



# San Gabriel Valley Examiner

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## INSIDE



Glendora Citizen of the Year / A3

## Glendora Bandorama



50th Anniversary / A7

INDEX	
Commentary	A4
Financial/Consumer	A5
Legal Notices	B1
City Notices	B8

# Jan's Towing Comes To The Rescue

by Howard Palmer

**PASADENA** - The 130th Rose Parade was sailing along without a hitch until the 83rd entry by the Chinese American Heritage Foundation approached the corner of Orange Grove and Colorado Boulevards. Then, in front of television cameras broadcasting the parade to millions around the world, smoke started rising from under the float. A small fire had started, believed to be from hydraulic fluid leaking onto an exhaust pipe. The fire was quickly put out and the Tournament of Roses personnel nearby quickly responded. All float riders were removed from the float and walking performers were moved to safe positions.

The float entitled "Harmony Through Union" depicted the iconic photograph taken at Promontory Point, Utah, which heralded the completion of the Transcontinental Railroad on May 10, 1869. The Chinese American Heritage Foundation float was the kick off of a year-long initiative promoting the contribution of the Chinese in the building of America. The overall float consisted of two attached floats with each having a replica of the locomotives at this historic event.

Right behind the float was a



The Chinese American Heritage Foundation float entitled "Harmony Through Union" is safely towed to the viewing location by Jan's state of the art, five-axle, heavy-duty truck, the "Rotator".

unit by the Native Sons of the Golden West representing The Fire Brigade that existed at the waterfront in Old Sacramento during the Gold Rush between 1860 and 1910. Fortunately the fire was under control even though it is doubtful they were prepared for action.

The parade had come to a standstill with five units to go until the Grand Finale. The Tournament of Roses is prepared every year for any type of float breakdown. They have dozens of tow trucks stationed along the parade route to en-

sure the parade keeps moving. It was determined this float was going to require assistance and fortunately one of the area's largest available tow trucks was stationed at the corner.

Jan's Towing, headquartered in Azusa, is owned by Jan Qualkenbush. Jan has had his trucks along the parade route for years. "This year I had six trucks standing by and I was in my office keeping in touch with the drivers to ensure we were ready at any moment needed. We got the call!" said Jan.

Jan's state of the art, five-axle, heavy-duty truck, the "Rotator", was ready to go. As the truck was backed up to the float hydraulic fluid on the road was covered with dry sweep. At the same time one of the following bands was moved around the float in an effort to keep the parade moving and proceed to the closing ceremony. Once the tow bar and safety chain were attached the tow was underway. One TV station's announcers exclaimed "Jan's saves the day, Jan's saves the day!"

Unfortunately that was not the end of the story. As the tow truck pulled the float around the corner the float's tow bar broke with a very audible "bang". Jan's tow truck driver, Steve Duggan, one of Jan's most experienced drivers explained, "The float was about 60,000 pounds and without steering control and brakes there was a lot of pressure on the hitch". This again stalled the parade and people flowed into the street believing the parade was over. Eventually the remaining parade units moved around the float while work continued to reestablish a safe and reliable connection to the float.

Steve Duggan made a point of saying "We always put safety first when handling incidents of any type and especially here at the Rose Parade where we are surrounded by crowds of people - a float is definitely a large object, but we are up-righting semi-trucks on a regular basis". "I am glad we were able to safely tow the float to the viewing location at the end of the parade".

Jan's Towing is celebrating their 40th Anniversary this year and to start the New Year their company name, logo, and one of their tow trucks was seen on TVs around the world. Yes, Jan's Saved The Day!

## Toastmasters Club Holds First Meeting of New Year

**SAN DIMAS** - Mentoring others and New Year's resolutions were the subjects of the winning speeches at the first meeting of the year for a local Toastmasters club.

Art Douglas was named best speaker for his speech on having a mentor. Peter Romero won the table topics section which challenged participants to answer questions about New Year's resolutions in an impromptu fashion. Jo An Haase was named the best speech evaluator of the meeting.

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



Art Douglas, Jo An Haase, and Peter Romero were the winners at the Toast to the Best Toastmasters Club meeting on January 3.

Parish Hall at Faith Lutheran Church, 505 E. Bonita Ave., San Dimas. For more information, visit <https://5880.toastmastersclubs.org/>, email [info@toasttothebest.org](mailto:info@toasttothebest.org), or call 951-505-0555.

## America's Christian Credit Union Wraps Up 60th Year Festivities With Generous Acts Of Kindness

**GLENDORA** - America's Christian Credit Union (ACCU) is entering its seventh decade serving nearly 150,000 members, closed out 2018 with blessings in donated blood, Christmas gifts for foster youth and nearly \$100,000 in random acts of kindness in a charity program it affectionately calls "year-end blessings."

ACCU partnered with Foothill Credit Union (FCU) to host a joint blood drive in support of the City of Hope Medical Center. In the spirit of collaboration and joint community awareness, ACCU and FCU were able to enlist enough volunteers to meet the capacity of their blood drive. The end result was nearly 70 willing donors, and 49 units of blood collected. "These 49 units [of blood] will help an estimated 147 patients at City of Hope," said Cynthia Rochin, COH's Blood Drive & Recruitment Coordinator. In addition to the 147 patients assisted, an estimated cost savings of over \$12,000 was realized for City of Hope when compared to the purchase price of the units of blood donated.

Another expression of love was expressed by ACCU staff teaming up with David & Margaret Youth and Family Services to provide much needed Christmas gifts to over 100 foster youth ranging in age from 12-24 years old in Southern California. "Wow.... I can't believe the generosity. ACCU truly went above and beyond in donating so many gifts to these youth. There will be a lot of smiling faces this Christmas," said Noemy Maciel of



ACCU Staff members bestowing David & Margaret Youth and Family Services with gifts for foster youth.

the David & Margaret organization, who, upon pickup, was greeted at ACCU headquarters with cheers and smiling faces from the staff.

Building further on ACCU's commitment to its mission, the credit union's Board of Directors authorized monetary gifts of \$1,500 apiece to dozens of churches, ministries, and nonprofits whose missions and good works in their communities merited recognition and support. This year-end blessing campaign totaling nearly \$100,000 - dubbed "Random Acts of Kindness" - was made possible by ACCU's strong financial performance and healthy bottom line.

All in all, a total of 65 entities received a surprise miracle from this campaign. Just before Christmas, a check for \$1,500 was issued to each of the 65. In many cases, the check was hand-delivered by the person who had put the organization's name into nomination. The various entities on the receiving end responded with a combination of shock, gratitude, and tears. The element of surprise clearly added to the impact. "I am just speechless"

said pastor Darian Venerable of Upward Call Church "Thank you so much; I am totally surprised. This is unbelievable and so generous and so unexpected," continued Pastor Darian. Another recipient - Shannon Inouye, Executive Director of Options, A Women's Care Center - was taken aback smiling ear to ear when learning of the organization's nomination, Inouye exclaimed "This is too cool! The timing is perfect. God is so good!"

"To say that ACCU had an impact-filled year is an understatement. ACCU has truly been blessed with amazing members and staff who are filled with a conviction to serve and bless others," said ACCU's President/CEO Mendell L. Thompson. "We look forward to continuing to reach, serve, and teach in 2019 and in the years to come."

## West Covina Mayor Johnson and Mayor Pro Tem Wu in China!

By George Ogden

**WEST COVINA** - Mayor Pro Tem Tony Wu for a second time invited West Covina's Mayor Lloyd Johnson to China on another good will visit.

Wu and Johnson are being treated like royalty during their entire visit. You can follow both of them on Facebook and see what they have been up to during this visit.

They have attended a number of conventions, dignitary meetings including representatives from around the world. Johnson is actually representing the USA at one important meeting. In fact, he appears to be part of their congressional



Mayor Pro Tem Tony Wu (left) and Mayor Lloyd Johnson post for a picture while on their China visit.

and the San Gabriel Valley and all the USA.

They are passing on a lot of good will from West Covina

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## Foothill Presbyterian Hospital Auxiliary Installs 2019 Board of Directors

GLENDORA - On Monday, December 10th, the FPH Auxiliary introduced their 2019 board at a breakfast held at The Village Eatery in downtown Glendora. Leading the group will be Dlorah Gonzales (President), Mary Barham (1st VP publicity), Jack Mateer (3rd VP finance), Bonnie Singleton (secretary), and Patty Mateer (membership). Helping them to make this a successful year will be the many members that volunteer their time and services.

