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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

Nov 28 - Dec 4, 2019

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ACCU Conducts Financial Literacy Training For San Gabriel Valley Scholars

GLENDORA – America's Christian Credit Union (ACCU), a faith-based banking institution headquartered in Southern California, recently conducted financial literacy training for students in San Gabriel Valley. In keeping with its corporate priorities of building stronger communities and futures, ACCU taught foundational economic principles at Foothill Christian School, Azusa Pacific University, and Citrus College.

Over 50 students, ranging from fourth graders to college seniors, attended the workshops during October and November. Members of ACCU's staff presented a total of eleven sessions, covering topics such as saving, balancing a checkbook, building a good credit score, setting financial goals, budgeting, and giving back.

The series kicked off on October 2, with a three-week workshop at Azusa Pacific University. Presenter Jessica Jenkins, an MBA student at APU, serves a teller at ACCU's main branch, located at 2100 E. Route 66, Glendora. The training was hosted by APU's TRiO Student Support Services, a federally funded program that provides support to first-generation col-



Jessica and Jade with students at Azusa Pacific University.

lege students, students from low-income families, and those with disabilities.

"We had a total of 25 very engaged participants," says Jessica. "They came up with creative slogans for the Money Mantras activity, and what they shared in the Dream Big session was heartwarming." While some naturally wanted to clear their student loans, many dreamed of contributing to charitable causes, from paying off their parents' house,

to taking their mom on a vacation, to starting a community garden.

Next, ACCU's community engagement coordinator, Nikole Pearce, launched a pioneering program for 4th to 8th graders at Foothill Christian School. When the five-week workshop ended, a

student's mother sent Nikole a grateful email saying, "Thank you so much for putting on this program for FCS. Owen (and our family!) have really benefited from the principles he learned over the last several weeks!"

The final workshop in this series, a three-week session at Cit-

rus College, was presented by Rachel Solorza, an accounting staff with five years of service at ACCU. "The student engagement was a key indicator that they were benefiting from what they were learning," says Rachel, who enjoys helping young people become financially literate.

"The workshops helped me learn a lot about credit scores," says Maya, a second-year student at Citrus who wants to be a psychologist. Eye-opening for Ava, a communications major, were the different ways to budget, especially how to spend less and save more.

Fun incentives like a weekly raffle were sprinkled throughout each workshop. When asked what they would do with the prize money, many winners said they would use it to open a savings account.

To learn about ACCU's personal accounts, please click here. If you would like ACCU to conduct financial literacy training at your institution, please contact Nikole Pearce at npearce@americasccu.com.

Glendora's Annual Holiday Stroll



by Juliet Albers

Glendora's annual Holiday Stroll in the Village held Friday night, Nov. 22nd was well attended. The crowds enjoyed various goodies, live music,

and vintage rides. Shops showcased their holiday merchandise and services. The atmosphere was merrily festive and reminiscent of the carol's lyrics, "City sidewalks, busy side-

walks, dressed in holiday style...in the air there's a feeling of Christmas!" Glendorans greeted each other in the streets. A good time was had by all!

WWII Veteran Tony Lombardi Visits With Purple Heart Veterans



Purple Heart Veterans listen to Tony Lombardi (2nd from right)

By George Ogden

WEST COVINA - The Military Order of Purple Hearts who meet at the West Covina Veterans of Foreign Wars Post 8620 had a special visitor. It was Tony Lombardi, who is a WWII veteran.

Commander Daniel Calderon and the rest of the members were delighted to have Lombardi at their meeting talked about his experiences during the war. Tony often visits and talks at schools and other organizations. He stories

have been published in a number of publications and he likes to share his history so the memories of our veterans are remembered and at the same time educate those who are too young to remember the war.

Citrus College Wins Advertising, Marketing and Social Media Awards



Photo courtesy Citrus College.

The Citrus College Office of Communications and External Relations was awarded with five Medallion Awards at the National Council for Marketing and Public Relations (NCMPR) District 6 Conference in Park City, Utah, in September. Additionally, Communications Supervisor Doug Schultz was named the District 6 'Rising Star' recipient for 2019. Pictured (L-R): Stacy Armstrong, Edson Yu, Genaro Gascon, Melissa Utsuki, Anthony Orona, Cerise Guerrero and Doug Schultz.

GLENDORA - Citrus College was recently awarded top honors from the National Council for Marketing and Public Relations (NCMPR) District 6. NCMPR is a professional organization for individuals involved in marketing, communications, public relations and enrollment management at community, junior and technical colleges.

The college's office of communications and external relations was presented with five NCMPR Medallion Awards during the organization's District 6 Conference, which was held in Park City, Utah, in late September. The awards recognize outstanding achievement and excellence in design and communication, with winners receiving gold, silver and bronze designations.

Citrus College received gold, silver and bronze in the outdoor media category; gold in the postcard category; and silver in the social media category.

"On behalf of the Citrus College community, I offer my sincere congratulations to our communications and external relations team," said Dr. Geraldine M. Perri, superintendent/president of Citrus College. "Effective

communication is vital to any organization. The Citrus College Office of Communications and External Relations plays an important role in advancing the college's mission, and these awards affirm their hard work."

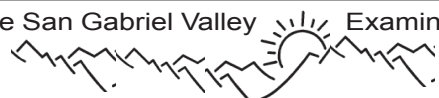
The only organization of its kind that exclusively represents marketing and public relations professionals at community colleges, NCMPR has more than 1,550 members from more than 650 colleges across the United States, Canada and other countries. District 6 includes Arizona, California, Hawaii, Nevada, Utah and United States territories in the Pacific, including Guam.

"I have the privilege of leading the college's communications and external relations team, whose creativity and talent is evident in the promotional and informational materials produced in support of the college's goals and objectives," said Melissa Utsuki, executive director of communications and external relations. "It is rewarding to be recognized for the great work we do for Citrus College."

In addition to the five medallion awards, Doug Schultz, Citrus College's communications

supervisor, was named the District 6 "Rising Star" recipient for 2019. This award recognizes newcomers who have demonstrated special creativity or ability in marketing and public relations, and who show evidence of a promising future in the field. Since joining Citrus College in 2017, Mr. Schultz has implemented a request tracking system, built the college's social media channels, streamlined department processes, and led a branding and design refresh across the campus.

"Being recognized by the National Council for Marketing and Public Relations is an honor that reflects the great progress the office of communications and external relations has made in recent years," said Susan M. Keith, president of the Citrus Community College District Board of Trustees. "This team supports the college's efforts to increase public awareness, enhance the institution's image and promote the outstanding work being done on a daily basis. Their commitment to excellence is appreciated, and I am certain they will receive many more recognitions in the years to come."



Dyslexia - A Different Way of Learning

DUARTE - Dr. Marianne Cintron of Step By Step Dyslexia Solutions provided a very compelling presentation at a recent Duarte Kiwanis meeting. She shared the impact of illiteracy in our society. 1 out of 5 students have dyslexia which requires a different approach to learning. Dr. Cintron has created a multi-sensory program with provides a unique and successful approach to resolving many of these issues. She even has an app that students can use - APP Dunking Dyslexia.

If you are interested in joining Duarte Kiwanis or being a speaker at a future event, contact Tina Carey at tinac51@aol.com



