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ACCU Partners With Community College To Teach Financial Literacy Serving Foster Youth

GLENDORA – America's Christian Credit Union (ACCU), a faith-based financial institution headquartered in Glendora, CA, recently conducted a financial literacy workshop serving foster youth at Pasadena City College (PCC). In keeping with one of its key corporate priorities of building stronger futures, ACCU provided the students with basic financial knowledge.

Held at PCC's Foothill campus, the sessions covered topics such as balancing a checkbook, building a good credit score, setting financial goals, and budgeting. A dozen ACCU staff members volunteered their time on three consecutive Saturdays—July 13, 20, and 27.

Workshop presenter Rachel, an Accounting staff at ACCU, had personal reasons for her involvement. Having made financial mistakes in the past, Rachel felt she had something to contribute based on her own experience. She was also inspired by her mother, who had grown up in foster care. "When I told my mom what we were doing, she was really excited about it," recalls Rachel. "She said that as a foster kid you don't feel like you belong to yourself, and it's great that ACCU can come alongside and help



ACCU staff with PCC's STARS Advisor Theresa Reed, and campus PD Officer Leroy Avington, a former PCC student and foster youth.

these young people." The driving force behind this groundbreaking initiative was PCC's STARS Advisor and FYSI Liaison, Theresa Reed. "I observed a good percentage of the training and I loved it," says Reed. "The workshops were very interactive and engaging, and I liked that the ACCU team rallied around students to assist them with activities."

The students themselves had positive feedback to offer. Eustolia, who is training to be a welder, said she learned how the bank system works. "I also learned about credit cards, and that was really important for me because in the future I am planning to have a credit card," she added. "The workshop prepared me to be more responsible with my money."

A student who wanted to be called by her nickname, Q, was grateful that ACCU had taught her how to achieve her financial goals. She found the segment on student loans especially helpful. "I learned that if you are ever going to take out a student loan, you want to borrow only what you need," she said.

Sprinkled throughout the workshop were monetary incentives like the weekly raffle, where one lucky student received \$50 in cash. The final week included a bonus prize of \$50. Amanda, who won the first and last raffles, used the cash for gas. The other winners, Joy and Eustolia, said they would save the

money. In addition, everyone who attended all three sessions was eligible for a \$100 deposit bonus to open a savings account.

Campus police officer Leroy Avington, a former foster youth and PCC alum, made a surprise appearance at the first session to encourage the students and tell them that they too could succeed as he did. When asked to share a few words, Officer Avington spoke about how such workshops transformed his life by teaching him practical skills. His brief speech inspired the students and brought tears to some eyes.

ACCU's HR AVP Richard Mathews, who participated in the opening and closing sessions, said he was impressed by the character, resilience, and academic ambition of the foster youth. "I feel blessed to play a small role in their lives as they pursue their educational and professional goals," he added.

If you would like ACCU to conduct financial literacy training at your institution, please contact Nikole Pearce at npearce@americasccu.com.



Amanda (left), who won the raffle in weeks 1 and 3, and Joy (right), who won in week 2.

How To Scratch Head Lice Off Your List Of Worries



IF YOUR CHILD HAS BEEN EXPOSED TO LICE IT'S TOO LATE FOR A REPELLENT. THEY'RE PROBABLY HIDING ON YOUR CHILD'S HEAD YOU NEED TO KILL THE LICE!

SHAMPOO DAILY WITH VAMOUSSE LICE DEFENSE	VS.	NO ACTION TAKEN
	HEAD LICE LIFE CYCLE	
EXPOSED TO LICE	DAY 0 Exposed (Stray Lice Contracted)	EXPOSED TO LICE
	DAY 4 Eggs/Nits Laid	
DAILY SHAMPOO KILLS UNDETECTED LICE	DAYS 7-10 Nymphs (Immature Lice)	LICE INFESTATION GROWS UNDETECTED
	DAYS 14-21 Mature Lice Start Laying Eggs	
AFTER 2 WEEKS LICE ELIMINATED	4-6 WEEKS Itching Symptoms	AFTER 4-6 WEEKS LICE INFESTATION
GET PESTICIDE-FREE DAILY LICE KILLING POWER		

You can be prepared to protect your family even before the dreaded "lice letter" comes home.

One of the most common human parasitic infestations around, head lice affect an estimated 6-12 million Americans annually, most of them children.

If your kids are at risk, here's something you should know: Catching lice early is vital to helping stop the spread of these itchy pests.

What To Do

- Since it can take 4 to 6 weeks for symptoms such as itching to show up, it's a good idea to make weekly lice checks a habit at home to stop an infestation before it gets out of control.

- Don't share items that touch the head. Teach children to keep their hats, helmets, brushes, headbands, scarves and other items to themselves.

- When possible, have children wear long hair pulled back.

- Catch it early. If you notice your child scratching his head, do a thorough check.

- Act quickly. If you are notified of an outbreak, immediately check your child's hair, searching for nits close to the scalp or sores from scratching at the nape of the neck or behind the ears. Check all family members using a nit comb. Apply a 50/50 solution of conditioner and water to the hair to make combing easier. Work under bright light and watch for movement. Examine the comb after each stroke.

- Don't worry and don't blame the child. Even if your kid does bring home lice, it's not the end of the world. There are affordable pesticide-free over-the-counter products that can help you treat the problem without having to spend a lot of time or money on going to a

clinic.

Here's How To Handle The Problem

Treat anyone who's infested. There are more options than ever before for treating head lice, however not all products work the same. With lice growing increasingly resistant to traditional over-the-counter pesticides, look for a pesticide-free treatment that's clinically proven effective against super lice and eggs. If a product doesn't specifically say it "kills" lice and eggs, it won't. Some products are designed only to make removal combing of lice easier. Vamousse Lice Treatment comes in a convenient mousse formula that kills lice and eggs before they hatch, while they are still in the hair. In just one application it attacks the full life cycle of adult lice and eggs so there's no waiting for the eggs to hatch and then treating again. This decreases the hassle and the risk of spreading lice throughout your family.

Once exposed to lice, it's too late for a repellent. Stray lice may have already been contracted. Nits and scurrying lice are so small that they can easily be missed during a parent's visual inspection of a child's hair. If you don't find lice but are still concerned or have just treated a child, you can switch the whole family to a daily lice defense shampoo such as Vamousse Lice Defense for two weeks. It's gentle, pesticide-free and used just like regular shampoo, yet laboratory studies have shown it can kill lice with each use.

Learn More

For further facts and tips, visit www.vamousselice.com

You can be prepared to protect your family even before the dreaded "lice letter" comes home. (NAPSI)

Glendora Woman's Club To Hold Annual Welcome Tea



Photo by Rose Myers

Getting ready for the Glendora Woman's Club's Annual Welcome Tea set for September 17 at the clubhouse are, from left, Welcome Tea chair Susan Lepkojus, show serving tea to club treasurer Connie Halbert, club president Chris Ohrmund, and new club member Kathryn Martin

By Joan Hallidy

GLENDORA - The Glendora Woman's Club will hold its Annual Welcome Tea at 11 a.m. Tuesday **September 17** at the club house, 424 N. Glendora Avenue Glendora.

Woman interested in joining the Woman's Club, hearing more about the club's activities and visiting with other returning clubmembers are invited to attend, said club president Chris Ohrmund.

During the Welcome Tea, catered by Cambria Catering, with floral arrangements by La Petite Fleur, membership vice president Joy Martau will be among several board members giving brief reports. Her report will focus on membership information and an invitation for women to join the Woman's Club and renew memberships at \$40 per year.

One special report will feature the club's four active departments of Cards-Games, Garden-Crafts, Music-Drama, and Potpourri. Included will be a brief description of how the departments play a part in giving back to the community and having fun achieving that goal, said Welcome Tea chair Susan Lepkojus.

Other reports will include some of the club's philanthropic and service projects by philanthropy chair Gloria Aparicio and also several of the club's fundraising events and the opportunities available to help with the projects, said ways and mean vice president Helen Storland.