Because of the hard work of last year's auxiliary, a check for \$20,000, the first installment of the promised \$100,000, was presented to the hospital. This generous donation was made possible by the support the community gave to the 2018 auxiliary fundraisers, and the hospital's Gift Shop. The money raised from these endeavors goes towards the



Michelle Stoddard and Mary Jane Bettfreud of the Citrus Valley Health Foundation accept the gift of \$100,000 from Garry Reynolds, past president and Jack Mateer, treasure of the FPH Auxiliary.

completion of the FPH Geleris Education Center and the scholarships presented each year.

The auxiliary members would also like to congratulate Jana Swete on being selected FPH Volunteer of the Year. Her leadership with the Junior Vol-

unteers and her willingness to help in any way needed, made her the perfect choice. If you would like more information or would like to become a part of this very worthwhile community organization, please call the volunteer office at (626)857-3103.

## Holiday Gifts For Children at YWCA WINGS Shelter



Glendora Woman's Clubmembers display Christmas gift bags they assembled for the children currently staying with their mothers at the YWCA WINGS Shelter, one of the club's ongoing service projects. Pictured are, from left, project chair Rose Myers, Loretta Salazar, Evie Larimore, Connie Halbert, Susan Lepkojus, and Darlene Nasir

By Joan Hallidy

GLENDORA - One of the Glendora Woman's Club's special service projects at Christmas time is the assembling of Christmas stocking gifts bags for children stay with their mothers at the YWCA WINGS shelter for battered women.

This year marks the 30th year the Woman's Club has selected the WINGS (Woman in Need Growing Strong) Shelter project as one of its major on going services projects, said project chair Rose Myers.

For the club's recent service

projects, club members assembled holiday gift bags for the 12 children currently staying with their mothers at the WINGS Shelter. The gift bags were filled with gifts and toys that were matched to the children staying at the Shelter through their age and gender, said chair Mrs. Myers.

Also during the year, the Woman's Club sends other items to the WING Shelter, including Easter Baskets for the children, Mother's Day gifts, personal supplies, and children's toys and games.

The club's many ongoing service projects through the year are made possible through the continuing support, said club co-presidents Carolyn Cunningham and Joy Martau.

For information about the Woman's Club, its four departments, and service projects, call Chris at 909-598-0554; for information about renting the clubhouse for a special event or meeting, call Ryan at Cambria Catering at 626-335-7010.



The 2019 FPH executive board includes Jack Mateer, Patty Mateer, Dlorah Gonzales, Mary Barham and Bonnie Singleton.

## Eagle Scout Randil Jayasekera Walks in Rose Parade

By Jayam Rutnam

PASADENA - Randil Jayasekera, who earned his Eagle Scout ranking in November 2018, was one of the Boys Scouts of America, Eagle Scouts chosen to walk in the Rose Parade 2019.

He accompanied the Yellow submarine float all through the Parade route. The Yellow Submarine float won the Fantasy Award, given by the Tournament of Roses Committee.

Randil was also hosted as a Troop Leader and Color Guard at the ceremony held at the Tournament of Roses House.

Randil is seventeen years old and is the son of Dilip and Wathsala Jayasekera of Arcadia, Ca. He attended Arcadia High School.



Eagle Scout Randil Jayasekera gives a thumbs up at the Rose Parade.

## Photography of Grace Immink

ARCADIA - Dramatic yet subtle photographs exploring the trials of aging and mental well-being highlight a month-long show of pictures taken by documentary photographer Grace Immink at the Gilb Museum of Arcadia Heritage. The exhibit, entitled "Transitions: Photography of Julie Grace Immink," opens with a free re-

ception on Saturday, January 12, from 2 to 4 p.m. The exhibit runs through Saturday, February 16.

For more information, please call 626.574.5440 or visit the Gilb Museum's webpage <https://www.arcadiaca.gov/government/city-departments/museum>. The Gilb Museum of

Arcadia Heritage is located at 380 W. Huntington Drive, Arcadia, CA 91007. The Museum is open Tuesdays through Saturdays, from 10 am to 12 noon and 1 pm to 4 pm.

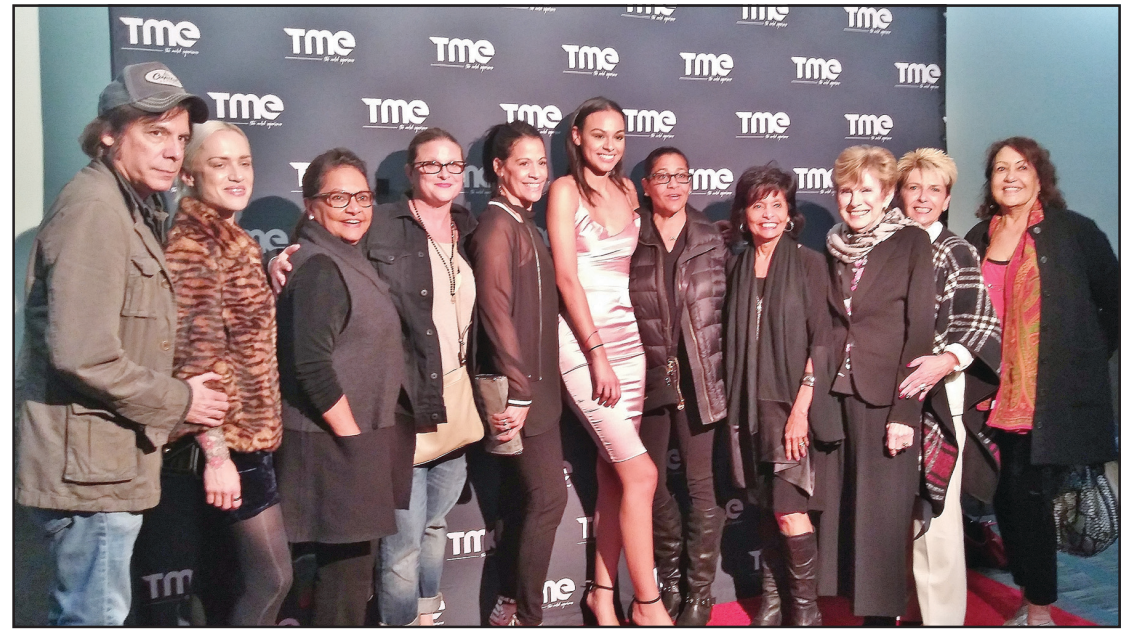
## Let the Library Help You Create a Capsule Wardrobe!

ARCADIA - Have a closet full of clothes, yet never know what to wear? This is the class for you! Join us on Thursday, January 17, from 7 to 8:30 pm, as stylist and fashion expert Candace Hanna, of Style by Candace, explains everything you need to know about curating and rocking a capsule wardrobe.

For more information,

please call 626.821.5569 or visit the Arcadia Public Library's website at [www.ArcadiaCA.gov/library](http://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.

## Kumara Bey Shines at TME Fashion Show



James and Natalie, Padmini Johns, Evelyn Bey, Kumara, Sheriene Bacon, Iswari Camou, Judith, Gina and Christine deSouza were at the TME Fashion Show.

By Jayam Rutnam

LOS ANGELES - The La Convention Center was the venue of the TME fashion show, on Saturday December 14th. Kumara Bey of

Chatsworth, California participated as one of the models and showed that her poise and confidence matched her good looks and figure. "She walked on the

catwalk as though she owned it," said one of the VIP guests at the event. Kumara is the daughter of Evelyn and Yusuf Bey.

## Families Explore 3D Printing

ARCADIA - Excited by the possibilities that 3D printing offers? Children in grades 4 through 8 and their parents are invited to attend a 3D design workshop at the Arcadia Public Library on Saturday, January 12, from 1:30 to 3 pm and 3:45 to 5:15 pm. Participants will learn how to use Tinkercard to create basic designs. They'll also get to design an object. One lucky participant will have their design printed!

Space is limited and prior reg-

istration is required. In-person registration begins on Saturday, January 5 in the Library's Jerry Broadwell Children's Room: city residents, with proof of address, will register from 10 to 11 am; open registration starts at 11 am that day.

For more information, please

call 626.821.5566 or visit the Arcadia Public Library's website at [www.ArcadiaCA.gov/library](http://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.

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## Nominations Now Being Accepted for the 2018 Glendora Citizen of the Year

**GLENDORA** - Nominations for the 2018 Glendora Citizen of the Year presented by The Glendora Chamber of Commerce are now being accepted. Glendora organizations and Citizens have until Friday, February 8, 2019 to submit their nomination form for Glendora's 2018 Citizen of the Year. Nomination forms are available at the Glendora Chamber of Commerce, located at 224 N. Glendora Ave. You may also download the form from the Chamber's website Glendora-

Chamber.org/coty. Forms must be delivered to the Chamber office by Friday, February 8, 2019 at 5:00 p.m. No nominations will be accepted after the deadline.

