



# San Gabriel Valley Examiner

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25 cents

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

Volume XXIII, Issue No. 34

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

August 20 - 26, 2020

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# Councilmember John Fasana Does Not File for Re-Election After 33 Years of Public Service to the City of Duarte

**DUARTE** - Councilmember John Fasana announced that after 33 years of serving on the Duarte City Council, he will not seek re-election in November.

Friday, August 7th was the last day he could have filed papers for re-election. Fasana shared the news with his colleagues and residents at the June 23rd virtual City Council meeting that he would not be seeking re-election.

"I wanted to take that moment to focus on encouraging residents living in District 2 to come forward as candidates," stated Fasana. "Serving one's community is an honor and privilege, but it takes preparation and a substantial time commitment. Running for office is a big decision."

After moving to Duarte with his wife Kris in 1985, Fasana was first elected to the Duarte City Council in November 1987 and was re-elected in subsequent elections. Since Duarte adopted council districts in 2018, Fasana has represented District 2. Serving as Mayor first in 1990 and five other times during his tenure, Fasana worked to promote transportation, community services, and environmental protection issues in Duarte.

"Duarte has advanced enormously from Councilmember Fasana's outstanding leadership, especially in the area of transpor-



**Duarte Councilmember John Fasana**

tation which has not only benefited our residents, but improved Los Angeles County as a whole," said Mayor Samuel Kang. "I know I speak for the entire City Council in thanking him for his exemplary public service. His expertise and professionalism have been transformative to Duarte and the San Gabriel Val-

ley." Fasana has represented the San Gabriel Valley on the Los Angeles County Metro Board since Metro's inception in 1993 and served as the Metro Board Chair in 2001-2002 and 2016-2017.

During his tenure on the Metro Board, Fasana worked with colleagues in Sacramento and Washington, D.C. to obtain several billion dollars for critically needed multimodal congestion relief projects, including creation of Metro Express Lanes. Fasana's policy direction led to the establishment of the Foothill Extension Construction Authority Board that built the Gold Line light-rail station in Duarte and extension to Azusa that began serving customers in March 2016. He also secured funds to build soundwalls that help mitigate noise for Duarte residents and students adjacent to Interstate 210.

Notably, Fasana has advocated for youth programs, serving on the Duarte Education Foundation and local YMCA boards. Over the years, he and his colleagues worked together to open the Duarte Teen Center, build new parks, and develop a new middle school and performing arts center.

"Stepping aside as City Councilmember for this community was a hard decision," said Fasana. "However, it is time. I am grateful for the leadership of my colleagues, the professionalism

of city staff, and the trust of our residents. I will always cherish my time on the City Council but look forward to being a resident on the other side of the dais. I thank Duarte voters for their support through the years. Duarte has a bright future and will benefit from a fresh perspective on the City Council."

In 2015, Fasana retired from his Regulatory Project Manager position with Southern California Edison after 35 years of service. He is a graduate of Whittier College. Fasana and his wife have three adult children and two sons-in-law.

The deadline to file election papers for residents interested in running for the District 2 seat was extended to Wednesday, August 12 at 5:00 p.m., when Councilmember Fasana did not file. Current Economic Development Commissioner Vinh Truong was the only candidate that filed for District 2 and submitted enough qualified signatures to the Los Angeles County Recorder's Office. Duarte City Councilmembers will hold a Special Meeting next week to consider appointing Truong to fill the District 2 position, effective December 8, 2020.

# Portion of Glendora Avenue Close Due to Foothill Gold Line Light Rail Project



**Detour Route Map**

**GLENDORA** - As part of the Foothill Gold Line light rail project, Glendora Avenue will be fully closed to all vehicle and pedestrian traffic at the railroad crossing (just north of Route 66) beginning on August 21 and continuing through January 15.

Access will be available to local homes and businesses on

Glendora Avenue within the closure area, north and south of the railroad crossing.

A detour route will be in place during the closure and signage will be posted to direct motorists and pedestrians. Please follow detour signs.

Glendora Avenue in front of

the Glendora Police Station remains fully open, however you will need to use the alternate route if driving north from Route 66.

You may contact the Gold Line Construction Hotline at 626-513-5788 with any questions or concerns.

# USMC Veteran Carl Harstine Celebrates 95th Birthday



Photo credit to Glendora Chamber

**Glendora Mayor Michael Allowos congratulates USMC Veteran Carl Harstine on his 95th Birthday.**

**By Jayam Rutnam**

**GLENDORA** - United States Marine Corps veteran Carl Harstine turned 95 this August 2020. On Saturday August 15th, the Glendora Chamber of Commerce, the La Verne Chamber of Commerce and Glendora Mayor Michael Allowos along with Carl's daughter Donna Harstine ar-

anged for a Happy Birthday drive by past Carl's home on South Rimhurst Avenue in Glendora.

It was "a birthday parade fitting a true patriot and WWII USMC hero, who survived combat in the South Pacific," said Fawn Imboden of America's Christian Credit

Union. There were vintage cars and hotrods, motorcycles, dignitaries, friends, relatives, officers of the the Glendora Police Department and Athens Services who drove past Carl Harstine's home, while Carl waved at the Parade, sitting on a wheelchair in full USMC uniform.

# Glendora Opens Cooling Centers During Heat Wave

**GLENDORA** - In response to Southern California's current heat wave, one of the most significant and impactful in years, the City of Glendora is offering the community free, air-conditioned cooling centers during the extreme weather forecast. The Community Service's Teen and Family Center, located at 241 W. Dawson Avenue, and the Glendora Public Library's Bidwell Forum is

staffed and available to accommodate 14 and 25 visitors respectively.

"I am grateful that despite COVID-19 challenges, our Glendora team has found a way to provide essential cooling services to our community in need," said Mayor Michael Allowos. "When the City of Glendora sees a need, we always step up."

Both facilities will require

visitors to follow current LA County COVID-19 health protocols, including having temperatures taken, wearing face coverings, and remaining at least 6-feet apart from other visitors. The Teen and Family Center will operate Monday through Friday, from 9:00am until 5:00pm, and the Bidwell Forum will operate Monday through Friday, from 10:00am until 4:45pm, during the extreme heat alerts.

For questions, call (626) 914-8200 or visit [cityofglendora.org](http://cityofglendora.org)

## TOO TOXIC TO TRASH

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# Honing Your Small Business Toolkit in Uncertain Times



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

It's been a challenging year for small businesses, with local shut-downs requiring many operations to close their doors, some temporarily, all while weathering the ripple effects of a global economic downturn.

However, experts say that by getting back to basics and honing your small business toolkit, you can run a tighter ship, leaving your enterprise in a better position to survive these difficult times. Here are a few strategies to consider.

**Automating Accounting**  
Upgrading your accounting software will help you avoid errors that are common with manual number crunching and leave you well-prepared should your business be randomly audited. Keeping your books in order and automating back-office tasks like this will save you substantial time and energy, which is especially important these days when your attention is better spent on the big-picture aspects of running your business. Just be sure to choose a trusted, vetted

solution.

**Ditching Paper Payroll**  
A 2019 survey by Intuit QuickBooks and Kelton Global found that small business owners spend on average 4.5 hours each pay period preparing, calculating, and filing payroll. By automating payroll, you can turn your attention to more pressing needs, such as finding new clients, exploring new digital offerings and maintaining your business.

Various tech tools can help you get a handle on what may be your largest expense – paying your workers. A payroll service with a one-day direct deposit feature can be especially valuable, as it allows you to hold onto company cash longer. Overall, automating payroll can give you confidence that employees are paid on time and accurately.

**Owning Tax Time**  
And while traditional payroll software can be helpful, it may not go far enough – Intuit QuickBooks, for example, has an expanded suite of QuickBooks Online Payroll offerings that en-

able small businesses to run payroll and file taxes automatically. This saves small business owners valuable time each payroll cycle by eliminating manual data entry and reducing errors. QuickBooks also offers Tax Penalty Protection that guarantees if a customer receives a federal, state, or local payroll tax penalty from an error made while using QuickBooks Online Payroll, QuickBooks will help resolve it with the government and pay up to \$25,000 in fees and interest. To learn more, visit [www.getqb.com/payrolltools](http://www.getqb.com/payrolltools).

“Across the board, small business owners today are facing exceptional circumstances, only now they have the option of using new game-changing tools,” says Laurent Sellier, vice president and business leader of QuickBooks Online Payroll. “By overcoming cash flow, payroll and tax challenges, companies can be in a better position to make it through these uncertain times.” (StatePoint)

# Prepping for a Successful School Year



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

Whether heading back to the classroom or back to a digital device this fall, it is important to be prepared. Get your children set up for academic success with the following resources and gear:

• **Comfortable workstation:** A few considerations will improve ergonomics and comfort, for better focus when working at home. Consider a height-adjustable table or desk as well as an adjustable chair in order to accommodate your growing child's needs. If possible, select an area for your child to work that gets plenty of natural light. A good desk lamp is also essential.

• **Math tools:** Did you know that there are free math resources available online that can help to alleviate the challenges posed by remote-learning? Check out Casio's learning site, available at [CasioEducation.com/remotelearning](http://CasioEducation.com/remotelearning), which provides math activities, YouTube videos, an online calculator and downloadable resources. The brand also offers a variety of models of scientific and graphing calculators, providing students of all levels with the features they'll need to make the

grade.

• **Headphones:** With so many distractions that can derail a student's attention, a good set of noise-canceling headphones can make all the difference.

• **Music instruction:** Give kids the tools they need to play music wherever and whenever they'd like. With the ultra-compact LK-S250 keyboard, novices can easily learn to play favorite songs using the instrument's Key Lighting system and library of built-in songs. By connecting to the free Chordana Play app, they can take lessons further by mas-

tering favorite tunes from downloaded MIDI files. The class-compliant USB port connects to any Mac, PC, iOS or Android device with no drivers needed.