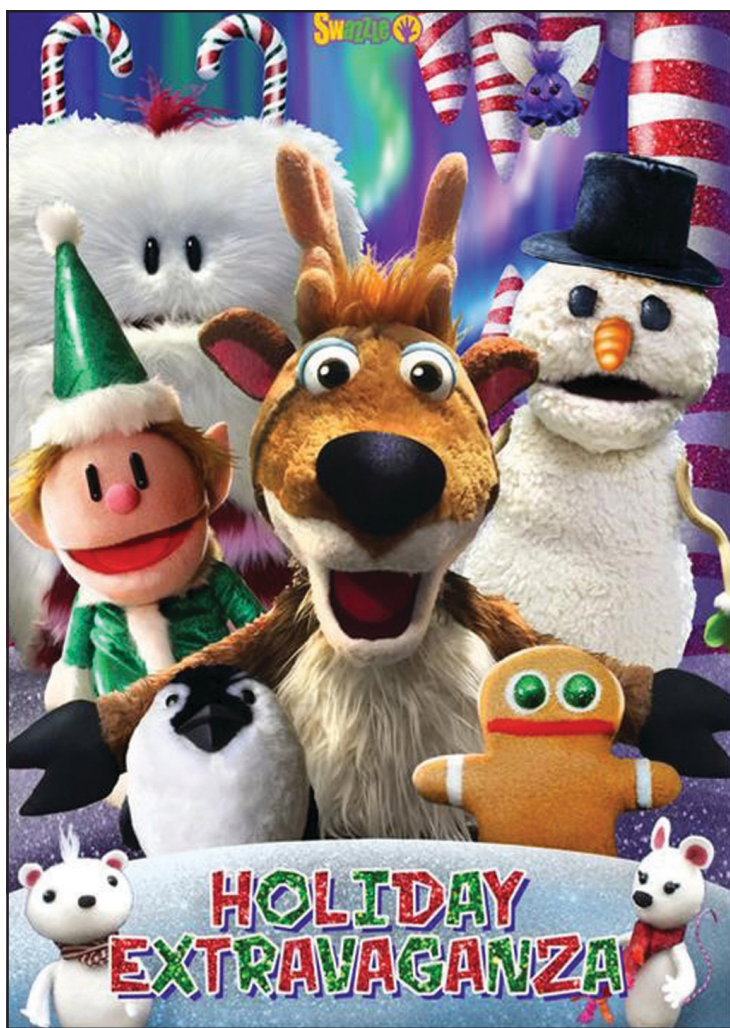
Pictured, from left, Dr. Marianne Cintron and Duarte Kiwanis Club President, Kaye Biggs.

Swazzle Puppets at Arcadia Museum

ARCADIA - Local favorites "Swazzle Puppets" will present an amazing "Holiday Extravaganza" on Saturday, December 7, at the Gilb Museum of Arcadia Heritage. In this year's production, Reggie is a self-centered reindeer who thinks the holidays are just about getting presents. His world is turned upside down when a magical sugar-plum fairy-in-training sends him on a quest for "The Best Gift in the Entire World!" No spoiler alerts here: come by and learn what happens to Reggie in his adventure!

Two shows are scheduled: one at 10 am and one at 11:30 am. The Friends of the Gilb Museum will be selling hot chocolate and other treats. Make a day of it by visiting the Arcadia Community Center's "Snowfest," which runs from 9 am to 2 pm that day.

For more information, please call 626.574.5440 or visit the website at www.ArcadiaCa.gov/museum. The Gilb Museum is located at 380 W. Huntington Drive, Arcadia. Admission is always free.



Thanksgiving Festival at Hope Lutheran Preschool



Three year old Jack Kruckenberg and family, three year old Rory Ou and Family, three year old Gracie Djahanshahi and family and two year old Lucas Chesin and parents Stephanie and Jake.

By Jayam Rutnam

GLENDORA - Hope Lutheran Preschool, had its Thanksgiving Festival last week. Parents and friends joined to see their two, three and four

year old children perform. Over fifty children, some wearing turkey hats, sang nursery rhymes and Christmas carols on stage.

The Thanksgiving themed tables and decorations, of which

some were made by the children adorned the room. After the show, the guests were treated to pumpkin cake, apple sauce and other refreshments.

Police Seek Information on Pedestrian Involved Fatal Traffic Collision

MONTEREY PARK - On November 18, 2019, at approximately 9:20 p.m., Monterey Park Police officers responded to a call of a traffic collision in the intersection of Atlantic Boulevard and Newmark Avenue. Upon arrival, officers learned that a 14 year old male, identified as Joshua Madrid, was struck by a vehicle while riding his skateboard across Atlantic Blvd. The vehicle then fled southbound on Atlantic Blvd.

Monterey Park Fire Department Paramedics transported Madrid to a nearby hospital where he was pronounced deceased. The cause of the collision is under investigation by



Vehicle #1 is a white or light colored minivan. Vehicle #2 is a dark colored SUV. It is believed the occupants of the vehicles pictured may have witnessed this traffic collision

the Monterey Park Police Department.

Investigators are asking persons who witnessed the collision, or have information about it, contact the Monterey Park Police Department at 626-307-1200.

It is believed the occupants of the vehicles may have witnessed this traffic collision: Ve-

hicle #1 is a white or light colored minivan. Vehicle #2 is a dark colored SUV.

If anyone has any information and would like to remain anonymous, please contact LA Crime Stoppers at www.LACrimeStoppers.org, 800-222-TIPS, or text TIPLA plus your tip to 27463 (crimes).

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Rates are accurate as of 07/01/2019. 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.



Residents Are Warned To Stop Vaping Now

LOS ANGELES COUNTY - The Los Angeles County Department of Public Health (Public Health) continues to warn residents about the use of vaping and e-cigarette devices as potentially harmful to proper lung function and urges residents to STOP VAPING NOW. Nationally, there continue to be reports of people showing up in emergency rooms with similar symptoms such as coughing, difficulty breathing, fever, and may have vomiting and diarrhea. And while the Centers for Disease Control and Prevention identified Vitamin E acetate as a potential chemical of concern, the cause for this threat remains unknown.

Los Angeles County Cases:

- As of November 21, 2019, there is one new reported case bringing the total to 32 cases of serious vaping-associated pulmonary injury and one death associated with e-cigarettes in Los Angeles County.
- Approximately two out of three cases reported are in individuals age 25 and younger. Both male and female cases have been reported.
- All but one case reported us-

ing both e-cigarette and cannabis-type products, not necessarily at the same time. One reported using flavored liquids only (no nicotine, THC, or CBD). Various devices and products were reported and remain under investigation. No specific vendor, product or substance has been identified as the cause.

Public Health continues to urge healthcare providers to be

on the alert for signs of severe respiratory illness among patients who recently used vaping products including e-cigarettes and report cases by phone to Los Angeles County Department of Public Health at 626-299-3504.

For more information about the dangers of vaping and for weekly case updates, visit: <http://publichealth.lacounty.gov/sapc/public/vaping-faq.htm>

Arcadia Beautiful's Holiday Decoration Awards Are Coming To Town

ARCADIA - It's already November and Santa and his elves are starting to gear up for the Holiday Decoration Awards on Thursday, December 12. As the excitement of the season kicks in, haul out your decorations, string your lights, and spread holiday cheer. Judged by the Arcadia Beautiful Commission, this annual event recognizes properties decorated in the most festive and creative ways. Get ready to deck the halls and illuminate the community with holiday spirit!

"The Holiday Decoration Awards are a wonderful tradition we all look forward to every year. This contest allows the community to come together and admire all the festive decorations throughout our City," said Bob Miller, Chairperson for the Arcadia Beautiful Commission.

To be considered for an award, please have your decorations up before Monday, December 2. Once your home or business is decorated, leave your lights on until 10 p.m. for nomination and judging purposes. Winners of a Holiday Decoration Award will receive a yard sign, holiday gift, and a personal visit from the Santa Squad on Thursday, December 12.

To nominate a property for consideration, please call the City Manager's Office at (626) 574-5434 or email lshakarian@ArcadiaCA.gov before Monday, December 2. Please include the complete address including the street, avenue, etc. Both residential and commercial properties are eligible to win.

Burglary Suspects Caught

By George Ogden

WEST COVINA - On Thursday, Nov. 21, West Covina Police Officers were called to the area of Cameron and Lark Ellen avenues of a burglary in the area. Two schools were locked down in the area were West Covina High School and Cameron Elementary School. Both schools were locked down as a precaution. There was no threat to students at either school.

West Covina officers caught

two of the three burglary suspects. They have a strong lead on who is the third suspect as it is believed that one of the suspects may have given up his name, but this is not confirmed.

There had been a rumor that there was an officer involved shooting, but that was not the case.

The investigation is ongoing and the outstanding suspect is expected to be taken into custody soon.

Los Angeles County Board of Supervisors Approves Permanent Tenant Protections for Unincorporated Los Angeles County

LOS ANGELES COUNTY - The Los Angeles County Board of Supervisors took another step to keep L.A. County residents in their homes by establishing a permanent rent stabilization program for unincorporated L.A. County. Permanent rent stabilization rules will go into effect on April 1, 2020. Until that time, the current interim rent stabilization protections remain in effect. The permanent rent stabilization program:

- Limits allowable rent increases for rental units and space rent charged in mobilehome parks to an amount equal to the change in the Consumer Price Index (CPI), with a maximum of eight percent (8%) overall.
- Allows certain designated luxury units to increase rents an additional two percent (2%) over the maximum allowable rent increase.
- Requires relocation assistance to renters who are temporarily displaced or evicted for no-fault reasons.
- Requires property owners to register all tenancies annually through a web-based rental housing registry system.
- Establishes a Rental Housing Oversight Commission to adjudicate matters related to rent stabilization. The commission will consist of nine members, appointed by the Board of Supervisors, including two "renter members" and two "owner members."