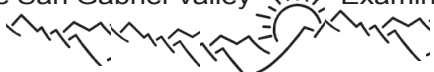
A special display on the Historian's Table will feature a number of Past Presidents Memory Books and also several special award plaques the club has received as the founder of the

Glendora Public Library in 1912, according to Historian Rose Myers.

The Glendora Woman's Club, organized in 1905, has a long history of involvement and service in Glendora. The club is one of the oldest active service clubs in Glendora, and one that maintains its own clubhouse for both club events, and for rent for community events and meetings.

For new members, prospective members, or returning clubmembers interested in attending the Welcome Tea tickets at \$15 per person may be purchased by sending payment to Chris Ohrmund, 31 Spur Trail Avenue, Walnut, CA 91789. Payment for tickets is due by September 7 and serves as the RSVP.

For additional information, call 626-963-6304



Diabetes Makes Disaster Planning Even More Important

The Doo Drops Big Hit in Rosemead Northwoods Inn

EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

Everyone should plan for natural disasters, but this planning is especially important if you have a chronic health condition such as diabetes. Follow these nine steps to be ready:

1. Do basic planning. Plan for where you will go if you must leave home, how you will get there and who will meet you there. Stay current with your vaccinations. Contact your county emergency management office for advice on transportation and other services for people with special needs.

2. Pack a go-kit. In a waterproof container, pack first aid supplies including antibiotic cream, a flashlight and spare clothes. Include extra socks and shoes, because it's important to keep your feet dry and free of infection. Keep on hand for quick packing a week's worth of medicine plus supplies, medical equipment, spare equipment batteries and cash. If you use insulin, store it in the fridge with an insulated lunch bag nearby, ready to fill and go. Keep your kit by the front door.

3. Put an information folder in your kit. This should include contact information for your healthcare professionals, pharmacy and emergency contact person; a list of your medicines,

and other nearby centers, and the kidney community hotline at (866) 901-3773. Talk with your doctor about what food to pack in your go-kit for an emergency three-day diet. This eating plan can save your life if dialysis treatments are missed or delayed, because it reduces water and waste buildup in your body. Finally, if a disaster is looming, try to get your dialysis treatment ahead of schedule.

4. Include food supplies in your kit. Pack a three-day supply of water and nonperishable foods that fit with your meal plan. Include snacks to treat low blood sugar.

5. Wear a medical alert ID. Ask your healthcare professional about how to get a free tag that states your medical condition. This is important if you need medical care but are not in a condition to talk.

6. Do kidney care planning. If you are on dialysis for kidney disease, which often co-occurs with diabetes, talk to your dialysis center about their disaster plans. If you have a home dialysis or peritoneal dialysis machine, plan for how to power it if the electricity is out and how to stop dialysis if you lose power in the middle of a treatment. Register with your water and power companies for priority service restoration. In your information folder, keep a copy of your dialysis treatment plan, the phone numbers of your dialysis center

and other nearby centers, and the kidney community hotline at (866) 901-3773. Talk with your doctor about what food to pack in your go-kit for an emergency three-day diet. This eating plan can save your life if dialysis treatments are missed or delayed, because it reduces water and waste buildup in your body. Finally, if a disaster is looming, try to get your dialysis treatment ahead of schedule.

7. Be ready. Tune in to weather reports and listen for what local leaders say about evacuation. Keep your phone and any medical devices charged. If you have a car, keep it gassed up.

8. Evacuate early. As soon as local leaders advise people to evacuate, go to your preplanned location. Don't risk being trapped without access to electricity, clean water and supplies. Plus, early evacuation gives you a better chance of being housed in a special-needs shelter. When you arrive at a shelter, alert workers about your health conditions so you may get the support you need.

9. Update your plan and restock your kit. At least once a year, review your emergency plan with your doctor. On an ongoing basis, swap out items with expiration dates.

To learn more about how to manage your diabetes, visit <https://www.niddk.nih.gov>. (NAPSI)



The Doo Drops with the Doo Drops Band Played at Clearman's North Woods Inn in Monrovia.

By George Ogden
ROSEMEAD - The Doo Drops had a great performance at the North Woods Inn in Monrovia and was completely sold out... Why? Because they are just that good. The band was great and the singers were

outstanding. The Theaters of Vision Production put on this great entertainment event that had many of the entertainers, who live in our local area, come together for performances.

The Doo Drops take you back to that old school R&B sound of The Doo Run Run and Hit the Road Jack with old school 1960s Ray Charles era R&B classics. They sang oldies that many in the audience knew and ended up singing with the entertainers. The sing-along was fun, but it was an indicator of how old they were. They sang Moondance, Dedicated to the One I love, Then He Kissed Her, He's So Fine, My Girl, and of course, My Guy. It was without a doubt the Oldies but Goodies Night. You got all of this for only \$12.00. Dinner and drinks were expected to be purchased and the price was reasonable as well.

Keep your eyes out for this group. They will be around again at the Myrtle Tree Café in Monrovia on Sept. 7th. Check it out.

West Covina Home Invasion

By George Ogden
WEST COVINA - West Covina police responded around 1:30 a.m. on Friday morning August 16, to a home invasion robbery in the 3400 block of Flemington Drive. Several men, who had their faces covered, used a sledgehammer and smashed a sliding glass door to get into the home. Once in, they tied up a 24-year-old woman.

The home-invasion robbery actually happened around 12:30 a.m. A relative of one of the victims called police about an hour later.

The suspects ransacked the

home and fled. No getaway car was seen. It is suspected that the suspects climbed over the back fence.

The woman was injured during the robbery. She had a scratch across her back.

A few hundred dollar was taken from the victims.

Police are looking for videos and witnesses. Anyone with information was asked to call them at 626-939-8688.



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The San Gabriel Valley Examiner

Vaping Increases Among Los Angeles County Youth

More than 30% of high school students reported using e-cigarettes

LOS ANGELES — The Los Angeles County Department of Public Health (Public Health) announced that more than 30% of LA County high school students have reported ever using e-cigarette products and 10% of high school students regularly use e-cigarette products according to the latest data from the 2017-18 California Student Tobacco Survey and the California Healthy Kids Survey. This is up from 6.4% last year. E-cigarettes used for vaping were the most commonly used tobacco product among high school students, while cigarette smoking prevalence for high school students in Los Angeles County reached a historic low of 1.7%.

"A new generation has become addicted to nicotine through flavored vape products like e-cigarettes," said Barbara Ferrer, PhD, MPH, MEd, Director of Los Angeles County

Department of Public Health. "The epidemic of our youth becoming addicted to nicotine by flavors and flavored tobacco is unacceptable, and we will work to reverse this trend as we partner with others to ensure a tobacco-free generation."

The Centers for Disease Control and Prevention (CDC) found that the younger a person is when they start to use tobacco, the more difficult it is to quit. Ninety percent of adult smokers began smoking before the age of 18. Flavored tobacco products are driving youth experimentation; more than 80 percent of youth who ever used a tobacco product started with a flavored product. To reverse the increasing use of e-cigarettes among youth, CDC recommends state and local government to implement a ban on the sale of flavored tobacco products.

The survey findings highlight:

- 6% of current high school students reported using any tobacco products with e-cigarette use accounting for the majority of current tobacco users with ten percent;
- 83% of current high school student tobacco users reported using a flavored tobacco product;
- 61% of current high school student tobacco users bought e-cigarettes from vape shops;
- Most current high school

student tobacco users reported using a flavored tobacco product; and,

• Fruit and/or sweet were the most popular reported flavors for most tobacco products.

Selling any tobacco products to youth is illegal. Retailers in 46 cities in Los Angeles County and the unincorporated areas of Los Angeles County are required to obtain a license to sell tobacco products and can have licenses revoked if found selling to minors. In 2018, over 20% of licensed stores in unincorporated Los Angeles County sold tobacco products to minors. In California, 35 cities and counties have prohibited the sales of flavored tobacco products.

