



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. 49

STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

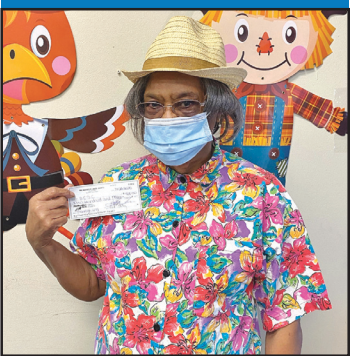
December 3 - 9, 2020

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Gov. Newsom Swears In First Female California Highway Patrol Commissioner

SACRAMENTO—Governor Gavin Newsom administered the oath of office to California Highway Patrol (CHP) Commissioner Amanda Ray, a historic move making her the first woman in its 91-year history to lead the largest state law enforcement agency in the nation.

Newsom appointed Ray as the 16th Commissioner on October 20, 2020, following the retirement announcement of Commissioner Warren Stanley after 38 years of service with the CHP.

“I am thankful to Governor Newsom for trusting me to lead this exceptional organization and honored to follow in the footsteps of many innovative leaders who have come before me, including my friend, Warren Stanley,” Ray said. “I would not be where I am today without the foresight of those in 1974 who decided to give women the opportunity to become CHP officers, paving the way for many women to assume leadership roles in the Department. I look forward to further guiding the Department and its 11,000 women and men in engaging with the communities we serve to en-

sure California remains a safe place to live, work, and visit.”

Ray began her career with the CHP in 1990, rising through the ranks to her appointment as Deputy Commissioner in February 2020. She has served as incident commander during several high-profile events, including the Department’s response to COVID-19, civil unrest, and wildfires.

Ray has appointed two members to her Executive Management team. They are Jim Epperson as Deputy Commissioner, her second-in-command responsible for the day-to-day operations of the Department, and Ryan Okashima as Assistant Commissioner, Staff, who will oversee the administrative functions of the Department, including a \$2.8 billion budget, departmental training, information technology, and personnel administration. Rich Stewart was previously promoted in August 2020 to the position of Assistant Commissioner, Field, responsible for all patrol and air operations throughout the state as well as protective services.



New California Highway Patrol Commissioner Amanda Ray is sworn into office by Gov. Gavin Newsom.

Photo courtesy of the CHP.

Los Angeles County To Launch Grant Program To Help Restaurants Impacted By Covid-19 Restrictions

Eligible Businesses Can Receive \$30,000 in Working Capital Assistance



LOS ANGELES COUNTY - In an effort to assist restaurants affected by the COVID-19 restrictions, Los Angeles County will launch the Keep LA County Dining Grant Program on Thursday, December 3, 2020, at 12:00 a.m.

The Keep LA County Dining Grant will provide \$30,000 to use as working capital for employee payroll expenses, capital to continue operations, payment of outstanding business expenses, and adaptive business practices needed to remain open. Preference will be given to restaurants that provided outdoor dining as of November 24, 2020.

The Program, approved by the Los Angeles County Board of Supervisors on November 24, 2020, and operated by the Los Angeles County Development Authority, will be available to small businesses located in the County of Los Angeles, not including the Cities of Los Angeles and Pasadena, that can demonstrate that their business was impacted by COVID-19 through a hardship due to closure and a reduction in revenue. Businesses that have already received assistance from other Los Angeles County Coronavirus Aid, Relief, and Economic Security (CARES) Act programs are not eligible for

this Program.

“Earlier this year, restaurants made incredible sacrifices to align with public safety protocols in order to open for in person dining and help pay their bills,” said Supervisor Kathryn Barger, Chair of the Los Angeles County Board of Supervisors. “These restaurants, the vast majority of which employ fewer than 25 people, truly represent the small business community that drives the County’s economic engine. The recent health officer orders to close in person dining was a devastating blow and as a result, the Board identified the need to immediately deploy grant funding to support these impacted small businesses.”

“Restaurants are integral to the economic, social, and cultural fabric of our County,” said Los Angeles County Supervisor Chair Pro Tem Hilda L. Solis. “They contribute to the historical identity of our communities and are also responsible for employing a workforce that is dependent on jobs with low barriers to entry for their livelihood. I am keenly aware that many are not in agreement with the recent temporary suspension of outdoor dining, but it is necessary to protect our collective well-being.

Nonetheless, it is critical that we continue to assist this sector by providing funding to impacted restaurants so that we can help keep them afloat while we weather this pandemic together. Together is the only way that we can beat this virus, not alone and not divided.”

“This pandemic and the recent closure of outdoor dining has been devastating to our restaurants and restaurant workers,” said Los Angeles County Supervisor Janice Hahn. “These grants are meant to help as many restaurants as possible make ends meet and make it through this crisis. We know it won’t be enough. We need another federal stimulus package to get a lifeline to all of our businesses and workers that are struggling.”

The application period will begin Thursday, December 3, 2020, at 12:00 a.m., and be available through Sunday, December 6, 2020, at 11:59 p.m., or until 2,500 applications are received, whichever comes first.

For additional program information, please visit keeplacountydining.lacda.org or call (626) 943-3833. Questions regarding the grant program can be sent to keeplacountydining@lacda.org.

Baldwin Park Unified Students Grow Music Skills during Distance Learning



Elementary and middle school students in the District’s violin program work diligently to grow their skills and explore their creativity through music.

BALDWIN PARK - Students enrolled in Baldwin Park Unified’s violin and orchestra programs tune into Google Classroom, adjust their microphones and cameras, and follow the visual and audio cues of orchestra teachers Jacob Boyd, Joshua Chan, Paul Grant and Justin Wong, as they hone their musical skills and practice compositions.

More than 400 students in elementary, middle and high school participate in BPUSD’s string programs, which range

from beginner to advanced classes. At the beginning of the academic year, students check out instruments for home use.

“As our program grows and the demand for stringed instruments increases, our School District has been amazing in supporting us to buy a large number of violins, violas, cellos and basses to ensure that no child is turned away,” Grant said. “The District is ensuring that each student receives a quality education with a quality instrument.”

During distance learning, a hurdle for younger students has been tuning their instruments without teacher assistance. Grant took time to visit students, and tuned instruments

and shared tips so they could practice in the future.

“With the outstanding support of our parents, educators and administrators, our young musicians are being set up for success,” Superintendent Dr. Froilan Mendoza said. “Music education is an important component for a well-rounded life, and Baldwin Park Unified is so grateful to have exceptional teachers like Mr. Grant, who make it their mission to enrich the lives of our students.”

Through a collaborative effort, the District’s music department is creating a virtual performance to celebrate the winter holidays, featuring elementary, middle and high school orchestra students.

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Sergio's Mexican Restaurant Closes Its Doors



Roberto Campos, owner of Sergio's stands in front of his sign on Route 66.

By Jayam Rutnam

GLENDORA - It was a sad day indeed when Sergio's Mexican Restaurant on Route 66 closed its doors to patrons who frequented this popular restaurant since 1984. "Thirty-six years", said Roberto Campos, who has owned Sergio's since the previous owner, Sergio Rodriguez retired and sold the business to his loyal employee Roberto in 1999.

