



San Gabriel Valley Examiner

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25 cents

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

Volume XXIII, Issue No. 47

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

November 19 - 25, 2020

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Glendora Kiwaniannes Honor An Outstanding Community Volunteer and A Disguised Kiwanianne



Long time Glendora resident, Sharon Lewis (second from left) was honored by the Glendora Kiwaniannes at their November 5 meeting for outstanding community service. Presenting the award were (left to right) Pat Rasmussen, Debbie Deal, president of the club, and Gege Engwald-Perry. Lewis is an active volunteer for EYE DAS, Citrus College's Alumni Association and Foundation, and is a past recipient of Glendora Chamber's Citizen of the Year award.

by Pat Rasmussen

GLENDORA - At their November meeting, the Glendora Kiwaniannes, a local community service organization, honored long-time Glendora resident, Sharon Lewis and Glendora resident, Linda Price.

Sharon Lewis was honored as an outstanding community volun-

teer.

"We had planned to honor her at our annual Community Tea," said Debbie Deal, president of the club, "but because of the pandemic, we could not do so this year. So, we decided to honor her this month."

Lewis has been involved with many community organizations

that serve the community, such as EYE-DAS, an organization that helps the visually impaired. She served as president of the club for two years, and helped with special events and fund raisers for the group. "Every year, she even decorated a table at our tea in honor of EYE-DAS," said Pat Rasmussen, co-chair of the tea.

Lewis has also served the Citrus College Alumni Association since 1955 and is an alumna of the group. She was a cheerleader at Citrus Union High School and continues to cheer for the college through its Foundation and Alumni Association. This year, she and her committee, raised nearly \$100,000 to create an endowed scholarship fund in memory of her dear friend Joyce Dill.

She once remarked, "Citrus Union High School and Citrus Community College are the places that keep on giving to my never-ending education in life." Lewis also serves Citrus as a member of the Citizens Bond Oversight Committee for Measure G, and has been head of the Scholarship Committee at Citrus since 2006.

In 2009, the City of Glendora and its Chamber honored Sharon Lewis as its Citizen of the Year.

She and her husband, Charles, to whom she has been married



Linda Price was honored with the Distinguished Service Award for 70 years, once owned Lewis Lawn Mower shop in Azusa. Now she dedicates her life to serving others.

"Volunteering should be a lifetime commitment," she said. "Your children will learn by your example. If you give of yourself, they will too. If you serve, make sure it is something you can do then put your best efforts into it. The world will be a better place because of it."

"We are so pleased to honor Sharon for her unselfish generosity with her time and talent to serving others in our community. She is truly deserving of this honor," said Debbie Deal.

Linda Price was honored with the Distinguished Service Award (DSA) for her years of service to the club. For more than 25 years, Kiwanis Clubs have awarded the DSA to Kiwanians who go above and beyond in their service and dedication to their club and community.

"There are members of the club who work quietly behind the scenes to get the work done. Whenever asked, Linda is always there to help," said Becky Harris, who, along with Karen Kobus, were last year's recipients. They presented Price with a plaque from Kiwanis International Foundation.

For over 20 years, Linda has helped organize volunteers to help at the city's Halloween carnival, often recruiting not only Kiwanianne club members, but her family as well. In the community, she has been active as a member of the Glendora Coordinating Council serving as a two-term president in 1995-97. She is also a member of the Bloomers Club, a group that focuses on gardens and flowers. She was president of the Las Artistas and Friendship Garden Club and was president for two years in 1914-16. Price was also president of the Glendora Newcomers Club in 2004-05, has been a Glendora Museum curator and is a 30-year member of the Glendora Woman's Club.

She has also served on many Kiwanianne committees including helping with Community Tea and Designer Bag Bingo fundraisers, the Leadership Academy for middle school children, and the annual senior dinner.

"I'm overwhelmed at receiving this award," said Price. "This is such a great group of women and I am happy to be able to volunteer my time to the Glendora Kiwaniannes," she said.

Two Emanate Health Hospitals Receive Get With The Guidelines-Stroke Gold Plus Quality Achievement Award

American Heart Association Award Recognizes Queen of the Valley Hospital and Foothill Presbyterian Hospital's commitment to quality stroke care

COVINA - Emanate Health Queen of the Valley Hospital (QVH) and Emanate Health Foothill Presbyterian Hospital (FPH) have both received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award. The award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

QVH and FPH earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, as well as other care transition interventions

"Emanate Health is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association's Get With The Guidelines-Stroke initiative," said President & CEO Robert H. Curry. "We're proud



Emanate Health Queen of the Valley Hospital has received the "Get With The Guidelines-Stroke Gold Plus Quality Achievement Award" from the American Heart Association/American Stroke Association for its stroke care. Pictured (from left) with the award include Mary Konyalian, RN, Vice President Neuroscience & Nursing; Claudia Muñoz, MD, Director of Neuroscience; and Hedy Dizon, RN, Stroke Program Manager. (Photo credit: Emanate Health).

to use these tools and resources to help us better track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes."

QVH also received the Association's Target: StrokeSM Honor Roll Elite Award. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

In addition, QVH and FPH both received the Association's Target: Type 2 Diabetes Honor Roll Award. To qualify for this recognition, hospitals must meet quality measures developed with more than 90 % of compliance for 12 consecutive months for the "Overall Diabetes Cardiovascular Initiative

Composite Score."

"We are pleased to recognize Emanate Health for their commitment to stroke care," said Lee H. Schwamm, M.D., national chairperson of the Quality Oversight Committee and Executive Vice Chair of Neurology, Director of Acute Stroke Services, Massachusetts General Hospital, Boston, Massachusetts. "Research has shown that hospitals adhering to clinical measures through the Get With The Guidelines quality improvement initiative can often see fewer readmissions and lower mortality rates."

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.

Assemblywoman Blanca Rubio Invites Residents to Operation Gobble

Thanks to many proud community partners, Assemblywoman Blanca Rubio will host her 4th annual Operation Gobble drive-thru turkey and food giveaway on two days this year - Saturday, November 21, from 9-11 a.m. and Tuesday, November 24, from 9-11 a.m.

On Saturday, November 21, from 9-11 a.m. at St. John the Baptist Catholic Church, Baldwin Park Blvd., Baldwin Park.

On Tuesday, November 24, from 9-11 a.m. at Azusa Adult Education Center, 1134 Barranca Ave., Glendora (Enter off Galatea St.).

Individuals will receive a FREE* frozen turkey or voucher will supplies last.

For more information, please contact Assemblywoman Rubio's office at (626) 960-4457.

ASSEMBLYWOMAN BLANCA E. RUBIO
CORDIALLY INVITES YOU TO ATTEND
OPERATION GOBBLE
4TH ANNUAL
DRIVE-THRU TURKEY & FOOD GIVEAWAY

SATURDAY NOV. 21 9 - 11 a.m.
St John The Baptist Catholic Church
3883 Baldwin Park Blvd., Baldwin Park

TUESDAY NOV. 24 9 - 11 a.m.
Azusa Adult Education Center
1134 Barranca Ave., Glendora
(ENTER OFF GALATEA ST.)

Learn about legislative issues and the services provided by the district office.
Individuals will receive a FREE* frozen turkey or voucher while supplies last.
*Limit one per household. Given on a first-come, first-served basis.

(626) 960-4457

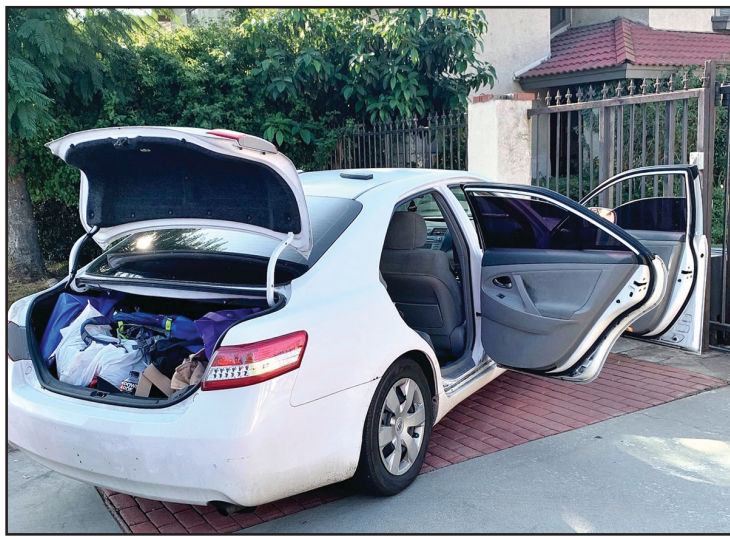
*Limit one per household on a first-come, first-served basis.

Firearm Recovered in Stolen Vehicle, Suspect Arrested

BALDWIN PARK - On Thursday, November 12, 2020, at about 1:50 PM, a Baldwin Park police officer observed a vehicle recently reported stolen out of Lakewood in the parking lot of Walmart. Officers followed the suspect vehicle, and before catching up with the vehicle, the suspect exited the moving vehicle, which struck a wall, and a foot pursuit ensued. Officers apprehended the suspect a short distance away.

