

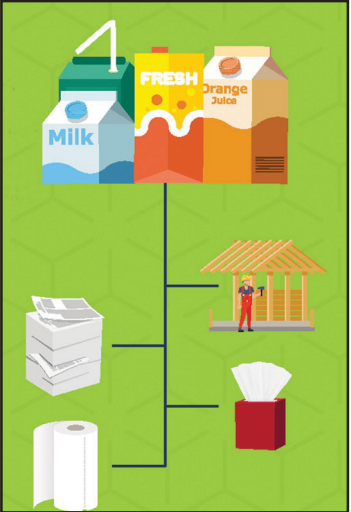


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Arcadia Unified Focuses on Students' Social and Emotional Health

AUSD Celebrates National School Counselors Week

ARCADIA - During National School Counselors Week, Arcadia Unified School District celebrated its 23 school counselors, 11 of whom were hired or made full-time this school year in support of the district's emphasis on bolstering social and emotional support for its students. There is now a full-time counselor at each of the district's elementary and middle schools, ten counselors at Arcadia High School, and two transitional counselors.

"We [Arcadia Unified] are committed to developing the 'whole child,'" expressed Arcadia Unified Board of Education President Cung Nguyen. "This has always been a priority for us because promoting relationship building with students helps establish trust and reassures students that school is a safe space, which ultimately creates classroom connectedness to the classroom, teachers, and learning."

Though not required by a local, state, or federal mandate, to further effectuate this board commitment, Arcadia Unified's Board of Education approved the hiring of full-time school counselors for each of its six elementary schools. Prior to the 2018-19 school year, there were three school counselors allocated to

the elementary schools who split time between each site.

Having worked as a school counselor during his career, Arcadia Unified Superintendent Dr. David Vannasdall has a special understanding of the important role school counselors play in the lives of students.

"The addition of a full-time counselor at each elementary school has opened more possibilities for us to provide additional social-emotional resources for our students," shared Dr. Vannasdall. "We have also received resounding positive feedback from our elementary school principals and teachers who feel equally supported due to the peace of mind they have in knowing there is a specialist dedicated to their site to help not only with reactive approaches but proactive approaches to reinforcing positive social-emotional behaviors."

Walk on any of Arcadia Unified's elementary and middle school campuses, and you will see signage and banners related to Stephen Covey's Leader in Me program, a program that instills positive leadership and life skill habits, some tenets of which include "be proactive", "begin with the end in mind", and "seek first to understand, then to be understood." This program and many



Arcadia Unified counselors celebrated the passing of Board of Education Resolution No. 1377

others, such as Second Step, a social-emotional learning program that is geared towards building a sense of safety and respect starting in kindergarten, are just a couple of the important programs being implemented with consistency and effectiveness as a direct result of the district's school counselors, explained Dr. Vannasdall.

"Our goal is to have students coming to school each day happy, healthy, and ready to learn," said Hugo Reid Elementary School Principal Dr. Lauren Leahy. "This school year, our school counselor [Kimberly Lauxen] has quickly become a cherished presence on campus, and I am so grateful for the opportunities having a full-time counselor presents to further support the mental health and well being of our students."

In addition to the district finding value in the intangible benefits its school counselors bring to students' lives, Arcadia High School Counselor and Associa-

tion of Pupil Services Administrators President Andrew Poon feels valued in his role. "It speaks volumes that I am on a first-name basis with our district administration and Board of Education," said Poon. "We are also given time to collaborate with each other, and with the elementary schools each having a dedicated counselor, we are able to ensure we are vertically aligned in our efforts in supporting our students through each stage of their educational journey with us."

For the past two years, Arcadia Unified has been ranked as the best place to teach according to Niche.com, which seems to have helped with garnering top-notch applicants for the newly added school counselor positions. "Many of our counselors are also MFT's [Marriage and Family Therapists], which has helped build parent and family connectedness with each of our schools," said Dr. Vannasdall. Some of these school counselor-hosted events include Parent Education

Nights, with topics that range from "The Art of Communicating with your Child" to strategies to promote digital citizenship, and participation in the nonprofit Kids for Peace's "Great Kindness Challenge," which is a week's worth of promoting acts of kindness at school, at home, and in the community. Likewise, Arcadia High School's counselors host Mental Health and Wellness weeks, where words of kindness and support can be found in bright chalk colors throughout campus grounds and yoga, meditation, and mindfulness activities are promoted.

To further demonstrate the importance of school counselors, Arcadia Unified's Board of Education recently passed Resolution No. 1377, officially adopting and declaring the week of Feb. 4 through 8 as National School Counseling Week to both recognize and honor the important contribution school counselors make to ensuring support for students beyond the books.

Citrus College Earns Ninth Consecutive "Military Friendly" Designation

GLENDORA - For the ninth consecutive year, Citrus College has been designated a Military Friendly School by VIQORY, an organization that connects the military community to educational opportunities and civilian employment through its G.I. Jobs, Military Spouse, STEM Jobs and Military Friendly brands.

Being included on the Military Friendly Schools list indicates that Citrus College is among the top 15 percent of the nation's colleges, universities and trade schools demonstrating a commitment to embracing military servicemembers and veterans by connecting them to the resources needed to ensure their success.

"Nearly an entire generation of military students at Citrus College has benefitted from the college's unwavering commitment to helping them achieve their personal, academic and professional goals," said Dr. Geraldine M. Perri, superintendent/president of Citrus College. "To be included on this list of Military Friendly Schools nine years in a row affirms all that the college has done to foster an environment in which both servicemembers and veterans can thrive."

To compile the Military Friendly Schools list, VIQORY gathers information from the organization's data-driven survey, public data sources and personal data collected from veterans. Final rankings are determined by combining the institution's survey scores with an assessment of its ability to meet academic thresholds, such as student retention, persistence and graduation rates.

Published every year since 2003, the list is intended to assist military students in making informed choices about which colleges to attend. Throughout



(Photo courtesy Citrus College)

The Citrus College Veterans Success Center provides students with access to computers, academic counseling, financial aid assistance, mental health services and more. Approximately 500 students benefit from these resources annually.

2019, Citrus College will appear on militaryfriendly.com as well as the "2019 Guide to Military Friendly Schools," which is published in G.I. Jobs and Military Spouse magazines.

"Students transitioning to civilian life from military service arrive at the college with a vast arsenal of skills and special abilities," said Maria Cruz, director of the Citrus College Veterans Success Center and a former member of the U.S. Navy. "This population also faces unique challenges. Being named a Military Friendly School shows that Citrus College understands the magnitude of the responsibility and effectively navigates the complexities of serving this important student population."

The Veterans Success Center provides students with access to computers, academic counsel-

ing, financial aid assistance, mental health services and more, including a full-time staff member to help students with the certification of their U.S. Department of Veterans Affairs educational benefits. Approximately 500 students benefit from these resources annually.

"Due to the exceptional work of the Veterans Success Center, our student servicemembers and veterans are receiving expert support services that equip them to succeed in the classroom, while also preparing them to excel in their future careers," said Mrs. Susan M. Keith, president of the Citrus Community College District Board of Trustees. "Citrus College is proud to receive this outstanding recognition and aims to continue enhancing its services for this special community on campus."

South Pointe Shoe Drive Nets 2,000 Pairs For Area Needy, Recycling



South Pointe Middle School leadership students collect and organize donations during Caring Soles shoe drive.

DIAMOND BAR - In a nod to Marie Kondo's popular Netflix series, South Pointe Middle School families have been "tidying up" closets and donating their gently used shoes.

In just two weeks, over 2,000 pairs of children's and adult-sized footwear that were outgrown, worn out, or no longer "bringing joy" were dropped off in classrooms.

And the world-renowned organization expert would surely be impressed with the clutter clearing results that crushed the original goal of 1,350 pairs.

The Caring Soles drive, held January 14-February 8, was presented by the school's Community Club. "The only requirement was that the shoes needed to have no holes in the soles," said Principal Dr. Susan Arzola as the last

donations were being counted on Friday. Some of the shoes will be sent to needy families, while others will be recycled with profits benefitting the school.

Each day, Associated Student Body leadership students sorted, tallied, and delivered bags of tennis shoes, sandals, sports cleats, and boots to a designated storage area on campus. "Our (Community Club) parents wanted the children to be a part of something that will help the world and help others," Arzola said of the globally-minded service project.

Seventh grade ASB member Edward Kim brought in two pairs of his old tennis shoes. "It felt good to help my school and someone else who really needs them," he commented while organizing stacks of black trash bags packed with shoes. "The

shoes that are unable to be donated will be re-purposed by taking the soles out and then using for other materials like playgrounds," said eighth grade ASB member Joseph Wangsa. "Last Thursday, we collected shoes as parents dropped off their students at the curb," shared seventh grader Angelina Tesoro. "And it was raining!"