Sergio's last day was Sunday, November 29th. A steady

stream of regular patrons dropped by to say "goodbye". This restaurant was popular with Glendorans of all ages, but particularly, since the Covid 19 hit, it was popular with seniors who would order "take-out". Even as I interviewed Roberto, there were some seniors lined up to pick up their food.

The new ruling, of NO OUTDOOR dining was the last straw! The restaurant just couldn't keep running at a loss any more. "It's devastating"

said Roberto Campos. The overhead was too high, with paying the rent and twenty employees, it was just impossible!

Roberto Campos said that he hopes to come back to Glendora and open up a Sergio's once more. Maybe in a year or two when the pandemic subsides. We certainly hope he comes back. There will be many who will miss this restaurant.

Afghan Donation Made to VFW Post 8620 for Veterans



Tracy and Anna Smith display one of the Afghans donated to the Veterans of Foreign Wars.

By George Ogden

WEST COVINA - The West Covina Veterans of Foreign Wars Post 8620 received a rather large donations of lap blankets and Afghans from a senior citizen who makes them at home.

Betty Smith of Rosemead put together around 30 blankets and wanted to donate them to the veterans. Her son Tracy and his wife Anna (daughter-in-law to Betty) came in from Alaska for a visit and took on the project.

Betty had been making these Afghans and because of the virus scare, she has not been able to distribute them and they started piling up. In fact, she basically ran out of room to store them. When her son and daughter-in-law came down from Alaska, they tried calling around. Because of the virus scare and the actions of the government, the various veterans' organizations have been forced to shut their doors with only a couple trying to survive. They called the West Covina VFW and someone answered the phone. It just so happens that they would be more than delighted to accept them and see to it that they get distributed to veterans and their families. This VFW still has active members and volunteers that can still assist when they can.

Mr. and Mrs. Smith showed up with 4 big bags filled with the Afghans. According to Auxiliary members Jr. Vice President Pepper Fontaine and

Beverly Wheeler, these are extremely nice and well put together. They were thankful to see this donation come in. It will help a lot of veterans.

26th ANNUAL HOLIDAY HOME DECORATING CONTEST

HOSTED BY THE CITY OF GLENDORA COMMUNITY SERVICES DEPARTMENT

- 1. CHOOSE CATEGORY & DECORATE YOUR HOME** with holiday lights & decorations.
Category options: Animation Use of Lights Lawn Display
- 2. REGISTER BY DECEMBER 14TH.** Email community_services@cityofglendora.org with the family name, contact number, address, one category of choice, and a photo of the decorated home. Videos will be accepted for displays with animation as long as a photo is also included.
- 3. VISIT OUR FACEBOOK PAGE** to watch as our community votes for their favorite home in each category on December 16th-21st. Deadline to vote is December 21st at 8am. Winners will be announced and receive their prize on December 21st.

This event is sponsored by: **FOR MORE INFORMATION CALL (626) 914-8228**

FREE Masks & Surface Sanitizer offered by the Glendora Rotary Club.

Please call Southland Properties (626) 484-0409 or Certified Automotive (626) 963-0814 for details and pick-up.

RotaryofGlendora.org

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The City of Covina and the Covina Christmas Parade Committee present

Christmas in the Plaza

While there will be no Tree Lighting Ceremony this year, the city's official Christmas Tree in Heritage Plaza will still **LIGHT UP**, and the Plaza will be adorned with extra special decorations for the season. We invite the community to take part by creating handmade ornaments and hanging them on specially-themed trees at Heritage Plaza.

Tree themes include:

- Military Tribute
- Tree of Life and Healing
- Our Family Tree
- Tree of Hope
- Tree of Thanks

Ornaments may be hung beginning November 20. To keep your ornament, retrieve it after Christmas and prior to January 6.

City not responsible for lost or damaged ornaments.

It's Holiday Contest Time!

HOME DECORATING:

THE RULES ARE SIMPLE:
DECORATE YOUR HOME IN THE HOLIDAY THEME
TAKE A PHOTO
EMAIL YOUR FAVORITE PHOTO (ONE ONLY) TO
[HTTPS://WWW.CITYOFLAVERNE.ORG/DECOR](https://www.cityoflaverne.org/DECOR)

UGLY HOLIDAY SWEATER:

YOU CAN ENTER IN THE FOLLOWING CATEGORIES:
PETS TOTS (0-3) CHILDREN ADULTS 13+ FAMILY/GROUP
TAKE A PHOTO
EMAIL YOUR FAVORITE PHOTO (ONE ONLY) TO
[HTTPS://WWW.CITYOFLAVERNE.ORG/SWEATER](https://www.cityoflaverne.org/SWEATER)

Irwindale Senior Center This event is sponsored by

Drive Thru Christmas Cookies & Cocoa

Tuesday, December 8, 2020
3:00 pm - 5:00 pm

Irwindale Residents 50+ and grandchildren are cordially invited to a contactless curbside pickup event. We will be offering free Christmas cookies and hot cocoa. Registration is required.*

Registration: Residents may register today by calling the Irwindale Senior Center at (626) 430-2283
Monday - Thursday 8:00am - 6:00pm
Deadline to register is Monday, December 7, 2020
Registration will be limited to the first 50 signups.

IRWINDALE SENIOR CENTER

Zoom Social Ugly Sweater Contest

Thursday, December 17, 2020
1:00 pm - 2:00 pm

Seniors 50+ are encouraged to compete for a prize in the Irwindale Senior Center's fun and festive virtual Ugly Sweater Contest!

Registration: Residents and non-residents may register today by calling the Senior Center at (626) 430-2283
Monday - Thursday 8:00am - 6:00pm
Deadline to register is Wednesday, December 9, 2020
Event instructions and details will be given upon registration. Registration will be limited to the first 12 signups.

High Numbers of Daily Cases and Hospitalizations is Serious Cause for Concern

New Order Aims to Reduce Risk of Transmission

LOS ANGELES COUNTY - With COVID-19 cases and hospitalizations surging, L.A. County announced additional safety modifications that became effective on Monday, November 30, 2020 and remain in effect for three weeks through December 20, 2020.

The new temporary order aims to reduce the risk of transmission several ways, including by:

- Asking individuals to remain in their homes and with their immediate households as much as possible;
- Reducing mingling with others not in your household;
- Requiring everyone to wear a face covering whenever they are engaging in activities outside their homes where they are, or can be, in contact with others not in their household;

holds;

- Reducing capacity at sites where non-household members mingle to avoid crowding.

Right now, the most important action we can all take to stop the surge is to stay home as much as possible. All public and private gatherings and events with individuals not from the same household are prohibited, except for faith-based services and protests. Residents are still permitted to travel to and from essential businesses, work or provide services to a healthcare operation or essential business; residents may also engage in essential activities, or participate in permitted individual or household outdoor and indoor activities while practicing required distancing, infection control and masking.

Restaurants, bars, breweries and wineries remain closed for

in-person dining and drinking, as there is high risk of transmission of COVID-19 when people are eating, drinking and talking together without a face covering, as happens when people are dining onsite at restaurants. They are permitted to remain open for pick-up, delivery, and take-out and breweries and wineries may remain open for retail sales at 20% occupancy.

