



San Gabriel Valley Examiner

To reach us:
Phone: (626) 852-3374
Fax: (626) 852-1904
E-mail: sgexaminer@aol.com
Web: www.sgexaminer.com

25 cents

Since 1997 • Published in GLENDORA, California
A Weekly Adjudicated Publication Serving all of Los Angeles County

Volume XXIII, Issue No. 11

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

March 12 - 18, 2020

INSIDE



Local Health Emergency / A3

COVID-19 How Do We Prepare



Dr. Deepthi Jayasekara / A7

INDEX

Commentary	A4
Financial/Consumer	A5
Legal Notices	B1
City Notices	B14

El Monte City School District Science Olympiad Wins Big at Regional Tournament

EL MONTE – Gidley School's Science Olympiad team won a whopping seven medals and placed sixth overall at the 2020 Los Angeles Regional Tournament, exemplifying the scientific acumen to earn a spot at the Science Olympiad State Tournament in April.

The Science Olympiad team earned awards by completing tasks such as investigating viral outbreaks, using math to measure density levels and answering questions about genetics.

"I feel proud to have made a contribution to my team and helped us get to the state tournament," eighth-grader Donny Zhu said. "To prepare for the state competition, I'm going to study as much as possible. It's going to be an uphill battle, but an exciting one."

Math teacher and Science Olympiad adviser Peter Lam said the team is preparing for its next tournament by brushing up on biology, Earth science, chemistry, physics, computer and technology.

"I was speechless at first then I couldn't stop yelling, 'We did it – we're going to state!'" Lam said.



Gidley School's Science Olympiad team members and advisers celebrate after winning seven awards and placing sixth overall at the 2020 Science Olympiad Los Angeles Regional Tournament. The team earned the right to compete at the Science Olympiad State Tournament at the California Institute of Technology on Saturday, April 4.

Seventh-grader Charlene Chow said she will use the 7 Habits of Highly Effective people, which are the driving force behind the District's Leader in Me Program, to guide her confidence and leadership abilities during the state tournament.

The team also will work with Rosemead High School students for advanced science lessons and assistance on what to expect at the state tournament.

Gidley's team will compete against other regional winners

at the Science Olympiad State Tournament on Saturday, April 4 at the California Institute of Technology (Caltech).

"Congratulations to our Sci-

ence Olympiad team members for their amazing work and all the awards they've achieved," Superintendent Dr. Maribel Garcia said. "We are proud that

our team will compete at the next tournament and showcase its excellent science skills on a statewide level."

2020 Science Olympiad Los Angeles Regional Tournament Awards

- Experimental Design – 2nd place (Diamond Van, Ryan Lee, and Sofia Hernandez)
- Disease Detectives – 5th place (Diamond Van and Tracy Chow)
- Machines – 5th place (Matthew Lam and Tracy Chow)
- Density Lab – 6th place (Ying Ying Lin and Matthew Lam)
- Heredity – 6th place (Dylan Tran and Ryan Lee)
- Meteorology – 6th place (Sofia Hernandez and Donny Zhu)
- Water Quality – 6th place (Tracy Chow and Ryan Lee)

West Covina Councilman Lloyd Johnson Joins Women's Club of West Covina

By George Ogden

WEST COVINA - At the Friday, March 6th, meeting of the Women's Club of West Covina's, they introduced their new member, Lloyd Johnson, councilman and former Mayor of West Covina to the rest of the club members.

Johnson stated that he knew of all the great things that the club has done that he wanted to be part of it. He got an invite to attend and then was recruited into the club. He is looking forward to assisting whenever he can and is honored to be part of a great organization.



Sally Deniston, 3rd Vice President of the Women's Club of West Covina introduces their new member, Councilman Lloyd Johnson to the organization.

Empty Bowls... Fighting Hunger One Bowl At a Time



GLENDORA - The 17th annual Empty Bowls Benefit will take place on **Friday, March 13, 5 - 7 p.m.** at First Christian Church, 300 N. Glendora Ave. For the \$20 ticket price, individuals will receive a delicious bowl of soup and bread donated by local restaurants, and they will go home with a beautiful handmade ceramic bowl and the satisfaction that they are helping to fight hunger one bowl at a time.

The Citrus College Ceramics department, under the leadership of Mike Hillman, the Tri Community Adult Education's "Pioneer Potters, and several local ceramic artists have donated 1,000 bowls to the event, allowing for wide selection and variety. Several service groups will come together, including Citrus College students, Glendora police Auxiliary and Explorers, Kohl's and Church of Jesus Christ of Latter-day

Saints youth, to support the First Christian Church Empty Bowls project.

Proceeds will benefit food assistance programs administered by Shepherd's Pantry, St. Vincent de Paul Society, the Glendora Police Department, and the Glendora Community Services Department. For more info and a complete listing of our event donors, go to www.firstchristianglendora.org/empty-bowls/

6th Annual Fundraiser For The Glendora Welfare Association

GLENDORA - On Saturday, **May 2nd** from 3-7 p.m., the Glendora Welfare Association will be holding its 6TH Annual Fundraiser at the Rubel Castle in Glendora. Enjoy dinner, music, live and silent auctions and more! The Glendora Welfare Association is a 501.c (3) organization which helps Glendora residents in their time of need.

The Glendora Welfare Association has been providing year-round emergency services since 1958. Through fundraisers such as this one, we are able to help Glendora residents with emergency shelter, assistance with utilities, food and referrals for other services. The Glendora Welfare Association relies on donors that include local busi-

nesses and churches, service organizations and private citizens.

Tickets are available at GWAtickets.com.

For more information about the event or if you would like to learn more information about the Glendora Welfare Association, please contact President Matt Bartlett at 626-221-8252.

Civilians Practice Their Equine Skills In Hopes Of Becoming Posse Members



Watch that backpack! Equestrian owners (l to r) Gary Leder, Melissa Burwell, and Kathy Leder practice various sensory skills with their horses like an approaching backpacker during a basic skills test for the Mounted Posse at the Corral 35 Equestrian Center

by Pat Rasmussen

GLENDORA - Recently, local equestrian owners participated in an equine basic skills practice test at Glendora's Corral 35 horse facility, located on Glendora Mountain Road. The practice took place in February to better prepare the riders for an upcoming Performance Standards Test.

Applicants who successfully past the Performance Standards Test will then complete a more intensive 40-hour training course to become volunteer members of the San Dimas Sheriff's Mounted Posse. The Posse is just one of eight throughout Los Angeles County.

Posse members routinely patrol the more rural area of the local foothills and trails that are not readily accessible to a police patrol vehicle. Members take turns patrolling one weekend each month and spend about 20 hours every month volunteering with the San Dimas Sheriff's Station.

Aside from the equestrian training, each member receives instructional classes in criminal law, search and seizure, first aid, and pertinent information

relative to the Sheriff's Department's policies and procedures.

"We are glad to share Glendora's Corral 35 facility with the San Dimas Sheriff's Mounted Posse for training and testing purposes, said Dottie Hilliard, President of the Corral 35 organization. For information about the San Dimas Sheriff's Mounted Posse, contact Lisa Fosselman at (909)519-9910.

To Advertise In
The San Gabriel Valley Examiner
CALL 626-852-3374

Local Students Match Big Dreams with Big Opportunities



Dr. Edward C. Ortell, Citrus College Governing Board Member; background: Haugh Performing Arts Center at Citrus College (courtesy photo)

The California School of the Arts - San Gabriel Valley (CSArts-SGV), a unique public charter school, opened its doors in spring 2017. This spring, CSArts-SGV will present its "Season Finale Fanfare Experience" at Citrus College's Haugh Performing Arts Center on Sunday, April 26.

As it has for the past two years, this annual event will feature performances and works of art from each of the school's arts conservatory programs, including the School of Dance, the School of Fine and Media Arts, the School of Music and the School of Theatre. And, Citrus College is more than a venue where CSArts-SGV students can showcase their talents. The college is also in partnership with CSArts-SGV, offering early college classes taught by college faculty on CSArts-SGV's campus in Duarte.

As part of Citrus College's robust Early College/Dual Enrollment programs, CSArts-

SGV high school students can simultaneously earn both high school and college credit, while taking rigorous conservatory style courses in Citrus College's world renowned Visual and Performing Arts program. In addition to an opportunity to study for the careers of their dreams, this partnership also provides students with access to the same student services that are available to traditional Citrus College students. Currently, Citrus College holds more than a dozen dual-enrollment classes on the CSArts-SGV campus.

A new policy brief by the American Institutes of Research (AIR) found a strong return on investments made in early college programs across the country. According to Dr. Kristina Zeiser, a lead researcher for AIR, "...research showed that that early colleges are an effective way to increase rates of college-going and college completion..." In addition, early college programs, where students earn their high school

diploma and credit towards an associate degree, have a positive impact on participants' enrollment and success in college. They are also helping to close stubborn achievement gaps.

Citrus College's early college program and CSArts-SGV are proving to be two innovative educational paradigms that partner beautifully together. While approximately 10 percent of students reside in Duarte, CSArts-SGV draws students from more than 80 cities within and beyond the San Gabriel Valley, providing opportunities for career training in fine and performing arts within reach of hundreds of aspiring students each year.

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.

Arcadia Mayor's Community Breakfast And Keynote Speaker Dr. Jasmine Sharma

By Joan Schmidt

ARCADIA - 2020 Arcadia Mayor's Breakfast was quite memorable. Mayor Verlato welcomed us and acknowledged past mayors: Jim Helms, Gail Marshall, Sheng Chang, Gary Kovacic, the current City Council, and Field Representatives from Congresswoman Chu, Senator Rubio, Assemblyman Holden, Supervisor Barger.

Mayor Verlato spoke of the great state of Arcadia: crime is down (Chief Guthrie, outstanding Police Department), the great Fire Department with response to 5600 calls in 2019, 20,000 hours of fire suppression training, high school students taught CPR.) The Mayor updated great urban development (new businesses and housing, streets repaved, parks improvements. The Recreation Department, Library and Museum have many outstanding programs, and are greatly utilized.

