San Dimas Festival Of Arts Annual Art Show

The San Dimas Festival of Arts Annual Art Show and sale is scheduled for October 21-22, 2017. This is our 21st Fall Show. The Show weekend will begin Friday evening with the return of Fire Fresh Pizza. If you are a pizza lover, you have to taste the marvelous food Fire Fresh Pizza prepares on site in their hearth. La Verne Brewery will also be at the show with their crafted beers. Pizza and beverages including wine, sodas and water are available for purchase starting at 6:00. The plaza is very festive with the tables for diners, DJ Tim Hyrey, and good food. The Gallery will be open from Friday 6:00 P.M. until 9:00 P.M.

Those of you who were at our April show will remember Tom Hester, our featured artist and creator of the Shrek characters. Tom Hester is a marvelously skilled, talented sculptor and painter. The “Mountain Lion”, a sculpture by artist Tom Hester, was on exhibit at the San Dimas Festival of Arts 2017 California Images & History Show. At the conclusion of the Show the Hester family donated it to the Festival in memory of Tom’s mother. As a public art piece the Festival has donated it to the community and the City of San Dimas. It is a life-size representation of this magnificent animal. The Mountain Lion will be dedicated at the October 20th at 5:00 P.M.

The very popular Fun-primal Apprecial Fair Fund Raiser will be held October 21, 2017 10:00 A.M. - 2:00 P.M. Has watching Antiques Roadshow has made you curious about your own treasures? Bring your objects of art, vintage items, old books, family heirlooms and collectibles for verbal evaluation and valuations. You may have three items appraised for $15.00. No Asian Art pieces please as that is a special field.

Shayne McGuire, expert photographer will give a seminar Saturday at 5:00 P.M. Shayne is a wildlife photographer and leads tours of photographers to wild and exotic places such as Alaska, Africa, Antarctica, and others. Her love of photography and technical expertise makes for fascinating discussions.

Another popular event is Play with Clay with Richard Myer Sunday at 12 noon. Richard is an amusing sculptor and painter and enjoys sponsoring and leading this event. Youngsters and oldsters and all ages in between enjoy trying their hand at sculpting; often surprising themselves with hidden talents. Richard is at hand to offer inspiration and advice when needed. This event is free to the public.

There will also be the raffle of original artwork all weekend, with the Raffle drawing at 3:30 pm on Sunday October 22. Boxes beneath the artwork allow patrons to deposit raffle tickets for the art they would like to win. Put a ticket in each box, or a number of boxes or put them all in one! The choice is up to you. The Festival of Arts is once again sponsoring the Student Art Exhibit for ages 8-9. The artwork is on display in City Hall throughout the show. Student Art awards are at 3:00 P.M. The tentative plan is to present the awards in the Senior Center.

GALLERY HOURS:
Friday, Oct. 20th 6:00 P.M. - 9:00 P.M.
Saturday, Oct. 21st 9:00 A.M. - 5:00 P.M.
Sunday, Oct. 22nd 10:00 A.M. - 4:00 P.M.

It’s Rodeo Time In San Dimas Oct. 7th and 8th

Howdy folks! The long running PRCA San Dimas Charity Rodeo is quickly approaching and the wranglers are working hard to provide another great family event. Our proceeds provide scholarships to graduating seniors from San Dimas, Glendora, and La Verne. Saturday October 7, we honor our current and former military veterans. Each year we make a substantial donation to a local service charity. On Sunday October 8 we start with a Challenged Backyard Rodeo with 25 to 30 challenged young boys and girls who join up with our cowboys to do simulations of all the Rodeo events. You could see cowboys with tears in their eyes as they help each child through the events. For many of us it is our favorite time of the Rodeo! Check out the smiles on those little Backcorners! This Rodeo is a sanctioned Professional Rodeo Cowboy Association event. Once the Rodeo starts you can see Cowboys who come from all over the West and give their all on every ride. Don’t miss the Cowgirls who ride with reckless abandon for the Barrel Racing competition. This is horsemanship at its finest! Some of the loveliest cows come when the girls clear the last barrel and race their horses to the timed finish line. We have what many consider the finest Rodeo Announcer in the business coming back this year. Kel- ley Kennedy comes from a small town in Southwest Missouri. Growing up he learned to rope, bullfight and play guitar in high school, then went on to college on a Rodeo scholarship. Since 2001 Kenny has had the opportuni- ty to work many great Rodeos and with some of pro Rodeos most talented acts and entertainers. Now Kenny announces PRCA Rodeos full time working 30-40 events each year. Kenny’s silky smooth baritone, quick wit, down home humor and his ability to connect with an audi- ence has found a home forever in Pro Rodeo.

Event held at Horsehead Canyon Park in San Dimas

• Sat, Oct 7, and Sun Oct 8.
• Gates open at 11:00.
• Pro Rodeo Events start at 1:00.
• Rodeo Main Events start at 2:00.
• Tickets Adults $18
• Child (3 to 12) $11
• Information call 909-844-7633
• Purchase tickets online: www.sandimarodeo.com

San Dimas Welcomes CareMeridian

CareMeridian, home like environment, subacute care facility to open soon in San Dimas

After a longer than expected construction period, CareMeridian has just finished their facility located at 1136 Puente Street, in San Dimas. Although the completion was delayed due to construction issues, it is now ready to be certified and will soon begin servicing the communities of San Dimas and its surrounding areas. CareMeridian is a Sub-acute, acute, care and rehabilitation facility. They specialize in targeted nursing care for patients with traumatic brain injury rehabilitation and spinal cord rehabilitation, as well as patients suffering from medically complex injuries and neuromuscular anomolies. Most importantly, they provide hope and assistance for the best possible recovery. Their post acute care facilities offer comprehensive rehabilitation options, cutting- edge services, and a 1:1 staff-to-patient ratio.

In January 1989, the first CareMeridian opened in Cowen Heights, California and today they have over 30 sub-acute care facilities throughout the western United States. They just recently announced they are expanding to Utah and will soon have a facility in Riverton.

To learn more about CareMeridian visit their website at www.caremeridian.com and see why many of their patients call them, the "miracle makers."

Get Ready For Wine, Beer, Food, Music And Shopping!

The San Dimas Chamber of Commerce and the Bonita Avenue Commercial Business Council are excited to announce its first annual San Dimas Wine and Beer Walk! The Wine and Beer Walk will take place on Sat- urday, October 7th from 5:00pm-8:00pm in the newly renovated Downtown San Dimas. This event will bring over 80 locals and visiting participants to sip wine, drink beer from local breweries and tastings of local foods all while enjoying live music and shopping in Downtown San Dimas. General Admission tickets are $35 per person and includes two 1-ounce tastings, and food. $20 for designated driver ticket includes food, nonalcoholic beverages. Must be 21 years to participate. Tickets will be sold on the day of the event.