Testing results are available for more than 3,695,000 individuals with 10% of all people testing positive.

The Reopening Protocols, COVID-19 Surveillance Interactive Dashboard, Roadmap to Recovery, Recovery Dashboard, and additional things you can do to protect yourself, your family and your community are on the Public Health website, www.publichealth.lacounty.gov.

Governor Newsom Announces Immediate Assistance for Businesses Impacted by COVID-19 Including Temporary Tax Relief and \$500 Million in Grants

SACRAMENTO—As the federal government fails to provide additional financial stimulus support to main street businesses, Governor Gavin Newsom today announced that California will provide temporary tax relief for eligible businesses impacted by COVID-19 restrictions. The temporary tax relief entails an automatic three-month income tax extension for taxpayers filing less than \$1 million in sales tax, extends the availability of existing interest and penalty-free payment agreements to companies with up to \$5 million in taxable sales and provides expanded interest free payment options for larger businesses particularly affected by significant restrictions on operations based on COVID-19 transmissions. The total tax relief, if fully utilized, is estimated to have billions in impact. These efforts are informed by recommendations made by the Governor's Task Force on Business and Jobs Recovery.

"California's small businesses embody the best of the California Dream and we can't let this pandemic take that away," said Governor Newsom. "We have to lead with health to reopen our economy safely and sustainably while doing all we can to keep our small businesses afloat. With this financial assistance and tax relief, California is stepping up where the federal government isn't. By providing potentially billions in immediate relief and support, our small businesses can weather the next month as we continue partnering with the Legislature to secure additional funding and investments in small businesses in the new year."

Small businesses are drivers of economic growth – creating two-thirds of new jobs and employing nearly half of all private sector employees. California is home to 4.1 million small businesses, representing 99.8 percent of all businesses in the state and employing 7.2 million workers in California, or 48.5 percent of the state's total workforce.

The COVID-19 pandemic has presented a significant challenge to small businesses, employers and employees. An August [Small Business Majority](#) survey data found that 44% of small businesses are at risk of shutting down. Data released through the [Census Current Population Survey](#) found that minority-owned businesses are disproportionately impacted: the number of active businesses owned by African-Americans dropped by 41%, Latinx by 32%, Asians by 25%, and immigrants by 36%.

The announcement builds on the state's ongoing business support throughout the pandemic, including the Main Street Hiring Tax Credit, which authorizes \$100 million in hiring tax credit for qualified small businesses. The credit is equal to \$1,000 per qualified employee, up to \$100,000 for each small business employer. The application opened [December 1](#).

Building on the state's ongoing support throughout the pandemic, the Governor announced the following immediate support and relief:

Tax Relief for Businesses Impacted by COVID-19

In April 2020, the Governor, through Executive Order, allowed taxpayers to apply for penalty and interest relief for 90 days for any taxpayer reporting less than \$1 million in sales on their tax return. Through November 22nd, some 9,287 plans with almost \$149 million in tax relief have taken advantage of this program.

The Governor will direct the California Department of Tax and Fee Administration to do the following:

- Provide an automatic three-month extension for taxpayers filing less than \$1 million in sales tax on the return and extend the availability existing interest and penalty free payment agreements to companies (with up to \$5 million in taxable sales)
- Broaden opportunities for more businesses to enter into

interest-free payment arrangements.

- Expand interest-free payment options for larger businesses particularly affected by significant restrictions on operations based on COVID-19 transmissions.

\$500 Million for New COVID Relief Grant for Small Business

The Governor announced the creation of a \$500 million COVID Relief Grant administered by the California Office of the Small Business Advocate (CalOSBA) at the Governor's Office of Business and Economic Development for small businesses that have been impacted by COVID and the health and safety restrictions. Funds would be awarded to selected intermediaries with established networks of Community Development Financial Institutions to distribute relief through grants of up to \$25,000 to underserved micro and small businesses throughout the state by early 2021. Non-profits would also be eligible for these grants. CalOSBA is establishing the program and will make it available to small businesses as soon as possible.

Increase Funding for the California Rebuilding Fund by \$12.5 million.

Last week, the Governor announced the opening of the California Rebuilding Fund which makes available \$25 million to help impacted small businesses rebuild from the economic crisis and keep local economies strong. This program is built to be a resource in the market for the next year as businesses pivot and recover.

An increase of \$12.5 million would allow the Fund to be fully capitalized. The additional funding will help the 3rd party administrator of the fund raise \$125 million to make more low-interest loans to small businesses with less access to loans from traditional banking institutions.

San Gabriel Valley Examiner
INFORMATION GUIDE

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

Mission Statement

• We believe that journalism should be free from any motives other than relaying information to its readers. It should not be used to win a favor or 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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All submissions for publication become the property of San Gabriel Valley Examiner and will not be returned. San Gabriel Valley Examiner does not guarantee submissions to be published. All submissions are subject to editing, including to conform to space limitations.

Contributing Writers:

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

Protect Yourself From Social Security Scams

MONTEREY PARK - The Monterey Park Police Department wants to warn you about telephone scammers that are pretending to be government employees. Callers say they are from Social Security, and may say there is a problem with your Social Security number or threaten to arrest you unless you pay a fine or fee with cash, retail gift cards, pre-paid debit cards, or wire transfers.

Social Security will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.

- Promise a benefit increase or other assistance in exchange for payment.

- Require payment by retail gift card, cash, wire transfer,

internet currency, or prepaid debit card.

- Demand secrecy from you in handling a Social Security-related problem; or

- Send official letters or reports containing personally identifiable information via email.

If you receive a call like this, hang up. Do not provide any personal information or send money.

Monterey Park PD encourages you to report Social Security scams using their dedicated online form, at <https://oig.ssa.gov>. Please share this information with your friends and family to help spread awareness about Social Security scams.

L.A. County Launches Inaugural "United Against Hate Week"

LOS ANGELES COUNTY - The LA vs. Hate Coalition, led by the Los Angeles County Department of Workforce Development, Aging and Community Services (WDACS) and the LA County Human Relations Commission, announced the inaugural United Against Hate Week in the County of Los Angeles. Through a unique,

community-building blend of art, social media, and educational resources, the LA vs. Hate Coalition is urging communities to reject hate and bigotry and promote inclusion. From November 30 through December 6, United Against Hate Week will invite LA County residents to take action against hate by going

LA vsHate.org or by calling 211-LA to report hate incidents. Reporting hate to 211 can be done anonymously, 24/7, in any language, and callers can receive free counseling, support, and other assistance.

"Addressing hate comes from within our communities through a commitment to stand up for one another at the ground level," said Supervisor Kathryn Barger. "United Against Hate Week" is an important opportunity to engage our local residents and provide tools and resources so that our communities can stand in solidarity against hate."

Following a motion from the LA County Board of Supervisors in September 2019 to address the rise in bias and hate acts, the LA vs Hate initiative was established. LA vs. Hate is a community-driven campaign to encourage residents and organizations to unite against and report acts of hate to 211-LA. LA vs. Hate also includes a network of community agencies that provide hate prevention and advocacy.