• **Functional fashion:** The best accessories also serve a purpose. Look for a watch that has a range of features that help students stay on task. Check out the Pro Trek line of watches. Its different alarm settings can be used to keep a schedule.

Be sure kids are equipped for a successful school year, no matter where or how their learning takes place. (StatePoint)

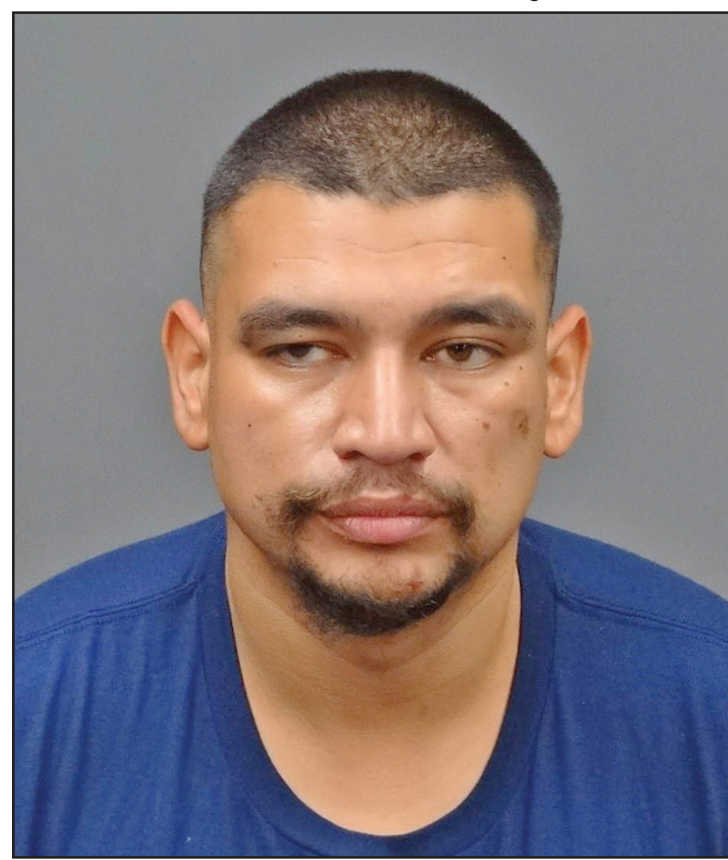
# Arrest Made In Gas Station Attack That Left Victim With Memory Loss

**IRWINDALE** - On Sunday, July 12, 2020 at about 2:11 AM, City of Irwindale police officers responded to the Arco gas station located at 110 Longden Street in the city of Irwindale regarding a male found lying in the parking lot.

On arrival, officers located a 61-year-old male victim with head trauma who was unconscious and non-responsive. The victim was treated by paramedics and taken to a local trauma center in serious condition. As a result of his injuries, the victim suffered substantial memory loss and has been unable to make a statement to investigators.

Officers learned from security camera recordings at the gas station that the victim got into a confrontation in the parking lot with an adult male, who arrived at the location in another vehicle. During the confrontation, the suspect suddenly and without apparent provocation, stuck the victim in the face, causing him to fall to the ground and hit his head on the concrete, rendering him unconscious and non-responsive. The suspect fled the location in a vehicle.

Using information from the security camera footage, investigators issued a release to the public asking for information on the identity of the suspect. This release included photographs of the suspect obtained from the security recordings, as well as a portion of the actual video footage. The release was shared on



Photos courtesy of Irwindale Police Department.

**Jesus Avila, Jr. booked on attempted homicide charges.**

the police department's social media accounts and website and received substantial media coverage.

Shortly after issuing the release, anonymous information was received via the Crime Stoppers website regarding the identity of the suspect. Using this information, investigators developed additional information leading to the identity of the suspect in this case. On August 11, 2020, at about 5:30 PM, Irwindale Police Department detectives served an arrest warrant on the suspect, who was arrested

without incident in the city of Irwindale.

Jesus Avila, Jr., a 33-year-old resident of South El Monte, was booked on attempted homicide charges. He is currently being held at the West Covina Police Department Jail on \$2,001,500.00 bail, pending his court appearance.

The Irwindale Police Department would like to thank the members of the community who submitted tips and information via the Crime Stoppers website that lead to the identification and arrest of this suspect.

# 6 Cool Ideas for Family Fun Month



PHOTO SOURCE: (c) daisy1344 / iStock via Getty Images Plus

August is National Family Fun Month, and what better way to enjoy the end of summer than by making lasting memories with your loved ones? Whether exploring the great outdoors or making music, families can take the opportunity to spend some time together. Here are a few fun ideas to consider:

• **Play ball:** Head to a nearby park and play soccer, basketball or baseball. Get competitive by selecting teams in advance and wearing matching colors to show your team spirit.

• **Sing-along:** Using new technology, you can take your family sing-along to the next level. Using a Casiotone keyboard, download favorite songs, print out the lyrics and have each family member sing a verse or two. You can

even connect your phone to the keyboard to play music from your song library.

• **Game day:** Rainy day? No problem. Let every family member pick a favorite board game and spend the day playing each one.

• **Get outdoors:** Now is the perfect time to get some fresh air and enjoy your family's favorite outdoor activity. Finding the nearest fishing hole or picnic spot is easy with a timepiece that can help you navigate the terrain. For example, Pro Trek watches provide quad sensor technology that detects compass bearing, barometric pressure, altitude and temperature, plus an accelerometer for counting steps, all which can support your outdoor adventure.

• **Learn a skill:** From painting

to pickling to Portuguese, there are a range of online classes available that can help your family master a new skill right from the comfort of home. Pick something fun to learn together and get started today.

• **Movie night:** Create a movie theater in your backyard in an instant with a projector. The LampFree projectors from Casio provide easy set-up and high brightness, making them a good choice for a portable home theater. Just pop the popcorn and get your comfy seating arranged and you will be ready to watch your favorite stars under the stars.

With a range of indoor and outdoor activity ideas, you can make the most of this National Family Fun Month. (StatePoint)

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# Contract for Body-Worn Cameras for the LA County Sheriff's Finalized

Board Anticipates Greater Accountability and Transparency

LOS ANGELES COUNTY - The contract for the body-worn camera program that will ensure greater accountability of the Los Angeles County Sheriff's Department has been finalized, enabling the Department to now order cameras and equipment at its discretion starting today.

Following months of collaborative efforts with the County, the Sheriff's Department and Axon Enterprise, Inc. entered a fully executed agreement for a Body-Worn Camera and Digital Evidence Management System.

The rollout of the camera program will be able to equip 5,200 deputies and security officers with devices over the next two years utilizing the nearly \$35 million that the Board of Supervisors set aside last year specifically dedicated for this program.

"I am pleased that the contract for Body-Worn Cameras has been finalized and the Sheriff can move forward with providing cameras to the deputies expeditiously. This is an important op-

portunity to ensure much needed transparency and accountability to our communities and those that we serve," said Kathryn Barger, Chair of the Board of Supervisors.

Since 2012, the Board has been proactive in enacting key policy initiatives and identifying appropriate funding and staffing to allow for the swift implementation and operation of the body-worn camera program.

"Since joining the Board of Supervisors, I have prioritized greater transparency and accountability from the Sheriff's Department," said Los Angeles County Board Chair Pro Tem Hilda L. Solis. "As part of that strategy, I have advocated for body-worn cameras. Body-worn cameras, when used as intended, can increase transparency in policing and promote accountability among our law enforcement agencies."

"George Floyd and Andres Guardado are sobering reminders of the critical need for transpar-

ency and accountability in law enforcement," said Supervisor Mark Ridley-Thomas. "Along with robust and independent oversight of the Sheriff's Department, body-worn cameras are essential for ensuring constitutional policing and for building trust in the communities that our deputies are sworn to protect and serve."

"Body-worn cameras are an important tool for transparency and I have been advocating to get them to our Sheriff's deputies since Sheriff Jim McDonnell was in office," said Supervisor Janice Hahn. "The videos these cameras capture will give us a clearer understanding of what actually happens in the interactions between our deputies and members of the public."

The finalizing of this contract is a culmination of ongoing efforts by the Board of Supervisors who will continue their commitment to prioritize greater transparency and accountability from the Sheriff's Department.

# State Lottery Leadership Appointment Barely Passes Senate Vote

Lottery Still Owes Schools Millions of Dollars

SACRAMENTO - Senator Chang (R-Diamond Bar) raised concerns on the Senate Floor related to the state's Lottery Director appointment. After Senator Chang raised issues related to his handling of a recent audit, Alva Johnson's appointment confirmation passed the Senate Floor by just 3 three votes. A recent audit pushed by Senator Chang showed the Lottery owes at least \$36 million to schools. The Lottery has yet to return those funds despite schools facing a serious shortfall in funds.

"Usually when a state agency gets called out by the auditor, they explain how they are going to fix the problem," said Senator Chang. "Instead of recognizing what the auditor discovered, and paying back our schools, State Lottery leadership found excuses, kept the money, and then turned around and hired even more staff and in-house attorneys."

According to the State Auditor, "The Lottery has not prioritized funding to education when setting its budgets." The audit confirmed that while lottery sales revenue has increased by 115% since the Legislature's changes were adopted in 2010, payments

to schools increased by only 66%. It also found that for at least the 2017-18 fiscal year, the Lottery shortchanged schools \$36 million. This could be money for supplies, teachers, and technology in our public schools as they face the COVID pandemic.

Earlier this year, Senator Chang introduced legislation to require the Lottery to pay back those funds to schools but Senate leadership has refused to give that bill a hearing and an opportunity for a vote.

"The big problem is that schools will continue to get shortchanged, year-over-year until the mess at the Lottery is cleaned up," added Chang. "Right now we are letting the Lottery gamble with our children's education and it has to stop. Every dollar wasted at the State Lottery, is a dollar that won't go to schools."