The Los Angeles County Department of Consumer and Business Affairs (DCBA) and the Los Angeles County Development Authority developed the recommendations for the new permanent tenant protections and will share in the enforcement of these ordinances.

"The Board of Supervisors has taken a number of critically important steps to protect the more than 100,000 men, women, and children who live and rent in unincorporated L.A. County," said Supervisor Sheila Kuehl. "Contrary to popular beliefs, economic issues are the number one reason people become homeless. Many people are faced with astronomical rent increases and can't afford lawyers to fight them. The County's actions will help residents maintain affordable homes in stable communities, and stem the tide of people into homelessness."

"Skyrocketing rents are a huge factor driving our homelessness crisis. We have protections in place now that will protect renters and mobile home residents alike from unexpected rent hikes while still guaranteeing landlords a reasonable return on their investments," said Supervisor Janice Hahn.

"Today we send a message that housing is a human right, not a luxury," said Supervisor Hilda L. Solis, who represents a high proportion of renters on the Board of Supervisors. "To keep our residents housed, we are taking all necessary steps to ensure we have well-informed policies and strong implementation systems in place. This includes an oversight commission, a rental registry, relocation assistance, proper staffing levels, technical capacity, as well as other components to make the policies and programs whole. It is crucial that the permanent ordinance provide relocation assistance and benefits to renters who are temporarily displaced or face no-fault eviction. Continued stakeholder input will provide additional safeguards for vulnerable families

and individuals. We have come too far as a society to not take all necessary steps to ensure dignity for all."

"Over 77 percent of County renters are rent burdened, meaning they pay more than 30 percent of their earnings for housing each month," said Joseph M. Nicchitta, Director of the Department of Consumer and Business Affairs. "The Board of Supervisors' actions today will protect those renters most likely to be displaced by high rent increases. While we look forward to the opportunity to expand our tenant protection services, we are committed to operating a fair program that works for both landlords, mobilehome park owners, and residents."

"The County of Los Angeles' Interim and Permanent Rent Stabilization Ordinances will go a long way toward stemming the tremendous inflow of families that are falling into homelessness," said Monique King-Viehland, Executive Director of the Los Angeles County Development Authority. "These measures coupled with state legislation like SB 329 will help address the County's housing insecurity and homelessness crises. We are proud to have partnered with DCBA on the ordinance development and will continue to partner to ensure its effective implementation."

For more information about L.A. County's new tenant protections, or if you have questions regarding a landlord's rights and responsibilities, contact DCBA's Rent Stabilization program:

- Phone: (833) 223-RENT (7368)
- Email: rent@dcba.lacounty.gov
- Website: rent.lacounty.gov

California Senator Joins Bumble CEO to Combat Online Indecent Exposure

Senator Ling Ling Chang Will Introduce Bill to Make Unsolicited Nude Images a Crime in CA

SACRAMENTO - State Senator Ling Ling Chang (R - Diamond Bar) announced today she will be working with one of the world's most popular social networking apps, Bumble, and its founder and CEO, Whitney Wolfe Herd, to combat indecent exposure online. In January, Senator Chang will introduce legislation to go after sexual predators who send unsolicited lewd photos to women online. Senator Chang's legislation will make it a crime punishable by a fine. Pew Research states that over half of young women say they received an unwanted explicit photo while online.

"We're in a digital world, and it is critical we protect online users," said Senator Chang. "I've heard the horrific stories of women who have been victimized and digitally harassed. This is ab-

solutely unacceptable. We need to send a message that this culture of online harassment must go."

Bumble CEO Wolfe Herd said, "So much of people's lives are spent online, yet the digital world has fallen short of protecting us there. What is illegal in the real world needs to be illegal in the digital world. Bumble is committed to working with Senator Chang to making that a reality in California."

Senator Chang's legislation comes on the heels of the Texas State Legislature passing the first-in-the-nation law to fine and criminalize the sending of unsolicited nude photos. Bumble successfully pushed this legislation in 2019 and Senator Chang is now bringing that momentum to the Golden State.

Bumble has taken a proactive

approach to fighting bad behavior in both the digital and real world. Bumble invests a great deal into the safety and security of its users and recently launched the Private Detector which leverages AI to identify and block unsolicited nude images before they are sent between users.

As a member of the California Legislative Women's Caucus, and a founding member of both the Millennial Caucus and the California Legislative Technology & Innovation Caucus, Senator Chang is uniquely positioned to bring this important online safety measure to California. She has leveraged her expertise in technology to pass legislation to combat cyberbullying and allow state workers to use sharing-economy services during business travel.

Sen. Chang Earns Perfect Score by Taxpayer Protection Advocacy Group

Howard Jarvis Taxpayer Association Gives 100% For Chang's Voting Record

SACRAMENTO - Senator Chang announced that she received a perfect voting record from the Howard Jarvis Taxpayer Association, one of California's most respected taxpayer advocacy groups. Only seven of the forty elected Senators received a perfect score for their tax related votes. Senator Chang has long fought against efforts to raise taxes on hardworking Californians.

"I am honored to be recognized by Howard Jarvis for my strong voting record to protect California taxpayers," said Senator Chang. "I came to Sacramento to fight tax increases and this recognition underscores that priority."

Throughout Chang's tenure in the Legislature, she has been an

advocate on behalf of taxpayers. In addition to the votes referenced by the Howard Jarvis Taxpayer Association, Chang was a co-author of AB 162, an attempt

to prohibit a 'cell phone tax' that would further burden taxpayers in the state. She was also a steadfast opponent of the largest gas tax in California history.

Monterey Park Fire Dept Responds to Structure Fire

MONTEREY PARK - On November 23, 2019 at 9:38 a.m., the Monterey Park Fire Department, along with units from Alhambra and Los Angeles County fire departments, responded to a reported structure fire at 727 W. Garvey Avenue. An aggressive fire attack was initiated and the fire was contained to the business of origin. No other businesses were damaged as a result of this fire. The fire was knocked down

at 9:50 a.m. No civilians or firefighters were injured during the incident. All businesses in the strip mall were initially evacuated and closed, however, were re-opened once the fire was contained and there was no other danger.

Damage is estimated at approximately \$75,000. The cause of the fire remains under investigation.

San Gabriel Valley Examiner
INFORMATION GUIDE

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

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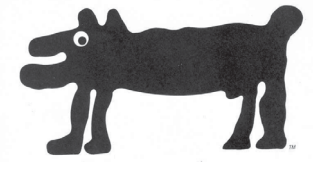
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D.A. Election: S.F. Ethics to L.A?

Association of Deputy District Attorneys, (ADDA) Michelle Hanisee, President of that L.A. County organization, has announced on behalf of the Board of Directors, they have endorsed Jackie Lacey for Los Angeles County District Attorney.

The announcement went on to explain the endorsement by saying Lacey has championed mental health reform and diversion, supported the goals of labor, expanded the hiring of disadvantaged students and has an 8-year track record the ADDA finds appropriate in the criminal justice system.

George Gascon, Lacey's opponent, was appointed district attorney in San Francisco in 2011 to replace Kamala Harris and was elected twice after that appointment. Gascon says he will bring to L.A. County a "safer more humane, more effective and far less expensive criminal justice system" and proves his efforts will be successful using his record in San Francisco. He's proud of the fact he diverted young adults up to age 25 away from prison, expunged their past marijuana convictions and therefore reduced the incarceration rates.

ADDA's concerns with Gascon is his track record in San Francisco that has led to a higher crime rate than what we have now under the Lacey leadership term. ADDA Board of Directors notes San Francisco's violent crime rate versus Los Angeles County:

- San Francisco's murder rate (6.4 per 100,000) higher than L.A. County (5.7 per 100,000).
- San Francisco's violent crime rate (715 per 100,000) higher than L.A. County (577 per 100,000).
- San Francisco's property crime rate (6,168 per 100,000) higher than L.A. County (2,443 per 100,000).