Keynote Speaker Dr. Jasmine Sharma, noted the 100th Anniversary of Women's Suffrage, the 19th Amendment. Dr. Sharma, a physician, is married with sons who are a senior in high school and a senior in college. Her story is of her ordeal, as a passenger on Pan Am Flight 73, from Bombay India with stops as Karachi, Pakistan and Frankfurt, Germany on September 5, 1986. She was a



Arcadia Mayor April Verlato and Dr. Jasmine Sharma.

fifteen-year-old returning to the US after a trip to India. At the stopover in Pakistan, the 16 hour ordeal began as four armed Palestinian terrorists entered the plane yelling, "Hands up." Thirty-three years later, she still has images of that harrowing moment: "Stay in your seats. Don't move."

Everyone had to hand over their passports; stewardesses threw American ones under the seats. The pilots had locked the cabin door, and exited the plane. The terrorists wanted to fly to Cyprus and Jerusalem to pick up Palestinian prisoners. At the onset, the passengers witnessed a man being told to kneel down and then shot in the back of the head. A man was used as a negotiator, but then the lights went out-power was lost- and that's what saved them. They had to scramble to the back of the plane and exit. Some were injured-they missed the slide. Throughout the ordeal she thought of her mother

and was so worried her mother would be worried.

Sharma also spoke of India and Pakistan being enemies for so many years. But she emphasized how wonderful the Pakistani were to all the passengers: so kind and caring.

During her speech, there was a screen which showed the plane, a diagram of the inside. There also was a newspaper clipping with her parents' picture. The headline said, "Brave Arcadia Teen Escapes to Safety."

Sharma told us, "Don't let fear get the best of you. You can't make memories go away, but you cope."

She loves her work, being a pediatrician. Family is most important to her: her husband, son and parents who live nearby. She's on an adult swim team and loves to scuba dive. She feels we need to promote peace in the community and be inclusive. "Life is a balance, follow our Hearts."

City of Monterey Park to Hold Fire Station 62 Groundbreaking Ceremony



Fire station 62 artist rendering.

MONTEREY PARK - On Saturday, March 14 at 10 a.m., the City of Monterey Park and the Monterey Park Fire Department will be hosting a groundbreaking ceremony at the current and future site for a new Fire Station 62.

Located at 2001 S. Garfield in Monterey Park, the current site of Fire Station 62 was initially built to house a single fire engine. Over time, and with the introduction of paramedics to the fire service, a rescue ambulance was also stationed there. For many years, the plan

has been to eventually build a larger station to house not only the larger and more robust equipment but to also have a station that is gender neutral and can accommodate both male and female firefighters. To that end, the new station will have individual dormitories and shower facilities, and will be a two-story facility.

The City of Monterey Park purchased a home on Isabella Avenue directly behind the fire station to increase the building space for the new station. After receiving community feed-

back to keep the look of the neighborhood consistent, a similar structure will be built on the site of the existing house. Therefore, the plan is to demolish the existing house first and build a similar structure in its place. Once that is complete, in order to maintain fire resources in the area, fire personnel will occupy the new structure and respond from there while the old station is demolished and rebuilt. The entire project from start to finish is anticipated to take just under one year.

This Pi Day, Make Math Fun for Kids

Pi Day, is not only an annual opportunity to celebrate math, it's also a day to honor the renowned scientist and mathematician, Albert Einstein, born on March 14.

Here are some great ways your family can make math fun this Pi Day:

- Visit a math museum: Take the kids to a hands-on math museum featuring fun interactive exhibits, events, puzzles, games and more that bring math to life.
- Bake a 'pi': Bake a pi-themed pi. Whether you love cherry, chocolate or lemon meringue, you can honor the day by baking a pie and carving the symbol for pi into your creation. This is also a great opportunity to calculate fractions, angles, percentages and areas!
- Learn the meaning of pi: A very special number, pi is the ratio of the circumference of a circle to its diameter, making



its value essential for those studying geometry. It's also an "irrational number," meaning it's exact value can't be expressed as a fraction. While scientists have calculated trillions of digits of pi, you are likely familiar with the first few -- 3.14. Use a high-quality graphing or scientific calculator, such as those from Casio, to study up on several more of pi's digits and practice using its value in equations.

- Learn more about Einstein:

There are many terrific biographies for all reading levels available, as well as documentaries and biopics that can help your family learn more about the life and work of the legendary Albert Einstein.

Math may sometimes get a reputation for being one of the tougher school subjects, but it can also be a lot of fun. Let this Pi Day be an opportunity to show your kids that math is something to celebrate. (StatePoint)

California Department of Tax and Fee Administration Reports Cannabis Tax Revenues for the Fourth Quarter of 2019

SACRAMENTO – The California Department of Tax and Fee Administration (CDTFA) reported revenue numbers today for cannabis sales for the 4th quarter of 2019. As of February 18, 2020, California's cannabis excise tax generated \$84.4 million in revenue reported on the 4th quarter 2019 returns due by January 31, 2020, and the cultivation tax generated \$23.6 million.

Sales tax from cannabis businesses totaled \$64.7 million in revenue for the same period. Sales tax applies to sales of cannabis, cannabis products, and other tangible personal property. Certain retail sales of medicinal cannabis are exempt from sales and use taxes when the purchaser provides at the time of purchase a valid Medical Marijuana Identification Card issued by the California Department of Public Health and a valid government-issued identification card.

Total tax revenue reported by the cannabis industry is \$172.7 million for 4th quarter returns due by January 31,

2020. This does not include tax revenue collected by each jurisdiction. Previously reported revenue for 3rd quarter 2019 returns was revised to \$170.1 million, which included \$84.4 million in cannabis excise tax, \$22.7 million in cultivation tax, and \$63 million in sales tax. Revisions to quarterly data are the result of amended and late returns, and other tax return adjustments.

Since January 2018, total program revenue to date is \$1.03 billion, which includes \$498.1 million in cannabis excise tax, \$123.4 million in cultivation tax, and \$403.1 million in sales tax.

In November 2016, California voters approved Proposition 64, the Control, Regulate, and Tax Adult Use of Marijuana Act. Beginning on January 1, 2018, two new cannabis taxes went into effect: a cultivation tax on all harvested cannabis that enters the commercial market and a 15 percent cannabis excise tax upon purchasers of cannabis and cannabis products. In addition, retail sales of

cannabis and cannabis products are subject to state and local sales tax.

To learn more, visit the Tax Guide for Cannabis Businesses on the CDTFA website.

The California Department of Tax and Fee Administration (CDTFA) administers California's sales and use, fuel, tobacco, alcohol, and cannabis taxes, as well as a variety of other taxes and fees that fund specific state programs. CDTFA-administered programs account for over \$70 billion annually which in turn supports local essential services such as transportation, public safety and health, libraries, schools, social services, and natural resource management programs through the distribution of tax dollars going directly to local communities.



Advertise In
The San Gabriel
Valley Examiner
626-852-3374

County Files Suit Over Sanitation Districts' Refusal to Fund Long-Awaited Regional Park on Site of Former Puente Hills Landfill

LOS ANGELES COUNTY – Following years of negotiations, Los Angeles County has filed a lawsuit to compel the Sanitation Districts of Los Angeles County to fulfill their decades-old obligation to fund a long-anticipated regional park on the site of what was once the nation's largest landfill.

As a condition of operating the Puente Hills Landfill from 1983 until its closure in 2013, the Sanitation Districts agreed to set aside money to pay for the development, operation, and maintenance of the future regional park on the site. Despite their promises, no money was set aside for 20 years.

Following the landfill's closure, the Sanitation Districts and the County worked together to develop a Park Master Plan, which the County Board of Su-

pervisors adopted in 2016. The planned 142-acre regional park will serve a park-poor region consisting of communities and cities like Avocado Heights, Baldwin Park, Bassett, El Monte, Hacienda Heights, La Puente, Pico Rivera, Rowland Heights, Whittier, Valinda and beyond. During the Master Planning process, thousands of neighbors, local municipalities, and key community stakeholders vocalized their enthusiastic support for the Puente Hills Landfill Park they had been promised for decades.

"As a member of the California State Assembly representing the San Gabriel Valley, I authored legislation in 1994 requiring that the Puente Hills Landfill be converted into a public park after its closure. Now all these years later, the promises made to the surrounding communities by the Sanitation Districts must be honored," said Supervisor Hilda L. Solis. "I join with the voices of the thousands of neighbors who for far too long have tolerated living near a landfill with the promise that it would one day become a park. The time to act is now."

In 1994, as a member of the California State Legislature, Solis authored legislation requiring the Sanitation Districts to fund the post-closure transition of the Landfill into a public park. Subsequent County permits reinforced the provision that the Sanitation Districts would provide the funding for the park in exchange for the County's blessing to continue operating the profit-

able Landfill.

Supervisor Janice Hahn expressed hope that the Districts would move swiftly to honor their commitment. "This community lived with a landfill in their neighborhood for decades. They were promised a park when it closed. I am hopeful that we can come to some agreement so that the Sanitation Districts fulfill that long-time promise to the community," Supervisor Hahn said.

The County's decision to sue came as a last resort after years of efforts to try to resolve the matter short of litigation. The Sanitation Districts participated in the creation of the Park Master Plan, adopted in 2016, that included the funding and elements of the park. Unfortunately, the Sanitation Districts refuse to provide the necessary funding to construct the Puente Hills Landfill Park.

John Wicker, Director of Los Angeles County Department of Parks and Recreation, emphasized the importance of creating public space on the former landfill site. "The Puente Hills Landfill Park is an opportunity to transform an environmental liability into an environmental, regional, and community asset," Wicker said.

