



# San Gabriel Valley Examiner

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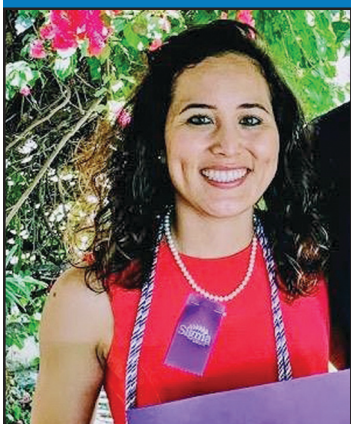
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# Modernized Campus Center Reopens at Citrus College

GLENDORA - The renovation of the Ross L. Handy Campus Center at Citrus College was recently celebrated with an official ribbon-cutting ceremony on May 7.

Dignitaries and civic leaders joined members of the Citrus College community for the dedication and grand reopening of the 55-year-old building.

"The Ross L. Handy Campus Center is an important building on the Citrus College campus. For many years, students, faculty and staff have gathered in this communal space for meetings, workshops and other activities designed to facilitate and celebrate student achievement," said Dr. Perri. "This impressive facility represents the college's continued growth and its long-standing commitment to student success."

Claudette Dain, vice president of finance and administrative services, provided the audience with details about the modernization project, which involved a complete reconstruction of the building's interior.

According to Ms. Dain, changes were made to the building's wall and floor finishes, restrooms, plumbing, HVAC, electrical, technology,



The Citrus College community celebrated the dedication and grand reopening of the Ross L. Handy Campus Center on May 7. Pictured (L-R): Student Trustee Yachi Rivas, Trustee Edward C. Ortell, Trustee Joanne Montgomery, Trustee Susan M. Keith, Superintendent/President Geraldine M. Perri, Trustee Patricia A. Rasmussen and Trustee Barbara R. Dickerson. Photo courtesy Citrus College.

and lighting. In addition, a great room, offices, club rooms and break-out rooms were also created.

"Many people played a part in the remodeling of the Campus Center," Ms. Dain said. "From the planners and architects to the construction crew and Citrus College's facilities and maintenance employees, these individuals invested their time and energy to ensure that

the college would have another beautiful, high-tech building to meet the needs of students."

The Citrus College Office of Student Affairs, Student Life

and Leadership Development, and the Associated Students of Citrus College (ASCC) Executive Board are all located within the Campus Center. Another

one of the building's key features is a new food pantry, which is now the largest of three currently available on campus.

After the ribbon cutting, guests were invited to take self-guided tours to explore the building's improvements, which were partially funded by the Measure G general obligation bond.

"When Citrus College cuts the ribbon for a renovated building, it provides the college community with a unique opportunity to reflect on its past and focus on its future," said Mrs. Susan M. Keith, president of the Citrus Community College District Board of Trustees. "The newly refurbished Ross L. Handy Campus Center is one more example of Measure G dollars at work, and I express my sincere appreciation to our communities for supporting this important initiative so many years ago."

# Arroyo High Culinary Arts Students Win District Cooking Competition



Students who participated in El Monte Union's inaugural Cooking Showdown were recognized at the Board of Trustees meeting on May 1, where Arroyo High School was declared the winner, student chefs from Arroyo, Mountain View and Rosemead high schools received chef trophies and instructors of each program were honored.

EL MONTE - Just weeks after going head to head in the kitchen to see who could prepare the most appetizing cuisine during the District's inaugural Cooking Showdown, three El Monte Union student teams waited in anticipation at the Board of Trustees meeting on May 1 to find out who would be named the winner.

Channeling such popular cooking shows as "Top Chef," six-member teams from Mountain View, Rosemead and Arroyo high schools were given 75 minutes to plan and prepare a unique and savory meal using chicken, sweet potatoes and beets on March 15. A three-person judges' panel rated each plate, which featured veg-

etables grown by the Arroyo High Garden Club.

The 30-minute show - filmed, produced and edited by Mountain View High VISTA Academy video production students - premiered May 1, with the reveal show streamed live during the Board meeting.

Arroyo High School won with its dish, the Arroyo Volcano Power Bowl, which consisted of teriyaki chicken with fresh ginger soy sauce, served over a bed of lettuce, steamed rice, pureed sweet potatoes, grated beets, roasted bell peppers, seasoned corn, sautéed greens, and peanut sauce topped with crispy fried rice.

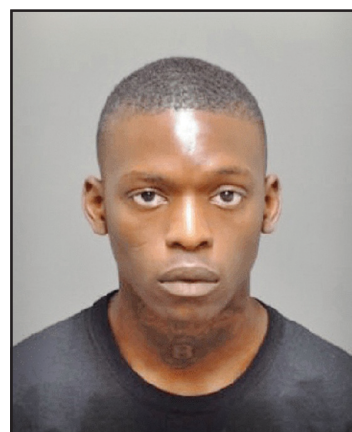
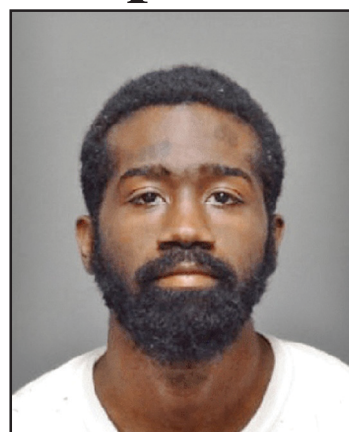
"Our teamwork was top notch, our timing was perfect and we really came together at crunch time," said head chef Jaselyne Ruelas, who has been in the culinary program for two years. "That's what made it fun."

"I'm proud of the whole team because we pulled it off," Arroyo team member and junior Paola Gonzalez-Ruelas added. "We did really well and we deserve this."

VISTA Academy students were equipped with cameras, boom mikes and viewfinders, covering the competition from every angle. They conducted on-camera interviews with student chefs in the kitchen, judges who waited for the meals to be prepared and the teams as they watched the judging on screen.

"We thought the Cooking Showdown was an excellent way to have our career technical education (CTE) pathways work collaboratively on a District project," VISTA Academy teacher John Mann said. "It was a little nerve-wracking, but fun. And our kids are learning valuable job skills at the same time."

# Monterey Park Police Arrest Suspects in Residential Burglary



The suspects are identified as Rodney Banks, 21, Los Angeles, Kefe Atuseri, 19, Hawthorne, Jawan Ramon Harris, 22, Long Beach.

MONTEREY PARK - On May 6, 2019 at approximately 1:50 p.m., Monterey Park Police Officers responded to the area of Abe Way and Metro Drive in the City of Monterey Park regarding a residential burglary in progress. The homeowner called police when he observed suspects breaking into his residence via his home security camera system.

Officers detained one suspect in a vehicle that was seen leaving the location. Two additional suspects fled the location on foot. Officers on the ground were assisted by a Sheriff's Department helicopter and were detained by responding officers in the back yards of nearby residences. The suspects were found in possession of property stolen from the location. All three suspects were

arrested for suspicion of residential burglary.

The three suspects have had numerous prior contacts with law enforcement for theft, burglary and possession of firearms. Suspects Banks and Atuseri have prior arrests for burglary and weapons charges. Both are on PRCS (AB 109) probation. Suspect Harris is on California State parole for carjacking.

# School Terrorist Threat Suspect Pleads Guilty, Time Served

By George Ogden

WEST COVINA - Last year in November, a 22-year-old man threatened to shoot up South Hills High School in West Covina. He had been in jail since his arrest back on Nov. 8. He finally was sentenced to 3 years probation and given credit for the 6 months he spent in jail.

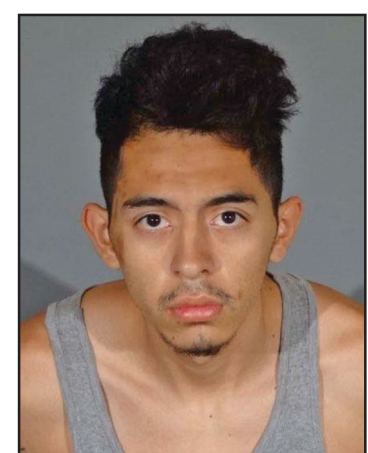
Dereck Peña of West Covina, had made threats towards the school over social media with his now ex-girlfriend. He had attended South Hills and the students harassed him because of a hearing impairment. The students wouldn't quit bullying him. Although he had been out of school for a couple of years, it still bothered him.

It appears that he was trying to impress his girlfriend using Facetime social media application. You can actually see each other on your screens. He showed her guns and other items that he was going to use in the attack. She became extremely concerned and called the police about the threats.

Police evacuated the school

and raided the suspect's home on Nov. 8. Police recovered a number of air-soft guns and other items that could be used in a possible attack.

