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Ricardo García Becomes LA County's Public Defender

Ricardo García was sworn in as the 11th LA County Public Defender on October 3

LOS ANGELES COUNTY - Flanked by his family, Ricardo García was sworn in as the 11th LA County Public Defender after the Board of Supervisors spoke about García's many accomplishments.

The first family member to attend college, García received his Juris Doctorate in 1995 from the University of California, Berkeley. He began his legal career in 1995 with the San Diego Public Defender's Office. In 1998, he was recruited to the Alternate Public Defender's Office as the youngest attorney in that Office.

After more advancements, including supervising the Multiple Conflicts Office, García in 2013 represented Jorge Rojas, a.k.a. El Palillo, in San Diego's longest and most complicated death penalty trial. After a 15-month trial, the prosecution was unable to secure guilty verdicts on five of nine homicides and the defense team secured a life verdict. In 2015, García



Ricardo García was sworn in as the 11th LA County Public Defender by LA County Supervisors' Chair Sheila Kuehl on Oct. 3. He is LA County's first Latino Public Defender.

was awarded Trial Lawyer of the Year by the Criminal Defense Association of San Diego.

"He has shown throughout

his entire career that he is a very strong advocate, a zealous advocate, a person devoted to justice," Supervisor Chair Sheila Kuehl told the crowd of about 150 mostly Public Defender employees at the Board Hearing Room inside the Ken-

neth Hahn Hall of Administration on Oct. 3.

Supervisor Kathryn Barger and others thanked Interim Public Defender Nicole Davis Tinkham.

"While she — or I should

say we — faced fierce criticism by many for a lack of experience in the criminal defense arena, she has proven to be a strong and effective leader."

Kuehl said "the majesty of law" is something that's meant the most to her throughout most of her adult life.

"When you think of the majesty of law in America there is really no better example than the requirement that each person has a right to a defense when accused of a crime. That is why in my opinion the Public Defender's Office is one of the most important aspects of what the County does. And why I'm so very happy to welcome Ricardo García to lead this Office."

García told the crowd he was "excited to be your public defender."

"We have a core mission, we all know it. To be zealous advocates," García, LA County's first Latino Public Defender, told the crowd. "To treat our clients with dignity. To do our work with integrity. It's more than just our mission, it's a human mission."

All Class Glendora High School Reunion



Past students of Glendora High School met at Finkbner Park

By Jayam Rutnam

GLENDORA - The All Class Glendora High School Reunion was founded by Glen Pine 17 years ago and Glen remains the unofficial Chairman of the organizing committee. The Reunion was held at Finkbner Park on Cullen Avenue on Saturday the 6th of

October.

Almost two hundred past students of Glendora High School met with their old classmates to swap stories. The weather was beautiful at the park, with barbecued beef, drinks, live music and a raffle.

Some of those present were Dave Watt class of 1971, Gregg

Vieth 1981, Shelli Templeton Vieth 1983, Johnny and Lori McLachlan 1981, Cindy Russell 1979, Jim Fink 1966, Al Reza 1971, Randie Berman 1973, Bill Nichols 1971, Bill Donnelley 1971, Donna Brisio 1978, Matt Pruszynski 2001, Kathy and Chris Morey 1975.

Pursuit In Azusa Leads to Arrests

By George Ogden

AZUSA - A police pursuit led to the arrest of two gang members and a woman who interfered with officers in the pursuit.

On Friday, Oct. 6 just after 10:00 p.m. an Azusa Police Officer observed two vehicles in the 600 block of north Alameda. They were engaged in conversation however one vehicle sped away when the driver saw the officers. The officer attempted to pull over the vehicle and the pursuit started. The driver led officers on a pursuit through five cities in the San Gabriel Valley. Early in the pursuit, a man leaped from the vehicle and took off on foot. The man was apprehended and identified as 26-year-old Manuel Jimenez.

As the pursuit continued, it traveled on the 605 and 210 freeways. It also went through other cities including South El Monte, El Monte, Irwindale, Glendora and back to Azusa where it appeared to maybe run out of gas or it was close to the original destination they planned to go to in the first place. Both occupants gave up and surrendered to police. With the felony stop in progress, the police cautiously approached the vehicle to see if other people were inside. They could not see through the tinted window. Officers were in shock to find two little girls in the back seat of the vehicle.