Selection criteria includes the following:

- Contributions to Glendora's community welfare betterment.
- Participation in community, Chamber, civic, and government enterprise.
- The lasting value of services related to items (a) and (b).
- Demonstration of personal

leadership abilities.

- Spirit of cooperation with organizations and individuals.

Glendora service clubs and non-profit support organizations comprise the board of the Citizen of the Year committee and elect the recipient. This year's recipient will be selected on Tuesday, February 12, 2019.

The Citizen of the Year banquet honoring this year's recipient will be held on Thursday, April 18, 2019 at the Glendora Country Club at 6pm.

## CHP Needs Help with Fatal Freeway Hit and Run on the I-10 in West Covina

By George Ogden

**WEST COVINA** - The CHP is looking for some help with an accident on the I-10 Freeway Saturday night Dec. 5, just before 11:30 p.m.

Jesus Angel Reyes lost control of his Honda Civic while going westbound in the rain slick I-10 Freeway and hit the center divider just east of Holt

Avenue. The car hydroplaned in the No. 4 lane going about 65 to 70 miles per hour. The car spun around and crossed the freeway slamming into the center divider and coming to rest in the number two lane facing traffic. A 22-year-old woman, who was a passenger in a car, was killed when she got out in the car on the passenger side and stepped to the number one lane where she was hit by another vehicle sending her flying down the freeway and landing in the number

one lane. The driver just kept going and did not stop. There should be extensive damage to the vehicle that hit her.

Paramedics arrived and there was nothing they could do because of the extent of her injuries and they pronounced the young lady dead at the scene. She was identified as Grisol Lupita Ramirez.

If anyone has any information on this accident, they are urging that they call the CHP at the CHP's Baldwin Park office at (626) 338-1164.

## Service Line Protection Now Available for Golden State Water Customers

**SAN DIMAS** - Golden State Water Company (Golden State Water) announced a new optional service program with HomeServe USA (HomeServe) to provide its homeowner customers with the opportunity to purchase coverage for exterior water and sewer service lines as well as in-home plumbing. HomeServe will be mailing information to Golden State Water customers detailing the service plans designed to cover unanticipated costs and minimize inconvenience associated with piping system repairs. This program is optional, offered as a courtesy, and customers are under no obligation to make any purchases.

"Many homeowners are unaware that they are responsible for maintenance associated with the underground service line that connects their property to the water system, and they may not be prepared to cover repair costs if the service line is damaged," said Robert Sprowls, President and CEO of Golden State Water. "As a courtesy to our valued custom-

ers, Golden State Water has selected HomeServe to offer optional coverage options that may help schedule and make repairs to their service lines. Customers are under no obligation, but HomeServe repair plans may provide peace of mind in the event that unexpected repairs are needed."


Water (and sewer) lines from a home to the water provider's meter are the responsibility of the property owner. Repairs to these pipes may not be covered by basic homeowners' insurance. As a result, property owners may have difficulty coordinating and covering the cost for emergency repairs. HomeServe's plans serve as a line of defense, ensuring that in the event of an unexpected repair the burden on homeowners is minimized or eliminated. The HomeServe repair process is seamless, and repairs are made by licensed and approved local contractors.

HomeServe coverage includes access to a 24/7/365 Repair Hotline as well as local, licensed, and insured contrac-

tors who provide timely repair services. Exterior Water Service Line Coverage will be available for \$6.99 per month. HomeServe will also offer a combined Exterior Sewer and Septic Line Coverage for a total of \$11.49 per month. An Interior Plumbing and Drainage plan to cover in-home plumbing is available for \$16.99 per month. Golden State Water customers enrolling in the optional plans will have convenient payment options directly through HomeServe.

"Our service plans cover the cost of the repair and provide homeowners with reputable, local contractors who will do the best possible job," said John Kitzie, CEO of HomeServe USA. "We're thrilled to partner with Golden State Water and look forward to the opportunity to provide coverage to help homeowners should they be faced with a repair emergency."

Golden State Water customers can visit [www.homeserve-usa.com](http://www.homeserve-usa.com) or call 1-833-492-3884 for more information.



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## "TIME JOCKEY" - Saving the Parade

By Joe Castillo

*Native Sons to the Rescue...*

The Tournament of Roses presentation of the 130th Rose Parade is a well-planned event, with hundreds of volunteers, coordination of Pasadena City operations, Los Angeles County and California state resources all working together to put on one of the most entertaining and exciting events in the world. But in spite of all the preparation, planning, execution and coordination, one can never plan for the multitude of exceptions. The 2019 edition of the Rose Parade was one of those exceptions.

As a rider on entry #84, *The Native Sons of the Golden West Present the Gold Rush Fire Brigade*, we were lined up to start our journey along the 5 1/2 mile Colorado Boulevard route. I thought I would be a rider for most of the event but surely wasn't expecting to do any major walking while also waving to the thousands of spectators lining Colorado. But then the unexpected happened and all the planning and preparations went out the window.

The entry ahead of us, the Chi-

nese American Heritage Foundation float recognizing the 150th anniversary of the connection of the Transcontinental Railroad, suddenly had a problem. Smoke streamed from its carriage and what seemed to be a visual effect of locomotive steam was actually a fire in the engine compartment. The injured float started to roll backwards and the fact it was the longest float in the parade it started to gain momentum in its reversal and eventually buckled in the middle. By this time, chaos had taken over with people abandoning the float and Rose Parade personnel running to address the runaway float with the smoke and fire.

Our equestrian entry was behind the wayward float and we began to retreat from the situation. An emergency escape route was opened for our lead wagon unit who followed the directions of the parade escorts and proceeded to a parallel street. But the other three equestrian wagons had another idea and instead of following the lead wagon, we chose to go around the damaged Chinese American Heritage Foundation float and escape to

the parade route via Orange Grove Boulevard. Before I knew it, I was walking at a double pace to catch up to our equestrian wagons and in no time at all we were moving north on Orange Grove in front of the large stands and TV booths.

Little did I know that for the next mile and a half I would be walking at a quick pace to keep pace with our wagons and cheering the spectators as we proceeded along the parade route. We were so far behind the next entry in front of us and with no one was behind us we just kept the horses going at a quick pace to get back with the rest of the parade. We were virtually all alone on the parade route in front of hundreds of thousands of spectators being one of the final entries for the crowd to cheer. We eventually caught up with rest of the pack and provided our horse and music entertainment for the energized crowd.

As one parade official told us, we saved the parade as spectators stayed in place and didn't leave while waiting for the final entries to move past them until the parade concluded. The fire delay caused the 2019 parade to be recorded as the longest parade time in its history and even though many floats had broken down over the years, none had actually caught fire. Not since 1964 when Grand Marshal Dwight D. Eisenhower locked himself in the bathroom at the Wrigley Tournament of Roses House causing the parade to be delayed has there been so much confusion and excitement at the same time. It was truly an experience to remember, and was definitely a bucket list item for me. I'm sure we'll try and be in the parade next year again but this time we'll be more prepared for any kind of situation which may occur in the 131st Rose Parade...

*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](mailto:joecastillo@aol.com).*



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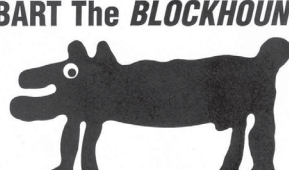
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# Pressure On Locals for More Density Housing

During and after California's gubernatorial election, we read about the 'broad liberal aggressive agenda' Newsom is ready to move forward with for California. We will know more after his Wednesday acceptance speech, but his list goes like this:

- Universal health care for all - legal and illegal - persons residing in California.

- Solve the housing affordability issue - build 3.5 million new units

- Combat the homeless issue
- Early childhood education

Law enforcement agencies and cities are already struggling with the effects of former Gov. Brown and his policies:

- crime and homelessness, only roadblocks under SB 54 sanctuary laws, AB 109, Prop 47 and 57;

- no resolution to water and infrastructure needs for Southern California and the Central Valley;

- a gas tax advertised as road repair money for local government (locals get minimal) but it will fund old general fund debt pay-off and expansion of transportation projects;

- an extension of cap & trade tax - a first ever tax on carbon emissions businesses have to pay;

- environmental regulations driving up the cost of housing;

- bullet train stuck in the Central Valley waiting for an infusion of money -- \$118 billion to finish.

Good News: Brown left Gov. Gavin Newsom with a \$14 billion surplus, known as the rainy day fund, but with a prediction of a pending recession; and, Bad News: We are hearing reports of a housing market slow-down and an economy that is slowing slightly, but many fear Brown's prediction of a recession is coming.