On Thursday, May 8, he pled no contest to one felony count of making criminal threats. The plea deal had 6 months in jail as time served and 3 years probation. He has to stay away from his ex-girlfriend and the school, and to take mental health counseling.



Dereck Peña of West Covina



Items taken in the raid of Dereck Peña's home.

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## Monrovia Unified Dedicates Alternative Schools' Library to Longtime Volunteers



Bruce Staller and his family celebrate the dedication of the Bruce and Mariellen Staller Library.

**MONROVIA** – More than 50 members of the Monrovia Unified community joined together May 6 to share stories, laughter, and tears as they dedicated a library at the District's alternative schools to Bruce and Mariellen Staller – volunteers who spent more than 20 years developing and improving the library.

The dedication highlighted the duo's efforts in taking the library of Canyon Oaks High School and Mountain Park School under their wing and enhancing the schools' literacy programs.

"So many of our students have developed a love for literacy because of Bruce and Mariellen Staller," said Flint Fertig, Director of Alternative Education. "We are so thankful for the time they've given to us, the library, and our students. This library is theirs – for always giving and never taking."

Mariellen, who recently passed away, used her background in library science to work alongside Bruce and make the library what it is to-

day. Bruce, who attended the event, shared the special moment with his family and friends who cheered him on as he thanked the Board of Education and school administrators.

"I can't tell you how honored I am with the dedication of this library and how honored Mariellen is feeling right now as she looks down upon us," Bruce said.

The library – which had no books available 20 years ago – is a fully functioning multi-media center that houses more than 8,000 volumes and periodicals and enriches the lives of students by promoting literacy and giving them a place to conduct research, work on assignments, and deepen their love for reading.

"It is so important for our students to have this kind of a library, and Bruce and Mariellen saw that and they worked tirelessly to make this library what it is today," Board of Education President Ed Gililland said. "It is paramount that we have great literacy pro-

grams in our schools and this library supports that."

Rob Hammond, Board Vice President, noted his long history with the Stallers and thanked them for their commitment to generations of Monrovia students – past, present, and future. Also present were Board members Maritza Travanti and Selene Lockerbie.

The celebration concluded with a video put together by the schools' audiovisual program, who followed Bruce around the library for a day as he highlighted his personal history and, of course, some of his favorite books.

"Our students are enriched by the time and expertise volunteers offer so selflessly. Bruce epitomizes the spirit of volunteerism so embedded within the Monrovia community," Superintendent Katherine Thorossian said. "The job of a superintendent is made just a little easier when we have people who give as graciously as Bruce and Mariellen in her time."

## The Nation's Killed In Action (KIA) Honored This Memorial Day

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

It's difficult to imagine the impact on a family when they lose a loved one in combat. For those of us who lived in America's heartland during WWII, sight of two Casualty Assistance Officers (CAOs) in dress uniform coming down a country lane meant only one thing: a family member would not be coming home.

Each year, our nation sets aside a special day to remember those men and women who made the ultimate sacrifice in the service of their country. Memorial Day honors those who served in all branches of the military, in conflicts around the world and across all generations.

When I was a young boy, my uncle PFC Alva Abrams, U.S. Army, was killed during the Battle of Luzon in the Philippines. Although the battle resulted in a U.S. and Filipino victory, "Uncle Alvie," as we called him, was killed in action (KIA). Like so many young KIA service members, his life cut short before he could pursue his dreams or begin to fulfill his life's potential.

From world wars to the recent conflicts in the Middle East, we have lost many outstanding Americans. How should we best honor their service? It's a very personal choice, and one that is unique to each "Gold Star Family" – those families who have lost a loved one in the service of their country.

In addition to remembering our nation's KIA with gratitude, I find honoring and supporting those veterans who served our country and returned home a meaningful way to honor the fallen. As a community college trustee, I have a special opportunity to do so. By providing a state-of-the-art Veterans Center on campus where returning veterans can assess veterans' services, including GI Bill benefits and specialized counseling, community colleges are a perfect match for this unique student population.

This Memorial Day, Veterans Centers at community colleges throughout our region and across the country will take time out from their busy work to remember fallen veterans. As student veterans gather with college staff



Azusa Field of Glory - Azusa's annual Field of Glory honors flag, country and heroes.

and community members they will honor those KIA with somber ceremonies. As they re-enter society, acquire meaningful careers and live productive lives, these will give meaning and purpose to the selfless acts of their comrades, those who fell on the field of battle.

About the Author:

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

## See Your Mail Before It Arrives

If you're traveling, expecting an important letter, worried about mail theft or just too curious to wait until the mail arrives, this can be your red-letter day, thanks to a free feature from the United States Postal Service.

Informed Delivery lets you know what is coming anytime, anywhere on your computer, smartphone or tablet.

Informed Delivery allows you to see digital images of incoming mail. It lets you automatically track packages you are expecting through email and text alerts so you don't need to enter any tracking numbers. The feature allows you to enter delivery instructions for your mail carrier as well.

How It Works

The United States Postal Service digitally images the front of letters that run through its automation equipment. Using those images, it can send you digital notification of your mail every morning, before it is delivered to your home or office. That lets you take any necessary action even before important items reach the mailbox—and makes sure you know what is supposed to be in your mailbox after delivery.

What You Get

The notifications you receive are of images of the address side of incoming letters.

For further information and to sign up, go to [informedelivery.usps.com](http://informedelivery.usps.com). (NAPSI)

## Azusa Female School Coach Arrested for Sex Crimes with Minor

By George Ogden

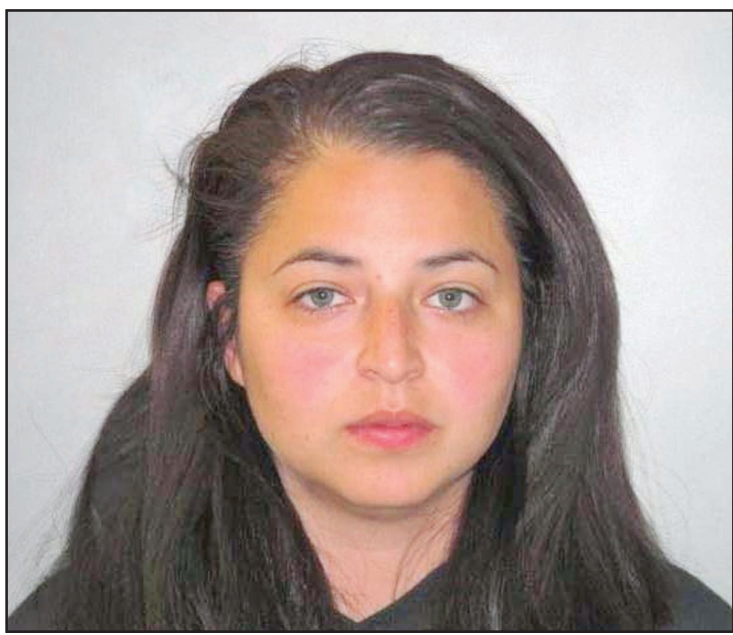
**AZUSA** - On Monday, May 6, the Azusa police arrested a female athletic coach for lewd acts with a student under the age of 18. It appears the woman who is a part-time assistant baseball coach with the Azusa Unified School District and a coach at Azusa High School was having unlawful sex with a student for over 18 months starting back in March of 2016.

Jessica Esparza, 28, of La Verne was arrested May 6 for unlawful sexual intercourse, sodomy of a person under 18, two counts oral copulation of a person under 18 and sexual penetration of a person under 18. There may be other charges pending.

The Azusa District became aware of the allegations May 3. The District put Esparza on administrative leave and quickly contacted Azusa Police Department.

An investigation led to the arrest of the coach on May 6th. Her bail was set at \$50,000 at that time. On May 8th the D.A. filed charges and after a court appearance, her bail was elevated to \$270,000. She will be arraigned at Pomona Superior Court on May 28. She is being held at Century Regional Detention Facility in Lynwood.

She is looking at five years and eight months and will have to register as a sex offender if convicted.



Jessica Esparza, 28, of La Verne was arrested. (APD)



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## Former Police Chief Addresses West Covina City Council to have Them Overturn his Termination

By George Ogden

**WEST COVINA** - Former West Covina Police Chief Marc Taylor had a hearing at a special city council meeting to address his termination by the new City Manager David Carmany. He alleges he was fired as a result of retaliation and political corruption and this was predetermined by a number of city council members.

Taylor made public remarks at the special council meeting on Wednesday May 8, indicating that there was a plan to fire the upper management by one of the councilmembers. However, no names were given, but he gave enough clues so it was easy to realize who he was talking about.

Taylor talked about the "Count Down" on social media (Facebook) by the father of one of the councilmembers. When Taylor was done, he got a long-standing ovation from everyone in the council chamber outside of the few police officers from the

POA which supported the termination. Taylor had over 33 years with the police department.

