



# Discover West Covina

THE OFFICIAL NEWSLETTER OF WEST COVINA

August/September  
2014

A publication  
provided for residents by  
the City of West Covina



WWW.WESTCOVINA.ORG

## West Covina Remains Committed to Public Safety

The City of West Covina has acquired two new paramedic ambulances and a police mobile command post.

The new ambulances will accommodate up to three patients and will replace aging ambulances that only accommodated two patients, thereby increasing the availability to respond to additional calls.

After about a year's worth of work by police department staff, West Covina recently received its new Mobile Command Post. The vehicle, built by Mobile Specialty Vehicles in Texas, is a 40-foot "Lone Star" motorcoach on a Freightliner chassis, powered by a Cummins electronic diesel engine and an Allison transmission.

This vehicle has myriad customizations and features that make this a one-of-a-kind vehicle, containing all the needed equipment to handle any critical incident or natural disaster. It features three sectionalized compartments, two glide rooms, dispatching centers with interoperable radios, a



computer "smart board," allowing police personnel to coordinate virtually any scene, and much more.

The Mobile Command Post was funded mostly with asset seizure funds, as well as a state Supplemental Law Enforcement Services Fund grant and donations from the Castucci Foundation.

In addition to the new ambulances and mobile command post, the U.S. Department of Defense recently donated a new Mine Resistant Ambush Protected (MRAP) vehicle for the West Covina Police SWAT program.

As part of the adoption of the Fiscal Year 2014-2015 Budget, the West Covina City Council authorized the purchase of additional police patrol cars and a new "quint" ladder truck, which is a combination of a fire engine and a fire ladder truck. The new vehicle will be delivered to West Covina after the first of the year.



# West Covina City Council Brings Back Meetings to Simulcast on Local Cable Television Channel 3

West Covina residents can now watch city council meetings on cable television again!

The West Covina City Council recently approved the purchase of the necessary equipment to begin rebroadcasting city council meetings on the City's public access channel on Charter Communications Channel 3. Cable broadcast of council meetings was suspended in 2008 as part of a budget-saving measure.

Over the past month, City staff has been working diligently to test the video equipment. Special thanks to volunteers with Mt. San Antonio College's Technical Services Department for helping to coordinate the improvements.

West Covina City Council meetings will be aired live on Charter Cable Television Channel 3 on the first and third Tuesdays of each month, beginning at 7:00 p.m.



Residents can continue to view live council meetings, as well as past meetings, via the Internet at [www.westcovina.org](http://www.westcovina.org).



**LACF**  
los angeles county fair

## WEST COVINA DAY AT THE FAIR

WEDNESDAY, SEPT. 10  
Exclusive offer: \$5 admission

### WEST COVINA DAY AT THE FAIR WEDNESDAY, SEPT. 10

#### Two ways to purchase tickets

Proceeds benefit The Learning Centers at Fairplex

1. Online at [lacountyfair.com/buytickets](http://lacountyfair.com/buytickets) and use promo code: **westcovina** in the Community Day Admission ticket field
2. Present this discount coupon at any LACF admission gate, Wednesday, Sept. 10, 2014

**\$5 admission**



2 496196 252886

\$5 admission with online purchase using promo code, or at LACF gates by submitting this barcoded coupon, valid Wednesday, Sept. 10, 2014 only. Not valid with any other offers. No cash value.

#### ATTRACTIONS:

##### HALL OF HEROES

Caped crusaders and real-life heroes save the world in this new attraction.

##### LUMINASIA

Custom-built giant Chinese lanterns illuminate LACF's hillside.

##### CARNIVAL

Get the adrenaline pumping with 70 exciting rides and 40 fun-filled family games.

##### FOOD

Indulge in everything oozy, gooey, covered-in-chocolate and on-a-stick.

##### GRINDING GEARS

The new LACF nightclub comes alive every night for dancers, music lovers and fun seekers.

##### THE FARM

Head to The Farm where milking cows, growing crops and raising chicks are agri-tainment.

##### WINE, SPIRITS & BEER MARKETPLACE PRESENTED BY GROUPON

Enjoy tastings of and classes with winners from the Los Angeles International Wine, Spirits & Beer competitions



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Let's Go Places

### DON'T MISS THE HOTTEST ACTS OF THE SUMMER!

The Los Angeles County Fair's End of Summer Concert Series, presented by Toyota, offers 23 nights of the biggest names in music.

