



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

August 8 - 14, 2019

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New Senior And Community Center In The City Of Covina

COVINA – Officials from the Los Angeles County Development Authority (LACDA) joined Congresswoman Grace Napolitano, Mayor John King and council members of the City of Covina, and other project partners to celebrate the ribbon cutting of the City's new Senior and Community Center. Located at Kelby Park, 815 N. Barranca Ave., the single-story wood frame building will provide services, events, and activities for the residents of the Covina community.

Nearly half of the building will be dedicated to enriching the lives of seniors through a variety of services such as nutrition, health information, recreation classes, life-long-learning opportunities, and special events. To complement the services, the center will include a kitchen, fitness center, multipurpose rooms, classrooms, and a courtyard. The LACDA provided more than \$693,000 in Community Development Block Grant (CDBG) funds and \$2.5 million from the Sec-



Officials from the Los Angeles County Development Authority (LACDA) joined Congresswoman Grace Napolitano, Mayor John King and council members of the City of Covina, and other project partners to celebrate the ribbon cutting of the City's new Senior and Community Center.

tion 108 Loan Guarantee Program, leveraged with \$5.2 million in City funding to finance the demolition, design, and construction of the new center. Monique King-Viehlend, LACDA Executive Director said, "The Covina Senior and Community Center is a repre-

sentation of the golden years we envision for residents. It's a home away from home, where community members are welcomed, and given a sense of hope with the services available."

The City of Covina has

partnered with the LACDA to deliver CDBG-funded projects and programs to their residents for more than 40 years. The City contracted with GKKworks and Pankow Builders to manage, design, and construct the project. Fifth Dis-

trict Supervisor Kathryn Barger, whose District includes the City of Covina, provided the following quote, "Whether it's a delicious lunch where residents can break bread together, a party where they can show off their dance moves, or a class where they can learn new skills, every opportunity at the new Covina Senior and Community Center provides residents with the tools they need to thrive and make daily life more vibrant. These activities and services are vital to the health, well-being, and connectivity of this community. Thank you to the City of Covina and LACDA for your vision and dedication to make this facility perfectly-suited for the residents."

For more information on the new Covina Senior and Community Center at Kelby Park, please contact Amy Hall-McGrade, Director of City of Covina Parks and Recreation Department, at (626) 384-5335 or email at ahallmcgrade@covinaca.gov.

San Gabriel Police Department To Open New Satellite Station August 8



Lieutenant Cruz Hernandez, Officer Nicholas Hamel, Officer Vy Van and Officer Andy Texeira in front of Marshall Satellite Police Station

SAN GABRIEL – As part of the department's efforts to increase community policing, the San Gabriel Police Department will be opening a new satellite police station at Marshall Park located at 311 West Marshall Street in San Gabriel on August 8, 2019 at 5:30 p.m.

Known as the Marshall Satellite Police Station, the new station will ensure a more robust police presence in the southern portion of San Gabriel by housing the department's Traffic Bureau and select administrative and operational functions.

"The Marshall Satellite Police Station will allow the City to bet-

ter engage and serve this underserved part of the community," said Mayor Jason Pu. "We're delighted to be opening this station and I'm looking forward to saying hi to our officers while playing basketball at Marshall Community Park."

With the opening of this new satellite station, San Gabriel officers will be permitted and encouraged to work at the location to conduct police work. "Community engagement and personalized service have always been a cornerstone of the San Gabriel Police Department," said Police Chief Gene Harris. "The grand opening of this new satellite sta-

tion will allow us to open up another conduit to our community by allowing our officers to provide even more personalized service to our residents. We're looking forward to increasing our community engagement in the area."

The grand opening of the new satellite station will coincide with the San Gabriel Summer Nights series presented by the Community Services Department. Residents and participants will be able to experience a movie and a concert alongside the satellite station's grand opening on August 8.

Louie Pompei Golf Tournament

GLENDORA - On June 9, 1995, Glendora Police Officer Louie Pompei was shot and killed while attempting to stop an armed robbery at a grocery store. Louie's sudden and violent death was the most devastating occurrence in the history of the Glendora Police Department.

In Louie's honor, the Louie Pompei Memorial Golf Tournament was created to raise money

for the families of police officers who have been killed in the line of duty. A generous portion of tournament proceeds have been donated to the California Peace Officer Memorial Foundation each year. Additional proceeds are also donated to charitable organizations in Glendora throughout the year.

This year the tournament date is **August 12th** at the Glendora

Country Club. Registration begins at 10am with a 12 noon shotgun start. The cost of the tournament includes: cart, green fees, range balls, lunch, unlimited drinks on the course, and dinner poolside at GCC. Please help us raise money for worthy causes! Come and enjoy a special day of golf and fun at beautiful Glendora Country Club followed by a great dinner and raffle!

Amateur Boxers Compete in 12th Annual Duarte Youth Boxing Show



DUARTE - Young, amateur boxers from clubs throughout Southern California will be participating in the annual Duarte Youth Boxing Show on Saturday, August 17 with doors opening at 1 p.m. The event will be held at Duarte High School Gym (1565 Central Ave.). Tickets are available at the door; \$10 for attendees 12 and up, \$3 for children 11 years and under; children 3 years

and under are free. Fans and supporters of amateur youth boxing may also purchase advance tickets for \$8 at the Duarte Teen Center. The first bout begins promptly at 1 p.m.

The City of Duarte Parks and Recreation launched the Duarte Boxing Club in 1997. The program has developed over the years into a highly competitive,

youth boxing program with participants competing successfully in local and national competitions including twenty-one-year-old Erika Sanchez who won her second National Golden Gloves Lightweight Champion title on May 11. For more information about the boxing program, contact the City of Duarte at (626) 303-0863.

Foothill Unity Center to be Honored by Monrovia Providers Group At Award Ceremony

MONROVIA - The MPG Awards dinner, "A Night of Recognition" will be held on **September 19** at the Monrovia Tennis Club, 158 N. Sunset Place, Monrovia. Reception begins at 6:00 pm with the awards program and dinner beginning at 7:00 p.m. Three distinct awards will be presented this evening;

Foothill Unity Center – Lisa Magno Award, for contributions to the physical and mental wellbeing of San Gabriel

Valley Seniors.

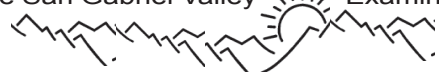
Grocery Outlet Duarte – Volunteer of the Year Award, for their contributions to Senior focused events that improve the quality of life of Foothill Seniors.

Nathan Kirschenbaum – Joel Olson Award, for his work developing Dementia Friendly Monrovia and efforts to promote the Monrovia Providers Group in the community.

We invite you to join us and

INSPIRE the community as we honor these individuals and organizations. Tickets and Sponsorship opportunities are available at MPGAwards.EventBrite.com

For over twenty years, the Monrovia providers Group's mission, "to engage the senior community and improve the experience of aging," has led the development of relationships and inspired collaboration throughout the valley.



The County of Los Angeles Board of Supervisors Honors Three Nationally-Recognized Internal Services Department Programs



DATACENTER 1, ISD Fleet Mobile App, and County Wide Interoperable Radio System (CWIRS) Upgrade Program are recognized by the National Association of Counties (NACo)

LOS ANGELES COUNTY – Three innovative programs implemented by the Los Angeles County Internal Services Department (ISD) and honored by the National Association of Counties (NACo) with Achievement Awards were recognized by the Board of Supervisors. The award acknowledges innovative and effective county government programs that strengthen services for residents. ISD Director Scott Minnick joined his program managers at the Board meeting to celebrate these achievements.

DATACENTER 1: The Power of 1

This project relocated the information technology infrastructure and Los Angeles (LA) County's data assets for

ISD and the departments it serves from an aging and non-purpose-built facility in Downey, California to a purpose-built, state-of-the-art, eco-friendly "Tier III" facility capable of providing the necessary security, resiliency and sustainability to protect the IT infrastructure and data assets for all County departments today and into the future. DC1 is now capable of giving departments' instant access to compute resources, rich analytic tools for making data driven decisions, and hybrid cloud offerings with the ability to deploy them where and when they will be most effective, thus providing a better service to the public.

