



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

Jan 31 - Feb 6, 2019

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Glendora Community Coordinating Council Recognizes January's Awardees

GLENDORA - PALS (Peer Assistant Leadership Students) is a class at Glendora High School led by teacher Mrs. Debra Clune. The class consists of 25 selected students who throughout the year focus on ways to support, encourage and inspire the GHS campus (teachers, staff and students), the city of Glendora and the greater community.

For the third year PALS organized and led a canned food drive at Glendora High School which the Glendora Community Coordinating Council holds throughout the community to collect canned and non-perishable foods for our Holiday Basket Program. This program aids Glendora families in need with food baskets during the Thanksgiving holiday. PALS challenged the high school teachers, staff and students to get involved with this worthwhile cause which led to an abundance of donated food items. Glendora High School's contribution doubled the total contributions received throughout Glendora allowing more families to benefit from the Holiday Basket program.

Our community is blessed to have such outstanding volunteers. It is with great pleasure Glendora Community Coordinating Council recognizes Glendora High School's PALS group with the



Rose Wentz, Glendora Community Coordinating Council President with January's Humanitarian Award recipient Amber Rice.

January Youth Recognition Award.

Amber Rice is a school district PTA volunteer extraordinaire. She has been on PTA for years and at many school sites including Williams Elementary, Seller's Elementary, Goddard Middle School, Glendora High School and PTA Council serving many board and chairman positions sometimes at multiple sites at the same time. If a position needs to be filled Amber always steps up no matter how much time is involved. She puts the school and kids first to make sure they have a great experience with the event PTA

has planned. In addition to her volunteer efforts with PTA, Amber has also held positions on the Glendora High School Football Booster Board. She has a heart and passion for all she is involved in and gives her all. We are hon-



Glendora Community Coordinating Council President, Rose Wentz, Ramona Moore PALS representative, PALS advisor Debra Clune and Christine Tejedor PALS representative.

ored to recognize Amber with January's Humanitarian Award.

The GCCC is always looking for volunteers from the city to be recognized each month. If you have a nominee please visit our

website at www.glendoracoordinatingcouncil.org for a form and contact information. We'd like to thank A & J Cakes for being our meeting sponsor.

El Monte Union Community Celebrates Unveiling of Bobby Salcedo Student Union



El Monte Union High School District celebrated the grand opening of the Bobby Salcedo Student Union at Mountain View High School on Jan. 23. Pictured are Superintendent Dr. Edward Zuniga, left, Board of Trustees member Maria Morgan, President David Diaz, Vice President Florencio F. Briones and member Carlos G. Salcedo.

EL MONTE – Hundreds of El Monte Union students, staff, alumni and community members gathered at Mountain View High School on Jan. 23 to celebrate the grand opening of the Bobby Salcedo Student Union – named in honor of former student, beloved teacher and successful administrator Agustin Roberto “Bobby” Salcedo.

The festive celebration included a ribbon-cutting and name unveiling ceremony of the facility, which will house the school's much-anticipated cafeteria, as well as a multipurpose room and Associated Student Body (ASB) meeting spaces.

Attended by the Salcedo family, local elected officials and feeder school district representatives, the after-school event featured entertainment by the Mountain View High School Viking Band, cheer and color guard, a walking tour of the 30,000-square-foot facility and a reception catered by Mountain View's culinary arts students.

“Bobby was passionate about education and did everything he could to ensure that students had the opportunity to pursue their goals of attending college and earning a degree,” Board of Trustees President David Diaz said. “His legacy inspires us to continue advo-

ating for our students, and we hope that this building stands as a reminder to all that we are united in our fight for high-quality education and post-secondary opportunities for all El Monte Union High School District students.”

Staff, alumni and students overwhelmingly supported naming the facility after Salcedo, a respected educator who had deep roots in the El Monte community and overcame a host of obstacles as he pursued his college and career goals.

Salcedo graduated in 1994 from Mountain View High School, where he was ASB president; taught at South El Monte High School; and served as an administrator at South El Monte, Mountain View and El Monte high schools. He was finishing his doctorate at UCLA and serving his second term on the El Monte City School District Board of Education at the time of his death in 2009.

The new facility replaces Mountain View's former cafeteria, which was destroyed by fire in January 2013.

“We are all united here without a cafeteria, but having one will help unite us even further and allow us to get to know each other, grow together and inspire greatness,” ASB student

and senior Anely Figueroa said. “I feel like it will help us have more unity and friendships, bigger groups and clubs. The student union is not just a cafeteria; it will help us grow more as a family.”

The facility will include a state-of-the-art cafeteria and kitchen, multipurpose room, staff lounge with restrooms, a student store and ASB meeting rooms, as well as an indoor courtyard and outdoor eating areas. The cafeteria and kitchen are expected to be fully functional and available for student use by the beginning of March.

“This has been a long time coming for our Mountain View High students and the El Monte Union community,” Superintendent Dr. Edward Zuniga said. “We are proud to be able to provide our students a space in which to not only eat and meet with their peers, but also a safe learning environment that will inspire them to continue pursuing their college and career goals and achieve excellence as Bobby would have wanted.”

Phase 2 of the project, to be funded with Measure D bond dollars, will include a theater arts component with a performance arts stage and stadium-style seating, enhanced acoustics and sound and lighting.

Larios Meat Market Serves Mexican Food Right

By Jenny Park

COVINA - Don't want to cook for dinner tonight? Let Larios Meat Market—the King of Asada—cook for you. This little hidden gem of a market is off Arrow Hwy and Barranca. Owned and family-operated by the Larios family for over twenty years, the market was busy with people walking in and out with pink bags of pre-marinated meat to cook home.

Jorge Larios, who was leading the store as the cashier, went to Damien High School and his sisters went to Pomona Catholic High School.

The market had refreshing Horchata and Jamaica drinks for \$1.29 to quench your thirst on a hot day. Horchata is a cinnamon-flavored rice and milk drink that is a Mexican staple. Jamaica is an iced ruby red drink made from hibiscus flowers.

They also had pre-made salsas, guacamole, and ceviche all to take-home and enjoy. Everything about the store is a gem. The salsas and chips are all home-made and would be a great treat especially for the upcoming Super Bowl weekend.

When the SGV Examiner asked a few of these shoppers



Larios Meat Market is on South-East corner of Arrow Hwy. and Barranca in the City of Covina.

how many years they were coming to Larios Market, Miguel Torres (18) said: “I have been coming to Larios Market since I was in middle school and my grandfather bought me a burrito here. Ever since then, I've been enjoying the food here and buying our groceries here.”

Larios Meat Market has a small produce section, as its primary focus is on the meat. Both great quality and quantity is served here with a quick service time that's hard to beat. “It's smaller and more convenient than a bigger market. I hope too many people don't find out about our secret store,” said Daisy

Torres, Miguel's grandmother.

Larios Meat Market is an understated, quiet, and humble family market that has been serving the community quietly for the past twenty years starting with the grandparents. Each time you walk into the store, you will feel quiet at home. Try stopping by at Larios Meat Market for an enjoyable treat!

For more information, please visit the website at www.lariosmarket.net. The Larios Meat Market is on 19004 E. Arrow Hwy. Covina, CA. The store hours are from 7:00AM-7:00PM.

old Abraham Garcia had been arrested earlier in the same area. The three others, a 15-year-old and two 16-year-olds were also detained. One of the 16-year-olds had been arrested in the past by Azusa PD for gun possessions.

When they checked the subjects, a 15-year-old and 16-year-old had concealed weapons on them. They also found cocaine and marijuana.

Garcia has previous arrests including a felony in Covina back in November but was release from jail because of overcrowding. All four are gang members

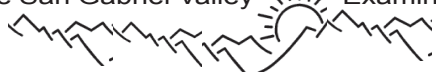
from the area.