To add a bit of fun to the new event, the school offered Fruit by the Foot roll-up snacks to the first 100 students to drop off shoes before school, as well as a friendly competition between grade levels reported on the KSPS morning news broadcast. The Angel Bins non-profit recycling company was scheduled to pick up the stack of donations on February 11.

International Cultural Club of San Dimas 7th Anniversary Celebration Hailed as Huge Success

By Jayam Rutnam

LA VERNE - On January 19, 2019, the International Cultural Club of San Dimas celebrated its 7th year anniversary with a Gala celebration attended by the Club members, their friends and families, as well as club supporters at the La Verne Mobile Country Club in the city of La Verne. The multitalented DJ Rudy entertained the guests with songs and music from various eras and cultures which prompted guests to sing and hit the dance floor constantly. The attendees remarked they had a blast! and enjoyed the wonderful food, decors and entertainment and could not wait to attend the club's next party!

At the party, the club's Founder and President, Victoria Lopez of San Dimas, shared that for about 30 years she dreamt of forming a club whereby people of various races, religion, countries can gather together in a friendly environment to learn about different cultures, philosophy, arts, mythology, literature and share their cultural experiences; just like the ancient time whereby Greek philosophers got together to talk. However, she also wanted to add fun as well, by including activities such as potlucks, outings to museums, concerts, and culturally related events. Her belief is that by learning, understanding and respecting other cultures, people will help making our world a world of Peace, Freedom, Love, and Brotherhood. With much determina-



Marianne Goodman, Rina Shah, Gisela Pickens, Gladys Dyo and perseverance, her dream was realized in January 2012 when she held the club's first meeting at her residence attended by 10 people representing Cuba, Egypt, India, Mexico, Germany, Russia and the USA. In 2014, the Club President, Victoria Lopez and the Club Board members proudly accepted the Award of Excellence for the Club from the California Parks and Recreation Department presented by San Dimas Mayor, Curtis Morris.

The Club plays a very essential role in the San Dimas community because, its uniqueness attracts people of diverse cultural backgrounds who live in other cities in Greater Los Angeles County as well as Orange County and San Bernardino County. They come to San Dimas to attend the Club Meetings and Activities as they could not find a similar club in their cities. The Club current members represent people from the USA, Mexico, South America, China, the Philippines, Indonesia, India and

Europe. Club meetings are held at the San Dimas Senior Citizen Center, 201 E. Bonita Ave, San Dimas, Ca 91773 on the 1st and 3rd Monday of the month (except on Holidays) from 1:00 p.m. to 4:00 p.m. For information please call (909) 592-3031. Everyone is welcome to attend.

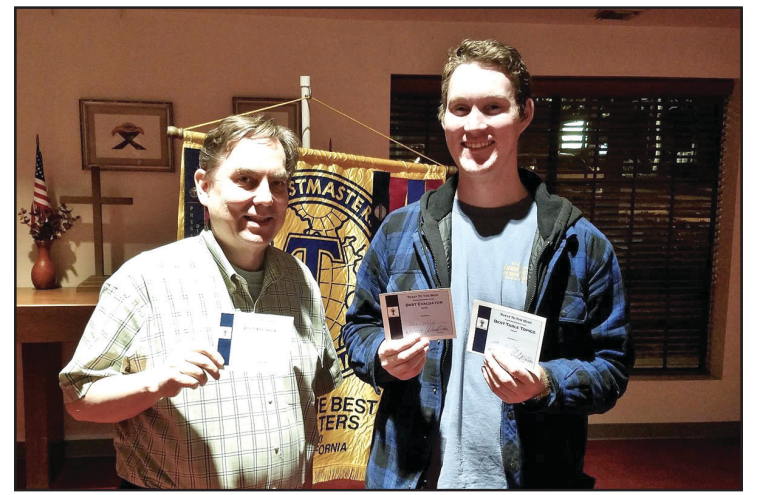
Professor, Student Take Top Honors at Toastmasters Club

SAN DIMAS – A Cal Poly Pomona professor and student won top honors for their speeches at a recent meeting for a local Toastmasters club.

Jon Phillips was named best speaker, while Eric Wild won best table topics speaker and best evaluator at the Feb. 7 meeting of the "Toast to the Best" Toastmaster Club 5880.

Phillips is the head of the Department of Agribusiness & Food Industry Management/ Agricultural Science at Cal Poly Pomona. He spoke about opportunities for students to learn at the university.

Wild is a Cal Poly Pomona student. During the table topics section, which challenges participants in impromptu speaking, Wild talked about a recurring dream he has about traveling with his father. He also evaluated fellow member Dan



Jon Phillips and Eric Wild were the winners at the Toast to the Best Toastmasters Club meeting on Feb. 7. In San Dimas.

Lee's speech.

Toast to The Best will hold a speech contest at its next meeting on February 21. The winners will go on to compete in the area competition on March 2.

The club is open to all who are interested in improving their public speaking or leadership skills. The Toastmaster club

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

For more information, visit <https://5880.toastmastersclubs.org/>, email info@toasttothebest.org, or call 951-505-0555.



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Community Articles Are Welcome

We are seeking articles, photos, and news event items for future issues of the San Gabriel Valley Examiner. Information can be sent to SGExaminer@aol.com. Articles should be in Word format while photos should be in jpeg. Articles should be in good taste.

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S&P Upgrades Rating For City Of Azusa Electric Bonds As Outlook Remains Stable

AZUSA - The City of Azusa announced that S&P Global Ratings has raised its rating on the electric system revenue bonds from 'A' to 'A+'. At the same time, S&P Global Ratings raised its long-term rating and underlying rating (SPUR) on the California Resource Efficiency Finance Authority's (FARECal) series 2003 certificates of participation, issued on behalf of Azusa, from 'A' to 'A+'. The outlook is stable.

"The rating action reflects the application of our [S&P] "U.S. Municipal Retail Electric And Gas Utilities: Methodology And Assumptions" criteria, published Sept. 27, 2018, as well as the utility's strengthening financial profile, as demonstrated by its improving fixed-cost coverage levels," states the S&P report. The rating further reflects our opinion of the electric system's strong enterprise risk profile and very strong financial risk profile.

S&P's view of the Electric System's enterprise risk profile that led to the upgrade includes:

- Strong service area economic fundamentals, reflecting a stable and diverse customer base with strong income levels;
- Extremely strong industry risk relative to other industries and sectors;
- Strong market position, with average electric system rates below those of the state; and
- Strong operational management assessment, reflecting the system's robust financial management practices and policies and diverse power supply portfolio, tempered by its exposure to California's stringent regulatory environment.

"We are pleased to see that our discipline in all of the City's financial policies is being reflected in an improvement to our credit rating," said Sergio Gonzalez, City Manager. "This new rating should further enhance the City's financial flexibility and

health." The stable outlook reflects S&P's view of the system's strong financial performance that is expected to continue due to declining fixed obligations and, on a more temporary basis, purchased power expenses. Also supporting the outlook is S&P's view of the utility's proactive management team that has adopted myriad credit-supportive financial policies.

"We are fortunate to be able to provide our Community with reliable, sustainable, and low-cost power and have that reflected in an upgrade to our credit rating," said Finance Director, Talika M. Johnson.

For a full copy of the credit analysis please visit the 'Finance' page on the City's website, <https://www.ci.azusa.ca.us/1710/Credit-Ratings>

Irwindale Car Crash Injures Four, One Critical

By George Ogden
IRWINDALE - On Thursday, Feb. 7 just before 2 p.m., "first responders" were called to a major traffic collision on Foothill Blvd, west of Irwindale Ave.

One woman suffered life-threatening injuries and was taken to the Pomona Valley Hospital in grave condition. Three others were taken to Foothill Presbyterian Hospital with various degrees of injuries but none were life threatening.

None of the injured were identified.

Details of the accident were not yet released and the cause of the accident is not known as the accident is still under investigation. Those that may have some information are requested to contact the Irwindale Police Department so they can add this information to the report. If you saw the accident prior to the crash, they would like to hear from you.

County Seeks State Support To Access Federal Funding For Mental Health Treatment

LOS ANGELES COUNTY - The Board of Supervisors unanimously passed a motion by Supervisors Kathryn Barger and Hilda L. Solis that urges the State of California to apply for a Section 1115 Medicaid waiver that would expand coverage for inpatient mental health treatment.

