



San Gabriel Valley Examiner

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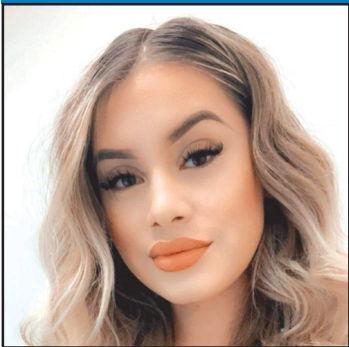
January 7 - 13, 2021

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Shooting In West Covina



Gabriela De Haro / A7

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Full Street Closure Of Wheeler Ave. At Railroad Crossing Extended Thru Jan. 29

LA VERNE - Crews will continue reconstructing the railroad crossing on Wheeler Ave. north of Arrow Hwy (La Verne), as part of the 9.1-mile Foothill Gold Line light rail project. This work requires the extension of the closure to continue performing underground utility work, median construction, new track installation, roadway paving, and new curb & gutter.

Underway and now continuing thru Friday, January 29th, Wheeler Ave. will be fully closed to all traffic (vehicular and pedestrian) at the railroad crossing 24 hours a day/7 days a week. Arrow Hwy (just south of the crossing) and Bonita Ave. (north of the crossing) will remain open and accessible by way of detour routes.

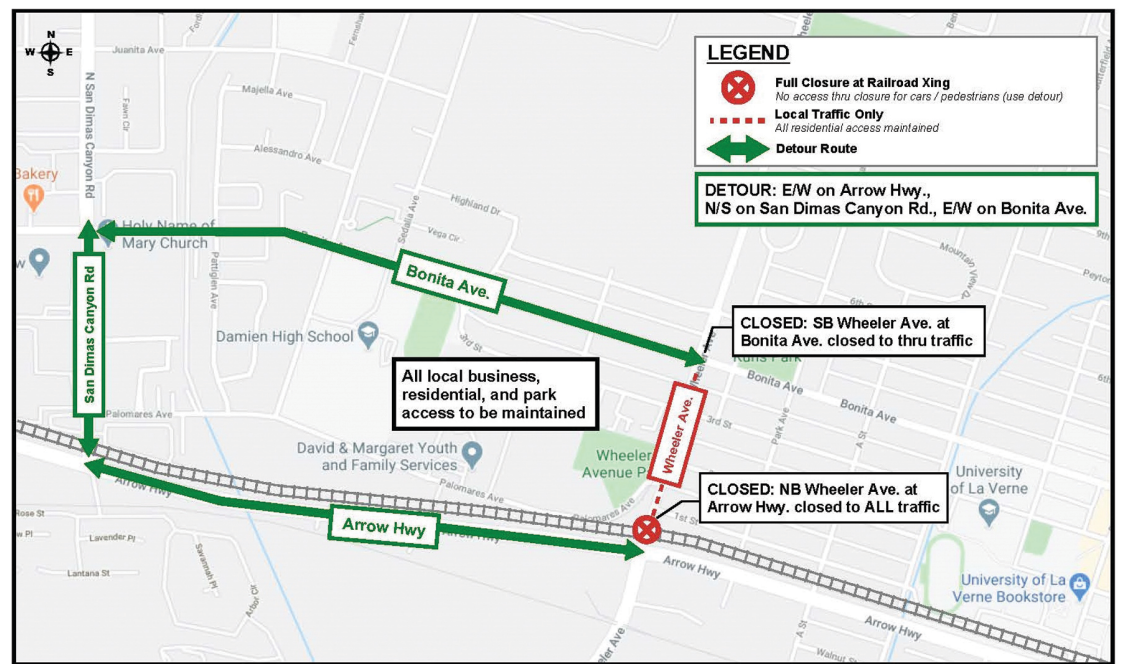
Wheeler Ave. will be fully closed to vehicular and pedestrian traffic at the railroad crossing. Access to homes and businesses on Wheeler Ave. within the closure area north

and south of the railroad crossing will be maintained at all times, as well as access to Wheeler Park, Palomares Ave., 1st St., 2nd St., and 3rd St.

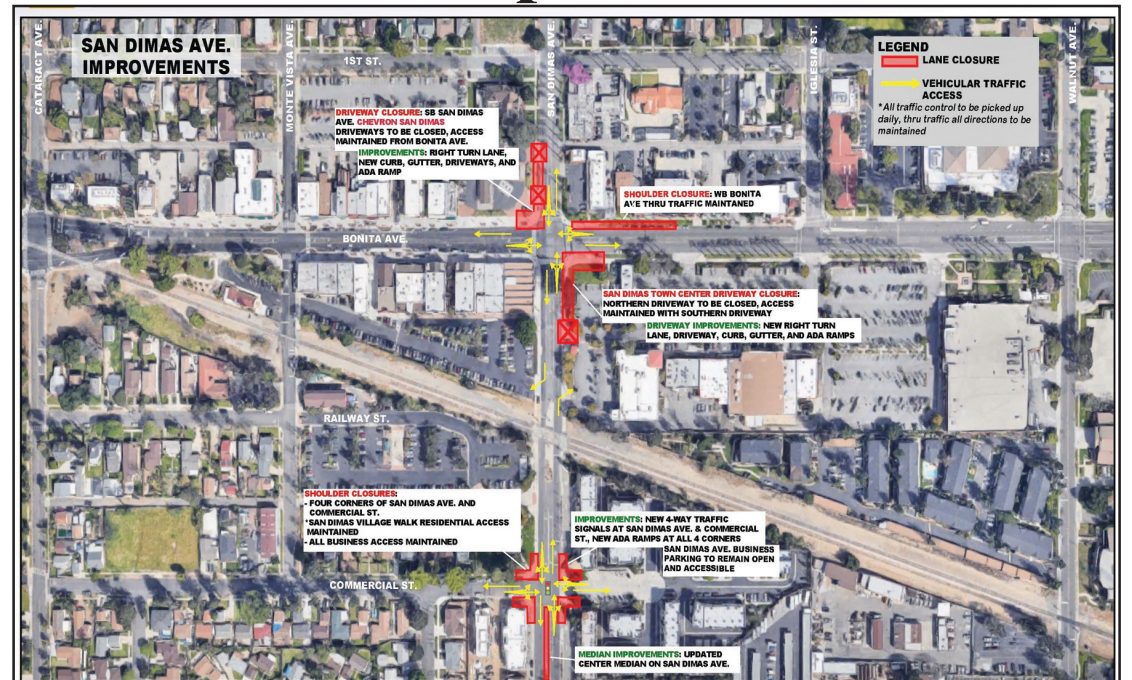
A detour route (see map) will be in place during the closure and signage will be posted to direct motorists and pedestrians. Please follow detour signs. Wheeler Ave. will be fully closed to all traffic at the railroad crossing between Arrow Hwy and Bonita Ave. San Dimas Canyon (northbound and southbound) will serve as the main detour route. Arrow Hwy (eastbound and westbound) will remain open to all traffic. Bonita Ave. (eastbound and westbound) will remain open to all traffic.

Noise from construction equipment will be produced near the active work zones. Bus stops may be temporarily relocated.

Please obey all posted construction signs and do not enter the construction work zone.



San Dimas Ave. /Bonita Ave. And San Dimas Ave./ Commercial St. Intersection Improvements



SAN DIMAS - As part of the 9.1-mile Foothill Gold Line light rail project, crews will be building street improvements at the intersections of San Dimas Ave./ Bonita Ave. and San Dimas Ave./ Commercial St. Crews will demolish the existing roadway and replace with new curb, gutter, ADA ramps, sidewalks, and driveways. New right turn lanes will be added on southbound San Dimas Ave. (to westbound Bonita Ave.) and northbound San Dimas Ave. (to eastbound Bonita Ave.). Crews will additionally install new traffic signals at both intersections. Work will be completed one intersection at a time from January through March 2021. Traffic flow will be main-

tained at all times, work will impact the shoulder or may require intermittent single lane closures. Starting January 4 and continuing through March 31, 2021, the intersections of San Dimas Ave./ Bonita Ave. and San Dimas Ave./ Commercial St. will have intermittent lane closures to perform street improvements. Lane closures will be placed and picked up daily; work zones may stay coned off for safety.

San Dimas Ave./Bonita Ave. Intersection: Traffic lanes will be reduced on both streets. San Dimas Ave./Commercial St. Intersection: Traffic lanes will be reduced on both streets. Northern San Dimas Town Center driveway on San Dimas Ave. will

be closed during the intersection improvements. The southern driveway to remain open and accessible. San Dimas Village Walk driveway will remain open and accessible during construction. Traffic flow will be maintained at all times, work will impact the shoulder or may require intermittent single lane closures.

Signage will be placed within the work zones to direct motorists and pedestrians. Please follow signage.

Noise from construction equipment will be produced near the active work zones. Bus stops may be temporarily relocated.

Please obey all posted construction signs and do not enter the construction work zone.

Temple City Sheriff's Station Brings Christmas Joy To Several Families



By Joan Schmidt

TEMPLE CITY - On a recent weekday, two families in Mayflower Village had a surprise visit from Santa's Elves, Deputies Sanders, Barr, Ruiz and Rosales from Temple Sheriff's Station. How did this great event happen?

Every year, Temple Station has an annual toy drive prior to Christmas. Toys and groceries are brought to needy families.

After deliveries to several families, the Deputies made a call to Monrovia Arcadia Duarte Town Council Vice President Terrence Williams and asked if he knew of any needy families. Mr. Williams, who recently served on the Monrovia School Board, has worked closely with all the schools' staff; in particular with Plymouth School, which is in

South Monrovia. Mr. Williams is acquainted with their Principal Dr. Gero and Librarian Denise Harbaugh. All three joined the Deputies on their deliveries and witnessed firsthand the great joy in the families' faces. Well done, Temple Station, and thank you to Mr. Williams, Dr. Gero and Ms. Harbaugh for their participation!