The driver, 21-year-old Jose Magdaleno of Glendora, was arrested on a federal arrest warrant and was considered

armed and dangerous. He was also charged with felony evading and was additionally charged with child endangerment. Bail was set at \$1,000,000.00. He has been released from jail back in February of this year.

Manuel Jimenez was being held with a \$500,000.00 bail and charged with evading police and weapon-related charges as a firearm was found. It was found that Jimenez was released from jail back in April. He had been arrested on a felony warrant by the U.S. Marshall's, however, Gov. Brown declared that California was a Sanctuary State and he could not be processed for deportation and was released.

Both male suspects are said to be gang members.

Plymouth Elementary Hosts Second Annual Moon and Stars Night



Plymouth Elementary families observe the night sky through telescopes provided by the Old Town Sidewalk Astronomers during the second annual Moon and Stars Night.

MONROVIA - Plymouth Elementary families and students controlled Monrovia High robots, assembled LED circuit postcards from scratch, sampled sweet Chinese mooncakes and watched dual-language Mandarin students perform a classic Chinese tale during the school's second annual Moon and Stars Night on September 21.

This year's event combined science, technology, engineering, arts and mathematics (STEAM) activities with the Mid-Autumn Festival celebrations to represent the school's key programs in Mandarin and coding.

Fifth-grader Michael Pamintuan, who is involved in the Code to the Future program, said he enjoyed learning about a new culture by interacting with his peers and attending the school's event.

"I think it is interesting that the school has a program that teaches other people how to speak a different language," Michael said. "My favorite part of Code to the Future is learning about Minecraft coding because I find it fun and I get to experiment with the Minecraft

programming language."

Plymouth offers a Mandarin dual-immersion program for students in kindergarten through third grade, expanding to a higher grade each year until reaching fifth grade. The program teaches students to become bilingual in Mandarin, while developing an appreciation for Chinese culture.

Katrina Ho, who teaches kindergarten and first-grade dual immersion, was an organizer of the festival. She has two children in Plymouth's Mandarin program — one in second grade and one in kindergarten.

"We wanted them to learn a second language, and the fact that Plymouth offers coding and a second language was just amazing," Ho said. "My second-grader started in kindergarten and she has learned a lot. For her to understand and speak Mandarin and sing songs, it has been amazing."

Code to the Future, a leading creator of immersive computer science curricula, teaches foundational coding skills to students in kindergarten through fifth grade, introduc-

ing more advanced coding language and programs as students continue through each grade level.

"Monrovia Unified provides an educational foundation for our students to be prepared for careers in the greater community," Monrovia Unified President Terrence Williams said. "Thank you to Plymouth Elementary for organizing school events that bring together the community to showcase our students' talents and celebrate cultures."

City of Monrovia's Old Town Sidewalk Astronomers also set up telescopes for students and families to take a closer peek at the night sky.

"One of Monrovia Unified's top priorities is preparing our students to be successful in a multilingual and multicultural society, which includes the coding world," Superintendent Dr. Katherine Thorossian said. "Monrovia Unified offers opportunities for our elementary students to build on their foundational knowledge through middle and high school so that they can apply their skills in college and beyond."

Four Ideas For Health Care Planning In Retirement



You may be able to ensure better health for yourself and your family by selling your life insurance policy.

The Employee Benefit Research Institute estimates that a typical 65-year-old couple will spend a total of \$265,000 in health care costs over the remainder of their lives. This staggering amount of money has the potential to derail even the best-laid retirement plans.

Vanguard and Mercer recently developed a new framework, "Planning for Health Care Costs in Retirement," that identifies practical tips for forecasting your health care expenses. Here are four top ideas:

1. Personalize health care costs. Start by understanding how your health history and current health status will influence expenses. Even your geographic location, marital status and age at retirement will impact your forecasts.

2. Plan for long-term care. This is a tough one to assess because half of retirees won't even incur these costs, but on the other end of the spectrum, 15 percent of retirees will spend more than \$250,000. Consider potential long-term care options, such as unpaid care from family and less-expensive available facilities.

3. Create a hedge in your budget for other expenses. Research shows that retirement spending in virtually all categories other than health care tends to decline with age. By forecasting steady spending in other expense areas, you may create a buffer in your budget to deal with rising health care expenses.

4. Forecast costs in annual spending. There are so many variables involved in estimating health care costs in retirement that trying to plan around a total lifetime budget can be overwhelming. Experts recommend that you focus on annual spending plans instead, provided that you understand costs

will rise as you age.