"Medicaid is the largest payer of mental health services and expansion of this coverage would be critical to those who are in need of treatment," said Supervisor Barger. "It is imperative that we use this opportunity to demonstrate that mental health treatment should be a permanent and ongoing priority that is worthy of both federal and state investments."

Currently, there is a significant gap in Medicaid coverage for low income people that are in need of mental health treatment. This gap in coverage is known as the Institutions for Mental Disease (IMD) exclusion and has existed in the Medicaid program since its inception.

In 1965, the Social Security

Act was amended to establish the federal Medicaid and Medicare programs. The IMD exclusion was built into the foundation of the Medicaid program via these and subsequent amendments to the Social Security Act. The IMD exclusion as amended prohibits states from receiving Medicaid payments for individuals in an IMD that are ages 21-64. The law defines an IMD as a "hospital, nursing facility, or other institution of more than 16 beds, that is primarily engaged in providing diagnosis, treatment, or care of persons with mental diseases, including medical attention, nursing care, and related services."

In November 2018, the Centers for Medicaid and Medicare Services (CMS) announced that for the first time, the federal government would begin to consider state applications for an IMD exclusion waiver. This would provide Medicaid coverage for IMD treatment to those who suffer from a severe mental illness.

"Last week, this board voted unanimously on Supervisor Barger's previous motion to develop a countywide plan to expand our inpatient and step-down mental health beds," said Dr. Jonathan Sherin, Director of the Department of Mental Health. "Today's motion is complementary to our existing efforts, and will allow us to right-size our network of hospital beds to ensure that the right level of care is delivered to those in need - including not just mental health services, but also services for addictions and medical comorbidities."

The motion directs the Chief Executive Officer to send a five-signature letter to Governor Gavin Newsom, the California Department of Health Care Services, and the Los Angeles County State Legislative Delegation urging the state to apply for the 1115 Medicaid waiver to allow for the expansion of Medicaid coverage to the excluded population who are in need of inpatient mental health treatment.

Supervisor Proposes New County Dept Focused on Serving Older Adults

LOS ANGELES COUNTY - The Los Angeles County Board of Supervisors voted unanimously to approve a proposal authored by Supervisor Janice Hahn and co-authored by Sheila Kuehl to explore creating a new Los Angeles County department focused solely on serving the county's older adult population.

"Right now - older adults are served in some way or another by most if not all of our County departments," said Supervisor Janice Hahn. "All of these efforts are important but they are fragmented and there's no coordination. We can and we must do better for our growing population of older adults—a population I am proud to belong to!"

Los Angeles County's population of older adults (60+) is skyrocketing. The County is already home to a quarter of the State's older adult population and is expected to hit 3.6

million by 2030.

Currently in Los Angeles County, there is no one department tasked solely with caring for older adults and instead, older adults receive services from most if not every County department. This fragmented approach makes the development of an overarching vision or strategy impossible and makes it harder for older adults to access all of the diverse services they need.

"Not only would a County Department dedicated to Older Adults allow us to coordinate our work, it would also give us the ability to be proactive rather than reactive in addressing this populations' needs," continued Supervisor Hahn. "I want LA County to be a place where if you have to grow old, you'll want to grow old in LA County."

The motion asks for the County's Chief Executive Officer to report back to the

Board in nine months after studying the feasibility of creating a standalone department as well as determining what programs and services for older adults currently being performed by the County could be consolidated in this single department. The motion also proposes working with the City of Los Angeles City Department of Aging to determine whether Los Angeles' two Area Agencies on Aging could be incorporated in the proposed County Department. Laura Trejo, who testified at the Board meeting on behalf of the City of Los Angeles, expressed Mayor Garcetti's support of the proposal.

During discussion at the Board of Supervisor's meeting, Supervisor Hahn speculated about potential names of the department and her interest in an age positive name focused on the strength, wisdom, and dignity of growing older.

"TIME JOCKEY" - All-American Canal

By Joe Castillo
Border Water... The Imperial Valley has been the scene of a number of significant events in Southern California history including the establishment of Imperial County, the creation of the Imperial Irrigation District and the distribution of water to one of the southern-most cities in California, Imperial. But no event has been more significant than the building of the 80-mile long All-American Canal. The transportation of water to the Imperial Valley provided the valley with a permanent supply of water in which to develop its economically significant agricultural crops. Starting in the mid-1850's, the Army Corp of Engineers began studying ways to build a canal to run the entire breath of the United States in order to irrigate the Imperial Valley.

When Federal and State funding was not approved, private water companies began to develop their own plans to bring water into the Imperial Valley. A series of distribution issues caused an

alternative canal route to be surveyed, a route which would go four-miles inside the Mexican border. But the river waterways used as the canal overflowed causing flooding on the United States side of the border. This flood in 1905 raised enough concerns for the Federal government that funding was sought to build Hoover Dam, Imperial Dam and the All-American Canal but until then existing waterways would have to be used.

With water being re-directed from the Colorado River in large amounts, the old infrastructure could not handle the increased volume causing flooding and leaving the Imperial and Mexicali Valleys inundated with uncontrollable water for nearly two years. One of the results of the extensive flooding still remains today in the form of Salton Sea. Beginning in 1906, the Salton Sea rose seven inches a day due to its connection to the Colorado River. The relationship between the River and the Sea is one which remains in effect today keeping the huge body of water filled to provide additional protections against flooding.

In 1917, the Bureau of Reclamation performed a feasibility study on the route and cost of the

All-American Canal and a water storage reservoir near Boulder Canyon on the Colorado River, the precursor to Hoover Dam. For nearly 13 years, Congress refused to commit to the project allowing private water sources to control whatever water distributions they chose while failing to establish even minimum protections against Colorado River flooding. Finally, in 1934, Congress approved the project, and construction began. It took five years for the All-American Canal to be completed bringing millions of water acres to the agriculture fields of the Imperial Valley. The Canal includes 23 miles of concrete lined waterways, at a width of 150-200 feet across, and 7 - 20 feet in depth. The "Mighty All-American Canal" provides the means to control and efficiently use the waters of the even mightier Colorado River, while making the Imperial Valley one of the most productive agricultural centers in the United States and the world...

Joe Castillo is a freelance historical writer who has been covering Southern California history for 10 years and has written 4 books on the topic. He can be reached at joecastillo@aol.com.

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Trump Continues to Tackle Water Issues

In 2014, the Federal Register published a request for comments on the Environmental Protection Agency (EPA) proposal to clarify waters protected under the Clean Water Act (CWA). The controversial debate was over whether the new proposal by EPA was clarification of existing rules and regulations or overreaching and expanding their authority.

USEPA has long been in charge of ensuring pollution free navigable waters but under that proposed rule change in 2014 their authority would be expanded to anywhere in the U.S. and include, as Senator Ted Cruz (R-TX) put it "...puddles and temporarily flooded areas ... and an abuse of power that would allow the EPA to march into the backyards of many Americans." The reports and testimony to the Congressional Committees noted EPA would have control over all tributaries, ditches, waters adjacent to tributaries, man-made conveyances ... U.S.E.P.A. would control all water in the United States. And, that power grab in 2014-15 was not controlled and was not stopped.

December 11, 2018, U.S. EPA and the U.S. Department of Army signed a proposed rule providing a clear and implementable definition of Water of the U.S. (WOTUS) under the Clean Water Act, the federal government's role and boundaries, and roles of the states and tribes in managing their land and water resources.

Under the directive by President Trump and his promise to the farmers and water rights holders, the USEPA and the Department of the Army are continuing to redefine the Waters of the United States (WOTUS) in public hearings. Under Executive Order 13778, "Restoring the Rule of Law, Federalism, and Economic Growth," signed by President Trump, the agencies took the



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

first step in this two-step process by publishing the rule change and inviting testimony and information and data presentation in Kansas City in January.

The end of January after that first meeting to take testimony and accept documentation, there were reports Trump had suspended the original rule amendment expanding the EPA authority under the Obama administration, while EPA Director Scott Pruitt and President Trump crafted rule changes. That same rumor mill indicated the Natural Resource Defense Council (NRDC) will file suit. NRDC is the very active litigator up in the Delta area that has filed suit after lawsuit on water activity and proposals up in that area over water infrastructure improvements and fish restoration projects.

The second step in the process of redefining EPA's role in the Clean Water Act will be additional public hearings again in Kansas City on February 27th and 28th. We will watch to see how that affects our Central Valley farming communities and the water improvements projects in Northern California as well as the WaterFix project and the fishery projects that have been implemented to save the salmon population and correct the damage that has been done to water

resources in that area.