Successful Sunset Ceremony on New Year's Eve

The Duarte Kiwanis Club and all the Kiwanis Clubs, Key Clubs and Kiwins from Division 35 (the East San Gabriel Valley) had a unique opportunity to be a part of a remembrance celebration for those we have lost this year due to COVID-19. The overall vision of this project - the Rose River Memorial - comes from renowned artist, Marcos Lutyens. The Kiwanis family supported the project by creating 1600 red felt roses to be used in the installation. As the sun set on 2020, a Native American ceremony was held in memory of all the souls lost in 2020. Marcos' vision is to have a rose made for each of the souls lost due to the pandemic - now close to 350,000. These roses were gathered and will be used initially in an installation at



Building Bridges Art Exchange in Santa Monica and then will be a part of future installations as well.

If you are interested in joining the Duarte Kiwanis or pre-

senting at a future meeting, please contact Tina Carey at tina51@aol.com. The club is currently meeting virtually through Zoom

Suspects Arrested for Burglary



Daniel Mossberg of Baldwin Park

AZUSA - On Monday, December 28, 2020, at about 7:32 PM, Azusa Police Department officers responded to the business located at 415 S. Motor Ave., in the City of Azusa. The Azusa Police Department received a call from the armed on-site security guard that he was detaining two suspects inside of the business.



Christopher Vandehey of Covina

Azusa Police Officers arrived and detained two suspects inside of the business. During the subsequent investigation, it was learned that the front gate to the business had been cut and the rear door forced open. Both suspects were stripping all of the copper wiring from inside of the business.

Both suspects, Daniel Mossberg 42 yrs of Baldwin Park and Christopher Vandehey 37 yrs of Covina, were arrested for Burglary and possession of burglary tools.

Anyone with additional information is asked to contact the Azusa Police Department at (626) 812-3200.

Social Engagement



Remaining socially engaged improves the quality of life for older adults and is associated with better mental and physical health.

Maintaining social connections and staying mentally and physically active is key to reducing social isolation and loneliness among older adults, particularly now during the COVID-19 national health crisis.

There are many opportunities for older adults and caregivers to remain engaged and connected to their family, friends and community with and without technology during the pandemic. Here are a few suggestions all of us might consider doing during this time:

Reach out. Try to call a family member or friend every

day, write them a note or send a card.

Stay active, mentally and physically. Move more and sit less. Engage in physical activity such as a walk or online group exercise classes.

Flex your brain. Draw a sketch, write a poem or short story, or start journaling.

Create connections using technology. Use online tools to connect with friends and family. Attend virtual events and concerts or tour museums from home. Read a book online.

Volunteer and share your skills from home. Develop a

virtual mentoring relationship with a student through a local college or connect with your local Area Agency on Aging to find opportunities to help others.

Through its website, www.eldercare.acl.gov, and national Call Center at 1-(800)-677-1116, the **Eldercare-Locator** can inform and connect older adults and caregivers to local programs and services that provide a variety of ways to stay connected to others in their communities to reduce social isolation and loneliness. (NAPSI)

Lessons from 2020 Lay Foundation for Productive New Year

"With great challenges come great opportunities." "Crisis brings out the best in people." There have been numerous times throughout history that put the truth of these sayings to the test, and 2020 was certainly one of them. In retrospect, we can safely conclude that these maxims passed a trial by fire with flying colors and will long endure as part of our lexicon.

As a lifelong participant and seasoned observer of the state and direction of community college education, I have often noted that this nimble academic paradigm mirrors the life and times of society. In assessing societal challenges and responses through the prism of higher education this past year, much has been learned.

To unsuspecting students and college educators, the year started off positive. Innovation was flourishing and the possibilities seemed endless. Students pursued training for high tech, high paying jobs of the future. Time and cost saving options, such as early college, a program where our local high school students simultaneously earn both high school and college credit, were becoming widely available and receiving high marks. Higher education was delivering good student outcomes in efficient, innovative ways, and students were



By Dr. Edward C. Ortell
Citrus College Governing Board Member

achieving success. Then spring arrived, and with it a global pandemic. Suddenly the conversation turned to the need for first responders, doctors and nurses, and the focus became ways to educate students in these fields as quickly and safely as possible. Local community college students were praised for their eagerness to take on the challenge and serve in a moment of tremendous need. At the same time, colleges and universities closed their doors to "stop the spread." Long recognized as leaders in online education, community colleges once again lead the way in developing courses and educational delivery systems that were safe and effective and would keep students on track to achieving their goals. As the summer progressed,

the message from educators to students was that, even though college campuses were closed, teaching and learning was still happening. Students were encouraged to not waste a year on inaction, but to seize the moment and earn a degree or certificate while they waited for the COVID-19 storm to pass.

This fall, thanks to tech-savvy students and innovative teachers, students are learning and achieving in some of the most unlikely programs using remote and hybrid instruction. These include performing arts, automotive technology, nursing and nearly all other disciplines across the curriculum.

COVID-19 will no doubt continue to impact us as 2021 unfolds. Rest assured that community colleges will continue to provide safe, effective and often exciting academic offerings, as we resolutely march forward into a productive new year.

About the Author:
Dr. Edward C. Ortell is the senior governing board member at Citrus College and a Professor Emeritus at Pasadena City College. He has served on the California Community College Trustees (CCCT) state board of directors and 11 terms as president of the Citrus College Board of Trustees.

Smart Move: Speed Test Your Internet

These days, most families would agree, home Internet connectivity and reliable speed are more important than ever.

Think about it: How much longer will it take for the kids' new game to download? Do you have enough bandwidth for your 10 AM video conference? As more American households work, shop, learn, stream and game—often simultaneously—on multiple devices, making sure at-home Internet is reliable and speedy and uninterrupted is a must. The free Smart Move Internet Speed Test tool will track your Internet speed in real-time in seconds. You'll be able to determine what your current Internet speed means and what fits your needs, learn about common issues that may cause the Internet to slow down and discover simple ways to optimize your Internet speed. Get the



A fast, reliable Internet connection can make working, studying and enjoying themselves at home easier for your family.

speed test now at www.smartmove.us/speedtest.

Speed Test Tips
Things you should consider before running your speed test:

1. Internet speed changes throughout the day. Test your speed multiple times for clear results.

2. Run the speed test in the same room and in clear sight of your router for the most accurate

result.
3. Complete downloads on all connected devices prior to running the test.

How it Works
The test finds your location and closest server. Next, it pings the server, measuring the round-trip response time and tests the time it takes to capture sample data and the network resources used in that capture. It will detect additional rooms and increases the number of open connections to download data, measuring how much your Internet connection can accomplish simultaneously (remember that 10 AM video conference and video game download speed we discussed earlier?). Finally, it processes your upload capacity, measuring the speed of data uploads from your Internet device to the test server.

Learn More
For further facts and to get the test, go to www.smartmove.us/speedtest. (NAPSI)

Want Extra Cash in Your Pocket? Try Saving on Car Insurance



When it comes to saving money, it helps to cut out smaller expenses that add up over time—like frequent lunch dates, unused gym memberships or online subscriptions. But if you really want to make a dent in your budget, you need think bigger.

How big? Well, consider that after a home, a car is the single most expensive thing many people will ever buy, and cars need insurance. And you need that insurance if, for example, you injure someone in a crash or damage their car, or your own car is stolen or damaged in bad weather. Should such an incident occur, you'll likely consider it money well spent. But that doesn't mean you should pay more for it than you need to.

Here are three ways to reduce car insurance expenses.

1. Purchase safe car models. The cost to insure a particular car depends on several factors, but one is safety. The auto industry and the National Highway Traffic Safety Administration test cars to determine their safety ratings, and insurance companies build on that information by reviewing customer claims data to see how the vehicles perform over time in the real world. The result? Safer vehicles tend to be less expensive to insure.

2. Keep it clean. Insurance companies use information about you to determine your likelihood of having a crash and filing a claim. One thing they consider is your driving history, because they have found that past performance can help predict what will happen in the future. If you've had speeding tickets, accidents or other violations within the last few years, your auto insurance rate may be higher than if you have a clean driving record. Research has also shown a correlation between good credit and good driving. Certain credit information may predict future insurance claims, so some insurance companies may use credit history to help determine the cost of car insurance.

3. Take advantage of discounts and special programs. Just about every insurance company offers discounts, so be sure to ask your insurance agent which ones apply to you. For example, you may be able to get a multi-policy discount if you insure multiple cars, or a car and a home with the same company. And depending on what type of car you drive and its features, (e.g. factory-installed airbags, anti-theft devices, anti-lock brakes) you may be eligible for discounts.

Also explore unique and out-of-the-box programs that can save you money. For example, Erie Insurance has a program for their customers called YourTurn that gives drivers rewards in the form of gift cards just for doing something many people already do—drive safely. Drivers just install an app on their phone that measures factors like speeding, hard braking and phone usage and provides scores and feedback to encourage better driving habits. Based on the score, they can earn rewards that they can redeem for gift cards or donate to charity. Besides the financial benefit, the app has been shown to reduce risky driving behaviors, which can lead to safer roads for everyone, and ultimately lower insurance costs. To learn more about the Erie Insurance YourTurn program, visit erieinsurance.com/blog/your-turn.

When it comes to having more money in your pocket, don't overlook the bigger opportunities like getting the most value from your car insurance. (StatePoint)

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California Deploys US Army Corps of Engineers Crews to Los Angeles Area Hospitals to Assess, Upgrade Oxygen Delivery Systems

SACRAMENTO - The California Governor's Office of Emergency Services collaborated with the United States Army Corps of Engineers to rapidly deploy a team of design and construction experts to the Los Angeles region to evaluate and where necessary upgrade oxygen delivery systems at six hospitals.

The deployment comes at a time when hospitals across the Los Angeles region are treating an unprecedented number of COVID-19 patients and the internal oxygen delivery systems built into many older hospitals are being overtaxed by the volume of oxygen flow required to treat patients with respiratory issues that arise from COVID-19.

"The State of California is continuously working to sup-

port our hospitals and protect the lives of Californians impacted by COVID-19. By working to upgrade challenged oxygen delivery systems at these older hospitals we can improve the ability to deliver life sustaining medical care to those who need it," said Mark Ghilarducci, Director of the Governor's Office of Emergency Services.