Wine and beer vendors includes Mountain Vista Winery, San Antonio Winery, Clayton Brewing, Aleta Brewing, Jerry D. Moon’s NWWC, San Dimas Wine Shop, One Hope Wine, Ayoa Winery and many more. Food Vendors includes Café Las Puganas, Las Tuhanas, Miana’s, Norma Hurager, 3rd Street Pizza, Casa Del Rey, Corner Butcher Shop, The Pizza Place, San Dimas Cale Co, and more.

Join us for this new fall event in beautiful downtown San Dimas. Attendees will receive a wine glass to sample wine at $20+ venues as well as samplings of beer, delicious food, live music and a map to all participating venues.

Tickets are also sold at the following locations:
• Amber’s Skin Care-120 W Bonita Ave Suite C, San Dimas, CA 91773
• The Stako-129 W Bonita Ave, San Dimas, CA 91773
• Bonita Antiques-157 W Bonita Ave, San Dimas, CA 91773
• Heart of the Village Antiques-155 W Bonita Ave, San Dimas, CA 91773
• A Few Nice Things-165 W Bo- nita Ave, San Dimas, CA 91773
• West. 138 Salon-138 W Bonita Ave Suite 101, San Dimas, CA 91773
• San Dimas Chamber of Com- merce-496 E Bonita Ave, San Bi- mas, CA 91773
• Real Side Café-322 South San Di- mas Ave, San Dimas, CA 91773
• Agencies-150 W Bonita Ave, San Dimas, CA 91773

Tickets are on sale at www.sandimascoc.com and www.eventbrite.com.
Next Generation Picture Framing Comes to Linco Custom Picture Framing October 2017!

Linco Picture Framing General Manager Laura Lindemann-Delk and her husband Chad Delk are happy to announce a new addition to the Linco family. Baby Sadie Mae will be joining the framing world to the Linco family. Baby Sadie Mae will be from 5:30 to 8:30 P.M. at the City Center Plaza October 31st. Let us know if you have any questions 909-394-6200.

Linco Custom Picture Framing
Located at 326 W. Arrow Hwy., San Dimas, California 91773

Family & Sedation Dentistry
Dr. Steve Marteney
Serving the community for over 30 years

Where Healthy and Beautiful smiles are created

$100 off treatment
$50 off teeth whitening kits

909-305-2300
visit us at dmarteney.com
follow us on

Family Restaurant
(909) 592-0980
Open 6:00am - 8:00pm
160 W. Bonita Ave.
San Dimas
(Across from B of A 1/2 block West)

Breakfast $4.99
Complimentary Breakfast for children taking part in food programs from local schools.

Complete Entree for 2 Only $10.95
Includes Soup or Salad, Potatoes, Vegetable & Dinner Roll.

The presentation of certificate (Left), Linda Koontz, President, Linda Koontz, Jennifer Nummelin and Pat Borchard with Basket of donations for House of Ruth and Sadie! (Right) Bobbi Thomas Executive Director from Serenity Foster Care and Adoptions be attending the Anna C Conference on October 14th at the Santa Monica Woman’s Club. Those representing the club will be President, Linda Koontz, First VP, Pat Borchard, Third VP, Linda Roache and International Outreach Chairman, Christine Yee. The club will also be making a large donation of much needed items to the House of Ruth, a shelter for battered women in recognition of Domestic Violence Awareness month in October. Are you interested in giving back to your communities and working in some of the areas the local club has such as the USO, Education, helping a local Food Bank, Foster Care Agency, Domestic Violence Shelters, Senior Citizens and many other areas. Then contact Bettina at 909-369-2955 or Linda at 909-593-3906. We are nearly finished with the reconstruction of Cienega Avenue between Arrow Highway and Lone Hill. We appreciate your traveling patience. October 20th is the annual School Homecoming Parade through the downtown starting at 4 P.M. The city’s annual Halloween Spectacular, costume contest and haunted hall will be from 5:00 to 8:00 P.M. at the City Center Plaza October 31st. Let us know if you have any questions 909-394-6200.

Hillcrest Retirement Community
Guest speaker, Bobbi Thomas, Executive Director of Serenity Foster Care and Adoption thanked the members for their donation of dimes and quarters paid forward to the agency from the donation the club received from Sowing Seeds for Life. Ms. Thomas presented President, Linda Koontz with a certificate and a California Sunflower was presented to each member for their support of the agency. Members from the local club will be attending the Anna C Conference on October 14th at the Santa Monica Woman’s Club. Those representing the club will be President, Linda Koontz, First VP, Pat Borchard, Third VP, Linda Roache and International Outreach Chairman, Christine Yee. The club will also be making a large donation of much needed items to the House of Ruth, a shelter for battered women in recognition of Domestic Violence Awareness month in October. Are you interested in giving back to your communities and working in some of the areas the local club has such as the USO, Education, helping a local Food Bank, Foster Care Agency, Domestic Violence Shelters, Senior Citizens and many other areas. Then contact Bettina at 909-369-2955 or Linda at 909-593-3906.

The city has started the Marchant Park renovation project. We will be renovating and enlarging the park, re-building buildings, building a new restrooms and replacing the playground equipment and installing more park amenities. We anticipate the completion of this renovation work in the Spring of 2018.

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They do both retail and commercial work, providing high quality craftsmanship, using the best materials available, with all work done on site, and all at reasonable prices! You can see Linco’s work featured at the City of San Dimas, Rendy’s Restaurant, Twisted Sage Cafe, Butter Cafe & Bakery, Mr. D’s Diner, Mr Ranchito Restaurant, The Donut Man, Corner Butcher Shop, La Paleta Mexican, Spaghettini Eddie’s Cucina Italiana, Buckboard BBQ & Grill, Komoco Burgers, Pepperpot Cafe, Mickey’s Jewelry Studio, San Dimas Wine Shop, Salt & Pepper Sweet Apple Co., San Dimas Cakes Co., Red Devil Pizza, Roberta’s Village Inn, La Villa Kitcher, QP, 99-Cent Only Stores, Presidential Realty, Casa Del Rey, Yard House Restaurant, San Dimas Community Hospital, Pomona Valley Hospital, Kaiser Hospital, Sierra La Verne Country Club, South Hills Country Club, Sanders Lock & Key, Red Roof Inn, Krotz’s Berry Farm and Disneyland Corporate offices...to just mention a few!

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San Dimas Chamber Of Commerce To Host Travel Presentation For Magical Rhine & Moselle Rivers

WHAT: San Dimas Chamber of Commerce is hosting an upcoming travel presentation to highlight two river cruises, opportunity with the longest-standing U.S. tour operator Collette. Interested travelers can learn more about San Dimas area day trips and Moselle Rivers with Collette by attending a free, informational presentation from Tyler Resardon, local San Dimas travel agent.

WHEN: October 12, 2017.