Locally, I am hoping this will evolve into a resolution of the MS4 stormwater capture debacle we in Los Angeles County have been facing that has forced cities into huge infrastructure improvements bringing some cities close to bankruptcy. Under the California Water Resources Control Board through the state's Regional Water Boards, cities have been forced to recreate water infrastructure improvements to channel storm water runoff into storage mechanisms to prevent that runoff ending up in the ocean. For us locally, for years, we've used the L.A. County Flood Control channels that take our rain water and runoff to spreading grounds where the water filters down to our water basins and is cleaned up through that filtration process.

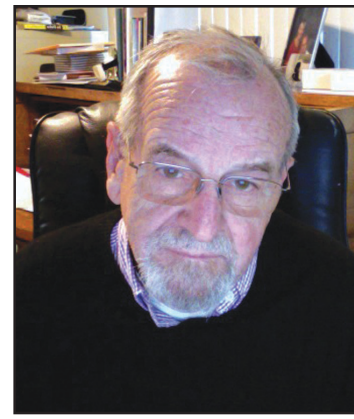
There are those who believe duplicating water infrastructure when there is a system in place is a waste of taxpayer dollars. Additionally, we now have a stormwater parcel tax leveled by L.A. County Board of Supervisors on a 4-1 vote to charge an "impermeable water tax" on each property to purportedly pay for the MS4 additional infrastructure improvements. Measure W on the November 5th ballot, is a parcel tax we will all now pay of 2.5 cents a square foot of "impermeable space" like driveways, patios and roofs - any surface that does not allow the water to get into the ground and back into the water basin. This new property tax, counter to Prop. 13, will purportedly pay for the new infrastructure cities became required to build to meet their obligations under the EPA interpretation of the Clean Water Act. Ten percent of the estimated hundreds of millions of dollars annually will go to L.A. County Flood Control District for administration.

Enablers

My half century as a pastor and counselor taught me a few things about how people function, and what can be done to help them over life's trouble spots. While I was able to assist numbers of parish friends and others, I admit to batting almost zero when it came to alcoholics and those with other serious compulsive problems. Nothing I had to offer made any difference. For years I gave it my best shot until I realized my support didn't make any difference to those trying to escape from habits that had trapped them.

But there were remedies far beyond my abilities, and I turned those I had failed over to Alcoholics Anonymous with its twelve-step programs. Having recommended that people with compulsive issues contact this organization, I needed to get out of the way as my friends struggled with their diseases. I recognized that it was hard work for each of them involving a discipline many felt impossible. It took an admission that they were helpless against something that was destroying their lives, families, friends and jobs. It required countless meetings, perhaps daily gatherings with others facing similar problems.

My role was not quite over. I still had to deal with the enablers-and almost all of the deeply troubled had them. The enablers were usually passionate friends or family members who could not turn away from their addicted partners. If the distressed were alcoholics, the en-



Charles H. Bayer

abler would get them one last bottle-and then one or a hundred more. There were even cooks who tried to ease the pain of an overeater by preparing one delicious fat-laden meal after another. One woman planned dinner for the moment her husband got home from work less he might start drinking. There were secretaries or co-workers who felt compelled to try and ease their employer's pain by running one more errand or giving in to one more demand. Seeing the agony of someone close, they responded to continual passionate pleas for just one more of whatever was demanded. I concluded that these enablers were just as obsessed and just as sick as those whose distress they thought they could relieve.

It was the enablers who most often prevented their friends from seeking help from AA or one of the other twelve-step groups. If I still had a role to play, it was asking groups of enablers-and they usually came in groups of relations and friends, if they had considered some sort of

tough-love intervention. That would develop by getting their troubled friend in a room with everyone of his/her enablers, and one after another withdrawing all support. If that came across as a demand, so be it, because that is just what it was. While I might make the original suggestion, in many cases I considered backing away--- or perhaps I might even have been one of the enablers who needed to stay involved. To be successful ALL the enablers had to be part of the intervention, leaving no escape hatch. The only alternative was for him/her to seek help in a twelve-step program. While fraught with negative possibilities, my guess is that intervention was the only solution that finally worked.

Let me put this issue in a larger context. Say someone who is very powerful has become obsessed with his own arrogance, and this is the drug that not only controls his life, but the lives of those around him. Say this egomaniac heads a very large organization composed of scores of loyal others. And suppose these subalterns are reluctant to say or do anything that would contradict this powerful person? I suggest that they are enablers, and their leader whose obsession with his own power would never be healed until there was an intervention! To be blunt about it, unless the leaders of the Republican Party take on this task I do not see that there is any way out for our troubled nation.

Contact Charles Bayer at candwbayer@verizon.net

MY TURN: Have the Democrats Become the "Party of NO?"

Among the images evident in the State of the Union Speech, was the presence of several lady Democrats, mostly freshman congresswomen, wearing white. They claimed it was commemorating Women's Suffrage on the 100th anniversary of the women's vote. Some chuckled at the resemblance to the KKK minus the hoods and there were others reminded of The League of Nazi Socialist Women, who in Nazi Germany, wore white in solidarity with the Fuhrer. Two out of three of these images were not what the ladies planned on.

Then there was a video of Arizona's freshman Senator Kyrsten Sinema, (the first lady to represent the state in the Senate) wearing her more preferred pink and actually standing up and clapping for the President. An error of Democrat judgement so egregious that it moved Senator Jacky Rosen of Nevada to stand up and mouth something to her, believed to be "Watch your ass."

Apparently Ms. Sinema was getting the short lesson in the ways and means of the Democrat party, which seems to have adopted the new identity of "The Party of No."

Look at the agenda the color white worn by the more radical



Charles Lopresto

members of the party was intended to be representing. Alexandria Ocasio-Cortez rolled out her Green Plan, part of a long supported climate change initiative to limit consumerism and eliminating certain products like fossil fuel based vehicles. In other words, choice in energy and consumption? A resounding NO. School choice and alternative educational methods? NO. Protection of a baby's life acknowledging it as a separate entity from the woman's body? NO. Possession of firearms? NO. Prayer in school, in God we trust, and may be even the Star Spangled Banner? NO, NO, and NO. Diversity in college curriculums and Conservative values given representation? NO. Private Health-

care and open free market multiple providers? NO. Drug competition? NO. Border Patrol enhanced, ICE maintained and added security. Of course not. NO. The wall? What? Are you kidding? NO. Law enforcement free to do its Constitutionally appointed jobs? NO.

And the Constitution itself, at least in regard to the first and second amendments? Apparently that is looking more and more like a NO.

Of course, the businesses will still have their choice in who they hire, who they fire, how much they pay, how much of their income they keep, resulting from lower taxes. Right? Come on, everybody together...NO!

So "NO" seems to be the operative term, and that will give you good reason to understand why the Democrats, wearing white or otherwise, were sitting there looking like they collectively needed a Maalox. When Trump called out the military for praise, mentioned the economic numbers, the defeats of ISIS, the deportation of MS-13 thugs, and the renegotiating of treaties, the Democrats were thinking, if not saying it, "NO."

Well, we can depend upon the Democrat 2020 candidates to give us a choice, considering there will be enough of them to remake the film "The Ten Commandments." Well except, they will all have the same agenda and the same talking points. So again, NO.

For a party that claims to be Pro-Choice, there really seems to be very little the Democrats will offer as a choice.

If Kyrsten Sinema has to get permission to wear a dress and clap at her own free will, what is next? I have "NO" way of knowing. If you think of anything else you want to pose to the Democrats for their consideration, save your breath.

Best you just say "NO."

Another Nightmare with Kids

For those of you that don't know... I am a Combat Veteran and I am with the Veterans of Foreign Wars and belong to the West Covina VFW Post 8620. I head the facility there. I'm the "Big Wig", in other words, I have the liability. I have a great crew of volunteers and a great Auxiliary as well.

The facility has a large rental hall that can handle 200-250 people, a small rental area for about 50-60 people. We have a cocktail bar or just a bar if you want to call it that.

When there is a need, we (the VFW) try to help out. When there is a memorial service and a place is needed, we try to accommodate them by making the facility available at a much-reduced cost. We also need to cover our own expenses and not get hurt in the process.

The reason I am getting into all of this is because "people need to think" when they do things. We had a memorial service at our VFW recently. We were told about 50 to 60 people would attend. The problem was, I had the large hall rented out. They were willing to start the memorial earlier to make things work. The issue would be that the guests from the Hall Rental would have to go through a connecting breezeway to get to the bar area. They said that wouldn't be a problem. So now we have all this set.

The memorial group came in the day before to set up in the cocktail room and dining area. They set up in a way it compromised the access to the bar area for the "main" rental. I had them change and did what we could to make it work.