The ISD Vehicle App

The Los Angeles County (LA County) ISD Fleet provides vehicle maintenance and repair services for approximately 5,000 vehicles and equipment deployed throughout the 4,084 square miles of LA County and belongs to approximately 30 County departments. Due to the geographical size of LA County, number of Fleet Customers (including 10,000 motor pool users), ISD identified the need for an application to allow users to readily access Fleet info and make important reservations.

County Wide Interoperable Radio System (CWIRS) Upgrade Program

The CWIRS Upgrade Program was designed to provide State-of-the-Art Disaster Re-

sponse and Recovery (as well as Day to Day operational) communications abilities available for ALL Los Angeles County Departments to use. The CWIRS platform provides critical communications links throughout the County of Los Angeles that allows all County agencies to communicate on one common platform providing critical interoperability to respond to any Emergency situation. The new CWIRS platform was designed as a hardened and resilient system to ensure communications links are available when most needed. CWIRS provides these services to over 7000 users in 35+ County agencies as well as outside partner agencies.

Receive 10 Free Trees by Joining the Arbor Day Foundation in August

Nebraska City, Neb. – wood trees will add color and beauty to your yard throughout the year, with their showy spring flowers, scarlet autumn foliage, and red berries that attract songbirds in the winter."

Everyone who joins the Arbor Day Foundation with a \$10 donation will receive 10 free Colorado blue spruce trees or 10 white flowering dogwood trees through the Foundation's Trees for America campaign.

The trees will be shipped postpaid between October 15 and December 10, depending on the right time for planting in each member's area. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge.

"Colorado blue spruce trees truly provide year-round beauty for any landscape," said Matt Harris, chief executive of the Arbor Day Foundation. "Dog-

New members of the Arbor Day Foundation will also receive The Tree Book, which includes information about tree planting and care, and a subscription to Arbor Day, the Foundation's bimonthly publication.

To receive the free Colorado blue spruce trees, join online at arborday.org/august or send a \$10 membership contribution by August 31 to:

Arbor Day Foundation
Ten Free Blue Spruces OR
Ten Free Dogwood
100 Arbor Ave.
Nebraska City, NE 68410

New Way To Save All Shelter Pets

The lives of nearly 733,000 cats and dogs could be saved with the help of caring humans and an innovative Web-based platform introduced this week by Best Friends Animal Society.

Envisioned as a tool to help animal lovers help their communities save more pets, the new community lifesaving dashboard combines groundbreaking data visualization technology with the most comprehensive data set on animal welfare ever published.

Two years in the making, the tool crowdsources, validates and translates complex data about the dogs and cats in U.S. shelters.

It brings an unprecedented level of transparency to the animal welfare movement, unlocking new opportunities for saving pets by providing a detailed picture showing precisely—on a city, state and community level—where cats and dogs need to be saved.

For the first time, anyone with a smartphone or computer will be able to easily access

his or her community's snapshot of how many cats and dogs need to be saved and find tools to help individual shelters save more pets. The organization used independent research, government data and even FOIA requests to create the most comprehensive data set on animal welfare ever published.

Best Friends CEO Julie Castle says the investment in data was necessary to achieve the organization's goal of bringing the whole country no-kill by 2025.

"Up until two years ago, we didn't even know how many shelters existed," she said. "How can you possibly save all the animals if you don't even know how many need to be saved?"

"With this data in hand, our goal to save every savable pet by 2025 is finally within reach," Castle said.

To explore the community lifesaving dashboard, visit BestFriends.org/2025. (NAP-SI)

How to Take on the New School Year Like the Ultimate Overachiever

A new school year is a clean slate. How are you going to make your mark?

To help students everywhere gear up for a successful school year, celebrated actor, author, humanitarian and G2 Overachiever, Priyanka Chopra Jonas is sharing tips for making more happen.

Tip 1: Set specific goals: Writing down goals and aspirations can get you started on the right note. In a recent survey conducted by Pilot Pen, more than 94 percent of people stated that writing down goals makes you more likely to achieve them, whether that means getting straight As, making your favorite sports team, or making a difference in your community.

Tip 2: Get involved: Find something that you are passionate about this school year, whether that means joining an existing club or taking on a totally new project. You can get inspired by Ian McKenna, winner of the 2018 G2 Overachievers Student Grant, which recognizes young scholars (age 13-19, in middle or high school) who are making a real difference in others' lives in and outside of the classroom. A native of Austin, Texas, 14-year-old McKenna was inspired to help feed his hungry



Ian McKenna, Pilot Pen 2018 G2 Overachievers Student Grant Winner.

classmates during winter break and founded Ian's Giving Garden, a series of community gardens that donates 100 percent of their crops to hungry families. To-date, McKenna's charity has helped feed over 700 families by growing and donating an estimated 18,300 pounds of fresh produce.

McKenna's inspiring story was selected by Chopra Jonas from a pool of highly qualified nominees. Together with Pilot, she'll award McKenna and his

school a combined \$15,000 grant. He plans to use his \$12,500 portion for college tuition, to gain the skills needed to make an even greater impact on social issues like hunger. The remaining \$2,500 will go to his school to help continue fostering overachievement among its students.

Do you know someone going above and beyond their daily responsibilities to better their community? Whether they're a

student or adult, visit G2Overachievers.com to learn more and submit a handwritten nomination.

Tip 3: Be prepared: Overachievers of all ages know that you have to have the right tools on-hand so that you're always prepared when inspiration strikes. Whether you're taking notes in class, outlining a science experiment or planning a fundraiser for an afterschool club, the right pen in your hand can make all the difference. A preferred pen of overachievers, the G2 gel ink pen by Pilot is smooth-writing, long-lasting and the number one selling pen in America. Its smaller counterpart, the G2 Mini, offers the same smooth-writing ink and comfortable grip of full-sized G2s in 10 great color options, and funds the G2 Overachievers Student Grant.

Tip 4: Try something new: Make this the year you step outside your comfort zone and try something totally new to you. Audition for the school play. Join or start a new club. You never know where a hidden talent lies and there's only one way to find out.

When taking on new challenges this school year, no matter your goals, remember that with smart planning, perseverance and the best tools, you too can be an overachiever. (StatePoint)

Tips to Take Better Care of Your Clothes this Season

From dripping popsicles to grassy soccer fields, your clothes will become susceptible to a wide array of stains and odors over the coming months.

Use these tips to keep your wardrobe fresh-smelling and looking new as long as possible:

- **Air out:** Give wet, sweaty clothes and towels a chance to breathe. When you get home from the beach, gym or baseball diamond, empty your bag of soiled items.

- **Understand stains:** Science shows there is no single one ingredient that cleans every kind of stain well. For example, spaghetti sauce stains are best treated by peroxides, while grass stains are best treated by enzymes. For this

reason, it's important to look for a cleaning solution that can fight all the different kinds stains you may encounter this season. Combining more ingredients than other brands, consider adding Biz Stain and Odor Eliminator to your loads, which works to make clothes brighter while eliminating a wider range of stains.

- **Pre-treat:** For tough stains, pre-treat the area with a multi-faceted solution. Wet the garment with warm water and apply a stain treatment directly to the area. Rub gently and wait five to 10 minutes, being careful not to allow it to completely dry. Then, wash your clothing as usual.

- **De-odorize:** When the mercury rises, your clothes need a bit

of extra care to keep them smelling fresh. Give clothes a boost with products designed to keep laundry fresher longer.

- **Fabric care:** You are likely pulling out such warm weather wear as seersucker, linen and silk. Extend the life of your wardrobe by reading individual garment's labels and following care instructions.