WHERE: San Dimas Chamber of Commerce, 246 E Bonita Ave San Dimas CA 91773

TOUR INFORMATION: Magical Rhine & Moselle Rivers depart on Sept. 5, 2018 for 10 days and includes 22 meals. Highlights include: Amsterdam, Cologne, Moselle River, Cochem, Wine Tasting, Koblenz, Badenweiler, Siegfrieds Mechanical Music Museum, Mannheim, Speyer, Strasbourg, Trier. Set sail on a cruise along the Rhine and Moselle rivers that will take you to France, Germany and the Netherlands. Sit back and relax in your outside stateroom, and enjoy the luxury of unlimited wine or beer with every dinner and daily onboard musical performances. Join a local expert for a tour of Amsterdam. Spend time in Speyer, one of Germany’s oldest cities. Pause in Rüdesheim, to explore the famous Siegfried’s Mechanical Musikkabinett (or Music Museum). Tour the 2000-year-old city of Koblenz. Your stop in Cologne features a guided walking tour of the city’s old town and Cologne Cathedral. Spend the afternoon in Speyer and sip wine in one of the famous cellars. Enjoy a guided tour of the world-famous Strasbourg old town. Enjoy a walking tour of Luxemburg, the “Swiss Paradise on the Lake.” Cruise past charming panoramas as you get to know the culture and deep history of the region. CONTACT: To RSVP to the presentation or to request a free brochure for more information on any of these tours, please contact Autumn Washington from San Dimas Chamber of Commerce by calling 909-592-3818 or awashington@sandimaschamber.com.

How To Win Gift Card Prizes

The San Dimas Rotary Club is giving away $500 in gift cards at the San Dimas Holiday Extravaganza! You can obtain a Christmastime Ticket from a San Dimas High School Band Member, a DeMakay Member or a Rotary Club Member. ALL proceeds go toward the youth of San Dimas in five main events. Every year the Rotary sends two deserving high school students from San Dimas to Teen Leadership Camp (TLC) and two students to Rotary Youth Leadership Awards camp (RYLA). In addition, we aid the growth and honor the Student of the Month for the Ed Jones Educational Center. Lastly, we give grants to students who use the grant to enrich their student’s education. We also give grants to deserving students who use the grant help create a better experience for themselves and peers in their schools. Last year we gave away $5600. We donated $3000 to six deserving teachers and $3000 to three students. We encourage YOU to give more money away and with your help from purchasing raffle tickets, we can continue to give more support to San Dimas.

Come join us for a complimentary lunch, we meet every Wednesday from 12 - 1 pm at the San Dimas Raffle Ticket from a San Dimas High School Band Member, a DeMakay Member or a Rotary Club Member. ALL proceeds go toward the youth of San Dimas in five main events. Every year the Rotary sends two deserving high school students from San Dimas to Teen Leadership Camp (TLC) and two students to Rotary Youth Leadership Awards camp (RYLA). In addition, we aid the growth and honor the Student of the Month for the Ed Jones Educational Center. Lastly, we give grants to students who use the grant to enrich their student’s education. We also give grants to deserving students who use the grant help create a better experience for themselves and peers in their schools. Last year we gave away $5600. We donated $3000 to six deserving teachers and $3000 to three students. We encourage YOU to give more money away and with your help from purchasing raffle tickets, we can continue to give more support to San Dimas.

Come join us for a complimentary lunch, we meet every Wednesday from 12 - 1 pm at the San Dimas Library. Call 909-592-3818 for more information. To RSVP, email us at SanDimasRotary@hotmail.com or visit sandimasrotary.com. You can also purchase raffle tickets at the library for $5 and enter to win a $500 gift card.

For information about the Holiday Extravaganza, contact the Parks and Recreation Department at 909-394-6280.
New Industry is Introduced into San Dimas
by Linda Nelson, San Dimas Historical Society

J. Bleakley, who purchased a tract of land at the corner of Al len Avenue and Oakwood Avenue many years ago, is busy making preparations for the arrival of the first unit of imported Chinchilla rabbits which he expects to stock his farm with.

Two carpenters are busy at work on hutches and Warrens in order to be ready to accommodate the first arrivals which will number thirty. They are to be of the finest stock available in the Chinchilla variety.

Mr. Bleakley is making a complete study of the rudiments of rabbit raising and has planned the most suitable forms of hutches and quarters to be found anywhere. When complete they will accommodate over two hundred rabbits. The place will be known as the San Dimas Fur Farm.

Another industry in our locality is that owned by J. G. Lindsey of the Lindsay Football Rabbitry which is located on the Football boulevard. Mr. Lindsey is bringing his plant on a strictly up-to-date plan with scientific methods in every line. He conducts quite an extensive plant and is one of the most interesting places in the vicinity.

The article listed above was published in the San Dimas Press in 1910 and is preserved in the archives of the San Dimas Historical Society in its offices, museum and gift shop – which are open Tuesdays and Thursdays from 1:00 to 4:00 P.M. In addition, the museum and gift shop are open Friday and Saturday evenings on the 2nd and 3rd weekends from 6:00 to 8:00 p.m. Guided tours are available and have been individually called by 909-592-1190.
Spread by Deer Tick Bite
Lyme disease is a bacterial infection first described in 1975 in Old Lyme, Connecticut. Caused by the bacterium Borenella burgdorferi, Lyme disease spreads to humans through the bite of an infected deer tick. The transstadial development occurs when a tick bites an infected deer or mouse, then attaches to the skin and feeds over a period of 1 to 3 days. Lyme disease is most prevalent along the upper East Coast, as well as in the upper Midwest, where it is slowly spreading inland. It is also common in Northern California and the Oregon Coast.

Prompt Detection Paramount
Symptoms of Lyme disease appear within a few days up to a few weeks after the tick bite. Early symptoms resemble influenza, including fever, chills, headache, and muscle aches. In about 75% of cases, a bull’s-eye rash, known as erythema migrans, appears and has a red circle that spreads up to 12 inches in diameter with a clear circle near the center. As the disease progresses, symptoms become more severe and include joint pain, heart problems, and nerve problems over a period of weeks, months, and even years.

Curable With Antibiotics If Diagnosed Properly
Not surprisingly, many people who develop Lyme disease cannot recall being bitten by a tick. Laboratory testing begins with a blood test to look for antibodies to B. burgdorferi, which may not appear in the blood until several weeks after the bacterial infection has occurred. A second blood test (sometimes referred to as a Western Blot test) may be used to confirm results from the initial test, if necessary.

Upon the confirmation of Lyme disease, physicians prescribe oral antibiotics. The recommended antibiotics include doxycycline, amoxicillin, or cefuroxime axetil. Doxycycline is not approved for use in children younger than 8 years and is contraindicated in pregnant and nursing women. Alternative antibiotics such as azithromycin, clarithromycin, or erythromycin may be used in patients who cannot take the recommended agents. The exact antibiotic and length of the treatment depend on the condition and symptoms experienced by the patient. Rare but serious complications such as meningitis, myocarditis, or arthritis are treated with IV antibiotics. Nutritional anti-inflammatory drugs such as curcumin, omega-3 fatty acids, and green tea may improve symptoms after treatment.