The 2017-18 California Student Tobacco Survey (CSTS) was administered to 8th, 10th, and 12th grade students from September 2017 to June 2018. Schools were randomly selected within Los Angeles County. The project was conducted by the University of California, San Diego. Throughout the 2017-18 academic year, 28,071 students from 75 schools in Los Angeles County participated in the survey. The full survey results can be downloaded: <http://publichealth.lacounty.gov/tob>

For more information about vaping and resources for parents to talk to their teens, visit: <http://www.LAQuits.com/vaping>

The Glendora Police Department Encourages the Public to be Responsible and Drive Sober

GLENDORA - As summer comes to a close, the Glendora Police Department is asking drivers to not get behind the wheel after drinking or using drugs that impact your ability to drive safely.

The Glendora Police Department is joining law enforcement agencies across the county in the national enforcement campaign, Drive Sober or Get Pulled Over. During this period, which runs from Aug. 16 to Sept. 2 (Labor Day), The Glendora Police Department will have additional officers on the road looking for drivers suspected of driving under the influence of alcohol and/or drugs.

In addition to patrols, the Glendora Police Department will hold a DUI/Driver's License Checkpoint on August 23

from 7 p.m. to 3 a.m. at an undisclosed location within the city of Glendora.

Labor Day Weekend remains one of the deadliest times of year for alcohol-involved crashes. According to the National Highway Traffic Safety Administration, there were 376 deadly crashes nationwide during the 2017 Labor Day holiday period (Sept. 1 to Sept. 5). Among those crashes, more than one third (36%) involved a drunk driver. Last year, two people were killed, and 31 others injured in California on Labor Day alone.

"There are so many ways to get home safely without driving," Glendora Police Department, Traffic Bureau Corporal Nancy Miranda said. "Driving while drunk or high is danger-

ous, irresponsible and causes too many senseless tragedies. We hope that drivers get the message that driving impaired will never be tolerated."

Driving while impaired is illegal, whether it is alcohol, prescription drugs, over-the-counter medications or marijuana.

If you plan on drinking or are taking medications that can affect your driving ability, designate a sober driver or use a ride-share service. If you see someone driving impaired, call 911.

Funding for DUI enforcement is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

\$10,000 Reward Offered In The Disappearance Of Amanda Custer

LOS ANGELES COUNTY — The Board of Supervisors unanimously approved a motion by Supervisor Kathryn Barger offering a \$10,000 reward for information in the suspicious disappearance of Amanda Custer.

On Monday, July 29, 2019, Monrovia Police Department responded to a domestic violence call involving 31-year-old Amanda Custer at the home of her 27-year-old boyfriend Robert Camou.

Los Angeles County Sheriff's Department (LASD) investigators, who are now leading the investigation, believe victim Custer was taken against her will by Camou, and strongly believe foul play is involved. Evidence and witness statements suggest he placed her body in the back of a gray 2017 Toyota Prius.

Camou was apprehended by authorities on Tuesday, July 30, 2019, and is considered the prime suspect in the suspicious

disappearance.

Supervisor Barger encourages anyone in the area of Mount Baldy Road, Glendora Ridge Road or Glendora Mountain Road on July 29, 2019 between 9:00 a.m. and 3:30 p.m. or who have any information on this disappearance to contact LASD Lieutenant Scott Hoggund (323) 890-5500 or provide information anonymously at "Crime Stoppers" by dialing (800) 222-TIPS or by visiting: lacrimestoppers.org.

Senator Chang's Resolution Recognizing Korean Independence Day Unanimously Passes State Senate

SACRAMENTO - The California State Senate unanimously passed Senate Resolution 14, authored by Senator Ling Ling Chang (R-Diamond Bar), which recognizes August 15, 2019 as the 74th Anniversary of the Independence of the Republic of Korea which celebrates Korean heritage and the Korean American community's vast contributions to our nation.

"Our state and country have been enriched by the contributions of Korean Americans in the fields of business, sports, arts, civics, and the military," said Senator Chang. "California is home to more than 455,000 Korean Americans who unite to commemorate this important holiday and some of them are constituents who proudly call California's 29th Senate District home. Earlier

this year, I honored Hannah Kim as Senate District 29th Woman of the Year. Hannah is the future of our country and as a millennial, she is paving a path and ensuring the legacy of those who fought in the Forgotten War."

On August 15, 2019, Koreans celebrate 74th National Liberation Day from Japanese colonial rule, honoring the lives and memories of thousands of brave Koreans who fought for their freedom. This day is also known as "Gwangbokjeol," which literally translates to "bringing back the light" in Korean.

"With Orange County comprising the second largest Korean American population in the country - especially in the 29th District - with Korean population highly concentrated

in the cities of Fullerton, Buena Park, and La Palma, it is important to recognize this day. Korean Americans have contributed greatly to our culture, economy, education, and government and will continue to help 29th District flourish and become a better place to live for all of us," said Ho-El Park, President of Korean American Chamber of Commerce Orange County.

Some notable Korean-Americans include decorated World War II and Korean War veteran Colonel Young-Oak Kim; Judge Herbert Choi, the first Asian American appointed to the federal bench; Nelson Chai, former CFO of the NY Stock Exchange; actor and comedian Margaret Cho and professional golfer Michelle Wie.

How to Sell Your Glendora House Without An Agent And Save the Commission

Glendora - If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

Like other "For Sale by Owners", you'll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can't possibly sell your home by yourself. After all, without the proper information, sell-

ing a home isn't easy. Perhaps you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don't give up until you've read a new report entitled "Sell Your Own Home" which has been prepared especially for homesellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

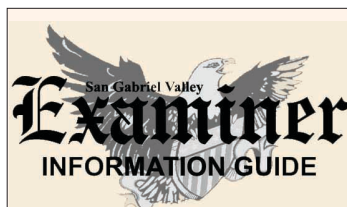
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Republicans Led "Save The Wetlands"

When you read the newspaper or various newsletters on water and the environment, it sounds like the Democrats are leading the charge to defend and preserve the environment and control both of those issues, particularly water. When we talk water and about supply and demand, we always come back to the Delta and estuaries in the north and now the potential extinction of the salmon and steelhead trout.

It hasn't always been the Democrats leading the preservation charge. In 1988, Vice-President George H.W. Bush promised during his campaign for President, a goal of "no net loss of wetlands." E&E News reported on Bush's speech telling all this country was losing a half-million acres per year of wetlands. He went on to say, "We must bring the private and public sectors together at the local and state levels to find a way to conserve wetlands."

August 1993, Republican Gov. Pete Wilson, established the California Wetlands Conservation Policy that provided a statewide inventory of wetlands, provided support for the "no net loss" goal, reduced procedural complexity of administering state and federal conservation programs and encouraged partnerships with private land owners and cooperative efforts with local, state and federal entities.

In August 1997, Wilson proposed a \$6.5 million bill, supported by Republican colleagues, to acquire and restore wetlands in Southern California. The twenty-year, five-county program created a much stronger, more ambitious proposal than the Clinton administration federal proposal and was the first time general fund money would be used to support the proposal. According to the 2000 Golden Gate Law Review, environmental organizations based in Northern California fought Wilson's initiative and persuaded the state legislature to incorporate the funding for the proposal in a separate bill that provoked a veto.

National Oceanic and Atmospheric Administration (NOAA) say wetlands are marshes, estuaries, mangroves, mudflats, mires, ponds, fens, swamps, deltas, coral reefs, billabongs, lagoons, shallow seas, bogs, lakes ... and serve essential functions



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

in an ecosystem, including acting as water filters, providing flood and erosion control, carbon storage and furnishing food and homes for fish and wildlife.

Fast forward to August 14, 2019. The report by NOAA using the newest technology available, created maps of 55 estuaries on the West Coast, including California, Oregon and Washington, and are telling us 85% of vegetated tidal lands that once existed, have been diked, drained or cut off from the sea. The maps are now available to interested parties who want to improve action plans for restoration of wetland habitats and conservation projects and to project future changes, including sea level rises.