The State Lottery has been at the center of a string of controversies, including last year when it was uncovered that the Lottery gave over \$200,000 in scratchers to audience members and staff of the Ellen show, without justifying why those dollars shouldn't go to schools instead.

# Two Candidates to Vie for Duarte City Council Seat in District 3

DUARTE - A field of two candidates will vie for the Duarte City Council seat in District 3 in the November 3, 2020, election. The deadline for filing nomination papers closed on August 7 for Districts 3 and 7, and August 12 for District 2, when incumbent Councilmember John Fasana did not file for re-election.

District 3 incumbent Liz Reilly, 2013 Mayor and three-time Mayor Pro Tem, will be on the ballot. Public Safety Commissioner Jody Schulz will also run for the District 3 seat. Only one candidate, Economic Development Commissioner Vinh

Truong, filed for the seat being vacated by Councilmember John Fasana in District 2, and in District 7, Councilmember Toney Lewis was the only qualified candidate who filed for the seat. Per the State Elections Code, City Council may choose to appoint Truong and Lewis to four-year terms at a special meeting to be held on August 18 at 4:00 p.m.

The final day to register to vote in the November election is October 19. Voter registration forms are available on the LA County Registrar-Recorder website, <http://lavote.net>.

# 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](mailto:SGExaminer@aol.com). Articles should be in Word format while photos should be in jpeg. Articles should be in good taste.

# First West Nile Virus Death Reported in LA County

First death of 2020 reinforces need for all residents to take precautions against mosquitoes

Los Angeles County - The Los Angeles County Department of Public Health (Public Health) has confirmed the first death due to West Nile virus (WNV) for the 2020 season in Los Angeles County. The patient, an elderly resident of the South Los Angeles area, was hospitalized and died from WNV-associated neuro-invasive disease.

"West Nile virus continues to be a serious health threat to residents in Los Angeles County. We encourage residents to check for items that can hold water and breed mosquitoes, both inside and outside their homes, and to cover, clean or clear out those items. Residents should protect themselves from diseases spread by mosquitoes by using EPA-registered mosquito repellent products, especially during the peak mosquito season which lasts from June to November in Los Angeles County," said Muntu Davis, MD, MPH, Los Angeles County Health Officer.

Humans get WNV through the bite of an infected mosquito. Most mosquitoes do not carry the virus; therefore, most people bitten by a mosquito are not exposed to WNV. Those who do get WNV may experience mild symptoms including fever, muscle aches, and tiredness. In some cases, especially in persons over 50 years of age and those with chronic medical conditions such as cancer and diabetes, severe WNV infection can occur and affect the brain and spinal cord causing meningitis, encephalitis, and paralysis. There is no specific treatment for WNV disease and no vaccine to prevent infection.

A total of five cases have been documented in Los Angeles County so far this year (excluding Long Beach and Pasadena as cases identified in those cities are reported by their local health

departments). WNV-infected mosquitoes, dead birds, and sentinel chickens have been identified across Los Angeles County. Public Health monitors cases of WNV infection and collaborates with local vector control agencies to reduce the risk of WNV to humans by promoting prevention and mosquito reduction.

**Decrease your risk of exposure:**

1. PROTECT YOURSELF: Mosquito repellents can keep mosquitoes from biting you. EPA-registered repellents containing DEET, picaridin, IR3535, 2-undecanone, and oil of lemon eucalyptus are the longest lasting and most effective. They are available as sprays, wipes, and lotions. Find the repellent that's right for you here. Consider wearing long-sleeved clothes and pants when outside.

2. MOSQUITO PROOF YOUR HOME: Make sure that your doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens with tears or holes.

3. REDUCE MOSQUITOES: Mosquitoes lay their eggs on standing water.

- Check for items that hold water inside and outside your home once a week

- Cover water storage containers such as buckets and rain barrels. If no lid, use wire mesh with holes smaller than an adult mosquito

- Clear standing water in flowerpots, saucers, birdbaths and other containers

- Clean and maintain swimming pools, spas and drain water from pool covers

- Cast out (throw away) old items in your patio or yard that can hold water, e.g., old car tires and children's toys

- Call 2-1-1 or visit

[socialmosquito.org](http://socialmosquito.org) to report persistent problems to your mosquito control district

**More information and resources:**

- West Nile virus in LA County: <http://publichealth.lacounty.gov/acd/VectorWestNile.htm>

- West Nile virus information by phone: (800) 232-4636

- West Nile virus in California: <http://westnile.ca.gov>

- Health education materials on mosquito control and preventing West Nile virus infections: <http://www.socialmosquito.org>

- It's Not Just A Bite, a mosquito-borne disease public health campaign <http://bit.ly/NotJustABite>

**Where to call with questions about mosquitoes:**

- Greater Los Angeles County Vector Control District: (562)944-9656

- Los Angeles County West Vector Control District: (310) 915-7370

- San Gabriel Valley Mosquito and Vector Control District: (626) 814-9466

- Antelope Valley Mosquito and Vector Control District: (661) 942-2917

- Compton Creek Mosquito Abatement District: (310) 933-5321

- Pasadena City Health Department: (626) 744-6004

- City of Long Beach Vector Control Program: (562) 570-4132

Stagnant swimming pools or "green pools" should be reported to the Public Health Environmental Health Bureau at (626) 430-5200, or to a local vector control agency. Dead birds may be reported by calling (877)968-2473 or online: [http://www.westnile.ca.gov/report\\_wnv.php](http://www.westnile.ca.gov/report_wnv.php).

# Legislation to Require Diversity on Corporate Boards Passes First Policy Committee

SACRAMENTO - A bill that requires diversity on corporate boards in California passed the Senate Committee on Banking and Financial Institutions. The legislation, AB 979, is joint authored by Assemblymembers Chris Holden, Cristina Garcia, and David Chiu, with Eloise Gomez Reyes as principal co-author. The bill requires publicly held corporations headquartered in California to have at least one director from an underrepresented community by the close of 2021.

"Corporations have money, power, and influence," said Assemblymember Chris Holden. "If we are going to address racial injustice and inequity in our society, it's imperative that corporate boards reflect the diversity of our State. One great benefit of this action - corporations with ethnically diverse boards have shown to outperform

those that lack diversity."

Soon after the social unrest following the killing of George Floyd, many corporations publicly stated their support for diversity and Black lives. Critics, however, have pointed out that this public support for social justice movements often does not lead to long-term structural change in hiring and retention policies of a diverse staff and leadership. The current statistics are quite stark. The Harvard Law School Missing Pieces Report: The 2018 Board Diversity Census of Women and Minorities on Fortune 500 Boards found that out of 1,222 new board members of Fortune 100 companies, 77% were white.

"The lack of diversity on California's boards and upper level corporate positions is a challenge we urged corporations to address on their own during our time in the Legisla-

ture. However, it is clear we can no longer wait for corporations to figure it out on their own. By ensuring diversity on their boards, we know the corporations are more likely to both create opportunities for people of color and give them the support to thrive within that corporation," said Assemblymember Cristina Garcia.

In addition to the 2021 benchmark, AB 979 also requires corporate boards to include two members from underrepresented communities for corporations with more than four members, while corporations with more than nine must have a minimum of three by 2022. The bill defines a director from an underrepresented community as an individual who self-identifies as Black, African American, Hispanic, Latino, Asian, Pacific Islander, Native American, Native Hawaiian, or Alaska Native.

# Letters to the Editor

Opinions Are The Writer's

## What's Chris Holden's Stand On "Death With Dignity"?

In November the friend who has shared my home for several years was diagnosed with dementia in the form of Alzheimer's Disease, a ruthless, aggressive destroyer of the brain which eventually leaves the victim unable to provide self care, recognize family members, or even swallow. It brings a lingering, slow death. Since that diagnosis, my friend has repeatedly expressed a desire to die.

But medically assisted death is not available to dementia's vic-

tims under California's End of Life Options law. They can't meet the requirements stipulated in the act.

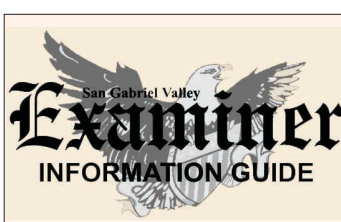
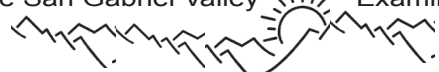
We have asked our assemblymember, Chris Holden, to introduce a bill that would broaden the End of Life Options act so that dementia patients can utilize that law. He, and several members of his staff who we have also contacted, have refused to even answer our request. Why?

Is Holden afraid to alienate religious conservatives who tried

to defeat the current law, but failed? Does he believe that lingering in an assisted living facility designed for dementia patients, at enormous cost over the years, is what all those dementia victims must endure?

His Republican opponent, Robin Hvidston, has had the guts to take a stand on extending the right of "death with dignity" to Alzheimer's victims. Why won't Holden speak out?

**Ralph E. Shaffer**  
Covina CA



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San Gabriel Valley Examiner, published weekly by Eumo Enterprises, has been adjudicated as a newspaper of General Circulation for the County of Los Angeles, California in Court Case No. KS 005341.

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• We believe that journalism should be free from any motives other than relaying information to its readers. It should not be used to win a favor by flattery, to enhance a particular political interest, or for the purpose of financial gain.  
• We also believe in accuracy in fact and context. Journalists should be accountable for any news or subjects they write about.  
• We believe in growth. Therefore, complaints or mistakes erroneously committed will be entertained and investigated diligently and corrected accordingly.  
• We believe in performing our journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

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The San Gabriel Valley Examiner is grateful for the articles submitted by our unpaid writers who have contributed to the success of our newspaper. Our only request is that articles submitted be of minimal length in order to accommodate each and every writer.  
Thank you for your cooperation.