For a special meeting on a completely different day, the council chamber was filled with people. There were a number of speakers that addressed the council that included past Police Chiefs, a representative from the DA's Office and three former Mayors, Fred Sykes, Ben Wong and James Toma. Not only did they talk highly of the chief, but also talked about the council corruption with what appears to be a number of Brown Act violations. Former West Covina Interim Chief Paul LaCommare challenged Mayor Lloyd Johnson to go to the L.A. Co. D.A.'s office and demand an investigation for Political Corruption on this city council.

A number of residents and business owners also came forward to support the chief, accus-

ing the council of corruption and Brown Act violations.

At the end of the public comment, Tony Wu made a motion to uphold the city manager's termination of Chief Taylor. A second by Dario Castellanos and there was a call for the vote. It was 4-1 to uphold the city manager's firing of the chief. Tony Wu, Letty Lopez, Dario Castellanos and Jessica Shoemaker voted in favor of the firing of the chief. Mayor Lloyd Johnson voted no and did not support the action.

There is speculation that there will be a number of lawsuits filed. Outside of the chambers, there were already people out there passing out cards for a recall of four of the council members.

To watch this city council meeting go to: <https://www.youtube.com/watch?v=rD2ThvidaYk&t=4267s>

## LA County Fire Department Looks to Fill Vacancies for Fire Fighter Trainee

**LOS ANGELES** - The Los Angeles County Fire Department (LACoFD) has posted the Fire Fighter Trainee exam bulletin which provides details of the requirements, on how and when to apply for the Fire Fighter Trainee position.

"We are pleased to officially announce the posting of the Fire Fighter Trainee exam bulletin to recruit new team members who will join us in carrying out our

daily mission of protecting lives and property in the communities we serve," said Los Angeles County Fire Chief Daryl L. Osby. "While we anticipate this exam will be competitive, we commend and thank our applicants for embarking on this exciting journey towards a rewarding career as a Los Angeles County firefighter - a career that provides fulfillment, purpose, and excellence."

The LACoFD will begin accepting applications on Wednesday, June 26, 2019, at 1:00 p.m., PT; acceptance of applications will be suspended on Friday, June 28, 2019, at 1:00 p.m., PT.

Information and exam requirements can be found by visiting the Department's Fire Fighter Trainee Exam Information webpage at: <http://www.fire.lacounty.gov/be-a-firefighter/recruitment-exam>.

## San Gabriel to Celebrate 54th Anniversary of La Laguna de San Gabriel

**SAN GABRIEL** - The City of San Gabriel will host its annual Play Day at Vincent Lugo Park on **May 18** from 11:00 a.m. to 2:00 p.m. at the corner of Prospect Avenue and Wells Street to celebrate the 54th anniversary of the historic La Laguna de San Gabriel playground with a day of play.

Originally designed by Benjamin Dominguez in 1965, La Laguna de San Gabriel features 14 cement sea creatures embedded within a sea of land. The playground stands as the largest remaining collection of Dominguez sculptures in the world. In recognition of its historic significance, La Laguna de San Gabriel

was included in the National Register in 2017 by the State Historical Resources Commission and the Keeper of the National Register of Historic Places.

"La Laguna serves as an important historic and cultural cornerstone for San Gabriel," said Rebecca Perez, Director of Community Services. "We think it's important to preserve our history, and we hope Play Day brings awareness to the significance of La Laguna by allowing kids of all ages to enjoy Benjamin Dominguez's playful sculptures."

While a select number of critically vulnerable pieces have

been preserved as a result of local fundraising, the City continually works with Friends of La Laguna to raise funds necessary to preserve the historic playground. Interested donors are encouraged to visit [FriendsOfLaLaguna.org](http://FriendsOfLaLaguna.org) for more information.

To celebrate La Laguna, the City of San Gabriel will host a day of play to commemorate the playground. The City invites the entire community to attend to experience Benjamin Dominguez's fanciful creations with a free BBQ lunch along with food and entertainment from several local vendors and community groups.

## Arcadia Police Department's Command Program

By Joan Schmidt

**ARCADIA** - In 2014, Arcadia Police Chief Bob Guthrie established the Area Command Program to reduce crime, improve the quality of life and increase community engagement.

Prior to the last election, the City was divided into five voting districts to ensure a representative from each area. For each area, Chief Guthrie has appointed a lieutenant, accountable for understanding the issues and concerns unique to their respective area. This area commander will act as liaison with the residents, businesses and community organizations within each district. This partnership will enhance the police department's ability to develop strategies and direct the proper resources to reduce crime and solve unique community problems.

The long-term objective is to ensure the City of Arcadia re-

ceives the most efficient and professional policing services possible.

On May 2, at the Arcadia HS Performing Arts Center, there was a "Town Hall" Meeting which explained the new Area Command Program, showed the city's five districts, and introduced their Commander Lieutenants.

After this introduction, residents broke into the five area groups. Since Lieutenant Castro could not attend, our leader was Sgt. Jason Davis and he was excellent. He began telling us that burglaries were down 50%. Part of it is technology, such as the "ring program", and VERY IMPORTANT, "see something, say something." Sgt. Davis also said, "Hear something, say something". Questions included, issues of undocumented citizens, homeless, I.C.E., race track protests, package theft (also down quite a bit), people let out of pris-

on early, AB 47, more coyotes in yards, use of drones (no), mailboxes locked.

The Area Commanders are:  
**AREA 1 NORTH:** Lt. Roy Nakahuma, [area1commander@ArcadiaCA.gov](mailto:area1commander@ArcadiaCA.gov)  
**AREA 2 NORTHWEST:** Lt. Tom Cullen, [area2commander@ArcadiaCA.gov](mailto:area2commander@ArcadiaCA.gov)  
**AREA 3 SOUTHWEST:** Lt. Brian Ortiz, [area3commander@ArcadiaCA.gov](mailto:area3commander@ArcadiaCA.gov)  
**AREA 4 CENTRAL:** Lt. Vaughn Whalen, [area4commander@ArcadiaCA.gov](mailto:area4commander@ArcadiaCA.gov)  
**AREA 5 SOUTHEAST:** Lt. Mike Castro, [area5commander@ArcadiaCA.gov](mailto:area5commander@ArcadiaCA.gov)

If your area has any problems/issues, please contact your area commander. If you are not sure which district you are in, please visit the City Website [www.arcadiaca.gov](http://www.arcadiaca.gov) to see AREA DISTRICT MAPS.

## Starbucks with the Sheriffs

**DUARTE** - Duarte community.... join your local Los Angeles County Sheriff's Deputies and members of the Duarte Public Safety Department for our quarterly Starbucks with Sheriff's event on Thurs-

day, **May 23** at the Duarte Starbucks, 1263 Huntington Drive from 8:30 to 10:00 am.

Enjoy free pastries, coffee (while supplies last) and conversation about the latest in

community safety over a cup of hot java. For additional information, please contact Duarte City Hall at 626 357-7931 or visit [www.access-duarte.com](http://www.access-duarte.com).

## "TIME JOCKEY" - A&W Anniversary

By Joe Castillo

**Root Beer...** There aren't many A&W Root Beers Restaurants around but I found one in the City of Visalia. This wasn't one of newer style burger stands but a throwback to the 60's. The restaurant included a sit-down area, a number of walk-up windows and car-hop, cark-park area where you can drive your car in, park, order on the intercom system, have your order delivered to your car and then enjoy your meal on your car. It certainly brought back a number of memories so I just had to order a A&W Root Beer float in a chilled, cold glass mug. It was fantastic and was the perfect drink for a warm afternoon. One-hundred years ago in 1919, Roy W. Allen opened up a root beer stand in Lodi, California wanting to serve a new good tasting drink to his friends and new customers. The concoction became an instant hit. Not long afterwards Allen and his business partner Frank Wright named their

new business and product after themselves (A&W), and started franchising their stores into a series of country wide roadside restaurants. The chain restaurant added food products which exemplified an enhanced All-American menu which still exists today. The restaurant includes fresh-made in-store made Root Beer, 100% U.S. Beef Burgers, Wisconsin White Cheddar Cheese Curds, floats, sundaes, cones and shakes. The entire menu is excellent but the best thing of all is the A&W Root Beer Float in a frosty chilled glass mug. You just can't beat it....

**Atomic Bomber...** Tulare Historical Museum is home to a documentary of the restoration and preservation of a World War II B-17 bomber which is one of the last remaining specimens of the atomic bomb testing era. The bomber known as "Preston's Pride" after General Maurice Arthur "Mo" Preston, was used

extensively for atomic bomb testing in the South Pacific between 1946 and 1958. There were 46 practice bombing raids of megaton bombs over the atolls and "Preston's Pride" was one of the planes that launched drones which watched the results of each bomb test. The megaton bomb was exponentially stronger than the bomb which was dropped on Hiroshima and eventually increased to 60 megatons. The documentary details the restoration of "Preston's Pride" and its history during World War II. The insight provided by those who worked on the plane and those who were involved in its mission is truly a documentation which many should see....