It is believed that these suspects may be involved in a number of crimes in the area. The guns will be tested to see if any of them were used in any recent shootings.

Garcia was arrested and booked by Azusa Police Department with bail set at \$35,000. The three teens were sent to the Los Padros Juvenile Hall.

This is treated as a gang-related crime. Anyone with information can contact the Azusa Police Department Detective Bureau at 626-812-3200.

IF YOU SEE SOMETHING, SAY SOMETHING.



Brandywine Homes Unveiling Models During Grand-Opening Celebration At Palmera In Baldwin Park



BALDWIN PARK - The vibrant city of Baldwin Park is proud to welcome Brandywine Homes' exciting new townhome collection of Palmera, which is set to celebrate its Model Grand Opening on Saturday, February 9. Palmera's professionally decorated models will showcase its trio of three-level floorplans, which measure approximately 1,279 to 1,734 square feet and feature two to four bedrooms and two- and one-half to three- and one-half baths.

To be among the first to call Palmera home, visit its Sales Center at 14773 Badillo Street, Baldwin Park, CA 91706. For additional information, call 626-598-7790 or visit www.LivePalmera.com.

Attractively priced from the mid \$400,000s, Palmera presents a stellar combination of style, amenities and location. Its contemporary Spanish-influenced townhomes showcase inviting balconies, attached two-car garages, spacious great rooms, elegant dining rooms, first-floor dens or bedrooms (per plan), and interior laundry

areas. Designer kitchens shine with solid surface countertops, stainless steel sinks, a complete package of stainless steel Whirlpool appliances, large pantries, and white Shaker-style cabinetry with concealed hinges, adjustable shelves in upper cabinets, and 7" satin nickel handles.

Relax and refresh in luxurious master suites that reveal large walk-in closets, and elegant baths with dual sinks, quartz countertops, Moen faucets, oversized designer fiberglass showers, and separate water closets.

Energy efficiency and timeless style are enhanced by the inclusion of tankless water heaters, upgraded base and door moldings, recessed LED lighting, central heating and air-conditioning, state-of-the-art communications wiring, two-panel interior doors, and dual-glazed white vinyl windows with low-e glass.

Limited to just 23 townhomes, Palmera gives residents an excellent address in Baldwin Park, which is moments from

everything that makes the San Gabriel Valley so desirable. High education awaits at Mt. SAC and Cal Poly Pomona; theaters, including a classic drive-in, are nearby; and parks, fishing, swimming, hiking, skating and more round out a world of recreational opportunities. From groceries and dining to the latest fashions, Plaza West Covina, Park Plaza and other shopping centers are within easy reach.

Palmera is brought to you by Brandywine Homes, a residential homebuilder based in Irvine, California, that specializes in infill development. Founded in 1994, this family-owned and operated company has built or developed almost 1,500 homes in 45 small- and mid-sized infill communities, revitalizing some of Southern California's oldest and most established neighborhoods. For more information about Brandywine Homes, visit www.brandywine-homes.com.

A Celebration of Life

FRANK H. B. RICHARDS III, known to many as "Dick," passed away peacefully on January 22nd in his hometown of Glendora, CA. He was 87. Frank was born in 1931 to Frank H. B. Richards and Monica (Warner) Richards in the town of Anaconda, MT. He was the second of four children and brother to three sisters. He grew up a Renaissance man, living his early years at his family's houses in San Marino and Glendora, CA, his uncle's and aunt's ranch near Judith Gap, MT, and another uncle's and aunt's house in Glen Ridge, NJ. After completing 12th grade at Malvern Preparatory School in Malvern, PA, he served in the US Marine Corps from 1949 - 1950 as a Radio Operator. He spent 14 years earning a Bachelor of Architecture degree from MIT in Cambridge, MA, attending Cornell University in Ithaca, NY, Columbia University in New York City, and the University of Pennsylvania in Philadelphia, PA along the way. He went on to live an extraordinary life and work around the world as an architect, transportation planner, engineering consultant, and businessman. During his 19 years in Hong Kong, he also traveled to mainland China, Vietnam, Macau, Malaysia, the Philippines, South



Frank H. B. Richards III
4/21/1931 - 1/22/2019

Korea, Singapore, and Russia, where he traveled the length of the Trans-Siberian Railroad. He also made lifelong friends of Drs. Phuoc and Nga Nguyen in Vietnam, a friendship that expanded to their entire family over the years. He was known as much for the pipes that he smoked for 50 years and his eclectic choice of drinking vessel as he was for his intense empathy, bright spirit, and intellectual engagement of all he encountered. He used to say that vocabulary, intellect, and creativity were the essential aspects of his life. Frank is survived by his sister, Melanie, and his three

sons, Jonathan, James, and Charles. His mother, father, daughter Sara, and two sisters, Pamela and Rosamond, passed before he did. A celebration of his life was held in the La Fetra Center, 333 Foothill Blvd, Glendora, CA on Friday, January 25th 2019. In memoriam, please send a donation in Frank's name to the Glendora Historical Society (<https://glendora-historicalsociety.wildapricot.org/Donate>), with emphasis on the Rubel Castle, where he volunteered during his final years, or pay a kindness forward to someone in need, as Frank often did.

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"TIME JOCKEY" - Viscaino

By Joe Castillo

Sailing On... When Cortes defeated Montezuma and the Aztecs Nation, he claimed for the King of Spain all the lands north and south of present day Mexico City, even though the Spanish had no idea how immense the land area was in actual size. Following Cortez, a series of Spanish and English voyagers explored the Pacific coast for their respective Kings including Vaca, Coronado, Alarcon, Cabrillo, Drake, Cavendish, and Admiral Atondo. Each made significant discoveries but the most significant discoveries were made by Sebastian Viscaino.

In the spring of 1596, Viscaino sailed north with three ships from Acapulco, Mexico. With him were a number of settlers, soldiers, four priests and Viscaino proceeded north to Mazatlan and onto Santa Cruz, a settlement where Cortes once tried to establish. Viscaino found the location desirable for a settlement, and built a number of huts and structures before renaming the settlement La Paz. Viscaino then regrouped and shortly thereafter continued on his second voyage

north. He passed numerous locations which he considered inadequate as a harbor for Spanish ships seeking a safe place to dock. Finally he arrived at an excellent bay with calm waters and excellent protection from the ocean. The location was San Diego and Viscaino documented the location for a future Spanish settlement. He stayed for 10 days and even ventured to Point Loma to gain a view of the harbor and its surrounding lands. From San Diego, Viscaino sailed north and arrived at an island which Cabrillo had named Victoria. The Indian inhabitants were friendly and provided Viscaino with whatever food or supplies which were available. The island had many animals and birds which Viscaino had not previously seen including a number of large crows. Viscaino's men hunted the crows for sport and fun but the Indians considered the crows sacred and looked upon what the soldiers were doing as disrespectful.

Besides being viewed differently by the Indians, Viscaino left on good terms and continued on his mission after renaming the island to its current name of Santa Catalina. In his records, Viscaino charted the Santa Barbara Channel Islands, and other vantage points off the coast including Point Concepcion, Point

Reyes and Point Pinos.

As he proceeded north, Viscaino identified another excellent bay which offered the necessary requirements for a northern Spanish settlement. He named the location in honor of the viceroy, giving it the name of Monterey, which would eventually become the capital city of Alta California. By now Viscaino's men were experiencing various illnesses, and he was forced to return to Acapulco to receive the proper medical care. Even though Viscaino requested to continue his explorations, the King thought otherwise and ordered him to remain in Mexican settlements.