FOR THE CONCERT LINE-UP  
VISIT [LACOUNTYFAIR.COM](http://LACOUNTYFAIR.COM)

# WALMERADO PARK TO GET NEW PLAYGROUND

The City of West Covina has approved the installation of a new baseball-themed playground at Walmerado Park.

The project is being funded by donations received from Macy's "Heart Your Park" campaign, a grant through the Los Angeles County Regional Park and Open Space program, and park dedication funds, which come from new housing projects being built in West Covina.

The playground will be installed in September.



## SUMMER CONCERT SERIES CONTINUES IN AUGUST

The City of West Covina and the Greater West Covina Business Association's Summer Concert Series continues in August at the West Covina Civic Center courtyard. The concerts are held free of charge every Thursday from 6:00 to 9:00 p.m. through Aug. 7.

The Summer Concert Series will culminate with a special event on Saturday, Aug. 16 from 5:00 to 10:00 p.m. This event will feature a concert and a "food truck frenzy."

For more information, call (626) 939-3350 or visit [www.greaterwestcovina.com](http://www.greaterwestcovina.com).



### West Covina Civic Group Adopts Park

The City of West Covina recently gave recognition to West Covina Sunrise Rotary as the first community group to adopt a park. Through the Adopt a Park program, volunteers from West Covina Sunrise Rotary will be assisting the City of West Covina in providing additional maintenance at Del Norte Park. A sign acknowledging their volunteerism will be placed at the park.

## COMMUNITY SERVICE DAY

### Saturday, Oct. 4

Numerous community organizations in West Covina exist to facilitate volunteering that strengthens our families, churches, businesses, nonprofit organizations and the City we live, work and play in. Supporting these volunteer groups can enable them to succeed in a variety of areas, benefiting everyone in the community.

On Saturday, Oct. 4, West Covina volunteers will be participating in Community Service Day, a day to promote and celebrate the many projects and programs that West Covina volunteers dedicate themselves to each year.

For more information, visit the City's Web site at [www.westcovina.org](http://www.westcovina.org) or call (626) 939-8489.



Every morning, he loves to stop and smell the lavender and the roses in our courtyard.

The smallest details make the biggest difference.

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We invite you to call (626) 332-3344 to learn more about Alzheimer's Disease and Dementia, or come for a visit.

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# DON'T MISS 2014 WEST COVINA BUSINESS EXPO!

## Networking and More Saturday, Aug. 23

The City of West Covina's Community Development Commission, the Greater West Covina Business Association (GWC) and Plaza West Covina are partnering to host the 2014 West Covina Business Expo on Saturday, Aug. 23 from 10:00 a.m. to 7:00 p.m. at Plaza West Covina, 112 Plaza Drive.

The event will provide business-to-business opportunities, resources for business owners, professional networking opportunities, and a dynamic opportunity to showcase your business to thousands of attendees.

For more information about the 2014 Business Expo, visit [www.greaterwestcovina.com](http://www.greaterwestcovina.com).

For exhibitor information, call the GWC at (626) 939-3350 or send an e-mail to [mfarias@greaterwestcovina.com](mailto:mfarias@greaterwestcovina.com).



### EVENT HOSTS:



## New Businesses Come to West Covina

*Check out these new businesses in West Covina and shop locally!*

### COVINA PALMS CENTER

(221-2249 E. Garvey Ave. N.)

- Dental Fun Zone – December 2014

### EASTLAND CENTER (2620-2980 E. Workman Ave.; 2625-2929 Eastland Center Drive)

- Hobby Lobby – now open
- Ulta – August 2014
- Pier 1 Imports – August 2014

### GLENDORA AVENUE (360 S. Glendora Ave.)

- West Covina Dental Specialist – fall 2014

### HOLIDAY INN (3223 E. Garvey Ave. N.)

- Holiday Inn – August/September 2014

### HONG KONG PLAZA

(935-1029 S. Glendora Ave.)

- Factory Tea Bar – July 2014

### LAKES ENTERTAINMENT CENTER

(1230 Lakes Drive)

- Sushi Damu – July/August 2014

### McINTYRE SQUARE (2612-2698 E. Garvey Ave. S. and 196-252 S. Citrus St.)

- Pho Island Restaurant – July 2014
- Flowers by Robert Taylor (new location) – August 2014
- M-Boutique (clothing retailer) – September 2014
- Jourdeness Day Spa – October 2014
- Dog Haus Restaurant – October 2014
- NutriShop – October 2014

### PLAZA WEST COVINA (112 Plaza Drive)

- El Pescador Family Restaurant – October 2014

### PIONEER CENTER (1751 Rowland Ave. and 541-557 N. Azusa Ave.)

- AIM Higher – August 2014

### THE HEIGHTS AT WEST COVINA

(2200-2330 S. Azusa Ave.)