The scope of the work to be done by the Army Corps is designed to support the healthcare delivery system at these hospitals by providing facility assessments, technical assistance, engineering expertise, as well as contracting and construction management support as re-

quired to address shortages arising from the COVID-19 pandemic.

The hospitals evaluated for improvements are:

- Adventist Health White Memorial Hospital, Los Angeles
- Beverly Community Hospital, Montebello
- Emanate Health Queen of the Valley Hospital, West Covina
- Lakewood Regional Medical Center, Lakewood
- Mission Community Hospital, Panorama City
- PIH Health Hospital, Downey

Azusa Suspect Charged with Assault, Domestic Battery, and Burglary

AZUSA - On January 1st, 2021 at approximately 6:40 P.M., the Azusa Police Department was dispatched to an assault in progress in the 500 block of East Third Street. Upon arrival, Officers learned that the estranged boyfriend of the victim, identified as Robert Brown (25 year old Carson resident), had allegedly pointed a handgun at the victim and struck her male companion with the pistol multiple times (pistol whip).

Following the alleged assault, Brown took their three year old son and left the location. Azusa Police patrol officers recognized the danger to

the child and promptly took action. Azusa Police detectives were called to the scene and the search for Brown began.

On January 2, 2021 at approximately 12:45 P.M., Azusa Police detectives located Brown in the city of Muscoy, CA. Brown was successfully detained on a traffic stop and the three year old child was located without incident.

Brown was arrested and faces charges of assault with a deadly weapon, domestic battery, and burglary.

Anyone with information regarding this case is encouraged the contact the Azusa Police Department at 626-812-3200.

Regional Safer at Home Order Extended

LOS ANGELES COUNTY - Tier 1 Substantial Surge Updated Response (Revised Temporary Order) is issued to temporarily replace both the most recently issued Temporary Order and Reopening Safer at Work and In the Community for Control of COVID-19 Order (Order) issued by the County of Los Angeles Health Officer (Health Officer). This Revised Temporary Order will be effective from 11:59pm (Pacific Standard Time (PST)) on December 30, 2020 and will remain in effect for as long as the State Public Health Officer's Regional Stay at Home remains in effect in the Southern California Region.

This Revised Temporary Order has been updated and is issued as a response to the sustained and substantial rise in COVID-19 cases, hospitalizations and deaths. This Revised Temporary Order has been revised to align and comply with the State's December 3, 2020 Regional Stay at Home Order, as well as the Supplement to the Regional Stay at Home Order issued December 6, 2020. County Health Officer Orders may not be less restrictive than Orders issued by the State Public Health Officer.

The County is part of the Southern California Region (Region), which is defined as the counties of Imperial, Inyo, Los Angeles, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, and Ventura. Over the last seven (7) calendar days, the County of Los Angeles is averaging 14,614 newly diagnosed COVID-19 cases per day. Between November 13, 2020-December 30, 2020,

hospitalizations of confirmed COVID-19 patients have increased by 524% to 7,415. In addition, the adult ICU bed admissions in the Southern California Region rose. And, per the California Department of Public Health, there is no additional adult Intensive Care Unit (ICU) bed capacity within the Region. Because of both the rapid continuing increases in new cases and test positivity rates within the County and the Region and the lag between case identification and hospitalizations, the Health Officer expects both the number of new cases and hospitalizations, including adult ICU admissions in the Region, to continue to increase.

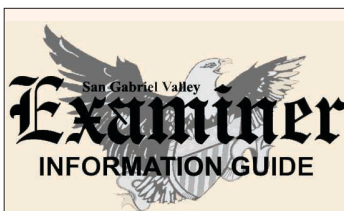
Per the State Public Health Officer, current projections show that without additional intervention to slow the spread of COVID-19, the number of available adult Intensive Care Unit (ICU) beds in the State of California will be at capacity in mid-December. ICU beds are a critical resource for individuals who need the most advanced support and care and the ability to add additional ICU capacity is limited by the lack of available ICU nurses and physicians as a result of the nationwide surge in hospitalizations and ICU admissions.

Without additional public health interventions and widespread public adherence to the personal preventive actions to avoid being exposed to this virus and spreading it to others, the high levels and rate of rise in both cases and hospitalizations, if either continues, are at risk of overwhelming the ability of hospitals to deliver healthcare to people suffering from

COVID-19 and from other illnesses requiring hospital care.

This Revised Temporary Order is issued to ensure that County of Los Angeles (County) residents remain in their residences except as necessary to conduct activities specifically permitted in this order, to limit close contact with others outside their household in both indoor and outdoor spaces and to further reduce the risk of community transmission of COVID-19 resulting from the unprecedented surge of new daily cases. This Revised Temporary Order is issued to reduce capacity at sites where non-household members interact. Limiting interactions among non-household members, especially in places where persons are in close proximity without a face covering or mask, is essential to slowing the spread of COVID-19. It is imperative that all persons and businesses within the County take personal responsibility and follow all restrictions and infection control precautions required by this Revised Temporary Order.

This Revised Temporary Order is effective within the County of Los Angeles Public Health Jurisdiction, defined as all cities and unincorporated areas within the County of Los Angeles, with the exception of the cities of Long Beach and Pasadena that must follow their respective City Health Officer orders and guidance. This Revised Temporary Order is effective 11:59PM December 30, 2020 and will remain in effect for as long as the State Public Health Officer's Regional Stay at Home remains in effect in the Southern California Region.



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• 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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CHP Announces \$27 Million Available To Combat Impaired Driving

SACRAMENTO - The California Highway Patrol (CHP) announced the availability of nearly \$27 million in grant funds to help local communities combat impaired driving.

The funding is the result of Proposition 64, the Control, Regulate and Tax Adult Use of Marijuana Act, which provided specified cannabis tax funding to the CHP to administer local grants for education, prevention, and enforcement programs regarding impaired driving.

Funding for the grants comes from a tax on the cultivation and sale of cannabis and cannabis products sold in California since January 2018.

For the current grant cycle, the CHP's Cannabis Tax Fund Grant Program will be awarding grants based on a competitive process to California law enforcement agencies and local toxicology laboratories meeting the eligibility requirements described in the 2021 Request for Application, available on the CHP website.

The CHP will hold a virtual workshop on January 6, 2021, to answer questions from potential grant applicants regarding the application process, the 2021 Request for Application, administrative program regulations, and other general questions.

Applications will be accepted beginning January 7, 2021, through February 23, 2021, for programs beginning on July 1, 2021. These grants will enhance existing efforts to address impaired driving.

"These grants represent an opportunity for the CHP to work collaboratively with local traffic safety stakeholders to strategically address impaired driving issues while making California's roadways a safer place to travel," CHP Commissioner Amanda Ray said.

Those interested in this grant opportunity can learn more about the program, obtain workshop updates, and view the 2021 Request for Application by visiting the Cannabis Tax Fund Grant Program page on the CHP's website, under the Programs and Services tab.

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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. Articles should be in good taste.

Padilla's Senate Appointment Challenged

As D.C. continues to sort out ballots in the Presidential election, former V.P. Joe Biden continues to make appointments to his cabinet. Some of his appointments have left Gov. Gavin Newsom with the ability to replace positions with his choices for Secretary of State, Attorney General and perhaps a senator to fill V.P. Elect, Kamala Harris's seat.

Secretary of State Alex Padilla was appointed by Gov. Newsom to fill Sen. Kamala Harris's seat, presuming she and Biden win the election. The same day, Newsom appointed Dr. Shirley Weber to take Padilla's place. Padilla has a long resume in California politics starting out as personal assistant to Sen. Dianne Feinstein, going on to serve on L.A. City Council, and then elected to the California Senate. Facing term limits in the Senate, Padilla decided to run for Secretary of State.

Assemblyman Kevin Kiley who has lawsuits filed against Newsom for illegal use of the Emergency Services Act, told the California Globe there are some legal problems with Padilla's appointment. The Constitution requires an election to fill Harris's seat. The letter to U.S. Senate Majority Leader Mitch McConnell and Minority Leader Charles Schumer includes, "The California Office of the Legislative Counsel has concluded that the Seventeenth Amendment to the U.S. Constitution 'requires the Governor to issue a writ of election' to fill the vacancy created by Senator Harris' resignation and requires 'the person elected in the vacancy election, takes office before the end of the existing term.'"

Padilla became questionable when President Trump issued a 2016 Executive Order establishing the Presidential Advisory Commission on Election Integrity asking for data on enrolled voters from all 50 states. Padilla



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

la's response to the request:

"... As Secretary of State, it is my duty to ensure the integrity of our elections and to protect the voting rights and privacy of our state's voters. I will not provide sensitive voter information to a commission that has already inaccurately passed judgment that millions of Californians voted illegally ... The President's Commission is a waste of taxpayer money and a distraction from the real threats to the integrity of our elections today: aging voting systems and documented Russian interference in our elections." (June 2017).

The Election Integrity Project of California (EIPCa) has spent 10 years that I know of tracking ballots and elections to make sure the elections are honest and legitimate. Working with Judicial Watch, a conservative, non-profit watchdog, EIPCa advised Alex Padilla October 17th 420,00 ballots were mailed to those likely dead or moved away and two to four ballots were mailed to 20,000 voters. (In Charter Oak, wrong ballots were mailed to several voters.)

Attorney Harmeet Dhillon filed a lawsuit after a DMV audit found thousands of discrepancies in the motor voter registrations, including an estimated 14,000 illegals registered to vote. Reported were party registration changes not authorized by

the voter.

Padilla received severe criticism for titling controversial propositions, including Prop 47, written by L.A. D.A. George Gascon, and Prop 57, to mislead the public by not titling them to reflect the true impact of these propositions. Prop 57, Parole for Non-Violent Offenders, became an issue after it was determined some of these non-violent offenders included sex offenders.

When Gov. Newsom appointed Alex Padilla to Sen. Harris's senate seat, he had to appoint a replacement Secretary of State. There are no specific qualifications for SOS just the candidate must be a registered voter, registered with their party for at least 3 months and not with a different party for the last 12 months, and not previously termed out of this office. Newsom's choice: Dr. Shirley Weber.