## COVID Reports With Botched Up Data

Since March, we have been terrorized by a virus incubated somehow in a lab in China and spread across the entire world. We are told to stay home, don't go out unless absolutely necessary, and if we do go out, be sure to wear a mask and take sanitizer to wash our hands after touching the grocery cart or any merchandise and stay 6 feet apart from all other human beings. The exception, of course, is if you want to protest en masse to any actions performed by our government that you perceive as unacceptable.

Small business owners, if they are lucky, are struggling to survive. Others not so lucky have just gone out of business. Creativity is the word of the day. Small restaurants on our towns' main streets have cordoned off the streets and brought tables and chairs outside to do business hoping to beat out this virus. And people come and literally dine out ... outside on the streets and sidewalks to support their communities and help those small businesses survive.

I am not sure I understand the reasoning behind allowing people to come out and eat in the streets with masks off and talking to each other and not go to church, inside or outside, if they have masks on.

Barber shops, beauty salons, all taking to the streets to do business and stay healthy and keep their clients healthy. Eventually, even the strongest need a haircut. Six months now without a haircut is like being stranded on an island waiting for the rescue ship to sail in and take me back to civilization.

From the beginning when it was announced only essential services would be open ... like grocery stores, pharmacies ... I was shocked to see my Home Depot was an essential service with people there buying plants and garden soil and not standing in line waiting for a chance to do that. As a retired senior citizen, I was given the opportunity to rise before the sun came up to get ready to go stand in line at the



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

market for the privilege of shopping safely and avoiding contamination. Standing in line at the market to buy food but not at Home Depot to shop for plants seemed a little strange to me.

I have to say I am more than a little perplexed by how this entire pandemic has been handled and especially now when I read data systems have failed, cities and states are misreporting the numbers and six-figure public employees say they are just now becoming aware of the breaches and holes in this system we've all relied on day to day. We open and close beaches, businesses and churches based on those numbers.

I thought I should be a good citizen and be updated on this dire pandemic situation so I dutifully tuned in each day to Gov. Gavin Newsom, followed up by L.A. Mayor Garcetti both spouting off numbers and always warning me to stay masked up and wash my hands. It suddenly dawned on me one day as I was pushing my long hair out of my eyes ... hey! How come those guys don't have long hair? Garcetti looks like he just walked out of the barbershop with never a hair out of place since March. And, Newsom, well, his hair looks the same as always, only starting to have gray spots.

I tune in waiting to hear real numbers, like, how COVID has affected the homeless populations. How many hospitalized, died and who is monitoring them in their camps along the river beds and canyons? The fire in

Azusa this past week was started by a homeless man ... another time, another story.

Back in May, the Democrats and news media had been criticizing, in headlines, President Trump and the feds over the way they were handling the COVID data saying they were confusing the numbers and misreporting information the states needed desperately to evaluate their situations. Those miscalculations were having a deleterious effect on their management of their state and business communities.

Now I read in the Los Angeles Times, "The coronavirus has spread rapidly across California. Experts say the true number of people infected is unknown and likely much higher than official tallies." And, to cure that problem, The L.A. Times will be conducting its own "independent continual survey" across California. I'm not sure what that will accomplish other than to confirm the state health care system botched the count of cases and already admitted to, but how will we know the Times survey and their numbers will be any more reliable than the state numbers?

Assemblyman Kevin Kiley (R-Granite City) who is fast becoming my favorite California legislator, says, "Governor Newsom and his ousted Public Health Director must appear before the Legislature to answer for their disastrous bungling of California's COVID case data. Here is my official request that the Speaker of the Assembly summon them and other Administration officials as part of an investigation and oversight hearing." And, he attached that letter to his blog.

Seems appropriate for a legislative review of the COVID pandemic actions the state and Gov. Newsom have taken to document the problems and miscalculations to avoid the same mistakes next time. When D.C. Democrats thought our government had been compromised, they did an investigation, so why not in California?

## Guest Commentary: Trump Seeks Scapegoats Abroad, Instead Of Solutions At Home

By Chi Kwang  
Columnist of L.A. Media Link

In March of this year, the San Francisco Bay Area became the first in the United States to issue a "shelter-in-place" decree to control the spread of Covid-19. This went against the wishes of President Donald Trump who was eager to have the economy remain open. However, his administration's desire to reopen the country went against the expertise of their own top epidemiologist, Dr. Anthony Fauci, and resulted in a national crisis that has claimed the lives of countless Americans.

Since the spread of the pandemic in April, increasingly hostile political attacks have been targeted at California Governor Gavin Newsom's handling of the crisis. San Francisco Mayor London Breed and House Speaker Nancy Pelosi have come to Newsom's defense to bolster the safety and sanity of residents caught between conflicting messages about Covid-19 from the White House. President Trump has since increased his attacks on Democratic governors for their response to Covid-19; essentially bullying them publicly for following the advice and expertise of medical professionals. The Trump Administration's politicization of the pandemic has prompted San Francisco's own Nancy Pelosi to fight back to restore propriety and decorum to public office so that no elected official can use the pandemic for their own personal and political gain.

In the midst of a battle for the lives of millions of Americans, the White House is neglecting a coherent Covid-19 strategy for an opportunity to instead aggravate relations between the US and China. While Americans would rather avoid preventable death, the Trump Administration is instead pushing conspiracy theo-

ries to pass the blame onto China. Rather than taking action to mount a defense against the pandemic, the White House has opted for distractions by focusing on trade issues, technological blockades, and military conflict.

Americans recognize the importance of bilateral trade to their economy but a great number have become furious at the Trump Administration's politically motivated response to the pandemic which has come at a staggering human and economic cost. With the federal budget deficit increased at an explosive rate, the Covid-19 pandemic has taken an enormous economic toll on the United States. The government has taken on record spending to issue one-time financial relief and expanded unemployment insurance and benefits. However, the response portends little long term effect. American savings, already small compared to the rest of the world, have been depleted. This will have a depressing effect on the domestic economy that will in turn increase the huge trade deficit due to diminished overseas investment.

Since July, the pandemic has spiked rapidly in many states. In looking for a new scapegoat, the Trump White House has pointed the finger at the chief infectious disease expert of the United States and White House consultant, Dr. Anthony Fauci. The White House is trying to discredit Dr. Fauci by marginalizing his warnings about deficiencies in the U.S. anti-epidemic response. The White House's approach to the pandemic has largely been to shirk responsibility.

Previously, the government's attack on Dr. Fauci occurred when the number of new coronavirus cases surged across the country. Trump has repeatedly downplayed the incident, saying it was due to increased testing, not increased infections. More than 500,000 confirmed cases have been reported, which is the largest number of cases reported by any state since the beginning of the outbreak in the United States. Last Friday, the number of supplementary cases in a single day exceeded 70,000, which is close to an alarming number of 5 million infections.

The attack on Dr. Fauci came at a time when tensions between Dr. Fauci and the White House were growing. Dr. Fauci publicly stated that he had not met with President Trump since June 2. Trump responded in a television interview last week that Fauci made a mistake and added: "I don't agree with him."

Since the outbreak of Covid-19, the political conversation in America has become further polarized and ungrounded in facts and science; while international public opinion of the US has suffered through its shifting blame to other countries like China. Recently, a campaign guide drafted by the Republican Party exposed their strategy to make China the centerpiece of their campaign. Republican candidates were urged to use China as a scapegoat and shift the conversation away from the government's response to the pandemic. The use of smokescreens and pivoting away from politically damaging conversations has been revealed to be their hope of warding off a devastating November

election.

Their plan of action is to conceal the government's inability to fight the epidemic, divert the focus of the people, repeatedly discredit China's achievements in Covid-19 management and their global aid efforts, and attempt to turn public complaints about the failure of the US pandemic response towards China's military and technological development.

At the root of the Trump Administration's talking points is the assumption that China was the source of Covid-19 but even that is beginning to be questioned. Despite political efforts to assert China's responsibilities for the pandemic, new evidence has been uncovered that the early deaths from new coronary pneumonia in the US may have come from community transmission since no known travel history has been discovered.

Andre Quintero, the mayor of El Monte, California, pointed out that since March, the Chinese government and affiliated organizations have timely allocated materials needed to fight the pandemic. The local Chinese community has also banded to distribute aid and relief. They have purchased many masks to donate to hospitals and government agencies in need, in a public display of unity and support.

Citing information from the local disease control department, Chief Executive of Santa Clara County, Jeffrey Smith, said that community transmission of new coronary pneumonia may have occurred in the area as early as December 2019. California Governor Newsom has announced that in March of last year, Robert Redfield, Director of the US Centers for Disease Control and Prevention, publicly admitted that some of the deaths in the influenza season that began in September last year were actually infected with new coronary pneumonia.

Mounting evidence shows the new coronavirus appeared in the United States far earlier than officially reported. This could cast doubt on the US's ability to combat the pandemic if officials cannot accurately point to the time and place of infection. It would also mean it is very likely the US government has severely undercounted the number of people affected by the virus. The Trump Administration has yet to show its capability to deal with the preventable spread of the virus, its mounting loss of human life, and the economic fallout.

With so much at stake, Americans deserve answers to questions the government continues to avoid: Was the government caught unawares by the virus? Why was it not prepared for such an occurrence? How transparent has the US government been in sharing data? How many people are currently infected with Covid-19? Why has the government been so slow in its pandemic response? Why is the White House actively resisting domestic efforts to contain the virus?

Only when Americans receive answers to these questions can we begin the work of rebuilding this country and reinstating faith in the government to act in the interest of its citizens. For the sake of America's future and to honor the lives of 100,000 Americans dead, the Trump Administration must be held accountable.

## America Is On The Threshold Of Destruction And Only Americans Can Save It.

In my opinion:

By D. B. Shimel

Today we are in the lead-up to an election that will determine the future of this great nation. Do we reaffirm our commitment to the ideals of our ancestors of personal freedom and personal responsibility or will we turn to the destructive path of socialism?