While climbing over a wrought iron fence during the incident, an officer impaled his left leg on a wrought iron tine. Paramedics arrived on the scene to treat the officer, and he was taken by ambulance to the hospital for further treatment. The officer was medically treated and later released.

A firearm was recovered from the vehicle. A female passenger who had remained inside the vehicle was taken into custody without incident and was issued a citation and released with a court appearance in the near future. The male suspect will remain in custody pending his arraignment.



Stolen vehicle after hitting the wall.



Firearm recovered inside the stolen vehicle

Photos courtesy of the Baldwin Park Police Dept.

Social Media and Kids: What Parents Can Do to Ensure Safe Use



Photo Source: (c) AntonioGuillem / iStock via Getty Images Plus

The negative effects of social media have been much discussed as of late, thanks to the recently released documentary on Netflix, "The Social Dilemma."

The documentary argues that while platforms like Twitter, Instagram, and Facebook have at times been used to facilitate social movements and meaningful change, they can also make people more anxious, polarized, and inclined to believe misinformation. What's more, according to the documentary, these apps are structured to make their users obsessed with them.

As many parents know, children can be susceptible to the most common pitfalls of social media, but there are some key steps that they can take to help ensure that children's usage remains balanced, healthy and safe:

- **Sorting fact from fiction:** Information about the world is often delivered via social media tools. Unfortunately, much of that content is actually misinformation. Parents can help stem the

tide of "fake news" by teaching kids how to sort fact from fiction and pointing them in the direction of trusted sources of information.

- **Privacy measures:** An enormous amount of data is gathered by social media companies. Parents should teach kids to be wary of sharing private information and opinions online. They can also add privacy settings to children's profiles to ensure they are connected only to their friends and family.

- **Social media and feelings:** Social media usage can be an emotional roller coaster. Parents should consider having a conversation with children about the way social media makes them feel. As part of this discussion, parents can remind kids that while "likes" and nice comments may make them feel good, it's important not to rely too heavily on social media for emotional validation or real connection with friends. Unfortunately, cyberbullies and online "trolls"

are active social media users, too, making social media apps a sometimes unfriendly place.

- **Monitoring usage:** New tools are helping parents seamlessly monitor social media usage and protect kids from unsafe content. In fact, over 1.2 million families use the screen time management solution, OurPact. The app, which allows parents to block or limit app access automatically, gives families the flexibility to set schedules for usage around recurring activities like school and bedtime, keeping access well-balanced. Parents can even view screenshots of kids' digital activity. Available at the iOS App Store and Google Play Store, parents can also sign up for an account at www.ourpact.com.

While the ever-evolving social media landscape can make it difficult for adults to keep up with the way their children are interacting with these platforms, parents can help protect their kids by communicating regularly and by using new tools. (StatePoint)

Teacher of the Year Shares Distance-Learning Tips



PHOTO SOURCE: (c) wutwhanfoto / iStock via Getty Images Plus

School closures and hybrid learning models have forced educators, parents and students to adapt to new forms of learning; the impact of this is not to be underestimated. Teachers and parents around the country have expressed concerns about the accessibility and quality of education under these conditions.

Fortunately, new tools and educational resources are being made accessible to help tackle these concerns. "Teacher of the Year" and author Michael Bonner is sharing resourceful ways for educators, students, families and communities to address some of the common challenges associated with distance- and hybrid-learning.

1. **Students: Create Personalized Workspaces:** When students have a lack of comfort, stress has a way of compounding at an exponential level. To combat this, focus on the things that create a productive and inviting learning environment, like creating a workspace that is functional, fun and organized.

The good news is that it doesn't require many materials to create a DIY desk and it's a great activ-

ity to do together. Using science tri-folds and heavy-duty tape, parents and kids can create private cubicles that can be propped up on any surface and customized to their liking - be creative and look to bring things into the space that will keep your child energized and motivated.

2. **Parents: Increase Communication Touchpoints:** With most schools operating through some variation of distance- or hybrid-learning, communication is a key asset for parents. Staying in regular contact with your child's teacher can help you better understand and track how your child is performing and get ahead of any potential issues or concerns.

Parents should feel empowered to reach out to their child's teacher for progress updates or to address any areas of confusion with class schedules or assignments. Something as simple as sending a bi-weekly email with questions could help improve the overall experience for you and your child.

3. **Teachers: Keep Kids Engaged:** Teachers can break up the day by infusing different educational games and hands-on learn-

ing opportunities like 3M Science at Home. This online STEM video series is a great example of how students can tap into their curiosity about the world around them. By discussing observations and giving kids a chance to ask questions and come up with solutions, teachers and parents can foster a growth mindset while keeping kids engaged.

4. **Community: Working Together to Improve Educational Access and Equity:** COVID-19 has forced organizations, businesses and education systems to configure new frameworks to continue functioning. Unfortunately, educators are facing a huge wall as roughly 15 percent of U.S. households with school-age children do not have the high-speed internet connection at home needed to complete their assignments, according to Pew Research Center data.

While options may vary based on a school district's ability to provide resources, parents can reach out to their local community boards and school districts to see what options are available to them. Some schools are creating hotspots or are teaming with local libraries and community partners such as churches and businesses to extend their connections.

As we all adjust to new educational models, ensuring learning is engaging and fun doesn't have to be challenging, it can start with just a few simple techniques. Whether you are modifying a space to be more inviting for learning or finding supplemental, interactive activities to break up the day, diversifying your approach will help students better retain information and grasp new concepts while having fun. (StatePoint)

5 Flu Season Tips to Keep Your Household Healthy

Flu season is here, and amid the COVID-19 pandemic, it's even more important than usual to take steps to avoid getting sick. Here are five top tips to help your household stay healthy:

1. **Wash hands regularly:** Make sure every member of the household washes their hands regularly with soap and water for at least 20 seconds each time. This is especially important to do after getting home, before preparing food and after using the bathroom. Even with regular hand-washing, it's still important to avoid touching your mouth, nose and eyes.

2. **Guard against germs:** Cold and flu viruses can survive on household surfaces long enough for germs to spread. However, cleaning surfaces with an effective disinfectant can help put a stop to germ transfer. The good news is that you don't need harsh chemicals.

Inspired by nature, ARM & HAMMER Essentials Disinfecting Wipes, a citrus-based disinfectant, can be used around kids and pets and cleans without harsh chemicals. Safe for use on a range of surfaces, including stainless steel, sealed granite, hardwood, tubs, shower walls, classrooms and gym surfaces, use these wipes to disinfect kitchens, bathrooms, pet areas, non-porous surfaces car interiors and other frequently-touched areas of your home.

In the never-ending battle against germs, this is an invaluable tool to have on hand, as the wipes kill 99.9% of viruses (including cold and flu viruses and human coronavirus), 99.9% of bacteria, MRSA, streptococcus, staphylococcus, E. coli, salmonella and kleb-

siella pneumoniae. To learn more, visit armandhammercleans.com.

3. **Load up on veggies:** A nutritious diet can help keep you vital during flu season. Pack a range of immunity-boosting vitamins, minerals and antioxidants into just one meal with a hearty stew of potatoes, carrots, green leafy vegetables, broccoli, beans and lentils. To eliminate pesticides, wax and soil from produce, include a vegetable wash in your meal prep routine, which can be more effective than water alone.

4. **Supplement your diet:** Consider incorporating a di-

etary supplement into your family's daily routine that contains vitamin C, zinc and other immunity-boosters.

5. **Practice healthy habits:** Getting regular exercise, staying hydrated and getting plenty of shut-eye are all proven ways to protect your health. Be sure to practice these healthy habits.

As COVID-19 continues to place substantial demands on hospitals and healthcare resources, staying healthy and protected against the flu is especially vital. Take steps to boost your immunity and stop the spread of germs. (StatePoint)

American Red Cross Blood Drive, November 19

DUARTE - Donate some blood and save some lives at the blood drive this Thursday, **November 19** from 1-7 PM at the Duarte Community Center (1600 Huntington Dr.). All donors will also have the oppor-

tunity to get their antibodies tested for COVID19.

Schedule an appointment: <http://ow.ly/yIMN50CiYJD> and pre-register: <http://ow.ly/wx8p50CiYJC>



Blood Drive
Irwindale Senior Center
 Location: Dining Hall
 16116 Arrow Highway
 Irwindale, CA 91706
Thursday, November 19, 2020
9:30 a.m. to 3:30 p.m.

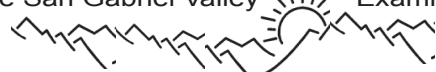
American Red Cross Blood Drive

1600 Huntington Dr.

November 19 from 1 - 7 PM

Masks and appointments required

Test your COVID-19 antibodies with your blood donation



Glendora Approves an Emergency Rental Assistance Program

GLENDORA - On November 10, 2020 the Glendora City Council authorized an Emergency Rental Assistance Program (ERA). The program is intended to keep households financially impacted by COVID-19 in their homes. It is made possible with the Community Development Block Grant - Corona Virus (CDBG-CV) funds allocated through the Coronavirus Aid, Relief, and Economic Securities Act (CARES Act).