Laundry day comes with its own set of challenges during the warm weather months, when life takes us outdoors and into the heat, and our clothes suffer the consequences. However, new tools and old tricks can help your favorite gear survive the season in great condition. (StatePoint)

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Glendora Police Department Receives Grant to Fight Alcohol-Related Crime

GLENDORA - Chief Lisa G. Rosales is pleased to announce that the Glendora Police Department has been awarded a grant for over \$31,000 from the California Department of Alcoholic Beverage Control (ABC) to battle alcohol-related crime.

"The Glendora Police Department recognizes the importance of enforcing laws pertaining to alcohol-related crimes and we are proud to team up with our partners at ABC to combat issues that are directly affecting our community," Chief Rosales said.

The grant is one of only two ABC grants awarded in law enforcement agencies in the San Gabriel Valley. The grant was issued through ABC's Alcohol Policing Partnership Program.

These grants strengthen local law enforcement efforts by combining the efforts of local police officers and ABC agents. ABC agents have expertise in alcoholic beverage laws and can help communities reduce alcohol-related problems.

"The program improves the

quality of life in neighborhoods," said ABC Director Jacob Appelsmith. "We've seen a real difference in the communities where the grant program resources have been invested."

The Alcohol Policing Partnership Program was created in 1995 to strengthen partnerships between ABC and local law enforcement agencies. The program is designed to put bad licenses out of business, keep alcohol out of the hands of minors, and bring penalties such as fines,

suspensions, or revocations against businesses that violate the law.

The funds will be used to reduce the number of alcoholic beverage sales to minors and obviously intoxicated patrons, illegal solicitations of alcohol, and other criminal activities such as the sale and possession of illegal drugs.

California ABC is a Department of the Business, Consumer Services and Housing Agency.

Stabbing Suspect Arrested

By George Ogden

AZUSA - Azusa police responded to an assault (stabbing) call just before midnight on Sunday July 28th to an apartment complex on the 500 block of East Gladstone Street in Azusa. The victim was found with multiple stab wounds and was transported to the hospital in critical condition.

Authorities filed an attempted murder charge Wednesday against an Azusa man. Oscar Vidrio, 40, was arrested. He has had 4 arrests since December of 2017. He

was in court and pleaded not guilty on Wednesday, July 31. His bail was set at \$1,080,000.00.

A second man was also arrested. Joseph Loera, 22, who has had 6 other arrests over the last 18 months, originally had his bail set at \$2,000,000.00. However, it doesn't seem he has been charged and the DA is wanting a further investigation to see if he had any involvement at all. At this time, he is being detained because of the probable cause.

Azusa Beautiful Announces Honorees of 2019 Beautification Awards

Awards ceremony will take place Thursday, August 15, 2019

AZUSA - Azusa Beautiful has announced the honorees of its 2019 Beautification Awards, which will recognize Azusa's neighborhood heroes who make Azusa a beautiful place to live, work, and play. The awards will be presented on Thursday, August 15, 7:30 a.m. at the Azusa Greens Country Club in Azusa. Azusa Beautiful will honor City of Azusa Mayor, Joseph R. Rocha with the Visionary Award; Waste Management with the Impact Award; Max Arteaga, Owner of Max's Mexican Cuisine with the Unsung Hero Award; and The Outlet by ELS, Home2 Suites and Smart &

Final with the Curb Appeal Award.

"The annual Beautification Awards are an opportunity to acknowledge the businesses and individuals making a visual difference in Azusa, either through building renovations, landscaping or support of community beautification projects," said Maricela Cueva, President of Azusa Beautiful. "It's a celebration where the honorees are recognized for their efforts for giving back to the community and making it a better and more beautiful place."

Azusa Beautiful is a not-for-profit volunteer organization whose mission is to keep Azusa

beautiful through tree plantings, plant sales, clean-ups, graffiti removal, general beautification projects and more. Azusa Beautiful is comprised of volunteers dedicated to enhancing the beauty of the City of Azusa by encouraging and facilitating community participation in beautification projects throughout the city including the Utility Art Box Pilot program that commissioned artists to paint several utility boxes in downtown Azusa.

Individual tickets are \$35 and can be purchased online at bit.ly/2SoR2gA

For more information, visit www.azusabeautiful.org.

Governor Signs Senator Chang's Bill to Address Human Biohacking

SB 180 is the first ever legislation addressing emerging CRISPR technology

SACRAMENTO - Following unanimous support in the Legislature, the Governor signed the first bill into law addressing the emerging CRISPR technology. Authored by Senator Ling Ling Chang (R-Diamond Bar), Senate Bill 180 is a new consumer protection law that requires sellers of gene therapy kits known as "DIY CRISPR Kits" to include a notice prior to the point of sale, as well as a label, stating that CRISPR kits are not intended for self-administration.

"CRISPR technology is becoming widely available to the public but many in the scientific community have sounded the alarm that it could have negative consequences outside

professional labs," said Senator Chang. "The technology is moving faster than regulations, so it's important to be proactive about preventing safety mishaps by amateur users of CRISPR kits. While I'm a huge proponent of supporting scientific curiosity and imagination, I'm very concerned about the amateur use of this technology and its impact on consumer and public safety."

Use of CRISPR in garages and kitchens has been growing among so-called biohackers and many have made attempts to alter themselves with the technology. The owner of one company selling DIY CRISPR Kits recently came under investigation by California's Depart-

ment of Consumer Affairs.

CRISPR, short for CRISPR-Cas9, is an acronym for "Clustered Regularly Interspaced Short Palindromic Repeats" which are unique DNA sequences found in some bacteria and other microorganisms.

The United States Food and Drug Administration has stated that the sale of gene therapy products with the intent of self-administration is against the law, and cites concerns about safety risks. There have been instances caught on video of individuals injecting themselves with CRISPR Cas-9 edited materials with the intention of editing their physiology.

Public Health Reports First Two Cases of West Nile Virus among Los Angeles County Residents

LOS ANGELES COUNTY - The Los Angeles County Department of Public Health (Public Health) has identified the first two cases of human West Nile virus infection in Los Angeles County for the 2019 season (excluding Long Beach and Pasadena as cases identified in those cities are reported by their local health departments). A resident of the San Fernando Valley region and a resident of the southeastern region of Los Angeles County are recovering after becoming ill at the end of July.

"We are glad to hear that these two people are recovering from their West Nile Fever infections and wish them well. Every year in Los Angeles County, we see cases of West Nile virus infection, which can be serious even deadly, especially for people over 50 and those who have existing health problems," said Muntu Davis, MD, MPH, Health Officer for Los Angeles County. "Mosquito bites aren't just annoying, they may make you sick. So, everyone should take protective action by using mosquito repellent when outdoors and getting rid of items in their homes or yards that collect standing water where mosquitoes can breed."

West Nile virus (WNV) is spread by the bite of an infected mosquito. Symptoms may include fever, headache, nausea, body aches, and a mild skin rash. WNV can affect the nervous system and result in meningitis, encephalitis, paralysis and even death. People over 50 years of age and those with chronic health problems are at higher risk of severe illness. While not all mosquitoes carry this virus, the type of mosquito that spreads this virus is found throughout Los Angeles County.

Public Health recommends the following actions to reduce the risk of West Nile virus infection:

- Avoid mosquito-infested areas at dawn and dusk.
- Consider wearing long-sleeved shirts and long pants when you are outdoors, particularly at these times and when in areas where more mosquitoes are present.
- Use Environmental Protection Agency (EPA)-registered repellents containing DEET, picaridin, or oil of lemon eucalyptus. These are effective defenses against mosquitoes when used as labeled.
- Check your window screens for holes to make sure that mosquitoes cannot enter your home.
- Dump stagnant water. Do not allow water to collect and stagnate in old tires, flowerpots, swimming pools, birdbaths, pet bowls, or other containers. These are prime breeding grounds for mosquitoes.
- Clean and chlorinate swimming pools; drain water from pool covers.
- Stock garden ponds with goldfish or other mosquito-eating fish. These eat mosquito eggs and larvae.
- Empty and wash birdbaths and wading pools weekly.
- Cover rain barrels and empty weekly.

