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Award Recipient



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El Monte Union Hosts Open House for Student-Grown 'Farm Lab' Gardens

EL MONTE – Arroyo High School held an open house to showcase their one-acre on-campus garden, also known as the 'Farm Lab,' where students grow and harvest their own produce, learn about ecology and farming science and even conserve water to preserve the ecosystem.

The urban garden provides a flourishing and sustainable food source for hungry families from a variety of crops including fruits such as lemon, orange and papaya, medicinal and culinary herbs, root vegetables like carrots, radishes and sweet potatoes, lemon grass, sugar cane and more. While at the open house, guests had the opportunity to enjoy garden-grown basil lemonade, win raffle prizes and make party baskets full of harvested produce.

"I really like coming to spend time at the Farm Lab," Arroyo High School student Derrick Gutierrez said. "Working in the gardens is a lot of fun. It's been a great way to relax and de-stress."

The school's Farm Lab launched in 2016 with the goal of creating an outdoor learning space where students could study ecosystems, water conservation and the community benefits of growing fresh produce. The space is geared towards sustainability, featuring large



Eco Gardens Farm Manager Alan Melgoza-Calderon harvests a sweet potato at the Arroyo 'Farm Lab' Open House.

water reservoirs built from natural materials that are engineered to absorb rainfall and continuously support the thriving ecosystem.

"Students like to get their hands dirty," Eco Urban Gardens Executive Director Marianne Zaugg said. "You learn everything in a farm lab - business, math, design, geometry, and environmental science. We are growing food, greening open spaces, and cultivating a sustainable environment for future generations."

The Farm Lab was developed by Eco Urban Gardens, a non-profit organization that receives charitable funding to promote food sustainability and conservation in urban areas. Since its es-

tablishment in 2016, the Farm Lab has provided a safe space for students to have unique outdoor educational experiences as well as ingredients for the school's culinary program.

Additionally, the Farm Lab has donated more than 3,000 pounds of food back to EMUHS students and families within the last year. Any El Monte Union student is welcomed to the gardens and can take home any produce they harvest to their families to cook a wholesome meal.

"Our mission is to foster an appreciation of agriculture, food and the environment," Eco Urban Gardens Farm Manager Alan Melgoza-Calderon said. "This farm lab has definitely planted the seed of inspiration and hope for our students."

Further Farm Lab projects are underway at the other schools, where the District will continue to explore the impact of ecology education on students' health and career development. This sum-



Volunteers construct party baskets with produce grown and harvested by students, such as fruit, herbs and sugar cane at the Arroyo 'Farm Lab' Open House.

mer, the District anticipates the development of a larger aquaponic/hydroponic greenhouse at Arroyo High and South El Monte High to provide families with fresh produce year-round.

"El Monte Union is grateful to those who have helped the Farm

Lab thrive and are working to expand it to additional sites," Superintendent Dr. Edward Zuniga said. "Through this program, the District is providing hands-on experience for students and expanding their knowledge and skills, helping them as they pursue careers in related fields."



Students choose from a number of healthy root vegetables and ingredients to take home at the Arroyo 'Farm Lab' Open House

Custody Division Blanket Project: Sheriff Villanueva Presented with Special Blanket

LOS ANGELES COUNTY - On January 4, Assistant Sheriff Brendan Corbett and Division Chief of Custody Services Division, Margarita Velazquez, presented Sheriff Alex Villanueva with a blanket made by two inmates who are currently at the Century Regional Detention Facility and are participating in the Custody Division Blanket Project.

The Blanket Project was created in 2010 by one of our Custody Assistants who is an avid crafter. Since the knot tie blankets do not require sewing tools, they became excellent craft projects for the inmates.

Initially, the inmates at CRDF made blankets for the children participating in the 999 for Kids events. The blankets made by the inmates are now distributed at all visiting center events where gifts



Assistant Sheriff Brendan Corbett and Division Chief of Custody Services Division, Margarita Velazquez, presented Sheriff Alex Villanueva with a special blanket.

are given, LASD's 999 for Kids events and by the Sheriff's Homeless Outreach Service Team (HOST).

The Custody Division Blanket

Project highlights the innovative spirit and dedication of our employees and inmates and it's a great example of team work.

The Race Is On at Santa Anita: Flavien Prat VS Johnny Velazquez



Drayden wns on Fast Draw Munnings

By Joan Schmidt

ARCADIA - Saturday, we brought our grandson to Santa Anita for a few races, and there was so much excitement and news.

First, good luck to Brazilian Jockey Tiago Pereira who has taken his tack to Oaklawn Park, Arkansas, joining Joel Rosario and Geovanni Franco. Tom Quigley explained there are more horses and races there, better opportunity. I met Tiago and wife Fernanda over five years ago and wish him many wins there!

Drayden Van Dyke won the "California Cup Derby" on Fast Draw Munnings (Trainer Jeff Mullins). Flavien Prat won the "Unusual Heat Turf Classic" on Aligato (Trainer, Mark Glatt). Ricky Gonzalez won the "Sunshine Millions Filly and Mare Turf Sprint" on Leggs Galore (Trainer Phil D'Amato). Juan Hernandez won the "Don Valpreo California Cup Sprint" on Brickyard Ride (Trainer Craig A. Lewis). Flavien Prat won the "Leigh Ann Howard California

Cup Oaks" on Rose Dawson (Trainer Phil D'Amato). Other wins on Saturday: Race 1: Mario Gutierrez, Worse Read Sanchez (Trainer Doug O'Neill); Race 2: Kyle Frey, Cause She's a Lady (Trainer Mike Puype); Race 4: Flavien Prat, Hall Freedom (Trainer Doug O'Neill); Race 5: Diego Herrera, Make Mine Wine (Trainer Jonathan Wong); and Race 7: Juan Hernandez, Crash Corrigan (Trainer Lorenzo Ruiz).

Drayden's race was UNREAL. He and Ricky Gonzalez (Straight Up G, Trainer Richard Baltas) were neck-to-neck down the wire. I was thrilled to see Drayden win. He has recently returned to SO CAL and also is an outstanding basketball player and golfer! The year I met Drayden, he had won the "Apprentice Eclipse Award". A few years back, Evin Roman won the Apprentice Award; Evin is up at Golden Gates Field along with Ruben Fuentes, Assael Espinosa, Brayan Pena, Heriberto Figueroa and Billy Antongeorgi who all had raced here. But the competition is dif-

ficult. Santa Anita has SO MANY GREAT jockeys, Besides Flavien and Johnny V., there are Victor Espinosa and Mike Smith, just to name a few!

THE BIG QUESTION? Which jockey will win this meet? Right now, (Including Sunday, Jan. 16) Flavien has 29 wins, Johnny Velazquez 19, and Juan Hernandez, 10. Trainer Bob Baffert has 12 wins, Doug O'Neill and Phil D'Amato tied at 9 each.

BIGGEST EXCITEMENT! Santa Anita favorite Jessica Pyfer, is one of the four nominees for the Eclipse Apprentice Award. Her stepdad Phil D'Amato is so proud of her. She graduated from Azusa Pacific, was an intern for our Supervisor Barger and is one of the sweetest, modest young ladies around. Everyone loses Jesse!

Every week there is something exciting at Santa Anita. This past Saturday was "Burgers and Brew". There is a kids' zone. Please go to www.santanita.com for more info. You won't be disappointed!

Love in Bloom: Postal Service Issues New Love Forever Stamps

ROMEO, MI - Celebrate the joy that flowers bring with two new Love stamps from the U.S. Postal Service.

Released early in the year for use at Valentine's Day, this year's Love stamps are also perfect for adding floral flair to letters, birthday or graduation cards, baby shower invitations or notes of thanks. Their addition will bring charm, whimsy and a bit of romance to any correspondence.

News of the new Forever stamps is being shared on social media with the hashtag #LoveStamps.

