

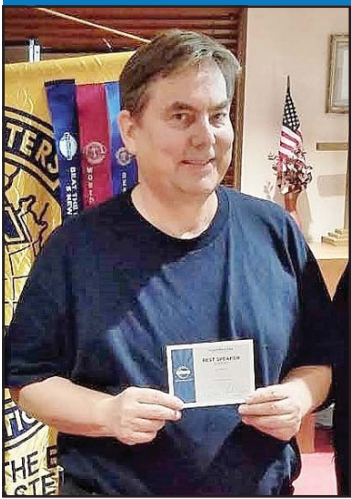


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# Azusa Rotary's Field Of Glory Holds Remembrance To 9-11 Tragedy

By Jorge V. Rosales

**AZUSA** - The Azusa Rotary Foundation and the Azusa Rotary Club, in conjunction with many valued partners, including the City of Azusa, presented for the third year, the inspirational and patriotic display of hundreds of U.S. Flags on the Azusa City Hall front lawn. It should be noted that this year the display took place in September and not November, as in the previous two years.

This year the flags were displayed from September 8th through the 11th in remembrance of 9/11 victims, survivors, and all of those who rose up in service in response to the victims of the New York Twin Towers attack. An opening ceremony was held on Saturday at 11:00 a.m. among the field of flags. Shade structures, chairs, and water were provided, along with patriotic and inspirational music prior to and during the ceremony.

There was a fundraiser pancake breakfast prior to the opening ceremony around the quad area of the fountain leading to the Azusa City Hall main entry, from 8:00-10:00 a.m. hosted by the Knights of Columbus at only \$5 per adult and \$3 per child. There were numerous exhibitors, such as Los Angeles County Sheriff, the San Dimas Mountain Rescue Team, U.S. Forest Service, the California National Guard and the L.A. County Fire Department,



Hundreds of American flags are lined up in front of Azusa City Hall as part of the Field of Glory Event Remembering 9/11 and Saluting Military Personnel and First Responder. In this picture flags surround the Veterans Memorial Monuments and in the background is the historical Azusa Civic Auditorium.

along with many of their vehicles displayed from 8:00 a.m. until noon.

Councilman Uriel Macias was the ceremony's Master of Ceremonies. After a few welcoming remarks, Macias called for the Presentation of Colors by APU's ROTC Color Guard, followed by the National Anthem beautifully sung Azusa Police Corporal Cherie Miller, daughter Kaelee Eads and sister Holly Marquez. The Invocation was delivered by Pastor Greg Benton of Canyon City Church. After the introduc-

tion of dignitaries present at the ceremony, he presented Azusa Mayor Joe Rocha to make a few remarks which focused his sadness due to the removal of the flag pole from the Wells Fargo rooftop by orders of their corporate office but emphasizing that "they couldn't take the flag from his heart." As always, Rocha also praised Veterans, active military personnel, and first responders-police and fire officers. Rocha presented Rae Jo Kearney, Field of Glory Co-Chair, a token of gratitude that resembled an open book with "God Bless America" on the left and "Gone But Not Forgotten on the right side.

There were four special guests and speakers during the ceremony U.S. Congresswoman Grace Napolitano and State Assemblywoman Blanca Rubio who praised the Rotary and the City of Azusa for the patriotic flag display and honor to the fallen, first responders, and veterans. Michael McDowell, Retired Major, USMC, who currently serves as the Executive Director for The Soldiers Project and Retired Command Sergeant Major Roosevelt J. Mitchell who currently works as the Senior Army

Instructor for La Puente high school and resides in Azusa. After the Special Guest Speakers there was a 21-gun salute by the Azusa VFW Post 8070 and remarks by Azusa Police Chief Steve Hunt.

The ceremony concluded with Recognition of Veterans, Active Military Members, and first responders, including: VFW Post 8070, Native American Veteran Association, 1-18th Cavalry Squadron of the California Army National Guard, Azusa Police Department, L.A. County Fire

Department-Azusa, U.S. Forest Service-Angelus National Forest, and San Dimas Mountain Rescue Team. After recognition of the Azusa Field of Glory Committee and their sponsors, the ceremony concluded by singing "Hallelujah."

Field of Glory Flags sold for \$40 each, plus flagpoles and ground stakes for an additional \$25. Flags, poles, and stakes could be claimed on September 12 when the Field of Glory was taken down. Personal sponsorships \$100 were accepted to provide additional funds to the non-profit organizations they support, such as Veterans Groups, Youth Leadership Programs, and non-profit organizations. To maximize their support to these groups, Business Sponsorships ranging from \$250 - \$5,000 were received.

Rotary personnel helped the donors personalize a tag that was attached to each flag listing the Donor, the Honoree, and if desired, some information about the Honoree. As a special touch, some flags contained personal photos of the honoree. Throughout the duration of the Field of Glory there was a staff person to assist visitors find individual flags, and the entire Field of Glory was illuminated at night in accordance with U.S. Flag display protocol with mobile light towers.

## El Monte Union Welcomes More than 8,000 Students for 2018-19 School Year



Link Crew leaders at South El Monte High School welcome incoming ninth graders during a freshman orientation program on Aug. 10 ahead of the first day of school.

**EL MONTE** - The El Monte Union High School District launched the 2018-19 school year welcoming nearly 1,200 teachers, staff and administrators and over 8,000 students across its schools.

But before students headed back to their campuses, the District kicked off the school year with its annual Opening of School program for staff at El Monte High School, where Superintendent Dr. Edward Zuniga reminded teachers why they matter and the importance they have in students' lives.

"The opening of school comes with excitement, a burst of new energy and another opportunity to make a difference in every student's life," Zuniga said. "It is up to us to use this influence to remove barriers, support students in their challenges and give them access to the knowledge and information that will prepare them to be successful in their future endeavors."

This year, El Monte Union is

welcoming nine new teachers and three administrators. The District also recognized its 2018-19 Teacher of the Year, Cesar Castellanos.

"We educate children, we care for them, nurture them, foster their learning and watch them grow," said Castellanos, an English teacher at South El Monte High School and a Rosemead High School alumnus. "It's part of our job. Your actions and the time you invest in students add up to shape an individual, their future and their trajectory."

During the program, 49 employees who have reached 25-, 30-, 35-, 40- or 45-year anniversary milestones in the District - a combined 1,380 years of service - were recognized.

The program, which included several student performances - was followed by a week of professional development training, during which teachers received personalized training in various subjects and collaborated with peers on best practices.

Prior to the start of school, EMUHSD schools welcomed approximately 2,162 freshmen for an orientation led by Link Crew leaders. Link Crew leaders will serve as mentors to the first-year students and provide them guidance, support and friendship. During orientation, students enjoyed the bands, drill teams and cheerleader performances, and learned about school policies, clubs and sports opportunities.

Students will have the opportunity to explore a number of career technical education programs, including the new Zoo Crew: Engineers Gone Wild!, award-winning Teacher Preparation Academy and new Early College Academy in partnership with Rio Hondo College.

"We wish the entire EMUHSD family an exciting and successful school year," Zuniga said. "We look forward to working together in achieving what we collectively want for students - college and career readiness."



Azusa Mayor Joe Rocha presents Rae Jo Kearney, Field of Glory Co-Chair, a token of gratitude that resembled an open book with "God Bless America" on the left and "Gone But Not Forgotten" on the right side, for the Field of Glory event remembering 9/11 and honoring military and first responder personnel.

## Board Of Supervisors Proclaim "September As National Preparedness Month" In Los Angeles County

**LOS ANGELES COUNTY** - On Tuesday, September 11, County of Los Angeles Supervisor Hilda Solis requested for the Board of Supervisors to join her in proclaiming "September as National Preparedness Month" (NPM) to encourage all County residents and businesses to be prepared and resilient when disaster strikes.

"Human-driven climate change, such as the devastating 2017 wildfires, and the recent 4.4 magnitude La Verne earthquake are ever present reminders for Angelenos of the importance of being prepared for disasters before they strike," said Supervisor Solis. "I encourage all Los Angeles County residents and businesses to learn and practice the four key steps of preparedness: Make a Plan, Keep Supplies, Stay Informed, and Get Involved. It is important to master these four preparedness steps so that you are empowered to help yourself, your fam-

ily and your community before first responders arrive."

For the past nine-plus years, the County of Los Angeles Chief Executive Office/Office of Emergency Management, various County Departments, municipalities, U.S. Department of Homeland Security Federal Emergency Management Agency and Ready.gov have teamed up in hosting and supporting Fall Season disaster preparedness events and activities including September as National Preparedness Month (NPM), Los Angeles County's Preparedness and Great Shake-Out. The main goal of these national preparedness campaigns is to educate, train and prepare residents, businesses, houses of worship, and whole communities for emergencies and disasters.

The County of Los Angeles will kick-off the two-month disaster preparedness campaign with NPM. This year's NPM theme is "Disasters Happen. Prepare Now. Learn How." For a complete list of 2018 NPM, Preparedness and Great Shake-Out events and activities in the County of Los Angeles, access <https://www.lacounty.gov/emergency>.