• Comments ... "On streets where the boundary line was between San Francisco County and San Mateo County, thieves would commit car burglaries on the San Francisco side of the border because they would face less punishment" if they were caught.



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

• Under Lacey's term, we've seen people jailed at 4 times the rate in San Francisco.

In one of Hanisee's columns, the ADDA showed the concern the organization had with special interests or PACs dumping money into campaigns and thought it was more appropriate to have open discussions and debates over the criminal justice system and the candidates running for those offices. The Supreme Court, however, has ruled money financing a campaign is a form of freedom of speech and government cannot curtail that First Amendment right.

We know regarding district attorney races, George Soros and his Open Society Foundations (or PACs) have given huge amounts of money to selected candidates. In the 2018 Sacramento County D.A. race, Anne Marie Schubert, who gave money to fight Prop. 57 changing felonies to misdemeanors, up against Noah Phillips brought out Soros and his California Real Justice and Justice and Public Safety PACs to the race. Reported was George Soros' California Real Justice PAC and Justice & Public Safety PAC contributions to Noah Phillips were in the range of \$1 million. Despite that money, and an endorsement from Kamala Harris, Schubert managed to retain that seat as an incumbent with her reputation as a good prosecutor.

ADDA Hanisee comments on the L.A. County race: "The race for Los Angeles [County] District Attorney is going to be a hard-fought campaign with two very different perspectives. Jack-

ie Lacey, endorsed by the ADDA, is an experienced, career prosecutor with a record of reforming the justice system while keeping crime at historically low rates. She has kept politics out of the DA's office and respected the rule of law. Gascon, on the other hand, is running on a promise of 'turning our court system upside down.' Not only is this reckless, it is antidemocratic."

With that endorsement and perspective on the L.A. County District Attorney race comes the cautionary words: In Los Angeles County, we can expect big money to be spent on the District Attorney's race. George Gascon will attract Soros PAC money by promising not to enforce the laws that voters enacted. Gascon, however, will need to answer for his track record ... Gascon's policies have earned San Francisco the distinction of having the highest property crime rate of America's 20 largest cities."

Also noted: The big money drops from the Soros PACs occur towards the end of the race when the incumbent or Soros opposition candidate, in this case Jackie Lacey, is least expecting the deluge and not able to match those last-minute big bucks.

Potential impacts: People in jail may register and vote now. As of January 1st, Skinner (D-Berkeley), SB 310, "The Right to a Jury of Your Peers," signed by Gov. Newsom, will restore felons right to vote if they are not on parole or probation.

Elizabeth Castillo, CalMatters, reports: Supporters of SB 310 say it begins to solve racial disparity allowing defendants of crimes to be judged by a jury of their peers. "One in five African-American men in California is barred from jury service because of a prior felony according to 2017 research."

Opponents of SB 310 are concerned about the bias they may bring to the jury against police and prosecutors. Riverside Sheriff's Association fought and lost their challenge to SB 310. One compromise was achieved -- registered sex offenders are still banned from serving on juries.

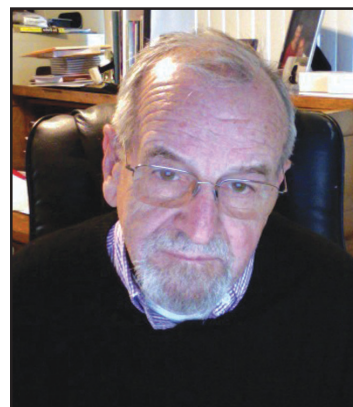
For The Sake Of Children

For those not acquainted with the community where Wendy and I live, here is one small part of it. Each November we hold at two-day "festival" featuring a variety of crafts we have created during the year. We welcome ten thousand visitors, and raise almost \$200,000 that goes toward helping residents who run out of money. For my part, I create watercolor paintings, and from them get printed hundreds of greeting cards I sell, dedicating the income to the fund.

This year, the highlight for me took place a few days after the festival, when I received the following text: *Yesterday you gave three of my kids really pretty paintings...just wanted to say thank you. These pictures are beautiful, and that was very kind of you.*

As I sat by my booth chatting with those who came by to have a look, now and then a family with small children would drift by. If any of these kids would show an interest in the art, I gave them a painting.

I have a half dozen great grandchildren I see on the rare occasions when they visit. But whenever they come, even when they are as young as three, we walk over to the studio where I paint, locate a small palette, dab on it some primary color paints. find a brush and some artist's paper.



Charles H. Bayer

The kids do their thing about which they are always proud. Their creations are then displayed on the refrigerator door, after their great grandmother and their parents fawn over the magnificence of their paintings.

Wendy will tell you that I am awkward with children. True. I am never sure what to say, and if I get down on the floor with them, getting back up is -- oh, well. But if color and a bit of paint bridges the gap, good.

Fewer and fewer schools have art classes any more, and that also goes for music. But don't kids see enough ugliness, violence and inhumanity? Finding some lovely colors to brush on paper may be a better use their time than untold hours thumbing those ubiquitous black gadgets.

It is not only kids that may be emotionally starving in a society

increasingly committed to the tawdry and the grim. I admit to being a news junkie, but how much of what is going on in the world can even I absorb without growing cynical? So, what is being ground into children?

Isn't there beauty all around if we bother to look: nature to celebrate, music to hear, and color all witnessing to the world's nobility?

So, in giving a simple amateur painting to a child, maybe I'm casting a tiny vote for a saner world. I know I am destined to spend much of my time in the rubbish heap we have made for ourselves, but even whales who are destined to spend their lives in the dark ocean depths must come up now and then for a breath of fresh air.

As disturbed as I am with the dangerous man who is president, and while I will continue to call for his defeat, I will not spend all my time and effort crying, 'AIN'T IT A SHAME?' There is more to life than that, so this afternoon—and most afternoons—I'll splash some colors on artist's paper even if no one but me ever sees them, and think about those three little children, and the mother who came by my festival booth.

Contact Charles Bayer at candwbayer@verizon.net

The Congressional Impeachment Hearing, Is It A Joke?

I could not help but watch part of the Congressional impeachment hearings simply because it was on every channel on the television. There was no getting away from it unless you went to YouTube to watch something else.

Adam Schiff who apparently spearheaded this whole thing seemed like he was conducting a Kangaroo Court. I'm confused at the fact that accusations are being put out there yet the person that sent these accusations was never called to testify. Also, no defense testimony was allowed. I don't get it.

I'm still not sure where they are going with all of this. They are saying that the President asked for some type of investigation on



George Ogden
That's just the way it is!

a candidate that may be running against him. My response to that would be, so what. If I was running for office, I would like to know what the other side is doing and what kind of person they are.

What I see here is a bunch of sore losers that are spending the hell out of our tax money to put

on this episode at the Congressional level. There is other business at hand that Congress should be addressing. The Democrats have to remember that if by chance the president was impeached, the person that would take his place is also a Republican. The way they are going about it has many Democrats shaking their head in disapproval of what is happening.

This is a huge waste of our tax dollars and wasn't meant to be spent at the hands of a democratic vendetta. I am a registered Democrat myself, and I can tell you right now there is a whole lot of people that I will NOT be supporting in the future.

"That's Just the Way It Is!"

"TIME JOCKEY" - SD&A Railway

By Joe Castillo

Anniversary Dedication...
The small town of Campo, California sits along the California - Mexico border, midway between San Diego and El Centro. Located just outside the town, is the Pacific Southwest Railway Museum, home to an extensive collection of vintage trains and rail cars. It's an exquisite museum with trains and artifacts from every major U.S. railroad, railway and carrier.

On November 15, 1919, the 140-mile railway was completed after 12 years of construction. The San Diego & Arizona (SD&A) Line was the last link in the U.S. transcontinental railway system and linked all the other rail lines with the southwestern most city of San Diego. On Saturday November 16th, the museum celebrated the 100th Anniversary of the finish of the San Diego & Arizona Railway. The anniversary celebration brought out over 500 spectators to hear music of the era, witness a historical landmark dedication by the Native Sons of the Golden

West, speeches by various political officials and a re-enactment of the original dedication in 1919. In addition, train rides were given on the vintage rail cars housed at the museum. The passenger cars were built by Pullman & Co in 1929 and had a pantry, kitchen, ice-filled refrigerator and a dining cabin. The train trip covered a 20-mile roundtrip route over the 100-year old line and came within a mile of the Mexican border. The same speeches which were given during the original dedication were repeated again by re-enactors who dressed like the persons who they represented from that era.