Symptoms Persist In Some Patients
In most cases, Lyme disease symptoms disappear with antibiotic therapy, although a small percentage of patients will continue to have symptoms even after treatment with antibiotics is known to remove the host-parasite Lyme disease syn- drome. This may be caused by a continued reaction by the immune system for unknown reasons. Further treatment with antibiotics is not effective in these patients.

Preventing Tick Bites Is The Best Defense
Immune deer ticks often hide in shady, moist ground debris, under logs, in the grass, in the garden or around old stone walls where deer and white-footed mice thrive. For this young football player, Lyme disease is to avoid contact with soil, fallen leaves, and vegetation as much as possible. However, if you do enter wooded areas, especially at the edges of woodlands and around old stone walls where deer and white-footed mice thrive, you should wear long pants, a shirt that covers the neck, long-sleeved shirts, and enclosed shoes, long sleeves, and pants to limit exposed skin where ticks can attach. Most importantly, before leaving the site, check the skin and scalp thoroughly for attached ticks after spending time in wooded, grassy areas.

Lyme disease is a bacterial infection that has been reported in the United States. It can occur in any area where ticks can attach. The most common symptoms of Lyme disease are fever, headache, fatigue, and muscle pain. Following any period of strenuous physical activity, you can do to prevent back pain.

Back Pain Is the Most Common Suffering
Back Pain & Sports Injury Acupuncture Center has been treating back pain for over 6 years and have treated back pain from different causes. Back pain is caused by many different factors, such as injury, surgery, or disease. Acupuncture can help reduce pain and improve function. Acupuncture involves inserting very thin needles into specific points on the body. These points are selected based on the patient's individual needs. Acupuncture has been used for thousands of years in China and other Asian countries. It is based on the belief that the body has energy pathways called meridians that run through specific points on the body. When these energy pathways are disrupted, the body becomes unbalanced and pain or sickness can result. Acupuncture is a safe and effective way to reduce pain and improve function.

Acupuncture treatment for back pain typically involves inserting fine needles into specific points on the body. These points are selected based on the patient's individual needs. Acupuncture has been used for thousands of years in China and other Asian countries. It is based on the belief that the body has energy pathways called meridians that run through specific points on the body. When these energy pathways are disrupted, the body becomes unbalanced and pain or sickness can result. Acupuncture is a safe and effective way to reduce pain and improve function.

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Acupuncture and acupressure can be used as stand-alone treatments or in combination with other forms of treatment. It is important to talk to your doctor or other healthcare provider about the best treatment plan for you. Acupuncture and acupressure can be used to treat a wide range of conditions, including back pain, headaches, and stress.

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Promote a Healthier Lifestyle
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Acupuncture and acupressure can be used as stand-alone treatments or in combination with other forms of treatment. It is important to talk to your doctor or other healthcare provider about the best treatment plan for you. Acupuncture and acupressure can be used to treat a wide range of conditions, including back pain, headaches, and stress.

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The Equifax hack - what to do, and what not to do:

Equifax is one of the three major credit-reporting agencies in the USA. In September, Equifax disclosed that hackers had taken a data breach that affected 143 million Americans.

Oh, and they reported it late. The Equifax data breach began no later than early March, more than four months before company officials discovered the intrusion, according to a report published by the Wall Street Journal.

The US Credit Bureau reports that there are 323.1 million citizens in the USA, so that is 44% of the population. However, it is worse than that. The 323.1 million includes children and kids that are not in the credit reporting system, so the percentage of Equifax credit victims is somewhat higher.

But, here is the really bad news. This Equifax data breach / hack will last you a lifetime. Why? Because it is now out on the Internet, and once on the Internet it stays out on the Internet. It will be sold and passed on and on to criminal and for criminal years to come.

According to the Federal Trade Commission Website (consumer.gov/2017/09/equifax-data-breach/what-happened) here is what personal information was stolen:

- Financial information including bank account numbers and credit card accounts
- Names, addresses, phone numbers
- Social Security numbers
- Birth dates
- Employment history

What should you do about it? Here is what to do:

First, here is what not to do:

It's a perfect set of information. Your home address Your social security number Your mother’s maiden name (I want to make sure the little ones in the family remember)

Your address
Your credit card numbers
Your date of birth

Your mother’s birthday

Your relationship

I believe there should be considerable criminal penalties for companies and their executives that manage personal information on their systems and do not provide the adequate protection that comes with the responsibility of gathering and managing that personal information.

And bless their little hearts at Equifax because there are outstanding years worth of credit monitoring for free. One mea culpa I want to make and an apology for my Mother would be disappointed year for a problem that will probably last your lifetime.

I am too angry to write any more about Equifax!

Happy Halloween! Have an incredible night or question? You can e-mail me with your questions, comments or ideas for future columns at MitchellCrawford.com

Mitchell Crawford

Competency VS Fitness by Jordan Nichols, CSCS

I had a parent who came in the other day who wanted his kid worked out so hard that he could not do it. The kid had been carried on a stretcher. So, here are you here for fitness training or your performance?

Jordan Nichols

He said his kid is a basketball player in high school and had been pushed to his physical limit to increase his strength. I told him that the type of training that he was considering would probably not be the best option in improving his performance. I told him do 3 minute wall sits or burpees till he’s gassed will not help him as an athlete and those type of exercises are more

With regard to today’s modern medical treatments, many people – older adults particularly – find themselves exploring integrative therapies such as reflexology. While a healthy lifestyle is plays a large role in health, the simple and powerful touch-based therapy of reflexology can help people find an immediate leg up in terms of well-being.

Perhaps the only challenge with reflexology is that, while the principles of reflexology are simple, the complexity of reflexology charts that map the body to the feet can be overwhelming for the beginner. This is what adults certainly have to figure Press Here! Reflexology for Beginners, a great new ad-
tion to your natural health lifestyle. I am a fan of reflexology and I have a clear understanding of where to find which reflex point on the foot, how the point relates to the body, and how to use the correct pressure for the strongest effect. Organized yet relaxed points from the top of the body to the bottom, one at a time on a double page, this do-it-yourself guide is easy to follow, and the chart helps you explore the art of foot reflexology.

Hillefors is honored to host Sabounchian for a Meet the Author event on Monday, October 30th, from 10:00 to 11:00 A.M. Meet Hillefors at Southern California Auto Club, Glendora, La Verne. All are invited to this free, interactive event at which Sabounchian will guide participants through one chapter of his book.
Life Pacific College Students Take A Stand
by Rod Light

“City Serve 2017” brought 100 Life Pacific College students and staff to organizations around the City of San Dimas, living out a long-held value of service to our neighbors.

One hundred Life Pacific College (soon to be University) students and staff descended on the City of San Dimas on Saturday, August 26, boldly taking a stand for what they believe. While pockets of political unrest and cultural conflicts dominate national news, these students and staff enthusiastically put their backs into service projects around the city, helping make a difference for several local organizations during Life Pacific College’s “City Serve 2017.”