The number of people infected with WNV each year in LA County is estimated to be more than 10,000, because most infected persons do not experience any illness or perhaps only mild illness. These cases are neither reported nor recognized as WNV. Moreover, Public Health continues to report elevated numbers of WNV cases in LA County over the previous 5 years, at an average of 197 cases per year. Over

three-quarters of reported cases have had severe disease and approximately 7% of patients with severe WNV have died from complications. The longest recorded WNV season extended through mid-December in 2017.

Public Health collaborates with local vector control agencies to target areas for mosquito control activities as well as educate people about how to protect themselves. There is no vaccine for WNV and no treatment to cure the illness once an individual becomes sick. Reduction of mosquito breeding sources and protection from mosquito bites are the best ways to prevent WNV infection.

"It's important to remember that West Nile virus is transmitted by infected mosquitoes," says Truc Dever, General Manager of the Greater Los Angeles County Vector Control District. "That's why residents need to take measures to prevent mosquito bites. Remember to tip and toss anything that can hold water on your property and use insect repellent when mosquitoes are present. Reducing the risk of mosquito-borne disease infection is a shared responsibility for everyone who lives, works, and recreates in LA County."

For more information on West Nile virus, visit <http://publichealth.lacounty.gov/media/westnile>. To find a local vector control district, visit <http://www.socialmosquito.org>.

Stagnant swimming pools or "green pools" should be reported to the Public Health Environmental Health Bureau at (626) 430-5200, or to a local vector control agency. Dead birds may be reported by calling (877) 968-2473 or online: http://www.westnile.ca.gov/report_wnv.php.



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Newsom Blocks Water Storage and Transfer Proposal

March 2018, L.A.-based Cadiz, Inc., that owns 70 square miles of property with water rights in the Mojave Desert in San Bernardino County, presented Upper San Gabriel Municipal Water District with options to increase the water supply in the San Gabriel Valley. Cadiz's proposal was to pump up to 16.3 billion gallons of ground water a year out of their basin to sell to those in Southern California.



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora
2016, Feinstein asked President Obama to use the 1906 Antiquities Act to expand the protection area an additional 1.8 million acres naming Mojave Trails, Sand to Snow and Castle Mountains as National Monuments. In February, Feinstein announced approval of California Desert Projection and Recreation Act adding another 716,000 acres of desert land.

October 2015, the Cadiz project was blocked by Obama's Bureau of Land Management (BLM) over the use of an 1875 railroad right of way for the water transfer pipe location. When President Trump came into office, BLM reversed their decision and Cadiz started to move forward and ownership rights of Arizona and California Railroad Company and the 2008 99-year lease between Cadiz and ACRC railroad held.

Cadiz History:
1983 -- Cadiz Inc. was founded after acquiring 11,000 acres in Cadiz Valley of eastern San Bernardino County. Through NASA technology analysis and research, it was determined the land was situated over a large, naturally recharging aquifer system able to provide a high-quality, reliable water supply to Southern Californians and much-needed underground storage for surplus water.

1984 -- production wells determined high-quality groundwater.

1986 - As good agricultural land, the first grape vineyards were planted and in 1989, a citrus orchard and seasonal crops added. The vineyards, citrus orchards and seasonal vegetable crops continue to flourish.

1998 -- Cadiz began developing a water supply and storage project designed to provide storage of imported surplus Colorado

River water for MWD and return that water and native groundwater to MWD when needed. Lack of surplus water stopped the project.

2008 -- Re-designed the project to deliver a reliable water supply to Southern California, routing conveyance pipeline over ARZC Rail right of way to avoid disturbing public lands and connect the Cadiz Valley with the Colorado River Aqueduct.

2011-12 - CEQA environmental review/permitting process led by Santa Margarita Water District (SMWD) and San Bernardino County, separately, approved the Project's groundwater management plan and conservation of approximately 50,000 acre-feet of water per year for 50 years with habitat preservation plan.

2013-16 -- SMWD and County defended CEQAs, and project approvals were upheld by Superior Court against six cases, sustained by Court of Appeal, and became fully-vested, not subject to further challenge.

Aug 1-2019 Gov. Gavin Newsom signs SB 307 looking like a targeted effort to block the Cadiz Water Project.

SB 307 says "... transfer of water using a conveyance facility that has unused capacity to transfer water from a groundwater basin underlying desert lands ... in the vicinity of specified federal lands or state lands to outside of the groundwater basin unless the State Lands Commission (SLC), in consultation with the California Department of Fish and Wildlife (CDFW) and the Department of Water Resources (DWR), finds that the transfer of the water will not adversely affect the natural or cultural resources of those federal and state lands.

Additional environmental review by State Lands Commission is smoke and mirrors. SLC, established in 1938 to "...manage 4 million acres of tide, submerged lands, the beds of navigable rivers, streams, lakes, bays, estuaries, inlets, and straits." is made up of 3 commissioners with Lt. Gov. Eleni Kounalakis, Chair.

For two decades Cadiz has proposed implementing good water management practices and has been undermined by Democrats more interested in serving the environment than average people needing affordable water.

Propaganda, Pandering, and Politics

For the next one and a half years we will have to endure the hyperbole, apocalyptic predictions, fake outrage, half-truths, and frank lies of politicians. Some kind soul should take pity on us and pass out beans to put in our ears.

Of course, we should expose ourselves to many opinions, but we have to be careful about propaganda. Propaganda, an ugly word, is viewed as more than mere opinion but information that is somehow manipulative, misleading, or not telling the whole truth.

Propaganda came to mind during a meeting I attended where well-heeled teenage girls sporting AOC for Congress T-shirts preached to the captive audience about how the government should pay for college tuition, books, and housing for everyone, while extolling the virtues of socialism. Had their parents heeded Vladimir Lenin's "Give me four years to teach the children and the seed I have sown will never be uprooted"? Then some adults with vapid smiles admonished us that we should believe the young ladies, not because they provided statistics or pros and cons of the value of college for everyone, but because they are young and our future. This brings out one propaganda tool: it's for the children.

Why would we willingly give up any of our freedoms and turn over our pocketbooks to the government because some nouveau socialists fed us propaganda? Because it works.

Look at the Social Security Act. No one would turn down the promise of financial security in old age, or as President Roosevelt said, a safeguard "against the hazards and vicissitudes of life." I question if people think it is a good deal to pay more than 15 percent of your paycheck (including employer's "contribution" and Medicare tax) to the government, thus taking your future savings out of your control. If you die young you get nothing; your savings go, not to your children, but into the government's black hole.

Patients and doctors alike have been sucked in by statements of questionable accuracy. In promoting the Affordable Care Act, President Obama on multiple



By Marilyn M. Singleton, MD, JD

occasions assured us, "if you like your doctor you can keep your doctor, if you like your health plan you can keep your health plan." The ACA likely would not have gotten traction if he had said, "We don't know what the insurers will do after the ACA is passed, so good luck."

Electronic Medical Records (EHRs) were part of the bumpy road to the ACA. President Obama, promised that EHRs would "cut red tape, prevent medical mistakes and help save billions of dollars each year." The unwary believed the puffery versus the facts.

The promise: EHRs are efficient. Reality: Hundreds of different brands mean that the records cannot be exchanged between physicians, but they can be sent to the Office of the National Coordinator for Health Information Technology.

The promise: EHRs save time. Reality: Doctors spend half their time on the computer rather than talking with patients.

The promise: EHRs save lives. Reality: Software problems have memorialized incorrect information. One in 5 people surveyed by Kaiser Family Foundation has found a mistake in their records.

The promise: EHRs are private. Reality: There were more than 2,000 data breaches of 176.4 million patient records between 2010 and 2017.