The stamp dedication took place in the historic village of Romeo, MI. Romantic pictorial postmarks from Romeo will be available throughout the month of February.

The newest additions to the series are now available at Post



Office locations nationwide, and online at The Postal Store at usps.com/shopstamps.

The stamps' two designs feature graphic illustrations of flowers inspired by old European folk art on background fields of powder blue or coral pink. Both have three round, stylized blooms placed symmetrically along the top, with smaller round blossoms in each of the lower corners and vines interspersed throughout. The letters of "LOVE" are positioned among the decorative vines. "Forever USA" sits along

the bottom of each stamp between the two small flowers.

Bailey Sullivan illustrated and designed the stamps. Greg Breeding was art director.

The Forever stamps will be issued in panes of 20.

Customers may purchase stamps and other philatelic products through The Postal Store at usps.com/shopstamps, by calling 844-737-7826 or at Post Office locations nationwide.

Information on ordering first-day-of-issue postmarks and covers is at usps.com/shop.

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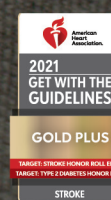
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LA County Confirms More Than 28,000 COVID Deaths; Reports Highest Number of Daily New Deaths Since April 2021

LOS ANGELES COUNTY - With the reporting of 66 additional deaths on January 15, 2022, LA County is marking the grim milestone of losing more than 28,000 residents to COVID-19 since the pandemic began. The death count is the highest number of deaths reported in a single day since April 2nd, 2021, with daily deaths increasing fourfold in just one week. The majority of deaths reported this week are associated with individuals who became infected after December 20 when Omicron was circulating widely. Daily hospitalizations also increased to 4,386, and the extraordinarily high number of new cases reflects worrisome rates of community transmission.

Public Health urges residents to take steps to stay safe during the surge. Residents should get vaccinated and boosted if they have not done so yet, as unvaccinated people are between 2 and 4 times more likely to get infected than those fully vaccinated. Residents should also upgrade their masks to an N95, KN95,

KF94, or a surgical mask, all of which do a better job at blocking virus particles than cloth masks. Everyone should also limit non-essential activities where people are unmasked and crowded together, especially if indoors, until transmission is lower. Residents can visit covid19.lacounty.gov to find a testing site.

"Our hearts remain with those families experiencing the sorrow of losing those they love to COVID," said Dr. Barbara Ferrer, PhD, MPH, MEd, Director of Public Health. "As deaths often lag behind surges in cases and hospitalizations, sadly, the increase in deaths does not come as a surprise and tragically, we are prepared for even higher number of

deaths in the coming weeks. With unvaccinated individuals 22 times more likely to die from COVID-19 compared to those fully vaccinated, residents should not delay getting vaccinated and boosted as these measures are saving lives."

The Los Angeles County Department of Public Health (Public Health) on January 15, 2022 released the latest data on COVID-19.

- 41,765 new COVID-19 cases (2,213,664 cases to date)
- 66 new deaths due to COVID-19 (28,008 deaths to date)
- 4,386 people currently hospitalized with COVID-19
- More than 10,580,000 individuals tested; 19% of people tested positive to date

City Implements New Actions To Reduce Plastic Waste In 2022

ARCADIA - The City of Arcadia will implement two new restrictions to reduce plastic waste over two phases in 2022. Phase One will restrict the distribution of disposable food service ware items such as utensils, napkins, and condiment packets to by-request only, beginning on February 3, 2022. Phase Two will prohibit the use of polystyrene containers for prepared food and beverages and will require the use of containers made from alternative materials other than polystyrene, beginning on December 3, 2022.

Both waste reduction initiatives are intended to decrease the amount of plastic waste in the City, and to address the increase in the amount of to-go food waste generated as a result of the Covid-19 pandemic. California Assembly Bill 1276, passed by the State legislature in 2021, parallels Phase One of the City's

Ordinance and implements the "opt-in" requirement for disposable food service ware items statewide beginning on June 1, 2022.

All food providers located in the city are required to comply with the new regulations, including restaurants, cafeterias, and third-party app-based delivery platforms. There are certain exemptions such as items packaged or repackaged outside the city limits, and food providers may make a written request for exemption to all or part of the Ordinance. Written exemptions will be considered on a case-by-case basis.

For more information, please contact the Development Services Department at (626) 574-5415, or by email at DSD@ArcadiaCA.gov. Additional information and resources can be found on the City's website at ArcadiaCA.gov/lessplastic.

With All COVID-19 Metrics at Elevated Levels, Protecting Skilled Nursing Facility Residents and Staff Is Critical

LOS ANGELES COUNTY - With COVID cases remaining very high and hospitalization and death counts rising, protecting residents and staff at skilled nursing facilities is even more important.

New cases among skilled nursing residents increased by more than 250% to 443 new cases and among staff by more than 350% to 1,522 for the week ending January 2nd com-

pared to the week prior.

There are also 137 active outbreaks in skilled nursing facilities as of January 8th, an 88% increase from the week prior. The increase in outbreaks across all other sectors was 65% during the same period.

While vaccination rates remain very high at 91% of residents and 97% of staff, booster coverage lags among facility staff, with only 54% receiving a booster. More than 85% of facility residents are boosted. The low percentage of staff boosted likely reflects vaccination status at the end of December, which is shortly after the healthcare worker booster

Hospitalizations Rise as Omicron Continues Spreading Throughout County

LOS ANGELES COUNTY - With hospitalizations rising and many emergency departments requesting ambulance diversions at some point during the day, Public Health urges all residents to help preserve the existing capacity of LA County hospitals by not going to the emergency departments for COVID testing or mild illness.

For those who are experiencing mild illness, please contact your primary care provider or schedule a visit at a clinic. Residents needing a COVID test can visit covid19.lacounty.gov/testing to find a convenient testing location near you. This will ensure that those needing emergency care can get services at the closest emergency department or get a quick response when they call 911.

As of January 14th, LA County is averaging 629 new COVID-19 admissions daily, with 4,257 people currently hospitalized with COVID-19, the highest number since February 5th, 2021. Six hundred of these patients are currently in the ICU, making up nearly 25% of all ICU patients. This is higher than the level witnessed during the Delta surge, where COVID patients comprised 20% of ICU patients.

The proportion of ventilated patients with COVID-19 has also nearly tripled since the beginning of December, with one-in-five patients currently ventilated diagnosed with COVID. More than 80% of all adult ICU beds in LA

County are currently occupied. "I join with others sending condolences to all those grieving the loss of a loved one from COVID-19 at this time," said Dr. Barbara Ferrer, PhD, MPH, MEd, Director of Public Health. "As Omicron surges across LA County, there are mounting challenges and frustrations affecting so many. The enormous strain experienced by our health care personnel can be alleviated by reducing the transmission of the virus so that less people are seeking medical care. And while it may feel like there isn't much we can do to keep ourselves and others from getting infected, and that it isn't a big deal to get infected, neither are an accurate assessment of the current situation. Avoiding non-essential activities where the risk for transmission is high because people are crowded together indoors and unmasked will reduce your exposures. Wearing a high grade and well-fitting mask will block COVID virus particles. And given that unvaccinated people are between 2 and 4 times more likely to get infected than those vaccinated, getting vaccinated and boosted will lead to less spread. With thousands of people seriously ill with COVID and deaths increasing daily, it is too risky for too many people to not continue to take precautions and make strategic decisions to minimize community transmission."

On Friday, Public Health confirmed 48 additional deaths and

40,535 new cases of COVID-19. Of the 48 new deaths reported, four were between the ages of 30-49, 12 people were between the ages of 50 and 64, 11 were between the ages of 65-79, and 20 were over the age of 80 years old. Of the 48 newly reported deaths, 38 had underlying conditions. To date, the total number of deaths in L.A. County are 27,942.