*Joe Castillo is a freelance historical writer who has been covering Southern California history for 11 years and has written 5 books on the topic. He can be reached at [joeacastillo@aol.com](mailto:joeacastillo@aol.com).*

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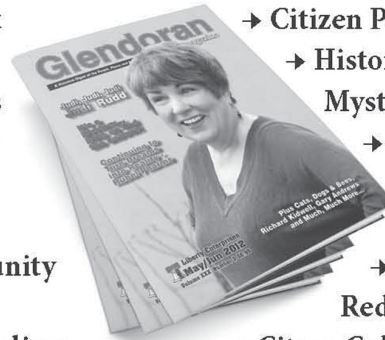
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A gentle breeze of Freedom chastened by the Holy Spirit wisped 'cross my soul trapping infirmity in its sails carrying it out to sea...  
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 We are seeking articles, photos, and news event items for future issues of the San Gabriel Valley Examiner. Information can be sent to [SGExaminer@aol.com](mailto:SGExaminer@aol.com). We request that articles be in Word format while photos be in jpeg. Articles should be in good taste.



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 • We also believe in accuracy in fact and context. Journalists should be accountable for any news or subjects they write about.  
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# Governor's Rising Budget and Water Infrastructure

Gov. Newsom just issued a proclamation and this time it is there won't be a Twin Tunnel WaterFix for the State Water System up in the Delta, the hub of water delivery to the Central Valley and Southern California. He will only support one tunnel and immediately Department of Water Resources pulled the paperwork on two tunnels and announced within two to three years they will have a one tunnel report along with the new Environmental Impact Report (EIR). Southern Californians need to be prepared and continue their cautious conservative use of water we all practiced during the drought.

Metropolitan Water District has remained controlled in their comments after pledging \$4 billion to the project to assure a more reliable water source if built. MWD continued to support the proposal when the Central Valley water districts refused to commit financially to the project and President Trump rejected any support for moving forward with the Twin Tunnel WaterFix. From Shade's Perspective, the dollar signs for the entire project, including rehabilitation of the Delta estuary, were too fluid to generate widespread support. The tunnel project kept creeping up from \$15 billion to \$20 to \$25 billion with estimates for the estuary rehab rising to \$25 billion. Overall cost estimates came in at \$50 billion over 10 years to complete both projects.

The California Infrastructure Planning Act became law in 2013 and requires the governor to submit a five-year infrastructure plan to the legislature for their review when the annual budget is submitted. Gov. Newsom has submitted his budget and revised budget but not the required Infrastructure Planning document and said that planning document, the core function of state government, will be submitted later. The Newsom budget came in originally at \$209 billion and the revised budget came back at \$213 billion with an estimated reserve of \$19 billion. And, those numbers, like Brown's WaterFix numbers,



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

seem to be very fluid with a number of proposed tax increases floating around the legislative houses.

Water tax is the most volatile of Newsom's agenda items with state legislators on the Democrat side of the aisle flinching due to the Josh Newman recall over the gas tax increase. When Newsom talks about a water tax on all Californians using water - drinking, household, farming and dairy communities and the list goes on - purportedly ... "to help disadvantaged communities clean up contaminated water systems ..." do we actually know which communities he is talking about and will the discovery of water contamination in our prison system qualify as "disadvantaged communities ..."?

Three prisons in the Stockton area were reported by Don Thompson, Associated Press, April 17th, to be battling cases of Legionnaires Disease with one fatality logged and others hospitalized. Cause noted was bacteria in the drinking water. Stockton Record, small local newspaper, noted chlorine was used to disinfect the water system, mobile shower trailers were brought in and bottled water was imported for drinking.

Once the Stockton problem hit the news, more cases followed and noted in the Sacramento Bee.

- Legionnaires' case earlier this year at a prison hospital in Vacaville.
- San Quentin, 2015, 16 cases of inmates and employees infected.
- Kern Valley State Prison in

Delano causing one inmate to sue and receive a transfer to San Diego prison.

The most outrageous case in prison contamination was recorded in the Ledger Dispatch, Jack Mitchell, Amador & Calaveras Regional News. Beginning in early December last year, with seven follow-up articles on Mule Creek State Prison, including the FBI reportedly showing up confiscating the warden's computer and removing the warden, the problem appears not to have been addressed.

In early December last year, the first report came out in the Ledger Dispatch from an employee of a company, David Anderson, hired in October 2012 to create a culvert next to the Mule Creek State Prison. Anderson's comments were: "Having experienced what myself and the crew from SCCI have gone through, working at Mule Creek State Prison to build a culvert and witnessing, firsthand, the debris, and varying degrees of contamination such as soap and discolored water - a perpetual flow of contaminated water, I can say with 100 percent certainty that Mule Creek State Prison has a catastrophic failure of their sewer and storm drain system ..."

Neighbors came forward and one neighbor, Jim Scully, a Retired Sacramento City Police Department officer, who owns property along Mule Creek, said, "I tested the water in Mule Creek [and] the results tested positive for coliforms and organics known to be hazardous to human and environmental health. It also tested positive for caffeine."

Last I heard, State Water Resources Control Board had agendized Mule Creek State Prison for one of their meetings on this matter. Guess it is time for follow-up on this item. It will be interesting to see what turns up in the Governor's Infrastructure Planning document and how Mule Creek State Prison and others will be funded for rehabbing their internal water and sewer systems. What about the surrounding communities? Perhaps a water tax?

# Praying For The President

The Bible says "pray without ceasing" and that is what we are called to do. But if prayer is closing your eyes and having long conversations with some divine person out there, I fail the test. However, if prayer is seeking to know what God wills for the world and its people, individually and corporately, in these sunset days I am having an increasingly rich prayer life. Perhaps prayer for others is to hold the divine intention in one hand and in the other hand the world's people, and then bring those hands together. Several times a day I image some individual, hold them in my heart and lift them to whatever it is what we call God. I also see these weekly columns as prayers for the world. Perhaps prayer is really focusing on our deepest concerns.

While my prayer life probably first centers on my family and those closest to me, the circle grows increasingly wider as I hold many others in my heart. While I doubt if this affects the divine intention, it has a serious effect on me. Maybe it is just the mellowing that comes with age, but these days I feel less judgmental or demanding.

But I have a problem. If the vocation of prayer calls me to pray for my enemies, including those I see as horribly destructive, how do I pray for President Trump? If you have followed these weekly offerings you know that I cannot hope that all goes



Charles H. Bayer

well with him and his agenda; that includes his wall, his racism and his refusal even to acknowledge the environmental crisis. How do I honestly hold his well-being in my heart? I can only hope he has a radical reversal of his articulated commitments, or that he suffers political defeat. But I cannot even imagine engaging in that sort of prayer.

My mother held that the best way to deal with enemies is not to have them. I was taught to love our enemies, but I was never sure just what that meant. In all my 18 years in that family, I never heard my mother say an unkind word about anyone, nor to my knowledge did she have a single enemy. My father was as pacific. The only harsh thing I ever heard him say was when he called brother Fox "an old goat." Brother Fox was an elder in our West Philadelphia church who had asked our minister to tell a visiting Afro-American couple to find their own church.

My parents were not only peaceful, they were peace-makers. During the war between China and Japan, our congregation included persons of both nationalities. When both appeared on Sunday mornings my parents would greet them, show them to a pew and sit between them.

Even during the Second World War, my parents never expressed hatred for our nation's enemies, but did what they could as loyal Americans. My father collected tin foil from his packs of "Kools," and was the air-raid warden in our neighborhood. Mother, Dad, my little brother, Peter, and I went one evening a month to a nearby golf course to spot and identify any airplane that flew overhead. Peter and I bought 10-cent war stamps. Mother learned Braille to use with blinded veterans. Our saddest day was December 7th 1941, and the happiest was marked by the war's end. I never knew whether my parents ever prayed, but I believe the way they lived was a prayer, and their attitudes toward our international foes did not allow us even to call them "Japs" or "Heinies."

I cannot love President Trump, unless the word "love" is diminished to the point of pious silliness. So I have a problem with no easy answers. How do I pray for President Trump? If I have no clue, perhaps a few of my readers may.

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

# The California Democrats Push To Ban President Donald Trump From The Primary Ballot

By D.B. Shimmel

The California Legislators are pushing through a bill known as SB-27 under the title of Presidential Primary Elections: ballot access: tax returns. If passed by the legislature and signed into law by the Current Governor, Gavin Newsom, this law will go into effect immediately. This is bill is clearly a political overreach by the "super-majority" of the State of California Democratic legislature. This bill has only one purpose - that is to deprive the voters of California from having the name of President Donald Trump on the Primary ballot in March of next year. This same bill was previously passed by the legislature and vetoed by then Governor Jerry Brown as being unconstitutional.