Dr. Shirley Weber is a 72-year-old retired University of San Diego professor who served as the chair of the Department of Africana Studies and has represented San Diego Assembly District 79 since 2012. Her Committee assignments primarily involve education and is Chair of the Select Committee on Campus Climate to mitigate hate crimes on California's college and university campuses.

Weber has authored legislation to curtail use of force by law enforcement, placed Affirmative Action on the last ballot and created AB 3121 requiring a study and development of proposals to prioritize potential reparations for African American people who are descendants of enslaved people or those who were impacted by slavery.

Weber wrote the law allowing some felons in county jail to vote while behind bars, and requiring more voter registration information to be provided to probationers and parolees.

companies who helped solidify the tyrannical Communist Hugo Chavez in his reign of terror in Venezuela - to corrupt one of our most basic rights. The right to choose our leaders. They corrupted voting by manipulating the November election results. Is not a nation that condones corrupt elections also corrupt? Our most valuable right of choosing our leaders is no longer under our control! I have no doubt that the past election, here in California, was intentionally corrupted by the oligarchs of the Democrat Party.

If Joseph Biden is sworn in as the 46th president the future of this Nation will be given to the Chinese Communist Party on a silver platter. While his son reaped millions of dollars from the Chinese Government, Biden said 'China is not our enemy'. Biden supported the disastrous Trans Pacific Partnership agreement that would have been the death-knell for American manufacturing jobs. Obama and Biden stood by and did nothing while 90% of our medicines were manufactured in China - no they applauded it.

As I see it, the only hope for this Nation is the awakening giant, the patriotic spirit of true Americans. Americans, who are speaking out against this tyranny. Never forget that 'We the people' are the sovereign rulers of this Country: Not the aristocrat's the people have been beguiled into sending to Washington: Not the Bureaucrats the legislative branch has delegated their constitutional duties to: And hopefully, not yet, the dictators of the CCP.

We the people are in charge of this Nation and its future. Will it be freedom or tyranny?

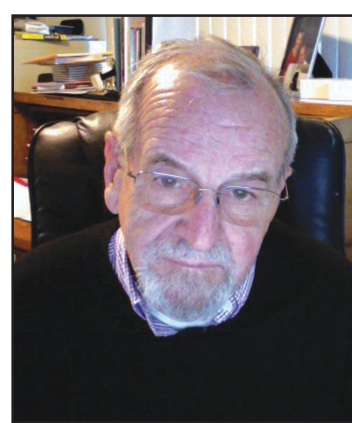
An Ever-Flowing Stream

Sometimes it seems as if the world has stopped, or that we are stuck in a time-warp like that of the character in the 1993 movie "Groundhog Day" who was doomed to repeat the same day with the same events over and over; trapped in a reality he could not escape. Our continuous loop these days is called COVID19, and for almost a year its presence has dominated every event and every conversation---or so it seems.

What will today be like? Just like yesterday, and the day before that. What will tomorrow be like? Just like today. Every conversation in person, on ZOOM, in e-mails or on the phone is bound to be about COVID-19 whose ubiquitous presence has sucked the oxygen out of our daily lives.

But wait a minute! The Victorian novelist Anthony Trollope described an event in which official London was shut down. Parliament was suspended, no official meetings took place and conversations were limited to a single event. What was it that stopped the world? A prominent member of government was being tried for murder. While he was finally acquitted, during the trial and for days afterward, nothing moved and every event and conversation was about the trial. But listen to what the novelist said. "

"Nevertheless, moons waxed



Charles H. Bayer

and waned; children were born; marriages were contracted; and the hopes and fears of the little world around did not come to an end because Finneas Finn was not to be hung."

While the virus seems to have brought our little world to a halt, the earth continues to spin on its axis; children are conceived, born, grow up, age and die. But beyond these natural events, poets still dream, artists still paint, corn is still harvested and rockets still blast their way toward Mars.

What is more, events still have consequences.

"The Moving Finger writes; and, having writ, Moves on:

Nor all thy Piety nor Wit Shall lure it back to cancel half a Line,

Nor all thy Tears wash out a Word of it."? Omar Khayyám

If the book of Proverbs reminds us that there is a time for everything, what are we to make

of this season when it seems time has been suspended? Recall the 1966 musical "Stop the World I want to get off." But if it appears that the world has stopped, might this be a good time to climb aboard? Even if it seems that life is one continual merry-go-round, could it be that we are now presented with the opportunity to get our bearings and hop on?

Sometimes we are faced with the reality that things are spinning out of control, that life is hectic as we dash madly from one thing to another, or when there is no space left on the calendar. Who has time to smell the roses? Might now be a time to plant a rose bush-- or a carrot seed knowing that as Spring comes there will surely be a green leaf above the ground and an orange finger below it. Or perhaps it is the right time to bury an acorn, trusting that someone in a much later era will sit and read under the shade of an oak tree.

I suppose I'm ready for life to pick up again, but for now I'm content to dream and think, to love and be loved, to quit fretting about where I am going on this ever flowing stream that will all too quickly bear me away, and now to see what all my former business caused me to miss.

Contact Charles Bayer at candwbayer@verizon.net

Censorship Kills

by Marilyn M. Singleton, MD, JD

Election irregularities, Chinese spies seducing a congressman, and the shocking revelation that "Dr." Jill Biden was not a real doctor briefly let us turn our attention away from COVID-19. Unfortunately, COVID is still here and has made it to Antarctica. COVID continues to directly or indirectly hasten deaths. Along with the arrival of two much anticipated vaccines is a new active variant. The effects of both remain to be seen.

For months we've heard that COVID is not like the flu. It is a different animal. It may leave the infected person with long term aftereffects. Given the potential problems, the FDA, CDC, NIH, HHS and the alphabet health agencies should be advocating for early pharmacological treatment and prevention. Instead, we are told to wash our hands, wear masks—which may or may not help—and to stay away from one another. Indeed, as California's Health and Human Services Secretary admitted, the state's order banning outdoor dining and closing playgrounds was "not a comment on the relative safety" of the activity but a tactic for keeping people at home.

Stay home although 66 percent of new coronavirus hospitalizations in New York were in people who had not routinely left their homes. Stay inside although there are studies echoing observations during the 1918 flu pandemic finding that people who went outside had better outcomes. A recent Spanish study showed that 80 percent of patients with COVID had low levels of vitamin D. Another study found that people with adequate vitamin D levels had a 51 percent lower risk of dying from COVID. People at risk for vitamin D deficiency include those who have dark skin, are elderly or overweight, or stay indoors. Interestingly, these groups are particularly hit hard by COVID.

Simply put, an ounce of prevention is worth a pound of cure. Any risk of taking proper doses of vitamins and minerals is dwarfed by the risks associated with COVID. Useful vitamins and minerals include zinc (inhibits viral replication), vitamin D3 and vitamin C, and quercetin (to help drive zinc into the cells). Additionally, melatonin, a hormone found naturally in the body that regulates our sleep cycle, also

has significant anti-inflammatory, antioxidant, and mitochondrial protective effects.

What are we to do if we get ill from COVID? While the numinous Dr. Fauci says we urgently need early treatments, existing effective treatments are largely ignored, discouraged, or even prohibited. The party line recommends doing nothing for symptoms of fever, coughing, or breathing problems other than rest, stay home, drink fluids, and monitor. The threshold for calling the doctor is appalling: coughing up blood, trouble breathing, chest pain, confusion, severe drowsiness, or "a blue tint to your lips or face." Wait until you turn blue?!

I have a better idea. Don't just curl up in bed. Call the doctor right away and request pharmacological treatment, backed by evidence. Sadly, most potential patients are unaware of early treatment because Facebook, Twitter, and Google, the de facto arm of government communication, block the information or permanently delete the accounts of physicians who advocate for safe, effective treatments.

They argue that the use of well-known medications is "off-label," that is, prescribing a drug for a different condition or dose than the FDA had approved. According to the Agency for Healthcare Research and Quality, 20 percent of all prescriptions in the United States are for off-label use. This is often done when the "doctor has seen evidence that a certain drug works well for an off-label use." For example, using a diuretic to treat acne or a chemotherapy agent as a preferred alternative to surgery for an ectopic pregnancy. Billions of doses of [censored] and [censored] have been safely used for over 50 years. Repurposing anti-parasitics as antivirals certainly is not out of the realm of medical innovation.

Sitting at my Apple computer that could have been built by Uighurs in Communist re-education

camp, I received another email from someone lamenting that he was blocked from social media. No, it wasn't for child porn (like the former political consultant right-hand man of congressperson Barbara Lee), but for advocating early treatment of COVID-19. These "cancelled" physicians are not receiving \$37 million innovation grants, but are saving patients' lives for a few dollars a treatment.

The COVID horse is out of the barn. We need to tame it. Let's start by educating patients, influencers, and policymakers about early treatment with [censored] and preventive measures such as [censored] and the proven uselessness, arbitrariness, and social and economic costs of [censored] that serve to make "poor people poorer" and erode trust in public health officials.

We silently watched as a shameless Nancy Pelosi played games with COVID financial relief legislation hoping to influence an election. Physicians and patients must not stand on the sidelines while political vultures feast on the carcasses of terminally lonely and depressed, drug overdosed, or financially ruined Americans.

Dr. Singleton is a board-certified anesthesiologist. She is the immediate past President of the Association of American Physicians and Surgeons (AAPS). She graduated from Stanford and earned her MD at UCSF Medical School. Dr. Singleton completed 2 years of Surgery residency at UCSF, then her Anesthesia residency at Harvard's Beth Israel Hospital. While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law. She interned at the National Health Law Project and practiced insurance and health law. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers. She lives in Oakland, Ca.

Is America Doomed To Fall To Socialism?

True American Patriots are fighting back against the tyranny of Socialism!