Public Health has identified a total 2,172,008 positive cases of COVID-19 across all areas of L.A. County. Today's positivity rate is 19%.

There are 4,257 people with COVID-19 currently hospitalized. Testing results are available for more than 10,537,000 individuals, with 19% of people testing positive.

To keep workplaces and schools open, residents and workers are asked to:

- Adhere to masking requirements when indoors or at crowded outdoor spaces, regardless of vaccination status.
- Remain home when sick, isolate if positive and quarantine when in close contact.

Residents are legally required to be isolated if they have a positive COVID test result and vaccinated close contacts with symptoms and unvaccinated close contacts need to be quarantined.

For updated isolation and quarantine guidance, please visit www.publichealth.lacounty.gov

Organics Recycling In Azusa

AZUSA - Beginning January 2022, ALL residents and businesses in California are required to recycle their organics waste to reduce methane emissions from landfills. The City of Azusa is changing its trash collection and recycling services in order to comply with the State law (SB 1383). The City

and its franchised hauler, Athens Services, have sent several communications over the holidays regarding the changes. Here are important dates to remember as the new program begins:

- Single-Family
 - January 24-February 11: Athens will deliver 3 new carts (black, blue, green)
 - February 14: Automated collection begins
 - February 14-25: Collection of old containers
 - March: Athens Services begins billing
- Multi-Family (MF) and

Businesses

- January: Athens Services begins billing
- February 7: MF Organics collection service begins

All:

- January: Customer service will transition from Azusa Light & Water to Athens Services. Contact Info: 888-336-6100 or email cs@athenservices.com. Requests for service can be made online as well using the Athens self-service options on the top red bar of their website, www.AthensServices.com.

Man Shot and Killed at Baldwin Park Gas Station

By George Ogden
BALDWIN PARK - Baldwin Park police responded to a shooting at a gas station at 12600 block of Ramona Boulevard around 9:30 p.m. on Monday, Jan 10. The gas station is located by the northbound 605 freeway off-ramp to Ramona Blvd.

It appears that a 44-year-old unidentified man had pulled into the gas station and was putting air into his tire of his motorcycle when three men approached him. There was some verbal dialogue between the victim and the three men. During the exchange of words,

it became argumentative and one of the suspects pulled out a gun and shot the unarmed victim.

Sheriff's investigators are handling the investigation. They will be looking at all video surveillance recordings at the station and nearby businesses to identify the suspects. Investigators believe that the suspects are gang members and treating it as a gang-related shooting. After the suspects shot the man, they ran from the scene. No vehicle was mentioned and it is believed that the suspects are from that area.

The victim was transported to the Los Angeles County-USC Medical Center where he later died. His name was not released at the time and were waiting to notify his family members.

Investigators asked that anyone with information about the shooting to call the Sheriff's Homicide Bureau at 323-890-5500. Anonymous tipsters can contact Crime Stoppers at 1-800-222-8477.



709 E. Route 66 Ste A
Glendora, California
91740
Phone (626) 852-3374
E-mail: sg Examiner@aol.com

MARCELO M. PIJUAN
Publisher/Editor

Jayam Rutnam
Contracted Reporter

George Ogden
Contracted Reporter

Glenn Purbaugh
Jun Tolibao
Photographer

Contributing Writers
Joan Hallidy
Ken Herman
Farrah Hassen
Lois M. Shade
Julia Yoder
Gene Morrill
Joe Castillo
Charles Lopresto
Ed Torres

EUGENE F. MOSES
Publisher Emeritus and Founder
of the San Gabriel Valley Examiner

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.

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Covid: Be Ready

Any opinions are mine based on the research I have done. I am not in the medical field; if you have any concerns you should talk with your doctor.

COVID is not going away, eventually everyone is going to get it. This virus started out as a pandemic, infecting many people around the world. It is now considered to be endemic. Researchers are predicting it will always be here. The hope of vaccinating your way out of this has proven to be unrealistic.

It's imperative that you be proactive and be prepared for COVID before you get it. Some individuals do prophylactic care to prevent you from catching it or to lessen your symptoms should you get it. Today we will talk about this prophylactic care. Many doctors in the world have come up with successful protocols that work, here is one:

1. Quercetin 500 mg daily*
 2. Elemental Zinc 50 mg daily*
 3. Vitamin C 1000 mg daily
 4. Vitamin D3 5000 mg daily
 5. NAC (N Acetyl Cysteine) 600 mg twice daily
 6. Melatonin 6 mg before bed
- *Quercetin is the gun and zinc is the bullet. Both are needed.
- Here is a different successful prophylactic protocol:
1. Ivermectin see <https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Alliance-I-MASKplus-Protocol-ENGLISH.pdf> for dosing*
 2. Vitamin D3 1,000-3,000 IU/day



Karin Schott

3. Vitamin C 500-1,000mg 2 x daily
 4. Quercetin 250mg/day
 5. Zinc 30-40mg/day (elemental zinc)
 6. Melatonin 6mg before bedtime (causes drowsiness)
 7. Nigella Sativa 40mg/kg daily 4 (black cummin seed) if you cannot get Ivermectin
- *Next week we will talk about how to get prescription Ivermectin.

Again check with your doctor if you have any concerns.

When you first get COVID, before you show symptoms, the virus spends a couple of days replicating in your mouth, nose, and throat. It has been discovered that utilizing a Povidone Iodine mouthwash can kill the virus that is living in your mouth. The NIH research is here, <https://pubmed.ncbi.nlm.nih.gov/33747261/>. Povidone Iodine is available at any drugstore, inexpensive and you can make it yourself.

10% Povidone Iodine must be diluted by one tenth, to 1% strength before use as a mouth wash, otherwise it is too strong

and irritating. Dilute by adding 2 tablespoons (30 ml) of the 10% Povidone Iodine into a full glass of water (250-300 ml). This will make the product dilute enough to use as a mouth rinse, or gargle, (approximately 1.0 to 1.2%). Gargle for 30 seconds three to four times a day. Do not swallow it. You can take a Q-tip or a pipette for inside your nose. If you get too much down your throat blow the extra out with a tissue.

Next week we will talk about what to do if you get COVID. NIH recommends doing nothing. Some doctors will not even treat COVID. They say to go home, isolate and take some Tylenol to recover. If you have problems breathing, come to the hospital, where you are likely to be admitted and hopefully survive. We are going to look at Early Outpatient Treatment (EOT), which saves lives. Like above, many doctors have created successful EOT cocktails. We will go over a few of them and how to access them.

Keep in mind that the data/science is changing daily, so what is true today maybe different next week.

Karin Schott is a long-time Glendora resident, having lived in the city since 1989. Currently retired, having spent 34 years as a software engineer. She spends her time with gardening clubs, dancing classes, yoga classes and volunteering for Glendora causes. She defines herself as a "truth-seeker".

Test, Jab, Boost, Repeat

by Jane M. Orient, M.D.

Joe Biden introduced his "new" plan to save us from the dread coronavirus. He will provide 500 million "free" tests (paid for by taxpayers or with borrowed money); 1,000 National Guard troops to overstressed hospitals; and more pressure to get vaccinated and boosted.

According to the Kaiser Family Foundation, we would need 2.3 billion tests per month to test every person over age 12 twice per week at the recommended frequency of twice per week. What type of test, and where would we get them? Pharmacies are running out of home antigen tests. We have no data on the likelihood of false negative or false positive tests, but we do know that with any test, even very good ones, the vast majority of positive tests will be false positives if only a small percentage of the tested group is diseased. Also, tests may remain positive long after a person has recovered and is no longer infectious.

Can the tests harm? False positives lead to isolation with destruction of livelihoods and educational opportunities. We may be having an epidemic of false positive PCR tests. Using too high a cycle threshold, as some labs have routinely done, gives a meaningless result. And from your lab report, you cannot tell what cycle threshold was used.