Students donned gloves and facemasks apparently with no problem getting their hands dirty, said Terry Snow, Pool Operator for the Center, who over-saw the work of the students. “They brought a lot of energy.”

Other students, led by LPC Campus Chaplain Amanda Hansen, M.Div., gathered at Arma Shull Elementary School, serving at the direction of PTA Coordinator Kim Harp. Students organized the teacher’s lounge and supply closet, and assisted the school librarian with organization and cleaning. “We were thrilled to support the teachers and staff of Arma Shull in this way as they prepare to begin their own new school year,” Chaplain Hansen said.

City Serve 2017 is an annual service project undertaken by Life Pacific College during Welcome Week. Campus leaders oriented new students and reminded returning students each fall of the college’s longstanding commitment to contribute to the good of the city and a campus-wide value of building positive relationships with our neighbors. “We want students to jump right into living the mission and vision of LPC when they arrive on campus,” Chaplain Hansen added.

Serving God by serving our city is nothing new for Life Pacific College. Founded at Echo Park in downtown Los Angeles, the college was established by 1927 that valued any government or social service program of its kind, providing food to 1.5 million people during the Great Depression.

Ninety years later, A.J. McPherson was noted for her Angelus Temple Commissary, a ministry started in 1927 that rivaled any government or social service program of its kind, providing food to 1.5 million people during the Great Depression.

City Serve 2017 helps students understand the Bible and share the gospel of Jesus Christ in the marketplace and around the world. McPherson was noted for her Angelus Temple Commissary, a ministry started in 1927 that rivaled any government or social service program of its kind, providing food to 1.5 million people during the Great Depression.

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Life Pacific College students at Lone Hill Middle School picked up trash around campus and staff enthusiastically put their backs into service projects around the city, helping make a difference for several local organizations during Life Pacific College’s “City Serve 2017.”

Students donned gloves and facemasks apparently with no concern for how dirty they might get as they served throughout the city. A student team that met at McKinley Children’s Center spent the day putting order to a 3,000 square foot storage barn that hadn’t been cleaned out in 20 years. Another team of 14 students offered their services at the San Dimas Recreation Center for a combined total of 45 hours of volunteer service. “The students were great to work with and had no problem getting their hands dirty,” said Terry Snow, Pool Operator for the Center, who oversaw the work of the students. “They brought a lot of energy.”

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Fall Has Begun At McKinley Children’s Center!

It’s a busy fall at McKinley Children’s Center. Golfers are teeing up for the 25th Annual Invitational Golf Tournament to raise funds for special programs and therapeutic activities for the over 600 at-risk and vulnerable children who call McKinley home. Last year’s tournament raised an incredible $50,000; join McKinley on October 25 at Via Verde Country Club in San Dimas to raise even more this year.

Golfers will enjoy breakfast, 18 holes of golf, an exquisite dinner, a silent auction and much more. Not a golfer? Sponsorship opportunities are available for you to support McKinley’s children. To register or find out more about how to be a sponsor, visit planmygolfevent.com/30782-McKinley-Golf or Contact Rhonda Beltran, Chief Development Officer at 909-670-1577 or beltranr@mckinleycc.org or Crystal Robbertze, Development Assistant at 909-670-1572 or robbertze@mckinleycc.org.

McKinley’s Women’s Auxiliary has begun their year of service and fundraising and they are looking for new members to join them. The Women’s Auxiliary is a group of women committed to enhancing the programs and needs of McKinley Children’s Center and they meet for lunch on the third Monday of each month at McKinley’s campus. Join a group of women dedicated to supporting the needs of at-risk children this fall and come for a free lunch to learn more. The next meeting will be held on October 16; if you are interested in attending contact Rhonda Beltran at 909-670-1577.

The holiday season is fast approaching, and the employees and volunteers at McKinley Children’s Center are working hard to ensure that the abused, abandoned and neglected children in the Center’s care will experience some of the joys this special time holds. Most children look forward to the holidays each year, but sadly, for many of the Center’s boys and girls this season evokes painful memories of deprivation and loss. It doesn’t have to be this way!

If you own a business and would like to set up a toy collection box or would like to distribute wish lists to your employees, we would love to help you get connected. Contact Rhonda Beltran, at 909-670-1577 or beltranr@mckinleycc.org or Crystal Robbertze at 909-670-1572 or robbertze@mckinleycc.org.

Inside – Out

by Carol Gill, Undercovers

October marks a milestone for Undercovers. The store will have served the community for twenty-five years. We have seen a lot in those years; an earthquake, a hillside fire and two economic downturns. The most talked about today is the effects of the internet. I remember the excitement of receiving the first Sears’ catalog and the fun of all the choices from which to buy. Did it have an effect on local shopping? Of course it did. It also found its place in the total interchange experience. Next come to were malls and mega stores. During all of this the small independent specialty business managed to survive. They met a specific and/or special need. My hope is that they can maintain their presence during the internet onslaught.

What keeps specialty businesses going? It starts with business owners who love what they do, find their products or services exciting and beneficial and have a deep concern for their community. These are the businesses you see participating in community organizations, supporting local schools, non-profits and projects and spearheading improvement campaigns. They know others depend on them. Is it easy? Absolutely not! Is it rewarding? Tremendously!

Their success continues with the support of customers and clients who recognize the significance of maintaining a healthy community by patronizing these businesses. This keeps your dollars local and working for you.

What does it take to start a small business? Money can be a stumbling block. From one who has had very little to work with, it is not the sole answer. It takes a desire to solve problems or serve the community, the tenacity to stick with it in tough times, the willingness to listen, learn and share with others and keep one’s focus within reality.

You are never too old to start and never too young to try. Thank you to the many who have kept us going for 25 years, for the friendships we have developed in the process and the fun of all the choices from which to buy. We have a deep concern for both. So we will continue on this journey.
**Charter Oak Unified School District**

**Willow students Experience the Eclipse**

Monday, August 21, a total eclipse stretched from Oregon to South Carolina. The path of totality was about 80 miles wide and 10,000 miles long. It began its trajectory across North America near Lincoln City, Oregon at 10:05 a.m. PDT and continued in an eastward direction ending into the Atlantic Ocean in South Carolina.

The path of totality crossed parts of Oregon, Idaho, Wyoming, Nebraska, Kansas, Missouri, Illinois, Kentucky, Tennessee, North Carolina, Georgia, and South Carolina. Here in Glendora the moon did not totally cover the sun, but we were treated to a view of about 64% of the sun blocked out around 10:20 a.m. Events such as this are great opportunities to teach children some basic concepts about astronomy and the motions of the sun and moon. Did you know Glendora will not experience a total eclipse for over 1000 years? Two Willow parents, Dr. Dawn M. Gelino, Deputy Director of Science Affairs Task Lead at NASA Armstrong Science Institute, Caltech and Dr. Chris Gelino, NASA Scientist, Caltech arranged educational hands on activities for the whole school. Each Willow student received NASA approved eclipse glasses and made a very simple pinhole camera used to watch the progress of the eclipse. Prior to students viewing the eclipse, Dr. Chris Gelino, presented an informational assembly about the eclipse and how to view it safely. The Willow community was excited to share this learning experience with our students.