Dan Walters, December 30th column, reported Brown's advisors were predicting an economic slow-down that could "cut revenues by \$60 billion over three years". The Legislative Analyst Office estimates the state will have \$14.8 billion in discretionary surplus or money that could go to spending increases or tax reductions. Total amount of reserves and flexible spending Gov. Newsom walks into office with could be about \$30 billion.



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

The biggest question in the midst of this political history and speculation around budgets - where does that leave the most important level of government - local governments, particularly cities -- who provide the first real necessities-- public safety, law enforcement, and then the quality of life services the average citizen needs, expects and boosts up housing values? Having been through an economic turn down when I was on city council in the early 90's, I can tell you the cuts to balance the state budget are the ones that affect cities first and the hardest.

Ten cities, including City of Covina, put a sales tax measure on the ballot dedicated strictly to their city, with annual audits, and all passed. The Mayor of Covina, Walt Allen, told me they didn't want to add that 0.75 cent additional sales tax, but Covina could go bankrupt without that additional revenue. The reasons given to add the tax were all the same. Maintain various police services, in some cases fire services, infrastructure improvements ... some mentioned pothole fixes specifically ... but all mentioned in some fashion or another the quality of life services we've gotten used to in our communities.

Gov. Newsom has made it clear he wants more housing in every city to start solving the housing affordability and homelessness issues and is prepared to usurp city municipal codes to accomplish his goal of 3.5 million new houses by 2025. He talks about "... streamlining the process for approving land use." He also said he would ... "hold cities accountable for failing to meet their housing quotas set by the state..." And, he has said he

wants high-density additional housing next to rail corridors under the presumption all will leave their abodes and ride the train to work thereby cutting down on congestion, poor air quality and contribute to the rail transit budgets.

More housing, and in built-out areas it becomes high-density housing, comes with a cost. More people, more police services generally become required, more traffic leading to more infrastructure needs and repairs and additional needs for library, park, senior and youth services and generally additional costs for service at all levels or a decrease in those amenities. Are cities in the San Gabriel Valley able to absorb the additional costs of that governor-elect mandate? And, especially if the former Gov. Brown is correct about a pending recession. The ten cities that passed the additional city sales tax are concerned.

With that housing will come those with special needs -- drug addiction problems and mental health issues. Frustrated residents in some cities are already trying to cope with those issues and law enforcement's inability, because of legislation, to deal with the problems effectively.

SGV cities still have huge stormwater management costs known as MS4 mandates hanging over them. The same State Water Quality Control Boards who have refused to accept water delivery plans for the Central Valley and Southern California are the same Brown appointments who are requiring cities to build new water conservation infrastructure. East San Gabriel Valley cities have each been handed a bill for over \$200 million dollars to come into mandated compliance over a 10-year period or face fines. Which pot of revenue is that bill to be paid out of each year and how complicated does that get in a recession?

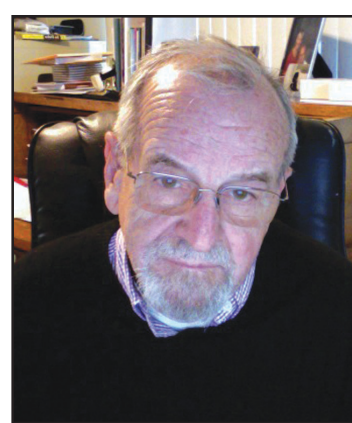
The mantra former Gov. Brown and Gov. Newsom repeat over and over again is, "Local government is going to have to step up," meaning, I believe, more shift in responsibility from the state to cities to support the liberal progressive state agenda and less revenue to accomplish state mandates.

# Solving A 21st Century Problem With An Ancient Non-Answer

Unless I got it wrong, this is the 21st century of the Christian era. Ours is an age of scientific miracles. Landing a spacecraft on Mars is now tired old news. We have just flown by a rock a few million miles beyond Mars! On the nearby end of the cosmos we can see and analyze something that is a thousand times thinner than a human hair. In between we can now manipulate the human genetic code. And these things are just the tip of what modern science can do. Increasingly almost any physical problem we have can be analyzed and addressed on their way to being solved by our scientists, engineers and technicians.

In 475 BCE, Qin Shi Huang, the first emperor of what became known as China, had a problem. Tribes of nomads from beyond his domain were flooding the territory occupied by the Qin dynasty. In an attempt to secure the border, he sought to connect sections of a massive wall parts of which that had been around for a couple hundred years. But building a wall didn't do the trick in ancient China. However, at the time it seemed to be to be the best available answer to the concern about leaking borders.

Show me anywhere in history where a wall ever secured a nation's safety. It didn't work in Berlin where it only succeeded in generating international hostility until Ronald Reagan embar-



Charles H. Bayer

assed the Russia's premier who finally had to have it demolished. In Palestine it has simply exacerbated the anxiety.

Aside from dealing with the argument as to whether or not our southern border ought to be made refugee proof, would a wall of any kind be the answer to keeping bad people out? But that is not my focus in this column. With the scientific sophistication available in the 21st century, what is the sense of employing a technology that didn't even work five centuries before the Christian era? If the Administration is really committed to securing the border, doesn't today's scientific sophistication offer a world of better answers? Of course it does, and first-rate solutions have flooded the mailboxes of America's leaders. Surely if we can send a device to the outer reaches of the solar system we can secure a border.

One suggestion has come from Robert Traer, one of the brightest people I have ever known, who happens to live in an apartment that is right across the hall. His main concern these days has to do with climate change, but here is his read on border security. "I suggest that Democrats support a budget of \$5 billion for research and development of an electronic surveillance border security system consisting of motion detectors or cameras between wind power generators, which would provide the electricity for this system and recoup some of the costs by selling excess capacity to US grids. If Mexico agreed to share the costs, it could receive electricity in its grids in proportion to its financial contribution." Bob has already sent his suggestion to California's Senators.

Would his suggestion work? I don't know, but it does use 21st Century technology and not pre-scientific tools that never even worked millennia ago. Whether we should close the border, Bob and a significant number of us have a contrary opinion. Regardless, dealing with the border problem that is only one part of the much larger immigration issue, but solving the border dilemma might release us to focus on that broader matter.

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

# Palestinian-American Congresswoman Rashida Tlaib (D-MI) calls our President a "Mother F....." What Class!!!

This is no joke, Palestinian-American Congresswoman Rashida Tlaib (D-MI) calls our President a "Mother F....." and on TV. She is the first Palestinian-American Congresswoman and she tells this to a crowd of people she is going to impeach President Trump. She is a real class act for our kids to look up to.

The number of federal officials impeached by the House of Representatives includes two presidents: Andrew Johnson and Bill Clinton; both were later acquitted by the Senate. Just for the record, the Constitution gives the House of Representatives the sole power to impeach an official, and it makes the Senate the sole court for impeachment trials. So, I bet she is not going to be the "one" who is going to impeach Trump... It's the House of Representatives. She should get educated... oh forgot she is a lawyer... Well Dah!

The comment that this lovely lady said was, "People love you and you win. And when your son looks at you and says, 'Momma, look, you won. Bullies don't win.' And I said, 'Baby, they don't. Because we're going to go in there and



George Ogden

*That's just the way it is!* we're going to impeach the motherfucker," Tlaib, a freshman Congresswoman, said to the crowd.

Do you want to know how she got her seat in Congress? She didn't win squat... nobody else ran for the seat.

She is the eldest of fourteen children, Rashida Harbi was born on July 24, 1976, to working-class Palestinian immigrants in Detroit. Her mother was born in Beit Ur El Foka, near the West Bank city of Ramallah. Her father was born in Beit Hanina, a neighborhood in Jerusalem. He moved first to Nicaragua, then to Detroit, where he worked on an assembly line in a Ford Motor Company plant. Her parents worked and also collected welfare. Did I say collected welfare??? I thought that was for people that

aren't making it, and they have two homes... Hmmm.

She earned a law degree from Western Michigan University Thomas M. Cooley Law School in 2004. Don't know what kind of school that is as there isn't much about them. I don't think they even have a team to play Dodge-Ball. In 2017, Cooley was sanctioned by the American Bar Association for violating the ABA requirement that schools only admit students who appear capable of earning a Juris Doctor degree and passing a bar Exam. Wow, great school.

Rashida and her husband had consistently underpaid their taxes since 2008. They had claimed a 100 percent personal residence exemption for both their Detroit home and for a rental property they own in Dearborn. But in fact, only their Detroit home was eligible for the tax exemption. Well, there is an honest lawyer for you.