My Opinion: By D. B. Shimel

I was born during the Great Depression and the reign of Franklin D. Roosevelt. In those days the global pandemic was the depression. Twenty five percent of our nation's workers were out of work. People were struggling to get enough food on the table to survive. Along came WWII and young Americans stood up and helped end the destruction of the world by Socialism. The nation of Germany was under the rule of the Nazi Party - which was only slightly different form of Socialism than was being practiced in Russia. The Italians were ruled by Benito Mussolini also a Socialist dictator. The Japanese people were controlled by a power seeking total dominance and enslavement of all Pacific Nations.

I grew up in a Nation where American pride was common. A Nation where Americans believed that they lived in a country dedicated to the principles stated by President Lincoln in his Gettysburg Address; that a "...Government of the people, by the people, for the people, shall not perish from this earth." But, I also watched as our nation succumbed to the beginnings of the end of personal freedom. A nation where the government bureaucrats would soon control every aspect of our personal lives.

How can this Nation hope to survive when 70% of the people under 30 look upon Socialism as a better alternative than the free market prosperity of our past? True Socialism has never raised a people from poverty to freedom! Don't talk to me about the greatness of China and their Communist Party. There is no 'Bills of Rights' in China. Speak badly

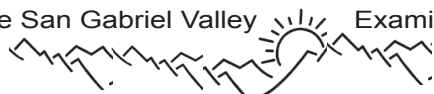
of that regime and you disappear. If one does not worship at the altar of the CCP they send them to re-indoctrination camps.

In my youth, Democrats like President John Kennedy, were frequently American war heroes and patriots. Twelve years ago the country saw fit to replace true Americans with the Globalists/Socialist Barack Hussein Obama. The American people did this in the name of 'social justice' and equal rights for blacks. This was a genuine, just and noble cause, just the wrong person. That pivotal election is the true beginning of the final stage of the conversion of this Nation to Socialism.

Today, this Nation's population is being assaulted by these self-serving aristocratic rulers of the Government, the media and the World Wide Web. I was recently asked why companies like Facebook and Walmart contribute such vast sums of money to the Democrat Party and why are the despotic rulers in the Democrat Party shutting down small businesses and letting these big companies stay open? The answer is simply global dominance, all in the name of 'protecting us from COVID -19. Facebook wants to control the global narrative and Walmart has become a dominating global marketing giant.

People have become complacent - no lazy! - in their critical thinking. The masses continue to elect politicians who only care about their constituents at election time. After these politicians are in office they bow to the Globalist/Socialists of China and big money.

Now the Globalists have employed foreign companies -



Equity Markets Higher - Expansion Slowing?

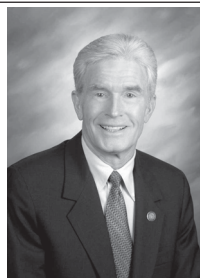
All-time highs in all major indexes! NASDAQ and the Russell 2000 each recently gained over 3% and the S&P 500 added 1.25%. Cloud computing and cybersecurity stocks performed especially well due to multiple cyber-attacks on USA Departments (Defense, Energy, State, Homeland Security, Commerce, Treasury, and Institutes of Health). However, despite a still recovering economy many on Wall Street agree that the (stock) market has gotten ahead of itself.

When the Federal Open Market Committee met, they released the third in a series of forecasts for full-year GDP and jobless rates showing a massive improvement each quarter. Going back to March 23 - the stock market bottom - we witnessed a panicked Federal Reserve predicting unemployment over 30%. Since then, we have read their series of four rapidly improving predictions for increasing economic recovery. Is the Fed now predicting a worsening pandemic requiring more stimulus money? The Fed has already poured massive amounts of liquidity into this economy assuming that this would be the worst recession since the Great Depression, but their assumptions so far have been off the mark.

Going back nine months to March 22 James Bullard, President and CEO of the Federal Reserve Bank of St. Louis, told Bloomberg in an interview that he believed unemployment could hit or exceed 30% in the second quarter. On March 24th his Federal Reserve Bank backed up those prediction with detailed data, saying the coronavirus outbreak would cause 47.05 million layoffs in the second quarter of 2020, resulting in 52.81 million unemployed, a 32.1% unemployment rate!

The actual peak jobless rate was 14.7% in April, which was cut in half within six months. The highest number of unemployed

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

was about 20 million (in April), not the Fed feared 52.81 million. During the last six months the Fed has ratcheted down their predicted average unemployment rate for the year from 9.3% in June to 6.7% last week. They have also reduced their full-year GDP loss from -6.5% in June to -2.4% in December, all the while talking fearfully about COVID and its expected 2021 impact.

Should we also start to worry about inflationary implications? Specifically, a very-low unemployment rate can cause inflation. But even when the rate is very low, it usually takes a long time for inflation to gather any momentum. We had a 3.5% unemployment rate for two years in the last Trump driven cycle, but that apparently was not long enough to trigger significant inflation.

Congress, the Fed, and the media have now joined hands to say that the solution to our "stalled" economy (which in fact is still recovering despite new COVID-19 lock downs) is to throw more money into the economy to stimulate economic growth. Do they fear what a Biden administration and lock downs in blue states could cause in 2021?

Once again, many politicians and health officials visualize "one size fits all" COVID solutions. Strong arm tactics in closing businesses and schools are anticipated. Instead of considering age groups or health profiles of those at greatest risk for COVID-19 hospitalization and death,

blue state politicians continue to restrict nearly all small businesses (while inexplicably allowing large businesses to flourish). They promise relief for destroyed lives by creating trillions in cash out of thin air for those thrown out of work.

Why close schools and force children into house arrest when children are almost risk-free? Of over 340,000 deaths in the USA attributed to COVID-19 this year, fewer than 50 have been age 5-14, while a high percentage of COVID deaths are related to comorbidity causes. COVID is a disease with over a 99% survival rate for those under age 70.

Stimulus since the 2nd quarter lockdowns was the most generous Wall Street has ever seen. The recession was not long enough to be deflationary since GDP really only fell in two months. Recovery starting in May and June came relatively quickly for most businesses. However, the USA's March-April drop was unprecedented. There are still more than 10 million people out of work, and threatened new lockdowns will only make that worse. Labor slack remains a key to low inflation. It could take years before the unemployment rate declines below 4% again, let alone 3.5%. Unless a miracle continues Trump's leadership and/or open for business mentality dominates, any inflationary impulse should remain dormant.

However, could excess liquidity and huge amounts of cash sitting on the sidelines create dollar purchasing power declines? Our world may become very hard to predict until the USA finds a way to Make America Great Again!

LIVE LOCAL, SHOP LOCAL - THIS IS THE TIME OUR MERCHANTS NEED US
I welcome your questions and comments : kenherman46@hotmail.com

Your Money - Ask Julia

Please explain inflation and recession.

Inflation is the increase in the price of products over time. Long-term inflation erodes your power to purchase. In other words, over time, your savings buys less; a dollar no longer buys what it could a few years ago. The factor to determine a Recession is when there has been two quarters (two 3-month periods of time) in a row of negative economic growth.

How long will it take to double my investment?

The Rule of 72 is a mathematical rule used to estimate approximately how many years it'll take an investment to double at a specific percentage rate of return. It's just division. Take 72 and divide it by the rate your money is earning. Your answer is how many years it'll take to double your money.

Because we have a small downpayment, we are being told we have to pay mortgage insurance. Can you explain a little about the mortgage insurance?

Mortgage insurance is charged on any loan that has less than 20-percent equity. The purpose of mortgage insurance is to pay the lender in case they have to foreclose because you breached the mortgage contract by, for example, failing to make your payments, or not paying your property taxes. Different lenders charge different mortgage insur-



Julia Yoder

ance premiums. There are non-FHA loans (Conventional) that allow a small downpayment (5-percent or even less). Depending on income and area, research information about Urban mortgage loans, too. To locate a local independent mortgage professional, go to FindAMortgageBroker.com

I have the option of taking all the money now out of my fixed annuity, without any early surrender charges. I like annuities. Although I don't plan to use the money, I might want to access it later. What do you suggest I do with this money?

Depending on your entire financial picture and what is best for you, I'd probably suggest either reinvesting in an annuity or purchasing a paid-up life insurance policy. Some company's products offer an option of almost immediate access to a good part of your money. Some policies offer penalty-free, accelerated access if you need the mon-

ey for a nursing home. It really boils down to what you want your money to do for you and what is most suitable for you.

My mom is trying to decide whether to give her home to me now, or just have me inherit it upon her passing. What is the best thing to do?

It depends. Look at the difference between the Estate tax rate vs. the Capital Gains tax rate applicable in your mother's and your specific case. For example, if the estate tax rate is lower than capital gains tax, it would probably be better to wait. On the other hand, if the Estate tax rate would be higher than the capital gains tax, it could be better to take action now. Also, check with your CPA about the tax ramifications of gifting equity (rather than cash) up to the annual parent-to-child annual limit. (Keep in mind that life insurance is included in the value of one's estate when calculating estate tax.)

Ask Julia by email: juliayoder@yahoo.com

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

Super Bowl Contracting Opportunities for Local Small Businesses

LOS ANGELES COUNTY - The Los Angeles Sports and Entertainment Commission is looking for local, diverse businesses to provide various services during Super Bowl LVI, which will be held in Inglewood in February 2022.

The application deadline for Super Bowl LVI Business Connect closes at 11:59 p.m. Pacific Time on February 1, 2021.

The Super Bowl LVI Business Connect program is a partnership between the National Football League (NFL) and the Los Angeles Super Bowl Host Committee. The program aims to connect experienced, event-ready Los Angeles County businesses with opportunities to compete for contracts related to the Super Bowl in Los Angeles.

The Business Connect program is committed to supporting minority, woman, LGBTQ+ and veteran-owned businesses through professional development, networking and contract opportunities. Certified businesses selected for the program will be profiled in the Business Connect Resource Guide, which NFL vendors and event producers use to identify and select local suppliers to fulfill their Super Bowl LVI sub-contracting needs.