As I grow older I become more concerned for this nation. Why? Because unless we return to a government that believes in personal freedom and away from the destructive path of "big brother" government we are doomed to suffer the fate of so many other previously great nations. What has destroyed every previous great nation - overwhelming debt and political factions is the simple answer.

Joseph Stalin called the minions that put him and his regime in power "Useful Idiots" then he started executing them. Hugo Chavez in Venezuela started out with noble ideals but soon turned to the path of a dictator when the people vot-

ed him 'president for life'. Now the common people of that once prosperous nation are starving to death. In 1990 Venezuela was fourth on the international 'Freedom List'. Today it is 179th on that same list. What happened? Socialism happened.

The Only difference between the current mob of nihilists running rampant in this country today and the movement that begot the "Reign of Terror" known as the French Revolution is that the current revolutionaries have not yet brought out the guillotine. At the hands of the French revolutionaries forty thousand people were executed in Paris by the guillotine. First they executed the king and the nobles, then the wealthy, next the businessmen and farmers, the clergy, people who were thought to be hoarding food and finally their own supporters. A very religious Catholic area of western France called the Vendée, a region that was the home of thousands of French citizens, was annihilated by these vision-

aries killing all men, women and children.

You would say that the U. S. does not have a ruling aristocracy and you would be correct - for now. But if we allow there to become a national level 'one party rule' like here in California that will all change. If the Democrat Party regains the White House, the Senate and the House of representatives the Democrats will pass laws that will eliminate any other political party for the foreseeable future. The following statement was made by ex-president Barack Obama in a recent speech when he said that 'once the Democrats take back the Senate they will eliminate the "Filibuster" rule'. In case you do not know what that rule is let me explain. The Filibuster rule means; that to pass any significant legislation in the Senate a 60 person affirmative vote is required. Obama incorrectly stated that this rule originated during the "Jim Crow" period of the early twentieth century. In fact this rule originated in 1834 and was intended to prevent one party rule (aka. Democracy - aka mobocracy). Additionally, they intend to "pack" the Supreme Court with socialism supporting justices and then do away with the Constitution.

Back to Stalin: Joseph Stalin had his "rules for idiots" that he said was the tools for destroying a nation and that nation's government. Simply stated these rules are: 1) Healthcare - Control healthcare and

you control the people. 2) Poverty - Increase the Poverty level as high as possible; poor people are easier to control. 3) Debt - Increase the national debt to an unsustainable level. That way you are able to increase taxes, and this will produce more poverty. 4) Gun Control- Remove the ability of the people to defend themselves from the government. 5) Education (and the mass-media) - Take control of what people read and listen to - take control of the schools and indoctrinate the children. 6) Class Warfare - Divide the people - poor vs wealthy - one race against another - This will cause more discontent, and it will be easier to take (tax) from the wealthy with the support of the masses. 7) Destroy the family - Remove one of the spouses from the family; single parent households are more likely to require government assistance thus becoming dependent on the government. 8) Take over the private sector through taxation and regulation thus destroying the job market - increasing poverty (more poverty more control). First you must convince a greedy electorate that the rich have taken your money and power.

Does any of this sound familiar? It should, because these government policies are undeniably what is happening in our nation today and has been happening for years.

As Yoda said "beware the dark side - it is powerful and control you it will".

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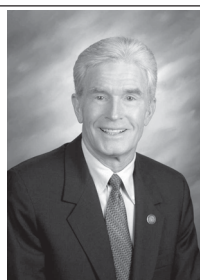
## A Trillion Here And A Trillion There, Pretty Soon You're Talking Real Money!

Senator Everette Dirksen coined this phrase in the 1960's, only it was a "billion" at the time. We've come a long way from then when talking about deficit spending. Senator Sanders has proposed a "Make Billionaires Pay Act". He questions why any person's success should not be shared more with everyone. Many similar ideas could dramatically affect us all! American's have an important decision to make in less than 90 days. Who will we vote for to make our nation great again?

President Trump and Vice President Biden would steer the economy in very different directions. Trump's platform includes a payroll tax reduction, continued denial of illegal immigration plus further regulatory reform. As in his first term, he would focus on growth and job creation. When it comes to fairness, his fight is not with other Americans, but with the rest of the world. He would continue his America First pursuit of rebalancing foreign trade agreements. In contrast, Biden has proposed roughly \$10 trillion added federal spending, partly offset by \$3.3-3.6 trillion in new taxes. His tax increases would likely hurt growth, reducing the net tax revenue increase to \$2.7-3.1 trillion over ten years (according to the Committee for Responsible Federal Budget). Federal deficits would continue getting larger.

The cornerstone of the Biden plan is increased corporate tax rates from 21% (which is now below the OECD average 24% rate) to 28%! That would be higher than all but a handful of developed nations. Given how effective the corporate tax cut was in ending offshore business transfers, there's little question increases would slow the USA's job recovery. Biden would aim more tax increases at the highest earners. The top personal income tax rate would at first rise from 37% to 39.6%. Wages above \$400,000 would be subject to the Social Security payroll tax. High earners' capital gains would be taxed as ordinary income, and again at the ordinary income tax

**In A Nutshell**  
What's up in the Economy?



**KEN HERMAN**  
Economic Analyst  
& Former Glendora Mayor

rate when an estate is settled (significantly increasing death taxes). Various tax breaks would be limited for high earners. This would result in an estimated 13-18% tax increase for the top 1% of earners, with a 0.2-0.6% indirect increase on others (even before the wealth confiscation related to revised estate taxation).

Estimates of the economic impact of Biden's tax proposals vary significantly. The American Enterprise institute expects long-run GDP would drop 0.2% per year, while the Tax Foundation estimates a much more substantial 1.5% hit. Other estimates fall between -0.5% and -1%. Biden's biggest spending proposals, so far, are \$2.25 trillion for health-care, \$1.7 trillion for net-zero carbon emissions, \$1.3 trillion for infrastructure, \$750 billion for K-12 nationalized education, \$750 billion for post-high-school education, \$640 billion for housing, and \$125 billion for combating the opioid epidemic. Some of these initiatives could boost economic growth, while others (the green energy plan, for instance) would certainly repress growth.

In simplistic terms, President Obama emphasized fairness. His first term initiatives - financial reform, healthcare reform, and higher taxes - hurt the economy enough that even he expressed regret during his 2012 campaign for not stimulating job growth before tackling inequality. Trump's policies put economic growth before fairness, though he would argue the downtrodden benefited more from a strong economy than they would have from more government aid. Regulatory reform lifted business

optimism and spending plans to 40-year highs. The corporate tax cut resulted in job on-shoring, reversing a 30-year trend in the other direction. Economic growth almost achieved revenue neutrality for the federal budget until China's pandemic struck America!

Trump's biggest first-term initiatives were (1) tax cuts, with the corporate tax cut most prominent, (2) the China trade deal and other trade rebalancing efforts, (3) regulatory reduction, and (4) the border wall. Other than the wall, because tighter border controls may be growth restrictive without immigration reform, Trump's policies contribute to long-term growth. While trade policy created some drag on growth during 2018 and '19, bringing manufacturing back to the US takes time. Most Americans agree that the USA needs to reverse the level of offshoring which occurred under Obama and previous administrations, especially as it relates to Communist China.

Like Obama, Biden would again deemphasize growth. Biden's planned spending would include forgiving student loans, increasing Social Security benefits, some form of slavery reparations, plus at least a mini Green New Deal. His significant move toward socialism would shift income and wealth rather than promote growth. In contrast, Trump would remove impediments to growth and generally let the economy sort out distribution of the benefits. The economy will almost certainly be stronger under Trump, but Biden argues it would not be as fair, nor as good. The biggest unknown might be how much our USA economy might implode during a move toward communism?

Wake up America! A rising tide lifts all boats, but the opposite could also be true!

**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'm in the process of refinancing for a lower rate. My loan person just informed me that there will be a price adjustment of .5 percent. That's \$2,500 on my \$500,000 loan! What?!!*

You should contact your loan person to let them explain. In the meantime, here's what is happening. Last week, Fannie Mae and Freddie Mac announced that any refinance loans closing / completed after August 31, will be charged an "Adverse Market Refinance Fee." This came as a surprise to all. It does NOT affect purchase mortgage loans. The National Association of Realtors, and groups of mortgage professionals are fighting, on the public's behalf, to get this decision reversed.

*Why doesn't my bank mortgage guy tell me about more of the different types of home loans I see online? My non-bank mortgage guy tells me about even more loans I could qualify for! Why all the different information?*

There are very important differences between your local bank, an independent mortgage professional, and what you see online. Banks are only able to offer limited loan products they have in-house. Their rates are often higher, and they are slower to adapt to change due to large organizational operations. What you see online often has fine print and disclaimers that what you see is not necessarily what



**Julia Yoder**

you get. An independent mortgage professional is a licensed mortgage expert, consistently undergoing continuous training, who partners with several lenders to offer multiple loan products, often offers lower rates and cheaper costs due to less overhead, and adapts to industry changes quickly.

*Close to 1/3 of my debt is student loans, another 1/3 is credit card debt, leaving me 1/3 of my income to live on. It's not enough, so I keep racking up more credit card debt! How can I possibly save for a house? Retirement? Emergencies?*

Seems hopeless, but it's not. Start with a budget. Ask what you need vs. what you want. Get a second job. Sell items you are not using. Check into refinancing your student loans into one, lower interest loan, and move your credit card debt to a zero-interest card and pay it off during that zero-interest period of time.

*How can I reduce the estate tax obligations for my heirs?*

Life insurance is well known

among wise investors to cover final expenses and inheritance / estate taxes. Proceeds paid to beneficiaries from a life insurance policy are income tax free. Life insurance policies are typically settled quickly (unless there are suspicious circumstances surrounding the insured's death, of course.)