United Against Hate Week was born in 2017 as a poster project in response to white supremacist groups who were planning rallies in Berkeley. Since then, United Against Hate Week has grown beyond posters and has spread to more than 60 communities across California.

Spread Holiday Cheer: Drive Sober This Season

LOS ANGELES COUNTY - The holidays will feel a bit different this year, but one thing that has not changed is choosing a sober way to go.

This holiday season, the Los Angeles County Sheriff's Department encourages the community to make sure every holiday celebration ends with a sober driver.

Starting Nov. 30 and through Dec. 15, the Los Angeles County Sheriff's Department will have additional officers on patrol looking for drivers suspected of driving under the influence of alcohol and/or drugs.

In addition, officers will be actively looking for other unsafe driving practices – speeding, not wearing a seat belt, driving dis-

tracted, not yielding to bicyclists or pedestrians – to make sure everyone has a safe holiday.

"2020 has been a tough year so let's try and end it on a good note by being safe on the road during the holidays," said Sergeant Robert Hill said. "Taking simple safety measures helps make sure we can all enjoy the holidays."

The Los Angeles County Sheriff's Department reminds drivers that driving high does not fly. Marijuana, prescription drugs, and over-the-counter medications may impair, especially in combination with alcohol and other drugs.

"There's no joy in a DUI," Sergeant Hill said. "Sober is the way to go."

County of Los Angeles
DEPARTMENT OF
PUBLIC SOCIAL SERVICES

EBT Cardholders BEWARE!

It is **critical to protect both your identity and your EBT card's information** in order to prevent your benefits from being stolen.

Helping you protect your information is the Department of Public Social Services' top priority.

Here are a few ways to protect your identity and case information:

- **DO NOT** give out your Social Security Number or Personal Information.
- **ALWAYS GUARD** your EBT card number and PIN.
- **DO NOT** allow anyone to take a picture or make a copy of your EBT card number.
- **DO NOT** use your EBT card to apply for other benefits/programs/services such as cell phones.

REMEMBER: You can get **Verification of Benefits** online at our **Your Benefits Now (YBN)** website dpss.lacounty.gov, or by calling our Customer Service Center at **1-866-613-3777**, if needed when applying for other non-DPSS programs.

Crafts at the Senior Center
On Zoom
Wednesday, December 9, 2020
1:30pm - 2:30pm

Supplies Needed

- Glue gun
- Glue sticks
- Paint brush

Supplies Provided By the Irwindale Community Foundation

- Ribbon
- Canvas
- Wood letters
- Garland

Seniors 50+ are encouraged to join the Irwindale Senior Center for a free craft class via Zoom.

Registration: Residents and non-residents may register today by calling the Senior Center (626) 430-2283 Monday - Thursday 8:00am - 6:00pm

Deadline to register is Thursday, December 3, 2020

Class instructions and details will be given upon registration. Registration will be limited to the first 8 sign-ups.

[@cityofirwindale](#) www.irwindaleca.gov #ISENIORSROCK

More Erratic Chaotic Wildly Speculative Shutdowns

Tuesday, November 24th, County of Los Angeles Health Director, Dr. Barbara Ferrer, ordered closure of all restaurants in L.A. County, both indoor and outdoor dining, despite 3,000 comments objecting to closures at that meeting. The vote to support Ferrer's order was 3-2 with Supervisors Kathryn Barger and Janice Hahn objecting. Supervisor Ridley-Thomas supported the motion, but will be leaving to take his seat on L.A. City Council. Closure will last three weeks.

Supervisor Barger said, "There is no data to support closing restaurants. This action was arbitrary and only further encourages private gatherings, which is where the virus is actually spreading."

While Ferrer was pushing for County restaurant shutdowns, the City of Los Angeles voted to keep their restaurants open as did the City of Pasadena. Pasadena has its own health department and so does Long Beach but Long Beach decided to follow the lead of L.A. County and close their restaurants. Long Beach Post News reported their health officials see 'dining out as inherently risky' because they remove their face coverings to eat.

One restaurant owner told Glendora City Council at their special meeting called to find solutions, he was at a dead end with recent round of closures. He said he has rent to pay and, to comply with previous rounds of county regulations, contracted for a tent that is an additional \$4,000 a month. He just doesn't have the money to continue and refuses to take out any more loans.

Glendora is not the only city upset over the new rollbacks. Whittier City Council held a special meeting to talk about options for health department services including contracting with Pasadena or Orange County or putting together a consortium of cities who want to break away from L.A. County and start their own health departments.

This latest round of edicts and mandates seem to target restaurants with no clear evidence they are the hotbed source of fueling increases of the virus count. Because L.A. County is so large and diverse, it was requested the county be divided up into areas



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

and evaluate those areas for COVID counts individually. That request was denied.

My issue -- we always get numbers broken down by city and county, but those numbers never tell me who those numbers are. Are those residents of care facilities, or releasees from jail to hotel rooms, or part of the homeless populations, particularly in tents littering L.A. City streets, or employees from the public sector and which sector. How many doctors and health care providers have come down with COVID 19? For these mandates to have any credibility, we need something more than numbers.

Contact tracing has become part of tracking COVID 19 determining when people are diagnosed with the virus, where they have been and who they've been with to prevent others from exposure. This methodology should tell us when these spikes hit where and who the sources are.

Fox News provided some statistics: COVID-19 cases traced back to the county's restaurants and bars accounted for just 3.1%, or 70 of the total 2,257 confirmed cases found from 204 "outbreak" locations.

Restaurant and bar locations where cases were traced included mostly chains and not small downtown, mom & pop restaurants in Glendora, Covina, Azusa, etc. Chains included McDonald's, Panda Express, Subway, The Habit Burger Grill, Domino's Pizza North Hollywood, Jack in the Box, Langer's Deli, Los Amigos Restaurant and Bruin Cafe and the Study at Headrick at UCLA.

• 7.27% of cases were traced

back to government agencies, including L.A. County entities like the Registrar, Fire Department, and Department of Parks and Recreation and others not named.

• Total confirmed cases are 2,249 and are staff at workplaces, including food and retail stores, with ONLY EIGHT CASES NOT STAFF MEMBERS.

• Ferrer told Fox News, 20% of restaurants have had issues, mainly regarding social distancing.

• This closure could cost 700,000 jobs.

Rudy's Restaurant, historic area Monrovia, was cited by the health department for not having barriers at each table, but Rudy said he's never been given any standards for those barriers -- like what material to use or how to install them to be in compliance. When he asked health officials for instructions, they said they didn't have any.

Additionally, Supervisor Kathryn Barger told Fox News: "... increased case counts are not coming from businesses reopening, but from gatherings where people aren't wearing masks, citing Public Health data that only 10 to 15% of positive cases reported dining out with someone who tested positive, while more than 50% reported being at a private social gathering with someone who tested positive."

The California Restaurant Association is suing Los Angeles County in an effort to overturn the county's plan to suspend in-person dining due to the recent surge in COVID-19 cases. A previous lawsuit has been filed by the Restaurant Association of California to help their industry recover more than \$100 million in fees for liquor, health permits and tourism charges.