**Washington Deegan’s Challenge**

Quarter each, Washington would have $100,000 to donate to Hurricane Harvey Survivors Degan Gutierrrez, a Washington Elementary School 3rd grader, had a great idea... if everyone brought in one quarter each, Washington would have $100,000 to donate to Hurrican Harvey victims by way of the American Red Cross. Students responded with lots more than $357,733.92 was raised for Deegan’s Challenge. One 6th grade student even gave $20 of his own birth day money! Students responded for many reasons: family members who live in Texas, seeing the devastation in the news, as well as these quotes from 3rd graders: “I thought about what if I was in the hurricane,” and, “It’s a good idea to!”

**Badillo Family Literacy Night Kick-Off**

Tuesday, August 29th, Badillo kicked off the new season of Family Literacy Nights and it was a huge success! Camping was the theme of the night because, “SMore you Read, SMore you Know!” Students and their families could take their picture at our photo booth; were given a bag with a s’more to enjoy; and there was a raffle with a kindle to win. Even better, students responded to the idea... if everyone brought in one SMore their families came out to enjoy the event.

**Oak Knoll Virtual Academy Visits The La County Fair**

The Los Angeles County Fair is The World’s Largest Classroom — where there is a new discovery around every corner. For over 15 years, the FairKids Field Trip Program has allowed students and teachers to enjoy an interactive educational experience, “A Day Full of Learning Cleverly Disguised as Fun.” Oak Knoll Virtual Academy families continue to participate in this wonderful program. On Friday, September 15, students and families spent the day on an “Educational Scavenger Hunt,” as well as engaging in educational activities related to agriculture, art, science, literature, California heritage, and life on a real farm. These opportunities not only provide educational experiences but also allow for students and their families to build relationships and develop a sense of community within the OKVA family.

**Navy Installs Charter Oak Graduate**

Navel Air Systems Command, Patuxent River, Md. – Calling the opportunity to lead a U.S. Navy (USN) major acquisition program offer a “tremendous honor and a humbling experience,” Charter Oak graduate Capt. Michael “Bobby” Orr, USN, assumed command of the Airborne Electronic Attack Systems and EA-6B Program Office (PMA-234) at Naval Air Station Patuxent River, Maryland June 28 in a ceremony characterized with humor, emotion and tradition. Orr began with a nod to his outgoing predecessor and friend, Capt. John “Bails” Bailey; recognition of the “phenomenal mentors” who provided guidance, training, opportunities, education and insight; appreciation for fellow acquisition workforce professionals who shared their experiences, advice and encouragement; and acknowledgement of guests who’ve played important roles during his career. He further identified the important part his family has played supporting him “no matter what adventure lies ahead.”

Orr closed with a message to the PMA-234 team, those with whom he’ll share the next four years. “Our future operational success depends on achieving superiority of the electromagnetic spectrum; that is the heart of electronic warfare,” Orr said. “And PMA-234 exists to ensure that our EW community is provided with the requisite capabilities to achieve this success.”

Orr grew up with his three aiblings in Covina, California. His mother, Christine Hutton, and his wife Virginia “Mac” Hutton currently reside in Fontana, California with his aiblings residing in Fontana, Hemet, California, and Paradise, Arizona.

**That’s the Spirit**

The 1960 Charter Oak High School and 1985 U.S. Naval Academy graduate has prepared for this opportunity since the early days of his career. Selected to fly the U.S. Navy’s EA-6B Prowler out of flight school, Orr has spent his entire operational career supporting the Electronic Warfare (EW) mission.

Outside of his multiple EA-6B squadron tours, in 2004, he became the first naval aviator fully qualified to fly the U.S. Air Force’s B-2A Spirit, serving as a B-2A survivability lead and wing electronic combat officer while assigned to the 506th Bomb Wing, Whittman Air Force Base, Missouri.

In the atrium of the building where Orr said he first met Bailey whom the two were integrated pairs, he’ll share the next four years. Orr closed with a message to the PMA-234 team, those with whom he’ll share the next four years. “Our future operational success depends on achieving superiority of the electromagnetic spectrum; that is the heart of electronic warfare,” Orr said. “And PMA-234 exists to ensure that our EW community is provided with the requisite capabilities to achieve this success.”

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Here’s Your Retirement Countdown — Submitted by Cindy Bollinger, Edward Jones Financial Advisor

If you want to enjoy a comfortable retirement lifestyle, you don’t need to have been born rich or even to have earned stacks of money during your working years. But you do need to make the right moves at the right time — which means you might want to start a “retirement countdown” well before you draw your final paycheck.

What might such a countdown look like? Here are a few ideas:

• Ten years before retirement — At this stage of your career, you might want to consider what you can afford to “put aside” to secure your peak earning capacity. At the same time, your kids may have grown and left the home, and you might even have paid off your mortgage. All these factors, taken together, may mean that you can afford to “take out” on your IRA and your 401(k) or other employer-sponsored retirement plan. And that’s exactly what you want to do, if you can, because these retirement accounts offer tax benefits and the opportunity to spread your dollars around a variety of investments.

• Five years before retirement — Review your Social Security statement to see how much you can expect to receive each month at various ages. You can typically start collecting benefits as early as 62, but your monthly checks will be significantly larger if you wait until your “full” retirement age, which will likely be 66 (and a few months) or 67. Your payments will still be bigger still if you can afford to wait until 70, at which point your benefits reach their ceiling. In any case, you’ll need to weigh several factors — your health, your family history of longevity, your other sources of retirement income, and your retirement goals before deciding on whom to start taking Social Security.

• One to three years before retirement — To help increase your income stream during retirement, you may want to consider converting some — but likely not all — of your growth-oriented investments, such as stocks and stock-based vehicles, into income-producing ones, such as bonds. Keep in mind, though, that even during your retirement years, you’ll still likely need your portfolio to provide you with some growth potential to help keep you ahead of inflation.

• One year before retirement — Evaluate your retirement income rates. It’s particularly important that you assess your year-end Social Security benefit, the estimated amount of your IRA and 401(k) distributions, and what’s left in your 403(b) and other retirement accounts.

These aren’t the only steps you need to take before retirement, nor do they need to be taken in the precise order described above. But they can be useful as guidelines for a retirement countdown that can help ease your transition to the next phase of your life.

This article was written by Edward Jones for use by local Edward Jones Financial Advisor.
Dismantling Emotional Armor Begins with Simple Conversation

By: Jen Mounday, Dean of Students

Experts in the fields of social science and psychology increasingly agree that young people need to be taught how to hold conversation. Recent findings show many young people prefer digital conversation to real dialogue, often at the expense of being truly known. The risk of being really “plugged in” carries a commensurate risk of “flight from conversation.”

Growing up, conversation was simply the natural thing to do. It helped pass the time while often yielding clarity of thought or new ideas. Conversation opened doors to the hearts of others you cared about.