The Puente Hills Landfill Park is located within the boundaries of the Puente Hills Landfill, which is owned by the Sanitation Districts, an independent governmental agency separate from the County of Los Angeles.

County of Los Angeles Declares Local Health Emergency in Response to New Novel Coronavirus Activity

LOS ANGELES COUNTY – The Los Angeles County Board of Supervisors (Board) and the Department of Public Health (Public Health) declared a local and public health emergency in response to increased spread of coronavirus across the country and six additional cases in LA County. Public Health stated that none of the new cases are from community spread, and all of these new cases were exposed to COVID-19 through close contacts. None of these cases were linked to the first case reported in LA County in January.

"These declarations are a swift response to this emergent issue and will enhance our ability to effectively manage our response," said Supervisor Kathryn Barger, Chair of the Board of Supervisors. "These actions will allow us to have even greater coordination to protect our more than 10 million residents and prevent the spread of COVID-19 in our communities," she added. Public Health simultaneously issued a declaration of a local public health emergency.

"We will continue to mobilize county resources, accelerate emergency planning, streamline staffing, coordinate with agencies across the county and state and federal partners, and raise awareness about how everyone can be prepared for more cases and community spread," said Barbara Ferrer, PhD, MPH, MEd, Director of Public Health.

"As more cases are identified and community spread is detected in numerous areas, the possibility of sustained community spread of this virus in the US will increase," said Muntu Davis, MD, MPH, Health Officer for Public Health. "Everyone and every organization has to do their part to help slow the spread of this virus."

"Our local healthcare system is well prepared to treat more cases should the need arise, particularly among vulnerable populations that require signif-

icant clinical care," Ferrer added. "Specific guidance documents allow each of us to take steps to be prepared, including personal actions that can make a difference in disease transmission."

And although there is no current need for significant social distancing measures in LA County, and the individual risk for contracting COVID-19 remains low for most individuals in the County, all community members should take the opportunity to plan for the possibility of more significant social distancing requirements should there be broad community spread. Personal preparation measures include:

- Having an ample supply of essentials at home (including water, food, hygiene, medications, and pet food);
- Planning for the possibility of business disruptions, school closures, and modifications/cancellations of select public events;
- Practicing simple social distancing strategies that limit your exposure to others who may be ill (verbal salutations in place of handshakes and hugs, not sharing utensils, cups and linens, staying six feet apart from others at public events).

LA County is prepared to manage and investigate suspected and confirmed cases of novel coronavirus. Public Health will continue to work closely with federal, state, and local partners to provide healthcare providers and the public with accurate information about actions to be taken to reduce the spread of novel coronavirus and to care for those who may become ill with this virus. As with other respiratory infections, there are steps that everyone can take to prevent the spread of novel coronavirus.

The best ways to prevent the spread of respiratory infections, including novel coronavirus, are:

- Stay home if you are sick. Sick people make well people sick.

• If you have mild symptoms, there may be no need to go to a medical facility to see a doctor.

• Certain patients, such as the elderly, those that are immune compromised or have underlying health conditions should call their doctor earlier.

• If you have questions, please call the clinic or your doctor before going in. If you do not have a healthcare provider, call 211 for assistance finding support near you.

• Wash your hands with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

• Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

• Get immunized against the flu to protect yourself and your family, and reduce the potential strain on the healthcare system, which may be impacted by COVID-19 concerns.

Public Health is also asking businesses, schools, and community-based organizations to prepare plans that allow people to stay home if they are sick (even mildly) without the risk of being academically or financially penalized. This includes the option to work from home or to complete assignments remotely, where possible. Public Health is requesting organizations do the following:

- Make sure you are using a robust, regular cleaning and disinfection schedule for frequently touched surfaces.
- Ensure that your continuity of operations (COOP) plans are up to date, so their essential functions can continue.
- Not require a doctor's note for staff returning to work after being sick, when possible. This will reduce the strain on the healthcare system.

These actions will go a long way to protect individuals and healthcare services that may be affected once novel coronavirus begins to spread more widely.

San Gabriel Valley Examiner
INFORMATION GUIDE

1160 Englewild Dr.
Glendora, California
91741

Phone (626) 852-3374
Fax (626) 852-1904
E-mail: sgexaminer@aol.com

EUGENE F. MOSES
Publisher/Editor

Jayam Rutnam
Contracted Reporter

George Ogden
Contracted Reporter

Glenn Purbaugh
Photographer

Contributing Writers
Pat Murphy
Joan Hallidy
Ken Herman
Charles H. Bayer
Jorge V. Rosales
Lois M. Shade
Julia Yoder
Gene Morrill
Jenny Park

San Gabriel Valley Examiner, published weekly by Eumo Enterprises, has been adjudicated as a newspaper of General Circulation for the County of Los Angeles, California in Court Case No. KS 005341.

Mission Statement

- We believe that journalism should be free from any motives other than relaying information to its readers. It should not be used to win a favor by flattery, to enhance a particular political interest, or for the purpose of financial gain.
- 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.

DISCLAIMER

Views and opinions of writers, contributors and columnists are their own and do not necessarily reflect the views of the publisher or the newspaper.

SUBMISSION POLICY

All submissions for publication become the property of San Gabriel Valley Examiner and will not be returned. San Gabriel Valley Examiner does not guarantee submissions to be published. All submissions are subject to editing, including to conform to space limitations.

Contributing Writers:

The San Gabriel Valley Examiner is grateful for the articles submitted by our unpaid writers who have contributed to the success of our newspaper. Our only request is that articles submitted be of minimal length in order to accommodate each and every writer. Thank you for your cooperation.

TREE TRIMMING AND REMOVAL

Hillside Cleaning Residential & Commercial HAULING AND DEMOLITION

Lic#827330 Free Estimates (626) 235-8780



CERTIFIED Automotive Specialists
Serving Glendora Since 1978

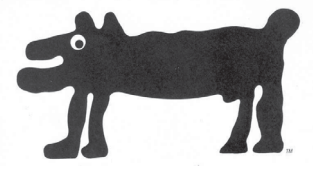
The Friendlier and More Helpful Auto Shop!



\$20.20 OFF any service for 2020!

476 S. Vermont Ave. Glendora, 626.963.0814
CertifiedAutoCa.com

BART The BLOCKHOUND



"It has more to do with less than less to do with more"...
Bartology #032

Don't Rely on Luck: Designate a Sober Driver this St. Patrick's Day

BALDWIN PARK – If you plan to have a few cheers for St. Patrick's Day, remember to plan ahead and have a designated sober driver take you home.

St. Patrick's Day celebrations are one of the biggest drinking nights of the year, which makes it all the more important to let someone who has not been drinking take you home.

To help keep the public safe, The Baldwin Park Police Department will have extra officers on patrol this St. Patrick's

Day weekend (March 14th) from 5:00 p.m. to 1:00 a.m. looking for drivers suspected of driving under the influence of alcohol and/or drugs.

In 2018 alone, 73 people were killed in drunk-driving crashes over the St. Patrick's Day holiday period (6 p.m. March 16 to 5:59 a.m. March 18).

"If you need to ask yourself whether you are okay to drive, the answer is probably no," Baldwin Park Police Department, Sergeant, Andy Velebil said. "We want people to have

fun, but also be responsible. Part of that responsibility is arranging a safe way to get home."

If you plan on drinking, designate a sober driver, take a ride-share or use public transportation to get around.

If you ever see a drunk driver on the road, call 911.

Funding for St. Patrick's Day DUI enforcement is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

One New Case of Confirmed COVID-19 in Los Angeles County

LOS ANGELES COUNTY – The Los Angeles County Department of Public Health (Public Health) is investigating one additional case of COVID-19 in Los Angeles County; the total number of cases reported by Public Health is now 17. These cases exclude the cities of Long Beach and Pasadena, which have independent health departments that identify their own positive cases. The additional positive case is a resident who returned from Iran at LAX and was transported to a medical facility.

Public Health is identifying persons who may have had close personal contact with these individuals, including any friends, family members or health care professionals, to assess and monitor them for signs and symptoms of illness has begun. All confirmed cases are being isolated and close contacts will be quarantined.

There are no known public exposure locations related to this case at this time.

"With the discovery of community spread yesterday, we will continue to see more cas-

es of COVID-19 in LA County," said Barbara Ferrer, PhD, MPH, MEd, Director of Public Health. "With more cases, we are urging people with underlying health conditions, pregnant women and the elderly to practice social distancing by avoiding non-essential travel, public events, community gatherings, and indoor venues," she added.

Public Health will continue to actively monitor this situation and provide updates to the public as needed.

Voting Is Over, Ballot Debates Ongoing

The act of casting a ballot in the 11-day March 3rd election has culminated. Reports I heard ranged from easy, no problems, to never-experienced long lines and wait times, or simple and quick to frustrating with no fully trained help.

Alex Padilla, Secretary of State (SOS), weighed in with comments on this voting escapade. He called the L.A. County experience with this new voting system a "primary debacle" and put his "deep concerns" in writing to Dean Logan, L.A. County Registrar.

Padilla's concerns were vote centers understaffed, long wait times, check-in stations not working and insufficient or overwhelmed tech support. In our area, a voter was told she had to vote with a provisional ballot because of a power outage and she told me provisional voting is not her kind of voting so she went to a different station and voted easily. Problem solved.

My experience: Parked the car, walked in, signed in, was shown to a voting station, given easy to understand instructions with help by my side if needed. Worked beautifully in Glendora.

Los Angeles County was one of 15 counties transitioning to this system under the Voters' Choice Act and the only one experiencing such major significant problems with electronic voting. An additional charge from Padilla: Logan failed to mail out ballots to each and every voter in L.A. County which would have been 5.5 million ballots. For me, a voter pamphlet listing all the candidates for review before casting my ballot would have been appropriate. I ended up online reviewing candidates and judges. Oh, never a doubt there was a fire tax on the ballot. That stack of mailers has gone to the trash can.