It sounds so virtuous to insist that "healthcare is a right." Thus, if you do not believe medical care should be free, you are not a moral person. This technique echoes Aldous Huxley's view that "the propagandist's purpose is to make one set of people forget that the other set is human."

(Of course, bearing arms is a constitutional right, but guns are not given away for free. Indeed, gunowners are thought by some to be horrible people). Free medical care for all is short, simple, and seductive.

The promise: Medical services are free. Reality: Government may deny the request for prior authorization for your treatment, or ration treatments for older folks, such as hip and knee replacements and cataract surgery. In the government health system 307,000 Veterans might have died waiting for medical care.

The promise: Drugs are free. Reality: The medication your physician thinks is best for you is not on the government's formulary.

The promise: There are no without out-of-pocket costs. Reality: Private health insurance is abolished, leaving no consumer choice.

The promise: It's free! Reality: Your taxes will be raised to heights unknown.

"Free" is America's new verbal Potemkin village of health care, where Susie gets a free birth if she survives her abortion, free medical care for life, and even free food. All Susie has to do for herself is breathe. This is a panderer's view of America. In fact, we are a country of individuals who want to govern their own lives and of physicians who want the freedom to properly care for their patients.

Dr. Singleton is a board-certified anesthesiologist. She is President 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. She lives in Oakland, Ca.

Let's Prevent Unarmed Citizens from Protecting Themselves and Others

Again, we have mass shootings. Our condolences to all the victims, their family and friends.



George Ogden
That's just the way it is!

Every time something like this happens, we hear more "gun control" being preached. People, taking away guns from the citizens is not the answer. I really don't want any automatic type weapons, I have no need for them... However, to have protective weapons or side-arms I fully support.

Take a look at what happened with these mass murders and shooting. Only one shooter was neutralized within a minute by someone who had a gun. Did I mention that he and two

others were the only people that had guns to protect themselves? Oh, I forgot to tell you, they were police officers at that California Garlic Festival. The gunman killed himself after being confronted.

All the other shootings went

on way to long... If law abiding citizens were allowed to get permits and carry a side arm, the number would have been much lower and the situation terminated right away. Law-abiding citizens could fight back and save their own lives and the lives of others when there is no one else around to do it. REMEMBER, when seconds matter, the police are only minutes away.

If these shooters know that people are carrying a concealed weapon or had an open carry, that alone is a deterrent.

Even California Governor Newsom is yelling for more gun control. Gun control of WHO? Good citizens aren't allowed to carry guns to protect themselves and others, so what is he talking about?

He already lied to the public about the death penalty and removed it from over 700 death row inmates. He said he would follow the will of the people and how they voted. That was a lie. Why isn't he being impeached?

Once they take away our protection, who will still have guns??? We will have no way to protect ourselves or others.

"That's Just the Way It Is!"

More Families Have a Plan to Pay for College

College may be getting more expensive, but new research suggests that more families are preparing to meet those costs one way or another.

Eighty percent of families say they are confident in how they paid for college last year, and nearly half have a plan to pay for all years of college, according to "How America Pays for College 2019," a recent study from Sallie Mae and Ipsos, an independent global market research company.

All this preparation could be attributed to the fact that the overwhelming majority of families recognize the value of higher education, with 90 percent of families agreeing college is an investment.

"The individual and socioeconomic benefits of a college education are clear, so it's particularly gratifying to see that families continue to view college as a worthwhile investment," says Raymond J. Quinlan, chairman and CEO, Sallie Mae.

On average, families report spending \$26,226 on college in academic year 2018-19, with a sizeable portion of costs -- 43 percent -- covered out-of-pocket through income and savings.

Scholarships, grants, and gifts -- used by 82 percent of families -- covered 33 percent of costs, and that "free money"



Photo Source: (C) Rawpixel.com / Stock.adobe.com

can be especially important, both logistically and psychologically, opening doors to opportunities that would be otherwise unavailable and even making a difference in the way students view the college experience as a whole.

The study also found that while borrowing covered 24 percent of overall college costs, 57 percent of the families who borrowed to pay for college say they had always planned to do so as part of their paying-for-college strategy. What's more, many families are getting a head start on paying their loans back, with 41 percent making payments on student loans while the student is in school.

Families are being proactive in other ways, too. Seventy-seven percent of families completed the Free Application for Federal Student Aid (FAFSA) for the 2018-19 academic year. Completing the FAFSA is the

first step in receiving a financial aid award letter from schools. Of those who filed for the 2019-20 academic year, 25 percent did so in October, the first month the application is available. On the other hand, the majority of families waited until January or later to file, potentially missing out on free money for college.

For the complete report and a related infographic, visit SallieMae.com/HowAmericaPays. For new tools and educational resources that promote college planning, visit salliemae.com/collegeplanning.

"While more families are planning for college costs, we'd like to see that number continue to grow because we know those with a plan are better prepared to meet the costs, and typically have a better understanding of the financial aid process," says Quinlan. (StatePoint)

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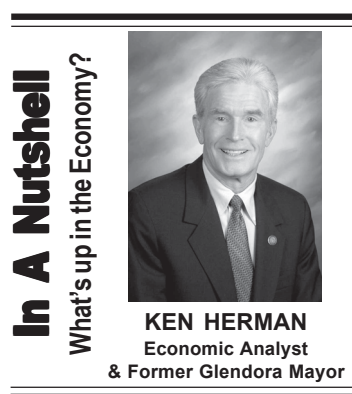
Federal Reserve Gives Wall Street What It Expected

The Fed cut rates by 25bp and announced balance sheet runoff will end August 1st, two months ahead of schedule. As noted by Bloomberg Economics, the Fed avoided using the word "insurance," "risk-management," or "preemptive," all key words expected in the case of a one-and-done rate adjustment. Instead the decision to cut was a response to too low inflation and global uncertainty. The statement notes uncertainty continues, which leaves the door open to further cuts.

HOW CAN NEGATIVE INTEREST RATES BE ATTRACTIVE?

With \$13 trillion of global government bonds now showing negative yields, the question that begs to be asked is how low is too low for interest rates and what is the end game? It is commendable that the Fed tried to normalize monetary policy, but such a maneuver is very difficult to do in a world where many other central banks are doing the opposite. Just as Fed policies affect the rest of the world - particularly due to the reserve currency status of the U.S. dollar - the opposite actions by other major world central banks also (at least somewhat) effect the U.S. economy, whether we like it or not.

The 10-year Treasury note probably wouldn't be at 2.05% today if it were not for the growing pile of \$13 trillion in negative-yielding world government bonds. Investors chasing risk-free yields end up in our U.S. Treasury market, as the safest place to go for positive yields. Global bank Quantitative Easing activity supports the Treasury market and the U.S. dollar, despite America's rising federal deficits. It will remain difficult for the dollar to decline in an environment where negative interest QE policies are abundant



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

globally (especially while only the Fed has been shrinking its balance sheet). Quantitative easing is like printing money, but for financial institutions only (they are the only benefactors). It differs as only banks have access to those electronic dollars, or euros or yen. As excess reserves are abundant in the system, they find shelter in government bond markets. In the U.S., QE worked as excess reserves first found homes in Treasuries and mortgage bonds and then trickled down to riskier fixed-income instruments. What's happening is pulling the economy out of a deflationary hole by the force-feeding of credit into an overleveraged system that was otherwise going to deleverage naturally.

While excess reserves have no credit multiplier effect, due to the way they were never lent into the Fed funds market, they do have a spending and credit multiplier effect. As deficit spending trickled down through the economy, people got paid, they deposited the money in their banks, banks lent much of that money out, it was spent again, and the credit multiplier cycle did help economic activity in the U.S. Regrettably the same QE dynamic has not been able to produce similarly good results in Europe or Japan.