Also, residents, renters, and business owners, including persons with disabilities and others with access and functional needs, may call 211 LA County at any time for emergency preparedness information, and other referral services. The toll-free 2-1-1 number is available 24 hours a day and seven days a week. 211 LA County services can also be accessed online by visiting 211la.org.

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# What Parents Should Know About Their Child's Eye Health



photo source: (c) lalalulala / stock.adobe.com

Parents know that seeing clearly is important for their kid's success in the classroom, but many are not taking their child to get annual eye exams. This is a problem because many kids don't know what seeing clearly looks like.

According to a recent study by VSP Vision Care, the largest not-for-profit vision benefits provider in the U.S., and market research agency YouGov, eight-in-10 parents (83 percent) agree that a regular eye exam helps kids do their best in school, but four-in-10 (41 percent) wait until their child complains about their vision to schedule an eye exam.

Clear vision is not only important for academic performance, but also for sports and everyday tasks. That's why a comprehensive eye exam is so important for children. Early detection and treatment provide the opportunity to correct vision problems.

Here are some guidelines to ensure you're taking care of your child's eyes properly.

- Watch for signs that indicate a vision problem. Common signals include covering one eye, holding reading materials close to the face, a short attention span and complaining of headaches or other discomfort. Parents need to look for these signs, as many

kids, not knowing what seeing clearly looks like, won't complain.

- First eye exam should be done at six months of age. Most parents don't know that children should have their first eye exam when they're only six months old! This is particularly important, as experts say as much as 80 percent of learning is done visually.

- An eye exam can detect early signs of health issues like diabetes. More kids than ever before are developing type 2 diabetes in the U.S., according to the Centers for Disease Control and Prevention. An easy way to help detect early signs of diabetes in kids and better manage the condition is through annual comprehensive eye exams.

- Don't underestimate the importance of eye exams. Yearly trips to the eye doctor are as important as annual visits to pediatricians or dentists. Don't just assume all is well if your child is not squinting or complaining about his or her eyes. Because vision may change frequently

during childhood years, regular eye and vision care becomes even more important. Your child should receive a comprehensive eye exam every year, or more frequently if specific problems or risk factors exist or if recommended by your eye doctor.

- Eye protection during sports and outdoor activities. Playing sports is important for your child's overall development, however, thousands of children suffer sports-related eye injuries each year, nearly all of which could be prevented by using the proper protective eyewear. That is why it is essential that all children wear appropriate, protective eyewear whenever playing sports or when performing any outdoor activities, such as lawn mowing and trimming.

To find an eye doctor near you, visit VSP.com.

Taking care of your child's eyes while they are young will help them perform their best in and out of the classroom and will set them up for a lifetime of success. (StatePoint)

# Three Tips to Raise a Drug-Free Child



photo source: (c) daisy daisy / stock.adobe.com

By the time teens graduate from high school, about 45 percent will have tried marijuana, according to the National Institute on Drug Abuse. And while marijuana is one of the most used substances among teenagers, it is not the only one of concern today. The drug epidemic is an expansive and very real public health crisis and families are on the front line when it comes to getting prevention and recovery efforts underway. Here are three steps parents can take to help keep their kids safe.

1. Communicate. The best line of defense is an open relationship with your children that encourages a healthy dialogue about the dangers of drug use in terms they can understand. Paired with consequences that will resonate, like the taking away of freedoms and valued items, discussions should include talking openly about the effects of drugs like marijuana, heroin, cocaine and methamphetamine on a user's health and wellness. Be available and willing to listen to whatever your children have to say with-

out interrupting or losing your composure, ensuring a healthy conversation where they feel their voices are being heard.

2. Have a Plan and Offer Privileges and Incentives. In the home, prescription drugs such as opioids and stimulants should be locked away safely, accessible only to the person to whom they're prescribed. If those drugs are prescribed to your child, monitor use of the medication, and keep it stored in your bathroom rather than your child's.

Parents who suspect their child may be facing peer pressure or abusing drugs should consider using a home drug test. Sold at major retailers in the pharmacy section, First Check Home Drug Tests are a quick and accessible resource for parents concerned about their children's health. Over 99 percent accurate, these kits deliver results in five minutes, testing for the presence of up to 14 commonly abused drugs.

Your drug prevention plan may also include a system of rewards for passing home drug

tests, including car privileges and other tangible incentives.

3. Strategize Saying "No." Strategize with your children on how to say "no" when pressured to use drugs, while also reinforcing the "why." Reasons to say "no" can be anything from not wanting to harm one's grades, health or athletic potential, or even just the fact that you implement home drug testing. To that end, consider home drug testing as a way to take the pressure off your children, giving them an easy out in social situations where drugs are introduced, while saving face with peers. You can even give them a line to use on their friends, such as, "I can't, my parents are crazy and they drug test me!"

More tips to help raise drug-free kids can be found at notmykid.org.

Drug use is a challenging issue to navigate, but with a few preventative actions and an open discourse, you can foster a healthy, drug-free environment for your family. (StatePoint)

# Tips for an Active Outdoor Fall Season

Whether you're a sports enthusiast or a nature lover, you are likely going to be taking full advantage of the great fall weather by getting outdoors this season. Before heading out, consider the following tips to make the most of your time.

Get a Head Start  
Heading afar for your outdoor trek? Remember that leavers, weekend warriors and day trippers are all going to be out on those same roads with you, so get a good early morning start to take full advantage of the waning daylight hours. Depending on the length of your journey, you may want to pack some food and beverages for the car to avoid stops and get to your destination sooner.

Gear Up



Durable, water-resistant wearable tech can help you make the most of your experiences. Check out options like the outdoor watches from the Casio PRO TREK series. The latest addition, the WSD-F20A, features an activity tracker, compass, altimeter and more, and is powered by the Wear OS by Google operating system.

Tap into low-power GPS and full-color maps with navigation even when you're offline. Maps downloaded ahead of time can be accessed from anywhere to guide you on your adventures, supporting a wide range of outdoor and water activities, even in areas without cellular service. Featured apps include popular outdoor and

sports apps such as ViewRanger, Hole19, Fishbrain, as well as MyRadar, helping you track weather for better planning.

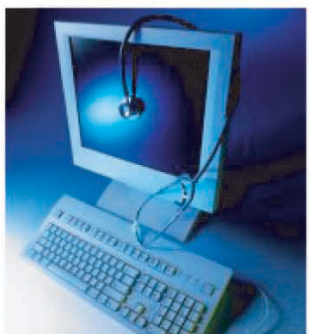
Treat it Like a Workout

Remember that active time spent outdoors is like any other workout. Hydration is key, as is a proper warm up and cool down. Be sure to do a dynamic stretch routine before getting started and long static stretches

before climbing back in the car. Stay fueled and encourage muscle repair with easy-to-pack foods that are nutritious, protein-rich and easy to digest, particularly if you plan to engage in any rigorous activity.

Don't let fall pass you by without getting outdoors to enjoy the season. A few simple strategies can help you make more of your time. (StatePoint)

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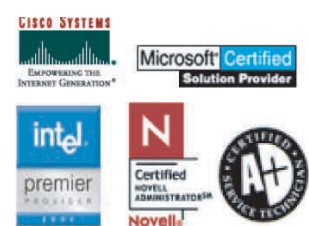
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# L.A. County Marks Progress In Efforts To End The Commercial Sexual Exploitation Of Children

LOS ANGELES COUNTY - Los Angeles County is making significant progress in its efforts to end the sexual exploitation of children through a range of tactics, including expansion of first-responder protocols to the region's largest police forces, targeting exploiters and buyers both on the streets and online, and expanding training to help County employees identify potential victims.

The progress was outlined in a new quarterly report was prepared for the Board of Supervisors by the Commercially Sexually Exploited Children Integrated Leadership Team, a task force with representatives from the Probation Department, Department of Children and Family Services, and Sheriff's Department. The report highlights progress made across four key areas:

- Expansion of First Responder Protocol: The County's First Responder Protocol—which guides law enforcement, County

agencies, and community partners on appropriate steps to take within the first 72 hours after they come into contact with a suspected victim—was fully expanded to include all Los Angeles Police Department, Long Beach Police Department and Los Angeles County Sheriff's Department jurisdictions as of July 31, 2018. Rather than criminalizing victims, they are now surrounded with life-saving services and support. Efforts to expand the protocol to the 45 independent police departments will begin in 2019.

- Rescued and recovered victims: Since the launch of the First Responder Protocol in August 2014, Los Angeles and Long Beach police and the Sheriff's Department have collectively helped rescue and recover 518 commercially sexually exploited youth in Los Angeles County, as of September 1, 2018.