The Bernie Sanders for President camp, had reps in court on March 3rd to convince the judge to allow the polls to stay open an extra two hours. Their pleas fell on deaf ears.

SOS Padilla, on a roll with his criticisms, instructed L.A. County Registrar Logan to mail every registered voter in L.A. County,



Shade's Perspective
Lois M. Shade

Former Mayor of Glendora

a ballot 29 days before the November election date. Further emphasizing Padilla's push, Sen. Ben Allen, (D-Santa Monica) came forward offering to introduce legislation to take Padilla's instruction and turn it into a mandate - every registered voter in L.A. County shall receive a ballot 29 days before the November election date. Which date was not specified ... poll openings when voting starts, or the regular November 3rd date.

Sen. Ben Allen authored SB 212, called rank-choice or instant run-off voting where voters would list multiple candidates on their ballots ranking them in order of first choice, second choice, and on down. If none of the candidates received 50% plus 1 vote, the lowest-ranking candidate would get dropped from the ballot and their votes would automatically go to the voter's second choice. Smells like a game of voter fraud to me and Gov. Newsom didn't sign it.

Getting ballots to L.A. County Jail residents - ones determined eligible to vote -- should be easy, but how does Alex Padilla plan to have Dean Logan mail a ballot to every registered homeless person on the streets of L.A.? If Padilla and Logan can't do that, I'm sure the ACLU will be there loud and clear.

Registrar Logan roared back telling Padilla mailing out 2 million ballots to people who didn't request them needed evaluation. There's a financial impact and apparently contracts need review before 5.5 million ballots could be mailed out. Do we know if the voter rolls have finally been cleaned up ensuring dead people

and illegals registered by DMV won't get those ballots Padilla wants mailed out?

Did you hear the one about foreign students who received ballots in the mail? They knew they weren't allowed to vote so tried to sell them? True!

Remember: Alex Padilla helped create and push through SB 450 in 2016 that became the Voters' Choice Act. The rationale for this law was to increase voter participation by allowing an 11-day window to vote, ability to vote anywhere within the county at any voting station, change party registration or even register to vote and immediately cast a ballot. All on the same day and with no voter ID required. And, now a demand by SOS to mail out 5.5 million ballots to every registered voter in L.A. County. Obviously, ballot security and election integrity are not top of the list for SOS Alex Padilla. And, then there is the DMV voter registration debacle.

Shade's Perspective: Every citizen has the responsibility to contribute back to our society in some form or another. The most critical responsibility is showing up on Election Day to vote or request a mail in ballot. Eleven days is outrageously unacceptable to me. You either show up or mail in a ballot or you let others make decisions affecting you and your family.

California Secretary of State is responsible for the integrity of our election system including voter rolls that are current and ensure only those, by law, on that list are eligible to vote. L.A. County Registrar is responsible for election materials and operations. Both men and their organizations have been sued for failure to perform their responsibilities that contribute to voter fraud. In L.A. County, a 114% voter turn-out in one election and DMV altering voter party registrations and registering 14,000 illegal immigrants are the first obvious indicators of their failures.

Perhaps our election system is not what needs modification but those in charge need to be replaced.

in various locations throughout the city. Often times, this does get a response. The responsible parties will go out there and locate that same sign and then remove it.

Now we get to look forward to the November campaign and all the junk that goes along with it. For now we will get a break on those television commercials that became so redundant that we could not wait till somebody pulled out of the race. And then guess what, their commercials still showed up and they were no longer running.

I bet you all can't wait for the next round of campaigning. It's going to happen, and you can stop it.

"That's Just the Way It Is!"

My Life In The Wilderness (Part 1)

While I was born and raised in the city, much of my life has been spent exploring the wilderness. Here is that part of my history.

When I was about eight, my parents decided to introduce me to the wilderness, so I was sent off for a week at Camp Castle, twenty miles distant. This was the first time I had been away from home other than occasional nights at my grandparents who lived a mile away. I arrived at camp early in the afternoon, and within an hour I was attacked by my tent, and suffered a nasty gash on my left knee. A doctor was called to stitch it up, and to this day I can still see the scar. The camp director suggested I might like to go home, but since there was no way to get there, I decided to stick it out for the week.

What bravery! While the other kids were enjoying the swimming pool, collecting salamanders from the adjacent Brandwine creek and tromping around the nearby hills, I sat in a room reading and weaving bracelets from long strings of plastic. At least I was safe from attack by another vicious tent.

Some years later I became a Boy Scout. While my friends were frantically collecting merit badges on their way to become EagleScouts, I managed to evade these mostly outdoor activities, and was content to remain a second-class scout and to read longer and longer books. I did go on one overnight hike, but my third-hand scout uniform was far too small and squeezed all the blood from my legs, making walking almost impossible. Dawn finally arrived and I was carted safely home. I never wanted to do that again, so thereafter managed to keep my feet on the paved part of the world.

But when I was a college freshman I pledged one of the "social



Charles H. Bayer

clubs." While our college refused to have nasty fraternities, our social clubs engaged in some of the more despicably fraternity practices---including the hazing of pledges. So one night I was taken from my dorm room, blindfolded and driven about ten miles out of town where I was unceremoniously dumped. Now this city boy found himself at midnight somewhere in northern Oklahoma, which turned out to be one enormous wheat field populated by vicious dogs that resented my presence. I curled up on the ground and tried to sleep. The next morning a nearby farmer drove me back to town. As disgusting as I knew that practice to be, three years later I became our club's "pledge master," and guess what I did to our pledges? I knew they needed to be toughened up.

When my children Carol, Beth and John were pre-teens, the family did take a few camping trips, but I always felt better if they included a Holiday Inn. Wendy enjoys camping, and I am happy to have her and her three women friends take out to the wild for a couple of days.

One time, about thirty years ago, a colleague convinced Wendy and me to go mountain hiking somewhere in the Rockies. The plan was to have my car parked at the campgrounds, and a

few miles away at a lake that was to be our destination. We started out at sunrise and were due at the lake at about two in the afternoon. My colleague claimed to be an experienced mountaineer and came equipped with detailed topographical maps, a snakebite kit and a fishing rod.

We started our trek by hiking up an abandoned logging trail, planned to cross a ridge, negotiate a treacherous snow field, climb over another ridge, start down and by noon expected to spot the lake in the distant valley. All morning we followed the carefully planned route-up the logging trail, over the ridge across the snow field, over another ridge and down toward the valley and the lake. When we had negotiated the final ridge at about noon, we looked for the lake in the distance, but alas, no lake appeared! Three o'clock came and still no lake. Four and five-still nothing.

When I was panic-stricken at the prospect of being lost in the mountains as night approached, Wendy pulled me aside and whispered, "I have a strange feeling about this place. It looks familiar." It turned out that we had gone up the logging trail, crossed the snow field and the ridges, headed down and ended up about a hundred yards from where we had started. It seems we had hiked in an extended circle.

I thought I could tell the story of my wilderness encounters in a single column, but they have been so extensive, it will take another column just to hit the highlights. So next week I'll describe two wilderness encounters in Australia, and one in Nepal's Himalaya Mountains.

Stay tuned.

Contact Charles Bayer at candwbayer@verizon.net

'TIME JOCKEY' -Surfing Hall of Fame

By Joe Castillo

Recognition... The Pacific Ocean has provided an opportunity for California surfing enthusiasts which most of the other 49 states cannot provide. The giant blue ocean and sunny warm climate have made California a destination for surfers, paddleboarders, fishermen, boaters and deep-sea divers. The best surfers have come to California and competed with the most accomplished being enshrined in the Surfing Hall of Fame in Hermosa Beach. Here are some of the Hall of Famers.

Dru Harrison, inducted in the Surfer Hall of Fame in 2003, he started surfing when he was 10 years old. He invented the "hang-10 heels" in which he hung his heels over the front of the surfboard, rather than his toes which was known as "hang-10 toes". At 16, he was voted the no. 1 surfer in the world.

Jim Graham, inducted in 2017, served as an assistant producer, technical advisor and co-host on RKO Generals' "Surf's Up" television show which ran from 1963-1966. In addition, he was the technical advisor for the movie "Lifeguard" which starred Sam Elliot. Graham was an international competitor in surfing, body surfing, tandem surfing and

paddle surfing. He was involved in multiple surfing organizations and was a driver of many of them and the sport of surfing.

Scott Daley, inducted 2018, Vice President of Body Glove, was an international surfing champion long before he became a leader in the apparel industry. His success in surfing competition allowed him to become involved in numerous organizations which promoted the sport, and placed him into a position to act as mentor to numerous future surfing professionals. Scott has left a long list of successors to his legacy.

Liz Benavidez, inducted in 2019, younger sister to surfing legend and brother Mike Benavidez. Liz started surfing at age 14 in Hermosa Beach, and her skills grew and grew as she competed in California Surfing competitions. Eventually, she relocated to Hawaii where she took on the larger waves and again achieved world-wide recognition for her surfing skills and tactics.

Tim Kelly, Los Angeles County Lifeguard, volunteer youth worker and noted surfer, who was honored for his involvement with developing the Redondo Beach surf community and pier area. He died at the age of 24 having done so much for Redondo Beach and

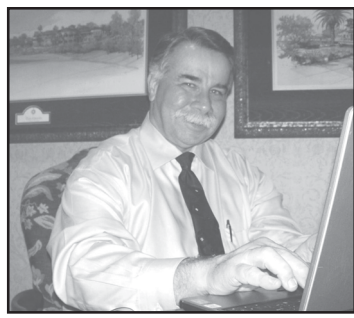
the surf community in a short period time.