The Southern California Wetlands Recovery Project, the result of Gov. Pete Wilson's efforts, is alive and established with a goal of 'protecting and restoring California's coastal resources.' Known as WRP, they are involved in the area from Point Conception in Santa Barbara County to the international border with Mexico, including California's Channel Islands. The organization is comprised of thirteen state agency representatives and five from federal agencies and include a Science Advisory Panel and Wetland Advisory Group with a working agreement in place and a plan of work.

WRP currently has 254 projects on their planning board that include restoration, enhancement and those in the planning stages. Their Call To Action, WETLANDS ON THE EDGE -- The Future of Southern California's Wetlands -- REGIONAL STRATEGY 2018, documents their concerns.

- Urbanization has destroyed

over 62% of historical wetlands.

- Climate change and sea level rises have created more changes for these areas.
- Of the 330 coastal wetlands that historically existed between Santa Barbara and San Diego, only 105 remain.
- Those remaining are smaller and fragmented.
- Some are cut-off from their natural sources of water and sediment.

Southern California Wetlands Recovery Project, like many of the others, is focused on planning around climate change and the reports estimating the rising ocean levels. That planning includes moving estuary/wetlands back up into higher land as the ocean and river waters begin to move in and take over those areas.

The WRP goals include:

- Maintain 8,600 acres of existing tidal wetlands and restoration of 7,700 more acres.
- Maintain 160,000 acres of existing streams and non-tidal wetlands.
- Restore 50,000 acres of non-tidal wetlands in watershed areas.
- Restore 189,040 acres of streams and adjacent habitat and 21,000 acres of other non-tidal wetlands.
- Apply the best available science to wetland management decisions.

I could not find a Northern California Wetlands Recovery Project but there are a myriad of groups scrambling to restore the Delta and bay areas. To stave off development, even water projects in that area, the National Resources Defense Council (NRDC) has filed lawsuit after lawsuit. Currently NRDC is attacking President Trump on his modernization of the 40-year old Endangered Species Act (ESA) and praising SB 1, called "the anti-Trump rollbacks bill," authored by Senate Pro Tem Toni Atkins, and Senators Stern, Portantino, and Hueso,

In Southern California, the Chino Basin Conjunctive Use project will construct a water treatment facility to clean water in that basin, ship it to Oroville Lake for storage and use in dry years including onto areas needed for salmon migration. And without any costly lawsuits.

John Brown's Body Lies A Molding In The Grave

Turner Classic Movies has days dedicated to particular film stars and the other day, escaping the summer heat, I watched some Errol Flynn films featured. I never had the chance to see one I was curious about for quite a while and got to finally watch it. The film "The Santa Fe Trail," made in 1940, was a Michael Curtiz action western starring Flynn as future Confederate General Jeb Stuart. His friend and companion in the film was George Custer played by Ronald Reagan in one two films he made with Flynn.

As was often the case in these old historically themed films, a lot of inaccuracy. The title was deceiving since its inclusion of railroad tycoon and founder of the Santa Fe Railroad, Cyrus Holliday, was depicted and his plans to build a railroad west from Kansas to Santa Fe, New Mexico Territory. But the film was really about "Bloody Kansas," the Jayhawkers, and the infamous abolitionist John Brown, played excellently by Raymond Massey. Flynn and Reagan are part of a group of West point graduates including Longstreet, Pickett and other men who would be commanders in both the Union and Confederate armies in due time, though not advanced in this story. In real life these various cadets did not graduate in the same class of 1854, as the movie claims. Only Stuart was an 1854 graduate. Custer was never in the company of Stuart, having graduated in 1861. Another big inac-



Charles Lopresto

curacy was Stuart marrying the daughter of Holliday. The girl was, of course no other than Olivia DeHavilland. Her character had a brother, not real as well in history, who was yet another member of the cadet class. In real life, Stuart married a girl name Flora Cooke, the daughter of a prestigious cavalry general.

In one closing scene, an Indian lady who was a soothsayer, told the cadets that someday they would be enemies. The cadets all laughed at the absurdity of the comment. Film critic Leonard Maltin said the film was unable to make up its mind to what side it was deciding to be on. Made in 1940 with World War II on the horizon, and depicting in its story, 1859, when the Civil War was on the horizon, the specter of John Brown invoked many emotions from both sides of the issue. Maybe the film was more accurate than Maltin gave it credit for, at least on that point, as the people in the story were not sure what side they were on.

Are the film's parallels also consistent with some issues today?

The people in those pre-Civil War times couldn't make up their mind of which side they were on, or which side was right. We are sort of approaching a Civil War of our own. And in this Civil War what kind of role representing John Brown would belong to what side? Would John Brown be Donald Trump, as a man fighting for a good cause, maybe the best cause, while fighting it with methods that many find abhorrent? Or would the John Brown of today be the anti-Trump Democrats who seem to emulate Brown's desire to burn down the country if necessary to advance their agenda? Comedian Bill Maher said he hoped for a recession if it would remove Trump from office. Many so badly in need of seeing the controversial President's removal seem to feel anything, at any cost, is acceptable. The film's depiction of John Brown gave us several characters questioning whether Brown had gone too far...or...his cause had not gone far enough?

These old films are valuable to watch, as their characters and stories are frozen in time but not really frozen at all, because the names, the faces, and the situations may change but the contemplation of the issues doesn't.

And we may not know who today's John Brown is until pages of history yet to happen are finally written.

"TIME JOCKEY" - Jury Duty

By Joe Castillo

Ten Week Tour... As registered voters, we are all placed into a pool of citizens eligible to be called for jury duty. Sometimes your company will pay for you to be on jury duty and sometimes it will not. Your call may come at any time and you may request a postponement but sooner or later it'll be your duty to serve.

A number of years ago I received the call for jury duty and was ordered to report to the jury room at the Los Angeles County Criminal Courts Building in Los Angeles. I was selected to be on the panel of a murder trial that had 4 defendants and 2 victims. It was a complicated trial with each of the defendants having a least one lawyer representing them and only one prosecutor. We were told that the case would run for two and a half months but it could run longer.

If you never have been on jury duty be ready for a lot of down time, meaning that you may report late, take a long lunch, leave early or just sit in the jury room waiting to be called into the courtroom. I started to bring in the daily Los Angeles Times newspaper to read but that became a quick read so I started to read books. I got through the first one in a week and on my extended lunch break I wandered into a thrift store which had some used books for sale. One book caught my attention and I immediately bought it for 25 cents. I began reading the book once I got back into the jury room and rather than playing cards with the other jurors, I just read my book. It was a suspenseful and captivating story which was used as the basis for a recently released movie. The book was based on a true story, and of course it was a murder story from the early 1960's. As I read the book, it mentioned the location of the trial itself and the courtroom which it was held. During my lunchtime I sought the exact courtroom and eventually found it. It looked exactly as it

was described from the 1960's and it gave me a sense of referred to the book and trial.

For nearly 3 weeks I read the book but as more time was being spent in the actual courtroom hearing testimony, I made slow progress through the book. I would leave the book in the jury room, readily available when a slow period occurred. The trial was becoming more interesting with the prosecution presenting their witnesses and the defense trying to negate the evidence presented by Deputy District Attorney Phil Halpin. Halpin was a senior DA for Los Angeles County and his experience showed in every bit of evidence, every expert testimony and every question he asked of witnesses. Halpin was the lone attorney for the prosecution and he was running circles around the four defendants and their lawyers. Even before the defense could present their case with witnesses, Halpin had built a solid case against each of the defendants.

But sometime in the third week of the trial, I came into the jury room and could not find my book. Shortly thereafter a court deputy came in and asked who the owner of my book was and I replied it was mine. He then asked me to follow him into the judge's chambers where I was asked to sit in front of him with all the lawyers on the case. He asked where I was in the book and I indicated that I was about halfway and had marked the exact location by dog flapping the page. The judge then asked if I had read the book from the back, and I indicated "no". He then asked if I know of any-

one in the book that was also on this trial. I replied with the same "no". The judge said he would have to take my book and hold it until the end of the trial, and it would be given back then, but at least I could stay on the trial.