Eligibility Applications for Super Bowl LVI Business Connect opened on October 27, 2020 and closes at 11:59 p.m. Pacific Time on February 1, 2021. To qualify for Super Bowl LVI Business Connect, each business must:

- Be 51% owned by a minority, woman, LGBTQ+ or veteran individual and be certified as one of the following:
 - * Disabled Veteran Business Enterprise (DVBE)
 - * Disabled Veteran Owned Small Business (DVOSB)
 - * Lesbian, Gay, Bisexual and Transgender Business Enterprise (LGBTBE)
 - * Minority Business Enterprise (MBE)
 - * Small Minority Business Enterprise (SMBE)
 - * Small Woman Business

Enterprise (SWBE)

- * Veteran Owned Small Business (VOSB)
- * Woman Business Enterprise (WBE)

- Have been in operation and have a physical office in Los Angeles County since February 2018.
 - Provide a product or service requested by Business Connect (see Business Disciplines).
 - Be the direct source of the goods and services you propose to sell.
 - Be in good standing and eligible to do business with the City of Los Angeles, County of Los Angeles or State of California.
- To help explain the process, the Los Angeles Super Bowl Host Committee has produced an informational video at <https://youtu.be/-Y5GH5PQnaE>.

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

Keeping Your Vehicle Physically Fit!

After the holidays, our television sets and other devices seem to be taken over by ads brought to us by diet and exercise gurus. They tell us that the New Year is the right time to restart our bodies to be at peak efficiency! I suppose during the busy holiday season we can overdo on the food and at the same time have less time to exercise.

The same can be said of our cars. We often get so busy running here and there (in our cars) during the holidays that we neglect old faithful! Here are a few resolutions to keeping your car fit! We can inspect it and make sure to remind you when it is time to bring it to us in order to:

- Keep your car's fluids clean and don't let them run low.
- Keep your car's filters clean.
- Keep your car's tires properly inflated.
- Keep your car's wipers in good working order.
- Keep your car's lights lit.
- Keep your car's brakes stopping when they need too.
- Keep your car's charging system ready to go.
- Keep your car's exhaust

system healthy.
Your car has many components and it is our pleasure to keep them physically fit for your driving pleasure. If your car has been a little neglected over the holidays, give us a call and we'll get it back in tip-top shape!

Certified Auto Specialists: the friendlier and more helpful auto shop! Feel free to call 626-963-0814 with any questions and we will be glad to help, or visit our website at CertifiedAutoCa.com.
Hometown Service You Can Count On!

1.5.21 - 1.9.21
FREE COVID-19 TESTING

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Baldwin Park, CA 91706

10am - 4pm
Walk Up

- Non-painful, mouth swab test
- Results within 48 hours
- No ID/insurance required**
- Immigration status is not requested
- For everyone in the family

PRE-REGISTER
curativeinc.com/sites/17308

or scan the QR Code with your phone.

No eating, drinking, smoking, chewing gum, brushing teeth, etc., 20min. before test

**ID and health insurance accepted and asked for but not required.

CORE Community Organized Relief Effort
HILDA L. SOLIS

Wanted Part-Time Help Needed

The San Gabriel Valley Examiner newspaper is in need of a delivery person to distribute newspapers. Job requires a van/pick-up truck or SUV for deliveries. Call (626) 852-3374 for more information.

California Small Business COVID-19 Relief Grant Program

California announced a package of assistance for small businesses impacted by COVID-19, including \$500 million in grants. Grant applications will be accepted:

Start a new application: December 30, 2020
Closes January 13, 2021 at 11:59 PM PST

carelifegrant.com

Around the Valley & Senior News

"TIME JOCKEY" - New Year's 2021

By Joe Castillo

A Different Look... New Year's Day 2021 just wasn't the same as in years past especially here in Southern California. Due to the COVID-19 pandemic, the communities of Southern California were under stay-at-home orders which was probably the best way to stay safe with the explosion of COVID-19 cases and the unavailability of hospital beds especially for COVID treatment.

On January 1st in year's past, the Tournament of Roses Parade and Rose Bowl Game dominated holiday activities on the first day of the year but 2021 was the exception to years' past. On a picture-perfect day for Southern California, the millions of spectators who usually crowd together along Colorado to watch the parade, were nowhere to be found. The streets were empty, there was no floats riding along, no bands playing loudly, no horses trotting along and no fun and excitement. Instead, the streets were empty with only a good number of vintage cars driving along the street both showing off their prized vehicles and perhaps making some type of political statement. Either way it was a

pretty impressive display of automobiles all from different eras and various models.

It was the first time since World War II in 1942 that the Rose Parade has not been held in Pasadena, that's 79 years the parade has made its way along Colorado Boulevard. The Rose Bowl game was played but not at the Rose Bowl stadium in Pasadena. Due to COVID, it was played in Texas but it still used the Rose Bowl name and was the first time since 1942 when the game was played in Durham, North Carolina when fears of a West Coast attack forced the game to be moved. Also, with no one at the game it was a great time to take in the historical statues and monuments which are resident at the historic stadium.

In the front of the stadium is a statue of the great Jackie Robinson, who is primarily known for his baseball skills with the Brooklyn Dodgers but he also played for Pasadena City College and UCLA. Robinson never played in a Rose Bowl game but he did play in the Rose Bowl stadium and even set a record which still stands today of a kick-off return of 104 yards against

Caltech in 1938. I know you think it was only Caltech but Caltech was a football power in the 1920's and 1930's, and was one of the few major Southern California colleges playing football back then. Robinson's jersey number 42 is retired by the Dodger organization as well as all of Major League Baseball, but his jersey is also retired by UCLA, and by the Rose Bowl itself where it hangs above the rim of the stadium between tunnels 4 and 5. In addition, there is a life-size statue of Keith Jackson, the television announcer who called a number of Rose Bowl games after spending over 50 years in the broadcasting business and statues commemorating the 1999 U.S. Women's World Cup Team. It was good to see the various sites on New Year's Day like they've never been seen in 80 years but let's hope that next New Year's will be much more entertaining....

Joe Castillo is a freelance historical writer who has been covering Southern California history for 11 years and has written 5 books on the topic. He can be reached at joeacastillo@aol.com.

They Said 2021 Would Bring Change

They said that 2021 would bring change. Well, I went to bed, woke up and the year was 2021 and not a damn thing changed. It's still the same. So Happy New Year??? So, what was supposed to happen? I don't see anything that is going to be looking good in the near future.

Hell, I ordered the new Corvette (2020) over a year ago and I still don't have it. The have a good chunk of my money and I have no car to show for it. Now they tell me I will be getting the 2021 instead. I have the new 2019 Corvette, well not new now and with all the delays, I lost \$15,000 for the trade-in value.

Capital gain taxes can beat you up if you sell something and make money on it. The government did nothing to earn this money. I did all the work to invest and they get to reap from my crop and they did nothing. Also, for you people that deal in precious metals as an investment... beware... Let's put together a scenario. You come back from the Vietnam War and decide to buy gold. In 1971 gold was well under \$100 per ounce at \$36 per ounce. So, you do this for 10 years as the price stays under \$200. Let us say 10 to 15 ounces per month for 10 years. In 1979 gold spikes. You back off and by 1980 the price of gold reached



George Ogden
That's just the way it is!

\$615 and you're not going to pay that. However, what you have is about 100 lbs. in gold and that is about \$1,000,000. Nice! Do you sell or do you wait? In 1982, the bottom falls out. Now you have \$600,000. You lost almost half of its worth. So, in 1998 the price falls under \$300 per ounce. The price stayed like this for 4 years, so what did you do, you got back into buying this crap again. This time it is only a few at a time because you can't afford to pay that much for 10 of these things. Maybe 3 ounces per month for the next four years. You have added another 130 ounces or so to your collection of 1620 ounces you already have. Now you have 1750 ounces plus. So, in 2016 the prices hold steady above \$1250 per ounce. So, you decide you want to sell... You have over \$2,000,000 in gold. Time to cash in.

Did you know that you have to have a mineralogist check each one of these little one-ounce gold bars? There is also a density test to make sure they are what they are supposed to be. This isn't free, they charge you for it. Then when this is certified, you go and sell this stuff only to find out they pay less when bought in bulk. Well that stinks. Then they report this to the tax entities and you pay your capital gains tax. Here we go again. Just like when you sell your house and you make a profit; you have to pay capital gains on that. I think this is around 10%. Again, the government did nothing and they get your money. So, you comply when you sell your precious metal and you claim the profits on your taxes... or did you??? Check this out... if you paid 10% on the profit from your gold, your screwed. They tax you at 24%, so that \$2,000,000 that you now have is going to cost you about a half a million dollars.

You take what's left and maybe you opened a restaurant... So, 2021 things will be better. Right! You have been closed for most of the year, losing money. So, 2021 you will finally lose the business, your home and your savings. This is just one example of many that we all will have to look forward to in 2021.

City of Duarte 20th Annual Virtual Martin Luther King Jr. Community Remembrance

DUARTE - In partnership with AmeriCorps California, CalSERVES, Duarte Parks and Recreation, and Duarte AmeriCorps VIP Fellows, the City of Duarte invites the entire community to view the City of Duarte's 20th annual Virtual Martin Luther King Jr. Community Remembrance on the

City's website, YouTube channel, and social media (Facebook and Instagram) on Monday, **January 18** at 1 PM.

While we are unable to gather for our annual MLK Jr. Remembrance day event, the City of Duarte is still committed to recognizing and honoring the legacy of Dr. King. This

year's celebration will feature special presentations, guest speakers, and more.

For more information, contact Daisy Perez at (626) 357-7931, ext. 206.

Please note that the ceremony will be prerecorded but be made available to view at the stated date and time.

Uniformed Services Members: Help Protect Your Family With The Federal Long Term Care Insurance Program

The prospect of needing long term care may be far from your mind today, but circumstances can change. A long term care event can happen at any age, and the potential financial and emotional strain that comes with it can have an impact on you and your loved ones.

Did you know millions of Americans require long term care during their lifetime, which includes the need for either cognitive or physical assistance with simple tasks like bathing, eating, and dressing—trivial things most of us do every day without a second thought? Unfortunately, traditional health insurance plans—including TRICARE For Life—do not pay for the chronic, ongoing assistance with daily living that is most often associated with long term care.

In fact, the long term care benefits offered through the Department of Veterans Affairs (VA) are tied to specific triggers, including service-connected disability, available funding, and even your ability to contribute to the cost of care.