The Beach Boys, inducted in 2019, were formed in Hawthorne in the early 1960's. The band signed with Capital Records in 1962 and released their first album "Surfing Safari" which spawned a relaxed, fun-filled image of the California beach and surfing scene. Soon hits such as "Surfin' USA" and "Catch a Wave" depicted the beach-life of Southern California as the new place to be. They became known as the one of the most influence bands of their era having produced over 80 songs and sold over 100 million records worldwide. Dennis Wilson, one of their charter members, was a surfer who purchased his long surfboard at the "Outrigger" in Hermosa Beach. As a note, if you still have the Beach Boy albums "Surfin' Safari" and "Surfer Girl", check out the blue and yellow-white surfboard on the covers. It was the Dennis Wilson's board and may have been the inspiration for their string of hits and surfing theme.

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.

Campaign Signs, How Long Will They Last?

The primary elections are over, but you wouldn't really think so because there are still so many signs that are out there that have not been picked up. Most cities have a time limit to have said campaign signs picked up and removed. If they are not, the candidate can actually be fined for each and every sign that is picked up by the city. This goes for campaign signs that had various different measures to be voted on. Those people responsible for those particular campaigns can also be held liable for any said fines that may be imposed. If you are one of those citizens that like to help out and remove signs, check with the city first and make sure it is legal to do so. If one of your friends was



George Ogden
That's just the way it is!

one of the candidates, make sure you have their permission to pick up their signs when you see them.

Just for information only, these signs are not cheap. \$6-\$20 per sign is usually about the average cost.

Some people will take to social media and will take pictures of signs that are still remaining

Census Questionnaires Start Arriving to Households March 12-20

DUARTE - March 12 - 20, households will begin receiving official Census Bureau mail with detailed information on how to respond to the 2020 Census online, by phone, or by mail. Every household needs to fill out their questionnaire because Duarte Counts!

The primary goal of the 2020 Census is to count everyone once, only once, and in the right place. The City of Duarte is preparing for Census Day, April 1, 2020. By the day every home in the U.S. will receive an invitation to participate. Once the invitation arrive, you can easily respond in one of three convenient ways: online, by phone, or by mail. NOTE: Responses are kept confidential and can only be used by the U.S. Census Bureau to produce statistics.

California has a lot to lose financially if the population is not counted accurately. Federal dollars

United States™
Census
2020

account for more than 1/3 of all of California's spending. Data collection is also used for demographic purposes, determining the number of congressional seats, community service funding, and road and school construction.

Duarte Counts! Be counted and complete the United State 2020 questionnaire. For more information, please visit <http://bit.ly/DuarteCounts2020>.

Arcadia Library Children's Dept. Celebrate Spring Reading, Science

ARCADIA - Arcadia Public Library's Children's Department is offering two fun (and educational) activities for children starting in mid-March. On Saturday, **March 14**, at 3 pm, children ages 3 to 5 years old can enjoy a "Science Story Craft and Play Date." Preschoolers can listed to a science story, make a craft inspired by the story, and then stay and play with friends. On Saturday, March 21, at 3 pm, older children—in the third to fifth grades—can attend a fascinating "Sharkology" program, where

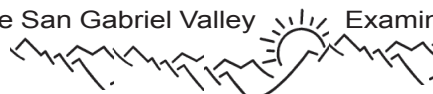
they can learn about sharks through guided research, exploratory activities, and hands-on crafting.

From Saturday, March 14, to Saturday, April 18, kids ages 3 to 14 years can submit their entries into the Library's annual Bookmark Contest. Children can stop by the Jerry Broadwell Children's Room to pick up their entry forms and submit their bookmark design before Saturday, April 18, at 5:30 pm. The best bookmark will be featured during the Library's Summer at Ar-

cadia Public Library program.

Starting on Saturday March 21, children from 4 to 14 can register for the Library's Spring Reading Program—it's the perfect warm-up for Summer at Your Library fun! Once children register, they can earn a reading reward (up to two) for each five books they read. The program ends on Saturday, April 25.

For more information, please call 626.821.5566 or visit www.ArcadiaCA.gov/library. The Arcadia Public Library is at 20 W. Duarte Road, Arcadia.



Panic Buying/Selling Rocks Markets

The market fell more than 15% in less than seven trading days. It felt scary, catching investors like a deer in the headlights. Selling came from nowhere. All stocks and sectors were slammed. The market's fear was that the virus will affect businesses. If entire towns and companies stop doing business, people will stay home, fearing infection. They will stop spending money. With Japan and Germany, amongst other countries, nearing recession territory, the fear is that a global slowdown will push the U.S. into a recession too. Panic selling was rocking world markets.

Look, I don't want to see this coronavirus spread. I don't want my wife, kids, family, friends, or even my enemies to get it. So, I wash my hands often and cover my mouth when I sneeze or cough - things my mom taught me to do as early as I can remember. Buying surgical masks doesn't do much good. It does more to protect corona from getting out of the wearer rather than preventing corona getting into the wearer. And paying panic prices for a mask to poorly protect you against a virus statistically far less likely to kill me than a car-crash seems like an overreaction. And so does selling a lot of good stocks.

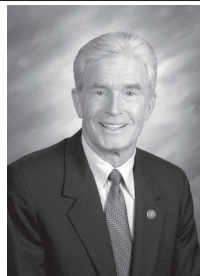
Don't forget, stocks aren't just numbers on screens. They are shares of businesses providing services and products to individuals like us. We still need to feed and clothe ourselves. That'll never stop. Neither will business. So, what makes a global stock (business) worth 20% less than last week? The answer is fear.

Stocks are getting punished for a few reasons, some of them reasonable, but then panic takes over.

So, how does panic selling start and where are the roots?

Algorithmic traders (algos)

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

and computers run the market these days. To simplify, computers seek bad news, then they sell stocks. If sells get gobbled up, machines know not to short, so they cover, reverse, and buy. If stocks go lower when they sell, they sell more. This happens many times each second, and with everyone too scared to buy, markets plummet.

Stops get triggered: As stocks rise, investors put in protective trailing stops. Investors don't want to lose money. When markets go down sharply, those stop orders get triggered, which causes even more selling.

Mob rule takes over. Hedge funds have risk managers, who tell traders to lighten up on their long exposure. Hedge funds often crowd into the same trades. When everyone rushes to exit simultaneously, things get ugly fast. More selling happens...

Main Street gets nervous. After a few days and a few thousand Dow points, people like you and me might call our broker and say, "I can't lose another 10%. Sell and I'll revisit when this craziness calms down."

All of this cascades down until the eventual washout happens, when there is no one left to sell to. That's usually when the V-shaped recovery begins.

I am not selling. I have a long-term view. I don't believe that a restaurant selling burritos is worth 20% less than last week. So, I buy a little. And when it goes lower, I buy a little more, if I be-

lieve in their business. If I see the lines out the door, I know they have a hit on their hands, and if there's a temporary interruption because of irrational fear, it won't last forever. They won't go bust, so I buy it "on sale."

The 10-year Treasury note yield is now a miniscule .70%, the lowest on record. Panicked investors buy bonds, pushing down yields. They'd rather earn under 1%, just for the safety of knowing that the U.S. government is holding their money.

The S&P 500 dividend yield is 1.97%, nearly twice the 10-year yield. Dividends are taxed at a maximum 23.8% vs. bonds at 40.8%. That means stocks give you 125% more than bonds. That's incredibly bullish. And when the 30-year yield is less than stocks yield, that's crazy bullish. Today the 30-year yields 1.25%.

Great companies will continue in their greatness. Even after the 1929 crash, the 2000 tech bubble, 9/11, and the 2008 financial crisis, great companies emerged and made some smart people wealthy.

These are the types of companies you should be buying - great businesses with wide strong sales and earnings growth (even if temporarily disrupted by pandemic fear). And, don't ignore profitability, and big-money ownership.

Long-term investors should pounce when great companies go on sale. The problem is that fear paralyzes people and they fail to act. Fear may propel markets lower near-term, but buying great companies on sale is like receiving a gift.

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

Why does the new coronavirus affect the stock market and global economy?

Countries depend on other countries for goods. When manufacturing plants are shut down, or trade is cut off, and travel bans are established, there's a negative impact on availability of certain finished goods, parts, and ingredients. The demand for goods becomes greater than the supply available. That raises prices for goods. In an effort to keep Americans spending, the Fed's just lowered the rate they charge financial institutions (banks and credit unions) for money. There is no law requiring these institutions to pass that reduction on to consumers. Most lenders did not lower their mortgage rates. Some say this is their additional effort to help stabilize the economy. It can take several months for lower rates to appear on adjustable loans like HELOCs and credit cards.

What can I do to prepare for a possible recession?

As consumers, we feel the monthly effect of a declining economy. The government doesn't declare it a "recession" until the U.S. economy has endured a 6-month long downturn. Whether or not a monthly downturn becomes a recession, it's always important to get your own financial house in order. Get out of debt! Almost all credit cards and home-equity lines of credit are adjustable interest rate. When there's a recession, interest rates go up, sometimes dramatically, like in the 1970's. Consumers found themselves struggling to make minimum payments. Put money into an emergency fund!



Julia Yoder

This money needs to be exclusively for urgent, absolutely necessary, and totally unexpected expenses. It should be 3-6 months of living expenses, and accessible by paper checks, as well as ATM. If there's no recession, having your house in financial order will still be a really good place to be.

With mortgage interest rates still historically low, would this be a good time to take some of the equity from our home and invest in some rental properties?

To be really blunt: Could you lose your home if you lost your income for several months? Although not all-inclusive, here are some things to think about before making this decision. Cost: mortgages, taxes, insurance, upkeep, repairs, vacancies. Do you plan to be the landlords, or hire a property manager? Can you make mortgage payments if the rentals are vacant for several months? Emergencies: liquid funds (easily accessible), life insurance to cover expenses and/or pay off debts with the loss of income of one of you due to illness or death. New laws in California are more tenant-friendly,

not landlord friendly. Learn everything you can about obeying these new laws. Exit plan: How many years do you plan to hold these properties? Will you hold these properties in the name of a trust? Will you be utilizing 'exchanges'? Learn about your options: What other places could you invest to potentially reach your financial goals?