The program will assist approved households with up to \$6,000 towards rent at \$1,000 per month for up to six months. Payments will be made directly to the landlord or management company. Program participation is limited by available funding. The program has been allocated approximately \$312,000 and is expected to assist more than fifty households. Assistance will be made to qualifying households on a first approved basis until fund-

ing is exhausted.

Requirements for the program include the following:

- Must rent an apartment, multifamily unit, mobile home or single-family home located in Glendora;
- The combined income for all adults must be at or below low-income limits (posted on the website);
- One or more household member(s) has had a reduction in income due to the COVID-19 pandemic;
- Lease agreement must be current and landlord must agree to participate in the program;
- There must be a financial need and household must not be receiving any other housing

subsidy(-ies).

Interested parties should complete a short survey found on the City website at <http://www.cityofglendora.org/ERA> to determine eligibility. Applications are currently being accepted. Renters who do not have access to the internet or a smart phone may call (626) 852-5288 for assistance.

For additional requirements and more information, please visit the City website at www.CityofGlendora.org/ERA. If you need further assistance, please call (626) 852-5288 or email Valerie Velasquez at vvelasquez@CityofGlendora.org.

Azusa Unified to Offer Free Meals to Youths

AZUSA - The Azusa Unified School District will offer free meals to youths ages 18 and under and persons with disabilities, over age 18, who participate in school programs for people who are mentally or physically disabled as part of the federally funded Summer Food Service program that ensures children have access to healthy meals.

Meals are available to any child residing within Azusa Unified boundaries. Children do not have to be Azusa Unified

students to receive free meals.

Mondays
12:00 PM-2:00 PM
Gladstone High School
1340 N Enid Avenue, Covina

Slauson Middle School
340 W 5th Street, Azusa
Murray Elementary School
505 E Renwick Road, Azusa

Mondays & Wednesdays
7:00 AM - 8:00 AM, 2:00 PM-4:00 PM
Azusa High School
240 N Cerritos Avenue, Azusa

Hit and Run Kills Pedestrian. Driver Sought.

By George Ogden

BALDWIN PARK - The Baldwin Park Police responded to a vehicle vs. pedestrian in the area of midway between the 10 Freeway and Francisquito Ave. on Puente Ave. around 1:30 a.m. Thursday morning Nov. 12th.

When officers arrived, they found an unidentified female down in the roadway along with a shopping cart. Paramedics also arrived to render medical aid; however, the woman was pronounced dead at the scene because of her traumatic injuries. The woman was not identified and is believed to be homeless.

The vehicle involved fled the scene. At the time, there was no information on the vehicle, but

they will try and review camera surveillance recording in the area for some leads. The vehicle should have some heavy damage to the front and most likely a broken windshield. The woman was pushing a loaded shopping cart across the street when she was hit and this could have caused addition damage to the vehicle.

Authorities are requesting anyone who saw something to come forward and let them know what they saw and what happened to cause this accident. They are also requesting the driver to come forward as well. The drive may not have been at fault; however, the problem is that the driver drove away from the scene.

Wildlife Safety



LA VERNE - La Verne is a unique community with diverse wildlife right in our backyards! However, recent nearby fires and the impending winter season may cause increased wildlife activity as they search for food and warmth. If you see wildlife, please:

- Give the animal space; no photo is worth the risk
- Don't leave food unattended in

your yard

Secure your trash as to not attract animals to your home

Don't leave your pets unattended outdoors

For animal control services, please contact the Inland Valley Humane Society & S.P.C.A. at (909) 623-9777. Learn more about our local wildlife on their website: bitly.co/4OZO

State Issues Travel Advisory as Cases Surge and Hospitalizations Remain High

SACRAMENTO - California has issued a travel advisory in advance of the holiday season. As COVID-19 transmission is increasing in many states and countries, those arriving, or returning to California, from other states or countries should self-quarantine for 14 days after arrival. During this time, people should limit their interactions to their immediate household. This recommendation does not apply to individuals who cross state or country borders for essential travel. All Californians are encouraged to stay home or in their region and avoid non-essential travel to other states or countries.

The incidence of COVID-19 is increasing in many states and countries. Persons arriving in California from other states or

Californians returning from other states or countries could increase the risk of COVID-19 spread. In addition, travel itself can be a risk for exposure to COVID-19, particularly travel through shared conveyance such as air, bus or rail travel.

As the holiday season approaches and COVID-19 spread is increasing, it is critically important that everyone follow the simple public health safety measures that provide protection from COVID-19 and minimizes spreading it to friends and family. There is a high level of risk associated with gatherings of any kind, especially when people are inside, not keeping physical distance of at least 6 feet and not wearing face coverings.

Residents that gather with up to two other households should

do so only outdoors, wearing face coverings and keeping six feet of distance the entire time.

Because COVID-19 spreads from person to person through respiratory droplets, face coverings combined with other preventive measures, such as frequent handwashing and physical distancing, provides the best protection. If you are planning to get together with others, it is important that your plan follows the Public Health protocols on small private gatherings. It is critically important that residents not attend any private gatherings or leave their home if they are experiencing symptoms of illness, have tested positive for COVID-19 or if they have been exposed or likely have been exposed to someone who is positive.

San Gabriel City Council Creates New HEAR Commission to Promote Racial Equity and Social Justice in San Gabriel

SAN GABRIEL - On November 20, Ordinance No. 670 will go into effect, creating the City's first-ever HEAR Commission, to advance and advocate for equity, access, diversity, social justice, safety, mutual appreciation, increased cultural competency, positive inter-group relations and respect for all members of the San Gabriel community.

To celebrate the creation of the HEAR Commission, the San Gabriel City Council will hold a press conference to raise awareness and provide more information about this historic new commission on November 20 at 11:00 a.m. in front of the San Gabriel Mission Playhouse.

To carry out its duties, the commission will have access to City data, information and materials to assess and recommend policy changes to ad-

vance equity and access for everyone in the community.

The commission will have seven members appointed by the majority of the City Council in staggered, two-year terms. Appointments will be made to represent a diverse membership in several areas, including economic status, education, race, ancestry, religion, age, disability, gender, sexual orientation, geography and immigration status. Once appointed, members of the HEAR Commission will meet on a monthly basis. Applicants may learn more about the HEAR Commission and the application process on the City's website at SanGabrielCity.com/1501/HEAR-Commission. The application process for applicants will remain open through Tuesday, December 15.

The concept of the HEAR Commission was developed af-

ter extensive community outreach with numerous stakeholder groups conducted by an ad hoc subcommittee of the City Council led by Mayor Denise Menchaca and Councilmember Jason Pu. The subcommittee began its work after the City Council adopted Resolution No. 20-31 committing the City to an ongoing process to review City policies and practices and to ensure the fair, even and equal administration of its laws. Adoption of Resolution No. 20-31 was sparked by the murder of George Floyd and the civil unrest that followed. The creation of the HEAR Commission is the City of San Gabriel's first step to fulfill the promise of Resolution No. 20-31 and to ensure equity, access, diversity and safety for all members of the San Gabriel community.

City Facilities Winter Holidays Closures and Parking Citation Suspension

DUARTE - The City of Duarte offices and services will be closed on Thursday, November 26 and Friday, November 27, 2020 in observance of the Thanksgiving holiday. City Hall will re-open on Monday, November 30.

City of Duarte offices and services will be closed again on Thursday, December 24 and Thursday, December 31, 2020 in observance of the Christmas and the New Year's holidays.

The following agencies may

be contacted during closures:

Public Safety - Temple Sheriff Station, (626) 285-7171 or 911

Animal Control - SGV Humane Society (626) 286-1159

In recognition of the holiday season, the Duarte Public Safety Department will not be issuing parking citations for street sweeping or 3 a.m. to 6 a.m. parking restrictions from November 22-28, 2020 and then again from December 20, 2020 to January 3, 2021.

Please note, Public Safety will still issue citations for safety violations and violations of the Duarte Municipal Code. Recreational Vehicle permits will also be required and enforced during both of these periods as well. Recreational Vehicle parking permits can only be obtained at the Public Safety Office (1042 Huntington Drive). For additional information on Duarte's ticket holiday program, contact Duarte Public Safety at (626) 357-7938.

Daughters of the American Revolution Yard Sign Fundraiser

GLENDORA - The Daughters of the American Revolution (DAR) is a nonprofit, nonpolitical volunteer women's service organization dedicated to promoting historic preservation, education, and patriotism. Serrano Chapter supports Veteran Services, Schools, ROTC, Active Military Services and Conservation projects

This year they are kicking off their new term with a Patriotism Campaign. Now more than ever they want to promote Patriotism throughout our community. Your donation for this yard sign will show your Patriotic Spirit within our community and the proceeds will help them raise the funds they need to continue their service work that they are committed to. For questions or yard signs please contact: serranochapterdar@gmail.com



Proud to be an American yard sign \$20 Donation

San Gabriel Valley Examiner
INFORMATION GUIDE

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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.