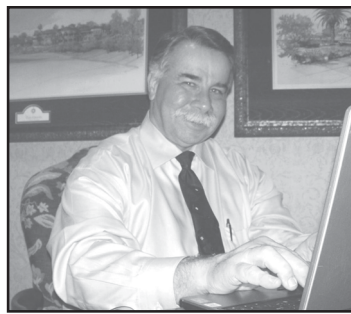
The trial went on for another 7 plus weeks and I finally requested to be excused as it had gone beyond my allowed time away from work. The judge agreed and as I exited the courtroom, I was given my book back. I went home and continued reading the story and when I finally finished, I realized that the same prosecutor on the trial, Phil Halpin, was the same prosecutor in the book. The only difference was approximately 20 years in age. The book was the "Onion Field" by Joseph Wambaugh, the story of the first kidnap/murder of a Los Angeles Police Officer on March 9, 1963. The book became a successful motion picture and the incident led to new kidnapping laws as well as new police procedures regarding the surrendering of police sidearms. Halpin would be a deputy district attorney for 36 years and also prosecuted Richard Ramirez on the "Night Stalker" case. He won over 96 percent of his cases but his examination of evidence and preparation for trial was unmatched. I learned a lot during my jury time, all because of my civic duty to serve on jury duty...

Joe Castillo is a freelance historical writer who has been covering Southern California history for 11 years and has written 5 books on the topic. He can be reached at joecastillo@aol.com.

Automobile Air-Conditioning Tune-Up. Don't Do It.

Have you seen those ads where they offer an Air-Conditioning tune-up for a special price as a preventive maintenance for your AC system for your vehicle? Don't do it. Actually, there is no such thing. Your car air-condition is a "closed system" therefore, it needs nothing until something goes wrong. Think about this... does your refrigerator need servicing? NOPE! Your car and refrigerator are much the same.

If you're A/C slowly starts NOT cooling properly, then you may have a problem. Most likely a slow leak. The AC system can leak Freon over the years. It's usually very minimal. If your system stops cooling all together, then of course



George Ogden
That's just the way it is!

you have a problem.

The problems you can have is most likely a leak. If you hear a loud noise when you turn on the AC, turn it off. Two things here. The clutch on the compressor may be having a bearing problem or the compressor failed. Sometime the expansion valve or the tube becomes clogged. That

shouldn't happen but sometimes some debris may come loose from other components from the condenser, hoses, and clog those items.

If you have a failed system, and you want to fix it yourself, be sure you know what you are doing. Freon is under pressure and if the system is charged, you can be burned from the freezing Freon if you allow it to escape. If you really don't have a clue, stay away from it.

There are some easy checks that you can do to check the system. One simple one is remove the valve cap and depress the valve and see if some Freon escapes. If it does, then you need to make sure you know what you are doing if you plan on moving on and repairing it yourself. You can go on YouTube and see many ways to check your AC system. If it is determined you are out of Freon, then you have a leak. You should fix the leak before you refill the system or it will simply leak out again and Freon is not cheap.

Just to add to this, I am IMACA and AQMD qualified. I can teach AC and I had been certified in the past.

So, when you see these ads and coupons for an AC Tune-up... again, you don't need it if your system is working.

"That's Just the Way It Is!"

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Global Market Turmoil

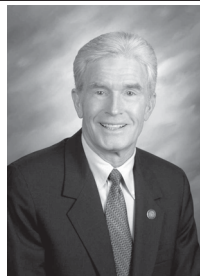
San Francisco Fed President Mary Daly told *The Wall Street Journal* she is preoccupied with the effort to understand the impact of developments in the US-China trade dispute; but, without data to drop into her models, she can only wonder. Traders do not have that luxury. Prices today can't wait for data prints next month. Besides, by then, even such data will be stale anyway. The entire world appears to now be in a "trade now, data later" position.

Judging by the performance of stocks, bonds, commodities, and currencies recently, a wave of "risk-off" trading swept through markets and — despite a stock-market rally — may not yet have run its course.

As many traders appeared to rush for the exits, they made decisions in the same information vacuum as Mary Daly. In other words, this is one of those times when the market can get it wrong. In the bond market, interest rates no longer reflect the simple intersection of supply of and demand for credit at different levels. Declining rates represent the fear of a possible rout in demand foretold (perhaps) by the fear-driven drop in equities. Or maybe the decline is following rates lower as seen elsewhere in the world. If selling traders were wrong (as was the case following a similar sell off last year) then yields should rise.

Interest rates are composed of real-rate expectations and inflation expectations. Solving the real rate piece is easy as it reflects expected Fed policy. Solving the inflation expectations piece is the hard part of a yield forecast, especially given the unpredictability of global trade and global growth. The US-China trade dispute — itself unpredictable — could be a key driver of

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

both global trade flows and global economic growth.

In the US, inflation reflects domestic supply and demand, but also international inflation. This year, German data has dominated US inflation expectations, and as a result, German interest rates have been a primary drag on US interest rates. Why? Because German companies are most vulnerable to recession. And because the German Central Bank sees negative bond rates as somehow beneficial.

The best-known example of low US inflation despite strong domestic growth and low unemployment was the late '90s, when most emerging markets went into recession. But the European recession and debt crisis, which has flared up repeatedly since 2009, has also limited US inflation, as did the post-stimulus economic slowdown in China in 2015. At the moment, Germany is in the crosshairs because German manufacturing data has deteriorated significantly.

Since July 4, German 10-year yields have whipsawed from -0.40% to -0.21% to -0.60%. The rise in yields reflected the hope that synchronized global easing might boost European growth and inflation. The ensuing drop reflects fear central banks will not or — more likely — cannot do enough, especially in light of new and potentially more tariffs. No one buys German sover-

eign debt for the interest (or lack thereof). Rather, traders rushed into German bunds in anticipation of capital gains, which makes it a dangerous play. As long as the yield falls, there will be gains. The gain was about 2.5% in the second quarter, according to Bloomberg. When prices fall, however, there will not be any interest available to cushion the blow. The speed of the 20bp yield backup in the spring is indicative of what to expect if the European economy ever sputters back to life.

Economists have a love/hate relationship with financial markets. They love the feedback loops when prices respond to data releases. They love it when markets confirm their forecasts. They hate the market when it runs in a completely unexpected direction before all the facts are in. When central bankers insist they are data dependent, they sometimes include market information but more often leave it until later.

In the meantime, consider what we learned this past week: UK GDP fell in the second quarter thanks to a Brexit-fear-related business investment drop. German exports fell 8% year on year in July, the most in three years. China's July Producer Price Index fell on a year-on-year basis, a sign companies are slashing margins to avoid losing market share to tariff-free competitors. US July core PPI fell, indicating US manufacturers are also cutting margins to compete for business. These data all suggest traders are right to worry.

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

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

Your Money - Ask Julia

Close to 1/3 of my debt is student loans, another 1/3 is credit card debt, leaving me 1/3 of my income to live on. It's not enough, so I keep racking up more credit card debt! How can I possibly save for a house? Retirement? Emergencies?

Seems hopeless, but it's not. Start with a budget. Ask what you need vs. what you want. Get a second job. Sell items you are not using. Check into refinancing your student loans into one, lower interest loan, and move your credit card debt to a zero-interest card and pay it off during that zero-interest period of time.

How can I reduce the estate tax obligations for my heirs?

Life insurance is well known among wise investors to cover final expenses and inheritance/estate taxes. Proceeds paid to beneficiaries from a life insurance policy are income tax free. Life insurance policies are typically settled quickly (unless there are suspicious circumstances surrounding the insured's death, of course.)

What is meant by the "annual reset" on an annuity?

Each year (on the purchase-date anniversary) the amount (principal plus interest earned that year) in the fixed or fixed-indexed annuity contract is locked in. That amount becomes the new contract balance that you are guaranteed you cannot lose. Even if the index goes down, your annuity's contract balance does not go down. The worst-case scenario is that your balance stays the same. Conversely, if the market goes up, you'll only get part of the increase. This limit



Julia Yoder

is called a "cap." With annual reset, your money does not have to make up for losses, yet can participate in gains.