Years later, Viscaino was given a new directive to continue his explorations along the California coast, but he became ill during the trip and died on the voyage. In the years which followed, new Spanish explorations would use records and charts made by Viscaino as the locations and sites of many of California's missions, leaving his legacy through California and its history.....

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 joeacastillo@aol.com.

Community Services Department Seeks Service Award Nominations

GLENDORA - Annually, the Community Services Commission honors individual Glendorans for their outstanding volunteer service to Glendora youth and senior citizen programs. The recognition awards are named for individuals who were recognized and remembered for their commitment to community service above self. For 2019, the commission is seeking nominations of individuals who are deserving of the 53rd Annual Ed Kirkpatrick Award, the 44th Annual William E. "Buck" Dunham Award, and the 27th Annual Ruth Harper Award. The recipients of these awards are recognized for outstanding citizenship and would have distinguished themselves by deed, accomplishment, or volunteerism.

The Community Services Commission is requesting your assistance by submitting the names of Glendorans who deserve to be recognized as per the guidelines of each award. The following is a description for each award. The Commission

will select one deserving citizen for each award at the Community Services Commission meeting in May.

Ed "Eddie" Kirkpatrick Award

The first City of Glendora-sponsored perpetual volunteerism award was named after Edgar "Ed" Kirkpatrick. Ed was an outstanding Glendora youth, young adult sports figure, and citizen. Ed signed with the California Angels as a catcher in 1962 just after graduation from high school. Today, the Ed "Eddie" Kirkpatrick Award continues to be awarded to an outstanding adult who has provided exemplary and extraordinary service to the youth of Glendora in the area of sports.

William E. "Buck" Dunham

Glendora is acknowledged as one of the most volunteer-oriented communities in the San Gabriel Valley. As such, the originating commission recognized that adults volunteer in numerous youth-oriented activities. In or-

der to acknowledge these volunteers, a second award was created. This award was named in honor of William E. "Buck" Dunham and is awarded to an individual who has made outstanding contributions to the youth of Glendora in an area other than sports.

Ruth Harper Award
Glendora also honors individuals who have made outstanding contributions to the community's senior population. This award is named in honor of Ruth Harper. Ruth was a tireless worker and volunteer for the seniors of Glendora. Her tenacity on behalf of senior services was instrumental in laying the foundation for the programs and services that Glendora seniors enjoy today.

Nominations must be submitted no later than Friday, March 15, 2019, at 5:00 p.m. For more information, please contact the Community Services Department at (626) 914-8228 or download an application from the city's website at www.cityofglendora.org/recreation.

Los Angeles County Makes Increased Investment in Partnership with Cities in Fight Against Homelessness

\$3.8 Million in Measure H Funds to Bolster Vital Locally-Driven Efforts

LOS ANGELES COUNTY - Building on their regional approach to tackling homelessness, the Los Angeles County Homeless Initiative and United Way of Greater Los Angeles announced the award of more than \$3.8 million in Measure H funding to bolster the work of cities in implementing city-specific plans to combat and prevent homelessness. This funding award is a significant next step in strengthening the collaboration between the County and cities in the region, which are united in their commitment to address this complex humanitarian crisis. This new funding allocation aligns with the County's partnership with cities to develop innovative solutions to homelessness at the local level. This partnership, which began with city participation in the development of the Homeless Initiative's strategies in late 2016 and two subsequent city summits, accelerated with the award of planning grants to cities in November 2017 to develop city-focused plans to address homelessness.

In September 2018, L.A. County and United Way of Greater Los Angeles' Home For Good Funders Collaborative issued a Request for Proposals for city-specific projects in two key areas: Priority Area 1: to increase the supply of supportive and interim housing for people experiencing homelessness; and Priority Area 2: to enhance the ef-

fectiveness of County service systems for those experiencing and/or at-risk of homelessness. 31 cities submitted applications, of which 30 applicants had previously received a Homelessness Planning Grant and submitted a city-specific plan to address homelessness. Some cities submitted more than one application.

More than \$3.8 million has been awarded at this time through the RFP process, to fully or partially fund 20 applications:

- 11 Priority 1 applications have been awarded up to \$1,731,700. Projects include feasibility studies around motel conversions, modular housing, ADUs, inclusionary zoning and city-owned sites; property acquisition for interim and permanent housing; and land use planning.

- 9 Priority 2 applications have been awarded up to \$2,005,564. Projects include funds for case managers, housing navigators and homeless coordinators; safe storage and shower services; and employment training programs.

City applicants not funded at this time, as well as most cities whose applications are being partially funded, will have an opportunity to resubmit proposals based on specific guidance and with the support of the County Homeless Initiative and United Way. For a full listing of the RFP submissions and awards, click

here
"There's no one-size-fits-all solution to ending the homelessness crisis," said Board of Supervisors Chair Janice Hahn. "Partnering with our cities to fund local projects that address their unique challenges is going to be key to building lasting change. I am encouraged by how many cities are rising to the challenge and ready to be part of the solution."

"I am extremely proud of the high level of engagement that 5th District cities demonstrated throughout the City Planning Grant process," said Supervisor Kathryn Barger. "The County will not be able to solve the crisis of homelessness on its own - our cities are integral partners in providing outreach, supportive services, and housing to those in need. I'm eager to see how these localized solutions to combat homelessness will move into implementation and am committed to continue partnering in this work alongside our cities."

"We know that housing ends homelessness, and cities uniquely hold the key to more or less housing being built," said Elise Buik, President and CEO, United Way of Greater Los Angeles. "While declarations on ending homelessness are an important step, the proposals submitted here demonstrate a serious commitment to seeing those promises through. We could not be more excited for what's to come."

Rooster Ordinance

LOS ANGELES COUNTY - As of January 1, 2019, DACC has begun enforcing the rooster limits set forth in the adopted ordinance as noted below.

Roosters allowed without a facility license:

Size of Property	Maximum number of roosters
Less than one-half acre	2
One-half acre to one acre	4
One to five acres	6
More than five acres	10

Keeping more roosters than identified above requires the resident to obtain a facility license. In no case will a license be approved for more than 25 roost-

ers. This measure was taken to reduce illegal cockfighting and associated criminal activity, outbreaks of avian diseases such as Virulent Newcastle Disease, complaints of noise and odor, and to improve neighboring residents' quality of life.

Feel free to check out the new ordinance on our website animalcare.lacounty.gov for more information. For reference, a rooster is defined as a male chicken that is at least six (6) months of age and is capable of crowing or has adult plumage. Hens are not regulated by this ordinance. A person may have the above maximum number of roosters based on his/her parcel size.

Please note that most local cities already ban or are more restrictive regarding the keeping of roosters. This ordinance now provides similar protections to unincorporated Los Angeles County and will provide safer

communities for our unincorporated residents and animals.

The animal facility license program exists to accommodate the agricultural educational goals of 4-H and FFA club members and other poultry enthusiasts, who might keep a higher number of roosters. Residents may apply for an animal facility license by calling the DACC Business Licensing Division at (562) 345-0323 or going to animalcare.lacounty.gov/facility-licensing/

Noise complaints about roosters in DACC's jurisdiction may be reported to: animalcare.lacounty.gov/animal-noise-complaint-form/

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



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- We also believe in accuracy in fact and context. Journalists should be accountable for any news or subjects they write about.
- We believe in growth. Therefore, complaints or mistakes erroneously committed will be entertained and investigated diligently and corrected accordingly.
- We believe in performing our journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

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Local Government: Citizen's Loudest Voice

The more I hear from Gov. Gavin Newsom and those sitting in Sacramento the more I wonder if the term local government will become as historic and outdated as the Latin Language in high schools. And, a more critical issue, will the voice of those living in our California cities be drowned out by Sacramento politicians' urge to mandate their control and continued belt-tightening efforts for higher office?