*What is meant by the "annual reset" on an annuity?*

Each year (on the purchase-date anniversary) the amount (principal plus interest earned that year) in the fixed or fixed-indexed annuity contract is locked in. That amount becomes the new contract balance that you are guaranteed you cannot lose. Even if the index goes down, your annuity's contract balance does not go down. The worst-case scenario is that your balance stays the same. Conversely, if the market goes up, you'll only get part of the increase. This limit is called a "cap." With annual reset, your money does not have to make up for losses, yet can participate in gains.

**Ask Julia by email: juliyoder@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

## Irwindale Chamber Honors August Nonprofit and Business of the Month

**IRWINDALE** - Each month the Irwindale Chamber Business Ambassadors honor a business and a nonprofit organization for their contributions to the local economy and to the overall community. In August, AMC - Advanced MicroComputing Concepts was awarded August Business of the Month and Foothill Unity Center was awarded August Nonprofit of the Month.

AMC which is located in San Dimas provides advanced IT services throughout the Los Angeles, Orange County and Inland Empire. Their goal continues to build a modern IT system for businesses and organizations so that employees spend their time working, being productive and not hampered by tech problems. In addition, AMC continues to be an

involved community partner and has provided countless hours of assistance to the Irwindale Chamber of Commerce and other community groups. AMC owner Anthony Chiappetta is a past board member of the Irwindale Chamber.

Foothill Unity Center, with offices in Monrovia and Pasadena was founded in 1980 by Josephine Anderson in a borrowed church closet in Monrovia, California, and incorporated as a 501(c)(3) non-profit organization in 1991. Since the beginning, it has been a continuous source of services for qualified low-income families and people in crisis in eleven communities in Los Angeles County. Their record of service has helped them to earn

Federal designation as a Community Action Agency for the Foothill Area. Recently, Foothill Unity Center put together a huge Back to School event for surrounding neighborhoods. They also have been working tirelessly to make sure our communities have food on their tables during this pandemic. The Irwindale Chamber Business Ambassadors are a committee of representatives from member businesses and organizations. The Ambassadors are focused on connecting with the membership and serving as the public relations arm of the Chamber. Ambassadors are committed to making sure members are engaged with the many programs and services that the Chamber provides.

## Gas Station Alcohol Sales Before West Covina City Council Again

By **George Ogden**

**WEST COVINA** - The idea of allowing gas stations to sell alcohol is coming to round 5 with the West Council City Council. The city has had a municipal code in place since 1977 that do not allow gas stations to sell alcohol. The have been four attempts to reconsider and overturn the municipal code. In the years 2008, 2010, 2016 and in October of 2019, all attempts failed to pass the commission's recommendations or council rejections.

The last time this came before the City Council was October of 2019 where the council voted 3-2 not to allow this and to keep the ban in place. The Mayor Lloyd Johnson, along with now-Mayor Tony Wu and now-Mayor Pro Tem Letty Lopez-Viado, voted not to allow the municipal code to change and not allow sales at gas stations. Jessica Shewmaker and Dario Castellanos voted to allow sales and overturn the ban.

Councilman Lloyd Johnson at the August 4th council meeting requested that this same issue be brought back to the city council for consideration again. Originally, he did not support this but now it seems that he will be in favor of allowing alcohol sale at

gas stations. His reconsideration is that this would be bringing revenue to the city, although he admits it would not put a dent in the budget, but every little bit helps. Also, he feels that the gas stations should be given the equal opportunity to sell alcohol and not discriminate against them. Some have stated that if some stations were allowed to sell beer and wine, the customer would come in get gas and their beverage and stay home. This could keep that person home whereas if the person got gas and went home, and finished their beverages, they may go back out again to replenish their empty refrigerator and drive while being impaired.

With the one stop station, get gas and beer and stay home.

Much safer. Now realistically, how often does this happen? Maybe more than people think.

Now, with the fact that this may pass the city council vote this time around, there will be some very strict requirements and restrictions. Once this is defined, which would include square footage of the building and required parking. There may be less than 6 gas stations that would meet the criteria in the city. Out of those, they may only be one or two stations that may want to do this. However, they also have to meet the Alcohol and Beverage Control (ABC) costs and guidelines.

Many feel that the city doesn't need to have more places to sell or where people can buy alcohol.



# THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

## The Life Of A Car Battery

The two main reasons for shortened battery life are:

- Excessive heat - Heat causes battery fluid to evaporate, damaging the internal structure of the battery.
- Overcharging - A malfunctioning component in the charging system, usually the voltage regulator, allows too

high a charging rate, resulting in a slow battery death.

To get the most out of your battery:

- Have your battery and its connections checked at every oil change.
- Be sure the electrical system is charging at the correct rate. Overcharging can dam-

age a battery as quickly as undercharging.

- Always have the battery replaced with one that's rated at least as high as the one originally specified.
- Keep the top of the battery clean. Dirt becomes a conductor, which drains battery power. Further, as corrosion accumulates on battery terminals it becomes an insulator, inhibiting current flow.

Batteries do not always give warning signs before they fail. If your battery is more than three years old, it is probably wise to have it replaced. Your car care provider can determine the health of your battery so you know how much life it has left.

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.

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The Irwindale Chamber of Commerce office is currently under renovations to implement COVID-19 safety protocols.

Office will be open by appointment only!

To schedule an appointment please call us at 626-960-6606 or email amanda@irwindalechamber.org

# Around the Valley & Senior News

## "Time Jockey" - Growth Of Los Angeles

By Joe Castillo

**Largest County...** Los Angeles County is now the largest populated county in the United States but it wasn't always the largest of anything back to the founding of Los Angeles in 1781. The City of Angels was always second fiddle to the mission town of San Gabriel whose prosperity far out shadowed its neighbor to the west.

When gold was discovered in Coloma in 1848, it was 12 years after gold was discovered in San Francisquito Canyon near present day Santa Clarita. Those who were mining in Southern California soon noticed that the nuggets were larger and easier to find along the American River and so they packed their belongings and moved 400 miles to the north. As large numbers of prospectors laid claims in the Sierra Foothills, Southern California cattle ranchers began sending their cattle north to help feed the growing numbers. Farmers, growers, manufacturers and suppliers began to do likewise and shipped their goods for a steep increase in prices to the miners and prospectors up north.

Los Angeles was just starting to develop its production capability and its population was increasing to meet the demand for more workers. In a little more than 60 years later, World War I saw more changes in Los Angeles production growth but it was post World War II which elevated Los Angeles to new heights. Prior to the war, the Los Angeles area was based on farming and movies with Hollywood becoming the center of the new movie industry. But in the years following WWII, production moved to airplanes and ships. Los Angeles handled more seaport tonnage than any other West Coast port including San Francisco, landed more fish than Boston and Gloucester, and made more planes than any other city in the world. But production dominance also included the automobile with Los Angeles manufacturing more cars than any US city except Detroit, more tires than any other city besides Akron, and more clothes than anywhere else except New York.

Production and manufacturing increases brought job growth, which brought sales in new

homes and a growth in real estate. Communities developed with retail stores, churches, supermarkets, schools and hospitals. By 1957, there were more retail stores in Los Angeles County than in Washington, Oregon, Arizona and Colorado combined. But the automobile is what put Los Angeles County on the map with 40% more automobiles than the combined boroughs of New York, 47% more than Chicago's Cook County and had the sixth largest amount among all the states in the union, and no foreign country, in the world. The situation was ideal in Los Angeles - jobs aplenty, new housing, schools, retail stores and of course our mild climate. The conditions were enough to push Los Angeles County to be the most populous county in the United States with over 10 million people, reaching the amount only 70 years after World War II....

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

## Beating the Heat

Over the last week or so, we have had 3-digit temperatures. For many people this is unbearable. If you have good air-conditioning you may be able to get through the hot weather. However, if you have limited AC, then you may have a hard time dealing with the heat.

Make sure you have all your drapes in your home closed. This keeps the heat out and the AC in. It is best to close the windows during the day as the cold air from the AC will not be effective and there is no reason to cool the outdoors through your open windows.

At night, if you plan to leave your windows open, make sure you have special locks on the windows that limit how far they can open. Make sure that an intruder can't squeeze in. Remember, we have a lot of undesirables roaming our neighborhoods day and night. And if they find an open door or a window, you could become a victim. They will make every effort to find places that they can break into. Don't



**George Ogden**  
*That's just the way it is!*

become a victim.

Even with this government restrictions in place, have people check on you if you are a senior citizen or if you feel you may have issues. Also, do the same for your neighbors, check on them.

If you go out and you need to go to a store, try not to park too far from the entrance. This way you don't have to walk across a hot asphalt parking lot. Pick a good time to go to the store, maybe early in the morning or later in the evening when it is cooler.

Sadly, for the seniors, they

have closed the senior centers where you could go and cool off.

Around the house, fans work will. Keep yourself hydrated, in another words, drink a lot of liquids. If you need to take a cool shower, do it.

If you are one of the lucky ones that has a pool, of course you will take a dip. But remember, stay in the shade when not in the pool.

If you are one of those that like the outdoors, be careful out there. If you are hiking around, bring a lot of water and make sure your phone is charged. Bring a first aid kit with you just in case. They have some small ones that you put on your belt or put in your fanny pack. Just in case you trip and fall and scrap yourself. Don't over exert yourself in the heat.

When you're done with all of this, and when you go home, take a cool shower or hit the pool.

Unfortunately, the hot weather will be with us for a while. You just have to deal with it.

*"That's Just the Way It Is!"*

## Charter Oak Three-Peat Winner of Best School District

*Charter Oak Unified School District wins Best of School District for third year in a row.*

**COVINA** - Charter Oak Unified School District employees do it again! Voted the Best School District of San Gabriel Valley, Charter Oak's amazing employees once again demonstrate their dedication and commitment to students and their families with the array of programs and services the district offers.