We're pretty sure we are not going to have enough money in our retirement savings for us to have the lifestyle we were dreaming about. What do we do now?

Make a new plan. This will take looking at what you've got, what options you have available, making a plan, and putting that plan into action. A good financial professional will ask a lot of questions in gathering the detailed facts about your current savings, as well as about what you want your money to do for you. He/she will let you know if you are already doing a good job of retirement planning on your own, explain your options, and tell you what changes (easy or uncomfortable) that you need to strongly consider.

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/ Member of Nat'l. Ethics Assoc. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485

Developing A Personal Strategy

For most folks, a change signifies a possible disorientation, consternation and moving away from their comfort zone. Since most of us seek stability and order, we hardly ever welcome a change. Many of us find ourselves in great stress, anxiety and immense chaos when the prospect of change looms around the corner.

As much as wish to avoid it, it's prudent to realize that change is inevitable. Life is a collection of changes; with life we learn to deal with a change and mold ourselves to get along with it. Likewise, in an organization, when a change is implemented, people can get accustomed to the changed environment. Instead of being scared and running away from the change, it's favorable to learn, how to cope with a change. I find that by embracing change and labeling it as an experience helps ease the discomfort and actually brings self-confidence.

Often times when we have those persisting issues that keep reappearing its life's little way of reminding us that the path that we are on is not the right path and to choose another way.

Below are some personal strategy points that can help you overcome the stress of change:

- Take a different approach
- Change is not always bad. Many times, in fact most of the times when there is a change, it happens for a good reason. Remember the way a child learns to walk from crawling? It's a change which might seem excruciatingly painful because of all the falling which results in bruises, but once a child learns to walk, it proves to be the most beneficial change to have ever happen to him or her in life, a learning "experience". Likewise, in an organization, when there is a change due to higher management policies, consumer demands etc., it is not always for worse. In fact, many times, due to modern principles of total quality management (TQM), it is beneficial for an organization to implement a change thus, helping the employees in return to excel. An employee should look at a change with positive, optimistic, and a chal-



Michael Allowos
Principal Consultant
Global Management Consulting Services

lenging approach. Doing this, would ease the process of change for a person and lead to a better future for him or her in the new scenario.

- Realize your capacity to adapt

Everyone has a different capacity to adapt him/herself to a change. Some people, due to their quick learning abilities and higher IQ are able to adapt themselves to changes much quicker than others. Apart from genetic abilities, this capability to efficiently and quickly change is provided by proper planning and right attitude as well as communication when appropriate.

- Develop a managing strategy based on who you are

Self-realization is an important virtue. A person who is aware of his or her shortcomings and positive attributes are in a better

position to evaluate their abilities in managing change. Making a list of the current skills, and skills that would need to be acquired and acting accordingly would help you to engage in an efficient transformation towards a change.

- Keep your expectations realistic

Many times, a change does not produce the results that it was intended to give. At other times one might experience severe discomfort while adapting to a change. Irrespective of such incidents, one should not get disheartened by a failure and be open towards future changes. With this, it is greatly advised to have a realistic approach towards a change and the ability to change. Proper guidance regarding the consequences of a change can be solicited from a senior member or mentor of the organization to get a realistic view of the change.

Putting off until tomorrow what you can do today only leads to a path of inefficiencies and disappointments for you and those around you. Make the most of your abilities and learn more so that you can do more.

Allowos & Company has helped and continues to help countless individuals and companies alike reach their goals and discover new potential.

Covina Chalk Art Festival

COVINA - The 2020 Chalk Festival will be held on Saturday, April 18, 9 am-5 pm at Heritage Plaza Park located at 400 North Citrus Avenue. Watch artists transform cement into a bright and colorful street museum!

Vendor Registration Deadline is **March 27** or until filled, whichever occurs first. Vendor

Fee: \$65
Artist Registration is FREE, and will take place on the day of the event. No preregistration will be taken. Please open the document below for complete information on participating as an artist.

For information, please call (626) 384-5340.



THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

How To Be Green For St. Patrick's Day and Every Day!

Most of us are concerned with keeping our environment green. We buy the reusable bags for our shopping trips, combine driving trips to be more fuel efficient and use the new style light bulbs to conserve energy. All these seemingly little conscious efforts add up to help our earth.

It may surprise you to learn that the automotive service and repair industry has been one of the leaders in keeping our environment clean...even before it was a popular theme with the general public. We are very careful with waste disposal in every way. As an example, one gallon of improperly disposed of motor oil can contaminate a million gallons of drinking water! When consumers bring their car in for

regular service it is one of the biggest benefits to cleaner air and the good news is...it saves you money too! In fact, it saves you money in more ways than one! It prolongs the life of the car you have, it saves money in fuel, and a regularly maintained vehicle saves you money on expensive repairs! It is a good deal all around.

- A regularly maintained car can last 50% longer.
- A properly tuned car keeps your engine firing properly...one misfiring spark plug can waste 30% in fuel efficiency!
- Keeping your tires checked and rotated makes them last longer and can help your engine work better and easier.
- Clean filters make a more

fuel efficient vehicle.

Of course, it also helps not to drive like you are trying out for NASCAR or using it to transport or store heavy objects. All of this contributes to wear and tear on your vehicle too plus cuts way down on fuel efficiency.

Working together, we can all help our earth be a bit greener...breathe a bit easier...and save ourselves more of our hard-earned cash.

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.

Hometown Service You Can Count On!

Asian Industry B2B Presents Free Boba with Councilman Peter Amundson

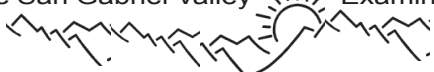
ARCADIA - Come meet your City Councilman and former Mayor Peter Amundson over FREE boba at Boba Plus, 629 West Duarte Road, Arcadia, on **Saturday, March 21** from 2 - 4pm. Pete is a business owner, volunteer, and youth advocate.

Peter has a distinguished record serving Arcadia as a

community volunteer, elected councilman, and as mayor. During his first term as mayor, he worked with the Arcadia Unified School District to honor Milton Sonnevick, the first principal - and Peter's principal - from Baldwin Stocker Elementary School. There is now a plaque honoring Mr. Sonnevick hanging in the

school auditorium.

Peter's current theme on the Council has been "One Arcadia." Through collaboration with the School District and leaders of Arcadia diverse community, has strived to bring Arcadia together around the things that make Arcadia the desired community is it.



San Gabriel Valley Examiner
AN ADJUDICATED PUBLICATION FOR THE COUNTY OF LOS ANGELES

When Business is Good, It pays to Advertise

When Business is Bad, You've got to Advertise

Call 626-852-3374 For A Price Quote

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 Monthly Meeting

San Gabriel Valley Orchid Hobbyists invite you to our **March 19** Monthly Meeting at the L.A. County Arboretum 301 N. Baldwin Ave. Arcadia. Palm Room. Judging at 7:00 p.m. Meeting at 7:30 p.m. Our Program will be an A.O.S. Webinar on Stanhopea, which is in the Cymbidium Group, Epidendrum Subfamily. They are found from Nicaragua to Colombia and Venezuela. The Webinars answer all our questions. Refreshments. All welcome!

Arcadia Senior Card Club Looking For New Members

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

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

BALDWIN PARK

St. Patrick's Day Celebration

Start your "Luck of the Irish" on **Thursday, March 12** from 9:30 am - 11:00 am with a breakfast of green Irish pancakes and Irish coffee. Bring your St. Patrick's Day decorations to compete in the table decoration contest. Don't forget to dress for St. Patrick's Day, the best dressed wins a prize. We will also be having dance entertainment by the Celtic Irish Dance Academy. Tickets are \$2. For more information, please visit the Julia McNeill Senior Center or call (626) 813-5245.

Free Cell Phone Workshops For Seniors

The Julia McNeill Senior Center in partnership with California Phones, will be providing a free iPhone Workshop on **Friday, March 13** from 9:00 am - 11:00 am. Please come in person to the senior center or call in to attend session. Must have own phone. For Android phone, the workshop session will be on **Thursday, April 16** from 9:00 am - 11:00 am. For more information, please call (626) 813-5245, Ext.

271

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

Patty's Bash

Folks, it's time to "strut your stuff!" It'll be more than a "wee bit" of fun and even better than a "pot of gold" at Patty's Bash on **March 13**. Well, maybe not a pot of gold, but it will sure be fun being a mean, green, dancing machine at this festive holiday event! Register by February 28

Cane Self-Defense Workshop

Here's how to turn your walking cane into a way to protect yourself. Learn real world cognitive and physical self-defense skills and safety awareness that will allow you to respond under stress. Please wear loose clothing, bring water and your own cane. Class is easily modified for students of all abilities. Instructor: Don Frack Date & Time: Friday, **March 6**, 9-11 am Fee: \$20/1 day

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

DUARTE

Income Tax Preparation For Seniors

Volunteer tax aides will be available to people 55+ to prepare 2019 income tax returns. Visit the Duarte Senior Center (1610 E. Huntington Drive) to sign up. Appointments are required.

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

Free Income Tax Preparation

AARP Foundation Tax-Aide trained/IRS certified tax preparation volunteers will prepare your income taxes free of charge. We can prepare most personal tax returns. No appointments, first come, first served. **Saturday March 21**, 10:30a.m. to 4:00p.m., Glendora Public Library, 140 S. Glendora Avenue. Email questions to taxes@johncher.com.

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**

Spring Orange Squeeze

LA VERNE - The La Verne Heritage Foundation is presenting its fifteenth annual "Spring Orange Squeeze" at Heritage Park starting on Tuesday, **March 10**, from 9:00am - 12:00pm through March 20.. We are reserving the morning hours on weekdays for preschool and elementary school children to come and experience a little bit of what life was like during the orange picking time in the late 1800's.