- Holding exploiters and buyers accountable: Thanks to educational and preventative outreach, as well as advancements in

technology, the Sheriff's Department made headway in efforts to crack down on buyers and exploiters. During the second quarter of this year, 194 individuals were contacted by law enforcement after they established a sex-for-money agreement with an undercover decoy over the internet. In addition, the Department deployed a BOT system to communicate with 38 individuals who attempted to buy sex over the internet. The BOT informed the users that their phone number and information were captured by law enforcement. Through online and street-based stings, 49 males were arrested for soliciting sex—including nine who were seeking sex with a minor.

- Expansion of training resources: To put more eyes and ears in the community to identify possible trafficking victims, the County is training all 100,000 of its employees to identify warning signs. As of August 1, 2018, nearly 10,000 employees have completed the online training.

## Twelve Initiatives on November Ballot

GLENDORA - On Saturday, September 22, the 48th Assembly District Republican Central Committee (48th ADRCC) is joining with the Citrus Valley Board of Realtors in presenting the November 6th ballot initiatives. This is a non-partisan event open to all in our 48th communities and members of the Board of Realtors.

Do we know what those initiatives really say, really do and really cost? Our goal is to ensure we are all well-informed, knowledgeable voters casting ballots in the November 6th election!

All twelve, yes 12, of the initiatives on the ballot will be presented by Brad Jensen, Director of Public Policy for the San Gabriel Valley Economic Partnership. The Partnership Board includes business, local government, colleges and universities and non-profit organizations

committed to advancing the economic vitality and quality of life in the San Gabriel Valley.

Brad Jensen serves as the liaison with elected officials in the State Legislature, U.S. Congress and L.A. County Board of Supervisors, as well as, representing the Partnership with regional businesses and political coalitions.

Prior to joining the Partnership, Brad was a Research Associate at the Rose Institute, Claremont McKenna College working on polling research and economic impact analysis.

Please join us for a factual presentation of the initiatives on the November 6th ballot on Saturday, September 22nd at Citrus Valley Association of Realtors, 504 E Rte 66, Glendora at 9:00 a.m. RSVP lmsshade1043@gmail.com so they have enough coffee and chairs for all.

# County Launches "L.A. Found" Initiative Featuring New Tracking Technology To Help Find Those With Autism, Alzheimer's Or Dementia

L.A. County Sheriff's Department, L.A. County Workforce Development Aging and Community Services (WDACS) Partner with Project Lifesaver to Give Caregivers More Peace of Mind

LOS ANGELES COUNTY - LA County officials came together to launch "L.A. Found," a groundbreaking countywide initiative which aims to quickly locate individuals with autism, dementia, or Alzheimer's disease when they wander and go missing. It features a system of trackable bracelets that can be located using receivers carried in L.A. Sheriff's Department helicopters and designated ground units. To learn how to qualify for a bracelet, caregivers can visit [www.LAFound.com](http://www.LAFound.com).

L.A. Found is the culmination of community input and expert recommendations through the Bringing Our Loved Ones Home (BOLOH) Task Force, originally proposed through a motion authored by Los Angeles County Supervisor Janice Hahn and co-authored by Supervisor Kathryn Barger. In February 2018, the Los Angeles County Board of Supervisors unanimously approved a comprehensive set of strategies proposed by the BOLOH Task Force, including a countywide pilot program to provide trackable bracelets to County residents (now known as L.A. Found).

Wandering is a common problem associated with dementia, Alzheimer's, and autism. According to the Alzheimer's Association, 60% of people with de-

mentia will wander at some point while a study by the Interactive Autism Network found that 49% of children with autism will engage in wandering behavior. While the vast majority of these individuals are recovered, wandering cases can end in tragedy.

L.A. County has more than 177,000 residents with Alzheimer's disease. There's also a large population of people with autism and other developmental disorders that make them susceptible to wandering.

The L.A. Found initiative establishes a voluntary system of trackable bracelets, provided by the non-profit organization Project Lifesaver, for at-risk individuals. While the bracelet is not under constant monitoring, when an individual wearing a bracelet goes missing, caregivers call 9-1-1 and the police agency or sheriff's station will inform the Sheriff's Department Mental Evaluation Team who will deploy receivers to help locate the missing person. The Project Lifesaver bracelet uses radio frequency technology to transmit an electronic "chirping" signal to help rescuers locate the wearer.

Electronic handheld receivers are used to locate missing persons with the bracelets and are being used by law enforcement agencies across the country with great success. Weather permit-

ting, airborne searching improves the distance a signal can be detected using specially equipped sheriff's service helicopters in the event someone wearing the special bracelet is lost.

In order to qualify for the program, caregivers must first schedule a phone interview with either the Sheriff's Department or WDACS through the website at [www.LAFound.com](http://www.LAFound.com). Once an at-risk individual qualifies, the caregiver will be allowed to purchase and register the bracelet with the Sheriff's Department. The bracelets cost \$325, plus shipping and handling. There are leasing opportunities available through Project Lifesaver. There is currently a waiting list to be considered for a free bracelet. Call 1-833-569-7651 or email [LAFound@WDACS.LaCounty.Gov](mailto:LAFound@WDACS.LaCounty.Gov) to be placed on the waiting list.

"We want caregivers to know that the County is here for you. Through L.A. Found we are not only providing access to tracking bracelets, but collaborating with law enforcement agencies, municipalities and other partners to improve emergency coordination, while providing information and resources to support individuals caring for someone with Alzheimer's Disease, Dementia or Autism," said Cynthia D. Banks, WDACS Director.

# L.A. County Department Of Parks And Recreation Launches New Dynamic And More User-friendly Website

LOS ANGELES COUNTY - The Los Angeles County Department of Parks and Recreation has launched a new and improved world-class website that is dynamic, mobile and user friendly. The new website provides a wealth of information to the public in a way that is both easily accessible and aesthetically pleasing.

The development of the website was inclusive of parks managers and patrons alike, and it was developed to be relevant to all age groups. This collaborative effort resulted in a [Parks.lacounty.gov](http://Parks.lacounty.gov) website that stands out as an effective tool to finding parks, programs and all the details patrons need to plan their fun experience at 182 beautiful county parks!

"We encourage everyone to visit our website and see for themselves how much it has improved," said John Wicker, director of the Department of Parks and Recreation. "The new website is full of impressive features, and is an efficient way by which people of all ages can find out what we're offering in terms of parks, programming and events in their communities and countywide."

The new website boasts a user interface that is much more appealing, interactive and rich in multimedia. It represents all that the department has to offer residents of Los Angeles County and beyond.

Among other things, visitors to the new website can easily find a park, register for aquatic activi-

ties, read the department's eBrochure, find a trail, get caught up on park news and announcements, scope out events, and see what else is new as it relates to parks and recreation countywide!

"Developing this website was an amazing journey documenting and showcasing all of the great experiences we provide at our parks," said Mohammed Al Rawi, the department's Chief Information Officer.

"From a technology standpoint, this new website was implemented using the latest cutting-edge web technologies that will ensure a good user experience from any device, anywhere. This is a better representation of what the county's parks, trails and venues have to offer."

# Search Warrant Results in Surrender of Fighting Birds

LOS ANGELES COUNTY - The Department of Animal Care and Control along with Deputies from the COPS Bureau and Officers from SPCA-LA, served a search warrant on the 48000 block of 25th Street

East, Lancaster, Ca. The search resulted over 300 fighting birds along with a fighting ring used in the training of fighting cocks. All birds were surrendered to the Department. Because of serious public

health concerns and the aggressive nature of birds bred for fighting, all were euthanized. In situations like this, animal control and humane agencies take this preventative action to prevent the very serious risk of the spread of disease such as (a) Avian Flu, or (b) Exotic Newcastle's Disease. These are serious concerns that could have consequences that could impact the poultry industry as well as public health. This has occurred in 2003 when Exotic Newcastle Disease was found in fighting roosters brought into California from Mexico. Thousands of chickens in the state had to be euthanized to prevent devastation of the poultry industry.

This is an ongoing investigation, no arrests have been made at this time.

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- 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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# Time Candidates Got the Message So, We Have This President

The November 6th election is just around the corner with a lot of exchanges about the Gas Tax and how it was created. John Cox opposes the tax and Gavin Newsom supports it telling the San Francisco Chronicle the vote by Democrats and a small group of Republicans was a "profile in courage".

Assembly Member Melissa Melendez (R-Lake Elsinore) suggested it was far from courageous but rather an "arrangement" that should have been investigated by Attorney General, Javier Becerra. Writing legislation to provide a billion dollars of our tax money for "improvements" in legislative districts that change a representative's no vote to a yes vote certainly seems a little more than an "arrangement".

We know the 2/3 vote by the state legislators increasing the gas tax by 12 cents a gallon or 43% to \$3.40 a gallon in some areas, raising car registration fees and increasing the diesel fuel costs only creates more economic hardship for all our low and middle-class wage earners. Gubernatorial candidate John Cox blames Gov. Jerry Brown for the economic hardships the average citizens are suffering but also believes this state is in for more of the same if Gavin Newsom, his opponent for governor, is elected.