It is possible that doing the test itself could be fatal. A few military members reportedly had infections with flesh-eating bacteria after getting swabbed, and some of the swabs were found to be contaminated. At least one patient got meningitis when a nasal swab was inserted too far.

Hospitals are indeed overstressed. According to a talk radio host, patients are dying in the halls and waiting room of a local hospital because of short staffing. Will 1,000 troops help? Mayo alone just fired 700 unvaccinated workers. An Ohio physician reported that the troops were causing chaos. They didn't even know where supplies were kept, and after a 12-hour shift might be dispatched to another state before they had time to learn the local system. Under CMS waivers covering the declared emergency, minimally qualified per-

sonnel may be used. And now the most experienced and dedicated workers, the very ones most likely to exercise independent judgment and stand up for patients, are being culled.

Will more vaccines and boosters help? Biden asserts that it's a "patriotic duty" to get jabbed, and more jabs are the only way to end the disaster. No matter how much respect you have for his mental abilities, he is likely quoting the American Medical Association. The jabs do not appear to be effective against the new variants, and might even be creating them. There is talk of a fourth shot-but apparently no stopping point for adverse effects such as myocarditis in children.

The U.S. has one of the worst records in the world for controlling COVID-19. Moreover, the most reliable source of statistics, insurance actuaries, shows that deaths in the prime working age group are up 40 percent, and disability claims are also up. A 10 percent increase would be the equivalent of a 200-year flood. The claims are not citing COVID-19 as a cause of death. They could be collateral damage from government policy, including poor medical care for virtually everything, or they could be from vaccination.

States are pushing back against the mandates, which are being imposed by executive order through unaccountable administrative agencies. The U.S. Supreme Court should be considering whether the administrative state has the constitutional or statutory authority to impose a medical dictatorship that overrides the states' authority and citizens' basic rights. Some justices, however, seem to be taking the end-justifies-the-means approach-and that based on egregiously erroneous information. For example, Justice Breyer asserted that there were 750 million cases (in a population of about 330 million) and Justice Sotomayor asserted that there were 100,000 hospitalized children (instead of fewer than 4,000, mostly not for COVID-19). The harms from the mandated vaccines were simply ignored.

Even if the "experts" Biden is relying upon, under the titular leadership of Anthony Fauci,

were right this time, the precedent could grant unlimited power to a medical dictatorship to force disastrous policy on all Americans.

Instead of endlessly repeating failed policy, how about firing the generals who are in charge of the losing war?

Jane M. Orient, M.D. obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She completed an internal medicine residency at Parkland Memorial Hospital and University of Arizona Affiliated Hospitals and then became an Instructor at the University of Arizona College of Medicine and a staff physician at the Tucson Veterans Administration Hospital. She has been in solo private practice since 1981 and has served as Executive Director of the Association of American Physicians and Surgeons (AAPS) since 1989. She is currently president of Doctors for Disaster Preparedness. She is the author of YOUR Doctor Is Not In: Healthy Skepticism about National Healthcare, and the second through fifth editions of Sapiara's Art and Science of Bedside Diagnosis published by Wolters Kluwer. She authored books for schoolchildren, Professor Klugimkopf's Old-Fashioned English Grammar and Professor Klugimkopf's Spelling Method, published by Robinson Books, and coauthored two novels published as Kindle books, Neomorts and Moonshine. More than 100 of her papers have been published in the scientific and popular literature on a variety of subjects including risk assessment, natural and technological hazards and nonhazards, and medical economics and ethics. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.

Dr. Jane Orient., AAPS, 1601 N. Tucson Blvd. #9 Tucson, AZ 85716, Tucson, AZ 85716

An Imperfect Yet Useful Film

In the film "Don't Look Up," released by Netflix last December, director Adam McKay relies on a star-studded cast to satirize the dangers of climate change through an allegorical "planet killer" comet.

Astronomy grad student Kate Dibiasky (played by Jennifer Lawrence) and her Ph.D. adviser, Dr. Randall Mindy (Leonardo DiCaprio), discover a catastrophic comet that is approaching Earth in just over six months. They are 99.7 percent certain that this comet will lead to Earth's destruction. If that wasn't frightening enough, they struggle to get the President of the United States (portrayed by Meryl Streep) to even take this seriously. They fumble during their ensuing media appearances as they breathlessly try to generate public attention.

They soon realize that even in this age of technology, instant communications, and unprecedented social media networking, it is impossible to move most Americans to take this comet seriously. Instead, their eyes remain fully fixated on their smartphones, vapid pop culture, and their day-to-day existence, which certainly rings true today.

From a purely cinematic perspective, the film's screenplay and character development miss the mark. It is easily 45 minutes too long. The running gag of peoples' indifference to the comet and endless fixation on a celebrity's love life eventually grows old and unamusing. Even multiple-Oscar-winning actress Meryl Streep can infuse only so much complexity into her one-note character of the U.S. president, portrayed as a greatest hits compilation mash-up of Hillary Clinton and Donald Trump.

As for the film's larger message, climate scientist Peter Kalman wrote in a December 29, 2021 Guardian column, "I can



Farrah Hassen

relate. This is what it feels like to be a climate scientist today." He added, "It's also the most accurate film about society's terrifying non-response to climate breakdown I've seen."

That may be true. But as others have observed, the obliteration of Earth by an approaching comet is not the most precise allegory for describing the ongoing climate change crisis. Climate change happens over time. Despite the fact that it occurs globally, it isn't immediately visible in the sky, and its deadly impact isn't instantaneous like a giant comet. Nonetheless, it typically does not garner the major media attention it merits, except for particularly destructive instances of climate change-influenced disasters like the fires in the Western U.S. which have escalated in intensity over the past several years.

A highly exaggerated film may not be the best vehicle for showcasing the realities of unmitigated climate change. Notwithstanding the loud protestations of comet deniers in the film who echo those who defy climate science, we already know climate change is here and, to some extent, its effects in the years to come. Instead of allegories, there should be more films and stories that better help the public and policymakers connect the dots on how today's climate emergen-

cy impacts our everyday lives and how we can take meaningful action to reverse course.

For instance, Hollywood could produce films with storylines ripped straight from the news, such as a dramatization of last year's fires in California that were compounded by drought and climate change. The infamous Caldor fire burned over 221,000 acres in 69 days and encircled South Lake Tahoe, coming dangerously close to destroying that treasured resort community. Another film could shine a spotlight on Indigenous-led movements, like the Standing Rock Sioux Tribe, who are fighting against fossil fuel companies.

The larger message of "Don't Look Up," that Americans need to "look up" at the urgency of climate change as they should for an approaching, deadly comet, also misses a more inherent point. It is not enough to be aware of the climate emergency. It is also not enough for world leaders to converge at periodic summits and make empty pledges to cap global warming at 1.5 degrees Celsius above pre-industrial levels. Ultimately, we must change our way of life from our unsustainable overreliance on the fossil fuels that are warming the planet.

According to Netflix, "Don't Look Up" is already their third-most-watched film of all time. At the very least, perhaps that means the film, despite its shortcomings, is stimulating a broader public discourse on the perils of today's climate emergency.

Fundamentally, however, the film makes clear that we need a little less conversation and a lot more action.

Farrah Hassen, J.D., is a writer, policy analyst, and adjunct professor in the Department of Political Science at Cal Poly Pomona.

Coyotes, They are in Pretty Sad Shape

Many of us have seen them, coyotes running loose through our neighborhoods. Yes they can be dangerous to our pets and to people. When they run in packs, best to stay out of their way. Most likely they will avoid you, but if you have a young child, take extra caution.

It is sad to see the state that they are in. I have seen in West Covina that a man had some compassion for a coyote that looked horribly bad and had mange all over. The man had two bowls, one for food and one with water. He stayed by his SUV and watched as the coyote approached the bowls. I watched from across the street from my car.