For seniors who are struggling to find cash in their retirement budgets to offset unexpected health care expenses, it may be a good idea to take stock right now of all your assets. Many seniors are surprised to learn that one potential asset for generating immediate cash is a life insurance policy.

You should review your life insurance policy from time to time and determine whether or not it's still needed. A life insurance policy is considered your personal property, so you have the right to sell it anytime you like. When a consumer sells a policy—something called a "life settlement" transaction—the policy owner receives a cash payment and the

purchaser of the policy assumes all future premium payments, then receives the death benefit upon the death of the insured. Candidates for life settlements are typically aged 70 years or older, with a life insurance policy that has a death benefit of at least \$100,000.

If you own a life insurance policy you no longer need or can afford, you may be able to generate immediate cash to pay your health care expenses by selling that policy for immediate cash.

To learn more about life settlements, visit www.LISA.org or call the LISA office today at 888-921-3793. (NAPSI)

Saying 'Boo' To Cavities This Halloween: Preventive Tips And Tricks For Parents And Kids

Halloween can be a scary holiday for families. Not because of the haunted houses, ghosts and goblins, but because of tooth decay.

On average, between parties and trick-or-treating, kids consume three cups of sugar on October 31 alone, but even before that, the battle has already begun. Parents trick themselves into thinking that this sweet holiday is just one day, but the treats begin early in the month and continue long after the costumes are put away, and the sugar-laden Thanksgiving and Christmas holidays loom ahead.

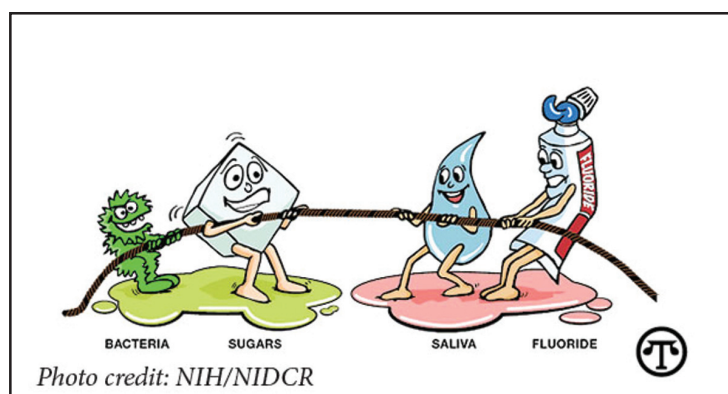
That's one reason October is National Dental Hygiene Month. Another is that while people generally have a brushing "routine," most don't really know how to take optimal care of their teeth. Now, that is frightening.

It's time to correct some myths about mouths:

Myth #1—Brush After Every Meal

Brushing right after meals, or after consuming sugar-sweetened drinks, can do more harm than good. Surprised? After you eat or drink sugars and starches, acids may be present on your teeth, attacking the enamel and causing them to soften. If you brush them before the enamel has time to reharden, the polishing compounds in your toothpaste can act as abrasives and actually damage your teeth. Tiny amounts of precious enamel are being sanded away forever if you brush too soon.

To make things worse, the pri-



Throughout the day, a tug-of-war takes place inside your mouth.

mary function of toothpaste is to deliver minerals to repair your enamel, and this remineralization is inhibited if your mouth is still acidic right after a meal or sweet beverage.

The American Dental Association (ADA) recommends waiting an hour before brushing to lower the risk of harming your enamel. Experts also recommend brushing with fluoride toothpaste 30 minutes before eating. This ensures that your enamel is strong and ready for the acid challenge of typical foods and sweetened drinks.

Myth #2—Fillings Are the Only Way to Treat Tooth Decay

The traditional approach is to "drill it and fill it." You're born with a limited amount of enamel and when it's lost, it's gone forever. Thankfully, new science-based research says preventive dental care can avoid painful fillings, crowns and root canals. Weakened enamel can repair itself with the right products and protocols, such as those found at NewEnamel.com, a new, prescription-based dental care system that helps remineralize teeth

to reverse early decay and lower the risk of future decay, when used correctly.

Myth #3—Sensitive Teeth Cannot Be Cured

Tooth sensitivity can be a sign of early tooth decay. Millions of Americans suffer from sensitive, painful teeth, purchasing various over-the-counter toothpastes seeking relief. These products often lack sufficient levels of necessary active ingredients and only mask the sensitivity. Prescription-strength dental care products, containing the optimal amounts of key minerals (calcium, phosphate and fluoride), can more effectively remineralize teeth, greatly reducing sensitivity.