As the world reacts to the Fed cutting the Fed funds rate by 25 basis points, the investor community, helped by global central

bank QE policies, had already driven the 10-year Treasury yield from a high of 3.24% in early November to a low of 1.94% in June 2019, or a 130 basis point decline in just seven months. As far as I am concerned, the market has already delivered a large reduction in longer-term risk-free rates in the United States. One could say that the Treasury market is forcing the Federal Reserve to cut the Fed funds rate to become more in tune with market-driven rates. The question is are those rates really market-driven if global QE policies helped them get there?

So far, there has not been any foreign 10-year government bond that has printed a negative yield of a whole percentage point, although there is one that has come close at -0.76% in Switzerland. Closely related to the Swiss bonds are the German bunds, which closed last week at -0.32%. Other 10-year government bonds with negative yields include the Netherlands (-0.21%), Japan (-0.13%), and France (-0.07%).

The moral is that policies of foreign central banks have their effectiveness limits. Europe and Japan have some very serious structural and demographic issues that central bank policy alone cannot solve. I am worried that trying to do too much QE will backfire in Europe as well as Japan. Administering more monetary medicine to a sick patient (after it has not yet worked) is probably not the best way to proceed. For the time being, the dollar is likely to remain strong; and, returns from U.S. financial markets should continue to be better than anything in Europe or Japan.

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

According to the news, the Feds lowered the interest rate. Should I refinance?

The Feds lowered the interest rate of the money they loan to banks and other lenders. The best way to determine whether or not you should refinance is to contact an independent mortgage loan broker who can analyze your situation, run the numbers, and shop different lenders to determine which would be best for you. Banks are slow to make changes, and are limited to a small menu of loan choices. Let me know if you need a referral.

I've decided to take an early retirement after having sold my business. Is there anywhere I can put the sales proceeds so that they are safe and very long-lasting?

There are a couple of different strategic options available so that your money lasts at least through your lifetime, and possibly longer. You could use one or the other, or a combination of both. These options involve life insurance and fixed, or fixed-indexed annuities. If your first reaction is, "No way," you owe it to yourself to take another look at these products which have evolved into incredible financial planning avenues with lifetime living benefits as well as the possibility of leaving a legacy.

The surrender fee period is ending on my annuity soon. I've heard that annuity contracts nowadays are a lot better than the one I've had. Can I get the money out of this annuity and put it into another? Will I have



Julia Yoder

to pay all the taxes first?

A close look at your current annuity policy for its rules and benefits would be instrumental in determining if a newer annuity is actually better. If suitable, and in your best interest, you might be able to do a 1035 exchange, which, when done properly, avoids creating a taxable event.

We are seniors and would like to sell our big family house and buy a smaller house or condo, but we can't because we would lose our Prop. 13 property tax benefit. What should we do?

There are a couple of other Propositions already in effect that allow you to transfer your tax base, whether within L.A. County, or (selected) other counties. Proposition 60 limits you to purchasing within the same county as the house you are selling is located. Proposition 90 allows inter-county base-tax-value transfers in 10 California counties. The California State Board of Equalization has more details.

What's your advice on selling our home without a Realtor?

It is possible, but be aware that those who seek out "For Sale by Owners" are typically looking for a big bargain. Statistics show that homes sold by using a Realtor sell for more net profit (even after paying Realtors fees). Ask yourself how you will know if the people looking at your home are actually financially qualified to purchase? Do you know the laws about disclosures? Attend some open houses in your neighborhood to compare your home to theirs, and also to get some ideas on improving yours. Let me know if you'd like a free CMA (Comparative Market Analysis) to help you price your home competitively.

Does my husband have any rights to the house I inherited when my first husband died?

California is a community property state, giving your spouse half of all your property. However, the one exception is property acquired by gift or bequest. As long as your current husband is not on title, he does not have any rights to the house you inherited.

Ask Julia by email:
juliayoder@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: CalStarBenefits.com/28485

In Historic First, Los Angeles County Earns AAA Credit Rating

Standard & Poor's Upgrade Reflects County's Strong Financial Condition and Credit Quality

LOS ANGELES COUNTY - Global ratings agency Standard & Poor's today raised Los Angeles County's credit rating to AAA, the highest possible credit rating available in the financial markets.

In announcing its decision, the agency attributed the upgrade to the County's "long-term trend of robust local economic performance from an already strong and very diverse tax base, and an associated strengthening in revenue and tax base that have improved its capacity to meet capital and service priorities."

Today's action marks the fourth time that one of the three major credit rating agencies has increased L.A. County's ratings under the leadership of the current Board of Supervisors and Chief Executive Officer Sachi A. Hamai.

Standard & Poor's AAA rating is a significant achievement shared by only twelve other California counties.

"As Chief Executive Officer of Los Angeles County, I am deeply gratified by this recognition of our longstanding commitment to responsible fiscal practices," Hamai said. "This unprecedented credit ratings upgrade for the County validates our guiding principle: that it takes strong fiscal discipline to realize our vision for ambitious and creative solutions to our most challenging social issues. We are the social safety net for more than ten million residents, and this credit upgrade will help us save public dollars that can then be re-invested in housing the homeless, treating the mentally ill, building a more sustainable region, and creating real and positive social change so that our residents can live their best lives."

In announcing the upgrade, Standard & Poor's noted that the County has grown and maintained very strong reserves in both the general fund and the Department of Health Services fund.

"The upgrades reflect our view of the county's long-term trend of robust local economic performance from an already strong and very diverse tax base and an associated strengthening in revenue and tax base that have improved its capacity to meet capital and service priorities," Standard & Poor's Global Ratings credit analyst Jen Hansen said.

This marks the second notable increase for Los Angeles County in two months. In June, another leading global credit rating agency, Fitch Ratings, increased the County's long-term credit rating from AA to AA+. Fitch attributed that credit ratings upgrade to the combined strength

of L.A. County's continued solid revenue streams, strong economic base, moderately low long-term liability burden and the ongoing progress toward addressing unfunded pension liabilities.

The three major rating agencies—Standard & Poor's, Fitch and Moody's—provide independent assessments of the creditworthiness of the County as a borrower, which investors use as a guide to evaluate credit risk.

Government credit ratings are similar to consumer FICO or credit scores. The County's status as a low credit risk means the interest rate it pays to borrow money is lower than it would be otherwise, thus providing flexibility and security in funding vital services for the County's constituents. When the County obtains a low-interest rate loan, all County residents benefit.

Los Angeles County Investing in Tomorrow's Leaders

LOS ANGELES COUNTY - The Los Angeles County Community Development Foundation (LACDF) awarded \$28,000 in Housing Authority Resident (HAR) Scholarships to 28 public housing and Section 8 participants attending a four-year university, community college, or vocational program. Awardees were recognized during the 2019 Reality Check Conference held at The California Endowment in Los Angeles.

The one-day conference, held exclusively for participants of the Los Angeles County Development Authority (LACDA) pursuing higher education, focused on life skills, workshops,

career panels, and educational resources. Scholarship recipients included top high school graduates and first generation college students aspiring to succeed in their chosen careers. Several of the graduates are pursuing studies with the Science, Technology, Engineering and Math (STEM) fields.

Christian Daly, Assistant Field Deputy for Los Angeles County's Fifth Supervisorial District, served as Master of Ceremonies. Having experience as a Hollywood actor and graduating with honors from the Master of Public Policy program at Pepperdine University, Mr. Daly was both entertaining and inspirational to the

Why Timely Service Is So Important

I'm often asked about why timely service is so important. I hope you find the answers to the questions below helpful too!

Q: I'm always being told I need my filters changed. What's that all about?

A: Oil, fuel and air filters all work hard to improve your engine's running condition. When they get dirty, contaminants enter the system. This causes rough idling, loss of acceleration, decreased power and lower gas mileage.

Q: I usually fill up with gasoline when my car is almost on empty. I was told that isn't necessarily a good thing. What's wrong with that?

A: The gasoline in the tank is the cooling agent for the pump. When the level is low, the pump is exposed and runs too hot.