Nobody wants them running around, but some of us feel bad for these animals and the condition they are in. I look at this bit of kindness from this man as to the fact that he is caring, it may also prevent this animal from going on the hunt for one of our pets.

Let's take a look at the pros and cons of coyotes. What problems do coyotes cause? Coyotes can cause damage to a variety of resources, including livestock, poultry, and crops such as watermelons. They sometimes prey on pets and are a threat to public health and safety when they frequent airport runways and residential areas, and act as carriers of rabies.

The problem with coyotes is, they don't just eat bugs and seeds. Although these canines are classified as predators, they eat almost anything plant or animal. ... Chickens, goats and young hogs suffer from coyote predation. Coyotes feed on other highly valued animals as well, such as your pets.

They are vicious killers of domestic cattle, chickens and goats just to name a few. They are eaters of valued game species like turkeys and quail as well as their eggs.



George Ogden
That's just the way it is!

On the other side of the coin, they are partners in controlling pests like rats and rabbits. They are the ultimate survivor, a useful omnivore that fills an important niche in the natural landscape across the continent.

For many of us, if it weren't for coyotes, we would probably be up to our ears in rabbits, mice and rats. This is one of the reasons coyotes are often found on working farms and ranches. Coyotes can also be spotted along roads at night, cleaning up road-killed carcasses. They even eat carrion when nothing else is available.

Coyotes help keep nature's fruit basket stocked by spreading the seeds of plums, persimmons, blackberries in their scat. They also help spread soft mast crops and nuts.

Another important part of the coyote's summer diet is insects. They relish grasshoppers, for example. Coyotes doing strange jumping dances in brushy fields are chasing the big bugs around and 80% to 90% of their scat in high 'hopper areas can consist of

grasshopper bits.

Getting back to the "bad"...

The problem with coyotes is, they don't just eat bugs and seeds. Although these canines are classified as predators, they eat almost anything plant or animal. Anything a coyote can put in their mouth that is vaguely edible, will become part of his poop. Corn from food plots or row crops, peanuts and other crops like cantaloupe make meals for a hungry coyote pack.

Interesting Coyote Tidbits
Coyotes are coprophagic, which means they eat poop, especially cat poop, which provides trace minerals and nutrients that they don't get from their own food and makes them resistant to diseases. Wildlife biologists at Texas Tech did a blind taste test on scat for coyotes and other animals. They put 10 different kinds of droppings in squares and counted the number of footprints in each square. Cat droppings won paws down. Coyotes have selective digestion. In tough times, such as during a snowy winter, they digest much more of the animals they eat than when food is more plentiful. In bad times, coyotes limit the number of pups that are born in the spring. Instead of 6-8, they have only one or two offspring.

Hope that this gives you a little more understanding of coyotes but no matter what, we really don't want them around.

"That's Just the Way It Is!"

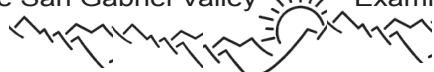
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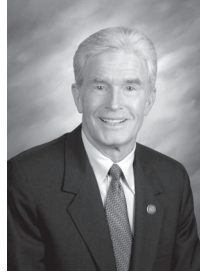
Investors On High Alert

As if there was not enough to worry about the fragility of the capital markets has joined that list. Plenty of attention is recently being paid to what may go wrong with the market this year. Sources of this worry include inflation, Fed tightening, never-ending supply chain disruptions, Chinese aggression towards Taiwan, Russia/Ukraine tensions, ongoing labor shortages, a bipolar Congress creating division within the nation, plus coming divisive mid-term elections. These concerns are underscored by a wave of predictions calling for a market correction on the scale of 10% to 20% by June!

These real concerns, individually or collectively, have investors on high alert. To say that the market faced (and handled) all the bad news thrown at it in 2021 is an understatement. The markets closed 2021 with a bang as the Dow and S&P 500 hit yet another all-time high, and three weeks into the new year things continue to look reasonably stable. However, with an already suspicious investment mindset in place as the New Year gets underway, is there an optimistic view of the markets which should be considered today?

Reviewing some more promising trends may raise hopes of what could be a profitable 2022 in the making. One optimistic viewpoint might be the direction COVID may take in the months ahead. Assuming South Africa is the template for how the Omicron variant will progress, then America's currently serious Omicron spreading will be unlikely to lead to significant COV-

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

ID deaths. There is little basis for believing that COVID deaths will spike in tandem with confirmed cases this year. So far, the death rate relative to confirmed cases for Omicron is minimal.

Omicron burned out in 25 days in South Africa. Even considering the relative size of North America vs South Africa that should be seen as a forward indicator for the U.S. (and hopefully the rest of the world which also has experienced record cases of the Omicron variant). Could we be seeing a blowoff final phase of the pandemic as no other major variants have yet been reported? Or will COVID variants be with us indefinitely, similar to the seasonal flu?

The 10-year Treasury bond yield closed 2021 at only 1.52% but quickly moved up past 1.80% recently. But yield-hungry investors are expected to continue to flock to the stock market for higher yields and potential value growth. However, as investors expect bond yields to continue to rise, they also expect a stock market correction sometime during 2022.

One economic problem is that the U.S. has followed Europe in

implementing Modern Monetary Theory (MMT). That essentially unlimited money creation caused negative interest rates in continental Europe. Assuming the U.S. continues heading down the MMT path the Fed cannot allow interest rates to rise too much. If it does the interest on almost \$30 trillion in cumulative federal debt could crush the U.S. economy. The Fed may feel it has no choice but to keep printing money while also keeping interest rates ultra-low, especially relative to growing inflation. Are you old enough to remember stagflation?

To date the Fed under Jerome Powell has had the market's back. Through the end of QE in March 2022 that will still somewhat be the case. Market liquidity and inflation issues will continue well after March partially because every dollar printed today takes anywhere from three to six months to work its way into and through the system. In fact, there is a long lag effect from when money is printed to when it is used. To this point there will likely be a sustained and lasting high-level of liquidity to fuel stock market purchases that could soften and/or shorten any market pullback. Optimists expect more record highs for the major averages by year-end 2022 (especially if the mid-term elections change Congressional control).

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

I don't know how I'm going to get by. How could they end the monthly Child Tax Credit at the same time Omicron is crippling schools, hospitals, and businesses, and inflation is skyrocketing the price of food and gasoline?

The monthly Child Tax Credit had a pre-set deadline. The need does not have a deadline. This is hurting the poorest, hardest. The Child Tax Credit was payment-in-advance of the Child Tax Credit you'd normally claim when you file your tax return. Now, the IRS has a shortage of trained employees, so tax refunds will be delayed. You are not alone in this crippling dilemma. Seek government council. Find local food-banks to reduce your grocery bill. If you know someone in the same situation, perhaps you could work out some shared expenses. These are difficult times for so many.

As a veteran, can the VA help with my long-term care?

Taking Care of Tomorrow, A Consumer's Guide to Long-Term Care, by the California Dept. of Aging, has a short paragraph about this. "The Veterans Administration (VA) provides a wide variety of services for aging veterans through traditional hospital programs, VA nursing homes, and the State veterans' homes. The VA also offers other programs including home care, adult day care, mental health care, day treatment centers, prescriptions, physical therapy, vision, and caregiver-support programs. The VA has reduced some of its services due to budgetary constraints, not



Julia Yoder

all veterans are eligible for these services, and it's important to inquire before you need assistance. For information, call 1-800-827-1000."

Between being busy filling in for employees who were out sick, and getting sick myself, I didn't invest in my Roth during 2021. Is there any way for me to still do this now?

If you qualify to put money into a Roth IRA, you can make your 2021 investment until April 15, 2022. You will still be allowed to make your 2022 Roth IRA investment contribution, too.

Do you think it's a good time to start a business?