Under the guise of transparency and voter education this law would require that a candidate for President of the United States of America provide his or her federal income tax returns for the past 5 years to get on the primary ballot.

In paragraph numbered 6881 of this bill the following words appear: "The Legislature also finds and declares that a Presidential candidate's income tax returns provide voters with essential information regarding the candidate's potential conflicts of interest, business dealings, financial status, and charitable donations. The information in tax returns therefore helps voters to make a more informed decision. The Legislature further finds and declares that as one of the largest centers of economic activity in the world, the State of California has a special interest in the President refraining from corrupt or self-enriching behaviors while in office. The people of California can better estimate the risks of any given Presidential candidate engaging in corruption or the appearance of corruption if they have access to candidates' tax returns. Finally, the State of California has an interest in ensuring that any violations of the Foreign Emoluments Clause of the United States Constitution or statutory prohibitions on behavior such as insider trading are detected and punished. Mandated disclosure of Presidential can-

didates' tax returns will enable enforcement of the laws against whichever candidate is elected President."

This bill goes on to state that the California Secretary of State will review the tax returns and determine what, if any portions, shall be redacted. Who among us is naïve enough to believe that the redactions would be totally non-political and would be used solely to educate the voters?

There needs to be some clarification regarding "Foreign Emoluments Clause of the United States Constitution". Firstly, there is no clause known by that title. Words addressing emoluments appear in Article I (1) Section 9 of the Constitution and states that; "no officer, of the government shall accept any Present, Emolument, Office or Title of any kind whatever from any King, Prince or foreign state". Emoluments, a word not in the current vernacular, refers to a salary. If any "Officer" - be this person President, Vice-president, Senator, Member of the House of Representatives or any other elected position in the government - receives a salary from any foreign entity, while in office, this is a violation of the Constitution. This clause was never meant to interfere with a legitimate business held by such officer. The founders of this country did not divest themselves of their businesses upon entering office. This was never a requirement.

The requirements for holding the office of President of the United States is clearly defined in article II (2) of the Constitution. Additionally, personal and private business income tax did not appear until 1913 as the Sixteenth Amendment. Further, these would be the tax returns before Donald Trump became president. Before he was inaugurated he turned over the business of running his vast holdings to other people. Since taking office he has donated all of his salary, as president, to other branches of the government. Because he no longer is in charge of his company business dealings before becoming president are not relevant to his current position.

Our local representatives to the state legislature voted in favor of this politically motivated and unconstitutional measure. At least they did not try to prohibit any candidate from the national election ballot in November of 2020 as national elections are under the prevue of the federal government.

Be assured that if passed and signed into law this bill will be challenged in the federal courts by the Republican Party of California and the National Republican Party (RNC).

Let there be no doubt, this bill is a total power grab by the California Democrat Party, the sole purpose of which is to remove a setting president's name from the primary ballot.

# Death Row Inmates Can Live, Bad News?

When Gov. Gavin Newsom suspended Death Penalty in California for 737 inmates on death row, he fulfilled one of his campaign promises. Oh, wait a minute. I think I have that wrong. Did he not say while campaigning for Governor, on the issue of the death penalty repeal measure in 2016, he would support it? Newsom told The Modesto Bee editorial board he would "be accountable to the will of the voters" on the death penalty if he became governor?

Back in March he repealed the death penalty on the 737 inmates on death row. He flat out lied to the people to get elected. The will of the people means nothing to him, is that correct?

In one of his many comments, he said a mother came to him and said that she didn't want blood on her murdered daughter's hands. Apparently, this is one of the many reasons that he pulled the plug on the death penalty.

My question would be if that was the case, why didn't he



George Ogden  
That's just the way it is!

just commute the death penalty on that murderer that killed her daughter. Why should her opinion or belief affect the families of thousands of other family members that have been waiting for closure that would come with the death penalty being carried out? We have death row inmates that have been there for some time that have murdered our police officers in our area. The governor, while campaigning stated clearly that he would uphold the law and it appears that he went back on his word. In fact, he removed all the apparatus that would be used for any executions that would be carried out.

This governor got elected on his lies and fraud that came with it to the people. It appears that during his term that the appeals process for 25 of these death row inmates have come to a conclusion and they would have been scheduled to be put to death. They now live on to the dismay of family members of the murdered victims as well as the people of California. The cost to keep a death row inmate in prison can reach over \$100,000 per year.

It has been stated that the governor says that the death penalty is not a deterrent. Myself, I say the hell it isn't. He has basically given inmates that are in prison a free ride to kill again while they are in prison. They do not have to worry about the death penalty.

Newsom reneged on his commitment, said Assemblyman Tom Lackey, R-Palmdale. "It's a reversal of the position he had indicated that he is going to take," he said. "You've got to remember, you've got families that are reeling from the brutal nature in which they lost their loved ones."

That is just one person in the legislature that made one heck of a comment on the action of the governor.

So, some of the good things that Newsom has done will be overshadowed by this.

It is clear that the will of the people means absolutely nothing to Governor Newsom.

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## How Can You Not Like This Economy?

Better job growth, a new low unemployment rate and modest wage gains gave Wall Street good reason to be "buyers" of this market. April nonfarm payrolls rose 263k. March was revised down 7k to 189k, while February was revised up 9k to 56k. Given Fed Chair Powell's emphasis on what he called transient weakness in demand, this report is likely to be interpreted as a sign the transient soft patch has passed. 263k new jobs is the most since 277k last October. The unemployment rate fell from 3.811% to 3.585%, a new cycle low. The U-6 underemployment rate (the total number of employees in the US that are part of the labor force, but are without a job) was unchanged at 7.3% for a third consecutive month. The U-6 is the one significant predictor of wage growth.

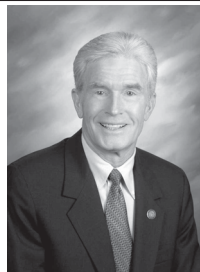
The employment report depicts robust hiring from a small labor pool, but also a slowdown in production, suggesting that while April was a hot month for hiring, it likely was not the start of a trend toward much faster sustained job growth.

From the Fed's perspective, the return of 200k+ job growth and a new low in the unemployment rate validates Powell's cautious stance toward transient, transitory demand growth and inflation. The case for a rate cut diminished a bit further, and the possibility of "on-hold-forever" was further cemented.

From Wall Street's perspective, this report does not change much. Wage growth is steady, the underemployment rate is steady, hiring is volatile while the 3-month average at 169k is reasonably modest. A Fed rate cut will likely come when (and if) the data pendulum swings back negatively over the course of this quarter and next.

During 2019 major U.S. stock indexes enjoyed their best 4

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



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

month start to a year since at least the 1990's, so muted summer expectations could be expected. After all, the Dow was up 14%, the S&P 500 was up 18% and Nasdaq was up 22% through April. However, you should not underestimate what America's recent pro-business climate might continue to produce.

(As of this writing) The on again / off again speculation of behind the scenes China negotiating has created a tremendously volatile and dramatic backdrop of finger pointing. What happened to the trade deal? According to the White House, China dropped a previous pledge to protect intellectual property.

Chinese leaders decided to renege on half a dozen promises already made in trade negotiations after seeing President Trump go after the Federal Reserve, the WSJ reports. They interpreted the President's pleas for rate cuts as evidence he fears the economy is weakening and would sacrifice terms in order to secure a deal.

The Financial Times reported that the White House was going to allow the change to get the deal done, although that seemed a bit farfetched at the time (as protection of intellectual property was one of the three fundamental goals of US negotiators, along with protecting defense secrets and shrinking the deficit). The President drew a clearly different stance on the issue Sunday (May 5) night.

Trump needs a trade deal to bolster his support among Midwest farmers and manufacturers. China needs a trade deal because the trade fight is hurting China far more than the US. At the same time, Chinese IP theft continues to be a big deal, as a number of articles in the past year attest. China says it will not change its domestic laws to comply with the trade deal. However, because the government actually pays big bonuses for stolen technology, it's hard to see how it can comply without fixing their (hard for the USA to continue living with) system.

(On Friday) US tariffs on \$200bn worth of Chinese goods were lifted back from 10% to 25% and the White House is preparing a list of the remaining goods not yet subject to tariff to respond to China if China retaliates, which they have vowed to do.

President Trump said the negotiation is win-win for the US. Either we get a favorable deal, he wrote, or we get revenue from tariffs on Chinese goods. Meanwhile, in China, a media blackout gave way to a themed message from state media translating to "don't worry, whatever happens China is strong and will prosper." Neither of these bodes well for the talks. Also, in China, social media comments on the negotiations - even pro-Chinese comments - are being censored. It seems both sides are preparing to walk from the talks without an agreement.