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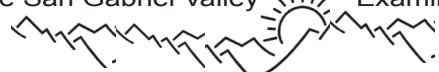
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Contributing Writers:

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.



Hacking, Fledgling Error or Fraudulent Election

The first thing one learns when assuming elected political office is once a lawsuit is filed you don't talk about it ... not a word. That is why President Trump is not talking and why Joe Biden is. Joe Biden is goading President Trump hoping to get a tweet out of him to help Democrats put a nail in his Presidential coffin that the Biden Harris campaign and the Democrat organization very shoddily have tried to do in this election and failed to accomplish.

Federal prosecutor, Sidney Powell, went public explaining Canadian-based Dominion Voting Systems, used to count votes, is flawed and allows votes to be changed or lost in the national election. I would have thought that would become a demand for investigations and audits by all networks and newspapers.

California Globe, Katy Grimes, November 14th reported on a Tweet by Kyle Becker that was quickly deleted: "The election software system in Michigan that switched 6,000 votes from Trump to Biden is called Dominion. It is used in 30 states including: Nevada, Arizona, Minnesota, Michigan, Wisconsin, Georgia, Pennsylvania. Every single major swing state. EVERY SINGLE ONE. pic.twitter.com/R6s2RnVmEF- Kyle Becker (@kylenabecker) November 7, 2020."

Texas Secretary of State issued a report on testing results of Dominion Voting Systems by James SneeringerL.

- To use the Dominion program, it took an estimated 500 total steps to install. The manual is 412 pages.

- On test runs, some party names, proposition texts, were not displayed correctly; the scanner counting votes did not accept some ballots because they were machine-marked ballots and, others not accepted due to software setup problem.

- A quick unreadable flash saying "ambiguous marks" then reverts to "system ready" meaning the ballot the voter thought was cast, wasn't and obviously not counted. Texas refused certification three times.

In Spalding County, Georgia, Election Supervisor, Marcia Ridley, reported to Politico, November 12th:

- "Glitches" were due to 11th hour update by Dominion, but



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

log-in files in poll books don't show vendor signed in to do the update. A Dominion representative communicated to Ridley the "glitch" was because of the update.

- State election officials and Dominion acknowledge a problem with poll books but say system can't be updated remotely without being detected, so no update occurred.

- Georgia Secretary of State's office, told reporters on Nov. 9 the log files for the poll books show the last update was made on October 31. Nothing was done after that. No evidence there was a test run after that update.

In Michigan, the Republican House and Senate voted to subpoena election records over the objections of Democrat Secretary of State, Jocelyn Benson, who said their problem was "human error" and did not affect the final tally after Antrim County, where Biden was initially declared winner, had to switch thousands of votes from Biden to Trump.

There were counties in California that used the Dominion System but not listed is Los Angeles County at this time. L.A. County used Smartmatic's Voting Solutions for All People (VSAP) with some interesting, not-par-for-the-course patterns in our area. A link on L.A. County's Voting Solutions for All People, Smartmatic insists it has never been associated in any way with Dominion or been owned or funded by any governments or political parties.

The Associated Press, November 1, 2018, in response to accusations of George Soros, philanthropist who donates to liberal causes, ACLU and the Democrat Party, was owner of SmartMatics, reported, "While the chairman of SmartMatics and the

SGO Group, Lord Mark Malloch-Brown, serves on the Open Society Foundations Global Board -- founded by George Soros -- SmartMatics is not owned by Soros himself ..."

Center Square, John Bazemore., November 7, 2020, reported Dominion is linked to Smartmatic, charged with "glitches" impacting mid-term elections in the Philippines. Smartmatic's chairman, Mark Malloch Brown, is a member of the British House of Lords, a former vice-chairman of George Soros' Investment Funds and Open Society Foundations Global Board.

Basemore goes on to say he took a look at election software used by all 50 states, D.C. and our territories. Noted were approximately 10,000 election areas that were still using Windows 7 or older operating system to create ballots, tally votes, and report those counts. Because Windows 7 has reached the end of its functioning life span, Microsoft quit providing technical support and provided only "patches" to fix software vulnerabilities making those systems easier to hack. Mentioned were Arizona, Florida, Georgia, Iowa, Indiana, Michigan, North Carolina, many counties in Pennsylvania, and Wisconsin.

On May 11, 2017, USA Today reported, President Trump signed the cybersecurity Executive Order as part of his pledge to "keep America safe, including in cyberspace." Homeland security adviser, Tom Bossert, said, "I think the trend is going in the wrong direction in cyberspace and it's time to stop that trend and reverse it on behalf of the American people."

Trump signed that Executive Order in the midst of FBI and congressional investigations into both the Russian cyberattacks and charges of Trump's campaign associates colluded with the Russians. "But the election hacks were only one inspiration for the new order," Bossert said.

The Executive Order addresses other areas after reports indicated 34% of federal agencies experienced a data breach in 2017; 65% experienced a data breach in the past; 96% of agencies consider themselves open to a cyberattack.

Does anyone now believe we had a clean, honest and fair election?

the only non-politician there.

Now, I'll make it easy for the governor, and for voters who dislike senatorial officeholders who stay for decades since there are no term limits for congressional offices, I'm 90 years old. There will be no talk of imposing term limits in my case. I'm not about to hold on forever, as Dianne Feinstein has done.

In fact, I promise to leave office when the Harris term is up for re-election in 2022. I will not be a candidate for re-election. I'm not about to spend the next two years raising campaign funds for 2022, making speeches and promises to the chamber of commerce, the teamster's union, the police protective league or the teachers' association. No, I'll concentrate on doing the job of senator. That's why I'm going to Washington.

And appointing someone who has promised not to run in 2022 means that no candidate in that election will have the advantage of being the incumbent. The 2022 race will have all candidates starting at the same spot.

But what would I do as senator? I would label my political attitudes as somewhere between the progressive and moderate Democrats: very liberal on social issues and fiscally conservative

on financial matters. I would not support more federal funding for the Bullet Train but I would support higher minimum wages, greater federal aid for health care, and enthusiastically cut military spending. I would fully support the president's effort to reduce greenhouse gases, rejoin and fund the World health Organization, and rejoin other agreements that the current president abandoned.

Nor will I bring in a flock of young leftists to run my senate offices, either in D.C. or here in California. I'll invite all those now working as Harris aides to stay on, guaranteeing a smooth transition.

Not only do I come from the underrepresented white male class, I also am a member of another minority, those hundreds of thousands of Californians who are disabled. I lost most of my eyesight a dozen years ago. I don't think near blindness disqualifies a senatorial candidate. It's how well his brain works. The Americans with Disabilities Act is in play here. Appointing me would send a message of support to all those disabled in California and elsewhere.

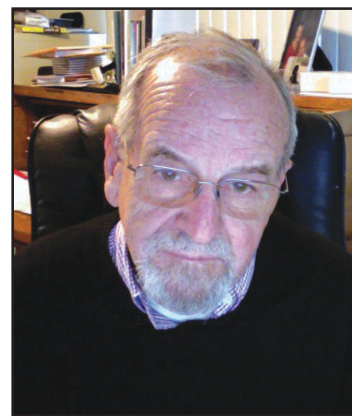
I am an outspoken advocate for those with disabilities, and my powerful op-ed, printed nation-

Ethical Conflicts

Among other issues generated by COVID-19 there is a swarm of ethical conflicts. The simplest way to phrase the question may be, "what is the right thing to do?" An example: Shall churches conduct worship services in their buildings knowing that the increase of COVID-19 cases might be the result? The free exercise of religion is guaranteed by the Constitution's first amendment. On the other hand, does not the government have the right to prohibit all public indoor gatherings, and that would include those of religious organizations? Herein lies the ethical conflict between a strict observance of government edicts and religious freedom.

To look at the question another way involves the classical debate between a faithful observance of rules and laws, and deciding what is the right thing to do based on results. On one hand there is the overriding obligation to observe rules and laws as the foundation of an orderly society. "Deontology" defines the legitimacy of rules, and flows from the Greek root "deon" that concerns duty or obligation. It is our duty to follow the rules! If everyone can decide which rules to follow and which rules to violate, the result would be cultural chaos. Moses was not given ten suggestions. On the other hand, what if the strict observance of any law compromises the results? Thus we have the conflict between the absolute priority of rules and the right to consider outcomes.

For instance, keeping restaurants closed may legitimately curb the proliferation of the pandemic, but as a result uncoun-



Charles H. Bayer

employees and the rights of owners are radically compromised. So every one of us is faced with the conflict between law and liberty. In our city wearing suitable masks is mandatory, and being caught without one may result in a serious fine. This seems similar to the obligation for everyone in a car to wear seatbelts. I have been reflecting on the times I have violated the law through acts of "civil disobedience" or following what I believed to be a higher law. Simon Peter confronted the authorities with the declaration that "we must obey God rather than men."