Long term care can be expensive, and service members often rely on the VA to cover the associated costs. Depending on your eligibility status in the VA program, the level of coverage available to you may not be enough. For this reason, you may want to research standalone long term care insurance like a plan offered through the Federal Long Term Care Insurance Program (FLTCIP).

Since its launch in 2002, the FLTCIP has offered active and retired members of the uniformed services the opportunity to help take control of their fu-

ture long term care needs. Designed to provide solutions for a range of financial situations, this employer-sponsored program offers comprehensive coverage for more than 270,000 enrollees.

Many members of the federal family are eligible to apply for coverage under the FLTCIP, including active and retired members of the uniformed services. Certain family members, or qualified relatives, are also eligible to apply even if you do not. Qualified relatives include your spouse, domestic partner, parents and parents-in-law, and adult children.

Coverage under the FLTCIP The FLTCIP is designed to reimburse for qualified long term care services and can lessen or eliminate an individual's reliance on a loved one to provide hands-on care. As you assess the FLTCIP's value, consider these important benefits:

- The FLTCIP offers coverage in a variety of settings—at home or in a facility, such as an assisted living facility, an adult day-care, or a nursing center—and your choice of caregiver.
- If home care is your preference, the stay-at-home benefit includes a range of services that support care in your home, helping you maintain your quality of life in familiar surroundings.
- Informal care provided by friends and family members, as long as they do not live in your home at the time you become eligible for benefits. (Note: Benefits for care provided by family members is limited to 500 days.)
- The program's care coordination services offer enrollees and their qualified relatives information about long term care re-

sources, such as local care providers and relevant community programs, as well as valuable support to your family and friends.

Talk candidly with your family members and tell them about the FLTCIP. Starting the conversation prior to needing care can help you prepare for the unexpected.

Visit LTCFEDS.com/military-family to learn more about the benefits of applying for the FLTCIP. For personalized assistance, call 1-800-LTC-FEDS (1-800-582-3337) TTY 1-800-843-3557 to speak with a program consultant. They are available to answer any questions you may have and can walk you step-by-step through the plan design and application process.

Note: Certain medical conditions, or combinations of conditions, will prevent some people from being approved for coverage. You need to apply to find out if you qualify for coverage under the FLTCIP.

More about the FLTCIP Established by an act of Congress in 2000 and overseen by the U.S. Office of Personnel Management (OPM), the FLTCIP is designed to meet the specific needs of the Federal family. The long term care insurance under the FLTCIP provides industry-leading benefits and offers flexible options that allow enrollees to tailor coverage to meet their needs.

The FLTCIP is sponsored by the U.S. Office of Personnel Management, insured by John Hancock Life & Health Insurance Company, and administered by Long Term Care Partners, LLC.

Electronic Waste Recycling Event

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- May 8 & 9
- July 10 & 11
- September 11 & 12
- November 13 & 14

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DO I NEED TO SELF-ISOLATE?

✓ I have tested positive for COVID-19

✓ I have symptoms and a healthcare provider thinks I have COVID-19

HOW DO I SELF-ISOLATE?

- **STAY HOME** from work, school, and public areas
- **STAY AWAY** from others at home
- **TELL CLOSE CONTACTS** to self-quarantine for 10 days from the day they were exposed and monitor their health for the full 14 days
- **WEAR A FACE COVERING** if you must be around others
- **CLEAN & SANITIZE** any shared surfaces and rooms

HOW LONG DO I SELF-ISOLATE?

- At least 10 days since symptoms started **and**
- No fever for at least 24 hours (without fever-reducing medicine) **and**
- Symptoms have improved

For more information, visit: publichealth.lacounty.gov/coronavirus

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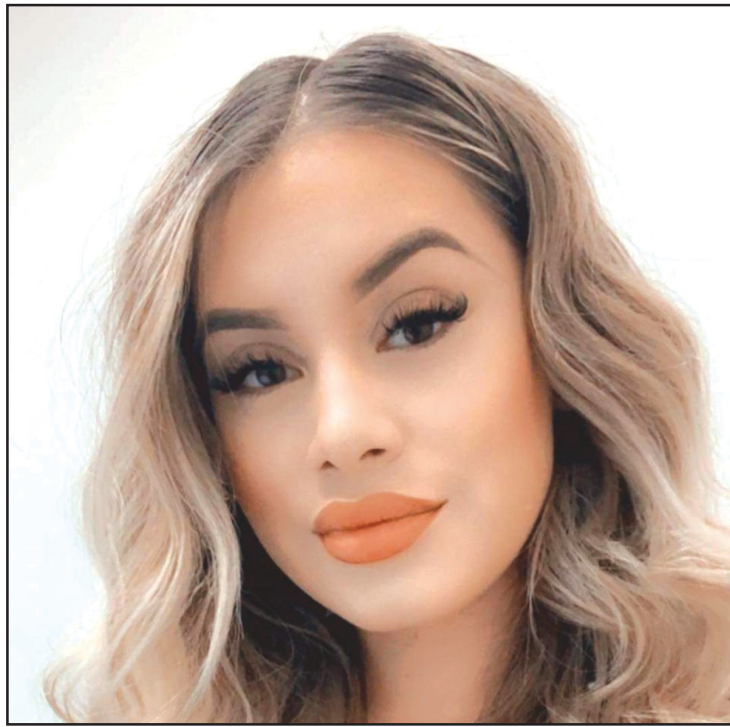
West Covina Shooting Leave Young Woman Dead

By George Ogden

WEST COVINA - On Saturday, January 2, 2021 around 10:15 pm West Covina Police Department received a call of a shooting in the area of Azusa Avenue and Amar Road. When officers arrived, they found a 29-year-old female suffering from a gunshot wound. Paramedics treated the young woman then she was transported to a local hospital where she was in critical grave condition. She later died at the hospital. There were no other injuries reported.

The 29-year-old young woman was identified as Gabriela De Haro. She and an unidentified man were in a vehicle when shots were fired into the vehicle. According to witnesses, they heard 3 shots and then a male voice started screaming.

According to detectives who are investigating the shooting that it appears the victim was traveling inside the vehicle when gunfire came from another vehicle. At this time there is no description of the person or persons responsible for this. The intersection of Azusa Avenue and Amar Road was blocked off for some time while investigators combed the scene for evidence and clues. Azusa northbound traffic was diverted through the parking lot of the Inland Plaza, crossed Amar



Gabriela De Haro, 29, was killed in a shooting at Amar and Azusa Avenues in West Covina.

and then into the Seafood City parking lot via Officer Chiles Way. Southbound Azusa also had to try and use various parking lots to get around the blocked area. The Amar traffic was forced to take long detours around the crime scene.

Family members stated that the couple had simply gone out to get some tacos and were headed home when the shooting happened. At this time there is no clue as to why or what the motive was for the murder.

Gabriela was a graduate of South Hills High School. She loved dogs and was a Dodger fan. The couple had future plans that they were looking forward to. The family and friends are in shock and want justice for her.

Detectives are asking anyone with information to please call the West Covina Police Tip line at (626) 939-8688 or tips can also be left anonymously with Crime Stoppers at 800-222-TIPS.

Distraught Man Detained By Police, Held For Psychological Evaluation



Photo courtesy of the Irwindale Police Dept.

IRWINDALE - On December 31st, Irwindale police officers were on patrol in the area of Myrtle Avenue and Longden Avenue when a distraught male adult suddenly ran into traffic directly into the path of the oncoming police car. The man acted erratically, stating he no longer wanted to live and yelled at the officer to shoot him. The man flung clothing and items around and repeatedly reached into his pockets, clothing and waistband, trying to antagonize

the officer. Additional officers arrived and engaged the man in conversation, attempting to calm him, however the male continued to act erratically and yell at the officers, telling them he wanted to die. The officers contained the scene and ordered civilians out of the area while they continued to engage the man, working hard to calm him and deescalate the situation. Eventually, the man responded to the officer's directions and allowed them to ap-

proach and detain him without incident.

The Los Angeles County Fire Department responded to the scene and the male was transported by ambulance to a nearby hospital for medical and psychological evaluation.

While this incident had the potential to have a tragic outcome, the actions of the initial officer and those of the assisting officers, undoubtedly led to the safe resolution of a potentially violent encounter.

Managing Your House And Property Five Ways

The next time you look around your home, or that of your aging relatives, you may be astonished how much "stuff" accumulates over the years. Are there things—and the stories they tell—you want to save to pass down to the next generation? Is your will or estate plan on hold because you don't know where to start? What if you had a natural disaster or break-in—are your items properly protected by insurance? You can make this year the one in which you get your estate in order with these five easy steps:

1. Get started. The best way to get something done is to start. Decide if it makes sense to tackle items by room or by category and get started. This is not something that has to be done in one day, in fact, it might take several days or longer to get organized. Don't be discouraged. Once it's done, it will only need periodic updating.

2. Take photos. Use a photo-based mobile app, such as Manage My Things, to accurately and efficiently track items. You can upload one item at a time or batches of items such as fine china. "If you've ever had to empty a parent's home, decide which of your heirs gets your things when you die or have confidence you'll be made whole if a disaster



Make a record of what you have and where you have it now to prevent problems for yourself and your loved ones later.

strikes, then you know all the decisions you make are emotional," said Rick McKenna, CEO of Manage My Things. "This app takes you through much of the complex decision-making, so your time is better spent with loved ones. All you need to know is how to take photos and answer a few questions. The app does the rest."

3. Donate or discard. There are many services and organizations that can help you remove items from your home, either for donation or to discard. Some examples include Habitat for Humanity and Goodwill for donations. Some donations may even be tax deductible. To dispose of stuff, you can contact 1-800-GOT-JUNK? to schedule a pick-up.

4. Share with your agents. Fires, hurricanes and floods can often expose the two-thirds

of all homeowners who are under-insured. It's important to inventory items in a home and share the report with insurance agents for review to accurately modify home protection policies and ensure you're properly covered. Additionally, 50% to 60% of U.S. adults don't have a will, leaving their loved ones the difficulty of getting affairs in order. By sharing your estate plan, you're helping ensure peace of mind for yourself and the ones you care about.