Using the Fox News numbers and Supervisor Kathryn Barger's experience and knowledge, it appears unnecessary for restaurants and bars to close. We need to allow each person to use their own discretion when it comes to dining out. When we look at our small restaurants trying to survive, and sustain our historic main streets, by spending the extra dollars to create safe outdoor dining venues, we need to support them, not bankrupt them.

because a few months, or a few weeks or even a few days may be too late. Maybe someone has difficulty wearing a mask. Maybe a holiday with a "ten person" limit means a family can no longer invite an old friend that has been coming for years. That old friend may not have a family of their own, and is now being punished for simply being the 11th person. Again it is all made worse because people in control seem to find ways around the very rules they impose on others while those others still get in trouble. One wonders where the health benefits of all of this come into play.

Many things and many people are easily judged without the accusers taking the time to walk in their shoes. Businesses lost, depression elevated to dangerous levels, children missing school, or any number of heartbreak that can't be easily understood but conveniently ignored and disregarded. Herr Janning thought he could dismiss cheating a few people, those considered non-essential. But when it happened six million times, it was no longer a little thing that was meaningless and selfish.

Let's remember that the next time we ridicule someone, thinking they are selfish or stubborn. Maybe they are behaving that way because a life depends upon it.

Ignore Him!

The result of the election has not been in serious doubt since Thursday, November 5. Joe Biden was fairly and properly elected by a "landslide"—306 electoral votes and a six million popular vote majority. For the weeks since then, Trump has refused to acknowledge his defeat, and has continued to declare himself the winner. He probably knows better, but is using his typical puffed-up braggadocio in an effort to hold his base together. For what purpose? It won't take long until we find out.

His final disgusting attempt to save his presidency involved strong-arming Republican governors asking them to ignore the will of their people and instead of sending the electors chosen by the voters, substitute a slate committed to him. The assumption was that these Republican officials were as dishonest and un-American as was he. Of course, they were not.

So what does this defeated president want to accomplish? Obviously his refusal to publicly affirm that Joe Biden is the legitimate president-elect is only the first step in his commitment to undermining the incoming administration. Contrary to a series of lies by Kayleigh McEnany, Trump's press secretary, Obama did everything possible to secure an orderly transition, offering Trump whatever he needed. What is more, Hillary Clinton conceded defeat the day after the elec-



Charles H. Bayer

tion Now the Biden administration has to find its bearing without much of the traditional support offered by every outgoing president.

Here is just one more illustration of a sorry man whose ego has continually gotten in the way. Trump wanted the spotlight, but was not committed to the consuming task of piloting the ship of state into the next harbor. So while the other heads of state were busy dealing with the virus, Trump left the meeting and headed to the golf course. He has abandoned the ship and the world knows it.

Who knows what he is planning, but we should not be surprised if it centers on keeping Joe Biden from dealing with a dozen of the most important issues facing the nation. Whatever he does, you can bet that it will keep himself in the spotlight. The nation be damned!

So here is my suggestion. The new administration has much on

its plate and should not be distracted by temper tantrums thrown by a bully. More than anything else, Trump wants to dominate the center of the stage. But no matter what he does he should simply be ignored. His name and image should not appear in any publication, newspaper, magazine or broadcast. In doing so he would have no power. Let Fox News be the sole source of coverage. His name or anything about him will no longer appear in this column. The American people have already declared him to be a banished nobody. Not only should he be banned from parading around the center of the stage, he shouldn't even be allowed in the theater.

Should the isolation somehow dramatically alter his conduct, we might need to take another look. But for the time being he should be treated like Phillip Nolan in the short novel, *The Man Without a Country*, by Edward Everett Hale. Nolan had damned the United States and said he never wanted to hear that name again, so for the rest of his life he was shuttled from one ocean-going ship to another, never to hear or see anything about the nation he had disowned.

While we might pity him, and offer proper respect for the positive things he accomplished, for now Donald J. Trump should be a man without a country.

Contact Charles Bayer at candwbayer@verizon.net

The Constitution, COVID - 19, The Courts And Collusion

My Opinion: By D. B. Shimmel

What does the Constitution say about how the president shall be chosen?

In Article II of The Constitution, the second paragraph says: "Each State shall appoint, in such Manner as the Legislature thereof may direct, a Number of Electors, equal to the whole Number of Senators and Representatives to which the State may be entitled in the Congress." Of note - The Twelfth Amendment addressed the election of the President but did not change this clause.

By this Clause it would appear that the people of the state had no say in who would become president. However, by 1880, all states had passed legislation that provided the people the right to vote for the President and Vice-President.

Now to the COVID - 19 pandemic and how it was used by the Democrat Party to influence the outcome of the recent election. In many states, lawyers representing the Democrat Party appealed to Federal and State courts to change the voting laws that controlled how votes could be gathered and counted. In many cases the courts sided with the Democrats. Many Constitutional scholars and lawyers have stated that the courts have no jurisdiction in these matters because the power to change voting laws is vested - by the Constitution - solely in the legislatures of the respective states.

Further, the claim of the Democrat lawyers was, because of the pandemic, it was unsafe for people to go to the poles to vote in person. The Democrats proclaimed that public safety is of paramount importance and voting in person could spread the virus. Of note is the fact, people voted in person during several previous elections including those held during the pandemic of the 'Spanish Influenza' of 1918 and several out-brakes of diseases and wars, during our long history of presidential elections.

What was the objective of the Democrats in these legal cases? To justify mail in voting of course. Why mail in voting? Because this is the easiest form of vote manipulation available. Gov-

ernor Newsome originally planned on not having any in-person voting but after law suits brought by several groups - most notably - Judicial Watch and Election Integrity Project California, he relented. But wait, according to the Constitution, Governor Newsome has no power to control elections.

Election tampering: As Lois Shade noted recently in an article in this paper, the number of irregularities with this election, could fill pages of print. Irregularities, such as, late night votes all going to Biden when Trump had a decisive lead in the evening of the election; and, the Dominion voting machines being easily manipulated. The U.S. 305th Intelligence Group, a military intelligence gathering entity, stated that the Dominion software is easily manipulated and that tabulating machines were connected to the Internet in spite of the fact laws specifically prohibit that they must not be connected. The most recent revelation is, according to report on One America News Network, a high official in the Dominion Company stated, 'There was no way Trump was going to win. I (explicative deleted) made sure of that.'

Can anyone tell me how Republicans won major victories in states that supposedly went to Biden? In Pennsylvania, for example, a Republican candidate for a state post won the state-wide election by 80,000 votes, but Biden purportedly won the State. Further, how could so many Republican Representatives to the U. S. Congress have beat out incumbent Democrats? Would voters vote for Republicans to all other offices and then vote for a

Democrat President?

Why these irregularities? Because, the Democrats believed the poles that assured them that they would handily win these seats and would prevail over several vulnerable Republicans. The results are in: Republicans won all 26 of the seats that the Democrats thought they would flip and as many as 12 additional house seats went to Republicans. That number may increase as there are votes yet to be counted in more than one race. Additionally, in this election, the number of Republican Governors increased.