"It's important to follow validated best practices to prevent tooth decay, and keep your enamel strong and healthy," advises Dr. Anthony T. Fernandez, DDS. NewEnamel is designed to reduce the risk factors that promote decay, and increase the protective factors that enhance repair to the surface of the tooth. The newly repaired enamel surface is often stronger than it was before treatment.

With some simple precautions and changes to your dental routine, you can help your teeth last a lifetime—and save yourself a lot of money and unnecessary visits to the dentist.

Learn More
For further facts about preventing, reducing and even reversing tooth decay, visit www.newenamel.com. (NAPSI)

DIY Halloween Tips to Save Money

Halloween may be the spookiest night of the year, but it's the prices for costumes and decorations that are scarier than any vampire (and they'll drain your wallet even faster).

This year, Americans plan to spend \$3.2 billion on Halloween costumes and \$2.7 billion on decorations, with the average person spending nearly \$87 on their costume alone, according to the National Retail Federation.

There are easy ways to save money and still enjoy this season's favorite holiday. And you can even use Halloween as an opportunity to put some extra cash in your pocket. Consider the following tips:

- Haunt your house for less. If you're planning a Halloween party, the cost of tables, chairs, decorations and music can really put your monthly budget in the grave. Instead of scraping together décor from a party store, use a local marketplace



app to seek out better deals and more interesting finds. For example, OfferUp, the nation's largest mobile marketplace, connects buyers and sellers securely. Use the app to score eclectic dinnerware and serving dishes to make your home feel like a haunted mansion. Plus, there's plenty of gently used spooky decorations to be found.

- Potluck your party. From candied apples to mummified cake pops, there's no shortage

of great Halloween recipe ideas out there. If you're hosting, save yourself the cost of feeding everybody by having your guests bring their favorite spooky dish.

- Clean out the ghosts of closets past. If your closet or garage is packed with boxes full of items from years gone by, Halloween may be the perfect time to sell stuff locally to creative costume hunters near you -- either by having a garage sale

or by using a local marketplace app. Your pastel windbreaker from 1985 could just be the missing piece for someone's jazzercise costume, and those old white ski pants could help outfit a Marshmallow Man.

- DIY costumes. You can skip the full-priced Halloween stores and get creative with the items you or your neighbors already have around the house. Search your closets and listings of nearby sellers to put together some fun, spooky costumes and give yourself the opportunity to let your imagination run wild.

With a little bit of planning and some crafty buying and selling in your neighborhood, you can go all out this Halloween without over-spending. Or, take all that extra cash you saved to buy the king-size candy bars for your trick-or-treaters and be the envy of the block. (StatePoint)



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Glendora Woman's Club Presents New Officers For 2018-19



Photo by Rose Myers

By Joan Hallidy

The Glendora Woman's Club co-presidents Joy Martau and Carolyn Cunningham, front row seated first and second from left, are pictured with this new board for 2018-19 following installation. Installing

officers for the special ceremony was Carol Gill, from row seated at right. Board members are, standing from left, Helen Storland, second vice president programs; Chris Ohmund, first vice president membership; Gloria Aparico,

philanthropy; Gilda Skinfill, record secretary; Connie Halbert, assisted treasurer; Sue Bauer, corresponding secretary; and Sue Falls, house chairman. Not pictured are Pam Drennan, parliamentarian; and Gisela Lopez, treasurer.

The Sky Lights Up With A Light Show, Thanks to SpaceX



SpaceX lights up the skies in Southern California

By George Ogden

WEST COVINA - SpaceX successfully deployed its latest satellite into orbit Sunday evening, October 7 from Vandenberg Air Force Base that lit up the skies in Southern California. The spectacular launch had advance warnings and still people called police wondering what the heck it was.

The launch with a Falcon 9

rocket sent two satellites for the Argentine Space Agency into space. This was the first time that a Falcon 9 first stage booster returned to the launch site and not to a barge offshore.

Those who knew what was happening were awe-struck by the display of the launch and the rocket separation.

This was also viewed live on

the internet with ground and on-board cameras.

The Air Force also warned in a statement the event would cause up to three sonic booms on re-entry.

SpaceX has successfully recovered 29 first stage boosters all at sea. This was the first on land. The booster can be ready to be used again in 24 hours.