Does the resolution of this conflict revolve around John Stuart Mill's resolution that right living revolves around "the greatest good for the greatest number?" Does every person have a right to judge based on Mill's utilitarian resolution? What I see as the greatest good for the greatest number may be the opposite of what you see.

Now I want to frame this conflict by looking at how it is being played out in my retirement community. Our administration, supported by a committee that in-

cludes residents and board members, has ordered that there should be no outside visitors. Residents are not to be in each other's homes, nor can residents visit their neighbors and friends in assisted living facilities or in our skilled nursing center. Anyone going off the campus must be isolated for fourteen days upon their return. These and other rules have been established to protect us from getting or transferring the virus, so we have had no confirmed cases, no hospitalizations and no deaths! Whatever the downside, we have been kept safe.

But what if these regulations we have agreed to observe produce unanticipated negative results? For instance: it has been nine months since family members have been allowed to visit, and being cut off from face to face contacts has in many cases been emotionally devastating. This has also been hard on those residents in their final years whose outside contacts are increasingly precious. ZOOM is no substitute. In addition, much about our normal living patterns has been seriously disrupted.

So perhaps there is no final answer except to look at the legitimate rules in terms of their results, with our priority centered on our being a mutually responsible community, not just a collection of autonomous individuals. Thus I believe there is a need to observe our commonly agreed-upon rules unless the results mandate an immediate and compelling reason not to.

Contact Charles Bayer at candwbayer@verizon.net

Can This Nation Be Saved From Socialist Normalization?

My Opinion: By D. B. Shimmel

Previously, I had discussed a Russian defector by the name of Yuri Bezmenov who warned us about the Marxist Communist Scheme to destroy capitalism and any nation that practiced it. In the article I discussed the four stages of how Marxist Socialism go about destroying a society. Quickly they were: "Stage One: Demoralization; Stage Two: Destabilization; Stage Three: Crisis; Stage Four: Normalization."

In the Demoralization stage you take over the schools and the media and use these venues to convince the population that they live in a corrupt society. This stage continues today. Stage Two, Destabilization is achieved by running the country into unsustainable debt; weaken its defenses and destroy international relations. In Stage Three you create a crisis such as rioting in the streets - as we are witnessing today. Stage four 'Normalization' is when socialism has taken over and the people are enslaved to the system. Are we to be normalized by the Socialist Democratic Party?

Now to the thesis of this article. How did we get to a nation so divided and demoralized?

We got to this state by complacency. American patriots did nothing while our schools were being transformed into socialist indoctrination centers. These

wide earlier this year - "Forced to Live with Dementia's Ruthless Advance" - became the focal point for a move to broaden the Death With Dignity Law so that Alzheimer's Disease victims can indeed die with dignity.

Now, it's up to you, Governor. Let's hear it for that really overlooked minority in our state: elderly, white, disabled males, middle class workers who kept this state running. For the first time in over a third of a century, give us a voice in the U. S. senate

Ralph E. Shaffer is professor emeritus of history at Cal Poly Pomona. reshaffer@cpp.edu

schools indoctrinated the children who have become the so called journalists that dominate today's media. We were unaware when Barack Hussein Obama stewarded this nation into and through the Destabilization phase of the conversion to Marxist socialist nation. He doubled the national debt and weakened the military to a point where branches of the military were resorting to cannibalizing mothballed equipment to keep other equipment functioning. And his apology tours and constant involvement in wars, with no plan of winning them, most certainly did nothing to promote our foreign relations.

The real threat to this society is the division that has infiltrated the schools, media and government. This threat cloches itself in the ideology of trying to end racial inequality by denigrating the various groups within our society. The current fad of white shaming is no different than the 'black shaming' of the Jim Crow era it only picks on a different group of people. Children as young as preschool are being taught that if you are white you are guilty of 'white supremacy', 'white privilege' and to hate themselves for being white. Is this helping or hurting race relations in this nation? What has this nation come to?

Enough history. Where do we go from here? Americans must come together as Americans to heal this nation.

To save this nation, we must reverse the Demoralization process that started in the 1960's. This reverse Demoralization phase will take bold action and will be a painful process. The first thing we Americans must do is take back our education system. It is insanity for a society to continue to fund schools that are determined to destroy it. How can this trend be reversed? Establish and support private and charter schools. Stop funding any school with government money,

be it preschool to post graduate level, which teaches hatred for this nation. Ban all studies that preach hatred for any group of people based on race, color or creed.

One possible benefits of the COVID-19 Pandemic is that people have been forced into home schooling their children. This situation has shown many parents just how far left the schools have become. When parents are forced into signing affidavits that they will not monitor their children's classes, you know what is being taught in those classes. In a word - hatred.

To achieve this reversal process all sectors of society and government must come to the battle armed to combat this cancer within our midst. Starting with public schools. The citizenry must stop putting people on the school boards who are nothing more than shells for the unions. Unions only promote more power to the unions at the expense of the students they are chartered to educate. Anyone who donates to a college that promotes hatred must stop giving money to these institutions.

The federal government must clean up its own house. Why do we have so many different government agencies thinking that they are in charge of educating the population? Get rid of the bureaucrats who are destroying our educational system for their own benefit.

The National and State governments must insist on the ideology of Americanism being taught, not socialism. There is a real problem when over fifty percent of the younger people, in our society look favorably on socialism. Socialism preaches 'equal outcome' not 'equal opportunity'. This philosophy has never worked and never will.

Under a Democrat regime will any of these needed changes happen? Unlikely.

If we don't act now it will be too late.

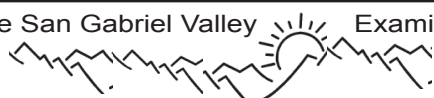
I'm White, Male, Old, Disabled: Your Next U.S. Senator

By Ralph E. Shaffer

Speculation abounds over Gov. Gavin Newsom's likely appointment to fill the senate seat soon to be vacated by vice-president elect Kamala Harris. Among those mentioned are some prominent figures in the Democratic party... mostly politicians with an ethnic minority label. That's wrong-headed thinking. The most ill-represented group in California is the one I'm linked to: elderly, disabled, white male Democrats. Let's have some meaningful affirmative action in the upcoming appointment. Governor, appoint me!

How long ago was it that we had a white male representing California as U. S. senator? I had to look it up in Wikipedia. Alan Cranston was the last elected white male senator, elected in 1986! Thirty-four years since the major ethnic group in this state has won an election to the senate. It's time for a change.

I'm prepared and ready to fill the Harris seat. If she's savvy, she'll resign from the senate immediately, allowing Newsom's appointee to get an edge in seniority over the other senators elected this month or in those January run-offs in Georgia. I'm prepared on a moment's notice to head for that Washington swamp,



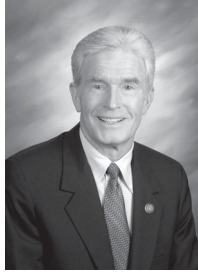
Economic And Stock Market Recovery Continues

I blame the very controversial election and overall disrespect of our President for the constant stream of market critics that talk down the generally ongoing stock market rally as well as the USA's vigorous six-month economic recovery. Why do many people feel this longevity and ongoing upward trend isn't sustainable or rational? Some commentators crow about lofty valuations, China tensions, big tax increases coming (assuming an apparent Democratic Party Presidential victory), ongoing social unrest, another surge of Covid-19, or a combination of these above factors. This still feels to me like "the most unloved market rally of all time."

While the CCP's coronavirus caused politicians to demand a nationwide March and April shutdown of non-essential businesses as well as other economy related entities, throwing the economy into a short-term tailspin, strong economic recovery began in May and picked up speed during the third quarter of this year. The Fed's sweeping promise of eternal QE accompanied by huge spending bills passed by Congress created a market that never looked back. This set the tone for what is potentially shaping up to be a glorious fourth quarter, where GDP has bounced back, delivering what so far has been a super economic "V" shaped recovery.

The mid-2020 U.S. economy acted like a coiled spring. Companies had gotten leaner and meaner by last summer, much more so than they did before the economy emerged from the

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

2008-2009 Great Recession (when earnings growth gradually exploded higher from very low recession levels).

However, even as America deals with recent extremely controversial elections, the ongoing impact of the Wuhan coronavirus remains in the forefront of added negative news. On top of the extensive concerns about Presidential election irregularities, concerns about completely reopening businesses and schools have not gone away. Opinions surrounding Covid-19 are far from unanimous. How concerned should we be about case numbers and risks surging again? What is the impact when measured by hospital caseloads and progressively lower death rates? What is the impact of increasing testing? We have so many so-called authorities telling us to just "listen to the science" while many of the leading scientists on China's coronavirus don't agree on many key points of substance.

What is more encouraging (in light of COVID-19 continuing to hamper everyday life for most of the country) is that Nonfarm Payrolls rose 638k in October (announced Nov 6th). The unemployment rate also plunged from

7.9% to 6.9%, six-tenths below the Fed's year-end median forecast! This confirmed another solid job gain for October!