Q: I have heard that "exchanging" transmission, radi-

ator, brake and power steering systems are a good idea? Why?

A: In all cases, mileage and use means more contaminants and breakdown of important fluid additives which help prevent wear and corrosion. When the systems are exchanged and new, clean fluid is added, you now have the protection of new fluid loaded with additives and without harmful contaminants that are creating excessive wear. When you consider the cost of a transmission, radiator, an ABS brake system or power steering units, fluid exchange, next to oil changes, is the best bargain out there!

Q: If I have a concern about a noise, or notice that my car is just acting different, what should I do?

A: Call your car care provider as soon as possible. If they think it needs immediate attention they

will tell you to bring it in. Safety comes first and they will never advise you to drive a vehicle that needs attention now.

Q: What can I do to lower repair costs?

A: Maintain components before they become major problems. This is the key to saving money. When you bring your car in for service, your car care provider can alert you to future repair needs or replacement parts so you can budget accordingly.

Q: I am so busy I sometimes forget to have my car serviced. What is an easy way to remember?

A: Try to preset an appointment and ask to be called a day or two in advance. If your car care provider doesn't offer this service, think of the calendar by seasons. On the first day of spring, summer, fall, winter call and schedule an appointment.

Q: What's the deal with diagnostic testing? Doesn't that cost me more money?

A: No, it actually saves you money. Trying to diagnose today's computerized vehicles without the proper training or diagnostic equipment can result in misdiagnosis costing you \$100 or \$1000 in unnecessary repairs (known as parts swapping).

Certified Auto Specialists: the friendlier and more helpful auto shop! Feel free to call 626-963-0814 with any questions, and we will be glad to help, or visit our website at CertifiedAutoCa.com.

Hometown Service You Can Count On!



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

Orchid Hobbyists Meeting

San Gabriel Valley Orchid Hobbyists invite you to our August 15 Monthly Meeting at the L.A. County Arboretum 301 N. Baldwin Ave. Arcadia, Ca. Palm Room. Judging at 7:00 p.m. Meeting at 7:30 p.m. Our Program will be Bill Loy, speaking on the Orchid Conservancy of America's trips on the Rionegro in Columbia. Refreshments. All welcome!

Kid's Night Out

Join us at the Arcadia Community Center for some end of summer fun on Friday, August 16! Kid's Night Out provides kids a night of fun and play so parents can enjoy an evening out or a quiet one at home. The Arcadia Recreation Staff and Volunteers offer dinner, themed games, supervision and a movie for children ages 4 and above. (Accommodations cannot be made for special dietary needs.) The fun takes place at the Arcadia Community Center, 365 Campus Drive, Arcadia, from 6-11pm. The cost is \$22.00 per child and includes snacks and beverages. Pre-registration is mandatory and can be done on-line at ArcadiaCA.gov by fax, 626.821.4370 or by coming into the Recreation Office, 375 Campus Drive, Arcadia. For more information please call 626.574.5113.

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

BALDWIN PARK Birthday Celebration

Join the Julia McNeill Senior Center monthly Birthday Celebration on the third Wednesday of the month (8/21) from 12:30 pm - 2:30 pm. Dance to the music of DJ Sonic Boom as active

adults celebrate their birthday. Have some cake and lots of music, as well as door prizes for your celebration! \$1 door admission. Visit the website at www.baldwinpark.com or call the office at (626) 813-5245 ext. 323.

Annual Fashion Show

Join us on Wednesday, August 21th from 9:00 am - 12:00 pm for an event filled with fashion and intrigue as we will reveal this year's theme for the 26th Annual Award Winning Prom. Seniors will be modeling the latest fashions and have the opportunity to purchase items after the show. Presale Prom Tickets after the Fashion Show! For more information contact the Julia McNeill Senior Center at (626) 813-5245 ext. 323.

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 part. 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.

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! Vol-

Upcoming Event?
Let us know at SGExaminer@aol.com

unteer 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 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

Concerts In The Park

Come with your own blankets and/or lawn chairs to listen to the wonderful music while relaxing in the warm, balmy, summer nights. Concert series will begin at 6:30 PM on Sunday. Concert is held at Heritage Park, 5001 Via De Mansion, east of Wheeler and north of Baseline. The line-up features the following:

- Sunday, August 11 - The Answer (Classic Rock)

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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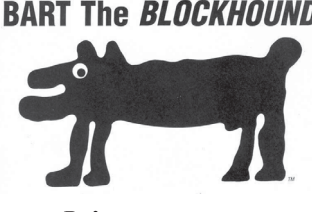
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West Covina Little League Snack Bar Burglar Arrested

By George Ogden

WEST COVINA - The Surveillance footage from the West Covina Little League's snack bar that was burglarized back in May, helped capture this suspect. Two citizens identified this man after seeing screenshot images of the suspect which was posted on the WCPD Facebook page.

This information was entered into their computer system and a hit was made. They compared prior mug-shot pictures and was able to confirm the identity.

On Thursday, August 1st, he was arrested by LASD - Industry for the warrant that was issued for him. Apparently, his name is being withheld as there is further investigation going on that may involve other people or may be cooperating with police about other crimes to get a reduced charge.

Another great job by the citizens assisting our police.



Surveillance footage of suspect (Courtesy WCPD)

Signs Your Aging Parents May Need More Help at Home



Every day, roughly 10,000 baby boomers nationwide turn 65, according to the Pew Research Center, which means that a growing number of Americans are dealing with the many challenges associated with aging parents or relatives. Among them is determining when parents may need assistance they aren't currently receiving.

"Asking for help and depending on others for care may make an individual feel like a burden to family or friends. The goal of home care should be to strengthen the mind and the body, lift spirits and support loved ones in a way that makes life worth living," says Jennifer Sheets, president and chief executive officer of Caring Brands International and Interim HealthCare Inc. "This whole person and individualized approach allows caregivers to look for ways to empower people at home."

Unfortunately, when seniors

struggle with basic tasks such as self-care, transportation or household chores, they don't always talk about it. They may be embarrassed or afraid of losing their independence or homes. Still others may not even realize anything is amiss, particularly if they're in the beginning stages of dementia.

Interim HealthCare shares some warning signs that an aging loved one may be in need of senior care:

- A change in mood, such as depression, anxiety or a loss of interest in social activities and hobbies.
- Significant weight loss, which can happen for a variety of reasons, including serious physical and mental disorders.
- Issues with mobility and balance. These can be signs of joint, muscle or neurological problems, and increase the likelihood of falls.

• Bruises, cuts or scrapes are sometimes evidence of falls or kitchen mishaps, and a potential indication of declining physical agility.

• Piles of bills, un-watered plants and overflowing hampers -- these are just a few of the many signs that basic tasks are being neglected.

• New dents or dings on your parents' vehicle. These could be signs that safe driving has become an issue.

• Stains, missing buttons and untrimmed nails, are signs of neglected personal hygiene.

• No food in the house, or moldy, stale or spoiled food, might mean a parent is struggling to grocery shop or cook, or may have even lost interest in eating.

• A prescription stockpile could indicate your parent is forgetting to take critical pills.

• Stacks of unopened bills, late payment notices, unbalanced checkbooks and wads of cash stashed in odd places, are all signs of mismanaged money.

If a parent requires extra care, consider all your options, including in-home assistance, which allows older adults to continue living at home, while getting needed help. Look for care that offers a whole-person approach, such as Interim HealthCare's HomeLife Enrichment standard of care, which looks beyond basic needs to encompass mind, body, spirit and family to develop specific protocols and interactive activities that stimulate the brain, improve motor functions and help seniors feel in control of their days. To learn more, visit interimhealthcare.com.