Fruit Tree Planting Ceremony Bolsters El Monte Union's 'Go Green' Initiative

Trees will benefit Mountain View farm-to-table culinary arts program



Mountain View High School students learn the proper tree-planting technique from Fruit Tree Planting Foundation chief arborist Rico Montenegro before planting 30 fruit trees donated by the Foundation during a special ceremony. More than a dozen hybrid varieties were planted, bolstering the school's National Wildlife Federation Eco-Schools designation.

EL MONTE - When Mountain View High School seniors Fatima Barajas and Alejandra Barboza created the school's Gardening Club, they envisioned a campus that would embrace sustainable living while providing comfort and shade for students and community members.

The pair had the opportunity to bring their vision to life on Sept. 26, when they participated in a tree planting ceremony in which more than 60 students wielded shovels and rakes to plant 30 fruit trees donated by the Fruit Tree Planting Foundation.

"This is very exciting. We started the club hoping to bring a community garden to Mountain View, and now we are a step closer," Barajas said. "We want to bring people together so they can get to know each other and socialize."

The fruit trees will contribute to the school's farm-to-table culinary arts, engineering and digital journalism career technical education activities, bolster the school's National Wildlife Federation Eco-Schools designation and expand the District's ongoing efforts to "Go Green" by creating a healthier, more sustainable environment in which to study, live and work.

Trees encompass a wide se-

lection of hybrid varieties, including common fruits like mango, peach, apple, pear, guava, cherry, plum, fig, pomegranate and avocado, and more exotic fruits like jujube and cherimoya. When ripe, the fruit will be incorporated into meals prepared by Mountain View's culinary arts students.

Fruit Tree Planting Foundation chief arborist Rico Montenegro spoke to the students about the importance of sustainable living and the benefits of planting trees in predominantly urban areas.

"When you drive through a community with a lot of trees, you can sense the pride of the city," said Montenegro, who demonstrated proper tree-planting techniques to the students. "Planting a tree is easy, and the positive impact on the environment is tremendous."

Parent Laurel Bryan recently moved with her family from Colorado to El Monte. Bryan's daughter, Zoey Stonestreet, is a Mountain View sophomore. When Bryan, who was active in the sustainable living movement in Colorado, heard about the tree planting, she picked up a shovel and volunteered to help.

"I love that Mountain View is educating students about learning to grow their own

food," Bryan said. "It's so vital for people to become self-sustainable. I'm very happy to see this event at Zoey's new school."

Through El Monte Union's "Go Green" initiative, the District has brought electric car charging stations to all of its comprehensive high schools and is installing solar panel carports at the majority of its campuses. The panels are expected to generate over 60 percent of the District's annual energy needs.

In 2015, El Monte Union was designated as a "Green Achiever" district by the California Department of Education, the highest honor in the CDE's Green Ribbon School program, and received the U.S. Department of Education's Green Ribbon District Sustainability award.

"Our students are passionate about making their city and the planet a better place to live, work and go to school," Mountain View High School Principal Jose Marquez said. "They understand the importance of being eco-friendly and have helped pushed the District to pursue partnerships with like-minded organizations like the Fruit Tree Planting Foundation, so that they can leave a lasting legacy."

San Gabriel Unified Elementary Promotes Kindness During 'Friendship Week'

SAN GABRIEL - Coolidge Elementary School students bonded over music and art as they decorated the school in colorful, positive messages during the school's inaugural Friendship Week, a series of campus activities that promoted kindness and celebrated diversity.

Friendship Week - held Oct. 1-5 - kickstarted National Bullying Prevention Month, which aims to educate students about bullying and build positive school climates.

"The idea for Friendship Week generated from one of our parents," Coolidge Principal William Wong said. "We saw it as an opportunity to celebrate differences while also making sure everyone on campus feels welcome and supported."

Students, teachers and parent volunteers painted "friendship rocks" - which featured messages of kindness and acceptance - that will be installed in a display on campus. Many teachers also decorated their classrooms with positive messages like "Kind people are my kind of people."

Coolidge also unveiled a friendship bench - built by Gabrielino High School wood



Coolidge Elementary students try out the school's new friendship bench, which provides students a quiet place to get to know one another and build friendships. The bench was unveiled October 3 as part of the school's inaugural Friendship Week.

shop students - near the playground. The bench, which includes a list of questions, jokes and stories for students to discuss, is intended to provide a space for students to reach out to one another and build friendships.

"This week, I learned how diverse our school is and that there are many new friends we can make here by just being kind to each other," Coolidge fifth-grader Jacey Nguay said. "I like that we have a friendship

bench now, because if someone is looking to make new friends, they can come here to do it."