Thankfully this is how recoveries work. The best news may be that this recovery continues to play out in remarkably fast (as opposed to slow) motion. A decade ago, we were two years into the recovery when we finally got to labor trends close to what we have witnessed during the past several months. Those who predicted a slow economic recovery (because recoveries are almost always L or K shaped) were generally wrong so far, for which we in the USA should all be grateful.

Perhaps the most encouraging thing about the Q3 data was that growth surged in September. It appears that the USA's growth will continue thanks primarily to President Trump's ambitious economic leadership and direction. We have not lost momentum, at least so far! However, we live in a headline-driven market where key words dominate market direction. So, all the trading platforms and any positive headlines that cross the tape about a readily available vaccine, further GDP growth, low unemployment or an increase in corporate valuations will provide more upside momentum for the epicenter and potential new market highs for stocks and the economy.

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

Your Money - Ask Julia

Hope you are planning to have a Thanksgiving filled with thanks! And, make sure you stick to your budget when shopping for all the Black Friday and Cyber Monday specials.

This year, gathering with family and friends is more difficult, but not impossible. Do your best to be safe and enjoy your family time. With the higher stress levels brought on by Covid and the election, make an extra effort to be kind to one another. If you are traveling, be aware, and be safe! Avoid a DUI - don't drive under the influence of alcohol or drugs.

Is there a deadline for our small business to set up a retirement plan?

Employers and the self-employed must establish certain retirement plans such as a 401(k), profit sharing, or defined benefit plan by December 31 to receive income-tax deductions for that year.

What are the qualifications to get a home through the Habitat for Humanity program?

The Pomona Valley Habitat for Humanity covers a 16-city service area. They said they "look at three distinct areas of selection criteria when reviewing potential 'Partners': 1. The family's housing need and suitability of current shelter, 2. Current income, and the ability to pay a 0-percent interest loan, and 3. Willingness to participate as a 'Partner' and complete the required sweat-equity hours by helping to build your home." For more information, call (909) 596-7098.

I don't have a lot of time to research and find a place. I'm in college now, don't have much



Julia Yoder

time to research and find a place to rent, and don't want to buy until I know where I'll be after I graduate and get a job. Who can help me?

Some Realtors help renters, and they get paid by the landlord, not the renter. Start by making lists: "Got to Have," "Want to Have," and "Absolutely Do Not Want." Be prepared to compromise. This will help you prioritize the items on your lists and help the Realtor to better help you. Your parents might consider purchasing a condo close to campus, and renting to you! And, when you move on, they can choose to own that rental, or sell. Win-Win.

Where can I learn more about the problems baby-boomers face as we approach retirement?

The "Reclaiming the Future Study," conceived and designed by Allianz Life Insurance Co. of N. America is one of the most comprehensive examinations of baby-boomers' preparation for, and expectations of, retirement. The study revealed several key findings: 1. Americans believe that there is a retirement crises. 2. They believe they are unprepared. 3. There are five distinct

financial "personalities." 4. Americans fear outliving their money more than they fear death. 5. Past downturns in the economy proved to be a rude "wake-up call." In conclusion, Americans do have options as they face these challenges and plan for retirement. Further, the study found that annuities might be one of the most relevant of these options. Only annuities can offer the combination of principal protection and income for life. (In case you are anti-annuities, check to see what union pension, teachers' pension, or government pension really are!)

What's the best way for me to be able to use some of my savings for retirement, and leave the rest to my charity?

You could put your money into an insurance-company-held safe investment with a guaranteed* lifetime income for you, and with the remainder going to your charity. Another option would be to get a single-premium cash-value life insurance policy with the possibility of using the funds while you live and naming your charity as the beneficiary. *(Guarantees are based on the strength of the insurance company.)

Ask Julia by email:
juliayoder@yahoo.com

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THE CAR GURU
WHAT YOU "AUTO" KNOW
By Gene Morrill - Certified Automotive Specialists

Oil Filter Warning

The oil filter is one of the most important parts of the engine, as it filters out any contaminants created by normal wear and the engine's heat. When your car has the oil changed, most likely the oil filter is also changed - at least I hope so.

Years ago, we all knew that the oil and filter were changed at 3,000 miles; that was just the way it was. Enter the new age of cars, oils, and filters, especially synthetic oils which last much longer, as stated in some of my previous articles. Many oil changes can last 5,000 to 10,000 miles depending on the type of car, type of oil, and how many quarts of oil are in the oil pan.

Back in the day when we recommended the 3,000-mile service, any oil filter would easily protect the engine for that mileage, but not many oil filters would protect your car for more than 5,000 miles. If you are driving longer than 5,000 miles between oil changes and using a low-cost oil change shop, you may be damaging the engine and not even know it.

Let me explain. Oil filters all look the same on the outside but are very different on the inside. The difference lies in the amount of filtering material used and the type of drain-back valve used inside each filter. Less expensive filters, as you would suspect, have less filtering material and a less reliable drain back valve.

This may seem insignificant, but the results can be catastrophic. When you drive longer than 5,000 miles on one of the low-cost filters, the filter starts to lose the ability to keep the contaminants contained and they slip into the engine bearings, causing premature wear. The eventual

outcome is engine failure. It does not pay to have an inexpensive oil change and an inexpensive oil filter put in your newer model car.

Currently, there is not a standard or law that says what part, or quality of part, needs to be put in your car. If you have an engine failure that should be covered by a warranty, and you have been using cheap oil/filter, this is not only scary for you, the consumer, but it could get downright ugly as the manufacturer may deny the claim. Ultimately, you should be aware of what is going on with the car and use a service center you trust.

A cheap oil change may save you money short term, but it won't save you money in the long run.

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Define Leadership

In these days of chaos, misdirection, and uncertainty leadership is even more important than ever before, but will the right leadership step forward and will they feel safe in doing so and more importantly will leadership be accepted?

For leadership to be successful subordinates must also show leadership by educating themselves and take responsibility. There is no value or respect in things in life unless an investment is made.

There are several ways to define leadership. Experts have tried to define leadership using several aspects. A process that influences other people to achieve an objective and guides the company in a way to make it more coherent and cohesive is called leadership. You can also define leadership as a process of leading people in the right direction (or what seems to be the right direction) in order to achieve the goals that are set out. Leaders apply leadership attributes such as values, knowledge, and skills to implement this process in any organization. Leadership ensures that the organization works successfully and accomplishes the desired goals. Leadership is also defined as a process that can have a positive impact on others (or it should be). It motivates people to excel in the field they are working.

Leadership does not mean yelling at your followers to accomplish certain tasks. If you are the boss of a company that does not mean you will have leadership qualities. Leadership encourages and fosters its followers to want to accomplish high goals. Thus, leadership will be aptly defined as a process that encourages the followers to achieve their objectives. You can also define leadership as an action that directs the followers to lead a respectable and honorable life. Leadership qualities can be an inborn quality; however, it can also be developed gradually through education and self-study. Leadership can also be defined as leadership as it is a continuous



Michael Allowos
Principal Consultant
Global Management Consulting Services

learning process. Some scholars have defined leadership as an ability to inspire other people with a dream.

Behavioral theory of leadership defines leadership in terms of relation and behavior of leaders towards their followers. Some leaders are people oriented while some are task oriented. Accordingly, there is participative leadership and directive relationship. Leadership can also be defined as a process that cultivates and nurtures later generation of leaders. Leadership is about awakening the persistence and passion among its followers to get the desired result.

Some experts have defined leadership as an ability to transform dream into reality. Leadership does not mean just imparting instructions to its followers but also striving hard to implement and achieve the desired goals. Leadership is a process that persuades people to do the right thing for a better future (hopefully). Leadership is a process in which one person encourages, inspires, and motivates others to work for the betterment of society (again hopefully).

Your actions should motivate people to do more and then become more. It can also be de-

defined as the ability of a senior to persuade his or her subordinates' action to implement a course of action. Leadership directs people to inculcate qualities that will make them good citizens of the country. Leadership defines a clear vision for the company and capacity to translate it to reality. Leadership is like a 2-way street. You should have respect for seniors as well as your juniors. Leadership persuades people to go where they do not want to go necessarily but they ought to go. Leadership is a process that makes sure that his followers accomplish the task Leadership is also defined as a set of actions that are implemented in order to create a friendly work environment

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Around the Valley & Senior News

San Gabriel Valley Conservation Corps Launches Shoe Collection Drive to Raise Money for New Uniforms

EL MONTE - San Gabriel Valley Conservation Corps (SGVCC) is conducting a shoe drive fundraiser on October 1, 2020- November 30, 2020 to raise funds to purchase new uniforms for their participants. SGVCC will earn funds based on the total weight of the shoes collected as Funds2Orgs will purchase all the donated footwear. Anyone can help by donating gently worn, used or new shoes by dropping them off at 10900 Mulhall St. El Monte.

The Mission of SGVCC is to develop and transform disadvantaged youth in the San Gabriel Valley by providing academic, vocational, and leadership development.