If your parents are displaying signs of needed care, getting them this support is crucial -- both for their immediate health and safety, as well as their overall happiness and wellness. (StatePoint)

Arcadia's Summer Concert Series



ARCADIA - The City of Arcadia's FREE 2019 summer concert and movie series is here, so make sure you don't miss out on the fun! The summer concerts and movies are both on Thursday evenings. Concerts start at 6:30pm and movies at dusk on the west lawn between City Hall and the Police Department (240 West Huntington Drive). This is fun for the entire family! Bring There is also a FREE fun zone for kids, featuring games, crafts, and activities each week. In addition,

there will be food and beverages available for purchase. A portion of the proceeds will be given to the Recreation and Community Services Department! Please note parking is provided at City Hall and Santa Anita Race Track at Gate 5 only. For more information, please call 626.574.5113. Below is the lineup for August 8, 2019.

The Answer (Classic Rock)
Come on Red, White and Blue! Since 1964, The Answer has been supplying its renditions of top 40

classic rock hits. The Answer's uncanny reproduction of all that's good in classic rock today sets them far above their competition. With stage energy, witty antics, and FREE giveaways, The Answer delivers a knock out show which is enjoyed by all ages! This is simply a show you cannot miss!

Incredibles 2 - (PG)
Mr. Incredible is left home with the kids when Elastigirl becomes the new face of super heroes family.

3 Ways to Save Time and Money on Back-to-School Shopping

New grade levels and new routines mean it's time to purchase back-to-school essentials that will help make this year a success. Though this time of year can be stressful for parents, a few tips below will go a long way to helping you navigate a new school year.

Save More on School Supplies

School supplies are often the top priority for parents and students when shopping for back-to-school season. Start by referencing your students' school supply list given by the school and determining if you have leftover items from the previous school year that can be reused. Check to see if your state offers a tax-free weekend incentive to save even more. From pencils and paper to binders, markers, calculators and planners, you can enjoy hundreds of deals on the products most purchased during back-to-school season.

Meal Prep Made Simple

The new school year is often more chaotic than laid-back summer days, especially when it comes to preparing meals for your family. De-stress meal planning by taking one day a week to search ideas for breakfast, lunch and dinner with resources like DG Easy Meals, available at dollargeneral.com/easy-meals. Shop ahead for easy snacks for your family to eat between activities, like nuts, pretzels and trail mix. Making the switch to private brand items, like the Clover Valley brand at Dollar General can help you save on snacks and treats you already love. With the right amount of preparation, you can easily knock meal and snack planning off your list in no time!

Take Advantage of Discounts

Buying back-to-school items for one or more students can get pricey. While shopping for necessities, look to save even more through coupons and digital coupons. Download Dollar General Digital Coupons and check out deals before you shop. Now through September 7, all customers can save \$5 on a \$15 purchase of school supplies, and teachers can save 20 percent on stationery items

every time they shop with a valid ID. Downloading savings before you shop saves you time in-store and ensures you are getting the best possible deals on back-to-school items. For deals, visit dg.coupons.com/coupons.

This season, don't be overwhelmed as you take on your back-to-school shopping. With a bit of preparation, you can save time and money getting ready for the new academic year. (StatePoint)



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Los Angeles County Child Support Services Observes "Child Support Awareness Month 2019"

LOS ANGELES COUNTY - Los Angeles County Child Support Services (CSSD) will be reaching out to the community and sharing information about its services at over 120 special outreach activities in August as part of the annual national celebration of Child Support Awareness Month (CSAM) 2019. CSAM is held to highlight the crucial role that child support services play in improving the lives of families and children.

The Los Angeles County Board of Supervisors will help kick off CSAM 2019 on Tuesday, August 6th by presenting a resolution to CSSD Director Dr. Steven J. Golightly and CSSD child support professionals, commending Child Support Services for its work supporting the families and children in L.A. County.

"Children need their parents' support and we can help," said Dr. Golightly. "Child Support Awareness Month gives us a special opportunity to share information about our vital services and connect in new ways with the community and the families that we are privileged to serve."

A highlight of CSAM will be the second annual "Child Support Connect Day" on August 13 where L.A. County CSSD will take its services to the community along with other agencies and organizations. "Child Support Connect Day" will take place from 10 a.m.-2 p.m. at the Liberty Community Plaza, 14181 Telegraph Rd. in Whittier. Community partners include America's Job Center of California, the 211 Hotline, and L.A. County Depart-

ments of Public Health, Public Social Services and Children and Family Services.

Throughout August, CSSD will be collaborating with many well-known organizations and agencies including the L.A. County Department of Parks and Recreation "Parks After Dark," the Pomona Unified School District, the City of Los Angeles Summer Night Resource Fair, the Los Angeles County Office of Education, America's Job Center of California and the California Department of Corrections and Rehabilitation. CSSD will also be partnering with organizations that help Justice-Involved Individuals at resource fairs at Compton College, Van Nuys and El Monte.

CSSD also will be participating in back-to-school, backpack giveaway events at Walnut Park Elementary School, Mothers In Action 21st Anniversary Health & Family Festival and Drew Child Development in Los Angeles. CSSD also will be reaching out to people experiencing homelessness at events organized by Mt. Sinai Church, HOPICS SPA 6 and Mt. Tabor Church.

CSSD serves families by establishing parentage, obtaining child support and medical support orders, and enforcing child and spousal support obligations. For more information, call 866-901-3212, view the website at cssd.lacounty.gov and follow on Twitter, Facebook and Instagram #SupportLA @CSSDLA.

Duarte to Celebrate the 23rd Anniversary of the Route 66 Parade and the City's 62nd Year of Incorporation at Annual Picnic and Classic Car Show September 28



DUARTE - Immortalized in literature, music, and film, towns along historic Route 66 have produced famous American icons; Duarte is no exception. This year's Annual Route 66 Parade, Saturday, September 28 starting at 10 a.m. will honor those special persons as part of its theme, "Honoring Hometown Heroes." Spectators are sure to spot their favorite local heroes waving from the floats including community grand marshals, the DHS Girls Varsity Volleyball past and present champions, Head Coach Irene Sunabe and her staff. The annual Duarte City Picnic and Classic Car Show at Royal Oaks Park will immediately follow the event from 11 a.m. to 3 p.m.

To the delight of his many fans, this year's Grand Marshal will be actor, voice actor and game show host for America Says John Michael Higgins. Higgins'

film and television credits include several Christopher Guest's "mockumentaries," the role of David Letterman in HBO's The Late Shift, and a starring role in the American version of Kath & Kim. Higgins is also known locally as an active parent of his son who is studying at CSArts-SGV.

The Route 66 Parade, co-sponsored by the City of Duarte, the Route 66 Parade Committee, HumanGood, and the Duarte Community Coordinating Council begins at the northeast corner of Huntington Dr. and Cotter St. proceeds east for one mile ending at Mt. Olive Dr. Some 1,400 entries including antique and classic cars, schools, churches, equestrians, hogs and marching bands will take part in the event. High school bands from throughout Southern California will also compete for trophies.



Grand Marshal John Michael Higgins

Following the Route 66 "Hometown Heroes" Parade, continue the day at Duarte's 62nd Anniversary Picnic celebration at Royal Oaks Park 2627 Royal Oaks Dr. from 11 a.m. - 3 p.m. Enjoy dozens of food and display booths, live music and entertainment on both the main Celebration and Children's Stages. Other attractions include a wine and beer garden and an Inflatable Attraction Park! Additionally, local musical talent, Duarte Dance Team, parade marching band awards, and the "Let's Move Duarte" program, featuring health and nutrition providers, displays, exercise stations, fitness tests, and nutritional information will thrill for hours of

fun! Car enthusiasts and the whole family can get their kicks at the Route 66 Vintage Car Show across from Royal Oaks Park at the park extension. The car show offers attendees an opportunity to take a close-up look at some of the many beautiful antique and classic cars featured in the parade. Additionally, antique engines featuring a variety of working motors will be on display. For information about the Route 66 Parade, contact Lois Gaston at (626) 827-6732 or via email duarteroute66@gmail.com. For information about the City Picnic and car show, contact Duarte City Hall at (626) 357-7931.

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