believing in me, they have been inspiring mentors," Amezcua Rocha said. "I have been fortunate to have so many good friends at school and I hope they feel the same respect and affinity that I feel for them. I would like to take that with me to college."

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American Cancer Society and Glendora/San Dimas Lead the Fight for a World without Cancer through Relay for Life Event



GLENDORA - On Saturday, **May 19** the community will join together at the annual

Relay for Life of Glendora and San Dimas at the Louie Pompei Memorial Sports Park in Glendora

dora to help the American Cancer Society attack cancer from every angle. The event starts at 9:00a.m. and ends 9:00p.m.

Many musical performances will be at the event, including Sophie Thurston, IDK, Just-if-ied, Green-Lit, Hawaiian musician Michael Keale, Jordan Shahak & Crew, Tim Tedrow & Michael Kaye.

There will also be themed laps throughout the race and participants are encouraged to dress up. Those intending to join can still pick teams. Please bring props.

Lap Themes and Times- 9:30a.m.- Survivor/ Caregiver Lap

10:00 a.m.-Super Hero Lap- Dress up as your favorite superhero

11:00 a.m.-Birds of a Feather Relay Together

12:00 p.m.-Yankee Doodle went to Relay- Americana

1:00 p.m.-School Spirit Lap -Show off your school pride

2:00 p.m.-Community Spirit Lap - Represent your city/business

2:30 p.m.-Race to Recovery (Box Car Race)

3:00 p.m.-Purple Passion- Get your Purple on!

4:00 p.m.-Cruisin' toward a cure- Nautical

5:00 p.m.-3 Legged Lap

5:30 p.m.-Miss Relay- Gentlemen get your glamour on

6:00 p.m.-Favorite Holiday Lap- Dress up as your favorite holiday

7:00 p.m.-Pajama Party Lap-Get your jammies and slippers on

8:00 p.m.-Favorite Sports Team Lap

8:30 p.m. Luminaria Ceremony/ Finale Lap

Through the Relay for Life Event, we celebrate survivors, remember loved ones lost, and take action for lifesaving changes. The American Cancer Society is the cause fighting cancer on every front; standing shoulder to shoulder with cancer patients and those supporting them. Funds raised help the American Cancer Society attack cancer in dozens of ways, each of them critical to achieving a world without cancer- from developing breakthrough

therapies to building supportive communities, from providing empowering resources to deploying activists to raise awareness.

Together, we can beat our biggest rival. Join or donate to the Relay for Life Glendora/San Dimas. For more information or to donate visit www.relayforlife.org/Glendora or visit our Facebook page at <https://www.facebook.com/relayforlifeglendora>

Louie Pompei Memorial Sports Park is located at 1100 N. Valley Center Ave.

For more information, call Christy Cave (626) 524-8136, or email her at christycave@verizon.net

Baldwin Park Unified Graduation Ceremonies

BALDWIN PARK - Baldwin Park Unified's annual commencement programs will begin at 6 p.m. Thursday, **May 24** with a ceremony for the Baldwin Park Adult and Community Education program at Baldwin Park High School's Ted K. Gorrell Stadium, 3900 N. Puente Ave., Baldwin Park. North Park Continuation High School will hold its ceremony at 6:30 p.m. Wednesday, May 30 at the school's quad, 4600 Bogart Ave., Baldwin Park. On Thursday, May 31, Sierra Vista High School will hold its event at 5:15 p.m. at the school's Jack B. White Stadium, 3600 N. Frazier Ave., Baldwin Park, and Baldwin Park High School will follow at 7 p.m. at Gorrell Stadium.



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