So, with that little bit of history on her, which is only the tip of the iceberg... I guess this gives her the right to call our President a MF'er,

*"That's just the way it is!"*

# MY TURN: America Was Never A "One Choice" Country

Often the difference between political viewpoints simply comes down to the choices they offer. I was attending mass and got this week's church bulletin and noticed a write up in the Culture of Life section. It was from the Catholic news outlet called EWTV News which also publishes the National Catholic Register. It was reporting on a former abortion clinic.

"Four years ago, a medical office in Manassas, Virginia was one of the area's largest abortion clinics. Today, it is a free medical clinic for the poor, dedicated to the Blessed Virgin Mary. The Mother of Mercy Free Clinic opened its doors on Dec. 6, 2017. Supported by the Catholic Charities of the Diocese of Arlington (CCDA), the clinic provides free medical care to the uninsured and the underinsured adults living in Northern Virginia."

Many pro-abortion groups were critical of the seemingly stealth takeover, following the closing of the clinic as a result of the previous owner's retirement. But none the less it was purchased by the Blessed Virgin Mary Foundation and passed on to Catholic Charities. The clinic is run by a volunteer force of doctors, nurses, and translators.

The purpose in mentioning this is to show one example of what



Charles Lopresto

is available when we are allowed to support, possibly fund, and recognize other alternatives to "women's health."

Contrary to what Democrats and the Left want us to believe, the sun doesn't rise and set on Planned Parenthood, and by defunding it and allowing other charitable and religious organizations to prosper, we can better serve others in need without hanging abortions over their heads.

For the political Left, it has always been a song and dance about what they consider to be choice and diversity. The examples they advocate for choice always seem to be issues and beliefs that are neither mainstream to regular Americans or important to them as they live their lives. Choices of gender and promoting self esteem for example, don't really amount to a hill a

beans when folks are trying to earn money to buy beans, get their kids through school, pay the mortgage and the other bills and maybe have some beans left over for a nice vacation.

Ironically the choices Joe Q. Public really cares about seem to be limited intentionally by the Democrats. School choice, union membership, healthcare with multiple payers providing competition, choices of viewpoints, and what media they follow, and consumer products, for example. Choices that all benefit us when provided with alternatives.

And in the forefront is the opportunity for "women's reproductive choices." Something the Democrats would prefer to be limited to Planned Parenthood or nothing.

Let's remember this. We don't have to tow the line that the Democrats and the Left want us to follow at risk of being marginalized, ridiculed, and condemned. We aren't required to accept the guilt they impose, only feeling relevant when we agree with their decisions.

Americans have been helping themselves and each other for decades, and they never needed the Democrats to provide "one choice" of how they are supposed to do it.

# Californians Can Do More On DMV Now Self-Service Terminals

**SACRAMENTO** – Along with instantly getting their vehicle registration cards and license plate stickers on the spot, Californians can now use the popular DMV Now Self-Service Terminals to complete even more transactions.

With just a few taps on the touchscreen, Californians can now:

- Pay their vehicle registration suspension reinstatement fee (\$14)

- Submit or remove an affidavit of non-use

- Submit insurance information when required by the Vehicle Insurance Program

Previously, these transactions could only be completed online, by mail or by telephone.

"We are always looking for convenient ways to provide our services to the people of California, and this is another step in that direction," Acting DMV Director Bill Davidson said. "We are excited to see DMV Now Self-Terminals offer these expanded options."

To complete one of the newly available transactions at the kiosks, customers will need to have their license plate number and the last five characters of their vehicle identification

number or a letter from DMV with a personal identification number. Customers may also need their insurance documents.

Kiosks accept credit/debit cards and cash, and instructions are provided in English and Spanish.

There are more than 150 DMV Now Self-Service Terminals conveniently located throughout the state, including at DMV field offices, grocery stores and public libraries. Find a kiosk near you: [https://www.dmv.ca.gov/portal/dmv/detail/about/sst\\_map](https://www.dmv.ca.gov/portal/dmv/detail/about/sst_map)



# Jobs Boom In December - Continued Volatility Expected

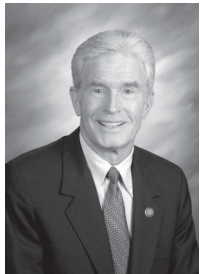
In December, job growth boomed, but the unemployment rate also rose. In other words, a mixed message adding to confusion. Job gains appear to have been boosted by disruptions in November, possibly reflecting California's Camp Fire, which shifted jobs from November to December. In addition, the BLS notes fewer people were kept from work by weather than usual this December. The negative market reaction reflected expectations of how the Fed is likely to react. Judging from pre-December FOMC rhetoric, their instinct would have been to tighten faster. But post-FOMC rhetoric suggests more patience. Plus, the Fed's own rules and models suggest less need to hike when the unemployment rate increases. But traders prior to last Friday appeared to have concluded the higher interest rate hawks still would be more stubborn in reaction to this report.

Payrolls not only rose 312k in December, they were revised up 21k to 176k in November and 37k in October. That means a net increase of 165k more than the consensus. In the words of one controversial fan of American job growth, that's Huuuge. Treasury Bond yields also fell last Thursday, the 10-year rate to 2.560 and the 2-year rate to 2.387.

## TAKING A BITE OUT OF APPLE

The major trigger that set off the down trend and more extreme volatility on Wednesday (Jan. 2) was an interview given by Tim Cook (Apples CEO) pointing his finger at China for its earnings warning. Disappointing Q4 Apple sales guidance - the first cut in revenue guidance by the company in almost 2 decades, according to Bloomberg News - sent US futures tumbling after the close Wednesday night. Asian and European shares were down dramatically, though not as much as US futures. The yen shot as much as 3.7% higher against the dollar before falling back to a still respectable 1.2% gain from Tuesdays close in one of the few flight-quality trades available to investors seeking safety outside the US.

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



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

Apple's bad news took on macro undertones as the revenue shortfall in China became known, where sales of some iPhones were banned following a patent dispute with Samsung. It's hard to see the loss of sales as purely apolitical given the ongoing trade dispute and tariff tit-for-tat between the two countries. China has a tradition of using its legal system in a retaliatory fashion.

## MORE IMPORTANT THINGS TO THINK ABOUT

Against the backdrop of financial-market volatility, the government shutdown seems more threatening. A meeting last Wednesday between the President and members of Congress failed to resolve the spending dispute. Incoming Speaker Pelosi proposed passing individual spending bills for parts of the government, but Senate leader McConnell said he would not move on the bill the President does not support. This means that the big Democratic bill to fund most of the government, but provide zero funds for a border barrier, will not get voted upon in the Senate.

Even as the Dallas Fed's Robert Kaplan advocated a pause in rate hikes, the December ISM manufacturing index dropped more than five points from 59.3 to a two-year low 54.1. All index components fell, as did prices paid. The Fed elected to raise rates in December and signal two hikes in 2019 despite recent market turmoil. However, real economic indicators did not yet reflect the kind of trouble indicated by financial markets. Thursdays ISM manufacturing decline was a step in the direction of confirmation, though a headline read in the mid-50s is still pretty good. Nevertheless, slowing manufacturing, weaker orders

and backlogs, signs of deflation and the global slowdown certainly support taking a break from rate hikes! Kudos to Robert Kaplan for reaching that conclusion even before the ISM release. Kaplan is a non-voter this year, but a voice in the FOMC meetings nonetheless and one with credibility (as he has been more than happy to raise rates in the past years).

2018 will certainly go down as a year of immense volatility. So, what does it mean for the future? Markets have a way of becoming lopsided in terms of how they trade. In the roaring 1920s, stocks were speculative instruments that toppled with extreme valuations. The 1990's brought the dot.coms, with unrealistic valuations that eventually imploded. Housing valuations became unsustainable in 2007.

Today's main difference is that companies are making money, the U.S. is prospering, and the economy is expanding, so this sell-off does not fit the speculative "bubble" narrative. Maybe some bomb in the system will emerge in the months to come, but my data says this was a technically-driven tipping point. Fear of a potential slowdown took the fire out of the eyes of the buyers, so the sellers dominated the day.

In past crashes, the further down prices went, the less investors wanted to buy. Levels slipped below comfort levels and the selling deluge began. Unfortunately, market volatility may become the norm. Lulls speckled with stomach-churning "unprecedented" moves may become more commonplace.

I remain optimistic for 2019, despite the fact that the financial media refuses to report any good news, such as falling market interest rates, as well as record corporate earnings and stock buy-backs. I personally will be buying market dips, staying with high yield solid dividend equities.

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

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

# Your Money - Ask Julia

*My wife and I are government employees. I have to work without pay. My wife is furloughed. If we don't have some income soon, we won't be able to pay our mortgage or credit card bills. Is there anything we can do?*

Although financial advisors highly recommend having a 6-month emergency account, most people still live paycheck-to-paycheck. As you've probably read in the news, some government workers are using their sick leave. Since your wife isn't working right now, she might want to look into getting a temporary secular job. Check to see if you can get a "hardship distribution" from your retirement account. Some banks and other lenders are treating this partial shutdown like a natural disaster, allowing postponement of payments without charging fees or penalties.