Los Angeles Times, September 7th, reported former State Assembly Speaker and Mayor of San Francisco, Willie Brown, (us old-timers surely remember that name) had told the paper eight of elite families of San Francisco had announced 20 years ago Gavin Newsom would be their candidate some day for Governor. They have backed him every step of the way with more than adequate funding to make sure that happens.

Homelessness is a condition that is flowing across almost every county and city in California these days accompanied with huge dollar signs that all hope will resolve the unsettling issue.



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

In San Francisco when Newsom was mayor, the reports indicate he spent about \$1.4 billion dollars on a program to eliminate homelessness. Part of that program was something called Homeward Bound that sent the homeless to other areas - back to where they came from and could be cared for by family or those who would accept the challenge. Can Newsom claim success on those projects and efforts? No, the numbers don't confirm success. And, certainly as Lt. Governor there is no indication any further effort was made and no successes have occurred.

When I elect someone to office I expect leadership and results in resolving some of the most difficult problems no matter what those problems are and without constantly reaching in my pocket to pay for another tax on gas, a tax on water, or whatever wasn't taxed yesterday. We don't have that leadership in this state right now and as a close follower and supporter of our termed out Governor Brown I don't expect Gavin Newsom to bring forth much of a change. Do we really like what we see happening and do we really want to support a continuation of what is happening?

Gov. Jerry Brown has given us SB 54, Sanctuary State law that forbids local law enforcement to cooperate with the federal government trying to enforce immigration laws. The current administration has provided a road map

to protect illegal immigrants and even those who do severe damage to citizens, even kill the innocent.

We have a state full of legislators who have supported early release of law breakers, reclassified serious felonies as misdemeanors and write "tickets" for those who steal less than \$950 dollars of merchandise even on a regular basis. Prisons are not on the priority list but antiquated technology called bullet trains are on the let's fund it list no matter the cost.

The Central Valley farmers are desperate for water to stay in business, provide us with food and continue to support a huge part of the state budget. Southern California residents and their business communities need water to maintain their lifestyles. How long will it take the leadership of this state to come to the table, negotiate out fair and reasonable terms and create a state water project that serves the whole state and bring resolution to the needs of all and do that on time and within budget?

I want to hear the candidates tell me they have a plan to provide home ownership at a fair price for all who chose home ownership; how they will raise the education standards and provide alternatives to college to allow all students to be successful and support themselves and their family; how they intend to bring law and order back to our communities and promise ... you do the crime, you do the time; and, give middle class families a reason to remain in this state; and, bring California back to the 5th largest economy in the world. Not 6th or 7th world economy but back to the 5th world economy.

This gas tax repeal is the first step we must take to communicate to the Sacramento elected hierarchy that we the citizens are serious and intend to put up with tax after tax no more. That's first on my list.

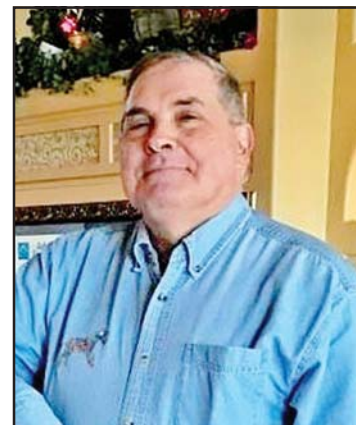
He is considered by many to be very unpopular. He won with a small percentage and there was a lot of fragmented support. Democrats across the board hate him, and some elitist Republicans in his own party, don't care for him either. Some celebrity actors have called for his assassination. Whole states want to secede from the Union in what is clearly a divided nation. He is not considered articulate. There are better debaters around. They sense a paranoia and there is lots of White House intrigue surrounding him. Some of the generals like him, but other generals are frustrated by what they perceive as incompetence. Many ridicule his appearance and don't find him statesmanlike.

He carries on, but some wonder how. And why? This clearly is a troubled and controversial President.

But in spite of it all, Abraham Lincoln is destined to be one of the greatest, if not the greatest, President we have ever had.

Were you fooled? Did you think it was a reference to another President. The similarities are numerous.

President Donald Trump is a man of many flaws, no doubt. But radio host and Conservative commentator Dennis Prager said it best. "Every person is a package." We all come as a package with good and bad. You can't be selec-



**Charles Lopresto**

tive about what you like and what you want to throw away. The package comes with all of it.

Prager also finds similarities with King David of the Old Testament. He had flaws that included womanizing, a lust for Bathsheba, and surprise, he built a wall to protect Israel. But the package that was David, regardless, was called upon by God to lead his people.

I refer to Dennis Prager one more time with his often said quote, "The best is the enemy of the better." In similar fashion, "The perfect is the enemy of the good." In life no one is perfect, and the moment we consider anybody perfect they no longer are required to strive to be better. Weakness can come from being unchallenged.

Once on the Fox program "The Five," the panel posed a question. Who was treated more poorly by the press, or the media? Was it

Donald Trump, or Barack Obama? In his typical unpredictable viewpoint, Greg Gutfeld had an answer that surprised the mostly Conservative panel. He said President Obama was treated more poorly. Obama's feet were never held to the fire. He was never pushed or questioned. His followers and the people in the media all accepted, without question, everything he did and said, because they admired him so much. Maybe too much. It made him weak, Gutfeld thought, because he was never challenged and never had to try hard.

Obviously Donald Trump's feet are held to the fire all the time. But unlike Trump, Obama's expectations were so high, he was considered the best, so he never got better.

He might not have been the best President, simply because he was never a better President.

History is filled with the flawed "packages" that achieved greatness. When Abraham Lincoln needed a commander to lead the Union forces, he settled, finally on Ulysses S. Grant, a sloppy, crude, politically incorrect drunk, who also happened to be a brilliant commander with a willingness to attack. Why him, the "experts" asked Lincoln. He said, "I can't spare the man, he fights."

So today, we have this President. Say what you want about him, but don't forget, "He fights."

## Expanded and Improved Medicare for All: Beware of Greeks Bearing Broccoli

by Marilyn M. Singleton, MD, JD

During the Supreme Court oral arguments in the challenge to the Affordable Care Act's mandate to purchase health insurance, people laughed when the late Justice Scalia asked whether the government could make you buy broccoli. Never happen? The laughable has become reality. A California bill awaiting the governor's signature forbids restaurants from serving any beverage other than water or unflavored milk with kiddie meals. As of yet, the meal's purchasers, unlike the restaurant, won't be fined for ordering another beverage for their child.

Shrugging off assertions that the ACA was about control, not care, President Obama quipped that his opponents acted like the ACA "was a Bolshevik plot." That supposedly ludicrous plot is embodied in a too-good-to-be-true congressional bill, H.R. 676, the "Expanded & Improved Medicare For All". Vote-seeking congresspersons have breathed new life into this 2003 creation. With no dollar amounts in sight, the bill gives the government a blank check to exert total control over our medical care.

H.R. 676 provides that all individuals residing in the United States showing up at the doctor's office are "presumed to be eligible" for benefits. The federal government will pay for unlimited "medically necessary" health expenses, including pharmaceuticals, mental health, substance abuse, vision, dental, hearing, and long-term care — with no deductibles or other cost-sharing. Unless a patient opts out, all interactions will be memorialized in a "standardized, confidential electronic patient record system." Yes, those same electronic records that have been hacked and are contributing to physician burnout.

Overseen by regional offices and the Presidentially appointed 15-member National Board of Universal Quality and Access, participating institutions will receive separate monthly fixed sums for capital expenses (e.g., buildings, improvements) and for operating expenses (including physician salaries). Non-salaried physicians can be paid based on a national fee schedule that is "fair and optimal" as decided by the government. Finally, each

geographic region would receive a single allotment to cover long-term care.

There are some restrictions. Only public or not-for-profit institutions may participate. Private physicians and clinics can exist but cannot be investor-owned. And to keep the patients on the reservation, private health insurers are prohibited from selling health insurance coverage that duplicates the government-sponsored benefits.

Ever magnanimous, the government will pay for "reasonable financial losses" resulting from the conversion from for-profit to nonprofit status through the sale of U.S. Treasury bonds, assuming we choose to buy them. Additionally, the government will compensate insurance and other relevant clerical, administrative, and billing personnel up to \$200,000 per person for losing their jobs.

Patients would have "free choice of participating physicians and other clinicians, hospitals, and inpatient care facilities." But under the business restrictions and capped payments, the better institutions and clinicians may choose not to participate, thus decreasing access.

There is a big bad wolf in this fairy tale. In 2016, the feds spent more than \$1.2 trillion on Medicare, Medicaid, and Children's Health Insurance Program (CHIP). Total national health expenditures by all government levels and private entities were \$3.3 trillion.

H.R. 676 provides funding from appropriations for federal public health care programs, including Medicare, Medicaid, and the Children's Health Insurance Program (CHIP); an unspecified increase on personal income taxes on the top 5 percent of income earners; a "modest and progressive" excise tax on payroll and self-employment income; a "modest" tax on unearned income, and a "small" tax on stock and bond transactions.