- The Joint Chiropractic Office - July/August 2014

### QUAIL RIDGE SHOPPING CENTER

(3620-3670 Nogales St.)

- Hipop Inc. (clothing retailer) – now open
- Le Pot Restaurant – July 2014
- East West Supermarket – August 2014
- Holiday Entertainment, LLC (karaoke) – September 2014

### Others:

- King Torta Restaurant (956 S. Glendora Ave.) – October 2014
- Lotus of West Covina (2501 E. Garvey Ave. S.) – fall 2014
- Lennar mixed-use project (450 unit w/ 20,000 SF retail) – June 2016



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PARTNERS  
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**West Covina's Diabetes Resource**

<p><b>Aug</b> <b>12</b></p>	<p><b>CARBOHYDRATE CLASS</b> If you use insulin or you just want to understand how carbohydrates affect your blood sugars enrolling in this class will help you. Space is limited, reservation is a must.</p>
	<p><b>TBD</b></p> <p><b>FREE DIABETES MARKET TOUR</b> Let our registered dietitian and certified diabetes educators show you the good and better choice when it comes to grocery shopping for people living with diabetes at FRESH &amp; EASY MARKET in West Covina</p>
<p><b>Aug</b> <b>26</b></p>	<p><b>FREE DIABETES SUPPORT GROUP</b> Join us for our monthly community support group to get the support you are looking for and need to live a healthier life with diabetes. Space is limited, reservation is a must.</p>
	<p><b>Aug</b> <b>19</b></p> <p><b>DIABETES COOKING CLASS</b> Learn how easy and delicious it is to cook diabetes friendly meals for you or your family. Space is limited, reservation is a must.</p>

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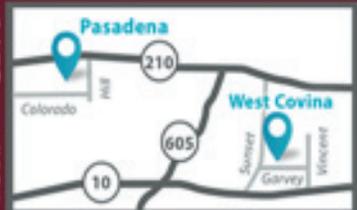
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# Enjoy a Safe and Fun Summer with **SWIMMING POOL SAFETY TIPS**

**T**he West Covina Fire Department would like to remind everyone of water safety measures to follow to ensure a safe and fun summer for all. Pool safety is especially important in West Covina, with more pools per capita than any other similar-sized city in California.

The most important thing to remember while your family is swimming is to be alert and provide direct supervision whenever anyone is in or around a pool. Never let children swim unsupervised without a responsible adult who can swim and who is on the pool deck with a view of the entire pool. The assigned responsible adult should be directly watching the people in the pool and not involved in other activities.

Have a cordless phone nearby whenever you and family members are swimming. Never leave a pool or spa area unattended, but if you need to leave the pool area, first have all unsupervised children get out of the pool.

Pools and spas are not the only places where people can drown. Never leave small children unattended around bathtubs, toilets, buckets of water or any other standing water in which a small child's mouth or nose can be submerged. Young children can drown in as little as three inches of water. If your child ever goes missing, check the pool first, even if it is not being used.

Limiting pool access can help prevent drowning. Layers of protection can consist of any combination of barriers, alarms and safety covers. Self-closing gates and perimeter fencing prevent unauthorized access to your back yard. A four-foot or taller fence installed directly around your pool area is another important layer of protection. Pool fences must have self-closing gates with childproof locks. Any doorways, sliders or windows that have direct access to the pool area should have alarms installed that notify you anytime anyone enters the pool area.

By law, all detached spas or Jacuzzis must have locking covers that must be closed when not in use. Be certain to visually check the spa before closing and locking the cover.