Each city must adopt a general plan with seven critical elements in that plan including a housing element that will dictate the long-term physical development of that city and adjacent areas to that city that have an influence or impact on that city area.

Last year, AB 72 was put forward by Miguel Santiago (D-53-AD Huntington Park/L.A.) and was passed providing the leverage Gov. Newsom and the state legislature now has over our housing elements in our general plans. In fact, this may be the beginning of complete control or elimination of our zoning ordinances that has always been the vested right of local governments and those residents living in each of our California cities.

There is something called RHNA - Regional Housing Needs Assessment - which is put together by SCAG - Southern California Association of Governments, the seven-county clearing house for federal funds -- reviewed by each of the local sub-committees called COGs - Council of Governments - reviewed and adopted by the Department of Housing and Community Development (HCD) and then passed on as a requirement for housing development within each city's general plan.

AB 72 mandates certain actions that cities must take to meet the state mandated housing needs assigned to each city and now legalized actions the state Housing and Community Development



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

opment may take to enforce that mandate. AB 72 says HCD must review:

- Each adopted housing element, its inventory of sites suitable to accommodate the assigned RNHA numbers and a program to rezone sites to be sure each city and county are able to step up and meet those needs.

- HCD must notify the city/county of any violations.

- AB 72 gives HCD the authority to refer a violation of any housing related law to the Attorney General, Xavier Becerra, for legal action.

Those violations could include rezoning a parcel of available housing land to a business zone, a lower-density housing zone, or any violation in preparation of the housing element within a city's general plan.

Mercury News reported in 2012 the City of Pleasanton... "after years of lawsuits and millions of dollars in legal fees, [were] looking to move forward with new housing developments..." after the city removed the cap in their housing element of 29,000 housing units maximum. Urban Habitat, Oakland based urban justice group, filed the suit in 2006 and litigation and legal fees cost Pleasanton \$3.9 million.

Now our new Gov. Gavin Newsom, as promised, has picked up the gauntlet in his rush to solve

the housing crisis and encouraged a lawsuit against the City of Huntington Beach through a letter from Department of Housing and Community Development, Housing Policy Development, noticing the city of their non-compliance. City staff did their job and developed a plan that would make Huntington Beach compliant by revising the land inventory available for housing, identifying parcels for rezoning to higher-density and overlay zones for lower-income people. Huntington Beach City Council did their job representing the citizens and voted unanimously not to approve the staff revised document. Huntington Beach is a charter city not general law city.

SB 50, put forward by Democrat Scott Wiener (SD-11 San Francisco) has not yet been presented for the Assembly or Senate analysis and Newsom I'm sure is waiting to see the final product. The initial proposal we are told would allow small cities, like Glendora, Covina and San Dimas to be utterly inundated with low-income, high-density apartments.

As Mayor of San Francisco, Gavin Newsom implemented a "care for cash" program taking welfare benefits away from the homeless in exchange for housing and food. The estimated \$1.5 billion program had mixed reviews. Homelessness in San Francisco fell by only 50% after implementation of the program.

Newsom is also looking at a universal health care program to provide health insurance for all citizens, legal and illegal; universal pre-school for all children but I've not heard how to fully fund our current education system; reintroduce a water tax and phone/texting tax after both failed last year; and, a split role property tax that would reassess business properties every year and not provide the Prop 13 annual 2% property tax increase.

High Crimes And Misdemeanors

"The President, Vice President and all civil Officers of the United States, shall be removed from Office on Impeachment for, and Conviction of, Treason, Bribery, or other high Crimes and Misdemeanors."

ARTICLE 2 SECTION 4 of the US Constitution specifies the terms for the impeachment of the President and other government officers. While the meaning of "treason" and "bribery" may be clear in US law, the other two terms, "high Crimes and Misdemeanors," have defied definition ever since that marvelous document was drafted. Obviously this makes impeachment both obscure and difficult---as it should be. Impeachment happens when the House of Representatives brings an indictment, following which the Senate conducts the trial.

In 1974, the House charged President Nixon with three such offenses. First was the obstruction of justice, a charge that was debated but never voted on. The President resigned before any action was taken on any of any of the charges.

In 1998 Bill Clinton was charged with perjury and obstruction of justice, and impeached by the House. The Senate, however, failed to convict him.

In 1868 Andrew Johnson was charged and convicted on eleven counts under the category high Crimes and Misdemeanors. There is cause to wonder if the meaning of those words in each case is whatever Congress says they are. Constitutional scholars and linguist are the authorities to sort that out, not an amateur columnist.

While the definition remains unclear, here are a few things it does NOT mean:

- Claiming to know more about



Charles H. Bayer

science than the world's scientists, more about the military than the nation's generals, and more about everything than any so-called body of scholars, authorities---or anyone else.

- Declaring without proof or even evidence that American security requires the separation of little children from their parents, and claiming without proof or evidence that among the thousands of refugees there are a substantial number of violent thugs, rapists, terrorists and drug runners.

- Siding with the world's most cruel fascist dictators, and turning away from traditional democratic allies including eviscerating NATO.

- Attacking the press and calling any report that puts him in less than favorable light, "fake news."

- Telling lies about almost anything---(I don't have enough space to publish a proper list but The Washington Post details 8,158 false statements in the last 730 days.)

- If not a racist, being supported by those who are---and claiming that among a violent racist mob there were good people.

- Volunteering to pay for the legal defense of any supporter who is convicted of violence in a political rally, and honoring a

supporter who body-slams a reporter.

- Claiming the right to grab any woman by the crotch, and paying big bucks to silence prostitutes.

- Refusing to serve in the armed forces because of a bone spur in the heel, while being a star all-around athlete in college and thereafter.

- Shutting down large parts of the Federal Government, harming 800,000 workers, wounding the American economy and threatening to declare a national emergency to bamboozle Congress into putting up over 5 billion dollars for a barrier that would never solve any problem.

I have not even begun to exhaust the reasons not falling under the Constitution's "high crimes and misdemeanors" cause for impeachment. Whatever, the above list suggests that any person whose life reflects that sort of conduct is a disgrace and should be disqualified from holding any office of trust. The final voice, however, rests with the American people. Most of us stand humiliated before the nations of the world who wonder if this President really represents the best that we can do.

P.S. H.L. Mencken was a nationally known journalist at The Baltimore Evening Sun. He was also a curmudgeon with a sharp pen. Here is what he once wrote.

"As democracy is perfected, the office of the President represents more and more closely the inner soul of the people. On some great and glorious day the plain folk of the land will reach their heart's desire at last and the White House will be occupied by a downright fool and complete narcissistic moron." The Baltimore Evening Sun, July 26 1920

Contact Charles Bayer at candwbayer@verizon.net

Super Bowl Parties, Pros and Cons

Everyone who likes football will most likely be involved in watching the Super Bowl Game on Sunday, unless you are one of those "God's Chosen Few" that will be able to attend the game. Well, most likely that will be none of us, so we will head to a Super Bowl Party or a local pub to participate in watching the game with a crowd.

The game will be played in Mercedes-Benz Stadium. This is basically a new stadium with a retractable roof. It only cost 1.6 billion dollars to build. I do have a question... who the heck paid for this...?

Back to game day... Should be a high of 60 degrees with 40% rain in Atlanta on Game Day. In the San Gabriel Valley, it should be a high of 60 degrees with 40% rain here. Kind of interesting that the weather would be close to the



George Ogden
That's just the way it is!

same as in Atlanta.

Super Bowl 53 will be the highlight of the day without question. For those that get together with other people to enjoy the game, hopefully there will be fans for both teams as this makes it fun.