Fast forward to 2026, when the government predicts that the Medicare Hospital Insurance Trust fund will be depleted and total national health expenditures will be \$5.7 trillion. The federal government collected about \$100 billion in Medicare premiums and a total of \$3.32 trillion in taxes last year. Given the pro-

jected costs, no cost-sharing, and the \$2.4 trillion shortfall, the bill's "modest" tax increases will soon be obscene.

Not only will the benefits decrease as the money runs out, patients will see real world consequences of total control. For example, Oregon's Medicaid program wants to limit coverage for opiates for some chronic pain conditions and taper off patients who have been taking opioids long-term — even if they have no signs of addiction. Long-term care will be an easy target; the ACA's long-term care program was scuttled due to cost concerns. With current nursing home costs averaging \$7,500 per month, inevitably when the monthly allotment is depleted, hospice care becomes the medically necessary treatment.

Tell the sponsors of H.R. 676 that it's your money, your health, your privacy, your life. The government is neither our parent nor our benefactor. The government is not the middleman you want between you and your doctor. At a time when the movement toward innovative and personalized care is moving forward, care via government control is taking us backwards.

*Bio: Dr. Singleton is a board-certified anesthesiologist. She is also a Board-of-Directors member and President-elect of the Association of American Physicians and Surgeons (AAPS). She graduated from Stanford and earned her MD at UCSF Medical School. Dr. Singleton completed 2 years of Surgery residency at UCSF, then her Anesthesia residency at Harvard's Beth Israel Hospital. While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law. She interned at the National Health Law Project and practiced insurance and health law. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers.*

## Dealing With Grief, Part Two

This column is the continuation of the exploration of my grief resulting from the deaths of my two children, John and Carol. John, the youngest of three, at age seven was enrolled in the first grade in a Chicago public school. What he lacked in an interest in academics he made up with the moxie necessary to survive this very difficult situation. Looking back, it is safe to assume he had inherited a form of dyslexia from his father, and a will to persist from his mother. He was clever enough to keep just ahead of whatever was chasing him. Had it been a few years later he would probably have been given Ritalin or something else designed to temper his hyperactivity. But then we were destined to live with and enjoy his energy.

Sometime thereafter the children's mother and I ended our marriage. John was caught in the middle. But here was another place where his moxie paid off. He secured his own attorney ad litem, and in the final decree, custody was granted to me. Even so, his love for and commitment to his mother never wavered. My having custody largely rested on the fact that among my other activities I was a consultant to a school whose facility was a three-masted schooner. My salary consisted of a berth for John on the Oceanics, and he spent a year sailing the high seas.

His final high school year was me with me first in Evanston, Illinois, and then in St. Joseph, Missouri, where after a couple of years running a small educational agency in Chicago, I was now back in a pastorate. John now had salt



**Charles H. Bayer**

water in his veins, and he enrolled in a training academy for merchant seamen. Upon graduation he became an officer on a ship carrying liquid natural gas between the Persian Gulf and the South Pacific. It was a marvelous life for which he was both happy and well suited. Occasionally he would bounce back into town with sea stories and interesting gifts for each of us. He was so bouncy the other kids called him "Tigger." On one of the breaks, at age twenty-five, he was killed in the crash of a light plane. Had it not been for Wendy, I don't know how I could have gotten through the immediate grief.

Carol, the eldest child, was the most self-determined person of the three., her days were surrounded by fiercely-held personal decisions. When we moved from Alexandria to Chicago in 1967, the critical issue centered on her education. This sheltered little girl found herself at Kenwood High School, in the heart of Chicago's crime- and gang-driven south side.

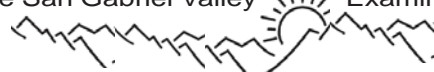
How she survived two years in that school remains a mystery. Somehow as soon as she could, Carol determined to take back her education. As a result, at 15 she discovered Chicago's

"School without walls." Instead of a dedicated building, the city of Chicago and its cultural opportunities defined the scope of that institution, but in less than a year she'd had enough of Chicago, and moved to Florida-- and then to Boston. Realizing the need to continue her education. Without graduating from high school, without her father's involvement, and without funds, she decided to attend Wheaton College, an exclusive women's institution in Norton, Mass. Not only was she enrolled, having appealed directly to the college's president, but in her junior year was elected to Phi Beta Kappa, and graduated the next Spring Summa cum Laude.

The following year she began medical school in New York City, specializing in psychiatry. She interned at Louisiana State University and led a practice in New Orleans until lung cancer snuffed out her life last year.

A decade ago I produced for the family, an autobiographical sketch I called LUCKY DUCK. While it was full of interesting facts about my almost nine decades, Wendy, my partner and wife, in her wisdom reminded me that while in its pages there were interesting details, there was little heart, passion, grief, evidence of an inner struggle or a confrontation with of "the dark night of the soul." That part of my life has been hard for me to face. But now the deaths of John and Carol have provided a way for me to confront what I have tried to wall out. Next week I'll take a closer look at my grief.

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



# Buy Now, Pay Later

It's all but a foregone conclusion that the Fed will raise short-term interest rates by a quarter-point at the next FOMC meeting in late September. The Fed Watch Target Rate Probability tool is currently showing a 96% probability of the Fed Funds rate moving up to 2.00%-2.25% at the September 26 meeting. However, that probability drops to a 62.1% chance of another hike at the December 19 FOMC meeting. There is even growing evidence that the Fed might find it harder to justify the December rate increase. And, it may be too soon to speculate on any rate hikes in 2019.

Recent numbers indicate that if the Fed does not act in December to raise rates, a 60.7% probability exists that they will be raised in January. However, if the auto and housing markets continue to show signs of further softening, the Fed could step to the sidelines after the September rate increase.

While many auto sales numbers may be down, especially headline 2018 domestic auto deliveries which have declined 12.7% versus 2017, that is just part of the auto industry story. Truck sales have been very strong during 2018, although July light duty truck deliveries were down slightly versus June. Through July 2018 total light truck sales (including up to one-ton pickups, SUV's and Vans) were up 9.1% versus 2017! That total USA delivery number in 7 months was for light trucks 6,815,458 units, as trucks continue to far outsell cars. Ford (the light truck market leader) is having another very good truck year, selling 1,292,336 light trucks through August (up 44,697 units versus 2017). Commercial class 4 through 8 truck deliveries in the USA (through July 2018) are up even more, increasing 16.9% versus 2017 to a total of 284,899 "big rides". All commercial truck manufactures also have higher than normal order backlogs, so medium plus heavy truck sales should continue strong for at least another year!

On the housing front there are several variables that together are negatively impacting recent data. The key takeaway from last week's July Existing Home Sales report is that supply constraints continue acting as a drag on overall sales. Lower inventory, high-

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



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

er mortgage interest rates, and higher prices on available inventory are crimping affordability, especially for first-time buyers. All prospective buyers are facing affordability pressures resulting from home prices increasing at a faster pace than income.

With that said, there are a couple of notable changes in the underlying trends. While supply is tight at 4.3 months, it is well up from March's 3.5 months' supply. Additionally, during this same time frame, the year-over-year median price increases have declined from 5.6% in March to 4.6% in July. This implies a positive trend and not some one-off or seasonal situation, as some economists have suggested. New Home Sales for July decreased by only 1.7%, led by a stunning -52.3% decline for the Northeast region. The July Building Permits report revealed that single-family housing starts rose just 0.9% to 862,000, a modest pace that reflects the headwinds builders are facing with higher costs for materials, labor, and land. Regardless of the fact that there is an affordable housing shortage, especially for first-time home buyers, builders are not stepping up the pace of permits to build low-cost housing. The profit margins just aren't there to offset the aforementioned rising costs.

Even while auto and home sales softened, retail sales (ex-auto) rose 0.6% in July, implying that spending on small ticket items is robust. The Thomson Reuters Same Store Sales Index is now looking at 3.3% Q2 2018 growth, up from 1.2% in Q2 2017. All sectors are expected to post stronger comps this year.

So, if wage growth is not explosive yet, and the cost of housing, medical, travel, entertainment, education, elder care, food, and gas is up across the board year-over-year, what accounts for the rise in discretionary spending? Answer: Credit card debt

soared to an all-time record high of about \$1.04 trillion in June.

The benefits of tax reform are clearly seen in the rise of the U.S. stock market averages, but newfound optimism has also spurred consumers to spend more. The percentage of U.S. households revolving their credit card debt from month to month has been rising recently to 38% in 2018 after steadily falling from 41% since 2010, while delinquencies are starting to rise (primarily among the small community banks, according to the National Foundation for Credit Counseling). Add in record student loans of \$1.5 trillion and record auto loans owed of over \$1.1 trillion and it gets the Fed's attention. I leave out the \$15 trillion in mortgage debt outstanding because, barring a very unlikely repeat of 2008, real estate is an appreciating asset.