It helps the economy when someone sees a need, starts a company, and creates jobs. Before making a decision to start a business, gather the facts for Federal, State, and local taxation and regulations. Covid has complicated running a business. Numerous business are permanently abandoning brick-and-mortar buildings, having their employees work remotely.

Is there really a safe place to invest?

An individual's age and life-changing circumstances cause fluctuations in their risk tolerance. The stock market can be quite risky, especially if you do not have enough years before retirement to recover losses. Your investments at a bank are not necessarily FDIC insured. (Ask your banker for their FDIC brochure, and read the disclosures on your bank statement.) The contents of your safety deposit box are not insured by the bank nor by FDIC. Life insurance companies are closely watched and rated (Standard & Poor's, Moody, others), are required to have a much higher percentage of their money "liquid," (quickly available), and typically back their investors' dollars by having their own widely-diversified investment portfolio. Nowadays, life insurance (especially with a built-in cash accumulation account), and certain equity-indexed, or fixed annuities are good places to put your money.

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

Car Talk by THE CAR DOC
What You "AUTO" Know
By Gene Morrill - Certified Automotive Specialists

Cabin Air Filters - Why They Help In Winter Months, Too!

When drivers think of cabin air filters, they usually think of them as necessary in the spring. They are, of course, very helpful in the spring as they help allergy sufferers by trapping pollen and keeping the spores out of the car or "cabin" of the vehicle. Some argue that yes, that is important, but it is even more important to make sure your cabin air filter is working well in the winter months! Why?

- Tailpipe emissions release particulates that create havoc with drivers' and their passengers' respiratory systems. When our outside temperatures even drop 20 degrees, this release is doubled. Cabin air fil-

ters can stop these particulates even when they are as small as one micron in diameter!

- Just like your car's battery, the warmer months cause the damage in cabin air filters that is often the result of failure in colder weather. If your vehicle seems to be struggling with heating/cooling issues, it could be due to leaves, bugs, and pollen build up in your cabin air filter. It did its job protecting you and your passengers all spring, summer and fall, but now it is full of debris and needs to be changed.

- How's your defroster working? If you are finding it hard to see out the windshield, it could be due to a clogged

cabin air filter. This clog restricts the blower and keeps it from delivering hot air to the windshield. This also lets you know that your cabin air filter is struggling and needs to be replaced.

Call us today and let us check your cabin air filter. Your car will operate more efficiently, and you and your passengers will breathe better!

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Hometown Service You Can Count On!

Azusa Residential E-Waste Collection Now Available

AZUSA - Athens Services is now collecting electronic waste. Azusa residents may drop off their electronic waste at the Azusa City Yard. Bring proof of Azusa residency such as utility bill or driver's license with

Azusa address. Business wastes are not accepted.

Electronics (e-waste) can include those devices that utilize electrical wiring, plug into an electric outlet, or take a battery or light bulb. Examples of e-waste include (but are not limited to): computers and accessories, circuit boards, extension cords, flashlights, microwaves, phones, stereos, DVD players and televisions.

Items NOT accepted:

Automobile parts, construction debris and hazardous waste are not allowed in your waste containers or as part of bulky item pickup.

Where to drop off your electronic waste:

809 N. Angeleno Avenue, Azusa, CA 91702

Hours: Monday-Thursday, 8 AM - 4 PM

Every 3rd Saturday of the month, 8 AM - 12 PM

Closed on holidays

Public Health Modifies Health Officer Order to Add Additional Masking Requirements for Indoor Employees

LOS ANGELES COUNTY - As cases continue to surge as a result of the increased circulation of the highly transmissible Omicron variant, Public Health has modified its Health Officer Order to include additional safety measures to reduce transmission risks knowing that vaccinations alone are not sufficient to prevent spread of Omicron. As soon as possible, but no later than January 17th, employers are required to provide their employees who work indoors in close contact with others with well-fitting medical grade masks, surgical masks, or higher-level respirators, such as N95 or KN95

masks. These upgraded masks are better at blocking virus particles from going through the mask.

The new modifications include an alignment with the State Public Health Officer Order changing attendance thresholds at mega events; for outdoor mega events, the new attendance threshold has been lowered to 5,000 attendees, and for indoor mega events, the new threshold is 500 attendees. Operators of mega events, performance venues, movie theaters, and entertainment venues are responsible for the messaging, signage, and compliance of masking require-

ments unless spectators or customers are actively eating or drinking. Additionally, Public Health recommends that food and drink be consumed in designated dining areas.

Lastly, food and drinks are prohibited at card room gaming tables and masks must always be worn while indoors at card rooms, except for when actively eating or drinking in designated dining areas.

These modifications recognize the importance of wearing well-fitting, high-quality masks that do the best job filtering out virus when in close contact with others.

County Supervisors Order Countywide Sewer Assessment After Massive Carson Sewage Spill Shuts Down Beaches

LOS ANGELES COUNTY - Los Angeles County Supervisors Janice Hahn and Kathryn Barger have ordered a countywide assessment of county-run sewer infrastructure in the wake of a series of recent sewage spills.

"The sewer pipe that collapsed in Carson and spilled 8 million gallons of sewage into our ocean in late December was nearly 60 years old," said Supervisor Janice Hahn. "We need to not only understand why that pipe wasn't replaced sooner, but how our aging infrastructure in sewer systems across the County is holding up. If we have a much bigger problem on our hands, we need to get ahead of it and that's what I hope we get from this assessment."

"Recent sewage spills in Los Angeles County provide an important reminder that we must pay attention to sewer infrastructure that is often out of sight and out of mind," said Supervisor Kathryn Barger. "Today's motion ensures our County proactively monitors projects needing repair and develops a clear picture of our long-term needs. We must keep systems functioning and evolving - we can't afford to ignore them."

The Board of Supervisors the board voted unanimously to sup-

port a motion authored by Supervisor Hahn and co-authored by Supervisor Barger to direct the Los Angeles County Department of Public Works to report back to the board in 30 days with an assessment of the condition of the infrastructure of the Consolidated Sewer Maintenance District, a list of planned infrastructure upgrades and repairs, an assessment of long-term funding needs, and a plan to obtain Federal infrastructure funding. The

Department of Public Works to conduct monthly assessments of infrastructure slated to be repaired in order to prevent potential failure.

The Consolidated Sewer Maintenance District maintains 4,600 miles of mainline sewer within the unincorporated areas and 37 cities across the County and is administered by the LA County Department of Public Works.

Prevent Outbreaks at the Workplace

- GET VACCINATED AND BOOSTED when eligible
- WEAR WELL-FITTED SURGICAL OR MEDICAL GRADE MASKS if you work indoors & are in close contact with others.
- PHYSICAL DISTANCING
- FREQUENT hand washing & surface cleaning
- WORKING air filtration & ventilation
- SICK LEAVE for sick employees

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Around the Valley & Senior News

"TIME JOCKEY" - Gold Rush Myths

Stories of Hardship... History has been kind to the Gold Rush and its impact on California and America.



Joe Castillo

The "49ers" came by the thousand to the new state of California to become rich and start a better living than they had earned working in the East.

most did not and that is where the myths of success start to break down. First of all, the journey west was more difficult than has even been documented.

small and cramped, and diseases like scurvy often spread quickly. The food was barely edible and the sanitary conditions were non-existent.

If the traveler had additional funds, he could choose to take a shorter and faster voyage by crossing the Isthmus of Panama and then catching another ship to San Francisco.

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.

Seen Or Heard Around Town And All Around

By Ed Torres

1. The railroad bridge that crosses Foothill Boulevard west of Vineyard Avenue in Rancho Cucamonga, is an old fashioned overpass, but is colorfully painted, with vintage cars designed on the side of the metal structure...

2. Schadenfreude (if you say it repeatedly and softly, it could be a mantra or a prayer): the German term generally means, the gleefully wishing for bad things to happen to someone or something...