If you go to public bar or place to watch the game, have fun. Don't overdo it. Remember, the bartenders have the authority to "cut you off" if you are drinking

too much.

If you go to a home party, my condolences to the "Lady of the House" as you know what this will bring to your home, a gigantic mess and long cleanup and a passed out old man. Hopefully this message will get out.

Okay guys, if you are at someone's home, respect their home. If you drop food on the floor, pick it up, don't use your feet to shove it under the couch or simply step on it and hope it goes away. If you spill something on the couch... tell your host so they can clean it up. Don't just flip over the cushion.

Remember, most likely there will be ladies there, so after a few beers, don't turn it into a loud "Burping Contest" to see who can be the loudest.

With all that beer you will be drinking, don't forget to "lift the seat" as you won't miss much of the game. They will have replays.

If you are one of those that gets sloppy drunk and loud and can't handle your alcohol, just remember, you will have others there that are just the same as you. If an argument or fight starts to escalate... don't worry, there will be other intoxicated individuals that will help break it up.

STAY OFF THE ROAD... Don't even think about driving if you go to one of these fun parties... If you do, chances are it could get really ugly. Make sure you have a place to stay or a designated driver. Be safe and keep others safe, don't drive. This was supposed to be a fun day, let's keep it that way.

"That's just the way it is!"

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MY TURN: The Culture Of Life Versus The Culture Of Strife

The Culture of Life took a hit in New York state when legislation was passed allowing for abortions unlimited, including late term abortions on demand up to seven months. Sadly, it was met with cheers from the crowd attending Governor Cuomo's announcement and even included a pink lighting of the World Trade Center Freedom Tower.

No one seem concerned about the medical implications, but a healthcare activist from Brentwood, Tennessee, named Dr. Omar Hamada, Obstetrics and Gynecology, said "there is absolutely no reason to remove a fetus in the third trimester" and "it goes against the doctors' oath to save lives." He has received death threats over his comments from the "tolerant" Left.

Catholic Bishops have "questioned the faith of (Catholic) Andrew Cuomo." Talk about an ode to the obvious.

And the whole idea of the Freedom Tower, symbol of the tragic deaths of thousands of innocents being bathed in the pink light representing a measure that has killed millions of innocents, has to leave the families of victims, lost first responders and the survivors of Ground Zero, scratching their heads.

I have some questions for the Democrats who whole heartedly support this legislation.

Democrats are often vegans and animal rights activists because they don't want to kill a creature with a face.

Democrats are in favor of open borders and believe that children as a result, are separated from their parents.

Democrats believe in "dreamers" because they claim they are the untapped potential of children that should not be thwarted.

Democrats believe the taking of a life in capital punishment is wrong, even though the criminal with an adult, sound mind, will-



Charles Lopresto

fully made the decision and was well aware of the consequences he/she brought upon themselves. Even more, the idea of capital punishment for a minor that doesn't have the full thinking maturity and capacity to be punished so severely for a crime, is troublesome to them.

My questions is: "Why isn't an abortion a violation of every-one of these beliefs?"

Aborted babies have a face. They are separated from their parents quite obviously. They are victims of a capital punishment, differing only from other recipients because they had no choice and could not have committed any violations except maybe being collateral damage for women's health, or in other words, "a mistake." And they are certainly con-

sidered minors. It is also funny how illegal immigrant babies are human beings, but unborn children are mistakes.

And how about the untapped potential? Were any of these babies future scientists with a cure for cancer? How about a great athlete or entertainer, a Prime Minister or a President? Just who have we missed, especially in the great state of New York? We will never know.

It is often said "My body, my choice," by women. But if it was your body, wouldn't you die during an abortion? Well, maybe sometimes they do, because, after all, it is an invasive surgery, but we need not talk about those ugly little details.

If it is "my body, my choice," how come a murderer of a pregnant woman is charged with double homicide?

I wonder how many questions like these were pondered by Governor Cuomo?

Yes, so many questions, and so little time.

I do know this. My biggest question is a simple one. If Democrats can think 60 million unborn babies are dead because they were all a "mistake," can I say, maybe, it's the Democrats that are really the "mistake?"

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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Stock Market Celebrates - Washington Remains Dysfunctional

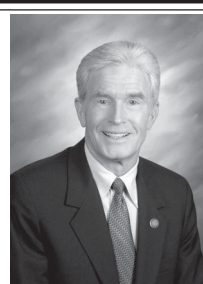
The stock market continues to recover despite ongoing uncertainty about the partial federal government shutdown and British debates over Brexit. Just five weeks ago, on Christmas Eve, it seemed financial markets were in free fall. You couldn't open a website or read a headline without seeing the words "bear market" in bold type.

Coincidentally, the S&P 500's 14% recovery since December 24 has coincided almost exactly with the partial government shutdown dates. On January 17th the market even rallied on news that President Trump had abruptly cancelled the use of a military plane for House Speaker Nancy Pelosi's overseas trip to Afghanistan, Egypt, and Belgium (with other Congressional representatives). As well as mocking these Democrats for running off with lobbyists to resorts, the President had hoped these elected representatives would stay in Washington to work on a compromise solution to the government partial shutdown. Obviously, that did not happen.

In light of the spectacular stock market rebound from the Christmas Eve lows, let's consider the impact that correction had on investor sentiment as well as what we might learn from the late 2018 early winter "washout". The sell-off officially started on October 4th and ended December 26th after the S&P had lost roughly 20% of its value. We observed the sell-off unfolding in three phases: investor concern in October, fear in November, and panic in December. In the span of only 17 trading days the S&P rallied from 2,346 to close last Friday at 2,664- a stunning 13.8% rebound from the lows, and easily the most impressive short-term rally I've experienced in my 35 years in the business.

It doesn't really surprise me that the sectors which endured the most punishment have been remarkably resilient in this New Year. Energy rallied more than 18% since 12/24. Consumer Dis-

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

cretionary, littered with growth stocks, shot up 17.1%. In fact, 8 out of 11 sectors were up over 10% in 17 trading days. The laggards were defensive sectors. Real Estate only vaulted +9.3%, Staples +7.5%, and Utilities gained +3.1%. However, it was a welcome change to be seeing all-positive segment movement.

So yes, I'm still bullish. That's not to minimize the damage that was done, the sheer scale of the slide we all witnessed was colossal and frightening.

A State of Perpetual Crisis
The world seems to be in the midst of perpetual political crisis, probably even more so in Europe, where Britain and France remain in chaos. On January 15th British Prime Minister Theresa May suffered a massive Brexit defeat in the House of Commons by a resounding vote of 432 to 202, which subsequently triggered a "no confidence" debate that Prime Minister May barely survived. Ironically, no one else apparently wanted to be the British Prime Minister leading up to implementation of Brexit on March 29. The British pound remains volatile as international capital flight seeks safer shores.

Another Brexit referendum is possible, but it has to be done before March 29th when the European Union (EU) is scheduled to "boot Britain out". One reason there could be another referendum is that there could be substantial majorities in Parliament that may not want to exit the EU (at least on such unfriendly terms). In the meantime, the euro also remains weak due to the on-

going Brexit chaos, including the uncertainty about exit fees that the EU wants to impose. (Britain is increasingly unwilling to pay the EU any significant exit fees.)

If this were not enough chaos, China's woes are still making some investors nervous. However, the U.S. trade talks are no longer that country's biggest problem. On January 18th China offered to go on a six-year buying spree to ramp up imports from the U.S., which signaled that those trade talks may be going better than expected.