Americans are in a borrowing mood, and their total tab for consumer debt could reach a record \$4 trillion by the end of 2018, according to Lending Tree, which analyzed data from the Federal Reserve on non-mortgage debts, including credit cards, auto, personal, and student loans. Americans owe more than 26% of their annual income to these forms of debt, up from 22% in 2010.

What this tells me is that these trends, while still manageable for consumers in the aggregate, should give the Fed pause in considering future rate hikes after September. A further pop in short-term rates could really move the needle in the cash outflow to household income ratio. But given what the data is showing us, the Fed is already repositioning from being hawkish to being more neutral.

If at any point after the September FOMC meeting the Fed signals a no-go on a December rate hike, U.S. stocks should rally and thus remain the center of global investing attention. And, if the market gets a real whiff of the Fed standing pat on any further rate hikes, dividend growth stocks should lead the year-end rally, with the retail sector not too far behind. Leave no doubt. America does love to shop.

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

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

# Your Money - Ask Julia

**Fires, Hurricanes, Flooding, Earthquakes, Mudslides, Tornadoes!**

Disasters happen. It is much, much better to be prepared for the worst while hoping for the best. There is an abundance of information on being physically prepared. Stocking up on food, water/beverages, lighting, medications, and toilet paper can be done methodically by buying a little each time you go grocery shopping. An emergency savings account and insurances can help you be more financially prepared. How prepared are you?

**We get contradicting answers to our questions from our CPA, our financial services guy, our mortgage guy, our insurance guy, and our attorney. They see the details from their viewpoint, but they don't see the big picture of us and our lives. Is there a way to get some simple, clear answers and put them into one neat package?**

More and more folks are longing for the clarity you are seeking. The very wealthy run their lives like a company; they hire a Controller to oversee every aspect of their finances. A few of us have set up our practices so that we can act as your "personal financial controller." We also network with carefully selected professionals, or work with yours. Above all else, your best interest is our top priority.

**My wife and I are looking for tax-advantaged investments that will also be tax-advan-**



**Julia Yoder**  
tagged for our beneficiaries. What do you offer?

There are three tax-free investments: municipal bonds, Roth IRAs, and permanent life insurance. Municipal bonds pay very little interest. Roth IRA's have income limits. Permanent life insurance is often the best place to save retirement dollars because it offers tax-free living benefits and tax-free money for beneficiaries. The second-best tax-advantaged place to save retirement dollars is in a fixed-indexed annuity. This type of annuity can offer bonuses, access to your money, and living benefits, as well as being tax-advantaged for your beneficiaries. Whether insurance or annuity, both carry guarantees, (based on the strength of the company), that you cannot lose the money you put in.

**How can I get a reverse mortgage, but not stick my daughter with a financial burden when I die?**

Buy a life insurance policy

that will pay off the reverse mortgage. (Due to some government regulations, it's best to get the life insurance policy first, and then get the reverse mortgage.)

**What's the difference between a Medicare HMO and a Medicare Supplement plan?**

Medicare HMO plans: 1. The HMO company takes over Medicare, 2. The customer has to get the approval of the HMO before having most procedures, and 3. The customer typically pays less per month than with a Medicare Supplement plan. Medicare Supplement plans: 1. the supplement helps pay what Medicare does not cover, 2. supplements do not change Medicare; they work with Medicare, 3. The customer can still use any provider who accepts Medicare, and 4. Supplement plans are more expensive than Medicare HMO plans because they do not control usage.

**Ask Julia by email:**  
[juliyoder@yahoo.com](mailto:juliyoder@yahoo.com)

This is your opportunity to simplify your life by having one professional working personally with you to coordinate your finances, investments, real estate, mortgage, insurance, retirement, and estate plans. CA Insurance 0C83859/RE Broker 01238153/NMLS 248681/Nat'l. Ethics Assoc. Home loan application: <https://blink.mortgage/app/signup/p/allsourcemortgage/juliyoder>. Accident-Medical-Dental discount plans: [CalStarBenefits.com/28485](http://CalStarBenefits.com/28485)

## What Lies Beneath: Uncovering the Buried Secrets of the Old Masters

**GLENDORA** - A painting's glory isn't always visible to the naked eye. Secrets about an artist's intentions and methods are often concealed, waiting to be discovered beneath the paint surface. Perhaps the artist changed the pose of the subject or painted out an element of the composition, but sometimes, more dramatically, a completely different picture can be revealed there!

Please join us on Monday, **October 1st**, at 6:30 PM in the Library's Bidwell Forum as we examine the techniques used by modern painting conservators to bring these hidden details to light. Covering a wide range of artists from the early Renaissance to the present day, this program will explore the fasci-

nating process of painting conservation and restoration, as well as the mysteries they reveal and the philosophical questions they pose, for example, can we learn what we truly value about works of art by understanding why and how we conserve them?

All attendees will be entered into a chance drawing to win a pair of guest passes to the Huntington Library, where they will have the opportunity to view a live restoration of Thomas Gainsborough's famous Blue Boy painting.

Jon Leaver is Professor of Art History at the University of La Verne, and editor for X-Tra journal of contemporary art. Born in the UK where he studied and began his teaching ca-

reer, he moved to California 15 years ago and fell in love with the richness of Los Angeles's cultural diversity. His research covers a wide range of art history and visual culture from nineteenth-century French painting to the contemporary art of Los Angeles. He has written extensively on the painter Édouard Manet, the art critic Charles Baudelaire, as well as subjects as diverse as the aesthetics of soccer and the history of World's Fairs and Expositions.

The Glendora Library is located at 140 S Glendora Ave. For more information on this or other programs, please call (626) 852-4891, or visit us at [www.glendoralibrary.org](http://www.glendoralibrary.org)



## THE CAR GURU

**WHAT YOU "AUTO" KNOW**

**By Gene Morrill - Certified Automotive Specialists**

## Did You Know?

- A little over 20 years ago, just 5,000 pages of technical information were needed to repair vehicles. Today's repairs require more than 1,500,000 pages! Each year, some 125,000 new pages are required.

- A well-maintained vehicle can last well over 200,000 miles!

- Federal Law prohibits new car dealers from implying or denying warranty services because routine scheduled maintenance was performed at an independent repair facility. (Magnusen-Moss Act). Your newly purchased or leased vehicle does not have to return to the dealership for routine service.

- If you lease a car, you might want to read this! Lessee shall use each vehicle only in the manner for which it was designed and

intended, so as to subject it to normal wear and use. Lessee shall not modify or make alterations to the design of any vehicle, repaint or place any lettering, advertisement, accessories or insignias without prior written approval of Lessor. Lessee shall maintain each vehicle in good operating condition and working order, using as a guide the maintenance program described in the Owner's Manual supplied by the manufacturer of such vehicle, and unless otherwise provided in the Order, Lessee shall perform all preventive maintenance required by the manufacturer (including, but not limited to, any service adjustments or inspections required by the manufacturer or Lessor) to insure full validation of the manufacturer's war-

ranty. All repairs and maintenance must be performed by a duly authorized repair facility, using original manufacturer equipment or equivalent quality parts. Failure to perform all required preventive maintenance, and provide such records to dealer upon request, may result in additional charges assessed against the Lessee upon the vehicle's return.

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## California Department of Tax and Fee Administration Presents Free Nonprofit Tax Seminar in Arcadia

**ARCADIA** - The California Department of Tax and Fee Administration (CDTFA), in cooperation with the Arcadia Public Library, will host a free seminar for nonprofit and exempt organizations on Thursday, **September 20** in Arcadia. Local nonprofit leaders and tax practitioners are encouraged to attend and learn how state tax laws apply to the operation of their organiza-

tions.

Representatives from the CDTFA, Franchise Tax Board, Employment Development Department, Department of Justice, and the Los Angeles County Assessor's Office will be on hand to offer assistance regarding basic sales and use tax for nonprofits, compliance for exempt organizations, employment taxes for

nonprofits, regulation of charities and professional fundraisers, and property tax exemptions for nonprofits.

Continuing education credit (CE Credit) is given to enrolled agents, CPAs, and tax practitioners who qualify. You must stay all day to receive the three credits.

Tax Seminar for Nonprofit and Exempt Organizations will be on Thursday, September 20, 8:30 a.m. to 1:00 p.m. (check-in begins at 8:00 a.m.) at the Arcadia Public Library, Cay Mortenson Auditorium, 20 West Duarte Road, Arcadia. Free parking available (permit required). Registration: Online at <http://www.cdtfa.ca.gov/seminar>. Persons requiring special assistance should call 1-626-480-7251.

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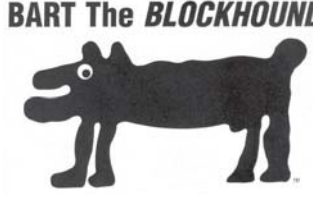
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**BART The BLOCKHOUND**



**believe me, the eyes in my back of my head are for you..**

# Around the Valley & Senior News

## AZUSA

### Volunteer Drivers Needed

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

### TOPS Meeting

TOPS (Take Off Pounds Sensibly) #950 Azusa has been serving the San Gabriel Valley since 1967 and has successfully supported and assisted men and women in their pursuit to lose weight. Through group support to start living the good life by eating healthy and doing exercise.