## Please explain inflation and recession.

Inflation is the increase in the price of products over time. Long-term inflation erodes your power to purchase. In other words, over time, your savings buys less; a dollar no longer buys what it could a few years ago. The factor to determine a Recession is when there has been two quarters (two 3-month periods of time) in a row of negative economic growth.

## How long will it take to double my investment?

The Rule of 72 is a mathematical rule used to estimate approximately how many years it'll take an investment to double at a specific percentage rate of return. It's just division. Take 72 and divide it by the rate your money is



**Julia Yoder**

earning. Your answer is how many years it'll take to double your money.

*I have the option of taking all the money now out of my fixed annuity, without any early surrender charges. I like annuities. Although I don't plan to use the money, I might want to access it later. What do you suggest I do with this money?*

Depending on your entire financial picture and what is best for you, I'd probably suggest either reinvesting in an annuity or purchasing a paid-up life insurance policy. Some company's products offer an option of almost immediate access to a good part of your money. Some policies offer penalty-free, accelerated access if you need the money for a nursing home. It really boils down to what you want your money to do for you and what is most suitable for you.

*My mom is trying to decide whether to give her home to me now, or just have me inherit it upon her passing. What is the best thing to do?*

It depends. Look at the difference between the Estate tax rate vs. the Capital Gains tax rate applicable in your mother's and

your specific case. For example if the estate tax rate is lower than capital gains tax, it would probably be better to wait. On the other hand, if the Estate tax rate would be higher than the capital gains tax, it could be better to take action now. Also, check with your CPA about the tax ramifications of gifting equity (rather than cash) up to the annual parent-to-child annual limit. Keep in mind that life insurance is included in the value of one's estate when calculating estate tax.

*Because we have a small downpayment, we are being told we have to pay mortgage insurance. Can you explain a little about the mortgage insurance?*

Mortgage insurance is charged on any loan that has less than 20-percent equity. The purpose of mortgage insurance is to pay the lender in case you fail to make your payments and have to foreclose. Different lenders charge different mortgage insurance premiums. There are non-FHA loans (Conventional) that allow a small downpayment (5-percent or even less). Depending on income and area, research information about Urban mortgage loans, too.

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

This is your opportunity to simplify your life by having one professional working personally with you to coordinate your finances, investments, real estate, mortgage, insurance, retirement, and estate plans. CA Insurance 0C83859/Real Estate Broker 01238153/Nat'l. Ethics Assoc./Accident-Medical-Dental discount plans: [CalStarBenefits.com/28485](http://CalStarBenefits.com/28485).

# Glendora Chamber to Host 2019 Glendora State of The City & Schools Luncheon

**GLENDORA** - Glendora Chamber will host the 2019 State of the City & Schools Luncheon at the Glendora Country Club on Thursday, **January 17th** starting at 11:30AM.

Glendora Mayor Mendell Thompson will be the keynote speaker at this year's State of the City and Schools Luncheon to be held at the Glendora Country Club. Mayor Thomp-

son will deliver his State of the City to include updates on Glendora's new City Manager and new City Attorney, the March Sales Tax Proposal (Measure E) that residence will be voting on March 5 pertaining to a 0.75% sales tax increase, the Gold Line project and more.

In addition to Mayor Thompson, Superintendent/President of Citrus College Dr. Ger-

aldine Perri, Glendora Unified School District Superintendent Dr. Robert Voors, and Charter Oak Unified School District Superintendent Dr. Michael Hendricks, will present the many projects current and future, accomplishments, awards and concerns they are dealing with now and what is soon to come.

Please do not miss this opportunity to hear from the leaders in our community. Please reserve your seat and RSVP today! Tickets are \$40 and includes lunch. To RSVP please go to <https://Glendora-Chamber.org/sotc> or call the Glendora Chamber at 626-963-4128.

The Glendora State of the City & Schools is proudly presented by the Glendora Chamber of Commerce, Athens Services, and Glendora Community Hospital along with America's Christian Credit Union, Foothill Credit Union, Visiting Angles Glendora, Charter Oak Unified School District, and Los Angeles County Supervisor Kathryn Barger.



## THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

# ASE Blue Seal of Excellence

Certified Auto is the only ASE Blue Seal shop within 10 miles of Glendora. What does that mean? Our company has gone the extra mile to ensure our customers get the best car care possible from extremely qualified technicians. Many shops are ASE certified, which means at least one person in the shop has at least one certification. Our Blue seal shop recognition means over 75% of all employees are ASE certified in all 10 available test areas.

Consumers were recently surveyed and asked if the auto repair shop they frequented used certified technicians. The vast majority didn't really know but said they assumed that they were. The shop you use may have certified people, but the reality is there is no mandatory certification required to own or operate an auto repair shop in California. To be an auto shop owner, you must have a state license which any person can apply for and receive with no automotive experience at all.

To apply and receive an automotive repair dealer's license (ARD), just show up to the Bureau of Auto Repair (BAR) with \$200.00, a name for the company and a tax ID. Like magic, you're in the automotive repair business, no proof of insurance, no tools and no experience necessary. It is that easy!

This is one part of our industry that I don't understand. Someone who cuts hair or finger nails is required to be state certified, but a mechanic who works on tires, engines or brakes doesn't need a single day of training or

any tools to do so. Many people on our highways are driving vehicles that have been serviced or repaired by technicians with no certification whatsoever. The only certification system we have is voluntary, with the exception of being a smog station. Smog technicians are licensed by the state and require continuing education.

Automotive Service Excellence (ASE) offers a series of tests that a technician can take to be certified in many different areas of the car. All tests are voluntary, not required. At my shop, I require all staff to be ASE certified and I know many other shops do as well. AAA Approved auto shops employ ASE certified technicians and they must have a minimum set of tools for the cars they work on. I recommend using an AAA approved shop for all your automotive service and repair needs because of their tough standards and you have a voice through the arbitration system.

In these uncertain times saving a few dollars is always something to consider, but don't get caught up with a low price that will end up costing you more than you bargained for down the road. Have a knowledgeable certified technician perform the service or repairs on your car; it will save you time and money in the long run. Before you agree to have any work performed, ask if the technician working on your car is certified. If you wonder sometimes why someone is lower in price than everyone else, there's usually a reason.

Ask if your shop is ASE Blue Seal certified or visit [www.ASE.com](http://www.ASE.com) to find a Blue seal shop near you.

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

**Hometown Service You Can Count On!**

# Volunteer for the 2019 Homeless Count, Jan. 22nd

**DUARTE** - Interested in volunteering during the annual Homeless Count on January 22, 2019? The City of Duarte, in partnership with the City of Irwindale and the Los Angeles Homeless Services Authority, will conduct its annual Homeless Count starting at 8:00 pm in the Duarte Community Center.

The Cities of Duarte and Irwindale participate in this count

annually as one way to comprehensively identify and address homelessness in their communities. Volunteers will receive training on site the day of the count, and all materials including food and beverage will be provided. Register to volunteer by calling Duarte City Hall at (626) 357-7931 ext. 266 or sign up for the Duarte/Irwindale count by visiting [www.theycountwillyou.org](http://www.theycountwillyou.org).

## Kirk Warner

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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

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

TOPS is a non-profit weight loss group which meets weekly every Thursday at 9:00AM to 11:00AM at Soldano Senior Village in their meeting room in Azusa. There is no obligation, all visitors are welcome. For more information, call Norm Klemz, 626-967-8829

## ARCADIA

### Learn Chinese Calligraphy

Learn the art of Chinese Calligraphy in anticipation of Chinese New Year at a special workshop at the Arcadia Public Library on Saturday, **January 12**, from 11 am to 12:30 pm! The class will be taught by Ms. Si Ning, Doctor of Literature. All supplies are provided. The class is for adults only, space is limited and registration is required. Call Adult Services at 626.821.5569.

### Orchid Hobbyists Monthly Meeting

San Gabriel Valley Orchid Hobbyists invites you to our **January 17** Monthly Meeting at the L.A. County Arboretum, 301 N. Baldwin Ave. Arcadia Ca. Palm Room. Judging at 7:00 p.m. Meeting at 7:30 p.m. Our speaker will be Thomas Mirenda from Hawaii. The topic will be Growing Orchids on the Big Island of Hawaii. Refreshments. Everyone welcome!