The original line was financed by John D. Spreckels, who would become the President of the SD&A line. Spreckels was also known for his sugar production business in Salinas and north of El Centro and he quickly identified the benefit of having his railway connect with the rest of the United States which could then be used to ship his products throughout the United States. Spreckels would hammer the

final spike, a gold one which cost \$268, and linked the line running east from San Diego with the line coming west from Yuma, Arizona. Today, the "golden spike" is stored at the museum but it's worth is considerably more than \$268. When Spreckels drove the final spike in 1919, 600 people witnessed the historic event. He called it the "happiest moment" of his life and even though the total cost of construction of the SD&A Line was \$18 million, Spreckels had realized his goal of completing a railway from the port of San Diego, through Tijuana and Tecate, Mexico, onto Yuma, Arizona, connecting to Chicago and points further East. The project was initially described as "impossible" but after its completion it was christened with the name "The Impossible Railroad"....

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 joecastillo@aol.com....

MY TURN: Who has benefited the LEAST from the Impeachment Inquiry Hearings?

Question. Which major organization in the country has appeared to benefit the LEAST from the on-going impeachment hearings?

The Republicans and/or President Trump? No, they seem to be plugging along quite nicely even as they receive new targets to shoot their arrows at. The media? Well maybe. The impeachment hearings have not exactly been a ratings bonanza, but factors before the impeachment contributed to that problem.

Actually, the group most affected negatively might well be the Democrats themselves. They have seen their anointed testifying saviors coming forth to provide the ultimate gotcha after Comey and Mueller failed, only to have them fizzle as well. One of them makes a statement that looks like it will soar like a rocket only to have it drenched by Republican questions debunking the claims.

It gets worse. Does anybody remember that there is another debate scheduled? A few weeks back, that was all the buzz. Who would shine? Who would be left off the stage? But then the impeachment happened. That action that the Democrats so desperately wanted has gone to the point of inquiry and it has dominated the news cycle. Not in a positive way. More like a "beware of what



Charles Lopresto

you ask for" way.

It will get even more complicated if an actual impeachment makes its way to the Senate. The folks that Adam Schiff has managed to avoid bringing for testimony like the infamous "whistleblower" or Hunter Biden, will then be called. And six of the major Presidential candidates, who happen to be sitting Senators, will be required to attend, missing valuable campaign time. While the debates and the campaigns are meant to showcase the party as one interested in doing more than just resisting Trump,

they are left to look like nothing more than a party whose only purpose is resisting Trump. Democrats are always quick to say they can walk and chew gum at the same time, but instead, Nancy Pelosi, preoccupied with taking Trump down, refuses to move on bills that Trump is counting on seeing action taken over. Let's face it, not every Democrat is running for President or involved in the impeachment oversight activity. It just seems like they are.

Democrats like to accuse the Republicans of supporting Trump because he was someone who was "not Hillary," but it is the Democrats that look like the party that is "not Trump." Unfortunately, President Trump now has a record to run on and the Democrats are left with an image of a party complaining about how bad things are when obviously that is not the case.

Republicans like to claim, "nobody died during this scandal," but for the Democrats it might be a lot of campaigns that die.

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This Market Rally May Not Be Over Yet!

Investors are enjoying all-time highs in the S&P 500; and, the present stock market action does not look like a top to me. We have witnessed a series of higher lows in the S&P 500 and the Dow Jones Industrial Average, after which the market made fresh all-time highs. Given the many uncertainties outside the market - including the Chinese trade negotiations, the impeachment circus in Washington, plus the slowing global economy - I can understand why investors are worried.

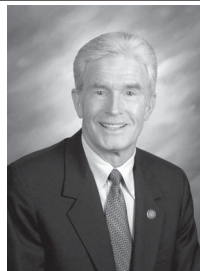
Here's what I envision: All signs point higher, despite the headlines desperate to get our attention. The fake news is trying to bring everyone down. They write catchy headlines like: "This is why the market could be 30% lower next year." Or something similar. I've seen so many negative and shocking headlines that I have to remind myself that the market is at all-time highs.

However, big buyers are back! And that's bullish. Demand for equities is driving the market higher. I see evidence of big money investors buying up stocks every day.

The longest bull market in history is also the best ever. The current market boom, which started March 9, 2009, has enjoyed a whopping 468% gain for the S&P 500 through the first day of November, making this record-long bull run also the best-performing one since the World War II. The S&P 500, which had a record closing high recently, has soared 471% in this historic run.

Last week my colleagues on Wall Street saw a big imbalance in signals for the third week in a row. The average buy-to-sell ratio had been 2.6-to-1 for the prior two weeks, but this past week it rose to 3.5-to-1. That will

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

boost the Big Money Index in the coming days. A rising BMI (more buying than selling) usually means a higher market, and this flood of money coming into stocks can already be seen in quite a few places.

The slaughter of Software seems to be over for now and tech is seeing continual buying in Semiconductors & Hardware. Elsewhere in the sectors, every sector except Consumer Staples and Energy saw huge buying; and, Industrials shot up also. Financials are seeing renewed buying in banks. And Healthcare is collecting some buying interest too.

As far as the market as a whole, I'd advise you to ignore the noise and focus on the real potential. Thankfully, the real underlying stories amidst the annoying news/noise corroborates the bullish case. Consider these likely facts:

The Fed lowered its benchmark funds rate by 25 basis points recently to a range of 1.5% to 1.75%, as expected. This keeps pressure on the 10-year Treasury, now yielding 1.93%, while the S&P 500 dividend yield is 1.97%. When stocks yield more than bonds, that's bullish.

The best six-month period for stocks, based upon recent history, begins now.

U.S. employers added 128,000 jobs in October, the Bureau of Labor Statistics said in

its monthly jobs report. That is a strong number, and it helped rally shares in a positive reaction that Friday.

Factory activity in China may have expanded at its fastest pace in more than two years in October as export orders and production rose (according to a private business survey released recently).

"Seeking Alpha" pointed out that there is a monstrous amount of capital on the sidelines. Money market inflows have been climbing in 2019, with assets now totaling \$3.49 trillion.

According to FactSet, with 71% of S&P 500 companies reporting, as of November 1, 76% of those companies beat earnings expectations and 61% beat sales expectations.

How much more convincing do we need?

To sum up, interest rates are historically low, as are corporate tax rates. There are also mountains of money on the sidelines, with many previously unloved sectors catching some interest. China is at least advertising some much-needed signs of life, our economy remains strong, and too many people are still stubbornly bearish.

A week ago on Thursday Nancy Pelosi was quoted as saying she wants to pass (the previously ignored) USMCA by year-end.

If the House of Representatives would really get back to work for America, and finalize this now 9-month-old USMCA before year-end, our near-term investing future should at least anticipate "smooth sailing".

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

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

Your Money - Ask Julia

For some, holidays are depressing.

A few of the biggest triggers for depression during the holidays are lack of funds to spend on decorations and gifts, anniversary of a sad event like the death of a loved one, or loneliness. Slow down, take some time for yourself, and think about the reason behind this season. If you're still paying for last year's gifts, be extra budget-wise this year! It is a time of giving, but don't feel pressured to give a gift to everybody you know. Think about making some homemade gifts, or ways you can offer a helping hand. Those are the things that make lasting memories. If you've gone through a life event, your friends and family will understand that you are going through a period of adjustment. If you're unhappy, or depressed, seriously consider talking with a counsellor, therapist, or pastor. Even all the partying, eating too much fat and sugary foods, and drinking too much alcohol can add to feelings of depression. If you have enjoyed all the lights, decorations, and music in the past, then it's especially important to make an effort to enjoy those now. And, if you are a Christian, remember that it's a time to celebrate the birth of Christ.

When we sell our house here in California, will we have to pay taxes on the profit we'll make between the price we paid 15 years ago and what we sell it for?

At this time, when you sell your primary residence, you will still receive the full benefit of the capital gains exclusion: \$250,000 (filing single), \$500,000 (married filing joint).



Julia Yoder

Remember to calculate in your allowable deductions for major improvements (not maintenance) to your home. If your capital gain is greater than these amounts, you will probably have to pay capital gains tax on just that amount in excess of the exclusion. Check with your CPA.

What is RMD? When does it start? Is there a way to avoid it? Can it affect my tax bracket?