TOPS is a non-profit weight loss group which meets weekly every Thursday at 9:00AM to 11:00AM at Soldano Senior Village in their meeting room in Azusa. There is no obligation, all visitors are welcome.

For more information, call Norm Klemz, 626-967-8829

## ARCADIA

### Instructors Needed

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

### Arcadia Senior Card Club Looking For New Members

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

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

## BALDWIN PARK

### McNeill Fitness Program

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

## COVINA

### BUNCO!

The City of Covina Parks & Recreation Department is hosting BUNCO at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on the 2nd and 4th Thursday of each month, 1-3 p.m. The cost is \$2. For more information, call (626) 384-5380.

### Senior Lunch Program

The City of Covina Parks & Recreation Department hosts a

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

### Indoor Chair Beach Volleyball

The City of Covina Parks & Recreation Department hosts "Indoor Chair Beach Volleyball" at the Covina Senior Center (Temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Thursdays, 1:30-2:30 p.m. For more information, call (626) 384-5380.

### Free Ice Cream Social! (Ages 50+)

The City of Covina Parks & Recreation Department, along with co-sponsor AGA, inc. is hosting Free Ice Cream Social at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina) on Friday, August 3 at 12:30 p.m. For more information, call (626) 384-5380.

## DUARTE

### Meals on Wheels

Eligible seniors can receive a hot lunch and cold dinner plate delivered each weekday, or seven frozen meals delivered once a week by YWCA Intervale Senior Services. For more information, please contact the Duarte Senior Center at 357-3513 or Intervale at (626) 214-9465.

### Hot Lunches at Senior Center

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

### Alzheimer's Safe Return Registration

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

### Volunteering Does Your Heart Good!

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

## GLENDORA

### Drawing Classes

Drawing is the basis of all arts. Anyone can learn how to draw because it is a skill. Artistic talent is not necessary, only a desire to learn! Explore line quality through the study of master drawings as well as negative space, proportion, chiaroscuro, composition, and perspective. Or take your drawing skills to the next level! Draw on a larger scale by trying different mediums and paper.

Fee: \$100\* for the session. A supply list will be given to you on the first day of class. Thursdays, Sept 6 to Oct 11, 2018, 6:00pm - 8:00pm

Register online at [www.cityofglendora.org/register](http://www.cityofglendora.org/register) or in person at the La Fetra Cen-

ter.

### Alzheimer's Peer Support Group

Caring for a loved one with Alzheimer's can be frustrating, challenging, and sometimes distressful. This peer support group is designed to share experiences, coping strategies, information, and ideas with each other, and to offer understanding and encouragement to one another. We meet the **2nd Thursday of each month** from 6:30-8:30 pm at Glenkirk Church, 1700 Palopinto Ave., Glendora, in Room #11. We caregivers look forward to lifting each other up as we journey through this season of life. For more info, visit [glenkirkchurch.org](http://glenkirkchurch.org) or call Glenkirk's church office at (626) 914-4833.

### Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers re-learning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. Lunch is available (\$3 senior lunch or \$2.75 deli sandwich). For more information, please call Sonia Schupbach at (626) 963-6186. The program is **Wednesdays** 9:00 a.m.-3:00 p.m. Co-sponsored by The After Stroke Center and the Glendora Community Services Department.

### Cars 4 the Community

Glendora Rotary has a new and exciting vehicle donation program, called Cars 4 the Community. We are asking for your old car, boat, motorcycle or RV, running or not, be donated and receive a 100% tax deduction for the proceeds.

This program helps our schools, community, country and the world. Call 626-963-0814 for more information.

### Instructors Needed At The La Fetra Center

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

## LA VERNE

### Get About Transportation

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

To Register: (909) 621-9900. To Schedule a ride: (909) 596-5964. For more information, contact Abby Nuyda at 909.621.9900, Extension 228.

## MONROVIA

### Senior Blood

## Church Installs New Pastor

**WEST COVINA** - New Beginning Christian Fellowship Church will install her new Pastor, Rev. Stanley Evans, on **September 23, 2018**. The service will be held at the Church located at 114 S. Glendora Avenue in West Covina at 3:00 P.M. Pastor Stanley recently was the Assistant Pastor at the Second Baptist Church in Los Angeles. His objective is to teach the Word of God and win souls to Christ. He

### Pressure Screenings

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

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

### Caring Crafters

If you have an interest in knitting, crocheting and hand work or would like to learn, join us at the Monrovia Community Center **every Wednesday**. The Friendly Crafters is a social group that meets every Wednesday from 12:00 p.m. to 3:00 p.m. and is designed to foster friendships and provide social opportunities while crocheting and knitting. The group always welcomes new participants to teach and share new ideas! This free program is offered to all Seniors and Active Adults! Crafters meet every Wednesday from 12:00 p.m. - 3:00 p.m. at the Monrovia Community Center.

### Senior Stretch & Exercise Class

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

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

## SAN DIMAS

### San Dimas

### Toastmasters Club

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

## WEST COVINA

### TOPS Meeting

TOPS (Take Pounds Off Sensibly) meets **every Thursday** at 6 pm at the West Covina Senior Center, 2501 E. Cortez St in the classroom building. The weight loss group seeks members who wish to lose weight and maintain a healthy lifestyle. Meetings last

until about 7:30 and the first meeting is free. Visitors are always welcome. Come for support with your weight loss journey. You can do it! For more information, contact Erika Hernandez 626-384-0502 or email: [ehernandez57@aol.com](mailto:ehernandez57@aol.com)

### Go West Shuttle Service

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

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

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

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

### Senior Lunch

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

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

## Annual Rosemead Moon Festival, September 15

**ROSEMEAD** - Singpoli GM Media hosts the Rosemead 5th Annual Moon Festival on **Sept. 15** from 3:30-11 p.m.

Admission is free. The festival promises an unforgettable night of special entertainment with family and friends on Valley Boulevard. The Moon Festival will feature more than 110 food and merchandise vendors, along with exciting performances and other entertainment.

"The Mid-Autumn Festival is the second most important holiday in Asian culture after Lunar

New Year," said organizer Heidi Lau. "Every year, when the festival comes, Chinese from around the world return home for family reunions."

Among those performing at the Rosemead festival will be the skilled martial arts experts from the Shaolin Kung Fu Temple, dancers and other entertainers.

The event will take place on Valley Boulevard, which will shut down from Walnut Grove to Ivar avenues for the family-oriented multi-cultural festival.

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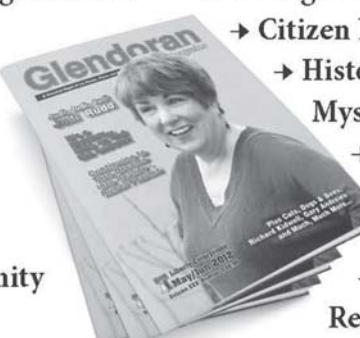
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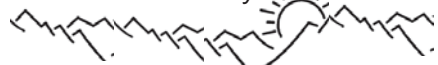
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# Report: College is Worth the Cost, But Planning is Key

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Despite rising college costs, a clear majority of families believe higher education is well-worth the investment, and most students and parents are willing to stretch themselves financially to make it happen, according to a new study.

The national study from Sallie Mae and Ipsos, "How America Values College 2018," found that 66 percent of college-going families believe they are getting a good value for the price they're paying for college, and 20 percent say college is worth every penny.

Even those willing to stretch financially are taking deliberate, resourceful and concrete steps to make college more affordable. Forty-five percent of college students are working year-round to earn money for school, and 37 percent of students live at home with parents or relatives to save on housing costs.

"Families resoundingly shared that college is worth the cost, and their resourcefulness made it more affordable," says Raymond J. Quinlan, chairman and CEO, Sallie Mae

Other ways students are saving on college costs? Sixty-seven percent of students are cutting back their spending, and 24 percent are taking classes over a shorter period of time in order to graduate sooner and reduce costs.

While many families are making such significant strides to prepare for college costs and save money, Quinlan points out that there's still work to do when it comes to equipping more families with tools and information needed to create a plan to pay for college.

Planning, and ultimately paying for college also involves terms and jargon that may leave

many scratching their heads. Indeed, when asked a series of true or false questions about certain paying-for-college terminology, lingering misconceptions persisted: 42 percent of families mistakenly believe work-study funds are automatic, more than 20 percent believe "free tuition" means college is free and 19 percent believe the sticker price is what college will cost them.

Have questions about college costs, financial aid, scholarships and more? Access free resources and tips at SallieMae.com. To view the complete report, visit [SallieMae.com/AmericaValuesCollege](http://SallieMae.com/AmericaValuesCollege).