President Donald Trump and congressional leaders announced on Friday they have reached a deal to reopen the government for three weeks and end the longest U.S. funding lapse ever (35 days). Both major parties will set up a conference committee to put together a Homeland Security appropriations bill once the government reopens. However, Trump threatened to let the government shut down again - or declare a national emergency to bypass Congress - if lawmakers do not reach a border security deal he likes.

President Trump, digging in on his border security demands, has apparently resulted in Pelosi saying he was not invited to give this traditional Presidential address to the nation in the House of Representatives facilities. I suspect Trump will relish lambasting Congress for their refusal to compromise (when he eventually finds an available venue for his State of The Union address).

Despite all of this national and international chaos, fourth-quarter earnings announcement season is off to a strong start. Assuming profitability news remains positive, a "retest" of the Christmas lows (any time soon) is unlikely.

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

Los Angeles County Joins The City Of El Monte At Grand Opening Of Third Affordable Housing Development For Homeless Veterans

Apartments Will Provide 49 Units of Housing and Community Gathering Space for Residents

EL MONTE—The Community Development Commission/Housing Authority of the County of Los Angeles (CDC/HACoLA) joined officials from the City of El Monte to celebrate the grand opening of Palo Verde Apartments. The site, developed by Hollywood Community Housing Corporation, offers 49 units of affordable supportive housing for homeless veterans and families with limited means.

The CDC/HACoLA provided \$3.3 million in Affordable Housing Trust Funds for the construction and permanent financing, as well as 16 Project-Based Veterans Affairs Supportive Housing (PBVASH) Vouchers, and nine Project-Based Vouchers (PBVs) to assist in subsidizing rents for 25 homeless veteran households.

Palo Verde Apartments is

comprised of a four-story building atop a 56-space subterranean parking garage, with 21 one-bedroom units, 13 two-bedroom units, and 15 three-bedroom units. In addition to the 25 units reserved for homeless veteran households, 23 units are reserved for households earning at or below 50% area median income, and one unit is reserved for the onsite manager.

Emilio Salas, Deputy Executive Director of the CDC/HACoLA stated, "There is an overall lack of supportive housing throughout Los Angeles County, but the City of El Monte remains focused on tackling this shortage within its community. We are so proud to open our third supportive housing development with them, and excited to have another one currently underway."

All units include a full kitchen with an oven and range, refrigerator, dishwasher, and a private balcony. The building amenities include elevator service to all floors, onsite parking and laundry, a ground floor clubhouse, computer lab, supportive service and property management offices, private meeting rooms, and an outdoor courtyard. Housing Works will serve as the lead service provider for all residents, with additional onsite supportive services provided by New Directions for Veterans. The U.S. Department of Veterans Affairs (VA) will support homeless veteran households that are eligible for healthcare assistance.

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Your Money - Ask Julia

I read that cost of food will probably go up because of the increase in minimum wage paid to migrant farm workers. How can I save on my grocery bill?

Grow some of your own favorite vegetables. Tomatoes do well in flower pots on a patio or porch. Lettuce is easy to grow. Also check for co-ops in your area. Watch for grocery store sales and mark downs. Be flexible in meal planning, and eat what you buy before it spoils.

How can I reduce the estimated amount of my tax bill?

You have until April 15, 2019 to take action. If you qualify, (mostly based on income limits), you might consider putting around \$5,000 (around \$6,000 if you are 50 or older) into an IRA (Individual Retirement Account). (Roth IRA's don't give you an up-front tax break.) Some lower-income taxpayers might qualify for a Retirement Savers Tax Credit. Note that a tax credit has a lot more impact on your tax bill than a tax deduction.

I don't get much of anything from having the government-required health insurance because I never reach the high deductible. Is there anything that would help to reduce my out-of-pocket expense?

Effective 2019, you will no longer be fined for lack of health insurance. However, it is wise to have a policy in place so that you are covered, just in case. Check with a licensed health insurance agent who will shop the differences, and give you options to choose from. You might also want to check out a Medical Discount plan. This is NOT insur-



Julia Yoder

ance, but it helps you get the lower, negotiated billings for medical care.
www.calstarbenefits.com/28485

We cannot afford life insurance, long-term care insurance, AND investing in retirement. What do you recommend?

There are life insurance policies that can also cover your long-term care needs in the future. Often these policies not only leave your heirs an inheritance upon your death, but also give you access to some of the money while you are alive. There are also annuities which have living benefits for expenses such as health, emergencies, retirement income, education, entertainment, and more.

What are the different retirement accounts, and which one(s) are best?

There are traditional IRAs, Roth IRAs, 401(k)s, Simple IRAs, SEP IRAs, Solo 401(k)s, and Roth 401(k)s. With some, you contribute as a deduction from your wages through a company your employer has selected. With others, you contribute directly through an institution, usually a bank or insurance com-

pany. There are pro's and con's of each type of account, so determination of which one(s) you qualify to utilize, and which of those are best for you, comes down to an individual, educated choice. Learn what you can online, and consult with a good financial professional.

What's currently happening in the real estate world?

The real estate market is showing signs of turning to a "buyer's market." Less than a year ago, it was clearly a "seller's market" as buyers were paying more than the asking price for a home. Now, we're starting to see price reductions on the asking price of a home in order to sell. If your retirement plans were put on hold because of the 2009 drop in value of your California home, now's the time to dust off those plans and reconsider selling. Beat those who wait until the spring and summer rush by putting your home on the market now. You can stipulate a long escrow in order for the kids to finish out the school year. Get a free market analysis from a trusted Realtor or two. (Don't just trust Zillow, etc.)

Ask Julia by email:
juliayoder@yahoo.com

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THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

Why Timely Service Is So Important

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

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

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

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

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

Q: I have heard that "exchanging" transmission, radiator, brake and power steering systems are a good idea. Why?

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

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

A: Call your car care provider as soon as possible. If they think it needs immediate attention they will tell you to bring it in. Safety

comes first and they will never advise you to drive a vehicle that needs attention now.

Q: What can I do to lower repair costs?

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

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

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

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

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

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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

Spanish/English Storytimes

Arcadia Public Library will debut a bilingual Spanish/English storytime on Thursday, January 31, in the Jerry Broadwell Children's Room. This monthly program is for 3 to 5-year olds and features stories, songs, and activities in Spanish and English. The program will be offered **January 31**, February 21, and March 21, at 6:30 pm. Each storytime lasts 30 to 45 minutes and does not require preregistration.

For more information, please call 626.821.5566 or visit the Arcadia Public Library's website at www.ArcadiaCA.gov/library. The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m.

Adults Enjoy Recess

Join us at 7:00 p.m. on the first Tuesday of every month for Adult Recess, where adults go to play, craft, color, and more. Adult Recess on Tuesday, **February 5**, features Rock Painting—and there is always the option of coloring. Supplies, snacks, and drinks are provided. This event is open to adults 18 years of age and older. Registration required for rock painting only. Register by calling 626.821.5569.

For more information, please call 626.821.5569 or visit the Arcadia Public Library's website at www.ArcadiaCA.gov/library. The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m.

African Folktale Storytime

Celebrate Black History Month with an evening of wonderful African folklore on Thursday, **February 7**, at 6:30 pm. Share in the adventures of Anansi the Spider and other favorite characters, and make a fun craft to take home. The event is free and no registration is needed.

For more information, please call 626.821.5566 or visit the Arcadia Public Library's website at www.ArcadiaCA.gov/library. The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m.

Romantic Love Songs

from the Past

Arcadia Senior Services is having a special Valentine musical program on Tuesday, **February 12** at 1:30pm. Guest Speaker, Jay Munns will take you on a sentimental journey as he talks about classic love songs from the 1920s, 1930's and 1940's. It will take place at the Arcadia Community Center, 365 Campus Drive. Cost is \$3 and you can purchase your ticket at the Arcadia Community Center. This presentation is for individuals age 50 and over. For additional information, please call Arcadia Senior Services at 626.574.5130.