Originally the time for the memorial was to be from 4 p.m. to around 7 p.m. The hall rental was to start at 6 p.m. As you can see, there would be an overlap of about an hour. As the memorial got started, everything seemed okay at first, then it started to get out of hand. They brought all kinds of kids into the cocktail lounge and the crowd grew to about 100 people. With the growing crowd, came more kids. The kids were from 4 to 14 years old. Most were under the age of 10. Don't get me wrong, the



George Ogden
That's just the way it is!

people were great people but they didn't bother to watch their kids at all. They were all over the place. They were crawling under the tables, running all over, in and out of the building, running all over the parking lot tampering with cars and motorcycles. It was too much. I repeatedly ask the host of the memorial and some people who were supposed to be parents to bring the kids under control. The kids would hold the door open and the air system in the building drew in air from outside where everyone was smoking. This leached into the building where I got complaints from the Hall rental folks.

Kids are not allowed in the parking lot, it is not a playground. We have a bar and serve drinks.

We had an event the next day and I have custom Harleys parked there. I also have an extremely expensive car parked there as well as some customized trucks. The kids were all over running in and out in between the parked cars. I went outside repeatedly and at one point, one kid ran into the side mirror on the Ferrari and

I thought he broke it off. I checked and it was still attached but bent back. There was absolutely no control with these kids.

The kids did manage to break off one mirror but it wasn't mine. They messed with my Harley and I saw them on camera when the alert went off. Unbelievable. I kept telling the adults to take control of the kids and they did a halfhearted attempt which amounted to nothing. So, I had to try to take care of business and one lady became offended... "They're just kids" and they are playing. I had to get into her face a little bit and she said "I'm out of here." There went 4 of the brats with her.

I thought, Never Again. These people need to leave their kids at home. This became a disaster. We seldom have issues with kids, but this was unreal. We don't have this happen at the VFW. There are always responsible adults with the kids. Someone said it is their culture... yeah, right... it is the lack of parenting. They also closed the doors to the main hall where the guests could not come through to get their drinks. This was supposed to end at 7, but it went until 9 p.m.

The way I see it, kids don't need to be at memorials like this. We are setting a new policy... If your kids can't behave when you come to the VFW, you will be asked to leave. If there is an issue, we will shut down the event.

"That's just the way it is!"

Looking For Volunteer Opportunities?

GLENDORA - Students! Do you need volunteer hours, but aren't sure where to look? Do you want to give back to the community, but don't know what organization you might want to volunteer with?

If so, the Glendora Public Library is the place to be on Saturday, **March 16th**, from 10 AM - 12 PM! Be sure to drop in to the Library's Friends Room during this time to meet

with groups and organizations that have volunteer openings for students your age. No registration is necessary.

For more information about these and other Library services, contact the Glendora Public Library at (626) 852-4891 or visit the Library's website at www.glendoralibrary.org. The Library is located at 140 S. Glendora Ave., Glendora.

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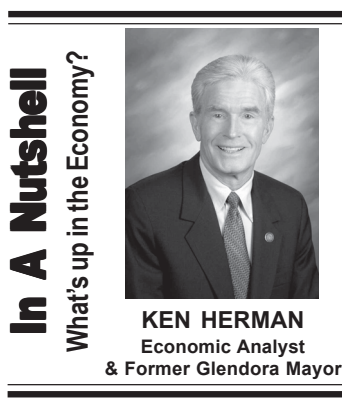
The Strongest January Since 1987 Lifts U.S. Stocks

The S&P 500 rose 3% last week, nearly 8% in January, and 15% since Christmas. This January provided the strongest gains in 32 years, especially for small-capitalization stocks (which had their best beginning for over 40 years). Despite this impressive start in 2019, some big companies warned that sales were slowing down, mostly due to a lack of demand from China.

Complicating matters further for multinational companies is the fact that the U.S. dollar remains strong, while the Chinese yuan and most other currencies remain weak. When multinational companies are paid in eroding currencies, they all too often have to issue income warnings. The Eurozone's growth is also now increasingly precarious. Since approximately 50% of the S&P 500's sales are generated outside of the U.S., Wall Street expects more multinational companies to issue revenue warnings in the upcoming weeks.

Fortunately, some multinational companies are prospering. For example, recently Boeing posted a substantial earnings surprise and provided positive guidance. So far, fourth-quarter results for S&P 500 stocks are running at an annual sales gain of 7.4% and annual earnings increase pace of around 13%. Wall Street believes that companies which surprise and guide higher (like Boeing) will continue to be market leaders.

With January up 8%, the saying "as January goes, so goes the year" is obviously a good omen.



Ken Herman
Economic Analyst
& Former Glendora Mayor

Between 1950 and 2017, the January barometer has been correct 58 of 67 times (about 87%), according to The Stock Trader's Almanac. However, Wall Street still expects market leadership to become increasingly narrow in the upcoming months, simply because earnings momentum will probably continue to decelerate due to anticipated more difficult year-over-year comparisons. Furthermore, since many multinational companies are now hindered by slowing global growth and a strong U.S. dollar, it remains imperative to own more domestic companies, especially the small- and mid-capitalization companies that benefit when the U.S. dollar is strong.

There are three primary reasons why the U.S. dollar continues to be strong: (1) The U.S. is experiencing stronger GDP growth than other developed nations; (2) the Fed has raised key interest rates substantially above most other reserve currencies, and (3) the U.S. has a strong, assertive President.

Speaking of the Fed, Chairman Jerome Powell recently turned very dovish, essentially signaling

that the Fed will not raise rates for the foreseeable future. Specifically, in his press conference after the Federal Open Market Committee (FOMC) meeting, Powell said the case for higher rates "has weakened" because of muted inflation and somewhat slower U.S. growth, stressing that the Fed will be "patient" before determining its next move. He also clarified that the current level of interest rates is "appropriate."

Looking forward, the FOMC minutes said the Fed continues to believe that "the most likely outcome" for the U.S. economy is sustained growth with strong labor market conditions and inflation near 2%. The comment in the FOMC minutes worth repeating is: "In light of global economic and financial developments and muted inflation pressures, the FOMC will be patient as it determines what future adjustments to the target range for the federal funds rate may be appropriate to support these outcomes."

China's economic slowdown, Brexit, and other global events are apparently now influencing the Fed. Overall, America is still in a 'Goldilocks' environment with strong job growth, low inflation, stable interest rates, a strong U.S. dollar, and the fifth quarter in a row of double-digit earnings growth for the S&P 500.

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

My retirement savings is in the 401k at work, and I have little to no control over it. Is there anything I can do?

Typically there are financial professionals with the company holding your 401k. Give them a call and set up an appointment to discuss your concerns. Do not make any changes while you are emotional. Meanwhile, look at a 1-year, or longer, chart of Dow Jones, Nasdaq, S & P 500, Russell 2000 showing the stock market activities. (Some phones have a built-in stock-market app.) Most folks think about diversifying their portfolio (the stocks they're investing in). Consider diversifying some retirement savings into different investment products, like a fixed-indexed universal life policy, or a modern-day annuity.

When we retire, we will sell our first home and move into our second home. Have capital gains taxes changed, or are we okay?

On your primary residence, the capital gains tax exemption did not change. It's still \$250,000 (single), or \$500,000 (married).

My medical expenses didn't quite add up to the allowable percentage of my adjusted gross income, so I did not get the medical deduction on my tax return. Is there anything else that counts as medical expenses?

Yes, the IRS allows you to count under medical expenses: round-trip travel expenses for medical treatments, purchase of



Julia Yoder

things that you needed but insurance didn't cover, the expense of some quit-smoking and weight-loss programs, insurance premium payments paid with after-tax money, special-needs expenses (adding ramps, widening doors, etc.), and long-term care insurance premiums.

My banker keeps calling me to schedule an appointment to discuss moving my money from a 7-year annuity that I bought there in 2016. Is that something I should consider? Oh, by the way, I'm in my late 60's and semi-retired.

Take a close look at what you already have vs. what your banker is recommending. Most annuities carry a surrender fee, comparable to an early withdrawal penalty. Your annuity policy will clearly show this as something like: 1st Year 15%, 2nd Year 12%, 3rd Year 9%, 4th Year 7%, etc. If you received a bonus when you first put your money into that annuity, you might lose that, along with any gains, too. Do the math. Insurance companies' compliance departments

have guidelines which clearly frown on replacing a recent annuity. Of course, there are exceptions. If you feel pressured, you might want to question your agent's ethics.

We bought a home and now we're getting a lot of mail saying we should buy mortgage protection insurance. How's that different from life insurance?