RMD is Required Minimum Distribution. It's the annual amount that must be withdrawn from a traditional IRA or a qualified retirement plan (401k, 403b, Keogh). Although you are allowed to begin taking penalty-free distributions from tax-deferred retirement accounts after age 59 1/2, you must begin taking distributions upon reaching age 70 1/2. The amount of your RMD distribution depends on your age, your life expectancy, and the value of the account. (Refer to IRS tables.) If you do not take RMDs, you might have to pay a 50% federal income tax penalty on the amount that you should have withdrawn. Tax-deferred retirement plans are subject to ordinary income tax. If your RMDs are large, you might be pushed into a higher tax bracket. Plan

ahead to figure out the best time to begin taking your RMDs. Note: Roth IRAs contain post-tax money, grow tax-free, and do not fall under the RMD rules. Distributions from certain life-insurance policies can be taken (if done correctly) income tax free, too.

My wife is healthy, but I was 'rated' for life insurance, meaning my premiums would be higher due to some health problems. Is there another way to provide for my family whenever I die?

One choice would be to apply for a second-to-die life insurance policy with your spouse, along with a first-to-die rider. Qualifications for this life insurance would be based on your spouse's qualifications. Because of the rider, the life insurance policy would pay out whenever one of you passed. Another choice would be to invest in an annuity. This would be a contract between you and an insurance company, but without life insurance underwriting. Annuities can be used to help ensure a steady stream of income in retirement, as well as help ensure that your beneficiaries will be taken care of in the event of your death.

Ask Julia by email:
juliayoder@yahoo.com

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

Your Roadmap for Eating Healthy During the Holidays

'Tis the season for festivities with friends and family - which often comes with lots of indulgent food and drinks. With extra treats available at holiday get-togethers, it's tempting to veer from our healthy eating habits.

November is National Diabetes Month, and diabetes is the number one health issue in the San Gabriel Valley based on Emanate Health's most recent Community Health Needs Assessment. With this, it's even more important for our community to be mindful of eating habits this time of year.

Here are six easy things you can do to stay on track with healthy eating habits this season:

1. Never go to a party hungry. Know when those big holiday meals and parties are on the calendar. Do your best to eat close to your usual meal times to keep your blood sugar steady. Eat a healthy snack beforehand, which will leave you just hungry enough for a taste of holiday goodness.
2. Keep it colorful. The more colorful the food, the better it is for your body. Swap out everyday mashed potatoes for seasonal vegetables like brussels sprouts, green beans and carrots. When produce is in season, it is more likely to be fresher and higher in nutritional value. Work seasonal spices into your recipes, which have their own set of nutritional benefits. Cinnamon can help control blood sugar in diabetics, and nutmeg is packed with powerful antioxidants and anti-inflammatory properties.
3. Be a picky drinker. Extra



Angana Shah, MS, RD

sweets and alcohol are some of the biggest culprits during the holiday season that can lead to unhealthy weight gain and increased risk of diabetes. Limit decadent eggnog and creme brulee martinis. Instead opt for low-calorie options like club soda with a splash of cranberry and lime.

4. Practice mindful eating. Control your portions and don't pile on a full plate. If you are full, cover your plate and put it away if you get hungry later.

5. Focus on what you eat. Make conscious decisions. Try to eat a mindful and balanced meal filled with fruits and vegetables along with protein. Avoid grazing on heavy snacks and appetizers. Remember to chew slowly because it can take up to 20 minutes for your gut to tell your brain that you're full.

6. Put your dancing (or walking) shoes on! After a fabulous holiday meal, skip the temptation to sink into the couch. Instead, get moving with a walk around the block or hit the dance floor. This can ease digestion by moving

food more quickly through the gastrointestinal track, and potentially help with lower heartburn and other reflux symptoms. In a study by the American Diabetes Association, walking after meals can help monitor the blood sugar of older adults who are at risk for type-2 diabetes.

And most importantly, remember the holidays are about making memories. It's okay to enjoy a small slice of grandma's homemade pecan pie on those special occasions. For my favorite healthy holiday recipes, please visit Emanate Health on Facebook @EmanateHealthNow or Instagram @EmanateHealth.

For additional information, visit www.emanatehealth.org.

Angana Shah, MS, RD, is the Director of Food and Nutrition at Emanate Health and has years of experience in managing clinical and community nutrition. Passionate about food and nutrition, Shah is responsible for feeding and nourishing our patients and staff across all our Emanate Health hospitals. She received her master's degree in Nutritional Science from California State University Long Beach. Her additional credentials include a Certificate in Adult Weight Management from the Academy of Nutrition of Dietetics, Registered Dietitian designation from the Academy of Nutrition and Dietetics, and Serv Safe Certification from the National Restaurant Association.

Shah has called the San Gabriel Valley home for the past decade and says this community and its people are like family to her. She values food and nutrition because what people eat defines them personally, culturally, physically and mentally. At Emanate Health, Shah and her clinical nutrition team organize a number of healthy eating initiatives, including Lighten Up SGV, the Covina Fun Run and others.

THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

Driving and the Holidays

We want our community to be safe during the holiday season. More and more people are staying in on New Year's Eve to avoid the possible dangers on the road, but, the Memorial Day holiday and Thanksgiving holiday are the most dangerous times on the road now.

Many are off on Thanksgiving, of course, and a lot of folks are driving to be with family and friends on the big day. Then comes Black Friday, where many start shopping to kick off the Christmas frenzy.

We now have stores opening on Thanksgiving, so they can get people geared up to get those gifts under the tree.

College sports are a big deal during the Thanksgiving weekend and with that comes drinking. Add that to the crowds shopping and coming home from their travels and it could spell disaster.

More people are aware of the dangers of driving at the peak times during this holiday weekend, but if you can't avoid it all together, be alert. Keep

focused and if at all possible, don't be out and about during the heaviest traffic times.

From all of us to all of you, have a safe, Happy Thanksgiving!

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California's Assessed Property Values Climbed Six Percent

SACRAMENTO—The California State Board of Equalization (BOE) announced at its November 2019 meeting the total value of California's county and state-assessed properties has increased to more than \$6.5 trillion for the 2019 lien date, a six percent (6%) increase from the previous year totaling a \$374 billion increase in value.

"This latest increase in California's total assessed property value confirms that our state's economy, including the property tax revenue that funds local schools and governmental services, is continuing to move forward," said Board of Equalization Vice Chair Antonio Vazquez.

California's property tax system provides billions in revenue for our schools and local governments. County Assessors are re-

sponsible for assessing the value of each home, as well as other residential and commercial property on January 1 of each year. That value is used to set the property tax bill that is due in December of that year and April of the following year. The BOE is responsible for assessing properties such as privately owned public utilities and railroads. Annual bills for the owners of these properties are based on these valuations.

Tuesday's meeting started with the Board honoring National Veterans and Military Families Month, the Board Members recognized the vital contributions of our veterans and military families and encourage local County Assessors to continue to provide information and assistance to serve veterans and their family

members. Also recognized was Board Member Mike Schaefer, as the oldest serving state constitutional officer to date.

On the second day of the Board Meeting, the Board Members held a strategic planning discussion to:

- Ensure the Board's Constitutional mandates are being performed in the most cost effective, efficient, and timely manner with the 58 elected Assessors and California taxpayers in the forefront;
- Establish and meet workload priorities and provide direction for Members to achieve statewide objectives and workload in a manner that ensures maximum transparency and opportunity for open discussion;
- Develop an education and outreach plan.

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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

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 pro-

vided 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

Christmas Holiday Lights Cruise in Newport Beach

Spend a relaxing evening under the stars cruising Newport Bay aboard a fully decorated parade ship on Thursday, **December 6** from 2:30 pm – 8:30 pm. Experience all of the holiday activities and décor centering around the boat parade in this 75 minute tour. With all of the holiday décor, music, activities and amazing light displays, you don't want to miss out on this! Walking distance from the Balboa Pier with many restaurants and quick food stops in the area. Limited tickets! Tickets are \$30 for Baldwin Park Resident Seniors, \$35 for Non-Resident Seniors, \$40 for Non-Seniors. 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

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 covina.ca.gov. For more information, call (626) 384-5340.

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

Glendora After Stroke Center

A non-fee program for stroke survivors and their families. This supportive program offers re-learning (reading, writing, speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support. For more information, please call Toni Levyssohn at 909-843-5239. The program is **Wednesdays** 8:30 a.m. - 12:00 pm.