3. But now, when anyone showers Biden with "shade" and schadenfreude, the folks who did the same to President Trump, shout that everyone should support President Biden - and suggest that those who oppose White House policies, well, they are wicked and un-American...

4. Double parking in big cities is not unusual, and nowadays in smaller ones too, some say... Young ones or very old ones (and ages in between), doesn't matter; they double park in downtown areas of the region, and wait, while people get out to pick up orders, or the drivers themselves leave the car idling, to pick up orders.

5. Sometimes Caltrans crews close ramps to do repair work - as they did recently on the Foothill Freeway (210) - but why so routes.

many at once?... Not long ago, around Azusa-Glendora, numerous ramps were closed on the way west - and people who wanted to exit north from the freeway, had to waste time and gas, going all the way to Bakersfield, to exit and get back - not that far, really, but buckaroos, it was quite an inconvenience for drivers...

6. Some supporters of Biden say they were aware even before he was elected, that his health was noticeably deteriorating... But they excuse themselves for the condition the country is in under his direction, by stating that they did not vote for Biden, that they voted against Trump...

7. Some people, even at supposedly friendly gatherings, sometimes find themselves upset - at the time, and afterwards - because someone at the event directed hurtful remarks at them, with-a-smile... But, not until the offended ones walked out-the-door and were walking down the stairs, after the event, did they "think up" a beautifully stinging counter-punch remark, with which they could have responded to the "creep"...

8. A newscaster suggested that a tiny number of senators, was keeping President Biden's latest

bill from passing the Senate, although supposedly a majority of senators favored it. But, contrary to what the "talking head" stated, there is a majority of 52 senators out of 100 who are prepared to vote against the changing of senate rules and against Biden's proposed law...

9. Way back, during the infancy of television, some folks even then complained that children's Saturday morning cartoons were too violent, that commercials contained too many unhealthful tidbits - that something-should-be-done!... Well, it seems something has been done to reduce the number of offending commercials, but the violence in children's cartoons seems greater now...

10. Oh, by the way, reportedly the government of Mexico recently confiscated hundreds of thousands of boxes of Kellogg's cereal because the bureaucrats thought the pretty boxes would induce the "kids" to eat too much bad food... [Pssst, Mexico, where the drug cartels dominate - where politicians seem to overlook the problem, and confiscate cereal rather than drugs?]

Comments/suggestions: honmod1@yahoo.com

Nighttime Construction On Route 66 Between Compromise Line and Hunters Trail thru March 7, 2022

GLENDORA - As part of the 9.1-mile Foothill Gold Line light rail project, KPJV crews will continue bridge construction on Route 66 between Compromise Line Rd. and Hunters Trail in the city of Glendora.

Glenwood Ave. and creating cul-de-sacs on both sides of the railroad crossing in the city of Glendora, as part of the 9.1-mile Foothill Gold Line light rail project.

tion, roadway paving, and new curb & gutter.

Ongoing and continuing daily thru February 11, 2022 (extended), Pasadena Ave. will be fully closed to all traffic (vehicular and pedestrian) at the railroad crossing 24 hours a day/7 days a week.

Nightly intermittent lane or bi-directional closures will take place thru Monday, March 7, 2022, from 7:00 PM thru 6:00 AM the next morning (Monday - Saturday). Thru traffic will be maintained via one lane in each direction or a single bi-directional lane with the use of a flagger.

Starting January 26, 2021, Glenwood Ave. will be permanently closed to all traffic (vehicular and pedestrian) at the railroad crossing. Work will continue within the railroad corridor at Glenwood Ave.

Full Street Closure of Pasadena Ave. at Railroad Crossing in Glendora - Crews will continue reconstructing the railroad crossing on Pasadena Ave. in the City of Glendora, as part of the 9.1-mile Foothill Gold Line light rail project.

Permanent Street Closure of Glenwood Ave. at Railroad Crossing in Glendora - Crews will be permanently closing

Woman Crossing Valley Blvd Hit By A Vehicle

By George Ogden WEST COVINA - On Saturday, January 15, just before 6:00 a.m., 9-1-1 operators received a number of calls about a pedestrian being hit by a vehicle. The Sheriff Deputies were the first on scene in the 3000 block of Valley Blvd.

vehicle remained at the scene and cooperated with investigators. The West Covina Police Department's MAIT (Major Accident Investigation Team) responded to the scene and were handling the investigation.

It appears the woman ran across the street and was hit by the eastbound vehicle. The driver may have been blinded by the sun and didn't see the woman running across the street and struck her.

It appears the woman was crossing Valley Blvd and was hit by an eastbound vehicle. Her head struck the vehicle as she flipped over the top of the vehicle and then striking the roadway as well. The driver of the

- ACROSS
1. Sleeps in a tent
6. Horror movie franchise
9. Varieties
13. Mozart's "Die Zauberflote"
14. Road crew supply
15. Moron
16. Workman's cotton, once
17. Exclamation of surprise
18. Monte Cristo's title, in French
19. *Olympic Athletes from
21. *Figure skating jump (2 words)
23. Capone's ilk, e.g.
24. Attention-getting sound
25. Eminem's genre
28. Cashier's call

STATEPOINT CROSSWORD - THEME: WINTER OLYMPICS

- 30. Hit-or-miss
35. It will
37. *Triple one in figure skating
39. Hustle and bustle
40. German Mrs.
41. A mile racer
43. a.k.a. horse mackerel
44. Jargon
46. Workbench holding device
47. Health club offering
48. Diner, e.g.
50. Latin for "and others"
52. ___ Aviv
53. Ill-mannered one
55. Curiosity's victim?
57. *2022 Winter Olympics location
61. *Torch Relay starting point

- 64. "___ the Family" TV series
65. Refrigerator sound
67. Poppy seed derivative
69. Bitterly regretting
70. Egyptian cobra
71. Part of a stair
72. Seedy source of Omega-3s
73. More, in Madrid
74. Changes to a manuscript

- DOWN
1. Cape ___, MA
2. Copycat
3. Carte du jour
4. Spectrum maker
5. Delilah's lover
6. Roofed colonnade
7. Expression of satisfaction
8. Angry
9. Revered one
10. Fancy ride
11. Japanese zither
12. Pas in ballet
15. "Freezing" Marvel character
20. Letter-shaped girder
22. "___ the land of the free..."
24. Designer's studio

- 25. *Biathlon gear
26. Skylit lobbies
27. Manufacturing site
29. *2022 Winter Olympics number
31. Like Curious George
32. Monocot's alternative
33. "Killers of the Flower Moon" Oklahoma location
34. *Olympic award
36. *Olympic sled
38. For fear that
42. Respond
45. Circling
49. Far, old-fashioned
51. Capital of Punjab
54. Early Irish alphabet
56. Sort of warm
57. Vomit
58. Twelfth month of Jewish year
59. Pelvic bones
60. Put a hex on
61. Concert units
62. Not yet final
63. Edible fat
66. *Miracle on Ice winner
68. Not Miss or Ms.

CROSSWORD grid with numbers 1-74.

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January 13, 2022 Puzzle Solution

Grid solution for the crossword puzzle: T R A C T O A R E W E S, R O B L E D N A G R A C E, I M B U E D A B E I G H T, P E A C H E S B E N N E T T, K E A W I L E, A B A E R N E F R A M E D, R O M P L O D E A L A M O, E R I E S A L A D G M A N, N O N E T H O S E A M I D, A N O R A K C E P S A L A, S I L K T E N, B A T I S T E S H E E R A N, I N A N E O H M S W A L E, K N O L L N E O A L T O S, E A S Y E R G W Y A T T

Glendora Community Coordinating Council's Youth Recognition Award

GLENDORA - Eighth grader Tessa Hart is on the competition dance team at Dance Street West in Glendora. She dances 10-12 hours each week while being an excellent student at Goddard Middle School. Tessa volunteers three times each week at the dance studio to help teach dance to the preschool students. She teaches tap and ballet, helps to change dance shoes, help if anyone is crying. Her students love her and she makes a huge difference at the dance studio by being a team helper and a responsible role model for the whole studio by selflessly volunteering her time each week. Glendora Community Coordinating Council is pleased to recognize Tessa with January's Youth Recognition Award.