OBTW - Dominion voting machines were instrumental in the rigged victory of Hugo Chavez in Venezuela in 2004 and a questionable election in the Philippines. This Corporation's systems are so un-reliable even Canada will not use them and the Company is based in Canada. Three times, Texas, for multiple reasons, has decertified the use of the Dominion machine throughout their state. Trump won in Texas. All the contested elections are in states that used Dominion machines. Election rigging is a norm in socialist countries. Is this what we are to become?

I pose one question - Does anyone really believe that this was a fair election? So many unanswered questions! Election integrity in this and future elections is not a partisan issue it is a national issue. Our nation is at a turning point - Freedom or Socialism.

The real Holocaust deniers are those people who proclaim there was no fraud in this election.

MY TURN: COVID Restrictions And The Holocaust

by Charles Lopresto

A social media post showed a black and white, rather grim, photograph of some railroad tracks leading up to the gate of a concentration camp. Superimposed over the photo were these words:

"Remember, it didn't start with gas chambers. It started with politicians dividing the people with 'us vs. them.' It started with intolerance and hate speech and when people stopped caring, became desensitized and turned a blind eye."

The quote was anonymous but the message is increasingly universal and sadly, more so, in spite of our previous belief that much of this intolerance was fading away. But it didn't. Anti-Semitism is back in America and even the "Black Lists" of McCarthyism are as well, although today it is directed toward advocates of free speech, the 2nd amendment and support of Donald Trump. And these same elements of prejudicial behavior have been instituted in our response to the covid virus. The ridicule of people over the perceived bad behavior surrounding the mere questioning of pandemic restrictions is rampant, in spite of the flagrant and obvious double standards applied pitting regular folks against those influential enough to benefit from the restrictions' exceptions.

My favorite dialogue from the

end of the film "Judgement at Nuremberg (1961)" has one of the judges for which the story centers around named Judge Haywood, played by Spencer Tracy, visiting the cell of convicted war criminal Ernst Janning, played by Burt Lancaster. The fictional Janning in our story is a former judge himself, that did the bidding of the Nazi party.

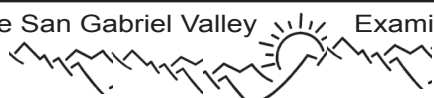
JANNING: "I want you to believe...we never thought it would go this far."

HAYWOOD: "Herr Janning, it came to that the first time you sentenced a man to death you knew to be innocent."

We all too often in these crazy times, look at the small things that are violations of our rights, our common decency, and common sense. We simply say "Let it go, it is no big deal." Wear a mask, don't travel during the Thanksgiving holiday or say "Happy Holidays, as not to offend someone. Little things relinquished. How can it hurt?"

People will blame you for being selfish or just plain stubborn if you chose to press it. They fail to see the big picture, with every harmless little sacrifice adding up and becoming something rather large.

If a person travels at Thanksgiving during the pandemic, maybe that person needs to be someplace or needs to see someone



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Stunning Post-Election Market Recovery

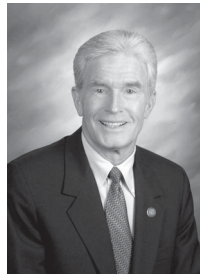
Two important things impacted the US economic outlook recently. First, better than expected economic releases boosted the GDP outlook. For example, the Atlanta Fed's GDP Now surpassed Wall Street's 5% fourth quarter GDP forecast. Then, very positive vaccine news was received. Moderna reported 94.5% effectiveness in preliminary phase-3 trials, while Pfizer and BioNTech have also submitted results for FDA approval. Pfizer's trials now show 95% effectiveness compared with the better than 90% announcement on November 9. Additionally, AstraZeneca announced that its COVID-19 vaccine was as much as 90% effective in preventing infection without serious side effects. The only not so good news is that any vaccine immunity is still months away.

While these positive vaccine result dramatically changed expectations, they also suggest likely more optimistic trends. For now, anyway. There are still other important factors, especially related to government policy, that might tip the outlook back toward more pessimism. The recent Covid positive case surge cannot be ignored. This explosion in positive cases is much worse than expected as recently as a few weeks ago. At the very least the resurging pandemic will delay America's recovery.

The third-quarter earnings reporting season has been one for the record books in terms of positive earnings surprises. Also, a significant rotation is underway. Stocks that were once the face of the Covid crisis - like Boeing (BA), Carnival (CCL), or Delta Air Lines (DAL) - are recently part of the face of the recovery.

While uncertainties about Presidential vote counts and voting irregularities will likely persist, Wall Street apparently just wants to see a divided Congress.

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

The upcoming Georgia Senate seat run-off elections are now critical to making that possible. The market's big relief rally may assume that at least one Republican Senator will be reelected in Georgia. Republican gains in the House were also good news. Not surprisingly the major pollsters were proven wrong yet again.

It also would be beneficial if the U.S. could unite. A first step might be to grow and prosper despite lock down threats related to the latest coronavirus surge. I expect that much of the cash on the sidelines will continue to pour into the stock market, especially after all election and coronavirus lock-down uncertainty ends. November and December are seasonally strong market months. This also is the beginning of the season for a lot of year-end pension funding.

Coronavirus vaccine availability should help reduce the negative news related to impacted businesses, schools and personal lives. In the meantime, President Trump remains the top Republican salesperson, since he credits that company's antibody treatment for his quick recovery from Covid-19. Clearly, we are learning to live with this China virus, but early treatment remains crucial. As effective treatments and vaccines become more available, it will be interesting to see if Democrats become more freedom friendly, no longer supporting shutdowns (like Europe has recently re-imposed).

I certainly do not want to downplay the severity of this pandemic. Thanks to therapeutics, the death rate from Covid has fallen, but it is still dangerous, especially for older or physically impaired people. It was interesting to compare the flu numbers from 2018-19 to Covid numbers. In the 2018-19 flu season, the CDC estimates 39-56m people had the flu, of whom 18-26m saw a doctor, 410-740k were hospitalized, and 24-62k died. The low numbers in each range are documented, while the high numbers are estimated. Not everyone with the flu, including many who die from it, are confirmed.

In contrast, in less than a year, there were 11.8m documented US Covid cases and 256k at least somewhat coronavirus related deaths. In other words, a quarter the number of cases, but many times the number of coronavirus counted deaths. However, as explained by Dr. Birks, everyone who dies in the USA while also testing positive for this China coronavirus has been counted as a Covid-19 death. This counting methodology is not true with the flu, or even for Covid in other counties. It is easy to understand how reported Covid deaths in the USA could be overstated.

This fourth quarter is likely to show some rosy economic and corporate earnings data, closing out 2020 in bullish fashion! However, the first quarter of 2021 could provide some resistance to the bullish trend if certain events don't unfold the right way. These political, health and economic concerns are no secret, and they are converging at the same time.

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

Are there ways for me to legally increase my taxable deductions for 2020?