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 pinocle. 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 Candlemas Cultural Celebration

Come and celebrate the cultural celebration of Candlemas here with us at the Senior Center on Friday, **February 1** from 9:00 am – 11:00 am. Enjoy a warm tamale and coffee for breakfast to celebrate the event. We will also be having Live Mariachi and Ballet Folkloric to celebrate with us. Sign up at the front counter. Tickets are \$5. Last day to register is Thursday, **January 31** at 1:30 pm.

Valentines Dance

Come enjoy a romantic evening at the Julia McNeill Senior Center on Saturday, **February 9th** from 6:00 pm – 11:00 pm. There will be live music performance by Yari More Latin Band, raffles, and much more! So bring your sweetheart for a night of fun and dancing. Hot meals will also be available for a nominal fee of \$6.00. \$15 for pre-sale tickets and \$20 at the door. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

The Getty Museum

On Wednesday, **February 13**, from 9:30 am – 5:30 pm, we will be heading to The Getty Center in Los Angeles. The Getty Center is renowned for its permanent collection, which includes pre-20th century European paintings, drawings, illuminated manuscripts, sculpture and decorative arts. With its fine art exhibitions, impressive architecture, lush gardens and spectacular city views, the Getty Center has something special to offer to both art lovers and casual visitors. Bring your own lunch and enjoy a picnic on the lawn adjacent to the Central Garden, or dine at the restaurant or café available inside. We will also stop by Downtown Santa Monica to shop and dine as well. Meals not included. Tickets are \$10 for Baldwin Park Residents and \$15 for Non-Res-

idents. 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

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 Mansion, La Verne.

Get About

Transportation

Get About provides transportation for seniors aged 60+ and

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

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

MONROVIA

Senior Blood

Pressure Screenings

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

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

Caring Crafters

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

Senior Stretch & Exercise Class

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

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

class.

SAN DIMAS

San Dimas

Toastmasters Club

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

WEST COVINA

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.

Donations Needed

COVINA - Citrus Valley Medical Center Inter-Community Campus Auxiliary in Covina has a thrift store named The Bargain Box. The Bargain Box welcomes donations in good condition of clothes, shoes, ceramics, dishes and small pieces of furniture. This is a non-profit store and donations are

tax deductible. The hours of operation are Tuesday-Friday from 10am-4pm and Saturday from 12-4. The store is closed Sunday and Monday. The Bargain Box is located at 216 E. Rowland Ave. in Covina. For more information call (626) 332-4847.

Retired Teachers to Hear Updates From Local Superintendents

ARCADIA - Back at their regular location in Arcadia, the California Retired Teachers' Association #71 (CalRTA #71) will welcome local superintendents to speak at their luncheon meeting Friday, **February 8**, at the Arcadia Senior Center (County Park), 405 South Santa Anita Avenue, Arcadia. The center is next to the Lawn Bowling Greens, and ample parking is available. The meeting will begin at 11:30 am.

For reservations, please call John Gera at (626) 286-0714 by **February 1**. The cost of the luncheon for members and guests is \$13. If paying at the door, the cost is \$14.

On the program, local superintendents will update the Retired Teachers on innovations and activities in their school districts. Speaking will be Dr. Denise Jaramillo, Alhambra USD; Dr. Edward Zuniga, El Monte Union

H.S. District; Dr. Maribel Garcia, El Monte City SD; Mr. Alejandro Ruvalcabo, Rosemead SD; and Lynn Bulgin, Valle Lindo USD.

Membership in the California Retired Teachers' Association (CalRTA) is open to all retired educators, as well as to iocurrent educators and to any others interested in joining this active group.

CalRTA's motto is "Your partner in pension protection."



Monterey Park Police Arrest Driver Involved in Pedestrian Hit and Run

MONTEREY PARK - On January 25, 2019, at 3:06 p.m., Monterey Park Police officers conducted follow up investigation in reference to the hit and run traffic collision that occurred on Friday January 18, 2019. The person driving the vehicle at the time of the crash was identified as Thomas Lawrence Potter, 52, from Los Angeles. He taken into custody without incident.



Thomas Lawrence Potter, 52, from Los Angeles

On January 18, 2019, at 7:26 p.m., Monterey Park Police Officers responded to a call of a traffic collision in the 100 block of W. Newmark Avenue. A female pedestrian was crossing Newmark Avenue mid-block

vehicle with chrome rims west bound on Newmark Avenue to north bound Ramona Avenue. The Monterey Park Fire Department transported the pedestrian to an area hospital where she remains in critical condition being treated for her injuries.

Potter was booked for 20001(a)(1) CVC/Hit and Run Traffic Accident with Injuries. He is being held at the Monterey Park Police Department Jail. His bail has been set at \$50,000.

The collision is still under investigation by the Monterey Park Police Department Traffic Bureau.

between Garfield Avenue and Ramona Avenue when she was struck by a vehicle travelling west bound on Newmark Avenue. The driver fled the scene in a light colored sports utility

vehicle with chrome rims west bound on Newmark Avenue to north bound Ramona Avenue.

Kiwaniannes To Hear Glendora City Manager Adam Raymond Speak

GLENDORA - The Glendora Kiwaniannes will hear new Glendora City Manager Adam Raymond speak at the club's **February 7** meeting. The Kiwaniannes meet at the Village Eatery, 221 North Glendora Avenue at 5:30 p.m. Cost to attend the dinner meeting is \$20.



Adam Raymond

for this year's annual Community Tea to be held at Sellers Elementary School Cafeteria. Guests will sit at decorated theme tables and be treated to assorted tea sandwiches, cookies, fruit, and

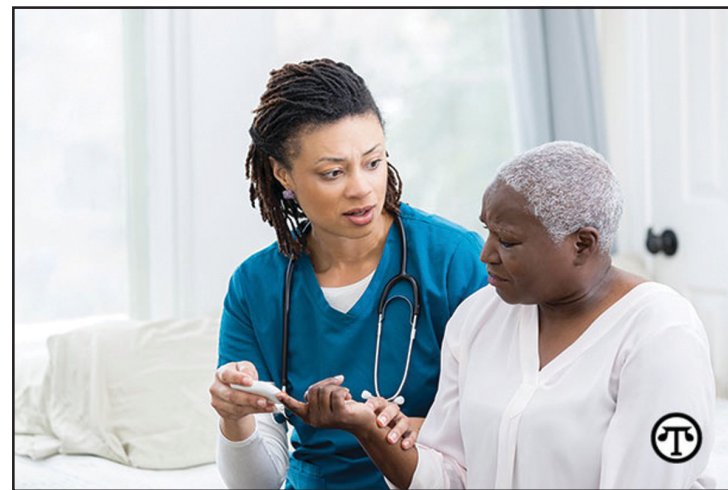


Gina Ferrara

tea. For more information about the Glendora Kiwaniannes and their meetings and activities, go to www.glendora-kiwaniannes.org.

Protecting Your Vision From Diabetes

Diabetes kills more Americans each year than AIDS and breast cancer combined—and can cause serious problems throughout the body. According to the National Eye Institute, eye health, for example, can become critically compromised.



Around 30.3 million Americans, or 9.4 percent of the population, are living with diabetes, with about 1.5 million more being diagnosed every year. The longer someone has diabetes, the greater his or her chances are of developing diabetic retinopathy, or damage to the blood vessels in the retina. According to the National Eye Institute, between 40 and 45 percent of people diagnosed with diabetes have some degree of diabetic retinopathy.

People with diabetes would be wise to see their way clear to getting regular eye exams.