**Make sure your pool or spa has compliant drain covers to prevent accidental entrapments below the water's surface. Ask a pool technician or professional if you are not sure.**

**Maintaining proper water quality is essential to ensure your water is clean, sanitary and, most importantly, clear. It is vital that you can see the bottom of the pool so you can spot any swimmers in trouble or at the bottom. Never swim in a pool if you cannot see the bottom.**

**When you are done swimming for the day, remove any toys or other items that might attract a child.**

**Swim lessons and teaching young swimmers proper water safety skills significantly reduce the chance of a drowning. With the exception of swim lessons, everyone in the family should know how to swim prior to entering a pool.**

**Make sure you have a plan in place in case of a pool emergency. Much like a home fire escape plan, it is important that each household member knows and practices your pool emergency plan. If you are going to be supervising children or others while swimming, it is very important to learn rescue techniques and to become certified in CPR.**

**The West Covina Fire Department reminds you that drowning is 100-percent preventable if the proper safety precautions and steps are practiced. We wish you a safe and enjoyable summer around your pool!**

*Whenever children are swimming, an adult who can swim should be directly watching everyone in the pool and not involved in other activities.*





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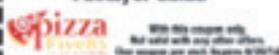
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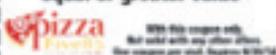
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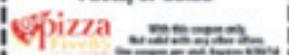
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# 10 Early Signs and Symptoms of Alzheimer's Disease

**M**emory loss that disrupts daily life may be a symptom of Alzheimer's disease or another form of dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills.

There are 10 warning signs and symptoms. Every individual may experience one or more of these signs in different degrees.

**1. Memory loss that disrupts daily life -** One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

**What's a typical age-related change?** Sometimes forgetting names or appointments, but remembering them later.

**2. Challenges in planning or solving problems -** Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

**What's a typical age-related change?** Making occasional errors when balancing a checkbook.

**3. Difficulty completing familiar tasks at home, at work or at leisure -** People with Alzheimer's often find it hard to complete daily tasks. Sometimes people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

**What's a typical age-related change?** Occasionally needing help to use the settings on a microwave or to record a television show.

**4. Confusion with time or place -** People with Alzheimer's can lose track of dates, seasons and the passage of time. They may

have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

**What's a typical age-related change?** Getting confused about the day of the week but figuring it out later.



**5. Trouble understanding visual images and spatial relationships -** For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

**What's a typical age-related change?** Vision changes related to cataracts.

**6. New problems with words in speaking or writing -** People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a watch a "hand-clock").

**What's a typical age-related change?** Sometimes having trouble finding the right word.

**7. Misplacing things and losing the ability to retrace steps -** A person with Alzheimer's disease may put things in

unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

**What's a typical age-related change?** Misplacing things from time to time and retracing steps to find them.

**8. Decreased or poor judgment -** People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

**What's a typical age-related change?** Making a bad decision once in a while.

**9. Withdrawal from work or social activities -** Persons with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

**What's a typical age-related change?** Sometimes feeling weary of work, family and social obligations.

**10. Changes in mood and personality -** The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

**What's a typical age-related change?** Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

If you notice any of these warning signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

Source: Alzheimer's Association

## GET CASH REWARD FOR Reporting Graffiti in Action

In 2007, West Covina created a Graffiti Rewards program, offering \$100 rewards to anyone who called the police with information on suspects responsible for graffiti crimes. If you witness someone in the act of marking graffiti, call 911 immediately and you could get a \$100 reward. You can choose to remain anonymous.

If you notice graffiti that has already been marked, call the Graffiti Hotline at (626) 939-8800 or send an e-mail to graffiti@wcpd.org to get it removed.

## Passport Services Available at West Covina City Hall

U.S. passport applications are accepted at the City Clerk's Office at West Covina City Hall. West Covina offers one-stop service with passport photo service on site. The City Clerk's Office is staffed with professionals trained in passport procedures.

The office is open for passport application acceptance Monday through Thursday from 9 a.m. to 4 p.m. Walk-in service only; no appointment is necessary.

Proof of citizenship and photo ID are required. Fees are payable by check or money order. There are additional requirements for children 15 and younger.

The City Clerk's Office is located at West Covina City Hall, 1444 W. Garvey Ave. South. For more information, visit [www.travel.state.gov](http://www.travel.state.gov), or call the City's passport hotline, (626) 939-8744.



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# S.H.O.P. PROGRAM SEEKS NEW MEMBERS

West Covina's SHOP program (Seniors Helping Our Police) allows senior citizens to channel their energy back into the community by performing nonhazardous public safety duties on a volunteer basis, freeing up police officers to fulfill essential emergency and law enforcement duties in the field.

SHOP volunteers work two-person teams in fully equipped marked vehicles, seven days a week, performing duties such as marking abandoned or illegally parked vehicles, performing vacation house checks for residents, serving subpoenas and issuing parking citations.