Mortgage protection insurance often times has a decreasing benefit to supposedly coincide with a decreasing mortgage balance. Some mortgage insurance is really an accident policy. I would recommend enough life insurance to give the beneficiary(-ies) the option of paying off the mortgage if that is determined to be the best use of the funds. On the other hand, if you have a strong family history of critical illnesses (heart attack, cancer, etc.) then you might want to consider a Critical Illness insurance policy or an annuity which accelerates benefits for critical illness.

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: CalStarBenefits.com/28485

Eye Contact to Keep Clients Interested

As Valentine's day quickly approaches this business tip may be of help in other areas of your life. You know what I mean; how many times were you scolded by your significant other to look them in their eyes when you're talking with them! With that being said here's how to use eye contact to keep a client (or significant other) interested in what you are saying and keep you out of trouble and in the green or any other level of success.

Having good eye contact when you are speaking to someone is important. You need to make sure that you are looking at someone when you are speaking to him or her. It's important that you keep your eye contact between a client and yourself so that you keep them interested in what you are saying and more motivated to buy what you are selling, besides its polite.

Having good eye contact is just more professional and even a little more personal. If you are not able to look someone in the eye, how do you expect him or her to do business with you? They will not want to buy something from someone that is not even able to look them face-to-face and eye-to-eye when they are speaking to them about products or services. It's just more calming to look into the eyes of someone and get the full impact of what they are saying.

When you are with a client, you need to make sure that you are standing up tall and keeping good posture. This will help you look at the customer's eyes and give them the attention that they need and want from you. You need to be assertive and give off a positive attitude when you are trying to make a good impression for your clients. When you are ready to be serious about making mon-



Michael Allawos
Principal Consultant
Global Management Consulting Services

ey and getting customers to trust you, you have to look them in the eye and be honest. Your eyes are also part of your body language and they are telling a story that the receiver is wanting to here.

There are things that you need to do so that you are able to impress your clients. You want them to be excited and interested in learning more about what you have to say. When you are giving them the special treatment that you know they need, the results are going to be so much better and you will have more success than you could ever imagine.

When you are talking to a client, you should make sure that you are looking them deep in the eye. You want to let them know that you are responsive to their feelings and that you understand their needs. Let them know that you are there for them and that you want to make sure they are completely in good hands with you. It is going to mean the difference between making the sale and losing a potential client. You want to make sure that you are giving all of your customers that same great treatment.

Looking someone in the eye when you are talking to him or her is just respectful. I am sure that you would appreciate it if people would look you in the eye

when you speak to them (back to that signficante other perhaps). The same goes for others. They want to have the eye contact that is so important to give the comfort that you are looking for and so much more. Think about the things that you want and need when you are having a conversation with someone. You want to make sure that you make them as comfortable with you as you are with them.

You'll notice as time goes by when a customer is comfortable with you, you will have a better shot at getting the sale that you want. It is all about the personality and charm that you have with your customers. You need to make sure that you are doing all that you can to show off your good spirit and the good intentions that you have for people. If you are sure that you can make the most of how you interact with your clients, there are endless opportunities for you. This is going to be the most important thing that you can do for your own career and even your personal life.

Having great success is going to depend on how you interact with your clients. Giving them your full attention is needed. You have to make sure that the eye contact is there along with the communication and body language that is imperative to impress your clients. Think about this and then do what you have to in order to change the way that you deal with clients. It is going to be important to allow yourself to get to know your clients and how you talk to them.

You need to make sure that you hear what they have to say and that you apply your body language and your goals to what they need from you. As you look into the eyes of others when you are conversing you are also more aware of their body language as they are of yours. This is important to give you clues when you're running of course and losing their attention and possible the order.

So to keep yourself from getting scolded one way or another, keeping your eyes looking forward and into the eyes of your success and theirs as well.

THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

Do I Have To Use A Dealer To Keep My Warranty In Effect?

When a customer buys a new car, they are always concerned that if they keep coming to my shop for routine maintenance and repair it will void the warranty! I always tell them to relax because the FTC (Federal Trade Commission), the nation's consumer protection agency, says NO! It is illegal for a dealership to even suggest that they might deny your warranty coverage because your routine maintenance and repair is done by an independent repair shop!

Oil changes, fluid exchanges, tire rotations, brake pads, belt and hose replacements and other services are considered "routine" maintenance and are essential to keep your car running well for years to come. A complete list of

these services can be found in your owner's manual.

Customers also are concerned that the use of aftermarket parts may void their warranty. This will not void your warranty and you can even use recycled parts and your warranty will still be good! The Magnuson-Moss Warranty Act states emphatically that it is illegal for a manufacturer or dealership to void your warranty because you chose to use an aftermarket or recycled part.

The only time a dealership or manufacturer can deny you coverage is if the following occurs:
-A part was improperly installed and caused damage
-If the aftermarket or recycled part was defective and caused other parts to be damaged

Keep in mind that if these two things should occur the dealership or manufacturer must demonstrate or prove that this did, in fact, cause damage.

We always encourage our customers to keep a record of all services/repairs but if you fail to do so, or have misplaced them, rest assured that we have those records should you ever need them. We are always here for you!

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Social Security Reinstates Reconsideration Appeal Level of Disability Process

The Social Security Administration announced the reinstatement of a disability appeal, the reconsideration, in January in five states-California, Colorado, Louisiana, New Hampshire, and New York.

A level of Social Security's national disability appeals process since 1959, the reconsideration step was eliminated in ten states as part of a prototype to explore ways to reengineer the disability process. Reinstating reconsideration restores a national, unified disability process and consistent due process for disability claimants across the country. It also leads to earlier allowance decisions for some at a lower administrative cost to taxpayers than if the first appeal

of an initial claim goes directly to the hearing level to be heard by an Administrative Law Judge (ALJ). People still have the right to appeal their reconsideration decisions at a hearing before an ALJ.

"Reinstating the reconsideration appeal in California will help improve the disability process," said Steve Breen, Regional Commissioner. "Some people appealing an initial disability claim decision will receive an allowance decision earlier in the process than they would if their appeal went directly to a judge at the hearings level."

California is one of ten states that have not had the reconsideration appeal since 1999. The remaining five states--Alabama,

Alaska, Michigan, Missouri, and Pennsylvania--will bring back reconsideration later in 2019 and 2020.

To learn more about Social Security's disability process, see www.socialsecurity.gov/benefits/disability.

BART The BLOCKHOUND

The tough will huff... The meek will squeak...
Everyone else take a seat.. The s*** show about to start...
Book of BART

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 Feb. 21 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. We are pleased to have Dylan Hannon speak about his travels in Columbia. Dylan is the curator of the Conservatory & tropical collections at the Huntington Library. Refreshments. All welcome!

Instructors Needed

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

Arcadia Senior Card Club Looking For New Members

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

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

BALDWIN PARK Birthday Celebration

Join the Julia McNeill Senior Center monthly Birthday Celebration on the third Wednesday of the month (Feb. 20) 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. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

Battleship USS Iowa Museum

Revisit history as we venture on to the Battleship USS IOWA Museum on Friday, February 22, from 9:00 am - 5:00 pm. The Battleship IOWA is the West Coast's only Battleship open to the public, located at the L.A. Waterfront, former home to the US Navy Battleship fleet prior to World War II and an area rich in maritime history. Walk the wood decks and see areas such as the 16" guns, 5" guns, missile decks, bridge, mess areas, and the world famous Captain's Cabin - with the only bathtub installed on a battleship for a President. A box lunch is included where you can sit and enjoy lunch right on the ship. We will also stop by CRAFTED Port LA, a marketplace with handmade apparel, home decor & food goods. Limited Tickets! Tickets are \$30 for Baldwin Park Residents and \$35 for Non-Residents. 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 Annual Pizza/Bingo

The Republican women will be holding their annual Pizza/Bingo on Saturday, February 16 at the Red Devil Pizza, 116 W. Badillo St, Covina. All the pizza, salad and drinks you can eat for \$18.00 from 11:30 to 2:30. Guests are welcome. For reservations please call (626) 695-6364.

BUNCO!

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

Indoor Chair Beach Volleyball

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

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.

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.

Alzheimer's Safe Return Registration

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

Volunteering Does Your Heart Good!

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

GLENDORA Glendora After Stroke Center

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

Cars 4 the Community

Glendora Rotary has a new and exciting vehicle donation program, called Cars 4 the Community. We are asking for your old car, boat, motorcycle or RV, running or not, be donated and receive a 100% tax deduction for the proceeds. This program helps our schools, community, country and the world. Call 626-963-0814 for more information.