Online, I see so many different types of home loans. Why doesn't my bank mortgage guy tell me about them? My non-bank mortgage guy tells me about even more loans I could qualify for! Why all the different information?

There are very important differences between your local bank and an independent mortgage professional. Your local bank loan person is not required to be licensed, and is not held to the same standards and regulations as independent mortgage specialists in terms of testing and ongoing training. Banks are only able to offer limited loan products they have in-house, which may not be the best fit for your needs. Their rates are often higher, and they are slower to adapt to change due to large organizational operations. An independent mortgage professional is a licensed mortgage expert, consistently undergoing continuous training, partners with several lenders to offer multiple loan

products, allowing you to choose the best option, often offers lower rates and cheaper costs due to less overhead, and adapts to industry changes quickly.

How can I make sure that I don't outlive my retirement income?

While it is good that about half of the people who are retired live beyond the average life expectancy, it also creates several risks, such as being unable to protect your standard of living, the ability to pay for increased healthcare costs beyond what Medicaid (MediCal in California) doesn't cover, losing purchasing power due to inflation, and unplanned-for long term health care cost. In fact, thanks to advances in healthcare, it's not uncommon for a couple, age 65, for one or both of them to live well into their 90's. That means that retirement income must last 25 or more years! There are investment vehicles in place that guarantee you will not lose any principal or interest, that allow you to convert your 401(k) into a lifetime income stream, and that defer taxes, sometimes over several generations.

Ask Julia by email:
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/Real Estate Broker 01238153/Nat'l. Ethics Assoc./Accident-Medical-Dental discount plans:
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Back to School, Back to the Future

The signs of fall are upon us. No, not cooler days and autumn leaves. Rather it's the abundant information about college courses and dorm room decor and the deluge of ads for school supplies that are popping up in mailboxes, magazines, and just about everywhere we go.

If you are thinking about upgrading your lifestyle with a new career or better paying job in 2020, now is the time to act.

Education pays-especially in today's job market. Middle skill jobs, those that require more than a high school diploma but less than a bachelor's degree, make up some of the fastest growing employment sectors in the country.

And, the more you learn, the more you earn. According to the Bureau of Labor Statistics, the median monthly earnings of full-time workers in 2017 were approximately \$2,800 for high school graduates (no college) and \$4,800 for those with bachelor's degrees. The Community College League of California states that students who earn a California community



By Dr. Edward C. Ortell
Citrus College Governing Board Member

college degree or certificate nearly double their earnings within three years.

Affordable local community colleges offer career training in fields as diverse as nursing, real estate, construction management, and performing arts. A community college can place you on a low-cost pathway to a bachelor's degree. Or, you can upgrade your skills and earning potential by taking a few courses that will give you advanced technical training or up-to-date computer skills.

If you are a first generation college student, have limited fi-

nances or are unsure about navigating complex admission procedures, a community college is the place for you. Student support services abound and friendly staff will walk you through registration, the financial aid process, creating an educational plan, tutoring options and much more. Work with them to design a program that fits your current work and family responsibilities and will lead to college success.

What could be more exciting than starting this fall with a viable plan for achieving the career of your dreams? As Mark Twain so famously said, "'Find a job you enjoy doing, and you will never have to work a day in your life."

About the Author: Dr. Edward C. Ortell is the senior governing board member at Citrus College and a Professor Emeritus at Pasadena City College. He has served on the California Community College Trustees (CCCT) state board of directors and eight terms as president of the Citrus College Board of Trustees.

The Baldwin Park Downtown Street Market And Summer Concert Series On Maine Street Continues On!

BALDWIN PARK - The City of Baldwin Park is proud to announce the continuation of their revered Downtown Street Market and Summer Concert series on Maine Street in (between Ramona Blvd. & Clark Street) Baldwin Park, every Thursday through September

12, 2019 from 5:00 PM- 9:00 PM.

Come out to enjoy your summer nights with family and friends at Baldwin Park's Downtown Street Market, featuring over 100 weekly vendors offering local cuisine, artisans, and another 5 weeks of entertainment on two (2) stages with dozens of performances. Last week we enjoyed performances by Los Caminantes and China Grove.

Come listen to Wild Child on August 22, 2019 at 7:00 PM and SOTO at 6:45 PM; Tierra on August 29, 2019 at 7:00 PM and LA Sound Machine (Miami Sound Machine Tribute Band) at 6:45 PM; DSB (Journey Tribute-Band) on September 5, 2019 at 7:00 PM and Los Cadetes Desde Linares at 6:45 PM and finally Mariachi Arriba Guadalajara among others on September 12, 2019 from 6:30 PM to 9:00 PM.

THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

Ten Good Reasons to Invest in an Annual Car "Physical" and Needed Maintenance

1. **CUT REPAIR COSTS** - Discovering a worn component before it creates major problems can save big money.
2. **SAFETY** - A poorly maintained vehicle can drive you into a serious accident.
3. **BETTER PERFORMANCE** - This translates to improved fuel economy as well as "driveability."
4. **SAVING THE ENVIRONMENT** - Under-maintained vehicles are a serious contributor to air pollution.
5. **IMPROVED TRADE-IN/RESALE VALUE** - A well maintained vehicle can be worth two to three times as much as one that has been neglected.
6. **BETTER HANDLING** - Incorrect wheel alignment, worn suspension components and/or tires cause poor ride and handling.
7. **ABILITY TO PLAN AHEAD** - When a check-up indicates future need for replacement of a part, you can budget accordingly.
8. **DEPENDABILITY** - A well-maintained vehicle is less likely to stall, fail, or otherwise leave you stranded.
9. **DRIVING ENJOYMENT** - It's more comfortable and more fun to drive a car that holds the road and rides well.
10. **PRIDE OF OWNERSHIP** - It's said that your car is an extension of our personality. Keep it looking like you care!

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City of Glendora Achieves a AAA Bond Rating

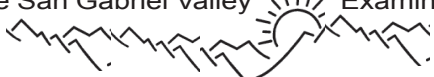
GLENDORA - The City of Glendora achieves a "AAA" bond rating from Standard and Poor's on the proposed Pension Obligation Bonds! Glendora is now among one of fifteen cities with debt outstanding that have achieved this credit rating in California. S&P specifically noted the local economy, the financial performance of the City, and City management with particular focus on financial policies and practices, as major factors in determining the credit rating.

"I want to applaud the Council and our excellent finance staff for pursuing the Pension Obligation Bonds. Their hard work has resulted in the ac-

knowledge of Glendora being only 1 of 15 cities out of 482 in the entire state that have a AAA bond rating on debt outstanding. The cash flow savings are projected at \$20 million over 24 years which will be re-invested in our community." Councilmember Mendell Thompson continues to state. "This timely financial decision is also a reflection of our Cities superb financial position, which continues to allow Glendora to be the Pride of the Foothills....and an excellent place to....Live...Work...and Play."

Mayor Judy Nelson commented, "Thanks to Glendora's former and current Council and

management staff who have consistently prioritized working with a balanced budget and a strong reserve. We're delighted that our long-time fiscal prudence has paid off in a AAA rating with a favorable interest rate and greater savings over the time of our new Pension Obligation Bond."



Advertise In The San Gabriel Valley Examiner 626-852-3374

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

Wanted: Men and Women who want to lose weight. TOPS (Take Off Pounds Sensibly) is a non-profit group that encourages men and women to lose weight. TOPS is a hands on, Pounds Off approach to weight loss. No Quick Fixes, just helpful information you need to reach your weight loss goal. We offer the latest nutrition, fitness and medical information. We also have information on the latest Diabetes resources. Motivational stories from successful TOPS members. Our meetings are every Thursday at 9:30am to 11:00am at Azusa Memorial Park at 320 N Orange. For more information please call 626-967-8829

ARCADIA Alzheimer's Disease, Memory Loss and Dementia

Arcadia Senior Services in partnership with Alzheimer's, Los Angeles is having a special free health presentation for individuals age 50 and over on Tuesday, August 27 at 1:30pm. It will take place at the Arcadia Community Center, 365 Campus Drive. The program will give you an overview of; Alzheimer's disease, what causes memory loss, difference between normal aging and signs of dementia, when you should visit your doctor. For additional information and to pre-register please call Arcadia Senior Services 626.574.5130 before August 22.