Our "Spring Squeeze" field trip at the Weber Ranch will feature a tour in the historic Weber House, a tractor ride through the orange grove, a demonstration of how the oranges were picked, the purpose of a smudge pot, the importance of a windmill. The children will also be able to squeeze an orange and taste the fresh juice, and use the orange rind to plant a small flower to take home. If your group is interested in a tour please call (909) 293-9005 or check out the web site at <http://www.laverneheritage.org>.

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

GIANT COMMUNITY PARKWIDE SALE

1630 W Covina Blvd, San Dimas, Ca 91773
One Day only Saturday 3-14-2020, 9 am to 1pm
No Early Birds. 15 plus homes participating. Many items priced to sell. Please park on Covina Blvd and walk in to community. Sale located in front just on the other side of the block wall only in the front of the park.
Come and get your shop on...

Kirk Warner Insurance Agency
Medicare • Health • Life

Call us with your Medicare Questions

(626) 963-3244

Our services are always free!

Anthem BlueCross **blue of california**

137 N. Glendora Ave. Glendora, CA 91741
CALIC. #0809588

SUBSCRIPTION FORM

San Gabriel Valley **Examiner**

YES, I want a one year subscription of the SGV Examiner
NAME _____

ADDRESS _____

Phone _____

A weekly publication. 52 issues a year sent by mail for \$75.

Mail check or money order to:

SGV EXAMINER, 1160 Englewild Dr., Glendora, California 91741.

TRUST - Nearly 100 years of Service to the community
QUALITY - Highest standards of service in the industry
AFFORDABILITY - Pricing plans to meet all needs
COMPASSION - Bereavement Minister on staff
Free monthly Grief Support group

White's FUNERAL HOME
Life Celebrations • Burial • Cremation • Advance Planning
404 E. Foothill Bl., Azusa, CA 91702 (626) 334-2921
www.whitesfuneralhome.com

Like us on Facebook

WHITE'S FUNERAL HOME

COVID-19; How Do We Prepare for the Worst

It's been about 70 days since we learnt about a new deadly respiratory virus from Wuhan, China. COVID-19 thus far has caused more than 3600 reported deaths out of over 100000 reported cases globally. In the US, over 19 deaths and 400 cases have been reported, that include 70 cases repatriated to the US. Warm countries with high level of humidity have reported much less cases compared to the rest of the world. COVID-19 Novel Coronavirus is a highly contagious virus with a low case fatality (low virulence). The fear seems to be even more contagious than the disease itself. The anxiety and paranoia primarily emanated by the media caused panic among the young and the old, sparing no barriers or borders. Some over-react by stockpiling day to day items causing further panic among people who witness such actions. Some sneak out the surgical masks from the hospitals dedicated for healthcare workers. Some have cancelled their travel plans specially cruises and foreign travel. The governments have recognized certain countries with high prevalence such as China, South Korea, Italy, Iran and Japan (Level 2 and 3) for official travel restrictions.

When we, as Infectious Disease Specialists were asked to closely monitor the situation in the hospitals, we started analyzing the situation in a deep sense. We have formed task forces, delivered lectures and CME talks as well as town hall style talks, participated in webinars and conference calls with a purpose of slowing down, if not containing the current crisis. We have sacrificed our time to alleviate the anxiety among our employees as well as patients on regular basis through such efforts. We have been following WHO, CDC and local public health guidelines and protocols constantly and have passed them to the nursing teams and others who are an integral part of our efforts to contain the virus. Yet, what we experienced during last 9-10 weeks is unparalleled to anything that we have seen and dealt with in the past. During 2009 H1N1 influenza outbreak and 2015 Ebola outbreak we were actively involved in the containing efforts; but the fear and the uncertainty we are experiencing now with this crisis seem quite unprecedented compared to those pandemics. One notable feature among the cases reported so far, is that the prevalence of COVID-19 among kids is low and fatalities are even lower unlike 2009 H1N1 pandemic. Unfortunately, like in many respiratory infections causing pneumonia, the elderly and the patients with underlying



Dr. Deepthi Jayasekara - Infectious Disease Specialist Chair Infection Control at Emanate Health and San Dimas Hospitals

piratory infection and the employers have been asked to make provisions for such sick leave in times like this. The simple hygienic measures need be practiced meticulously, and we do have to pay attention to the details. For example, hand washing should be with soap and water over 20 seconds. Hand sanitizers should cover all the spots on your hands for an adequate period. Social distancing and mitigation are an integral part of prevention of this infection along with avoidance of shaking hands and other contacts with peoples.

My prediction as an Infectious Diseases specialist is that we have not peaked with COVID-19 yet; but it will soon die a slow death among us within next few weeks. The anxiety around this novel virus will die down in the meantime here in most western countries. We do not know how the virus will mutate in the Southern hemisphere with their winter arriving around June of this year. Yet we can make an educated guess and predict that it will impact the behavior of the virus in the next few years. This will reiterate the significance of an effective vaccine against COVID-19. The effectiveness of currently available therapeutic options (Remdesivir, HIV antivirals like Kaletra, Chloroquine and others in clinical trials) against this virus will tell us how the fatality numbers evolve next few weeks. But the best and the most efficacious approach to any new virus will be prevention through vaccine development. Dozens of research groups around the world are racing to create a vaccine as COVID-19 cases continue to grow. Importantly, they're pursuing different types of vaccines — shots developed from new technologies that not only are faster to make than traditional inoculations but might prove more potent. Some researchers even aim for temporary vaccines, such as shots that might guard people's health a month or two at a time while longer-lasting protection is developed.

The prevention strategies primarily revolve around enhanced infection control practices with attention to the details. We cannot stress enough the importance of hand hygiene, facial hygiene and respiratory etiquettes at time like this. PPE (personal protective equipments) such as surgical masks, N95 sealed masks, gloves and gowns are extremely important to prevent community and healthcare related spread of such infections. We do need to stay at home when we have a res-

Theater Americana's 100th Anniversary of the Women's Right to Vote



Women take over meeting demanding the right to vote. Well, that was 100 years ago. Theatre Americana's skit to celebrate the Women's Right To Vote during the Women's Club of West Covina's meeting.

By George Ogden

WEST COVINA - On Friday, March 6th, at the Women's Club of West Covina's meeting, a large group of women "crashed" the party at South Hills Country Club protesting and demanding the "Right to Vote!" The women carried signs and took over the lectern and/or podium and demanded that their "Voice Be Heard." They carried signs that said "Vote Now" and soon they noticed two men sitting at a table and they turned on them. As they closed in on them... (this will continue in next week's edition.)

Okay, this was a production from Theatre Americana, an entertainment group that did this production for this meeting for the Women's Club.

This year is the 100th anniversary of the women's right to vote. So, they thought we would incorporate songs that have the word "woman" in them, or referred to women. Some of the songs that they had chosen are reflective of the strength, determination, wisdom and endurance of woman. They did a fantastic job and many of the actors and actresses have been seen all around Southern

California.

It seemed that the President of Theatre Americana who was also the director of this production, just might have had a grudge against men. One part of the skit, the men came in dressed as the "women of that era" and was absolutely hilarious.

Let's take a step back into history. Let's start with Lenah H. Sutcliffe Higbee, she was a Canadian-born US Army nurse, and the first woman for which a US Naval Ship was named. Lenah was one of the first 20 women to join the Navy Nurse Corps in 1908. Serving in the military, and yet she could not vote. Loretta Perfectus Walsh became the first active-duty U.S. Navy woman, and the first woman to serve in any of the U.S. armed forces in a non-nurse occupation on enlistment in the U.S. Naval Reserve on March 17, 1917. She was paid the same as the men... \$28.75 per month. Also, take note... women could NOT vote at this time.

In 1917 World War I Army nurses Edith Ayres and Helen Wood became the first female members of the U.S. military killed in the line of duty. They were killed on May 20, 1917,

while with Base Hospital #12 aboard the USS Mongolia in route to France. Preparing for a possible battle, their ship was involved in test firing a big gun when it exploded on deck spewing shell fragments across the deck and killing the women. They died in the line of duty, but could not vote. Winona Caroline Martin, was being treated for scarlet fever at Paris' Claude Bernard Hospital. On March 11, 1918 during a German air raid, the hospital was bombed and Martin was killed. She is considered the first American woman to die in the war due to enemy action. Remember, women could NOT vote at this time.

In 1918, President Wilson with some persuading from his wife, switched his stand on women's voting rights from objection to support after learning of the combat deaths of the women. Wilson also tied the proposed suffrage amendment to America's involvement in World War I and the increased role women had played in the war efforts.

From that point on, woman have made history.

Arcadia To Suspend Large Scale Public Events Catering To Senior Citizens

ARCADIA - Out of an abundance of caution, the City of Arcadia is suspending all large scale public events featuring a high concentration of older adults in order to help slow the transmission of the Novel Coronavirus (COVID-19). This is in response to additional guidance received from the California Department of Public Health (CDPH). The suspension will include all City-sponsored events with an expected attendance of over 100 persons featuring attendees who are mostly age 55 and

over. The suspension will initially be in effect until April 12, 2020; however, the City of Arcadia will continue to actively evaluate this dynamic situation and may need to extend the suspensions further.

Current evidence indicates that the risk of severe illness from COVID-19 increases with age and individuals with underlying medical conditions are also considered to be at higher risk for severe illness. Large community events bring people from multiple communities in close contact with each other and have the potential to increase community spread of COVID-19. One method to slow the transmission of the disease is by increasing social distancing (reducing close contact).

Therefore, the City of Arcadia is adopting the recommendations and guidance of CDPH with the goal of: (1) protecting attendees, event workers, and the local community from infection; and (2) reducing community transmission and introduction of COVID-19 into new communities.