The week's activities included an assembly on what to do if bullying occurs, a lunchtime drum circle and a schoolwide reading of "The Art of Making a Friend" by Julia Cook.

Friendship Week was planned by the school's parent volunteers and supported by the District's facilities, maintenance

and operations department, which volunteered time and resources to install the friendship bench and beautify the surrounding area.

"San Gabriel Unified is committed to ensuring the socioemotional well-being of all students," SGUSD Superintendent Dr. John Pappalardo said. "Thank you to Coolidge Elementary for finding creative and engaging ways to make students feel welcome and supported."

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Special Needs Pets: Can I Adopt a Heartworm-Positive Dog?



PHOTO SOURCE: (c) hedgehog94 / stock.adobe.com

Every year, an estimated 3.3 million dogs enter U.S. animal shelters, with roughly half that number subsequently adopted by pet owners. These include shelter dogs with special medical needs that can make them harder to place. Dogs with heartworm infection are a common example.

What is heartworm disease and how do dogs get it?

Heartworm disease is a serious disease spread by infected mosquitoes that is estimated to affect more than one million dogs, cats and ferrets in the U.S. The incidence of heartworm disease in shelter dogs is thought to be higher than in other dogs because stray and surrendered pets are less likely to have received prior veterinary care or to have been on routine heartworm prevention. Meanwhile, natural disasters like hurricanes -- which occur in areas of the country where heartworm rates are already high -- can lead to increased numbers of heartworm-positive pets needing adoption when flooding and pet displacement drive up infection numbers.

Not every aspiring pet owner is equipped to provide the extra care a special-needs pet requires; however, with proper

treatment, heartworm-positive pets can be excellent candidates for adoption. The American Heartworm Society (AHS) advises prospective adopters to obtain important information from veterinarians and shelter personnel when considering this step. Key points are understanding how heartworm infection is spread, how treatment works and what kind of care owners will be required to give dogs undergoing treatment.

What to know when adopting a heartworm-positive dog:

- Dogs with heartworm disease can be successfully treated and go on to live normal lives. However, treatment must be initiated as soon as possible to minimize permanent damage to the dog's heart and arteries.

- A dog with heartworm disease cannot directly infect another pet. Nevertheless, an infected, untreated dog can become a source of infection to other pets if it is bitten by a mosquito, so prompt treatment is needed.
- Heartworm treatment requires months of therapy and multiple medications administered under a veterinarian's care. Heartworm treatment can also be costly. Some shelters are able to cover all or some of

these costs prior to adoption, while others can't afford to do so. Dogs undergoing treatment also need to be kept on cage rest to minimize treatment complications.

- Dogs can become re-infected if they're not protected. The AHS recommends year-round heartworm prevention to all pets, as well as annual testing. Fortunately, heartworm prevention is affordable, effective and safe.

For more information on understanding heartworm disease in dogs, visit heartwormsociety.org.

While heartworm disease is a serious medical condition, compassionate owners who are willing to invest the necessary care and resources in treatment can enable heartworm-positive dogs to live full and happy lives. (StatePoint)

Transient Rescued from Wash in West Covina



Officer Boeman and other officers along with the West Covina Fire Dept. use a leash and rope to help secure a man caught in rushing water in the Walnut Creek Wash. (Photo WCFD)

By George Ogden

WEST COVINA - On Thursday, Oct. 4, just after midnight, West Covina's 9-1-1 operators received calls of someone yelling for help in the 3200 block of Pebblebrook Road near where the Walnut Creek Wash goes under the street where Holt and Garvey come together. Residents heard him screaming for help and called police.

When police officers and fire firefighters arrived in the area, they found a West Covina man in the flood control channel. He had jumped into the wash to retrieve a bicycle. He got trapped by rushing water when rain water was coming from the mountain area because of the

rains that evening.

According to reports, "When he entered, waters from the evening's rain began rushing through the wash, dragging the victim for a short distance until he grabbed onto the wall," Per Rudy Lopez with the West Covina police department.

Officers found the man in the wash, clinging to the wall and standing in over two feet of rushing, rising water. A full-out

fire department response was initiated for the rescue.

K-9 Officer Matt Bowman had responded. With him, he had a 40-foot tether (leash) for his K-9 partner REC. They lowered the leash to the man to tie himself to it so he would be secure.

The fire department initiated the rescue and pulled the unidentified man to safety. He was not injured.

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