Between the five elementary schools, middle school, high school, alternative high school, and Oak Knoll Virtual Academy, our students can choose from distinct career pathways that prepare them for careers in the San Gabriel Valley. These certified career pathways (Games and Simulation, Engineering Tech-

nology, Biotechnology, and Business Management) are offered as prerequisite curriculum and courses at the middle school through Project Lead the Way. Royal Oak Middle School students are offered courses in engineering, medical, and technology. At the elementary schools, courses are provided with Project Lead the Way integrative modules and STEAM activities which prepare students to critically think, effectively communicate with others, and creatively collaborate together.

Charter Oak Unified School District offers a multitude of academic opportunities for every need and interest through programs like ASB, Project Lead the

Way, Basic Living, AVID, Broadcast Journalism, Robotics, athletics, and the Glendora Public Library's Battle of the Books. Charter Oak High School allows students to participate and earn a full diploma in the International Baccalaureate program that extends knowledge beyond the classroom to improve student skills in a growing society. Besides Advanced Placement and Honors courses, ROP courses allow students to earn hands-on experience in numerous career areas.

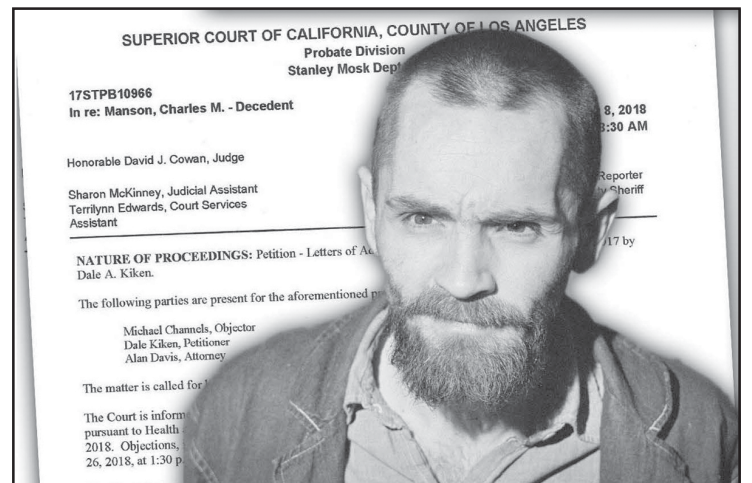
Charter Oak Unified works together with Mt. SAC and Citrus College to create opportunities for students to take coursework during and after high school. The new Charter Oak Adult Education provides programs for new career opportunities, new skills, industry-recognized certification, and high school equivalency completion. The Charter Oak Adult Education school allows community members to obtain the knowledge, support, and resources needed to reach any goal.

## Mass Hypnosis and Hysteria on a Grand Scale in America?!

By Ed Torres

In the 1960s Charles Manson's band of cultist killers committed grisly crimes that chillingly captured the imagination of Americans because of the horrendously bizarre crimes they committed... Significant numbers of people (and the national press) were mesmerized into a mass hypnotic hysteria of suspicion and fear... In a vastly different manner and for different reasons, it appears that significant numbers of Americans (and segments of the national press) today are suspicious, fearful and full of hate, so much that it seems their judgment is so hypnotically and hysterically impaired that they believe their enemy is the police (!), and that burning and destroying neighborhoods is orderly and acceptable - yes, seemingly mass national hysteria and mass hypnosis on such a grand scale that it is almost unbelievable, but it's true...

That infamous and horrifying Charles Manson-crime episode in American history involved one man apparently being able to manipulate and indoctrinate a number of confused individuals into becoming something that their decent upbringing could not have



foretold - they were seemingly mesmerized and transformed into not being able to think sensibly for themselves... Thinking only that which someone directed them to do.

The object of this writing is not about the Manson murders, per se, but about how can it be that apparently many normal people, coming from normal families, do abnormal things and have others join them in their abnormalities to such a degree as to think that what is being done is acceptable, and thus normal - that it is normal to hate all police and that it is sensible to want police departments to be dismantled and for communities to be destroyed...

How is it that apparently normal people fall under the control of others or of ideologies and

thereby become part of destructive forces across the country, acting in mobs and seeking to undermine the tranquil lives of so many?

It is far below basic common sense to think that abolishing police forces or reducing their funding and firing police officers will make a community safer. Who all in their right minds believe that police forces evolved simply via happenstance, that having a police force is a luxury object, one that has no known need?... Among many, mass hysteria and mass hypnosis seems to be alive and thriving in "America the Beautiful" 2020 - "who'd a thunk it"...

*Ed Torres' email address: onetexas\_2000@yahoo.com - your comments are appreciated.*

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## Monterey Park Police Will Hold DUI Checkpoint

**MONTEREY PARK** - Monterey Park Police Department will hold a DUI checkpoint on Monday, August 24, 2020 from 6:00 p.m. to 2:00 a.m. at an undisclosed location within Monterey Park limits.

Checkpoint locations are chosen based on a history of DUI crashes and arrests. The primary purpose of checkpoints is not to make arrests, but to promote public safety by deterring drivers from driving impaired.

During the checkpoint, officers will look for signs that drivers are under the influence of alcohol and/or drugs.

With the easing of stay-at-home restrictions and more bars and restaurants being allowed to open for outdoor dining, the Monterey Park Police Department is committed to keeping the public safe.

Monterey Park Police Department reminds the public that impaired driving is not just from alcohol. Some prescription medications or over-the-counter drugs may interfere with driving. Always follow directions for use and read warning labels about driving or operating heavy machinery, which includes driving a car. While medicinal and recreational marijuana are legal, driving under the influence of marijuana is illegal.

Drivers charged with DUI face an average of \$13,500 in fines and penalties, as well as a suspended license.

# El Monte Union Junior to Serve as Voice for Students on Board of Trustees

**EL MONTE** – Rosemead High School junior Xitlalic Palacios was such a talkative child growing up that her parents nicknamed her “periquito,” the Spanish word for parrot. Spurred on by her parents’ encouragement, Palacios has emerged as a strong public speaker, campus leader and engaged student.

Palacios, a first-generation college-goer, will use her leadership qualities to advocate for El Monte Union students after being sworn in as Student Trustee by the District Board of Trustees during a virtual board meeting on Aug. 5. Palacios is the first junior to ever serve on the Board.

“I want to be a conduit for our students and the Board of Trustees,” Palacios said. “I want to assure El Monte Union students that I am here with the intent of speaking for them, fighting for them and establishing a clear line of communication for them. During these unprecedented times, El Monte Union students need more support than ever. Thank you for lending me a platform to vocalize the concerns and needs of our students.”

One of Palacios’ first acts as Student Trustee is co-chairing a virtual student panel at 4 p.m. Thursday, Aug. 20. The panel will give students the opportunity to learn about the District’s distance learning plan for fall 2020 and receive an overview of sports and activities, clubs and planned virtual events.

Palacios – who has served on the Superintendent’s Student Advisory Council representing Rosemead High School for the last two years – has worked with



**Rosemead High School junior Xitlalic Palacios is the first underclassman to serve as Student Trustee on the El Monte Union Board of Trustees, serving as a voice for the entire student body.**

the Family and Community Engagement subcommittee within the District’s Reopening Task Force to provide feedback on ways foster a safe back to school experience.

Palacios’ parents have played a pivotal role in shaping her activism, working hard to provide her the opportunity to attend school and encouraging her to get involved in extracurricular activities. For instance, Palacios is part of the Associated Student Body, volunteers for the Red Cross and serves as editor-in-

chief of Rosemead’s journalism team, while also taking an interest in student welfare.

“At a time when our students are facing challenges as they try to stay motivated and hopeful during the uncertainty of a global pandemic, the high school student voice is critical now more than ever,” Superintendent Dr. Edward Zuniga said. “Xitlalic will work to express the needs and wants of our students, expand relationships and bring her own initiatives to ensure our students are heard.”

# Azusa Drive-In Movies At Northside Park

**AZUSA** - The City of Azusa’s Community Resources Department will present a 2020 Drive-in Movie series beginning Thursday July 16 at Northside Park, 600 Block W. 11th Street beginning at sunset. NO RV’S or CAMPERS will be allowed entrance to the park.

Vehicle Check-In begins at

6:30 p.m. All vehicles must be in their spots by no later than 7:45 p.m.

For more information, please contact the Recreation office at 626 812-5280

Register at: [www.azusaca.gov](http://www.azusaca.gov)  
Drive-In Movie Schedule  
8/20 - Trolls  
8/27 - Abominable

9/3 - Do-little  
9/10 - Little Mermaid  
9/17 - Little Giants  
9/24 - Sonic The Hedgehog  
10/1 - Matilda  
10/8 - The Goonies  
10/15 - The Addams Family  
10/22 - Halloween Town  
10/29 - Hocus Pocus



## ☆ 2020 Drive -In Movie Series ☆

**Thursday** Evenings @ Northside Park 600 Blk. W. 11th St.

**NO RV’S or CAMPERS ALLOWED** (pre-registration required)

Visit [secure.rec1.com/CA/azusa-ca](http://secure.rec1.com/CA/azusa-ca) to register for this event or call (626) 812-5280

for more information (including a list of all movies and dates).

# Azusa's Ranch 2 Fire Allegedly Started By Homeless Man



**Osmin Palencia, the suspect in the Ranch 2 arson fire, surrendered to Azusa police Sunday.**

By **George Ogden**

**AZUSA** - The Ranch 2 Fire above Azusa, which was started on August 13th in the mid-afternoon is said to be arson. The name of the blaze was changed from the Ranch Fire to the Ranch 2 Fire to avoid confusion with a November 2019 Ranch Fire near the Mendocino National Forest and a July 2018 Ranch Fire that was part of the Mendocino Complex Fire.

There is a large encampment of homeless and transients in the riverbed just south of the Mountain Cove community. This is where the fire started. It has been stated that some transients got into a fight and it may have been over a bike. One of the transients

then set the other transient’s encampment on fire to destroy his personal belongings. It is not known if the victim of this arson was inside a makeshift tent or not when the fire was set. The suspected arsonist, who also lived in the encampment has been identified as 36-year-old Osmin Palencia, a male Hispanic.