5. Set and (mostly) forget. Set a reminder to revisit your estate plan at least once a year or when there are major life changes such as a move or significant purchase.

Following these five steps can mean you'll find yourself in better financial and mental space next year and for many years to come. (NAPSI)

DIY Weatherization Tips to Keep Your Home Cozy All Season Long



Don't wait for the cold weather to set in. Weatherizing your home can be an affordable and easy do-it-yourself project that anyone can tackle.

As temperatures fall outside, it's time to get ready for the chillier months ahead. Most homeowners want to keep their home cozy and their heating bills low during the winter, but struggle to keep the warmth in and the cold air out. Weatherizing can seem daunting, but there are many benefits -- from reducing drafts to lowering energy use. Follow these low-cost tips to protect your home and your wallet.

Give Windows a Makeover
Windows add charm to any residence and provide protection from the outdoors, but also account for a significant amount of heat loss in the winter. Heat gain and loss through windows account for 25% to 30% of residential heating and cooling energy use, according to the U.S. Department of Energy. Even if your windows are in good condition, window insulation kits are easy, do-it-yourself solutions that will save you from sky-high heating bills, keep you comfortable and help with energy effi-

ciency all winter long.

Try Duck Brand Max Strength Rolled Window Insulation Kits, which add a barrier and create an airtight seal between the outdoor air and your home's inside. The film comes with a pre-taped edge for quick and easy roll-on installation.

Want to check and see if you have a problem with insulation? Hold an incense stick near windows, doors and electrical outlets. If smoke blows sideways, you have an air leak.

Deal with Drafts
Doors are one of the largest sources of drafts in any home and should be a top priority for homeowners this winter. From draft seals to door sweeps, there are many DIY weatherization solutions to choose from that are easy to install and don't require measuring or tools. Draft seals slide under doors, are removable, machine washable, pet-friendly and don't damage door frames. For example, Duck Brand's Double Draft Seal insulates your door from both sides and blocks

winter drafts, dust, insects and pollen for year-round protection.

Don't Let Air Sneak Through Cracks

While you're at it, it's a good idea to check for any cracks and gaps around doors and windows that can lead to heat loss. Weatherstripping doors and windows can save homeowners money. In fact, air sealing an old or drafty house can save up to 20% on your heating bill, according to the U.S. Department of Energy. While there are a variety of gap seals to choose from, rubber gap seals can stand up to extreme temperatures that cause other seals to freeze or crack. Duck Brand Heavy-Duty Weatherstrip Seals work well for sealing large gaps or sprucing up old or damaged door and window seals.

For a project selector, articles, how-to guides and instructional videos for more DIY weatherization inspiration, check out Duck Brand's Weatherize page at duckbrand.com/weatherize. (StatePoint)

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Mask Matters: Why Selecting The Right Mask Provides Pandemic Protection

Experts of all sorts now say face masks are a must to prevent the spread of COVID-19. Someone you meet could have the coronavirus and not realize it. Not all masks work equally well, however, researchers have discovered. Here are some of the most important features to look for when choosing a mask, according to the latest conclusions.

Mask Types and Filtering Effectiveness

When it comes to what types of masks are best, there are different levels of protection. A Lancet study shows 96% protection from N95 masks with single layer cloth masks offering as little as 5% protection. N95 masks are considered the best of the best but they may be hard to find because healthcare workers are the top priority due to their high exposure to COVID. Where does that leave you? Masks

quired for an N95 mask.

“There is no reason for consumers to have such a low level of protection with a cloth mask when N95 substantial equivalent masks are now becoming available in the 100s of millions and bring an average of 97% protection to consumers,” says COVID Educator and former TV Chief Medical correspondent Bob Arnot, MD.

“N95 and surgical masks are the most effective at preventing the spread of coronavirus—that’s why everyone should reserve them for healthcare workers,” adds Dr. Arnot. “The good news is, saving N95 masks for healthcare workers doesn’t leave you vulnerable: you just need to choose a mask that’s designed to deliver the protection and filtration properties of these masks.”

Breathability Is Important

Your mask needs to allow enough air flow that you don’t



tion technology brings an average of 97% protection, which helps protect you and those around you.” I’ve bought over 2000 for local schools and family. The customer service has been superb.

“N95 and surgical masks are the most effective at preventing the spread of coronavirus—that’s why everyone should reserve them for healthcare workers,” advises Dr. Arnot. “The good news is, saving N95

Air Queen masks are made of nano-fiber that’s lightweight, comfortable, and arranged in a fishnet matrix for optimal filtration, durability and breathability. This, coupled with its excellent filtration protection, puts it on the same tier as the high-grade PPE healthcare workers use. Best of all, AirQueen.com also offers a 75% ethanol spray which lets you clean the mask up to 10 times with full efficacy making



shopping at your local market. Ideally, the air flow should be through the weave and not through gaps around the mouth or eyes.

A face mask has good breathability when the wearer’s breath can filter through the material. If it’s too dense, air escapes out the sides and doesn’t let the mask do its job. The mask has to catch water droplets from coughs, sneezes, and talking and protect against the minute airborne virus. Look for nano-fiber material for both lightweight breathability and protection from pathogens.

Mask quality counts

COVID is continuing to surge even with masking.

“Mask quality and usage is very important. Many masks are of such poor quality that

they fail to protect with prolonged exposure in stale air,” says Dr. Arnot. “People don’t realize that a single layer cotton mask may provide only 5% protection versus 97.6% on average for N95 substantial equivalents. I was looking for masks to protect myself, my family and my community and came across AirQueen.com’s FDA 510k approved N95 substantial equivalent. AirQueen.com’s next genera-

masks for health-care workers doesn’t leave you vulnerable: you just need to choose a mask that’s designed to mimic the protection and filtration properties of these masks.

it very affordable, about 20 cents a day.” Shoppers applying the code ‘SAFE’ at AirQueen.com will receive a 10% discount. (NAPSI)



with an FDA 510k approved N95 substantial equivalent mask which passes and even exceeds all the FDA tests re-

struggle to breathe, since you’re more likely to keep your mask on if you’re comfortable whether you are at the gym or

Why Long-Term Care Should Be A Retiree’s Top Concern

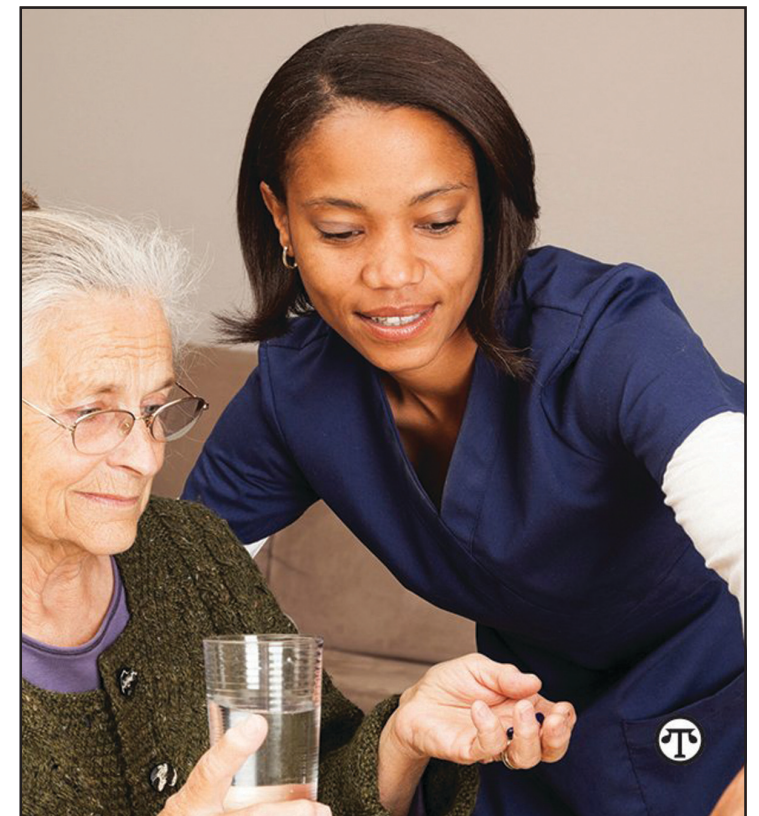
For many Boomers, retirement may involve taking vacations, taking up a new hobby, and spending more time with family, friends and the grandchildren.

In anticipation of these activities, Boomers work diligently to build up their nest egg. But as Boomers age, and as healthcare costs rise, one item they must account for is care in retirement. Unfortunately, too many are failing to prepare.

According to the Center for Secure Retirement and Bankers Life, 79% of middle-income Boomers have no money set aside specifically for their retirement care needs.

With this in mind, they should take the following steps to help protect their nest eggs:

1. Keep moving. Good physical health can lead to a more active life, improved mental and emotional health, and reduced medical expenses. By keeping yourself healthy and fit, you may be able to lower your premiums and potential future costs. Set time aside each day to stay active—your health and your bank ac-



Many Boomers have not properly planned for their retirement care needs—but it’s not too late and help is available.

count will thank you.

2. Save, save, save. It’s never too early to start financially planning for retirement care. Recent data from the Center for a Secure Retirement and Bankers Life shows that more than half (54%) of working adults say their retirement

planning has taken a hit amid the COVID-19 pandemic. Protect yourself from further unforeseen impact by taking advantage of tools and resources that can help you better prepare for the high costs of long-term care.

3. Talk to your children and family members. Although it can be difficult, it’s important to have conversations about how you want to be cared for as you age. You may want to stay in your home and receive care in-place, or you may expect loved ones to provide this care. It’s helpful to include a financial planner in these conversations to provide an unbiased answer to your family’s questions. Sharing preferences and developing a plan can help make the transition easier and give you and your loved ones peace of mind.

It’s never too late—or too early—to seek help and to better understand your financial plan and current healthcare coverage to try to prepare for unforeseen situations in the future.

For further facts and tips on planning for retirement, visit www.bankerslife.com. (NAPSI)



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