Instructors Needed At The La Fetra Center

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

Cars 4 the Community

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

LA VERNE

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

Woman's Club

Christmas meeting

The Woman's Club of West Covina will hold its Christmas meeting at South Hills Country Club, 2655 South Citrus Street, West Covina on Friday, **December 6**. The Show Choir from West Covina under the direction of Tyler Wigglesworth will perform at approximately 12:30. Guests are welcome. For reservations, please call (626) 918-0721.

Republican Women Christmas Meeting

East San Gabriel Valley Republican Women Federated will hold their Christmas meeting at South Hills Country Club, 2655 South Citrus St., West Covina on Friday, **Dec. 13**. Incoming President, Elizabeth Courtney, will be installed by the new California Federation Republican President, Sue Blair. West Covina High School Show Choir will perform at 12:30. Guests are welcome. For reservations please call (626) 824-8717

Go West Shuttle Service

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

TOPS Meeting

TOPS (Take Off Pounds Sensibly) meets each Saturday at 9 a.m. at the Cortez Senior Center, located at 2501 E. Cortez St in the back classroom building. Visitors are always welcome and your first meeting is free. Come now and learn about nutrition, portion control, food planning, exercise, motivation, and more every week. This group has motivated members from all over the San Gabriel Valley. For details, call Erika Hernandez at 626-384-0502 (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.

Arcadia Kicks Off Holiday Season With Christmas Tree Lighting Celebration

ARCADIA - The City of Arcadia celebrates the start of the holiday season with the fifth annual Christmas Tree Lighting Celebration on Thursday, **December 5** from 6 p.m. to 8 p.m. The event takes place at the Arcadia Transit Plaza on the corner of Santa Clara Street and North First Avenue, and will feature the lighting of the official Christmas Tree in Arcadia by the Mayor, City Council, and Santa Claus.

Santa will arrive on an Arcadia Fire Truck and help the Mayor "flip the switch," bring-

ing the festive tree to life with lights and decorations. The celebration includes free cocoa and cookies, strolling carolers, a kids' craft table where youngsters can decorate their own ornaments, face painting, and holiday photos. One of the highlights of this event is the holiday craft market featuring a variety of local, handcrafted items, gifts, and foods.

Bring a little joy to the children in need in our community by donating a new, unwrapped toy. The City will deliver the donated toys to the Foothill

Unity Center in time for their annual toy distribution.

Don't forget to join us for our other fun holiday festivities. The merriment starts at the beginning of December with two holiday events. The always popular Breakfast with Santa is on Saturday, December 7 at the Community Center with two options for breakfast: 8:30 a.m. or 10:30 a.m. The Holiday Snow Festival is also on Saturday, December 7 at the Community Center from 9 a.m. - 2 p.m.

Kick off the Season at the Annual Family Holiday Tree Lighting & Fiesta

DUARTE - Join neighbors and friends on Sunday, December 8, 5:30 to 7:00 pm at City of Hope's Cooper Auditorium (1500 Duarte Road) for musical entertainment performed by the talented students of CSArts-SGV and Duarte Unified School District and a visit from Santa himself. Take a pic-

ture with jolly St. Nick and use the hashtag #deckthehallsduarte on social media! There will also be a Santa's Village featuring crafts, music, displays, and large inflatable holiday attractions. If you get hungry, purchase some traditional Mexican foods and beverages at one of our food trucks.

The night will conclude with the lighting of the City's official holiday tree! Please prepare for cooler temperature by wearing appropriate clothing and shoes.

For additional information, contact Duarte Parks and Recreation at (626) 357-7931 or visit www.accessduarte.com.

Hearst Castle At Christmastime

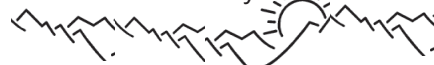
BALDWIN PARK - Special Christmastime tour of the castle! Multiple dates in December 2019 available to choose (12/6-12/7, 12/13-12/14, or 12/14-12/15) We're off again to historic Hearst Castle, where both the castle and Solvang are beautifully decorated for the holidays. Day 1 highlights will include a stop in Solvang, with ample time for lunch (on your own) and shopping. By mid-afternoon we'll arrive in San Simeon for our deluxe oceanfront accommodations (Cava-

lier Oceanfront Resort.. Yes, evening fire pits and all.) Just a few miles away, our special evening Hearst Castle tour awaits us—an incredible two-hour look into the lifestyle of the late William Randolph Hearst. Not only is the castle beautifully decorated during the entire month of December, with docents dressed in '30s period clothing, but this special "Holiday Twilight Tour" is simply the best (kitchen, library, gardens, dining room, bed-

rooms, movie, etc.)

Day 2: We'll return to the Hearst Castle Visitor Center this morning for some shopping, or perhaps an optional IMAX film: "Building the Dream," followed by a quick drive-through of WR Hearst State Park. \$309.50 per person for Double Occupancy. \$379.50 for Single Occupancy.

For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245, Ext. 323





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Dr. Jeffrey Jordan, Named Schools Chief in Charter Oak Unified School District

Education veteran Dr. Jeffrey Jordan will take the reigns as new superintendent in the Charter Oak Unified School District beginning on December 1, 2019.

COVINA – Following an extensive search, which brought an excellent field of highly qualified candidates, the Charter Oak Unified School District Governing Board has unanimously named Dr. Jeffrey Jordan as the new Superintendent.

The longtime Walnut Valley USD administrator brings 30 years of K-12 experience to his new post. Jordan has a stellar reputation for establishing collaborative working relationships with teachers, staff, and parents across the District.

He has been a tireless advocate for the success of all students and strived to develop an in-depth knowledge of the school community.

For the past three years he served as Assistant Superintendent of Educational Services and prior to that as Administrative Director of Educational Services.

He was also Principal at Walnut High School, his alma mater, for six years and Principal at South Pointe Middle School for two years.

Under his leadership, Walnut High was named a Top 100 National High School.

He also served in numerous roles at Walnut High School as an Instructional Dean, Grade Lev-



Dr. Jeffrey Jordan is Charter Oak Unified's new Superintendent

el Coordinator, Athletic Director, and Teacher.

"I am excited for the opportunity to join a new family that also values relationships, trust, and transparency," he said.

Jordan holds a Bachelor of Science Degree from Cal Poly Pomona, Master's Degree in Ed-

ucation from Azusa Pacific University, and Doctoral Degree in Organizational Leadership from University of La Verne.

Additionally, Jordan is an adjunct professor in the Master's Degree Program at Concordia University, Irvine.

Holiday Snow Village Brings Winter Fun and Festivities to Barnes Park

Kickoff the holiday season with 20 tons of snow, music, lights and visits with Santa.

MONTEREY PARK - Monterey Park's 7th Annual Holiday Snow Village event will feature snow play and sled runs, holiday music, and pictures with Santa - all at the Barnes Park Amphitheater.

On Friday, December 6 at 6 p.m., the city will welcome Santa with carols and help him light the amphitheater and city displays. Following the tree lighting, attendees will be entertained by holiday music, snow play with two sled runs and a 900 square foot play area. Participants are reminded to dress warm for this outdoor event and wear closed toe shoes to play in the snow.

The event will also have refreshments, an opportunity to take photos with Santa and a Christmas tree raffle. In addition to Santa, look for a special appearance by The Grinch and live performances by Rice Elementary, Garvey Intermediate, Mark Keppel High and Schurr High schools and the Barnes Park Tiny



CELEBRATE THIS HOLIDAY SEASON WITH SNOW!

Tots. Shopping Center, West Coast Arborist and Southern California Edison.

New for 2019: Drop off your letters to Santa at the Holiday Snow Village! All children are invited to send a letter to Santa Claus at the North Pole in care of the Holiday Snow Village event. If you include a return address, Santa has promised to answer all the letters received. Look for Santa's special holiday mailbox at the event.

Special thanks go to the Holiday Snow Village major sponsors (as of this release date) for helping to make the event possible: Monterey Park Market Place

The city invites residents and families to join in on this perfect start to the holiday season. Barnes Park Amphitheater is located at 440 S. McPherrin Avenue, Monterey Park, CA 91754 in the southeast section of the park at the corner of Harding and Ramona Avenues. For more information, please contact the Recreation and Community Services Department at recreation@montereypark.ca.gov or 626-307-1388.