Nearly 150 firefighters are fighting the fire in 3 digit temperatures. It is less than 10% contained, however, it is now burning away from populated areas. Outside of the 7 hand crews, they have 3 Helicopters, 19 Fire Engines, 2 Fixed Wing, and 2 Water Tenders fighting the fire.

Road closures will remain in effect on San Gabriel Canyon

Road/Highway 39: Northbound Highway 39 is closed at Sierra Madre Ave. and Southbound Highway 39 is closed at East Fork Rd. The Glendora Mountain Road is closed from Big Dalton to East Fork. The Glendora Ridge Road is closed from Glendora Mountain Rd to Mt. Baldy Rd. The Santa Anita Canyon Road is closed from Arno Dr. to Chantry Flats Rd. Do not attempt to access this area, you will be turned around.

All evacuations for the Ranch 2 Fire have been lifted.

On Sunday afternoon, suspect Osmin Palencia turned himself in to the Azusa police department. He is being held for arson charges.

# Gov. Newsom Issues Executive Order Extending Assessment Appeals Deadlines

**SACRAMENTO** – Governor Gavin Newsom issued an Executive Order that for any pending assessment appeal filed with a county assessment appeals board (AAB) on or before March 4, 2020, the two-year deadline within which the county AAB must render a final decision is extended until January 31, 2021.

The property taxes that a California taxpayer pays are based on the property’s assessed value determined by the county assessor. When taxpayers who disagree with the value established for a property

cannot reach an agreement with their county assessor’s office, the taxpayers have a right to appeal the value to their local county board of equalization or assessment appeals board, under certain circumstances and limitations.

In all California counties, the county board of equalization’s or assessment appeals board’s function is to resolve disputes between the county assessor and taxpayers over values of locally assessed property. Their decisions are legally binding and enforceable.

The extension of the two-

year deadline by Governor Newsom will provide taxpayers and county assessors with time to prepare for resumed hearing schedules and allow county AABs time to resume normal operations and reduce the backlog of appeals resulting from the COVID-19 pandemic to a manageable level.

State Board of Equalization (BOE) Chairman Antonio Vazquez has worked with the Governor’s Office over the last two months to provide the extension afforded by the Governor’s latest Executive Order, which sets the date by which certain assessment appeals must be decided after the disruptions caused by COVID-19.

“I appreciate the time that the Governor took to listen to our concerns,” Chairman Antonio Vazquez stated. “There is more work to be done, and I have scheduled a public policy hearing in August to address one of the critical next steps,” he added.

Taxpayers should contact their State Board of Equalization Member ([boe.ca.gov](http://boe.ca.gov)) or their local Assessor for more information.

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# Bail Raised on Suspect Who Attacked ARCO AM/PM Employees in Irwindale



Photos courtesy of Irwindale Police Department.

**Edgar Morelos**

**By George Ogden**

**IRWINDALE** - A suspect was arraigned Wednesday and had his bail increased from \$115,000.00 to \$175,000.00 for an assault on employees and customers at the Arco AM/PM gas station located at 15875 Arrow Highway at Irwindale Blvd., in Irwindale.

The events started Sunday, August 9th around 4:30 p.m. when the suspect came into the store. He found that the soda machine was not working. He became irate and started going after the two clerks behind the counter with a large kitchen knife. The clerks were able to get away from him. He then went throughout the store and the customers had to flee for their own safety. He

ended up going to the back of the store where another employee was working. He kicked and knocked this employee down and started beating the employee with a claw hammer. The employee tried defending himself and was able to get away.

The suspect ended up riding away on his bicycle before the police arrived.

Officers searched the area and found the suspect and took him into custody. He was identified as Edgar Morelos, a male Hispanic, 35, of Baldwin Park. In the last three years he was arrested 11 times and had over 35 charges filed against him.

Outside of the fact that he was

charged with felony assault(s) with deadly weapon and battery with a deadly weapon, he had a crack pipe, a knife with a 5.5-inch blade and a metal flashlight which had a built-in stun gun in the device and the large claw hammer that he used as a weapon. He also had a concealed dagger that was on his person. All these are in violations of his parole and since he used the hammer the way he did, this will be included. His past crimes and convictions include violent crimes including a felony assault on a police officer.

He is also suspected of committing other crimes in the area including auto burglaries and burglaries of dwellings.

# Foothill Gold Line Launches Interactive Construction Map Webpage

*Webpage is one-stop destination for all construction-related information for Foothill Gold Line light rail project from Glendora to Pomona, now under major construction*



**MONROVIA** – The Foothill Gold Line Construction Authority (Construction Authority) is launching a new interactive construction map page on the agency website – [foothillgoldline.org](http://foothillgoldline.org). In support of major construction now underway on the 9.1-mile, four-station Foothill Gold Line light rail project from Glendora to Pomona, the new webpage is a one-stop destination for all of the project’s construction-related information; keeping residents, businesses and interested stakeholders updated on where construction is active and ar-

eas to avoid due to long-term street closures.

“The interactive map is part of the Construction Authority’s comprehensive outreach program to ensure stakeholders along the project corridor have multiple ways to stay informed about construction activities that may impact them,” said Foothill Gold Line Chief Communications and Strategic Development Officer Lisa Levy Buch. “We encourage anyone who lives or travels along the Foothill Gold Line corridor to sign up to receive construction alerts to their emails, and now to also bookmark the new webpage, so that they can easily stay updated on where construction is happening and avoid unexpected delays.”

**The new interactive map page provides project stakeholders:**

- Easy viewing of current and upcoming major construction activities, including access to all current and archived construction notices
- Information on what to expect during the construction activities, such as street or lane closures, detours for motorists and pedestrians, and how to

stay safe around active construction

- Contact information for staff to answer questions about construction or to provide general project-related information

- Viewing of renderings, site plans, locations and information about the future Gold Line stations and major bridges

- A link to sign up to receive Construction Alert emails

Major construction on the Foothill Gold Line project segment from Glendora to Pomona began in July and is anticipated to be completed in 2025. If additional funding is secured by October 2021, the entire project from Glendora to Montclair will be completed altogether by 2028.

Developed by Pasadena-based Mackey Creative Lab, the interactive map webpage features a responsive design that adapts the layout for mobile, tablet and desktop users; ensuring an optimized viewing experience across all devices. The Construction Authority and Mackey Creative Lab will continue to refine and make improvements to the interactive maps throughout the duration of the project construction.

# Duarte Businesses: Apply for COVID-19 Relief Funding Opportunity

**DUARTE** - The City of Duarte Small Business Grant (SBG) Program is available to local businesses that have been economically impacted by the COVID-19 pandemic. The City is offering grants up to \$10,000 to businesses that create or retain jobs for low- and moderate-income persons.

Duarte businesses with less than 500 employees, that were impacted by COVID-19, are one of the following business types and that meet the following criteria are eligible:

- Restaurants, coffee shops, bakeries, cafés, gastropubs, etc.
- Salons, barbers, and other grooming businesses
- Gyms, day spas, and fitness studios
- Retail and Commercial



stores such as consumer goods, electronics and appliances, health and sporting goods, furniture, clothing and shoes, kitchen equipment, books and entertainment stores, music and audio/visual equipment, etc.

- Active business license in our City
- No unresolved City, municipal or health code violations
- Business in continuous operation in our City for at least two years

Grant funds can be used for operational business expenses such as:

- Employee payroll;
- Working capital to continue operations;
- Payment of outstanding business expenses; and
- Adaptive practices needed to remain open (i.e. equipment and supplies for physical distancing).

Businesses must submit an intake form during the 5-day open application period. After the 5-day period, a lottery will be conducted and selected businesses will be requested to complete an application. The Los Angeles County Development Authority (LACDA) will work with the selected businesses on behalf of the City of Duarte to complete an application form, execute an agreement and provide the grant funds directly to the business owners.

## Timeline and Due Dates

August 24 - 28, 2020 - Open Intake Period for Eligible Businesses

September 1 - 15, 2020\* - A lottery will be completed to select the number of eligible businesses that the SBG Program can fund.

September 16 - 30, 2020\* - Selected businesses will complete full applications and grant agreements

October 2020\* - LACDA issues grant checks to businesses

\*These dates are subject to change  
Submit your intake form starting August 24. The application period will close August 28.

For additional assistance, email Victoria Rocha at [VRocha@AccessDuarte.com](mailto:VRocha@AccessDuarte.com).

### WHY IS EXCESSIVE HEAT SO DANGEROUS?

Heat becomes especially dangerous if it lingers for more than one day.

Hot days and warm nights don't give our bodies time to cool down.

Heat islands can intensify extremely hot weather which can cause breathing problems, heat cramps, heat stroke, and may lead to illness or even death.

### WHAT CAN YOU DO?

Check on your friends, family, and neighbors during heat waves.

Wear light, loose-fitting clothing and drink water often. Don't wait until you are thirsty.

Avoid unnecessary hard work or activities if you are outside or in a building without air conditioning.

Stay in an air-conditioned area, if possible.

## HEAT EXHAUSTION

#### WHAT TO LOOK FOR:

- Heavy sweating
- Cold, pale, and clammy skin
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

#### WHAT TO DO:

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

#### GET MEDICAL HELP RIGHT AWAY IF:

- You are throwing up
- Your symptoms worsen or last longer than 1 hour

## HEAT STROKE

#### WHAT TO LOOK FOR:

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

#### WHAT TO DO:

- Call 911 right away - heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

## HEAT CRAMPS

#### WHAT TO LOOK FOR:

- Heavy sweating during intense exercise
- Muscle pain or spasms

#### WHAT TO DO:

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

#### GET MEDICAL HELP RIGHT AWAY IF:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

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