Saturday Adult Basketball League

Gather your friends, form a team and stay active in the adult basketball league. Whether it's casual or competitive, there's always an opportunity to stay fit and have fun. Games are played at the Dana Gym, 1401 S. First Avenue, Arcadia on Saturdays between the hours of 9:00am and 1:00pm, beginning Saturday, June 29, 2019. Saturday Open League is limited to six teams and is open to all levels of play. League fees are \$502 plus a \$40 forfeit deposit, which includes 9 league games, officials, scorekeepers, and championship



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award. Registration takes place on a first-come, first-serve basis. For more information please call 626.574.5113.

BALDWIN PARK Annual Laguna Beach and Potluck Party

On Wednesday, August 28th from 9:30 am - 5:30 pm, come and enjoy the cool breeze of the ocean as we embark on our annual pot-luck party. Laguna Beach offers a variety of activities, shops and restaurants. We encourage you to bring your chair, radio, comfortable shoes and beach balls. There will be games and contest such as balloon toss, card games, horseshoes and more. Please register your dish at the senior center. Tickets for Baldwin Park Resident Seniors is \$8 and \$10 for Non-Resident Seniors. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

Los Angeles County Fair

The LA County Fair Goes Pop! Spend a day at the fair with us on Wednesday, September 11th from 1:00 pm - 9:00 pm. Celebrate decades of pop culture revisiting all the toys, tech, fashion, movies and music that make up Los Angeles' iconic pop culture scene! Features include: The Farm at Fairplex; Carnival games and rides; the Flower and Garden Pavilion; and a shopping promenade. Don't miss out on your chance to indulge in bacon fried smores, fried hot sauce, frog legs and craft beer. Seniors age 60 and older receive free admission with valid ID at the ticket gate. Tickets for Baldwin Park Resident Seniors is \$5 and \$7 for Non-Resident Seniors. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

McNeill Fitness Program

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

COVINA Community Garden Parcels

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

DUARTE Duarte Museum Needs Docents

It's fun and educational! Volunteer to serve as a docent at the Duarte Historical Museum in Encanto Park. You will serve about every other month on a Wednesday (1-3 p.m.) or Saturday (1-4 p.m.) with a seasoned docent who will train you. Greet visitors, show them around the museum and learn about local history. Training sessions are available. Call Claudia at (626) 358-0329 for more information.

Blood Pressure Checks

Health Care Partners will provide a medical assistant to do free blood pressure checks. No appointment needed. Every 2nd Tuesday of every month from 10:00 a.m. - 12:00 p.m. For more information call the Senior Center at (626) 357-3513.

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.

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.

Senior Lunch

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.

GLENDORA Glendora Genealogy Group

The Glendora Genealogy Group meets Tuesday, August 27 at La Fetra Center, 333 E. Foothill Blvd., Glendora. Pat Chavarria leads a refresher class at 6:00 pm. The business meeting is at 7:00 pm, followed by the program: "Workman and Temple Families," blending genealogy and history, by Paul Spitzer of the Homestead Museum in Industry. For questions about our group or this meeting, please call Pat Chavarria at 909-592-4030.

Stress Management & Controlling Chaos

Feeling overwhelmed can peak from a long to-do list which is increasingly common as demands on human attention in-

crease. A clear sign of being overwhelmed or stressed is forgetfulness, anxiety, anger, and emotional chaos. Learn to manage personal space, time, and energy in this interactive class where your challenges, experiences, and solutions will be solicited. Pre-register at the La Fetra Center: 333 E Foothill Blvd., Glendora, CA or by calling (626) 914-0560. Fee: \$12.00 material fee payable to instructor, Mondays, September 16-30, 6:30pm to 8:30pm

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. For more information, please call Sonia Schupbach at (626) 963-6186. The program is Wednesdays 8:30 a.m. - 12:00 pm.

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.

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.

LA VERNE

Get About Transportation

Get About provides transportation for seniors aged 60+ and disabled residents of Claremont, La Verne, Pomona, and San Dimas. The door-to-door service can be used for shopping, doctor's appointments, church, senior nutrition sites and many other locations within the four cities. The service operates seven days a week and membership is free. To Register: (909) 621-9900. To Schedule a ride: (909) 596-5964. For more information, contact Abby Nuyda at 909.621.9900, Extension 228.

MONROVIA

Senior Blood Pressure Screenings

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

Blood Pressure Screenings is at the Community Center, 119 West Palm Avenue on the Second Tuesday of the month from

9:15 a.m. - 10:15 a.m. and on the Fourth Wednesday of the month from 9:00am - 10:00am

Caring Crafters

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

Senior Stretch & Exercise Class

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

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

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

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 Holidays.

TOPS Meeting

TOPS (Take Off Pounds Sensibly) meets every week on Thursday at 6 p.m. at the Cortez Senior Center, located at 2501 E. Cortez St in the back classroom building. Visitors are always welcome and your first meeting is free. Come now and learn about nutrition, portion control, food planning, exercise, motivation, and more every week. This group has members from all over the San Gabriel Valley. For details, call Erika Hernandez at 626-384-0502.

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.

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Foothill Gold Line

August 2019 – Project Update

Construction Authority Awards Design-Build Contract for Foothill Gold Line from Glendora to Montclair; Major Construction to Start Early 2020

The Foothill Gold Line light rail extension from Glendora to Montclair reached a major milestone on August 14th when the Construction Authority Board of Directors awarded the main design-build contract to Kiewit-Parsons, a Joint Venture. The awarded design-build contract includes an \$805.6 million base scope for the first nine miles of the project from Glendora to Pomona, with a two-year contract option to complete the full 12.3-mile project to Montclair for a total contract award of \$1,186.9 million if additional funds are secured by September 2021.

The base scope includes all elements of design and construction to extend the light rail system from where it terminates today at the APU/Citrus College Station in Azusa to the future station in Pomona, including relocation of the existing freight track, installation of the light rail track system, construction of four new light rail stations - in Glendora, San Dimas, La Verne and Pomona, improvements at 40 grade crossings (nearly half with new or renovated bridges) and much more. The contract option would extend the work of the design-build team to complete the full 12.3-mile project to Montclair and add stations in Claremont and Montclair.

Foothill Gold Line from Glendora to Montclair



Note: The extension to Montclair can be completed within the awarded design-build contract if additional funding is secured by September 2021.



The proposal by Kiewit-Parsons was deemed the best value for the agency following a nearly two-year procurement process. Their final proposal resulted in the team being ranked highest in all technical evaluation categories and providing the lowest bid price based on the formula set out in the RFP.

Kiewit and Parsons have teamed up dozens of times to complete design-build projects, including successfully building the first two segments of the Foothill Gold Line project which were completed on time and under budget in 2003 and 2015 respectively. They have designed and built hundreds of major infrastructure projects, and both are award-winning companies, providing world-renowned experience

With the contract award now made, the project will begin major construction in 2020 and take approximately five years to complete to Pomona and eight years to complete to Montclair, if the contract option is activated. It is estimated that during construction alone, the Foothill Gold Line project will create more than 16,000 jobs, \$2.6 billion of economic output for the region, as well as \$1 billion in labor income and \$40 million in tax revenue (according to a study by Beacon Economics).

Stay Updated - The Construction Authority plans to host community open houses in Glendora, San Dimas, La Verne and Pomona in the coming months. Sign up to receive the latest project updates and information on the upcoming meetings at www.foothillgoldline.org.