SGVCC is an intensive program that helps disadvantaged youth develop the motivation, self-confidence, work skills, and education necessary to take advantage of an opportunity to succeed in life. Guided by adult leaders, who serve as mentors, role models, technical trainers and supervisors, SGVCC participants work in crews of 5-10 to rebuild or revitalize blighted areas in their communities, usual areas of low-income.

All donated shoes will then be redistributed throughout the Funds2Orgs network of microenterprise partners in developing nations. Funds2Orgs helps impoverished people start, maintain, and grow busi-

nesses in countries such as Haiti, Honduras and other nations in Central America and Africa. Proceeds from the shoe sales are used to feed, clothe, and house their families.

"We are excited about our shoe drive," said Norma Quinones, Executive Director. "We know that most people have extra shoes in their closets they would like donate to us and help those less fortunate become self-sufficient. It's a win-win for everyone," added Executive Director. By donating gently worn, used and new shoes to SGVCC, shoes will be given a second chance and make a difference in people's lives.

We As Americans Are Just Getting Too Big

There is no question that most of us are overweight. Let's go back at least 50 - 60 years ago, we used to make fun of fat people. Today we make fun of skinny people. Back then, we seemed to stay in pretty good shape, then what happened to all of us over the next 50 years?

When we could fly to other countries, people from that country would stare at us, since most of us were well overweight and obese and that was odd to them. I think they feared we came to their country to eat all their food.

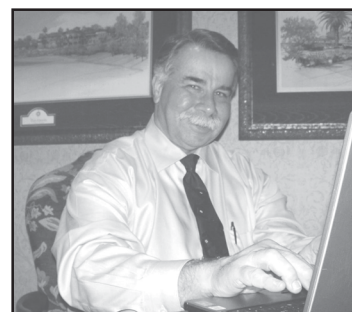
I never really expected to end up being a rather "well-nourished male" in my later years. As it is, I got up there in my weight. I truly need to lose quite a few pounds. Lately, I have been losing a few pounds, but it certainly is not enough.

When you get to be big, you find that you can't do what you used to. What I hate to see is other people trying to do things that they should never do. Example, I used to enjoy riding horses, however, at my size and weight now, I just can't do this to a horse.

On YouTube they had a short piece where two huge girls mounted this poor horse and tried to cross a wide stream. The horse was having a horrible time trying to stand and keep its footing. Soon the horse dumped both riders into the water. I thought, good for the horse.

So now as big person, there's nothing like sitting in an armed chair at a dining table and when you get up, you find that you are wedged into it and it sticks to you and it gives everyone a good laugh. You also need to be careful sitting in folding chairs. They may not hold you.

I had to go under my house not



George Ogden
That's just the way it is!

That's just the way it is! too long ago to reroute some cable lines. Haven't been under there for 25 years. I was in shock that I got stuck under the cross members. I had to try and dig myself free like turtles do. I finally got out of there.

Some of you may know that I have some interesting vehicles. If you are close to 300 lbs. do not buy a Ferrari. If you are lucky enough to get into it, but good luck on getting out. You may need fire rescue and the Jaws of Life to get you out of there. I also have a new Corvette, and trust me, it's no fun getting in and out. I have ordered the newest one last year and the plan is to lose a few more pounds so I can fit into it a little easier.

Recently, I flew to Texas and was worried that because of my size I would have to pay for two seats, however, because of the virus, the middle seats were left empty.

You know you're fat when you bump into things you never did before. Your bed seems smaller. You notice they just don't make towels as big as they use to. They no longer wrap around you. Chairs make noises when you sit in them. You can't enlarge the seat belt any more. You feel you're going to fall off the toilet seat when you reach for the paper. You can't cross your legs anymore. You can't bend over and pick something up, and if you try, you break wind. You and someone else can't go through the same door way at the same time. You have boobs and you're a guy. They wouldn't look too bad if they didn't have all that hair on them.

Hell, even my doctor told me I was fat. I told him I want a second opinion. So, he told me I'm ugly, too.

"That's Just the Way It Is!"

CHP Offers Seniors The "KEYS" To Continued Safe Driving

SACRAMENTO - As the number of older drivers continues to grow, the California Highway Patrol (CHP) is determined to help them maintain their driving independence for as long as they can safely drive. Through the support of a year-long federal grant, Keeping Everyone Safe (KEYS) XII, the CHP will continue its traffic safety program that places an emphasis on roadway safety and mobility for California's seniors.

The overall goal of the grant-

funded Age Well, Drive Smart program is to reduce the number of fatal and injury crashes caused by drivers aged 65 and older. The program focuses on safe driving practices and current California driving laws. The curriculum also addresses the physical and mental changes associated with aging that can affect a person's driving skills, while offering possible corrective options.

"As we get older, we gain valuable experience including

driving skills. However, age can also introduce new challenges," said CHP Commissioner Warren Stanley. "The Age Well, Drive Smart program is intended to assist California's most experienced drivers in evaluating their own abilities and improving on them."

To attend a free, two-hour Age Well, Drive Smart class, contact the nearest CHP Area office. Due to COVID-19 restrictions, online courses may be available.

Safe Holiday Season Volunteering Ideas

The economic impacts of the COVID-19 pandemic have created instability for many. Looking for ways to give back? Consider these socially distant volunteer ideas:

- By hosting a virtual fundraiser, you can support a non-

profit organization and amplify its work while connecting with friends and family during an unusual holiday season. To get people excited about the cause, go beyond simply asking for donations. For example, host a dance-a-thon to be con-

ducted over video conference and have each participant rally to get sponsors. Or, perform a concert and live stream it, asking friends to make a donation in order to watch.

- Spread holiday cheer by donating toys, books, games and other gifts to kids who may not otherwise receive gifts this season. Just be sure to review the policies of the organization you select. For example, some charities ask that gifts remain unwrapped. At the same time, look for drop-off sites that allow you to donate in a safe, socially distant way.

- Older adults often lead isolated lives, and the COVID-19 pandemic has only exacerbated these circumstances. Unfortunately, isolation and loneliness can lead to depression and a number of other health risks. Become a pen pal to an older adult in your community. Whether you write to each other with handwritten cards and letters or you use video conferencing, your friendship will provide much needed connection. (SPM Wire)

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Why Weighing Your Medicare Part D Options is Crucial This Year

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You likely hear the same word of advice every fall: review your Medicare Part D plan. While you may be tempted to stick with what you have, it's important to remember that plan specifics change annually, your health needs are always evolving, and as this year has shown, unexpected global events can impact your health and finances. For all these reasons, doing your homework is not only important, it has the power to substantially reduce your out-of-pocket costs.

"Reviewing your Medicare Part D options is the best way to ensure your prescription needs are met affordably in the coming year," says Kelle Turner, Express Scripts Medicare Part D expert. "COVID-19 has highlighted how having the right coverage is critical to helping you stay safe and healthy."

To help those turning 65 and older make sense of their options, Turner offers the following tips:

- Don't procrastinate: Part D enrollment is taking place from Oct. 15 through Dec. 7 this year. If you're like most people, you may be inclined to delay your decision. Indeed, nine out of 10 people wait until

the last minute to select a plan, according to Express Scripts. However, the selection process can be complicated, so don't deprive yourself of the time needed to thoughtfully compare shop.

Factor in how the COVID-19 landscape has potentially impacted your selection process. With many in-person resources (e.g., local Medicare workshops, working with a broker or agent, etc.) being conducted virtually or requiring advance scheduling this year, you can get ahead of the game by starting early.

One good resource to check out is RoadmapForMedicare.com, a free access website now offering short educational videos, recorded webinars and articles with tips to select the plan that's best for you. The site also features FAQs and expert advice so you can better assess your options.

- Look beyond premiums: While reviewing your options, look at the multiple factors which can affect your overall costs over the course of the year. While a lower premium might save you money upfront, these plans can have much higher copayments, which over time can add up.

- Check coverage: Plans change annually, so don't assume that because your medications were covered under a certain plan last year that they will be covered again this year. Before enrolling or re-enrolling, check that your current drugs will be covered. Likewise, check out each plan's pharmacy network and what is covered to ensure that it meets your needs. For example, you may find that right now, your top priority is the safety and convenience of home delivery of prescriptions drugs in order to reduce your chances of exposure to coronavirus.

- Get savvy: Free expert advice can help you navigate the selection process and make informed decisions about your healthcare. Be sure to look for trusted sources who can provide the information you need to pick the plan that will work best for you and your budget.

Take a closer look at your Medicare Part D choices. In these uncertain times, it is particularly important to be prepared to weather whatever comes your way. (StatePoint)



Claremont Representative On Citrus College Governing Board To Conclude Decades-Long Tenure

GLENDORA – After more than 20 years of service, Susan M. Keith will be retiring from the Citrus Community College District Board of Trustees at the end of the year.

Originally elected to the board in 1999, Trustee Keith represents area 2, which includes Claremont and portions of Pomona and La Verne. She was later reelected in 2003, 2007, 2011 and 2015.