If you are a homeowner, make your January mortgage payment in December so that you get that extra amount of interest deduction. If you are close to reaching the limit for the medical-expenses deduction, and were putting off a medical procedure until 2021, reschedule for 2020. Making a contribution to an individual retirement account (IRA) might help, too. If you are a business owner or independent contractor, you could buy items in 2020 (see IRS Schedule C) for use in 2021. It would be best talk with a CPA.

I took advantage of Black Friday and Cyber Monday sales to do my Christmas shopping. Since I had not saved up, I put everything on credit cards. Now, how do I get out of debt asap?

Since you decided to spend, at least you took advantage of the sales. You are doing good to recognize your debt, want to get it paid off, and want to save up for next year. Can you transfer your balances to a credit card with the lowest, or zero, interest rate? Focus on your goal to pay off debt. Draw up a new budget, asking yourself, "Do I NEED this? Or do I just WANT this?" Do you have anything you could sell? If you get a year-end bonus, or a pay raise, use all those new funds to pay down that credit card. This is a good time of year to get 'seasonal' work. Once your debt is paid off, start banking that credit card payment into a savings account.

I'd like to take some money from my 401k at work and move it to my own IRA. Can I?



Julia Yoder

This type of move is called an "in-service distribution." Check with H.R., or see if your retirement plan document indicates whether or not your employer-sponsored retirement plan permits you to roll over some of these funds into an Individual Retirement Arrangement while you are still working for that employer. If allowable, and if done correctly, it should not cause a taxable event, and there should be no early (pre-age 59 1/2) withdrawal IRS penalty of 10%. Reasons for moving some of your retirement money are: freedom to participate in a wider range of allocation choices, better guarantees (like a guarantee that you cannot lose your principal), better protection in case the company goes bankrupt, and more control over distribution to beneficiaries.

Is it better to get an annuity, or should I get life insurance with a cash account?

It depends on your specific situation and needs, and what you want that investment to do for you. Each product has its own advantages. The life insurance you mentioned can offer you a higher payout for your beneficiaries if you were to pass sooner

than later, and some of the money you pay is used to cover the premium. Life insurance with a cash account offers you the death benefit, plus the tax-advantaged potential pot of money to access while you are alive. Annuities can be a way to save for retirement, with company-backed guarantees that you cannot lose your money. There are long-term annuities, and there are immediate annuities with scheduled monthly or annual payouts. If you don't qualify for life insurance, simply go with an annuity.

As a beneficiary, is making a claim the same for an annuity as it is for life insurance?

No. Making a claim on an annuity incorrectly can result in a considerable loss of funds. How you file the claim and receive that payout depends on that specific annuity policy's rules, whether or not it's within a trust, or if the owner set up any other payout guidelines. For right now, do nothing until you thoroughly review the annuity policy. Contact the annuity company (contact information can be found on the policy), the owner's life insurance agent (also on the policy, or ask the annuity company), and/or your own life insurance agent.

Ask Julia by email:
juliayoder@yahoo.com

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Dental Visits Are Essential Health Care, Here's Why

If maintaining good health is top of mind these days, as it is for many, be sure to factor dental hygiene into the equation. Medical experts say that a healthy mouth is critical to whole-body health, and warn that during the COVID-19 pandemic, certain stress-related oral health concerns are on the rise.

"Dental health and overall health are intrinsically linked. Beyond teeth and gums, the mouth serves as a window to the rest of the body, providing clues about health related issues that may be brewing," says Dr. Alice Boghosian, American Dental Association (ADA) spokesperson.

Dr. Boghosian reminds the public that dental visits have always been an essential part of health care and are safe during the COVID-19 pandemic. Thanks to ADA and Centers for Disease Control and Prevention guidance, dentists have increased their already strong infection control and office sterilization protocols when treating patients.

"Routine dental exams during the pandemic can help keep your mouth and body healthy. In addition, dentists can sometimes spot signs suggestive of medical issues, alerting you to the need for medical follow-up," says Dr. Boghosian.

According to the ADA, here's why you should be seeing your dentist regularly, and insights into how oral and overall health are connected:

- The COVID-19 pandemic has been a tremendous source of anxiety and stress, which makes it no surprise that since its onset, a majority of dentists in an ADA Health Policy Institute survey report a rise in stress-related oral health conditions in their patients. If you are waking with a tired or sore jaw, find you're grinding your teeth or have a chipped or cracked tooth, a dentist can help.

- Dentists' areas of care extend beyond teeth, gums and supporting bone to include the muscles of the head, neck and jaw, the tongue, salivary glands and the nervous system of the head, neck and other areas. When appropriate, dentists can take samples of tissue to screen for chronic or infectious diseases, and even oral cancer. Catching oral cancer early reduces the risk of your being among the 10,030 people na-

tionwide whose lives are claimed annually by the disease.

- For the 29.1 million people in the U.S. living with diabetes, and those at high risk of developing the disease, dental visits are especially important. Untreated diabetes can take a toll on your mouth in numerous ways your dentist can detect. What's more, people with diabetes are more prone to periodontal disease, a chronic, inflammatory disease that can destroy gums, all the tissues holding your teeth and even bones. Research suggests that treating gum disease and then practicing good oral hygiene can help improve blood sugar control in people living with diabetes.

- With pregnancy come changes in your body, including an increased risk of the gum disease called gingivitis. Keeping up with regular dental cleanings during your pregnancy can help keep this issue at bay.

For more dental health tips and resources, visit MouthHealthy.org. To find a dentist near you, visit FindaDentist.ada.org.

"Dentists, along with your physician and other healthcare professionals, are part of your health care team," says Dr. Boghosian. "Your oral and overall health are our top priority." (StatePoint)

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

Replacing a Car Battery... Why It Takes an Expert!

Our vehicles are much more complicated than they used to be. Each system is controlled by a separate computer module and each car can have as many as twenty of these modules. They each have their own "memory" and they depend upon the car's battery to keep the memory intact.

We all have had to reset our car's clock after a battery disconnect but these days more can be lost than your car's clock time. Here are some of the issues that can occur after

a battery power failure or disconnect:

- Loss of time on the clock, loss of set radio stations and anti-theft lockout
- Stalling, failure of emission monitors
- Loss of power seat and mirror positions
- Door control loss such as locking, driver door switch pad, child lock switches, etc., which are associated with the driver's door. In most of the cases the driver door module acts as a master and others act as slaves

in communication protocols.

If you have replaced your car's battery on your own and you are experiencing any of these issues, please contact us today. We can help your car get its memory back!

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Around the Valley & Senior News

"TIME JOCKEY" - Highway Across America

By Joe Castillo

Act of Defense... Millions of us use them on a daily basis. As Southern Californians, it's hard to imagine what we would be doing without them. In a state with the most automobiles, drivers and population in the entire nation, our lives would be a disaster without them. I'm talking about our highways, the artery of our transportation system, the heart of the nation's system of commerce. Many times, a great idea will produce unbelievable results, but what may seem like a great idea may never reach its great expectations.