There are currently no reported cases of COVID-19 in Arcadia. Per the latest information from local, state, and federal public health officials, the risk of contracting the virus remains low. There are steps individuals can take to help minimize and prevent the spread of COVID-19. These include:

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching face (eyes,

nose, and mouth) with unwashed hands.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw it in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Anyone who was recently in an area that is currently experiencing a high infection rate of COVID-19 and feels sick with a fever, cough, or has difficulty breathing within 14 days after leaving should:

- Seek medical care right away. Before going to a doctor's office or emergency room, patients should call ahead and tell them about their recent travel and symptoms.
- Self-quarantine and avoid contact with others.
- Not travel while sick.
- Cover their mouth and nose with a tissue or their sleeve (not their hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. Use an alcohol-based hand sanitizer if soap and water are not available.

For more information regarding the City of Arcadia's response to COVID-19 along with future updates regarding City events and services, please visit us at ArcadiaCA.gov or contact us at (626) 574-5401. The City website also now includes a page dedicated to COVID-19

MVAL SIXTEENTH ANNUAL MASTERS IN THE PARK

Maranatha High School, April 25, 2020 Southern California artists and patrons are invited to the 16th Annual "Masters in the Park", Saturday, April 25, from 10am to 3pm at Maranatha High School in Pasadena.

Milford Zornes was an avid supporter of MVAL and this special event, so proceeds are used in his memory to offer art scholarships to dedicated art students and grants to art departments of schools within the area.

2020 Master Artists

- Debbie Abshear wc
- Julie Grouch wc
- Lynne Fearman oil
- Chuck Kovacic oil
- Calvin Liang oil
- Richard Martinez wcd
- Pete Morris wc
- Richard Piña charcoal
- Jason Situ oil
- Joseph Stoddard wc
- Ray Tucker acrylic
- Brian Zheng oil



Plan to spend the day moving from one Master Artist to another. Or bring your sketchbook and painting materials and plan to paint along side your favorite Master Artist. In addition to being able to admire the beautiful MHS campus, this year you are also welcome to stroll through the adjacent Ambassador Gardens Estates.

Plan to stay the entire day and enjoy art, music & food.



At 2:30pm, the Master Artists will gather on the patio and speak about their process and share the art that they created.

Artwork is for sale. In addition to the artwork created that day, Master artists may have several pieces on display at the Master artist EZ-up near the registration table. Sales are handled directly with the Master artist.

Annual Health & Resource Fair

MARCH 21st, 2020
10AM-1PM
FOOTHILL UNITY CENTER
790 W. CHESTNUT AVE.
MONROVIA, CA 91016

FREE RESOURCES

Colon Cancer Awareness Month

Hair Cuts

Healthy Food Cooking Demonstration

Giveaways

*RSVP 626-358-3486 to receive your FREE hair cut

Medical Screenings

Health Education

Health Services Referrals

& MORE

www.foothillunitycenter.org

National Magazine Ranks Citrus College Among Nation's Top 10 Community Colleges

GLENDORA – Citrus College is ranked eighth out of more than 1,100 community colleges in the United States for awarding associate degrees to Hispanic students, according to the most recent issue of Hispanic Outlook on Education.

A national monthly magazine, the Hispanic Outlook on Education produces a special edition each year that ranks the leading community colleges in the country according to the number of associate degrees produced. Citrus College has been included in the rankings for more than a decade and was ranked 25th in the United States last year.

"When Citrus College is listed among national rankings such as these, it validates our efforts to support the academic achievement of all students, while reinforcing our commitment to provide an innovative and inclusive learning environment," said Dr. Geraldine M. Perri, superintendent/president of Citrus College. "We are proud to be recognized by the Hispanic Outlook for the 13th year in a row, and we remain focused on increasing student success and completion."

Being included in the



Two Citrus College students, Andrea Carrillo (left) and Lauryn Hernandez (right), during the first week of the spring 2020 semester. (Photo courtesy Citrus College.)

publication's "Top Community Colleges for Hispanics" list is the fourth recognition Citrus College has received in recent months as a result of college-wide efforts focused on student success and completion.

Last month, Diverse: Issues in Higher Education ranked Citrus College first among all public two-year community colleges in the country for the number of associate degrees awarded in English language and literature/letters to minority students. They also ranked the college in the top 100 in more than 80 other categories.

In addition, Citrus College was recognized last fall by the

Campaign for College Opportunity for being a state leader in awarding transfer degrees – also known as associate degrees for transfer – as well as included in the Hispanic Outlook on Education's "Top 100 Colleges and Universities for Hispanics" issue.

"It is an incredible honor to have Citrus College's efforts to meet the needs of its diverse student body acknowledged by multiple organizations," said Dr. Patricia A. Rasmussen, president of the Citrus Community College District Board of Trustees. "The college's annual presence in the Hispanic Outlook's 'Top Community Colleges' list affirms how well we serve our students, and it is a great source of motivation for the future."

Kiwaniannes Host Their 30th Annual Community Tea



TEA TIME! Glendora Kiwaniannes (front l to r) Kathy Henkins, Shirley Hale, (back) Pat Rasmussen, Pam Richards, Gege Engwald Parry, and Kathy Morey are ready to celebrate the club's 30th Annual Community Tea on Saturday, April 25, 11:30 a.m. to 1:30 p.m. at Sellers School Cafetorium. Funds raised from the event support grants for Glendora teachers to bring the arts into the classroom. During the past three decades, the tea has raised over \$150,000 for Glendora Schools. For tickets and information, go to the club's website, www.glendorakiwaniannes.org.

GLENDORA - The Glendora Kiwaniannes will host their 30th Annual Community Tea on Saturday, April 25, from 11:30 a.m. to 1:30 p.m. at the Sellers Elementary School Cafetorium. The community is invited to attend and all proceeds fund grants for Glendora teachers to bring the arts and sciences into the classroom. Tickets are \$25.

"We are delighted to host our 30th Tea," said Kandy Nunn, president of the club. "In 1990 one of our former club members, Barb Pisula, suggested we host a tea and another former member, Maxine Bergstrom, thought the funds

raised could fund grants for teachers to bring the arts into the classroom. After 30 years, the club has raised and donated \$150,000 to our schools and this year we broadened the grants to include STEAM (science, technology, engineering, art and math)," she said.


Guests will be treated to a traditional tea lunch, and will be given the opportunity to purchase "fascinator hats" to add to the spirit of fun. An assortment of gift baskets will also be available for the opportunity drawings. Lunch will be served by members of the Glendora High School Pipe Band to help publicize their summer trip to Scotland.

Each table is uniquely decorated by a member of the club or a community organization. This year, local groups such as

EDAS (Eye Diseases are Serious), Soroptimists, Glendora Historical Society, Corral 35, First Christian Church, Shoes That Fit, Citrus College Alumni Association, and Andrews Inc., will decorate tables.

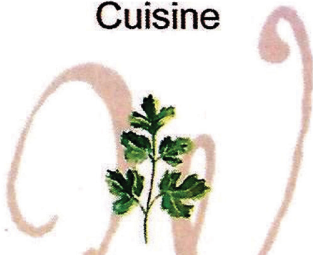
From the funds raised, teachers are invited to apply for grants of \$700 to purchase supplies, audio visual or other items for their classroom to introduce students to all aspects of art and science. "Some find local artists who come to their classroom to demonstrate an art form that students duplicate. It's been a wonderful program," said Nunn.

Tickets can be purchased online at the Kiwanianne website, www.glendorakiwaniannes.org or by calling (626)712-0962.



Waffa's KITCHEN
Established 2008

Freshly Made, Authentic
Mediterranean
Cuisine



**Dine-In / Take-out
&
All Your
Catering Needs**

Store Hours
Tue-Sat 10:00 - 8:00 / Sun 10:00 - 6:00
Closed Mondays

221 W. FOOTHILL BLVD - GLENDORA, CA 91741
TEL: 626-914-3500 - FAX: 626-914-3511
www.waffaskitchen.com

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



Kyle A. Cline, Agent
Insurance Lic. #: OD16727
1275 E Route 66
Glendora, CA 91740-3779
Bus: 626-335-0815

**Life insurance
from a real-life
person.**

Get life insurance that comes with someone local (me). I'm here to help you protect your family's financial future.
LET'S TALK TODAY.



State Farm Life Insurance Company (Not licensed in MA, NY or WI)
State Farm Life and Accident Assurance Company (Licensed in NY and WI)
1708148 Bloomington, IL



24 Hour Towing... 7 Days A Week
Emergency Hotline Call (626)357-3220



A High Quality Battery Delivered and Installed 24 Hours a Day!!

Property Owners Have Rights!
- Free Code Enforcement Signs-
Private Property Impounds (PPI)

Upon your direction, we will remove vehicles from your property in a non-confrontational manner, while following all state and local laws.

COMMERCIAL PROPERTY Mini-Malls • Shopping Centers Restaurants • Fast Food	RESIDENTIAL PROPERTY Apartment Complexes Condominiums • Townhomes
--	--

**Now Hiring
Drivers**

- Official Police Tow
- We Haul Junk and Abandoned Vehicles
- Auto Lockouts
- Lien Sale Auctions

(626) 914-1841

134 N. Valencia, Glendora
1045 W. Kirkwall, Azusa

www.janstowing.com

**FOCUS ON WHAT
MATTERS MOST,
FAMILIES**

4.00
% APY*

NEW MEMBER - TERM SHARE CERTIFICATE!

- HIGH FIXED RATE FOR 12-MONTHS
- \$1,000 MINIMUM; \$4,000 MAXIMUM



CONTACT US TODAY!
AmericasChristianCU.com | **800.343.6328**

*APY = Annual Percentage Yield.

1. New Member Certificate: This 12-month Term Share Certificate (TSC) has a \$1,000.00 minimum balance and \$4,000.00 maximum balance per member. Account must be funded with new funds or funds deposited less than 30 days prior to opening. Early withdrawal penalties do apply which may reduce the principal. At maturity, this TSC will automatically renew for a 12-month term at the prevailing 12-month rate unless we are notified in writing prior to the maturity date. Offer valid for 60-days from membership opening. One certificate per member.

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.

Federally insured by
NCUA 