If Trump cannot fix our long-broken trade relationship with China, it may never get done! So be patient, but expect markets to remain volatile

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

## Your Money - Ask Julia

*How is this trade war between the United States and China going to affect me?*

All wars are costly to both sides. Both of these countries are big and powerful. Each country will impose tariffs (like taxes) on goods. The United States has grown dependent on China for certain products. China has grown dependent on the United States for certain products. This war challenges those dependencies. Chinese labor is less expensive, so their products tend to be less expensive. Even if Americans grow more self-sufficient, the labor costs are more expensive, so the goods will be more expensive. However, with tariffs in place, this gap in costs could narrow considerably. You might have to decide to do without certain goods because they cost too much. Historically, there are those who become millionaires by capitalizing on investing in, or starting up, companies to supply consumers' wants and needs during similar 'war' times

*I cosigned a car loan with our son. He faithfully makes his payments, and only has one more year to pay it off. I applied for a car loan and was declined. They said that if his car loan were paid off, they'd give me a loan. My son's car payments don't come out of my budget! How can they do this to me?*

As you knew when you cosigned your son's car loan, if he were to miss payments, you would be responsible. "His" car loan is also "your" car loan. Since he only has one year until payoff, ask him to look into refinanc-



**Julia Yoder**

ing in his name only. You might consider offering to covering any fees. He will feel more grown-up and independent, and you will be free from this financial burden.

*My banker said that I should only invest my 401k money into an annuity through the bank because other investment companies, like insurance companies, are not FDIC insured. Is that true?*

Your banker needs to read his own bank's disclosure statement which clearly says that bank investments (including the one he/she works for) are NOT FDIC insured. Although insurance company products (life insurance, long-term care insurance, fixed annuities, equity-indexed annuities, etc.) are not FDIC insured, they come under a set of regulations that, among other things, demand that each insurance company have enough assets to cover their issued products. As you can see, this can easily exceed the FDIC's limit. Caution: Less regulated Private Equity companies are buying up insurance companies. There may be some regulatory differences. Make sure you

know the facts.

*I don't want to be a nosey neighbor, but is it okay to go to open houses around my neighborhood to get a better idea about the value of my home?*

Attending open houses around your neighborhood gives you a better understanding of the prices. You'll also get a chance to see what improvements (or lack of) that probably impact the value and sale of their house. Then take an honest look at your own home to make wiser decisions about its value, and what changes you may want to make. Knowing the SOLD price is most important in valuing your house.

*What is a "Discount Health Plan" and why is it so inexpensive? Is there a catch?*

Discount Health Plans are NOT Health Insurance. These health plans contract with health care service providers to offer discounted health care services to plan enrollees. However, an enrollee in a discount health plan must pay the entire amount of the discounted services. For legitimate discount health plans, go to [www.CalStarBenefits.com/28485](http://www.CalStarBenefits.com/28485)

**Ask Julia by email:**  
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## What to Do if Your Car is Damaged by a Pothole

Spring is in the air. Birds are chirping, trees are budding and flowers are blooming. But unfortunately, the warmer temperatures also mean potholes.

There are nearly 56 million potholes in the U.S., according to estimates from the Harpers Index Road Information Program -- that's eight potholes per mile of paved road. We've all seen drivers dodging potholes, but often there's no way to avoid them and cars pay the price. So, what should you do if a big pothole damages your car? There's no one-size-fits-all answer, but below is some information to help you navigate the situation.

Does car insurance cover pothole damage? The good news -- yes, your auto insurance does cover pothole damage -- as long as you have collision coverage. Potholes typically damage not only tires and wheels, but also

suspension systems, exhaust systems and even the body of the car, so repair costs can vary from a couple hundred dollars to more than a thousand.

"Pothole damage can put a big hole in your wallet," says Jon Bloom, vice president, personal auto, Erie Insurance. "It's not always clear whether you should file a claim and that's where your agent comes in. They'll help you decide the next steps. For example, is the cost lower than the deductible? Will filing a claim affect your premium? Your agent is your trusted source to weigh the pros and cons."

Will the city or municipality pay to fix pothole damage? Many, but not all, cities and towns let you file a pothole claim if your car sustains damage from a pothole on a city roadway. The process varies, so check with your city's road department to see if

it accepts claims. Keep in mind there's no guarantee you'll receive payment for damages, and they can have a cap. Plus, getting reimbursed can be a lengthy process.

Regardless of how you recoup damages, always make sure to document everything. Take a photo of the pothole, note the date and time of the incident, and get estimates from at least two mechanics. And, there's always the option of paying out of pocket if the costs are minimal.

Additionally, there are simple steps you can take to prevent major damage. The best advice is to stay alert to avoid hitting potholes in the first place. You should also keep your tires inflated to the proper air pressure. And, if you have to drive over a pothole, slow down, release the brakes and straighten the steering wheel. (StatePoint)

## Great Ways to Keep Your Mind Sharp

When you think about exercise, you likely envision using the treadmill or lifting weights. But every bit as important to your long-term health and wellness are activities that keep your mind sharp and your cognitive abilities strong and limber.

Here are several things you can do to help keep your mind sharp:

- **Solve a Crossword Puzzle:** A crossword puzzle asks you to reach into your long-term memory bank to solve clues. You may be filling in boxes, but well-constructed crossword puzzles will require you to think outside the box, as sometimes clues are a bit trickier than they seem at first glance, relying on word play or double meanings to work. A relaxing way to unwind and concentrate, consider adding this ritual into your morning.
- **Get More from Nature:** On your next nature hike, don't check

mentally. Set goals and keep your senses alert, paying attention to sounds, sights and smells. New tech, such as Casio WSD-F30 Pro Trek Smart Outdoor Watch, can help. The watch features apps to support your hike, including Location Memory to record information on trails and viewpoints along the way, as well as Moment Setter to notify you when you reach your targeted altitude.

- **Learn a Language:** A multilingual brain works more efficiently, and it is never too late to pick up a new language. There are many languages apps available to help, some of them free, as well as more traditional taped audio lessons you can pop on while commuting to work or doing chores around the house.
- **Make Math Fun:** Want to build your critical thinking skills and improve your ability to prob-

lem solve? Delve into mathematics with fun math puzzles found online. Free online software, such as ClassPad.net, includes resources to help you solve problems, from simple calculations to statistics, graphing and more.

- **Get Sleep:** Sufficient high-quality sleep is one of the most fundamental ways to maintain a sharp mind and keep your brain healthy through the years. Between 7-9 hours a night is ideal for adults, according to the National Sleep Foundation. If you aren't sleeping well, or feel foggy during the day, consider how to shift your evening routine to get more and better quality sleep.

From math puzzles to crossword puzzles to nature walks, prioritizing workouts for the mind will help you stay sharp. (StatePoint)



# THE CAR GURU

**WHAT YOU "AUTO" KNOW**

**By Gene Morrill - Certified Automotive Specialists**

## Is Your Automotive Service and Repair Shop Certified?

In a recent study of several hundred people, the question was asked, "Does the auto shop you use have certified technicians?" The vast majority 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 issued by the Bureau of Automotive Repair (BAR), 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. Wala! You're in the automotive repair business, no proof of insurance, no tools and no experience necessary.

This is one part of our industry that I would like to see reviewed. A professional that cuts

hair or fingernails 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.

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. ASE tests are all written tests and it does not necessarily mean a person is competent to work on a car.

AAA Approved auto shops must have ASE certified technicians employed as well as have a minimum set of tools for the cars they work on. I recommend using an AAA approved shop due to

their tough standards, and you have a voice through the arbitration system, should you have a concern with the service or repair.

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 cost you more later. 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.

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).

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# Around the Valley & Senior News

## AZUSA

### Volunteer Drivers Needed

Do you have some extra time to spare? Are you a good driver? The Azusa Senior Center has a great volunteer opportunity for you! The Azusa Senior Center is currently recruiting volunteer drivers to deliver lunches to our homebound seniors in the city of Azusa between the hours of 10:30 a.m. and 12:30 p.m. If you are interested, please contact Lynda Prewitt for more information at (626) 812-5204, ext. 5303.

### TOPS Meeting

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

## ARCADIA

### Orchid Hobbyists Auction

San Gabriel Valley Orchid Hobbyists invite you to our **May 16 Annual Auction** at the L.A. County Arboretum 301 N. Baldwin Ave. Arcadia, Ca. Ayers Hall. Preview at 6:00 p.m. Auction starts promptly at 7:00 p.m. Checks and cash only. Refreshments. Super orchids, great fun!