"It is with a grateful but heavy heart that I congratulate Trustee Keith on her retirement," said Dr. Geraldine M. Perri, superintendent/president of Citrus College. "Her passion for education and leadership skills have benefited Citrus College and its students for more than two decades. On behalf of the entire college community, I thank Trustee Keith for her service and hope her retirement is both productive and enjoyable."

During Trustee Keith's time on the board of trustees, she has actively supported a variety of programs and services that have increased educational opportunities for Citrus College students. These include the veterans program, which has consistently earned Citrus College the national Military Friendly School designation; and the STEM program, which has received multiple federal grants and has produced impressive student outcomes. She also played a role in the creation of the college's associate degree in nursing program.

Dedication to the college and its students is also what led Trustee Keith to spend more than a decade advocating for the extension of the Metro L Line (Gold), which increased access to higher education for local students. In addition, it was the reason she promoted the passage of the Measure G general obligation bond in 2004, which transformed the Citrus College campus and led to the construction of impressive facilities, such as the Visual Arts, Mathematics/Sciences and Student Services buildings.

As a result of these efforts, Citrus College has received numerous honors for its outstanding record of student success,



Photo courtesy of the Citrus College.

Susan M. Keith is a governing board member of the Citrus Community College District. She represents Trustee Area 2, which includes Claremont and portions of Pomona and La Verne.

including being recognized as a national leader for student success by the American Association of Community Colleges (AACC) in April 2019. The AACC Award of Excellence in Student Success was presented to the college due to its sustained commitment to student achievement.

"The last 21 years have been the most gratifying of my life. It has been a privilege to work alongside the many dedicated professionals who comprise the Citrus College community," said Trustee Keith. "I am incredibly proud of all we have accomplished and of the many lives that have been impacted by our work. Together, we have established Citrus College as a nationally recognized leader in higher education and have helped fulfill the academic and professional dreams of thousands of students."

While Trustee Keith has worked diligently on behalf of Citrus College, she has also been a fierce advocate of the California community colleges system as a whole. She was twice elected by her peers across the state to serve on the California Community College Trustees board, and she was a member of the California Community College Chancellor's Office Institutional Effectiveness team. In addition, Trustee Keith served on Assemblymember Chris Holden's Educational Advisory Committee and was a liaison with the Los Angeles County School Trustees Association.

Trustee Keith's statewide efforts also included advocating to maintain local control for community colleges and working on successful initiatives that promote collaboration between community colleges and K-12 districts. An example of this is her work in support of dual enrollment, which makes it possible for high school students to pursue a community college associate degree concurrently with a high school diploma.

"Serving as a trustee of the California community colleges, the biggest system of higher education in the world, has allowed me to advocate for programs that

would best serve students throughout the state," Trustee Keith said. "The idea that trustees can make a positive impact on so many students is both exciting and humbling."

A lifelong proponent of education and community involvement, Trustee Keith served 12 years as a member and president of the Claremont Unified School District Board of Education prior to joining the Citrus Community College District Board of Trustees. Her community involvement also includes participating as a member on the board of directors for a number of organizations, including the Baldy View Regional Occupation Program Commission, Options for Learning, the Citrus College Foundation, the Claremont Forum, the League of Women Voters of the Mount Baldy Area, the Kiwanis Club of Claremont and the Claremont Chamber of Commerce.

It is not surprising that Trustee Keith's remarkable commitment to serving others has been repeatedly recognized. A few of the honors she has received include the Ruth Ordway Award from the League of Women Voters of Mount Baldy Area, the YWCA Women of Achievement Award and the Community Hero Award from the Los Angeles County Fair.

Most recently, Trustee Keith was presented with a Fulfilling the Trust award from the Community College League of California. Designed to recognize enduring dedication and service, it is given to those trustees who have achieved 20 years of service at a California community college.

"It has been an honor to serve beside Sue, and I am certain my fellow board members join me in offering our heartfelt congratulations on her retirement," said Dr. Patricia A. Rasmussen, president of the Citrus Community College District Board of Trustees. "The level of insight and vision that she brought to the board is invaluable, and it's hard to imagine Citrus College without her tireless support and encouragement. We wish her every success."



Celebrate Thanksgiving.



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Duarte Kiwanis Recognizes Carmelite Sisters

DUARTE - The Carmelite Sisters in Duarte have been serving the community through the Hayden Child Care Center since 1967. Countless children benefited from their tireless work. Due to the current pandemic, the Hayden Child Care Center has closed permanently. In recognition for the ongoing work of the Carmelite Sisters, the Duarte Kiwanis Club provided a donation and a certificate of appreciation to Sister Myriam and Sister M. Aloysious.



If you are interested in joining the Duarte Kiwanis or presenting at a future meeting, please contact Tina Carey at tinac51@aol.com. The club is currently meeting virtually through Zoom.

Many Older Americans Heading Into The Holidays Feeling Depressed

Nearly Two-Thirds Of Seniors Who Feel Depressed Won't Seek Treatment

Many older Americans say they feel depressed—yet the majority of them are not planning to get help, according to a new national survey—though it could make a tremendous difference in their health and well-being.



The isolation of the pandemic can cause some older Americans to feel depressed—but doctors can help.

With the onset of colder weather, fewer daylight hours, and the effect of the pandemic on holiday celebrations and traditions, more seniors than ever could be struggling with depression.

The GeneSight Mental Health Monitor reported that about two-thirds of adults 65 and older who are concerned they may be suffering from depression say they won't seek treatment. That's compared to fewer than half of adults over age 18. In addition, three in 10 of these older adults think "they can just snap out of it."

news about the pandemic has left them "feeling consumed with sadness." For those seniors who think they might have depression, the number climbs to nearly 4 in 10. Concerns about COVID are also why more than one in three seniors worried about being depressed say they are "somewhat" or "very likely" to cancel holiday celebrations such as Thanksgiving.

Even as some consider canceling holiday festivities, isolation from friends and family remains a concern. Just under half of these seniors say they feel "isolated and disconnected from family," compared with 28% of all respondents over age 65, and 24% of respondents over age 18.

Connecting Can Help with Depression

Parikshit Deshmukh, M.D., CEO and medical director at Balanced Wellbeing, LLC, specializes in geriatric psychiatry. According to Dr. Deshmukh, families should make plans to connect virtually if they don't feel comfortable about getting together in person. Further, caregivers should be vigilant in looking for the signs of depression in their older loved ones.

"It's more important than ever to let each other know we care and that we are not alone—even if it feels that way," said Dr. Deshmukh. "Video calls might not be for everyone. Yet, if that's the only way to stay in touch, we need to do it."

And Dr. Deshmukh reminds seniors to talk to their doctors. "If your clinician recommends treatment, ask about the GeneSight test. The results can help them make decisions about medications to treat your depression."

That's just what Carmala Walgren's doctor did. "The results I got from this personalized genetic test helped my doctor and me to finally find the medication that worked for my depression."

He told me that because I was covered by Medicare, there would be no cost for me to take the test.

"The GeneSight test made such a difference in my life," added Walgren. "I don't know where I would be without it, especially now."

For further information on older adults and depression, visit www.genesight.com/olderadult. (NAPSI)

Community Articles Are Welcome

We are seeking articles, photos, and news event items for future issues of the San Gabriel Valley Examiner. Information can be sent to SGExaminer@aol.com. We request that articles be in Word format while photos be in jpeg.

Largest Veterans Event Held at Field of Valor in Covina



Folding of the flag by West Covina Councilman Lloyd Johnson and Covina Police Chief John Curley By George Ogdan

COVINA - The largest Veterans Day Program in the Valley was the Field of Valor at Sierra Vista Middle School located at the corner of Grand Ave. and E. Puente St. in Covina. There were well over 2,000 flags set up in the field. This was not just a one-day event. The Field of Valor was for a week with a program on Veterans Day, November 11th.



Large crowds show up for the Veterans Day event at Field of Valor. and it was very impressive.

The Covina Rotary and the McIntyre Company combined their efforts to put on this annual program. The program and the display of flags started Sat. November 7th with opening ceremonies and Covina Police Chief John Curley being the master of ceremonies. Walt Allen was the keynote speaker on the first day.

Other speakers at the event was Enoch "Mac" McClain for Veteran's Day itself. At 11:11 a.m. two F-16 jets did a flyover

Various television news stations came by to interview veterans and project sponsors and to record for broadcasts thought out the day.

It appears that this year's event had record breaking visitors than they had over past years.

The closing ceremonies was

conducted on Nov. 14th by West Covina Councilman Lloyd Johnson and Police Chief John Curley. There was a folding of the flag and it was presented to a WWII Veteran.

From everyone that attended and took part in the ceremonies, they had nothing but accolades for those that made this possible.

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Employed adults who tested positive for COVID-19 were almost **twice as likely** to report regularly going to a workplace* than those who tested negative

When telework isn't possible, implementing worker safety measures can help protect employees and the community

*Employed adults reported going into an office/school regularly or working from home or teleworking. Case-control investigation of symptomatic people with positive SARS-CoV-2 test results (n=120) and negative tests (n=128)