Before mobile devices, families grew together through conversation. Compare that with children who sleep with their phones or glue to their Instagram before bedtime or first thing upon awakening. On the other hand, how about the dads or moms who stroll through their messages on park bench while their kids master the monkey bars. Is it any wonder why businesses are easily distracted by vibrating phones during meetings, or students sit between hearing lectures and checking digital mail during class time?

The world of Generation Z or “Gen Z (those born in 1996 and after)” is a world of high-speed Internet, social media, and messaging apps that “don’t leave a paper trail.” When I see kids walking to high school during my daily commute, their nearly standardized uniform includes a cell phone in hand, emplaced ear buds, and hoodies for shielded privacy. Some call it “style,” but author and communication specialist, Ryan Montague, says it is “emotional armor.”

As trendy “plugged-in” adults, we need to be mindful of what we are communicating to our youth and how they should navigate their world. Students often say they don’t receive their parents’ full attention with so many distractions from emails, text messages, and various social media postings.

A student’s emotional armor should serve as a visual reminder for all of us with children. Every one of them, like you and me, is hardwired for meaningful relationships, relationships that begin with simple conversation.

One School’s Response

For years, Foothill has strongly held to a fundamental belief that children flourish in an ever-watchful, ever-encouraging environment, a unique environment committed to discovering the genius in every child.

Taking a stand and making a claim of this magnitude leaves absolutely no room for bias, bigotry, and bullying. This uncompromising belief is what fuels Foothill’s 2017 campaign, One School’s Response.

The most visible and tangible expression of the campaign can be seen and experienced at its first-ever Art Exhibit, which takes place on the Baseline Campus this month.

The Exhibit opens for two nights on Thursday, October 26th and Friday, October 27th from 6:00 p.m. to 9 p.m. The public is invited to this free event.

Location: 242 West Baseline Road, Glendora.

About the Exhibit: Experience an immersive art installation that leads you on a journey from brokenness to belonging, from hopelessness to hope, from ruin to restoration. Although there are many ways to tackle the issue of bias, bigotry, and bullying, this is one school’s response. All are welcome to attend this free event that will leave you inspired to combat these issues in your own life.

In a technology rich, privatized, racially tense cultural atmosphere Foothill Christian School takes a stand against hate, bigotry, and bullying and commits itself to the teaching of compassion, love, and empathy. We can not stay silent.

For additional information visit www.oneschoolsresponse.com

Kindergarten Readiness Seminar

A Kindergarten Readiness Seminar held at the Baseline Campus last month provided 10 practical ways parents can observe and gauge their child’s readiness for kindergarten. Conducted for both Foothill families and the general community, specific categories included:

1. Gross Motor Skills
2. Fine Motor Skills
3. Visual Discrimination
4. Visual Memory
5. Auditory Discrimination
6. Auditory Memory
7. Receptive Language
8. Expressive Language
9. Reasoning Skills
10. Social - Emotional Development

More information about Kindergarten Readiness is available at: www.poo.org/NZsS9g

or contact Suzy Esquivel, Enrollment Coordinator 626-914-1849, Ext. 1163.
The modernization of the San Dimas High School Media Center is in full swing with the transformation of the Media Center into the focal center of campus where students go to find resources to collaborate and create.

The modernization process will be in phases based upon three designated spaces within the Media Center: A quiet/study zone, a collaborative community area, and a Commons area. The Commons area is an appealing space to welcome students with plenty of seating, coffee tables, group tables, and chairs to provide an area for study and a place for students to meet. Changing the floor plan, color scheme, purchasing a green screen, creating a giant chalkboard on a wall, and putting together a giant magnet word wall will be exciting additions to the new space.

Students enrolled in the new elective, Student Technology and Innovation, are helping with the modernization of the library. One of their first projects will be to create a 3D display with reviews using virtual reality. A main goal this year will be to explore different methods of acquiring funding to make our vision a reality.

Due to the generous spirit and support of the community, these children were able to shop for necessities.
New Ramona Gym

The month of October will go down in the record books for Ramona Middle School as the PE department and students are moving into our new gymnasium. The gymnasium is a result of Bonita Unified community support of Bond Measure A/B that made our 10,000 square foot gym a reality. The gym boasts seating for nearly 1,400 and has two full-size regulation basketball courts. The gym is scheduled to be completed October 2017 with our volleyball team getting the honor of being our first team to compete! Go Vikings!

Ramona Middle School

Students at The LA County Fair

Ramona students were excited to be part of La Verne Day at the Fair on Sept 13th. Members of ASB and our WEB (Where Everyone Belongs) programs rode floats and showed their school spirit in the city parade. The Ramona band took the stage in the community performance hall with a wonderful set performing a medley celebrating our armed forces.

Ramona Has 9 New Teachers And A New Principal

Ramona welcomed nine new teachers and a new principal in the 2017-18 school year. The science department has added John Madison, Matt Pugari and Jessihae Wade. We have two new PE teachers with Rachel Pawsers and Cynthia Aneco. Our Specialized Services Department welcomes Shan Alkharan, Alma Armado, and Julie McRae. Coyler McDonald has taken over the Ramona Band. We have also had a change in school leadership with James Ellis as the new principal at Ramona, who took over after Ann Neils ten-year tenure at RMS when she moved to the Bonita USD District Office as a Director of Curriculum and Instruction. Congratulations to all of the new Viking Staff!

Ramona ASB and WEB students enjoyed La Verne Day at the Fair

San Dimas High School

The San Dimas High School Saints Off To A Great Start

There were many exciting events to begin the 2017-2018 school year. A highlight was winning the Smudgepot football game 19-8 against rival, the Bonita Bearcats! The first week of school began with a spirit week for Smudgepot that had over 300 students and over 80 staff members participating. To promote school spirit, staff and students are using a new mobile device app called “5 Star” that helps track participation and students can receive notifications about school spirit points and activities. Many classes participated in activities related to the solar eclipse that occurred on the first day of school.

Curriculum Preparation

San Dimas math teachers received a new curriculum called CPM. It is an inquiry-based math learning program where students are assigned roles in groups to practice solving real-life problems. Math teachers had several days of training and are receiving ongoing support from District math coaches. Math courses offered this school year are:

- Integrated Math I
- Integrated Math II
- Algebra 2
- Advanced Math
- AP Calculus AB
- AP Calculus BC
- AP Statistics

Social science teachers will receive training on writing strategies to support the California English Language Arts (ELA) Standards. San Dimas High School English department is off to a strong start with both new faces and returning ones. Staff members continue to collaborate on units and common assessments to improve student learning. The department hopes to continue momentum from the 2016-17 season in ELA test scores. San Dimas High School science teachers were accepted into the Metropolitan Water District’s Solar Boat competition and will be looking for team members and volunteers soon.

The social science department added a new AP Geography class that is going great, and this adds to the growing list of college-level courses offered at San Dimas High School. Hands-on, practical, educational technology is increasingly becoming a commonplace in social science. Digital lessons are developed to be engaging, relevant, cross-curricular, and address the 4 Cs in order to help our kids be career college ready.