### "Senior" Red Carpet Senior Prom

Arcadia Senior Services is having a special Senior Prom for individuals age 50 and over. The event will take place at the Arcadia Community Center, 365 Campus Drive on Friday, **January 25** from 4-6pm. There will be a catered dinner, music and dancing to the Stardust Trio Band, a prom king and prom queen will be chosen. Cost to attend this red carpet affair is \$13. Tickets are on sale now and can be purchased at the Arcadia Community Center. For additional information please call 626.574.5130.

### Youth Basketball League

Arcadia Recreation and Community Services is excited to offer a basketball league designed to expose children to the fundamental skills of the sport while allowing them to experience

teamwork and sportsmanship. Leagues are organized to provide a fun, non-competitive, learning experience for boys and girls of all skill levels in grades 3rd-8th. Practice is held at Dana Middle School in the Dana Gym on Mondays and Wednesdays, times T.B.D. Transportation to and from the practice and games is the responsibility of the participants. Space is limited and registration is currently open until filled online at [www.ArcadiaCA.gov](http://www.ArcadiaCA.gov) or at the Recreation Office. For more information please call 626.574.5113.

### Saturday Adult Basketball League

Gather your friends, form a team and stay active in the adult basketball league. Whether it's casual or competitive, there's always an opportunity to stay fit and have fun. Games are played at the Dana Gym, 1401 S. First Avenue, Arcadia on Saturdays between the hours of 4:30pm and 7:30pm. Saturday Open League is limited to six teams and is open to all levels of play. League fees are \$500 plus a \$40 forfeit deposit, which includes 9 league games, officials, scorekeepers, and championship award. Registration takes place on a first-come, first-serve basis. For more information please call 626.574.5113.

### Instructors Needed

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

### Arcadia Senior Card Club Looking For New Members

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

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

### BALDWIN PARK Birthday Celebration

Join the Julia McNeill Senior Center monthly Birthday Celebration on the third Wednesday (**January 16**) of the month 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

### Martin Luther King Jr. Southern Luncheon

The Julia McNeill Senior Center will be hosting a Southern Style Luncheon in honor of the Martin Luther King Jr. Lunch on Monday, **January 21** at 12:00 pm. Presentation of the "I Have A Dream" speech at 11:00 am. Loteria and Games at 10:00 am - 11:00 am. Lunch Menu to include Southern Style Chicken Casserole, Corn, Green Beans & Mashed Potatoes, Biscuits & Fruit Cobbler, Drink. Tickets are \$5.00. Last day to register will be Thursday, January 17 at 12:30 pm. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

### Pala Casino Spa & Resort

Spend your day gambling away at Pala Casino Spa & Resort on Thursday, **January 24** from 9:30 am - 6:30 pm. With state of the art slot & video machines, 87 table games, a 13-table poker room, 10 great restaurants and 2 lounges with live entertainment, there is something for everyone! Immerse yourself in classic steakhouse elegance, grab a quick, tasty bite, experience the bold flavors of Asia, or dive into Pala's all-you-can-eat Buffet with over 200 food options (meals at your own expense). 60+ Club members will receive a 30% discount on at CHOICES, The Buffet, from 11am-3pm. Must sign up for Players Card. Tickets are \$8 for Baldwin Park Residents and \$10 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

### Sew-Cool Fashion To Sewing - Ages-8-13

The City of Covina Parks & Recreation Department is offering Sew-Cool Fashion to Sewing beginning on Saturday, **January 12**, from 9 a.m.-12 p.m. This beginner's sewing class is designed specifically for Fashionistas. You'll be guided through the whole sewing process from using a sewing machine to fabric patterns, cutting and sewing a project from a selection of design options provided. Bring a portable working sewing machine. The fee is \$88 for 8 weeks, plus \$20 material fee. For more information or to register, please call (626) 384-5340. To register online, visit [www.covinaca.gov/parksrec](http://www.covinaca.gov/parksrec) and follow the easy steps!

### 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 Genealogy Monthly Meeting

The Glendora Genealogy Group will hold its monthly meeting on Tuesday, **January 22** in the Elm Room of the La Fetra Senior, 333 East Foothill Blvd, Glendora. There will be a refresher class led by Pat Chavarria at 6 PM. We will have our business meeting at 7 PM. This will be followed by our installation of officers for the coming year. Come join us as we start the new year.

### Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers re-learning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. Lunch is available (\$3 senior lunch or \$2.75 deli sandwich). For more information, please call Sonia Schupbach at (626) 963-6186.

The program is **Wednesdays** 9:00 a.m.-3:00 p.m. Co-sponsored by The After Stroke Center and the Glendora Community Services Department.

### Cars 4 the Community

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

### Instructors Needed At The La Fetra Center

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

## LA VERNE

### 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, 2017, 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](http://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](mailto:ehernandez57@aol.com)

### Go West

### Shuttle Service

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

For questions on the location of shuttle stops, assistance in locating the stop closest to you, and route schedules please call (800) 425-5777. The fixed-route service operates Monday through Friday from 6:30 a.m. to 7:00 p.m. The fare is only \$1.00 each way. No Service on 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.

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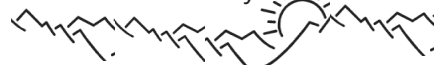
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# Glendora High School Music Program Celebrates Bandorama 50th Anniversary



Scene from 2018 Bandorama. (Photo by Marc Kramer)

by Howard Palmer

**GLENDORA** - The Glendora High School Tartan Band and Pageantry has completed another very successful season of parade and field competitions for 2018 and will be presenting the 50th Annual Bandorama on Friday January 11 at 7:30 p.m. at the Citrus College Haugh Performing Arts Center.

Bandorama features the instrumental music program of GHS. The presentation will include the Tartan Marching Band and Pageantry 2018 competition field show, "Tribal Affect". In addition there will be showcase performances by the Jazz Band, Concert Band, Wind Ensemble, Pipe Band, Drum Line and ever popular traditional Scottish dancing.

Band Director, Scott Schwarz, now in his 27th year leading this program has expressed, "This is our opportunity to showcase the musical talent at GHS to the community and let them know how much we appreciate their support". When there are significant accomplishments by the students Scott is always one to point them out as he exclaimed, "Our Drum Major, Adam

Kramer is one of the top drum majors in Southern California and the Pipe Band is undefeated in competition and #1 in the Western United States". Also, this year the Band and Pageantry reclaimed the title of Grand Champion at the L.A. County Fair competition.

Scott pointed out, "This is our 50th Anniversary and we will have the originator of Bandorama, Gordon Norman, as our honored guest and he will take the podium to lead the band in a couple of numbers.

Gordon was the band director from 1967 through 1973. According to Gordon, "At the end of the year we used to hold a fund raiser in the gym. In 1968 I was hosting a band director from Minot State University, North Dakota, and after he went home he sent me a program about a band event in his area called "Bandorama". I really liked the name so thereafter I adopted the name for our event".

Gordon went on to say "I celebrated my 83rd birthday January 3rd and I am fortunate to be in good health. I'm really thrilled and excited to be acknowledged for initiating Bandorama. I understand former band members are coming from around the country. When you become a Tartan Band member you are forever part of this family. This is the 50th year of the playing "Scotland the Brave" and to be taking the baton for the closing number I will forever cherish". Mr. Schwarz is also very

proud of the Tartan Pageantry under the direction of Manny Ruiz and Linda Bergslien. Linda has worked with Mr. Schwarz for 23 years. The Drill Team has been undefeated in competition for the past three years and is rated #1 in Southern California.

Donning traditional Scottish uniforms accented by the Royal Tartan and modeled after the famous 42nd Black Watch, the band and pageantry presents a stunning sight. The finale always brings the audience to its feet. This is an evening of pure entertainment, so add this program to your weekend agenda. Go and applaud the students for their hard work and dedication.

Tickets are \$15 for general admission or \$25 for a seat within the Golden Circle. They are available by calling Scott Schwarz at the Band Music Department, 626-963-5731, ext 5011. Golden Circle ticket holders are invited to a special reception before the show and have preferred entry to the auditorium where they will have the best seats in the house. Tickets may also be purchased at the Haugh Performing Arts Center at Citrus College the night of the performance.

# Music For The Holidays Presented for the Glendora Woman's Club

By Joan Hallidy

**GLENDORA** - To help usher in the Christmas Season, the Glendora High School Girls Choral Groups presented "Music For The Holidays" at a recent program for the Glendora Woman's Club.

Under the direction of Dr. Brian Trevor with Karen

Wingerd on piano, the program featured the award-winning Glendora High School Girls Choral Groups of the Silhouettes and the Illumination. The two choral groups, performing separately and together, presented a varied program of well known Christmas songs and special arrangements said club

co-presidents Carolyn Cunningham and Joy Martau.