For many families, attending college is a vital aspect of fulfilling the American Dream. Ensure your family is prepared for the expense by researching and understanding all your options. (StatePoint)

# Professor Earns Best Speech Honors at Toastmasters

**SAN DIMAS** - A Cal Poly Pomona professor earned "best speech" honors talking about his first-time home-buying experience. Jon Phillips gave a speech at "Toast to the Best" Toastmasters Club 5880 meeting on Sept. 6 on how he was able to buy a Pomona home for his family through a university program. "Having a home roots you in the community," Phillips said. "We very much enjoy our home. It's the right size for our family."

Also giving speeches at the meeting were club President Rich Watson and Eric Wild, whose membership in Toastmasters also was approved at the meeting.

Lisa Wright, a guest from another club, earned best evaluator of the meeting for her review of Eric Wild's speech.

Kathy Grisham was named the best table topics speaker for recounting a childhood accident that occurred when she was reading a book while riding her bicycle. The table topics section of the meeting challenges members to give impromptu speeches.

Wright also presented Art Douglas, the club's vice president of education, with awards for his work helping to educate clubs in the area about Toastmaster's new Pathways training program during the past year.

The meeting also was the first where two members at-



The award winners at the Sept. 6 meeting of "Toast to the Best" Toastmasters Club 5880 in San Dimas: Kathy Grisham, best table topics speaker; Jon Phillips, best speaker; and Lisa Wright, best evaluator.

tended by video conference. The two members, Hannah Grisham and Xuling Wu Gerbl, served as table topics master and Toastmaster of the Day, respectively, for the meeting.

The club's next meeting is Sept. 20. The club is open to all who are interested in improving their public speaking or leadership skills. The Toastmas-

ter club meets at 7 p.m., every first, third, and fifth Thursdays in the Parish Hall at Faith Lutheran Church, 505 E. Bonita Ave., San Dimas.

For more information, visit <http://5880.toastmastersclubs.org/>, email [info@toasttothebest.org](mailto:info@toasttothebest.org), or call 951-505-0555.

## Glendora Kiwanianes Membership Tea

**GLENDORA** - The Glendora Kiwanianes invite women in the community who want to support children, to attend a Membership Tea on Wednesday, **September 19**, from 5:30 to 7:30 at the Glendora United Methodist Church, 201 E. Bennett Avenue in Glendora.

A tea meal will be served at no cost and guests will hear about all of the programs the Glendora Kiwanianes sponsor throughout the year to help children and seniors in the community. The club was founded in 1984 and has been raising funds for scholarships for local students, grants for teach-

ers to bring art into the classroom, and holiday dinners for seniors. The club donated over \$20,000 to children's programs and community groups last year. The Kiwanianes are affiliated with Kiwanis International.

"This is a dynamic group of women who care about helping children and who raise funds in support of them while having fun," said Kiwanianes President Sherry Heinrich. For more information, call Pat at (626) 963-6179. There is no cost to attend but reservations are required by **September 17**.

# Walnut High Students Remember 9/11



Walnut High senior Ethan Lee places final American flag on 9/11 display on Monday afternoon.

**WALNUT** - Walnut High School students are making sure the school community pauses to remember the 9/11 tragedy.

Volunteers from several clubs on campus gathered Monday after school to place nearly 3,000 American flags on the front lawn.

In total, about 25 students representing Key Club, Na-

tional Honor Society, Armed Forces, United Med, and Walnut Politics joined the 8th annual project.

They created the 12-foot tall 9/11 and star with pentagon display with red, white, and blue patriotic markers in about an hour.

"It's a reminder of a tragic point in United States history," said senior Ethan Lee who



Walnut High School students create flag display to commemorate anniversary of 9/11 terrorist attacks.

spearheaded this year's display. "Each flag represents a life that was lost on 9/11."

"All of the kids doing this have no memory of the attacks," commented social studies teacher Brett Landis who has been overseeing the flag display that began in 2011 to commemorate the tenth anniversary of the terrorist attacks.

"I didn't know it would become an annual project," he added.

"I store the flags in my class and each year a different student steps forward to continue the tradition."

The flags will be on display at 400 N. Pierre Road in Walnut through the end of the school day on Tuesday.



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# San Gabriel Unified Elementary Students Receive Free Backpacks, School Supplies

**SAN GABRIEL** – Students from San Gabriel Unified's Roosevelt Elementary ended their first week of school with a surprise gift of 60 backpacks full of school supplies and extra classroom supplies from Copper Moose Fitness in Pasadena.

Copper Moose employees and San Gabriel Police officers helped students sift through backpacks emblazoned with superheroes, Disney characters, unicorns, emojis and lively patterns to find the perfect one.

"I want to get a mint blue Jansport backpack and fill it with all of my school supplies," Roosevelt fourth-grader Jaylynn Michel said. "I'm happy that they are going out of their way to provide backpacks to people who need them."

Gym owner Joseph Hawthorne and coach Byron Espinoza approached two of their members – Roosevelt teachers Lisa Durandette and Estella Villena – about doing a backpack drive for the gym's quarterly fundraiser.

"When I was growing up, finances were often scarce, so getting a new backpack wasn't always an option or priority," Espinoza said. "This project hits close to home for me. As a team, we felt that it would be a wonderful way for us to rally alongside local families and do something bigger than ourselves."

The gym reached out to community and gym members on social media to ask for backpack and school supply donations; in exchange, donors would receive 21 free days at the gym. Strong community response helped the gym gather



Roosevelt Elementary students show off their backpack selections during a backpack giveaway. Cooper Moose Fitness in Pasadena donated 60 backpacks to Roosevelt students.



Roosevelt Elementary students collect new school supplies donated by Copper Moose Fitness.

nearly 150 backpacks in total, surpassing its original goal of 40. The remaining backpacks will be donated to other local schools.

"We are always grateful to receive donations that support our students and families," Roosevelt Principal Cheryl Labanaro Wilson said. "It was exciting to see how Joseph and Byron's small gesture turned into a huge response of back-

packs and supplies from the community."

Students also received a variety of school supplies, including notebooks, scissors, colored pencils, crayons and erasers.

"We are incredibly grateful for the support that local businesses and community members provide to our students," SGUSD Superintendent Dr. John Pappalardo said. "Thank you to Copper Moose Fitness for helping ensure our students are prepared for the school year."

# Neighbors Helping Neighbors During Labor Day

*Azusa Mayor and Volunteers Help Clean Resident's Backyard*

**By Jorge V. Rosales**

**AZUSA** - Azusa Mayor Joe Rocha is a 72 year old senior who considers himself very fortunate for not having any physical handicaps, as a matter of fact he is on the go all day. He is very supportive of everyone but in particular of seniors, persons with disabilities and individuals who live by themselves and request of his assistance in cleaning their yards. Clean up assistance is performed under the Neighbors Helping Neighbors Program which is a branch of the Azusa Beautiful Committee.

On Monday, September 3, during the Labor Day Holiday, Mayor Rocha managed to gather a group of approximately 40 community volunteers and members of the Dhammakaya International Meditation Center to come out and help Mary Rietta-Ramirez clean up her huge backyard which was full of debris, enough to fill the back of two pick-up trucks, equivalent to a 6-cubic yard trash dumpster, remove weeds, trim grass areas, and start a vegetable garden. Thanks to Hector Carrillo for



In order to expedite the removal of debris from the back yard to a dumpster located in the street, volunteers of the Neighbors Helping Neighbors program make use of a wheelbarrow to take the debris to the dumpster.

providing the dumpster.

It took less than two hours to remove the debris from their backyard and clean up the backyard with many of the tools, shovels, hoes, and rakes. Ms. Rietta-Ramirez said that when she acquired the property it was already in that condition and that the task to clean it up by herself was overwhelming, that's why she sought Mayor Rocha's advice and that's when he decided to help her out by reaching out to the commu-

nity for help in the Neighbor To Neighbor program.

Ms. Rietta-Ramirez was very appreciative of the help she received and as a token of appreciation she provided lunch and refreshments for everyone, but unfortunately many of the volunteers had to leave to resume with their holiday plans, nevertheless everyone received a hug and a sign of appreciation from Mayor Rocha for "neighbors helping neighbors" in need.



It is well known in Azusa that when Mayor Rocha asks for volunteers, even on a holiday, the turnout is striking. On Labor Day a large group of community volunteers, including members of the Dhammakaya International Meditation Center came to help the backyard of a resident in need.

# Wellness Wave Health Fair

**ARCADIA** - Arcadia Senior Services in partnership with Methodist Hospital is having an annual Health Fair, "Catch the Wellness Wave". The Health Fair will take place on Friday, **September 21**, at the Arcadia Community Center, 365 Campus Drive. There will be information booths and health screenings from 9am to 12pm. You can schedule an appointment for a \$7 carotid artery screening by call-

ing Arcadia Senior Services 626.574.5130. Free screenings are: blood pressure, bone density, hearing, pulmonary function test, and more. There will be healthy food samples, vendors, giveaways and educational sessions including Dr. Rodrigo Rodriguez, Neurologist, speaking on, "Stroke, Alzheimer's and Dementia", from 12-1pm. You can purchase a box lunch the day of the health fair for \$2.

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