The GCCC is always looking for volunteers from the city



Glendora Community Coordinating Council President, Matt Bartlett with Youth Award Recipient Tessa Hart.

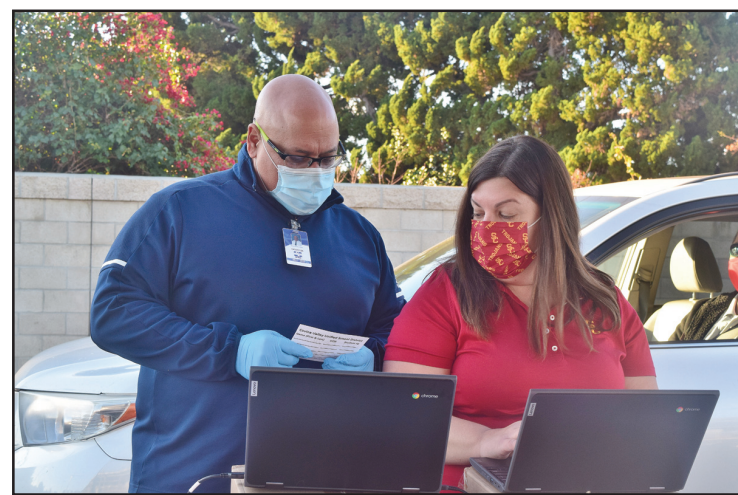
To be recognized each month. If you have a nominee please visit our website at www.glendora-coordinatingcouncil.org for a form and contact information. We'd like to thank Citrus College for being our meeting sponsor.

Covina-Valley Unified School District Provides Free, At-Home COVID-19 Testing Kits to Students

COVINA—In accordance with the recent surge in COVID-19 cases and revised health protocols outlined by the Los Angeles County Department of Public Health (LACDPH), Covina-Valley Unified School District provided District students with more than 6,000 free, at-home COVID-19 testing kits during drive-thru distribution events on Jan. 6 and 7.

Covina-Valley Unified worked with the Los Angeles County Office of Education (LACOE) to receive and distribute the tests, which are being provided to school districts by the California Department of Public Health (CDPH).

Over the course of the distributions, District students and families gathered at the Covina-Valley Unified School District Field to obtain their testing kits containing two COVID-19 tests and instructions on how to admin-



Covina-Valley Unified School District staff members distribute free, at-home COVID-19 testing kits at the District's drive-thru event on Jan. 6 at the Covina-Valley Unified School District Field.

ister them. "At Covina-Valley Unified, our top priority is the health, safety, and well-being of our students, staff, and families," said Jonathan Blackmore, Covina-Valley Unified's Assistant Superintendent of Educational Services. "We appreciate our community's support as we review and implement the new health orders while minimizing the disruption of student learning."

Covina-Valley Unified's distribution of at-home tests is part of

a statewide effort to reduce the spread of COVID-19 in schools and bolsters the District's ongoing efforts to support the health and safety of the District community.

In addition to the at-home tests, Covina-Valley Unified continues to offer COVID-19 resources to students, staff, and the community. For more information on the District's COVID-19 resources and protocols, please visit <https://www.c-vusd.org/>.

Wild Wings Visit Women's Club of West Covina

By George Ogden

WEST COVINA - At the latest "Meeting and Luncheon" at the South Hills Country Club, the Women's Club of West Covina had a great program at their meeting. Wild Wings of San Dimas visited the meeting with a number of birds and gave a very good program about their program and their facility.

Wild Wings is a rehabilitation center for sick and injured native birds located in San Dimas, California. They have been helping injured birds get back into the wild since 1987. Wild Wings of California is a non-profit organization established for the purpose of providing specialized care for orphaned, injured and sick wild native birds. It is the purpose of this ongoing effort to return these birds to their natural environment.

A team of wildlife



Bob Everett and Dr. Kristine Koh showing birds from Wild Wings, rehabilitators, biologists, medical professionals, and community volunteers work in tandem to accomplish this goal.

Wild Wings of California has permits issued by the Calif. Dept. of Fish and Game and by the U.S. Fish and Wildlife Service for the purpose of wildlife rehabilitation and public education.

Wild Wings of California,

Inc. is a registered non-profit, non-political organization under Section 501(c)(3) of the Internal Revenue Service code of charitable organizations.

They are on Facebook "Wild Wings of California" and their

website is: wildwings.org.

Bob Everett and Dr. Kristine Koh brought in a number of their feathered friends to share and educate those attending about their life style and provided all kinds of statistics and information. They brought in three owls from little guy to a rather large owl who seemed intimidating. They also brought in some type of falcon that can reach speeds of over 240 mph while in a dive. They do this as an inflight attack where they pull-up at the last second and impact their target, usually killing it in flight where it simply falls to the ground.

The members and guests were very impressed with this program and gave a lot of accolades about the program.

KNOW YOUR COVID-19 TESTING OPTIONS

- 1 If you have insurance, start by contacting your doctor or visiting your local pharmacy.
- 2 If your employer or school requires a test, go through your job or educational facility.
- 3 If you don't fall into those categories, free County-sponsored tests are available. Visit covid19.lacounty.gov/testing to find a location near you.

For more information, visit covid19.lacounty.gov/testing

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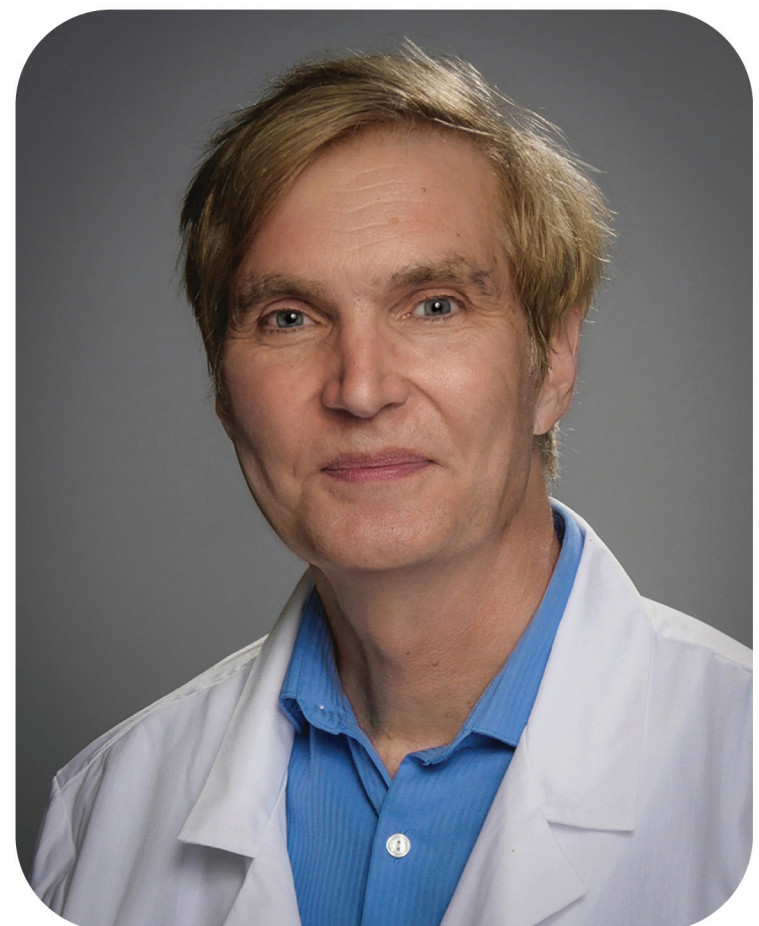


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