While being overweight and leading a sedentary lifestyle are certainly linked to diabetes, social and environmental factors such as poverty, stress, and lack of safe housing and access to a healthy diet can also compromise your health and ultimately contribute to the development of type 2 diabetes. According to America's Health Insurance Plans, addressing these social determinants of

health has become a top priority for Medicaid programs.

"We encourage our members with diabetes to have regular eye exams to rule out complications," said Dr. Andrea Gelzer, senior vice president of medical affairs at AmeriHealth Caritas, a national leader in Medicaid managed care and other health care solutions for those most in need. "We educate our members so they understand that living a healthy lifestyle, controlling their blood sugar and having regular eye exams can help save their vision."

may potentially delay complications from diabetic eye disease, including controlling your blood sugar and blood pressure, monitoring your cholesterol, seeing your doctor regularly, and having a dilated eye exam at least once per year—or more if recommended by your eye care professional.

AmeriHealth Caritas is part of the Independence Health Group in partnership with Blue Cross Blue Shield of Michigan and one of the nation's leaders in health care solutions for those most in need.

Simple steps can help mitigate the effects of diabetes and

For further information, visit www.amerithealthcaritas.com. (NAPSI)

Simple Tips to Streamline Your Morning Routine

Let's face it, most people are so used to their morning routine, they may not even be aware of how it's slowing them down. Here are three ways to save some valuable time every morning.



Disable Snooze
Did you know that on many smartphones, it's possible to disable the snooze button? Transform your morning with a few swipes of the thumb and become the kind of person who

Grab coffee and breakfast in one place for streamlined mornings.

gets out of bed at the scheduled hour. You'll give yourself more time to get every task on your morning to-do list complete and be less rushed in the process.

snack, too. Prepping for a morning meeting? Feed the team with the Caribou Coffee Canteen and Einstein Bros. Bagels Baker's Dozen Box.

One-Stop Breakfast
If you're like many people, you are particular about your coffee as well as the first meal of the day. Luckily, it's easy to ditch the habit of picking up your morning brew at one specialty store and your breakfast at another. Save substantial time each morning by seeking out one location that specializes in both. For example, Caribou Coffeehouse is now inside all Einstein Bros. Bagels, serving artisan, small-batch roasted coffee and blended drinks alongside breakfast items like 12 different fresh-cracked egg bagel sandwiches with 18 choices of bagels. For those who need an afternoon coffee fix, this can be a one-stop shop for lunch or a mid-afternoon

Prep Ahead
The rush to get out the door can make anyone forgetful, even a morning person. Take a few minutes in the evening (and earn yourself a bit more shuteye) to prep your bag so you can just grab and go in the morning. Check the forecast and your calendar the night before and lay out a weather- and event- appropriate outfit head to toe, so that it's completely ready to be worn -- matching socks to their companion, pressing anything that needs it and selecting accessories.

With a few streamlining strategies and proactive steps that help you stick to the program, mornings will be a cinch. (StatePoint)

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San Gabriel Unified Elementary Students Celebrate Volunteerism, Brighten School Campus



Wilson Elementary students plant succulents in the school's garden areas during a Beautification Day on Jan. 19.

SAN GABRIEL – Equipped with paintbrushes and garden trowels, more than 100 Wilson Elementary students, staff and parents freshened the campus during the school's first Beautification Day on Jan. 19.

Part of Wilson Elementary's ongoing community service initiative, the Beautification Day was inspired by the annual MLK Jr. Day of Service, which empowers individuals to volunteer in their communities and honor the legacy of Dr. Martin Luther King Jr.

"I'm excited to paint because I think it will give the playground a lot more color and bring more fun to the campus," fifth-grader Emma Lee said. "I think we will all just feel even happier to be here."

Volunteers planted succulents

vocate for, each one holding a special meaning to someone on campus.

Students gathered coin donations as part of Trick-or-Treat for UNICEF, raising \$600 toward providing children with immunizations, health care, nutrition, emergency relief and more.

During the holiday season, Wilson families, staff and students partnered with Friends of Foster Children to gather children's books, baby products and toiletries for local foster families.

The Beautification Day was the first Wilson-focused community service event held this year. It was organized by Parent Teacher Association members and staff who wanted to beautify the campus for current and future students.

Student volunteers left their own lasting impression on the playground, adding painted handprints on a wall painted with the school's Positive Behavioral Intervention and Supports values: "Safe, respectful, responsible."

Contreras said the school hopes to expand its community service projects into a formalized program in the future.

"As part of their education in San Gabriel Unified, students are encouraged to become active informed citizens who positively shape their community," SGUSD Superintendent Dr. John Pappalardo said. "Thank you to Wilson Elementary teachers, staff, parents and volunteers for helping instill these values in our students at an early age."

Taprobane Pictures Releases Sri Lankan Filmmaker's 'According To Matthew' In U.S.

LOS ANGELES - Taprobane Pictures releases Sri Lankan Filmmaker, Chandran Rutnam's film, *According To Matthew*, in Los Angeles in time for awards season. Produced and directed by Rutnam (A COMMON MAN, ROAD TO ELEPHANT PASS), the film premiered in Los Angeles in December 2018.

According To Matthew follows the true story of Father Matthew Pieris, a socially popular and powerful Anglican priest of St Paul's Church in Colombo, Sri Lanka. Father Matthew was also a well respected and sought after Exorcist, who in the late 1970's, conspired with his mistress, to murder his wife and his mistress's husband, by poisoning the victims with gradual overdoses of insulin. He evaded detection owing to his standing in the community and continued fearlessly with his nefarious activities.

In trying to keep this true story hidden, Anglican Church representatives had attempted to keep this film from being re-



leased.

According To Matthew is produced and directed by Chandran Rutnam. Rutnam produced and directed the film *The Road from Elephant Pass*, which was a Finalist Award Winner at the New York International Television and Film Awards in 2011. He also wrote the adapted screenplay and produced and directed, *A Common Man* which starred Sir Ben Kingsley and Ben Cross. The film was nominated for the four main awards at the Madrid Interna-

tional Film Festival in 2013, winning the Best Picture, Best Director and the Best Actor awards.

The film stars Sri Lanka born Australian actor Alston Koch and Indian actress Jacqueline Fernandez from the top-grossing Indian action film *Kick* (2014). The screenplay is based on a true story by Christie Eliezer and James Rutnam.

For additional information, please contact Taprobane Pictures, Los Angeles at (626) 824-8310

Metro Board Approves Supervisor's Proposal to Decriminalize ExpressLanes

LOS ANGELES COUNTY - The Metro Board of Directors approved a proposal by LA County Supervisor Janice Hahn to enact a one-year pilot program to test decriminalizing the I-110 and I-10 ExpressLanes.

"Using our ExpressLanes can be daunting to someone who is not a savvy ExpressLane driver," said Supervisor Hahn. "The signage is confusing and I know there are plenty of people who have not gone through the trouble of getting a transponder. My hope is that this pilot program

makes our ExpressLanes more user friendly and less punitive."

Currently, Metro's ExpressLane model requires every user to have a transponder installed in their vehicle. If they do not, cameras take photos of the car's license plate and send the driver a \$25 fine in the mail. If a CHP officer pulls over a car in the ExpressLane without a transponder, the driver can get a \$250 citation.

Supervisor Hahn's "Pay-As-You-Use" model would allow a driver without a transponder to

use the ExpressLane without fear of a fine or ticket. Metro would simply send a bill in the mail to the driver with instructions to pay the congestion fee with an additional \$4 administrative fee.

Metro's Board of Directors unanimously approved Hahn's proposal to implement this model as a one-year pilot program. Metro will need an estimated nine months to set up this program and was instructed to do extensive public outreach to avoid driver confusion.

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