Meet Chris Koning, the newest addition to the Graves Financial Wealth Management Team



The Graves Financial Team: (right to left) Chrissy Kee, Susan Colby, Courtney Albers, Chris Koning, Robert Graves, Yvonne Prince, Chelle Briggs, Amy Bowman. (Photo Credits: Victor Penrod)

GLENDORA-As a wealth advisor, Chris has built countless relationships with individuals and families across the country. He is grateful to have returned to his hometown of Glendora, CA to join Graves Financial Wealth Management. With more than two decades of experience in the financial services industry, Chris has affiliated with firms such as Morgan Stanley, Dean Witter, Mellon, Wells Fargo Advisors and Ameriprise Financial. Each role as a financial advisor or managing director has allowed him to carefully understand each client's unique needs and goals, and utilize various wealth management and financial planning tools to help clients pursue their financial goals. Prior to joining Graves Financial, Chris resided in Erie, PA where he raised his daughter, Matilyn, who is now attending Kent State University. He had been involved with the Erie Regional Chamber and Growth Partnership, Erie area Habitat for Humanity, as well as the Millcreek Township School District citizens advisory committee. Chris attended Damien High School in La Verne, and received his bachelor's degree in Economics from the University of California at Riverside. Chris enjoys spending time with family, travelling, golfing, skiing, camping,

and attending live sporting events. We asked Chris about his return to the Glendora area... What memories stand out about growing up in the Glendora area? I most remember my wonderful childhood memories of Bidwell, Goddard and all the friends I made in the community while playing youth football, basketball and baseball. Many of them, I continue to keep in touch. What did you miss the most about living in Glendora when you were in PA? While in PA, I truly missed the winter season in Glendora. I would think of this as I shoveled 3 feet of snow in my driveway and worried about my pipes freezing. What surprised you the most when you moved back? I was amazed to see how much new development and "re-purposing" of buildings and shopping centers there has been! For example, the Stater Bro's shopping center on Lone Hill and Alosta (now Route 66) has been completely renovated, as well as many others. I'm also surprised at all the homes being built up the hillsides. Morgan Ranch was just being developed when I left the area and I remember when you could hike through the fields and groves of old oak trees on the way

to the big "G." Now I think there are homes in its place. What beautiful views there are from up there! When your daughter came out to visit, what did you most enjoy showing her? We really enjoyed her visit and I most enjoyed showing her our new residence and introducing her to my work family. We went to San Diego one day, and on another we went to Long Beach and Griffith park. I look forward to her return this summer before she goes back to college. Looking forward, what are you most excited about in relation to the Glendora area? I'm so grateful for my family and friends who have welcomed me back to the area. I am truly excited to learn about the needs of the community and how I can help to be a positive influence and be of service to those families and businesses who would benefit from my experience. Securities offered through Cetera Advisor Networks LLC, Member FINRA/SIPC. Investment advisory services offered through CWM, LLC, an SEC Registered Investment Advisor. Cetera Advisor Networks LLC is under separate ownership from any other named entity.

Ticket To Work Helps People Regain Independence

Millions of Americans get Social Security disability benefits yet want to work. They may be glad to know about a federal program that can help them enter the workforce while maintaining access to benefits. Thanks to Social Security's Ticket to Work program, free employment support services help people prepare for work, find jobs or progress in their careers.

Many of these people are concerned about what employment would mean for their Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) benefits. There's no need to worry. Social Security Work Incentives make it easier for adults with disabilities to explore work while continuing to receive benefits. Some of these incentives make it possible for people to test their ability to work without immediately losing Medicare

or Medicaid coverage. Others let people whose disability interferes with employment start receiving benefits again without needing to submit a new application under certain conditions. Because everyone's situation is different, job seekers are encouraged to talk with a professional Benefits Counselor. These are trained experts who help people make informed decisions about employment. To find one, call the Ticket to Work Help Line at 1 (866) 968-7842 or 1 (866) 833-2967 (TTY).

For example, the Ticket program helped Brenda recover the control she lost when, in 1996, she found herself in the psychiatric unit of a hospital. Brenda had experienced psychosis—a frightening symptom of an illness that causes people to lose touch with reality. The symptoms recurred, interfering with her ability to maintain steady work. Still, Brenda studied human services in college and after many years, found effective treatment. She wanted to return to work, so when information about Ticket to Work came in the mail, Brenda connected with a provider who offered the support she needed. With career counseling, résumé help, job leads and a lot of encouragement, Brenda landed a job as a Community Rehabilitation worker. She applies her human service skills to helping vulnerable populations engage in the community and has recovered her sense of purpose. "This work is not just about making money," she reflects. "It's a healthy [work] environment and I'm thriving in it. When you have the kind of support that allows you to focus on succeeding, you discover what you can do." Ticket to Work helped Brenda find her path to a better future. It may help you find yours. To learn more, call the Ticket to Work Help Line or visit <https://choosework.ssa.gov>. (NAPSI)

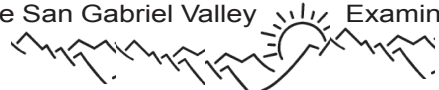
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El Monte Union to Launch New Dual Enrollment, CTE Programs in 2019-20

EL MONTE – El Monte Union students can look forward to a host of new dual-enrollment programs and career technical education pathway offerings – from computer coding and stage production to public safety and education – when the 2019-20 school year begins Tuesday, Aug. 20.

“We are very excited to begin the new year with an expansion of course offerings that will be taught by highly trained and passionate educators, who are dedicated to boosting our students’ chances of success by providing them with practical experience, real-world training and preparation for the future,” Superintendent Dr. Edward Zuniga said.

At Arroyo High, students can learn technical and stage pro-



El Monte Union students in the financial services CTE pathway and who intern in the Union Bank student-run branch on the Mountain View High School campus will earn CTE class credit.

duction management in the new theater and stagecraft CTE pathway. Students in the food science and nutrition pathway may earn internships with the City of Hope and earn CTE class credit. Administrators are

exploring a business law option for spring 2020 and plan to provide more articulated classes that will enable students to earn college credit with Rio Hondo College, Mt. SAC, Citrus College, Los Angeles Trade Tech



El Monte Union is expanding its career technical education pathway offerings, including professional theater and stage production management, at several schools for the 2019-20 school year.

or Fullerton College.

El Monte High School will offer three sections of Automotive 101 in the fall and Automotive 103 in the spring through Rio Hondo College, which offers a Bachelor of Sci-

ence in Automotive Technology.

At Mountain View High, students in the financial services CTE pathway and who intern in the Union Bank branch on campus will earn CTE class

credit. Administrators are working on articulation agreements for Mountain View’s new CTE pathways in education and theater with Rio Hondo or Citrus College. A Counseling 101 class from Rio Hondo may also be offered after school.

Rosemead High School will introduce its computer coding dual-enrollment CTE program in collaboration with Rio Hondo College, enabling students to earn free college credits that are transferable to UCs or CSUs. The school will also launch its new stagecraft pathway. The school’s business, finance and graphic arts pathways are articulating with Rio Hondo College, helping students to earn credit and save time and money.

South El Monte High is starting year two of its Early College Academy with Rio Hondo College. Course offerings will include Speech and American Sign Language, as well as Counseling 101 and Library for freshmen. The school will also start its new professional theater pathway, as well as a public safety dual-enrollment CTE program, with a Fire Tech Emergency Response class planned for the fall and an Administration of Justice and Fire Safety class planned for spring. Students in the manufacturing and business pathways will be offered internships.

“We are constantly finding new ways to build programs, offer college-level and career pathway courses and expand our higher education partnerships to ensure our students have every opportunity to explore a variety of career options and prepare for post-secondary success,” Zuniga said. “We look forward to expanding our programs and providing students the tools to achieve.”



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Emanate Health, formerly Citrus Valley Health Partners, is the largest health care system in the San Gabriel Valley. The health system includes Foothill Presbyterian Hospital in Glendora, Inter-Community Hospital in Covina, Queen of the Valley Hospital in West Covina, Emanate Health Hospice and Emanate Health Home Care in West Covina.