Personalized Learning Communities (PLC) & Digital Collaboration (via Twitter & Google Classroom) have increased cohesiveness and efficiency. The continued and increasing use of Common Core elements blend English Language Arts historical skills, primary source writings, photographs, raw data, graphs/charts, etc. They are evaluated for reliability/legitimacy, analyzed, interpreted, and connected to our respective historical context.

The specialized services department has all graduation requirement classes offered in a co-teaching setting. English at each grade level, Integrated Math I, Integrated Math II, Biology, US History, World History and Government/Economics. Teachers collaborate through a quarterly “Think Tank” to ensure student support and learning. Additional study skills classes are being offered this year in the areas of English and math.

The third annual Smudgepot Bowling contest scheduled for Friday, September 29, features students from the FAST and ASDI classes competing against students from Bonita High School at Chapman Lanes.
Meet the Author: Local Reflexologist Publishes DIY Book
Continued from page 6.

book, and explain how anyone can benefit from using foot reflexology daily. Every book purchased at the event will be signed by the author. Come learn how you can feel relief from pain, promote energy and balance, and feel better, overall.

About the Author
Stefanie Sabounchian, born and raised in Germany, received her first reflexology training in Germany before coming to the United States in 2000. Today she is a professional certified reflexologist with over 14 years of experience and has a thriving private reflexology practice in Los Angeles, California. She teaches Foot/Hand/Foot reflexology at several schools, including the American Academy of Reflexology where she is one of the core teachers, as well as via various international workshops. Her passion for reflexology led her to write her first book on foot reflexology to share an easy approach of self-help foot reflexology for the beginner and home reflexologist.

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**Lark Ellen Elementary School**
4555 N. Lark Ellen Ave, Covina
Fri, Oct 6, 13, 20, 27 @ 10 am
Tues, Oct 24, 31 @ 12:30 pm
West Covina Senior Center
2501 E. Cortez St, West Covina
Wed, Oct 11, 25 @ 10 am
Flappy Jack’s Pancake House
640 Route 66, Glendora
Wed, Oct 18 @ 1 pm

**Denny’s, 9804 E. Flair Dr, El Monte**

**Thurs, Oct 26 @ 10 am**
**Inter Valley Health Plan**

**300 S. Park Ave, 4th Floor, Pomona**

**Wed, Oct 25 @ 10 am**
**San Dimas Senior Center**
201 E. Bonita Ave, San Dimas
**Thurs, Oct 26 @ 10 am**
**Marie Callender’s, 1175 E. Aloha Ave**
**Azusa, Thurs, Oct 26 @ 2 pm**

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Windsor Castle
Story & Photos By Stan Wawer

“I’ve met the queen, but I’ve never met you,” the ticket taker, an elderly gentleman, said with a smile as I handed him my ticket at the entrance to Windsor Castle. I introduced myself and quickly headed on in search of my guide, Oliver Everett, the former Royal Librarian in charge of records and archives at Windsor Castle. He also is the former assistant secretary to Prince Charles and the late Princess Diana. When I finally caught up with Everett on this chilly, overcast April 1 day, he looked quite distinguished and very British in his blue blazer, gray slacks, button-down collar dress shirt and black shoes.

Oliver’s tie, however, seemed completely out of place and out of character for the Royal Librarian. It was a Cleveland Indians baseball tie. Everett attended graduate school in Ohio when he was 21 and became a big baseball fan. He even made a trip to Boston to see a game at fabled Fenway Park.

“I play baseball every Sunday,” Everett said. “I love the game so much that I started a league.”

When we were just about to give up hope, one of the workers tugged at a corner of one of the tapestries and it pulled away from the wall. It was secured by the use of Velcro. We pulled them down, rolled them up and got them safely out of the room.

The Grand Reception Room, perhaps more than any other of the state rooms at Windsor, represents George IV’s personal, Francophile taste. It was designed under the king’s immediate supervision with the assistance of Sir Charles, who purchased 18th century French panelling in Paris in 1825 especially for the wall decorations. This was incorporated with composition stucco by Francis Bernasconi to match, making a complete framework for the tapestries.

The fire started in the Lantern Lobby completely gutting Queen Victoria’s private chapel. Part of the carved stone roof and the altar survived the flames and have been restored as a memorial to the conflagration. The inscription reads: “The fire of 20th November 1992 began here. Restoration of the fire-damaged area was completed five years later, on 20th November 1997, the 50th anniversary of the wedding of Her Majesty Queen Elizabeth II and His Royal Highness The Duke of Edinburgh.”

Ely Cathedral and the Abbey of Bathala in Portugal inspired the new, tall, octagonal lobby created in the gutted area.

The Crimson Drawing Room and the Garter Throne Room are two of my favorite Windsor Castle state rooms. The Crimson Drawing Room is similar to a room at Kensington Palace where Queen Victoria grew up. It was the principal room in George IV’s restoration, carried out the restoration as opposed to the new work in the fire-damaged part of the castle.

In the Garter Throne Room new Knights and Ladies of the Garter are invested with the insignia of the Order of the Garter. King George IV initiated the Order of the Garter during his reign (1820-1830). “His girlfriend was dancing at a Royal Ball and her garter fell,” Everett said. “Everyone laughed, which angered King George. He vowed to honor the garter. The rest is history.”

St. George’s Chapel is the spiritual home of the Order of the Garter, Britain’s senior Order of Chivalry, founded by King Edward III in 1348. King Edward IV began the building of the chapel in 1475. By 1484 the choir was finished, roofed in wood. His son-in-law, King Henry VIII completed the nave and added the stone-vaulted ceilings throughout before his death in 1509.

The infamous King Henry VIII completed the building by 1528.

Eton, founded by Henry VI in 1440, is a couple minutes walk from Windsor Castle. The poet P.B. Shelley, writers Aldous Huxley (“Brave New World”), Eric Blair (George Orwell— he wrote “1984”) and Ian Fleming (James Bond creator), Prince William (son of the late Princess Diana and heir to the throne) and prime ministers Sir Anthony Eden and Harold Macmillan are included among its distinguished alumni. Boys generally stay at Eton for five years, arriving at the age of 13.

If you saw the Academy Award-winning “Chariots of Fire,” you will instantly recognize the schoolyard at Eton.

Visiting Windsor Castle and Eton in the same day is an historical experience. No trip to England is complete without visiting these two sites.

Where to stay

London has a number of excellent hotels including The Dorchester, The Ritz, Four Seasons at Park Lane, Claridge’s, The Connaught, The Savoy and The Berkeley.

All information is accurate at the time of publication but prices, dates and other details are subject to change. Confirm all information before making any travel arrangements.

Travel Editor Stan Wawer is a La Verne resident and a member of the Society of American Travel Writers. Address all travel related questions to his travel Facebook page at www.facebook.com/TravelWithStan.
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