In total, SHOP personnel have volunteered almost 196,000 hours, saving the City about \$8 million! The program is a recipient of awards from the Foundation for Improvement of Justice and the American Society for Public Administration, recognizing SHOP's innovation, success and prudence.

SHOP is a vital part of the public safety effort in West Covina and is seeking new members. If you are 55 or older, are in good physical condition, possess a valid California driver's license and are willing to put in a minimum of four hours of volunteer service per week, call (626) 939-8500 for more information.

## Interstate 10 Freeway Construction Update

Caltrans has begun construction on Interstate 10 to add an HOV lane, or carpool lane, in each direction between Puente Avenue and Citrus Avenue.

The \$193 million project is anticipated to be completed in spring 2019. During this time, residents should expect traffic delays and off-ramp closures. For up-to-date information, visit the Caltrans Web site at [www.dot.ca.gov/dist07](http://www.dot.ca.gov/dist07).





### Used Motor Oil Collection and Filter Exchange Events

#### Free Motor Oil Collection Container



#### Free Oil Filters

Saturday  
September 20, 2014  
9:00 am - 1:00 pm  
**Autozone**  
730 N. Azusa Ave.  
West Covina, CA

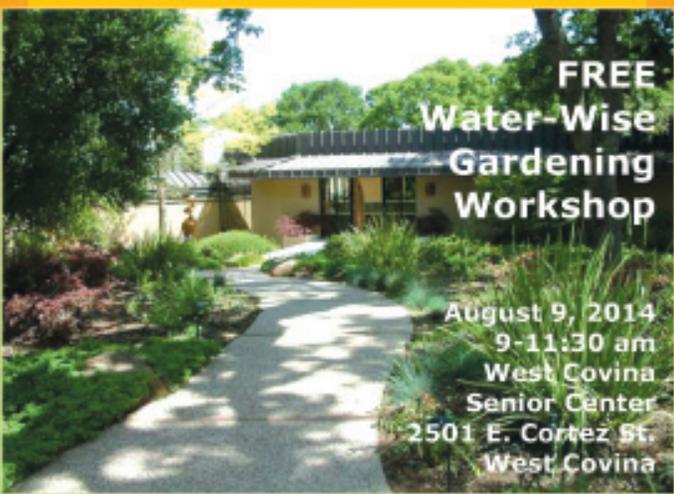
Bring a USED MOTOR OIL FILTER to recycle and receive a new in stock filter and collection container FREE! Open to West Covina residents only. Bring ID or utility bill for verification purposes. No purchase necessary, limit two filters and one collection container per resident while supplies last. Only motor oil that is not mixed with water, gasoline or other chemicals will be accepted.

For more information on Hazardous Waste please call 1-888 CLEAN LA.




This event is brought to you by the City of West Covina Environmental Services and funded by a grant from the Department of Resource Recycling and Recovery (CalRecycle).





### FREE Water-Wise Gardening Workshop

August 9, 2014  
9-11:30 am  
West Covina  
Senior Center  
2501 E. Cortez St.  
West Covina

Is it possible to have a thriving, healthy landscape in Southern California, even during the hottest months of summer?  
**YES!**

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- Save Money
- Save Water!

Presented by:



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To register call (877) 405-1747 or e-mail your name, address, and phone number to:  
[wcgardenclass@swwc.com](mailto:wcgardenclass@swwc.com)



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Baldwin Park, CA 91706  
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Bill Salazar, Owner

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Azusa, CA 91702  
Tel (626) 334-0438  
bill@royalcoaches.com

**Acupuncture Wellness Center**  
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**www.GoodNutrition.co**  
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Hot flash, Migraines, Insomnia  
Nutritional Deficiencies, Allergies

ALAN SUN  
LAc, DTM

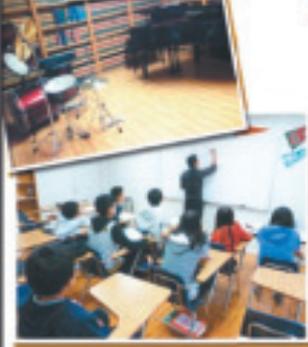


DEBORH HOANG  
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www.caneducationus.com  
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Have ideas for "Discover West Covina?" E-mail: Discoverwestcovina@westcovina.org or mail to:  
West Covina City Hall, Community Services Dept., Attn: Chris Freeland, 1444 W. Garvey Ave., West Covina, CA 91790

City of West Covina  
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