Toastmasters Gain Public Speaking Practice, Skills for Careers

SAN DIMAS – A university professor, a local businessman, and a public relations professional took the top honors during a recent meeting of a local Toastmasters club.

Jon Phillips was named the best speaker at the "Toast to the Best" Toastmasters Club 5880 meeting on Thursday, Nov. 21, for his prepared speech. Phillips, professor and chair of the Department of Agribusiness and Food Industry Management at Cal Poly Pomona, gave a speech about his department, its accomplishments and goals. The talk was a practice run for a presentation Phillips had to give the next day. Businessman and longtime Toastmaster Art Douglas was the meeting's best table topics speaker. The table topics section of the meeting challenges participants in impromptu speaking. This meeting's table topics theme involved participants' best experiences in job interviews. Dan Lee, a public relations professional, was named the best evaluator for the meeting. He evaluated Phillips' speech.

District Celebration Toastmasters District 12, which Toast to the Best is part of, will hold a holiday celebration and recognition event on Saturday, Dec. 14, from 11 a.m. to 3 p.m. The celebration will include an ugly sweater contest, refreshments, games and fun. The event will take place at the Girl Scouts Building, 1751 Plum Lane in Redlands. Register at www.eventbrite.com/e/holiday-celebration-and-recognition-event-tickets-80198003387.

Toast to the Best is open to all who are interested in improving



Art Douglas, Dan Lee, and Jon Phillips were named the best table topics speaker, best evaluator, and best speaker, respectively, at the Nov. 21 meeting of "Toast to the Best" Toastmaster Club 5880.

their public speaking and leadership skills. Toast to the Best meets at 7 p.m., every first, third, and fifth Thursdays in the month at Faith Lutheran Church, 505 E. Bonita Ave., San Dimas. During meetings, participants practice delivering prepared speeches, giving impromptu remarks, and evaluating speakers. For more information, visit <https://5880.toastmastersclubs.org/>, email info@toasttothebest.org, or call 951-505-0555.

Youthful Voices Bring Holiday Cheer to Retired Teachers



Durfee School Advanced Chorus will perform at Retired Teachers meeting

ARCADIA - The California Retired Teachers Association #71 (CalRTA) will be entertained by the Durfee School Advanced Chorus at its Friday, **December 13**, luncheon meeting at 11:30 a.m. The meeting will take at the Senior Center Building in Arcadia Park (county park), 405 S. Santa Anita Ave., Arcadia, next to the Lawn Bowling Greens. The cost of the luncheon for members and guests is \$13. For those who pay at the door, the cost is \$14. Please call John

Gera at (626)286-0714 for reservations by the December 6 deadline.

Under the direction of Suzanne Brown, the 23-member Durfee Advanced Chorus is an eighth-grade choral group that has received Excellent ratings at competitions and has performed annually at the L. A. County Fair. Director Brown brings to her 7th and 8th grade students her wide experience of teaching music in Pennsylvania schools, performing locally as a trombon-

ist with a PCC faculty group, and acting as cantor and pianist at Saint Rita's Church in Sierra Madre.

Holiday music is on the program, and the CalRTA #71 members look forward to hearing from this fine choral group. Membership in the California Retired Teachers Association is open to all retired educators, and to any others interested in joining. CalRTA's motto is "Your Partner in Pension Protection."



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First Responders Trained at Local Community Colleges Provide Peace of Mind during the Holidays

By Dr. Edward C. Ortell

Data reported in 2018 show that more than 28 million calls are made to 9-1-1 in California each year. The Los Angeles region receives the most calls, with 8.5 million fielded by 79 regional call centers.

In spite of the pervasive message of Peace on Earth and Goodwill to All, it is the holidays when there is a significant spike in 9-1-1 calls for emergency assistance. It seems the myriad celebrations, with increased food and beverages and less-than-safe holiday decorations, as well as crowded highways and the general stress inherent in all that celebrating, there unavoidably follows a greater need for assistance from first responders. It has long been recognized that there is a pattern of increased deadly heart attacks during the winter holiday season.

Many of us think of emergency medical technicians (EMTs), firefighters and police when we think of first responders. The U.S. First Responders Association lists more than 80 categories of first responders—basically the officials who run toward rather than away from emergency situations. The majority of first responders, however, are individuals with specialized training who are the first to arrive and provide assistance at the scene of an emergency. Their jobs are frequently challenging and dangerous and involve long shifts that include holidays and weekends.

So who are these selfless individuals, and why do they do it? First responders are people



Dr. Edward C. Ortell, Citrus College Governing Board Member; background: first responders at HASMAT emergency in Azusa, CA

with a desire to serve their communities, and they tend to be highly satisfied with the demanding jobs they do. In California, 80 percent of firefighters, law enforcement officers and EMTs are credentialed at a California community college. More than 40 California community colleges offer administration of justice programs and 60 plus colleges have fire technology programs. Most of these programs are offered at your local community college.

This holiday season, your heart may leap with joy as you open that long dreamed of gift or the sight of your family and acquaintances coming together in

love and friendship. But if your heart leaps for a less healthy, more ominous reason, it's good to know that help is just a 9-1-1 call away. While first responders contribute to Peace on Earth in our communities, they contribute even more to our peace of mind during the holidays.

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 11 terms as president of the Citrus College Board of Trustees.

Kingdom of West Covina Has a New Mayor, Tony Wu!

By George Ogden

WEST COVINA - First off, let's say Congratulations to the new Mayor of West Covina, Tony Wu. The City of West Covina, at their last meeting, had their re-organization of the City Council members. This ended up being the most bizarre reorganization in the history of the City of West Covina. Mayor pro tem Tony Wu was sworn in as the Mayor at the Council meeting. It turned out to be a huge event never before seen in the City of West Covina's history as it was fit for a King. It appeared more like the inauguration of a President than a Council reorganization.

Tony Wu had apparently made some fun comments that made its way into other publications referring to West Covina as "My Kingdom." Tony Wu is known for his joking around and having fun when he is speaking.

Normally they would present a gavel to the outgoing Mayor and then swear in the incoming Mayor and Mayor pro-tem. However, this was not the case. Tony Wu had flag presentations, singing choirs from the high school that sang in different languages, presentations from people from all over the place including China.



Tony Wu, with his wife at his side is being sworn in as West Covina's new Mayor.

There were more flowers presented to him from different organizations then you would see it most funerals. Even the Los Angeles County Assessor, Jeffrey Prang, was invited and make presentations. He was one of the highlights of the event as he was absolutely hilarious. Various government officials from all levels also came to give presentations at the Council meeting.

A huge number of people that attended came up and talked about Tony and congratulated him for becoming Mayor. Although the entire event was way over the top, you can't say that it was not extremely entertaining. The entire Council chamber was filled to standing room only.

There were concerns that they may have to clear part of the chambers because of the fire ordinance limiting the capacity that is allowed inside the chambers. That is how many people that were attending this swearing-in ceremony for Mayor.

Congratulations certainly does go out to Tony Wu and the coming year will be very interesting year for the City of West Covina. One of the highlights is the fact that he is the first Chinese immigrant to be elected to the City Council. On top of that, the Mayor pro tem is now Letty Lopez. She is the first Filipina Latina woman to be elected to the city Council. The outgoing mayor, Lloyd Johnson, was the first Mayor to serve 18 months in a row.

Federation of Women's Clubs Monthly Meeting

COVINA - The Federation of Women's Clubs is an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service.

They cordially invite the public to their monthly meeting on **December 9**, at the Covina Woman's Club 128 South San Jose Ave., Covina. The meeting will begin at 11:00, a lunch will be offered for \$10, a reservation will be needed. The person to contact is Carlene Saria at (626) 335-6741. The deadline for making reservations is Dec 3, 2019.

The Dec. 9 meeting will feature a great Christmas Choir from the West Covina High School. The choir will inspire your Christmas spirit. It's a wonderful way to start the Holiday Season.

Check out their website www.covinawomansclub.org for more information.

Tree Lighting Ceremony

LA VERNE - The annual City Tree Lighting Ceremony will be held on Monday, **December 2**, at 6:30 p.m. before the City Council meeting. The ceremony will be held in front of City Hall located at 3660 "D" Street, La Verne. There will be entertainment and a special visit by Santa Claus!



Glendora Village

Santa in The Plaza

3 Saturdays

December 7th, 14th, 21st

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Dec 7th, 14th, & 21st
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