Following the program, Dr. Trevor, who has been with the district for 17 years, gave an update on the groups' present activities and future plans, according to vice president Helen Storland.



The Glendora High school Silhouettes Choral Group, whose costumes feature silver sashes is pictured following the groups recent Christmas program "Music For The Holidays".



The Glendora High School Illumination Choral Group, wearing costumes with gold sashes. At the right is the groups director Dr. Brian Trevor, and at the left, is the group's piano accompanist Karen Wingerd.

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## LASD Sheriff Alex Villanueva Presided Over Graduation Ceremonies of Deputy Academy Class 433

On Friday, January 4, 2019, a total of 82 polished recruits lined up at the Rosco C. Ingalls Auditorium at East Los Angeles College, in what would be their final platoon formation as academy classmates. After 22 weeks of rigorous academy training, the recruits pressed through an equally intense and meticulous formal class inspection by law enforcement executives just before the ceremony.

The ceremony was a formal transformation of academy recruits into sworn peace officers. Academy Class 433 is made up of 11 female and 71 male graduates.

Sheriff Alex Villanueva presided over the graduation ceremony, and delivered encouraging remarks to their guests.

Sheriff Alex Villanueva was joined on stage by Chief Sandra Spagnoli, Beverly Hills Police Department; Chief Carl Povilaitis, Glendale Police Department; Interm Chief Michael Ishii, Hawthorne Police Department; Chief Mark Fronterotta, Inglewood Police Department; and Chief Steven K. Zipperman, Los Angeles School Police Department, in presenting the graduates with their Peace Officer Standards and Training certificates. The graduates were then officially sworn in as California peace officers.

In a special segment of the ceremony, Travis Tickel was named as the class Honor Recruit. This award is earned by



the recruit who achieved the highest numerical average based upon leadership qualities, academics, marksmanship, and physical performance throughout the training period. Nicholas Connor was named the Academic Recruit. This award is earned by the recruit who achieved the highest academic scores.

Each class of recruits processed through the Los Angeles County Sheriff's Department Biscailuz Center Training Academy brings together a collection of unique aspects, qualities and experiences. Academy Class 433 claims a vastly international collection of backgrounds, reflective of the vast array of cultures found within Los Angeles County.

Of the 82 graduating recruits,

8 were born outside the United States in the countries of El Salvador, Guatemala, Israel, Mexico, Philippines, and South Korea; 10 recruits lived abroad in the countries of Afghanistan, Iraq, Ireland, Israel, Japan, Korea, Mexico, and Philippines; and 44 recruits speak a language in addition to English, including German, Greek, Hebrew, Ilocano, Korean, Spanish, and Tagalog.

We give a special thanks to the 23 graduates who carry on a proud family tradition of serving in law enforcement with our agency, the Long Beach Police Department, Los Angeles Police Department, California Department of Corrections and Rehabilitation, Los Angeles County District Attorney's Of-

fice-Bureau of Investigation, and the United States Border Patrol.

In addition to the social enrichment and mindfulness they bring to enhance our agency, 20 graduates also carry a substantial source of education with them, having earned a bachelor's degree or higher.

We proudly recognize the 20 graduates who served in the military branches of the United States Air Force, United States Army, United States Marine Corp, United States Navy, United States National Guard and the Israeli Defense Forces, as well as the 11 graduates with previous experience at other law enforcement agencies.

Congratulations Academy Class 433!

## Senator Chang Introduces Legislation to Combat Human Trafficking

**SACRAMENTO** - In her first bill introduced in the 2019-20 Legislative Session, Senator Ling Ling Chang (R-Diamond Bar) calls for a statewide task force to combat human trafficking. While several local task forces have been recognized nationwide for their collaborative approach, California still lacks a good picture of what human trafficking looks like throughout the entire state. Senate Bill 35 creates a uniform system for governments and organizations to work together and includes the first comprehensive study on trafficking in California, which hosts the highest rate of human trafficking in the United States.

"Human trafficking remains the fastest growing criminal enterprise of the 21st century," said Senator Chang. "It's happening right here - in the streets and suburbs of Los Angeles, Orange, and San Bernardino counties. We must work together and do more to protect

Californians from this form of modern day slavery."

"This complex criminal issue needs a multi-tiered, long-term response," said Kay Buck, CEO of the California-based Coalition to Abolish Slavery and Trafficking (CAST), a leader in the U.S. anti-trafficking movement. "Currently, there aren't any statewide or national studies of this nature. California has the opportunity to establish a precedent by developing a task force to study labor and sex trafficking, providing us with valuable insights to end this epidemic."

Since Senator Chang's tenure, she has advocated on behalf of victims of human trafficking. In 2018, Senator Chang introduced SB 991, which called on the state to reinstate \$15 million to support victims of human trafficking. Her efforts to fight alongside important advocates secured \$10 million in funding for service providers.

## Duarte To Honor Dr. Martin Luther King Jr.

**DUARTE** - For 18 years the City of Duarte has commemorated the birthday of civil rights leader, Dr. Martin Luther King Jr. This year's annual Community Remembrance will occur on January 15, 2019 at the Duarte Performing Arts Center, located at 1401 Highland Avenue, Duarte CA 91010.

Two assemblies featuring guest speaker and King associate, Casper Glenn will be held at 8:50 and 10:05 am respectively. Glenn, a Duarte resident who worked closely with Dr. King, penned a letter to him just a few days after his famous, "I Have a Dream" speech. In the letter, Glenn writes, "Your address before the Lincoln Memorial on Wednesday will go down in history as one of the greatest speeches of all time. It was not only what you said there, but also

the spirit and fervor with which you spoke that stirred the hearts of millions across this country, and indeed around the world." This letter has become a treasured archive of The King Center in Atlanta, Georgia. Duarte Dance, vocalist Lorene South and the Mayor's Youth Council will also be featured as part of the event.

Sponsored by the City of Duarte, Duarte's Promise: The Alliance for Youth (AmeriCorps) and the Duarte Unified School District, the event also features the winners of the annual Duarte Teen Center Martin Luther King Jr. essay contest. For more information on the 18th Annual Community Dr. Martin Luther King Jr. Community Remembrance event, contact Lupe Valerio at (626) 357-7931 ext. 260 or visit [www.accessduarte.com](http://www.accessduarte.com).



Sheriff Alex Villanueva was joined on stage by Chief Sandra Spagnoli, Beverly Hills Police Department; Chief Carl Povilaitis, Glendale Police Department; Interm Chief Michael Ishii, Hawthorne Police Department; Chief Mark Fronterotta, Inglewood Police Department; and Chief Steven K. Zipperman, Los Angeles School Police Department, in presenting the graduates with their Peace Officer Standards and Training certificates.

## City of Arcadia Senior Services Bingo!

**ARCADIA** - Arcadia Senior Services is having a fun-filled BINGO event on Friday, **January 11** from 10am to 1pm. It will take place at the Arcadia Community Center, 365 Campus Drive, Arcadia. Cost is \$10 and includes a 10 pack of BINGO cards, and a lite lunch during intermission. The lucky

winners will get gift cards. The last game of "blackout" is a \$50 prize. This program is for individuals age 50 and over. Purchase your tickets at the Arcadia Community Center. For additional information, please call Arcadia Senior Services at 626.574.5130.



## Start Breathing Clean

A new year, whether the one on the calendar or a more personal milestone, is a good time to give your health and well-being a new start, too. Here are three hints on how:

1. Be active—but don't set too high a goal. Just walking for 30 minutes a day, even in 10-minute increments, can make a difference.
2. Eat right. Go for more fruits and vegetables; fewer sugary drinks, red meats and high-fat, processed foods.
3. Reduce indoor pollution. Get your HVAC system cleaned by a NADCA professional. In

most homes, people generate a great deal of contaminants and air pollutants, such as dander, dust and chemicals. These are pulled into the HVAC system and build up in the ductwork. NADCA sets the industry standard for HVAC system cleaning and its members must have at least one certified Air Systems Cleaning Specialist (ASCS) on staff, comply with a Code of Ethics and acquire continuing education credits.

Learn More  
For further facts and tips and to find a nearby NADCA member, go to [www.nadca.com](http://www.nadca.com). (NAPSI)

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(No hidden costs, 90 day same as cash with no cost to you)
- **Yes Best Service & Warranty**  
(10 Years Parts And, For a Limited Time, 10 Years Labor)
- **Yes Favorite Air Conditioning / Heating Contractor**  
(Awarded by the San Gabriel Valley News Group's Readers' Choice Awards)

**LIMITED TIME ONLY!**

**10 Year Worry Free Warranty**

Equipment & Labor Covered For 10 Years On New Installs