### Bingo And Lunch

Arcadia Senior Services is having a fun event of BINGO and lunch on Friday, **May 17**. It will take place at the Arcadia Community Center, 365 Campus Drive starting at 10am. Cost is \$10 and includes a 10 pack of BINGO sheets, pizza and salad served during intermission plus great gift card prizes. The final game of "Cover All" is a \$50 prize. A professional BINGO board is used. Daubers are available for \$1. This program is for individuals age 50 and over. Tickets are on sale now and can be purchased at the Community Center. For additional information, please call Arcadia Senior Services, 626.574.5130.

### Saturday Adult

### Basketball League

Gather your friends, form a team and stay active in the adult basketball league. Whether it's casual or competitive, there's always an opportunity to stay fit and have fun. Games are played at the Dana Gym, 1401 S. First Avenue, Arcadia on Saturdays between the hours of 9:00am and 1:00pm, beginning Saturday, June 29, 2019. Saturday Open League is limited to six teams and is open to all levels of play. League fees are \$502 plus a \$40 forfeit deposit, which includes 9 league games, officials, scorekeepers, and championship award. Registration takes place on a first-come, first-serve basis. For more information please call 626.574.5113.

## BALDWIN PARK

### 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. Nutri-

**Upcoming Event?**

Let us know at

[SGExaminer@aol.com](mailto:SGExaminer@aol.com)

tional guidance is also offered. Eating well and exercising will not only improve your overall health, but also improves your mood and energy levels. Group meets in senior center dining hall Monday through Thursday from 8:00am - 9:00am. This class is free to participate. For more information on the class or registering, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323

## COVINA

### BUNCO!

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

### Indoor Chair Beach Volleyball

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

### Community Garden Parcels

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

### Walk The Walk

The City of Covina Parks & Recreation Department offers "Walk the Walk." This is a casual walking experience where you can walk at your own pace, improve your heart's health, and meet new friends. Wear your walking shoes and bring water. The walk takes place on Wednesdays at 9 a.m. at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave., Covina). For more information, call (626) 384-5380.

### Medicare & Vitality Center

The City of Covina Parks & Recreation Department in conjunction with Inter Valley Health Plan, invites seniors to the Medicare & Vitality Center on Tuesdays, 11 a.m.-12 p.m. and Fridays, 9-11:30 a.m. at the Covina Senior Center (temporarily located at Lark Ellen Elementary School, 4555 N. Lark Ellen Ave.,

Covina). Obtain information on how to maintain your vitality and stay healthy. Vitality Center offers free screenings, informative presentations, "Doc Talks" and refreshments. For reservations, call (800) 251-8191, ext. 625. 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.

### Alzheimer's Safe Return Registration

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

### Volunteering Does Your Heart Good!

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

### Senior Lunch

The Senior Center serves hot lunches Monday through Friday to individuals over 60 years, or the spouse of someone over age 60, and must check in by 11:45 a.m. for lunch. Reservations are requested by calling 357-3513, 24 hours in advance, and 48 hours, in advance, for a choice

day. The suggested donation is \$3. The Duarte Senior Center is located at 1610 Huntington Drive.

## GLENDORA

### Genealogy Group

The Glendora Genealogy Group meets Tuesday, **May 28** at La Fetra Center, 333 E. Foothill Blvd., Glendora. Pat Chavarria leads a refresher class on genealogy at 6:00 pm. The business meeting is at 7:00 pm, followed by the program: "Foreign Language Records" by Linda Serna. For questions about our group or this meeting, please call Pat Chavarria at 909-592-4030.

### National Stroke

### Awareness Month

Join the Glendora After Stroke Center in observing Stroke Awareness Days as we listen to a presentation by Lili Liew on Wednesday, **May 22** from 10:45am to 12:00 noon at the La Fetra Center. Lili Liew, a former volunteer and caregiver support group facilitator for GASC, will grace us with her enlightening presentation about the causes and signs of stroke and one's wellness after a stroke. Lili is both a physical therapist and counselor. Glendora After Stroke Center meets weekly at the La Fetra Center.

### 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).

### Cars 4 the Community

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

## LA VERNE

### It's Tiki Time, Aloha!

Join a Luau Themed evening featuring a live ballroom band, dinner, dancing, wine and so much more! Tickets are just \$10! Pre-paid reservations must be made in order to attend. To choose your assigned table, you must register at the Community Services Office, 3660 "D" Street, between the hours of 8 a.m. and 6 p.m., Monday through Thursday. For "best seat available", online registration is offered. Seating is limited, so do

not delay! Come in and purchase your ticket today!

Tiki Time will be on Sunday, **May 19**, 5-8 p.m. at the La Verne Community Center - 3680 D Street, La Verne.

### Get About

### Transportation

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

## MONROVIA

### Senior Blood

### Pressure Screenings

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

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

### Caring Crafters

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

### Senior Stretch & Exercise Class

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

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

## SAN DIMAS

### San Dimas

### Toastmasters Club

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

## WEST COVINA

### Go West

### Shuttle Service

The Go West Shuttle service consists of three alignments (Red, Blue, and Green) that serve destinations throughout the city including Plaza West Covina, Eastland Shopping Center, Heights Shopping Center, West Covina Civic Center, West Covina Senior Center, Cameron Community Center, and many more. For questions on the location of shuttle stops, assistance in locating the stop closest to you, and route schedules please call (800) 425-5777. The fixed-route service operates Monday through Friday from 6:30 a.m. to 7:00 p.m. The fare is only \$1.00 each way. No Service on Holidays.

### TOPS Meeting

TOPS (Take 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)

### 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.

## Fairmount Pioneer Cemetery Memorial Day Observance

**GLENDORA** - Fairmount Pioneer Cemetery Cordially invites you to attend the 143rd Annual Memorial Day Observance Program Monday, **May 27**, at 11:30am.

A Special Dedication of our new Historical Designation

Marker will be unveiled During this year's program. The program is open to all members, friends and families of our communities Please plan to join us on this National Day of Observance.

Fairmount Pioneer Ceme-

tery is at 345 Shorey Dr. Glendora. Enter from Barranca and Elderberry Drives. Follow the signage.

Presented by the Fairmount Pioneer Cemetery Foundation Trustees.

## Public invited to Season's Final Evensong at St. Luke's Monrovia

**MONROVIA** - The choir of St. Luke's Episcopal Church in Monrovia will present Evensong at Eastertide on Sunday, May 20, at 4 p.m. at the church, 122 South California Avenue at Foothill Boulevard in Monrovia.

The Rev. Dr. Julie Bryant will be the officiant for this last

Evensong of the 2018-2019 choir season. Eric Werner will be the cantor, and Dr. Zanaida Robles will be guest soprano soloist. The singers are under the direction of St. Luke's Director of Music, Kent B. Jones.

Music will include the Preces and Responses (Durham Use), the Magnificat and Nunc

Dimittis by Mendelssohn along with the Mozart anthem Laudate Dominum (Psalm 117).

A freewill offering will be taken, and a wine and cheese reception will follow in Guild Hall. Choir member Lyn Walsh will be selling her homemade chutney, jam, and marmalade.



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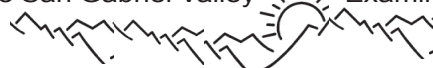
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## Local Graduate Nursing Student Inducted Into International Honor Society

**GLENDORA** - The Sigma Theta Tau International Honor Society, commonly called "Sigma," was founded in 1922, is the second-largest nursing organization in the world, and has over 135,000 active members in more than 90 countries. Sigma's mission is to advance world health and celebrate nursing excellence in scholarship, leadership, and service. Nearly 40% of Sigma's active members hold a master's and/or doctoral degree.

Chelsea Fujita-Haffner, a resident of Glendora, was inducted into the California State University Los Angeles (CSULA) chapter of Sigma during a ceremony held at Monterey Hill on Sunday, May 5, 2019. She was one of four graduate students inducted that day on the basis of their academic achievement. Ms. Fujita-Haffner is a graduate of St. Lucy's Priory High School, the University of California Riverside (BS in Biology), and CSULA (BSN).

Ms. Fujita-Haffner currently works as a Registered Nurse in the Emergency Department at the Foothill Presbyterian Hospital in Glendora and will be graduating later this month when CSULA confers a Master of Science in Nursing with a specialty in Family Practice degree on her. Upon graduating, she will become a Family Nurse Practitioner.



Chelsea Fujita-Haffner inducted into the California State University Los Angeles (CSULA) chapter of Sigma

## Glendora After Stroke Center Celebrates National Stroke Awareness Month



2019 Glendora After Stroke Center Group

**GLENDORA** - May is National Stroke Awareness Month and the Glendora After Stroke Center is observing two Stroke Awareness days to celebrate volunteers, stroke survivors and caregivers.

On Wednesday, May 15 the Center paid tribute to volunteers who selflessly donated their time to keep the program running smoothly. Stroke survivors talked about their recovery and how their lives have changed. Caregivers shared their perspective on how the stroke of a loved one has affected his/her life, and how they manage life's complications and challenges in the new "normal".