Instructors Needed At The La Fetra Center

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

LA VERNE

Pick Your Own Oranges

Enjoy a "Slice of La Verne's Past" while picking some of the best tasting oranges around at Heritage Park. The Heritage Foundation offers you one of the last working orange groves in the area as a place to enjoy with your family. Bags of oranges are \$5, and mesh bags and the picking poles are supplied. The historic Weber house will also be open for tours from 10:00 a.m. - 12:00 p.m. Orange Picking opens Saturdays beginning January 12 and continuing approximately until the beginning of

March. For more information call (909) 293-9005 or check out their web site at www.laverneheritage.org. Heritage Park is at 5001 Via De Mission, 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 Ser-

vices at (626) 256-8246.

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

SAN DIMAS

San Dimas Toastmasters Club

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

WEST COVINA

TOPS Meeting

TOPS (Take Pounds Off Sensibly) meets every Thursday at 6 pm at the West Covina Senior Center, 2501 E. Cortez St in the classroom building. The weight loss group seeks members who wish to lose weight and maintain a healthy lifestyle. Meetings last until about 7:30 and the first meeting is free. Visitors are always welcome. Come for support with your weight loss journey. You can do it! For more information, contact Erika Hernandez 626-384-0502 or email: ehernandez57@aol.com

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.

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.

Local Children's Author to Speak at Bidwell Form



Erin Fry

GLENDORA - Local children's author and Goddard School teacher Erin Fry will speak March 9th, at 10:00 a.m., at the Glendora Library, in the Bidwell Form.

Erin will be speaking about her writing process and where she finds her ideas for her books. She has written many books for young people of all ages, all of which have very high ratings. One of her latest books Undercover Chefs, prompted her son Jake to write a collection of recipes in the

Undercover Chefs Recipe Book. Jake will be doing a cooking demonstration.

This event will raise money to fund grants for working teachers and student teachers.

Erin's books will be available for purchase and a portion of the proceeds will be donated to the Delta Nu Chapter of Delta Kappa Gamma, sponsor of the event.

Tickets for adults are \$5.00 and students \$1.00. Come join us for refreshments, raffles and a chance to meet this local author and teacher.

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Myths And Facts About Recycling Cartons

Recycling is one of the easiest ways the average person can help the environment. Not only does recycling prevent items from ending up in landfills, it reduces the amount of raw materials used to make new products. Here are some myths and facts about recycling commonly used food and beverage cartons:

Myth: Cartons can't be recycled.

Fact: Cartons are certainly recyclable. They can be turned into new products, such as paper towels, tissues and writing paper. They can also be turned into environmentally friendly building materials, in a process that uses no water or chemicals.

Myth: If a package doesn't have a recycling logo on it, it's not recyclable.

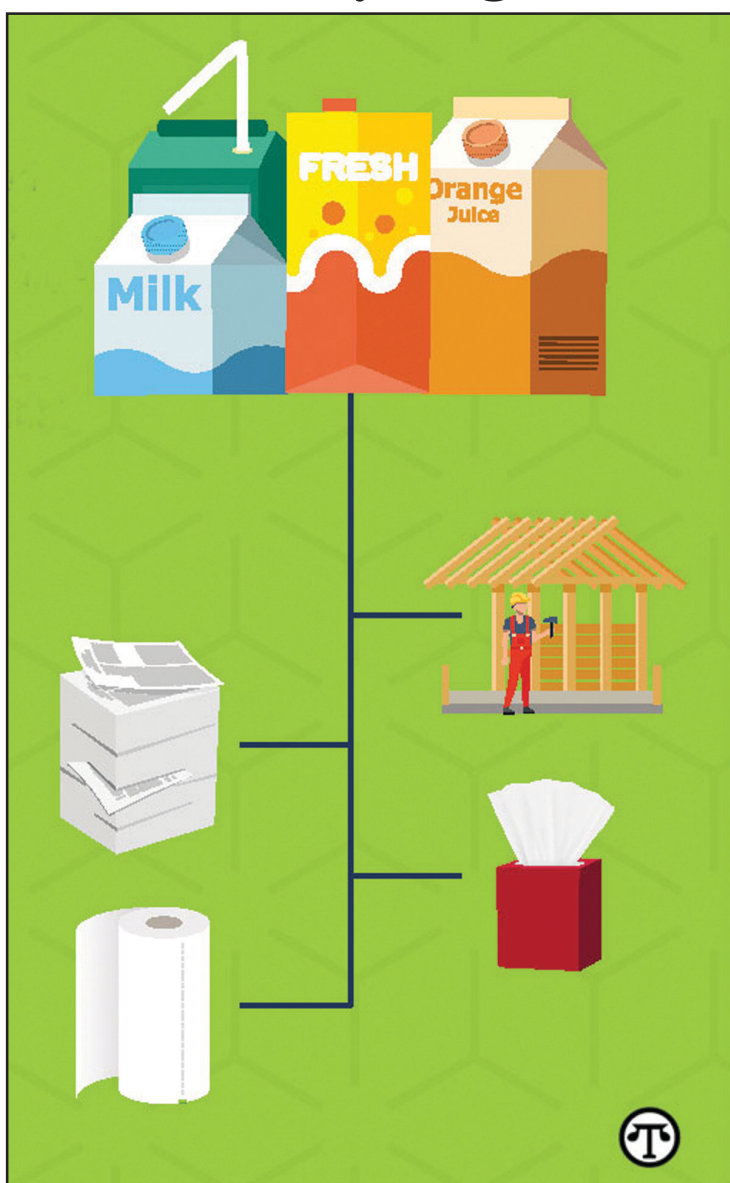
Fact: What can and can't be recycled varies by community and is primarily dependent on the recycling facility. Cartons can carry the standard "Please Recycle" logo under the Federal Trade Commission's green guidelines. It's best to contact your community or check its website to find out what can and can't be recycled.

Myth: You have to put your recyclables in a plastic bag and then in your recycling bin.

Fact: Plastic bags can jam up equipment at recycling centers, slowing everything down and potentially preventing recyclables from getting recycled. Instead, place materials loosely in recycling bins or carts.

Myth: You have to crush cartons and remove the caps and straws before recycling them.

Fact: Just empty any remaining product. No crushing is required, and the caps can be left on. You may want to stuff the straws back into the carton to



Recycled food and beverage cartons can be turned into anything from paper towels to office paper to wallboard.

make sure they don't become litter.

Myth: Cartons have a waxy coating and therefore can't be recycled.

Fact: Food and beverage cartons don't contain any wax. Cartons are made mainly from paper with thin layers of plastic and, in some cases, aluminum.

Myth: Cartons have multiple layers that prevent them from being recycled.

Fact: The multiple layers in cartons are broken down during the recycling process. The paper is used to make new paper products and the aluminum

or plastic can be used to generate energy or become binding. In some cases, the entire carton is used to make building materials.

Myth: Most places don't accept cartons for recycling.

Fact: Carton recycling is now available for 62 percent of U.S. households—more than 72.5 million homes—through curbside and drop-off programs. To find out where cartons are accepted, go to www.RecycleCartons.com.

For further facts on recycling, visit the Carton Council at www.RecycleCartons.com. (NAPSI)

Unique Partnership Provides Duarte High School Students with Four Years of College Coursework

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

Thirty freshmen from Duarte High School will soon enroll in a college course designed to aid in the development of their personal career plans. While these students may only be entering the second semester of high school, the course - COUN 145 (Career/Life Planning) - will not be their first experience with college-level curriculum. In fact, they recently completed two other college courses.

These freshmen are participating in an exciting academic opportunity made possible by a partnership between Citrus College and Duarte Unified School District (DUSD). Building upon the highly successful two-year Early College program for high school juniors and seniors, the Early College four-year pathway was introduced in fall 2017. At the time, it was one of the first dual-enrollment programs in the San Gabriel Valley that was available to students throughout all four years of high school.

The Early College four-year pathway is a general education program that allows students to receive up to 60 college units while earning their high school diplomas. Program participants are selected by Duarte High School, which evaluates the GPA and Smarter Balanced Assessment Consortium scores of all of DUSD's eighth graders. The parents of qualified students are invited to an information session; those students who decide to participate in the program take their first two college classes during the first semester of high school.

Of course, dual enrollment is nothing new for Citrus College



Citrus Community College District Trustee Dr. Edward C. Ortell (left) celebrates the Citrus College Promise with Duarte Unified School District Board Member Reyna Diaz during a signing ceremony on April 27, 2018.

or DUSD. The two community partners were at the forefront of creating concurrent enrollment when they joined forces in 2009 to establish the Early College program. One of the first of its kind in the region, the Citrus College and DUSD Early College program quickly became part of a state and national movement to accelerate learning and introduce new opportunities to high school students.