On Wednesday, May 22 Lili

Liew, a former volunteer, caregiver support group facilitator will offer a presentation about the causes and signs of stroke and one's wellness after stroke. Lili is both a physical therapist and counselor.

The program will start at 10:45 am at the Le Fetra Center, 333 E. Foothill Blvd., Glendora, 91741.

The Glendora After Stroke Center is a non-profit organization, founded in 1973, to provide a place where stroke survivors and their caregivers and family can meet, socialize, attend support groups, be entertained and be educated about stroke and other health issues.

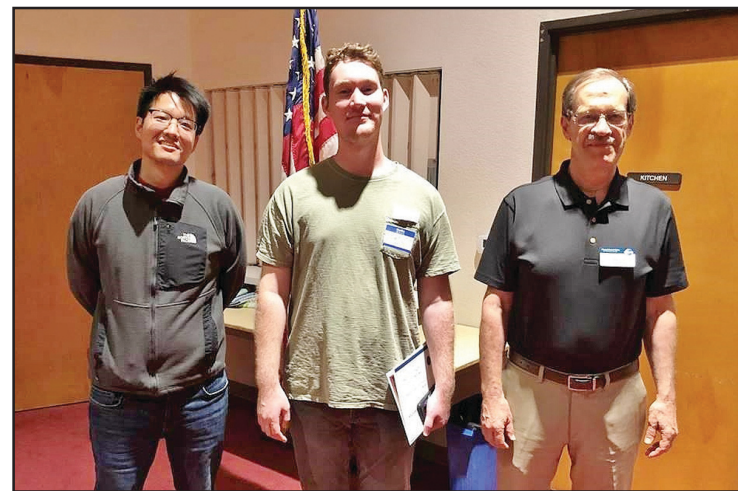
Participants of the Center find they are not alone and soon become part of the after stroke family. It has been heartwarming to witness the transition in stroke survivors from feeling isolated and at times frustrated, to becoming active, smiling participants in the Center's activities.

The After Stroke Center meets weekly from 8:30 am to 12:00 pm at the La Fetra Center. For more information about the program, please call 626-963-6186.

You are invited to attend the special event on May 22 and join us any Wednesday morning.

## Student Reaches Speaking Milestone

**SAN DIMAS** - A student received an award from a local Toastmasters Club for his Visionary Communication. Eric Wild, a Cal Poly Pomona student in the Physics Department,



Tim Cheng, left, Eric Wild, center, and Rich Watson were the best table topics speaker, best speaker and best evaluator respectively at the May 3 meeting of "Toast To The Best" Toastmasters Club 5880 in San Dimas.

ment, was presented with a certificate at the May 3 meeting of the "Toast To The Best" Toastmasters Club 5880 for completing Level I in his "Pathway". The Toastmasters' curriculum is divided into different "Pathways" or tracks that develop certain skills; Wild's track is Visionary Communication. Eric Wild also was named "Best Speaker at the meeting."

Tim Cheng was named the best table topics speaker at the meeting. The table topics section challenges participants to

give short, impromptu speeches in response to questions. Rich Watson, the club president, was named best evaluator. Each speaker is evaluated and given feedback to help them improve.

"Toast to the Best" is open to all who are interested in improving their public speaking or leadership skills. The Toastmaster club meets at 7 p.m., every first, third, and fifth Thursdays in the Parish Hall at Faith Lutheran Church, 505 E. Bonita Ave., San Dimas. For more information, visit <https://5880.toastmastersclubs.org/>, email [info@toasttothebest.org](mailto:info@toasttothebest.org), or call 951-505-0555.

## Summer Leadership Academy

**GLENDORA** - It's time to apply for the Summer Leadership Academy! For the eighth year, the Glendora Kiwanians will sponsor a one-week Leadership Academy for local children entering grades 6 - 8 next fall. The Academy will be held from June 10-14 from 9 a.m. to noon and children will learn and practice a number of leadership skills. Cost to attend the Academy is \$25 and applications are on line at [Glendorakiwanians.org](http://Glendorakiwanians.org) and are due this month. Children from the 2017 Academy said they enjoyed the week and learned how to become future leaders.

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# Women's Philanthropic Club Meeting

EL MONTE - Are you interested in meeting new people, making new friends, and helping good causes? Do you want to make a difference in the community and enjoy networking? El Monte Women's Club is a local philanthropic service organization dedicated to enriching the quality of life.

On May 28, at 11:00, El Monte Women's Club will have a General Meeting and Installation. This "meet-and-greet" will be held in the Grace T. Black Auditorium, part of the El Monte Community Center, 3130 Tyler Avenue in El Monte.



The meeting is a great way to meet the members of El Monte Women's Club and learn about the club's wide variety of service and fun activities. Club members volunteer

their time to improve the community while making new friends, learning new skills, and having fun.

Anyone interested in joining is welcome to attend. You can bring a friend along or just come and meet your future friends! The next general meeting will be in September.

If you come for May's meeting and installation and would like to join us for a catered lunch, please purchase your meal via [www.squareup.com/store/emwc-general-fund](http://www.squareup.com/store/emwc-general-fund) by May 17. The entrée is California Chicken. Otherwise, you can bring your own lunch.

El Monte Women's Club is a friendly, caring group of women of diverse ages. This club has existed since 1902 and currently has 73 members. You can choose to be as actively involved as you like, based on your time and interests.

At a recent convention of San Gabriel Valley's Women's Clubs, El Monte Women's Club attendees won the Spirit Award and the Club won awards for Public Issues, Domestic Violence Awareness & Prevention, Education, International Outreach, Conservation, Membership, Arts, Poetry, Advocates for Children, and Fundraising. In April, El Monte Women's Club had a successful, fun, fashion show to raise money for their causes.

To learn more about El Monte Women's Club, visit them online at [www.elmontewomensclub.org](http://www.elmontewomensclub.org) and [www.facebook.com/emwomensclub](http://www.facebook.com/emwomensclub).

# CalFresh Awareness Month Kick Off Highlights Student Hunger on Local College Campuses



CalFresh beneficiaries and California State University, Dominguez Hills students Maria Camacho and Hawk McFadzen speak during the kick off event for CalFresh Awareness Month at CSUDH.

LOS ANGELES COUNTY - The Los Angeles County Department of Public Social Services (DPSS) kicked off its 9th Annual CalFresh Awareness Month campaign at California State University, Dominguez Hills (CSUDH) to highlight its outreach to college students facing food insecurity.

According to a 2018 report by the United States Government Accountability Office, 40 percent of student respondents from UC campuses and 42 percent from CSU campuses have experienced hunger. These students tend to have poorer physical health, symptoms of depression and psychological stress, resulting in higher drop-out rates.

At the event, DPSS convened a group of respected human services stakeholders and CalFresh beneficiaries to share strategies to end hunger at local institutions of higher learning. CSUDH undergraduate student and mother of two, Maria Camacho, shared how CalFresh is helping her feed her family while maintaining her grades. Despite the stigma associated with receiving public assistance, she encouraged anyone who needs assistance to not hesitate to apply.

CalFresh is the name of California's Food Stamp Program, established to improve the nutrition of low-income house-

holds by increasing their food-buying power and helping them put healthy and nutritious food on the table.

Working with community partners, DPSS is supporting efforts by campus administrations to assist low-income students with accessing nutritious food. In addition to the UC and CSU campuses, DPSS is also partnering with the nine L.A. Community College District campuses, where reportedly one in every five of the district's 230,000 students is homeless, and nearly two-thirds are not able to afford adequate, nutritious food.

Working in partnership with the UC, CSU and community colleges, DPSS is hosting CalFresh Enrollment Days events on the campuses to provide information about the nutrition benefit available to students. The DPSS Medi-Cal Outreach District team will be on-hand at each event to answer questions and provide CalFresh application assistance.

In L.A. County, approximately 1.1 million individuals receive CalFresh, yet there are many more that may be eligible, but are not participating. At their Tuesday, April 30 meeting, the Board of Supervisors declared their commitment to increasing the numbers of families participating in CalFresh by proclaiming May as CalFresh Awareness Month. Implemented in 2010, the campaign was developed to help create awareness about the benefits of CalFresh. DPSS is also partnering with other County departments, including Public Health, to address the issue.

For more information about CalFresh, call the DPSS customer Service Center at (866) 613-3777.

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\*APY = Annual Percentage Yield.

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Rates are accurate as of 03/15/2019. Rates, terms and conditions are subject to change without notice. Additional restrictions apply. Must qualify for membership. A \$2 membership fee may apply. The credit union is federally insured by the National Credit Union Administration. Added savings protection provided by American Share Insurance. Please speak to a credit union representative for details. Equal Housing Opportunity.