The program expanded in 2016 when California added Assembly Bill 288 to the California Education Code. This legislation authorized California community college districts to enter into formal partnership agreements with local school districts to provide dual enrollment opportunities. Since that time, what began as a unique partnership between Citrus College and DUSD has evolved into much more.

Citrus College currently offers 33 Early College classes at eight high schools within the Citrus Community College District. Each class is taught on the high school campus by a Citrus College faculty member. In addition, participants receive the same stu-

dent services that are available to traditional Citrus College students.

Completing an Early College program is beneficial in many ways. The program enables students to save time and money, graduate with college credits, and build a solid foundation for future success. The benefits of the Early College four-year pathway are even greater. First, program graduates have a very high acceptance rate with California State University and University of California institutions. Upon completion of their freshman year at the four-year college level, these students skip their sophomore year and can ultimately graduate with their bachelor's degree almost two years early.

As the Duarte area's representative on the Citrus Community College District Board of Trustees, I am proud that the Early College program has allowed students in our community to save a tremendous amount of time and money. I am confident that the new Early College four-year pathway will be even more successful.

It Doesn't Have To Cost 6 Percent To Sell A Home

If you're thinking about selling a home, you may have wondered: "What, really, does a real estate agent do to earn a 6 percent commission?"

In the past, real estate agents had to scour literal books of listings and drive clients around to see listings to make sales. But today's real estate process is much simpler—and increasingly digital. According to a 2017 study from the National Association of REALTORS®, 44 percent of home searches now start online. And as the search process moves online, almost all of the paperwork has, too, allowing agents to handle more business even more quickly.

So if everything's easier now, why are most agents still charging 6 percent?

It comes down to the time and money that agents spend finding new clients. "Many agents still

find most of their business by cold calling, sending mailers or knocking on doors," explains Ben Mizes, CEO of online real estate brokerage Clever Real Estate. "The time it takes agents to find customers puts a floor on how low they are willing to go on commissions."

Clever works nationwide to solve this problem by matching customers with local Partner Agents, who sell homes for a flat fee of \$3,000 or 1 percent in listing commission. Clever is part of a growing trend in the real estate industry; discount firms like Redfin now operate in many U.S. metro areas and even local brokerages are increasingly discounting their rates. In a 2017 article, The Washington Post estimated that average commission rates nationwide will soon fall to 5 percent as agents compete more aggressively to win busi-



Technology allows real estate agents to focus on building a strong core business.

ness.

Tech-focused entrants to the discount real estate space have

the potential to accelerate the change. Unlike traditional brokerages, which expand one city

at a time with local brick-and-mortar offices, Clever partners with agents all over the country.

Coolidge Elementary Student to Represent San Gabriel Unified in County Spelling Bee

SAN GABRIEL – Coolidge Elementary fourth-grader Shannon Yan stepped up to the microphone, took a deep breath and spelled her way to victory during Coolidge's annual spelling bee on Feb. 1 with two words: "ornament" and "uninhabited."

Coolidge hosts the District's only spelling bee and invites fourth- and fifth-graders to participate. This year, 11 Coolidge students accepted the challenge and competed for nine rounds before Yan took home the engraved bobble-head bee trophy.

Fifth-graders Miley Trinh and Warren Lukman were awarded second and third place, respectively, and received engraved medals and ribbons.

"It was exciting to win the spelling bee! I know my mom was proud of me," Yan said. "I haven't thought about the next step yet,



Fourth-grader Shannon Yan was awarded first place, fifth-grader Miley Trinh was awarded second place and fifth-grader Warren Lukman was awarded third place in the Coolidge Elementary Spelling Bee on Feb. 1.

but I am looking forward to competing and doing my best."

Coolidge's Parent Teacher Association will sponsor Yan, who will represent the District in

the Los Angeles County Elementary Spelling Bee at 4 p.m. Wednesday, March 13 at the Almansor Court Event Center in Alhambra.

Mizes says, "We have a full-time team dedicated to recruiting and vetting top-performing agents from major agencies. They provide the exact same full service that a top agent usually offers, but when you come through Clever, they do it for our competitive prices."

Steve Huffman, a Keller Williams broker and Clever Partner Agent in Atlanta, says that discount prices don't stop him from providing a quality, full-service experience for his clients. "If you do a good job with discount clients, they can refer friends, and you have buyers who will call your yard sign," he explains. "The more listings you have, the more exposure you have."

Luke Babich, Clever's Chief Strategy Officer, explains why it's a win-win: "Our Partner Agents can focus on doing what they do best: selling homes. Meanwhile, the average customer saves \$9,000 in commission."

Among the emerging business models that are shaking up the real estate industry, tech-focused brokerages like Clever differentiate themselves by being human focused, too. "Real estate commissions are ready to be revolutionized," says Babich. "But we're selling homes the same way that they've been sold for the last half century—with great, attentive, professional agents."

With dramatic changes in the real estate industry—which some have said threatens to displace real estate agents—tech-focused brokerages like Clever differentiate because they are agent focused, too.

"In the end," concludes Huffman, "you're not losing money because you're gaining more clients."

To learn more about the ways that technology is changing the real estate industry, visit <https://listwithclever.com>. (NAPSI)



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Wanted: Volunteers

GLENDORA - If you are looking for a way to give back to your community, meet new friends and feel good about what you do, you should think about joining FPH's wonderful group of volunteers. There are opportunities to work at the front desk, in the gift shop and other places throughout the hospital. You may choose to work just a few hours a month or a couple of four hour shifts a week. It's what works for you.

Interested people are invited to join us for lunch Friday, **March 8**, at 11:30am at the Glendora Library's Bidwell Forum to learn more about this worthwhile organization. We



Theresa Mattijetz, Rosemarie D'Andrea and Patty Mateer encourage community members to join them for lunch to find out more about becoming a valued Foothill Presbyterian Hospital Auxiliary volunteer.

hope that following lunch, catered by Claro's Italian Market, and an introduction to our group, you will stay for a few fun games of bingo. Reservations are required and can be made by calling (626)857-3103 by Monday, March 4th.

Monrovia Unified Elementary Schools Host International Students from China



Plymouth Elementary Principal Dr. Gero honors international students during the school's monthly honors assembly with certificates for completing a full week of instruction at Monrovia Unified School District.

MONROVIA - More than 100 international students from Jiangsu Province, China, visited Monrovia Unified as a part of the culture immersion program from Jiangsu Education Services for International Exchange

(JESIE) program, attending Mayflower, Plymouth, and Bradoaks Elementary for four days of school activities.

At Plymouth Elementary, a Mandarin Dual Immersion school, students quickly con-

nected with international students as they shared the obstacles they face when learning a new language.

"Our Mandarin Dual Immersion students had an even greater opportunity to learn about the language and culture of China, and apply what they have learned throughout the school year," Plymouth Principal Dr. Gero said. "We are grateful to have had the chance to host such a wonderful group of international students."

In addition to day-to-day school activities, principals coordinated field trips to Canyon Park, Monrovia's Public Library, and Monrovia's Fire Department Headquarters to give students a taste of the community.

International students who visited Plymouth performed a Chinese song and dance as a thank-you to faculty, staff, and students during the school's monthly honors assembly on Jan. 25. Each student was then honored with a certificate, presented to them by Dr. Gero and Renaissance students.

"It is very important that our administrators, teacher and staff explore and experience Chinese culture, as well as our students," said Connie Wu, MUSD's Assistant Superintendent of Business Services. "This helps ensure we provide a robust Mandarin Dual Immersion program."

Monrovia Unified School District began its partnership with JESIE a couple of years ago when the district cosponsored the 13th Jiangsu International Forum for School Principals in Los Angeles in 2017, and was then invited to Jiangsu Province to participate in the 14th Jiangsu International Forum. At this time, Monrovia Unified established sister schools with Gulou District, which is one of the top school districts in Jiangsu, China. Sister schools present an opportunity for international students to experience school in the U.S. for four days.

"We are very fortunate to have the opportunity to partner with JESIE," Monrovia Unified Board President Ed Gililand said. "We are committed to ensuring our dual immersion program continues to not only grow, but also provides our students with meaningful cultural experiences."

At Monrovia Unified, dual immersion programs create a connection to academic success, while challenging students to not only learn about new cultures, but appreciate them, as well.

"Dual language programs benefit our students' educational achievement," Superintendent Katherine Thorossian said. "From an early age they are diving into new cultures and developing social and learning skills that will help prepare them for opportunities in the future. This visit from their international peers is an invaluable experience that students will carry with them for years to come."

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