In 1919, following World War I, the United State Army saw what happened in Europe when roads could not be used to support the military equipment, vehicles and men which needed the roads to strategically advance and attack its enemies. The First Transcontinental Motor Convoy was established to see how adequate the roads from the East Coast to the West Coast were in case a State of Emergency was called and military equipment needed to be moved from one location to another location. The convoy included 24 Army Officers, 248 men and 81 trucks whose objective it was to test the East-West roads in case an entire Army had to move across the United States in the event an actual conflict oc-

curred.

The convoy started in Washington DC, moved north into Pennsylvania, into Ohio, across the Midwest, over the Rockies and finally into California. It followed "Lincoln's Highway", which is today U.S. Highway 30, and averaged 58 miles per day traveling at a speed of 6 miles per hour. But eventually the convoy arrived in San Francisco after 62 days and 3,251 miles. Most of the roads were actually dirt roads, wheel paths, desert sand, and mountain trails which resulted in 230 road accidents as trucks went off the road, bridges were too low, and truck mechanical failures slowed progress of the convoy. The trip started as a fact-finding journey and the final results indicated that the United States Army would not be able to adequately mobilize an army to move across the continental United States. One of the officers within the convoy was a young Lieutenant Colonel by the name of Dwight D. Eisenhower.

Even though the final report identified an inadequate system of roads across the transcontinental United States, funding still had to be identified through Federal and State legislatures. For over 20 years, a complete funding solution could not be agreed upon but when World War II occurred, the Supreme Allied Com-

mander recognized how Germany used a complex system of highways known as "autobahn" to rapidly advance the German mechanized military operations. The Supreme Allied Commander was General Dwight D. Eisenhower, the same person who was a member of the First Transcontinental Motor Convoy.

When Eisenhower was elected as President of the United States in 1952 one of his priorities was to establish a transcontinental highway system and on June 29, 1956, the Federal Aid Highway Act passed and he enthusiastically signed it. The freeway system would eventually be known as "The Dwight D. Eisenhower System of Interstate and Defense Highways" and will be 65 years old in June. What started out as just a simple test of roads in the United States, ended up being bigger than anyone could have expected. Our intricate system of highways has made life livable in heavily populated areas like Southern California, and provides for us a defense system just in case we need it....

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 joeacastillo@aol.com.

So, What's Next for December?

Hopefully you had some sort of halfway decent Thanksgiving Day. So, the month ends with Black Friday. Well, how did that work out for both customers and merchants? Not very well with the Governor's restrictions. Basically, it was a failure. No overnight lines waiting to get into the various stores to get some special bargains and to kick off the holiday shopping. No worry, they have Cyber Monday where many of us do on-line shopping. The government has not been able to figure out how to mess this day up for all of us.

Hopefully people that were able to use Cyber Monday, were able to do it without much problem.

Now we have December to work with. We will have a Remembrance Day on December 7th. This is when Pearl Harbor was bombed in 1941 which kicked the United States into World War II. Not sure if you have anything planned for this day, but if you can, try to remember those that lost their lives that



George Ogden
That's just the way it is!

On the 11th, Hanukkah begins at sundown. For those that celebrate... "Hanukkah Sameach!" ... "Chag Sameach!" and "Chag Urim Sameach!" Trust me, I didn't know these phrases or how to say it let alone how to spell all of this, so I Googled it.

On December 15th, the calendar shows that it is "Bill of Rights Day"... REALLY!!!!?? Give me a break, we no longer have any RIGHTS, they have been taken away from all of us. No reason to go any further into this topic, I have sure we all have had enough of this crap.

On the 21st is the first day of winter. The winter should be interesting. With all the fires that we had, there will be an increased flooding which is partly due to loss of vegetation in the burn areas, and change in the behavior of the soil to resist infiltration. These two conditions cause more water to run off during a rainstorm, which creates faster flows with more volume. So, we can expect a lot of flooding all over. If you live in one of these possible flood areas, be prepared.

Hopefully you have all that Christmas shopping done if you haven't been compromised by the government restrictions. Often this period is a sad depressing time for some people. If you know people that have reactions of depression during the holidays, reach out to them. Try to make it a little better for them.

I may be jumping the gun and way ahead of myself with this topic but we need to be aware of what is coming up for all of us.

"That's Just the Way It Is!"

Walnut Valley USD Ranks Top 2% in Country

WALNUT - Walnut Valley USD has once again earned a top 2% ranking out of 10,760 public school districts in America in the latest Niche.com report.

Scoring an overall A+ grade, Walnut Valley USD secured an impressive report card in numerous categories at local, state, and national levels, including ranking in the top 1% in Los Angeles County and top 4% of all school districts in California.

The leading research website

also placed Diamond Bar and Walnut High Schools in the top 1% of 19,532 high schools in the nation.

Additionally, the top-tier high schools scored in the top 2% of best high schools in Los Angeles County and California.

"I am thrilled to share this achievement with our Walnut Valley school community," said Superintendent Dr. Robert Taylor.

"This is a wonderful validation of the commitment and dedica-

tion of our teachers and staff, our Board of Trustees, our parents, and our outstanding students!"

Niche's annual listing is based on an analysis of academic and student life data from the U.S. Department of Education along with test scores, college data, and ratings.

To view the full 2021 Best School District report, please visit <https://www.niche.com/k12/d/walnut-valley-unified-school-district-ca/>.

Glendora Holiday Home Decorating Contest

GLENDORA - Glendora residents are invited to enter the 26th annual Holiday Home Decorating Contest hosted by the Community Services Department! Enter by following 3 easy steps...

1. Choose Category & Decorate Your Home with holiday lights & decorations. Categories include: Animation / Use of Lights / Lawn Display.

2. Register By December 14th - Register by email community_services@cityofglendora.org with the family name, contact number, address, one category of choice, and a photo of the decorated home. Videos will be accepted for dis-

plays with animation as long as a photo is also included.

3. Visit WWW.Facebook.com/CityOfGlendora to watch as the community votes for their favorite home in each category on December 16th-21st.

The deadline to vote is December 21st at 8am.

Winners will be announced on December 21st and will receive a yard sign and gift basket donated by The Visiting Angels Living Assistance Services. For more information Call (626) 914-8228

Letters to Santa

ARCADIA - Can't wait for Christmas? Santa's Elves will be delivering your wish list to the North Pole. Santa will respond to every child who writes to him. Please send a self-addressed and pre-stamped envelope, post-marked between November 9 and December 14 to:

Santa Claus
c/o Arcadia Recreation & Community Services Department
P.O. Box 60021, Arcadia, CA 91066-6021

Street Sweeping UPDATE

The City of Baldwin Park will resume citations for street sweeping parking beginning January 1st.

In the meantime, we will continue to sweep as normal. We remind you to move your vehicle, so we can continue to keep our Baldwin Park streets clean!

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*Open to La Verne residents only. MANDATORY. Social distancing measures will be in place. La Verne residents may receive up to 2 new filters in exchange for 2 used filters. Restrictions apply. While supplies last.

Residents who bring in used oil or used filters are eligible to receive a FREE motor oil change kit!

Residents must bring a used oil filter to the store to receive a new FREE oil filter.

Used oil must be properly stored in a clean, uncontaminated container. Limit - 5 gallons.

For more information, please call (888) HEY-SLICK.

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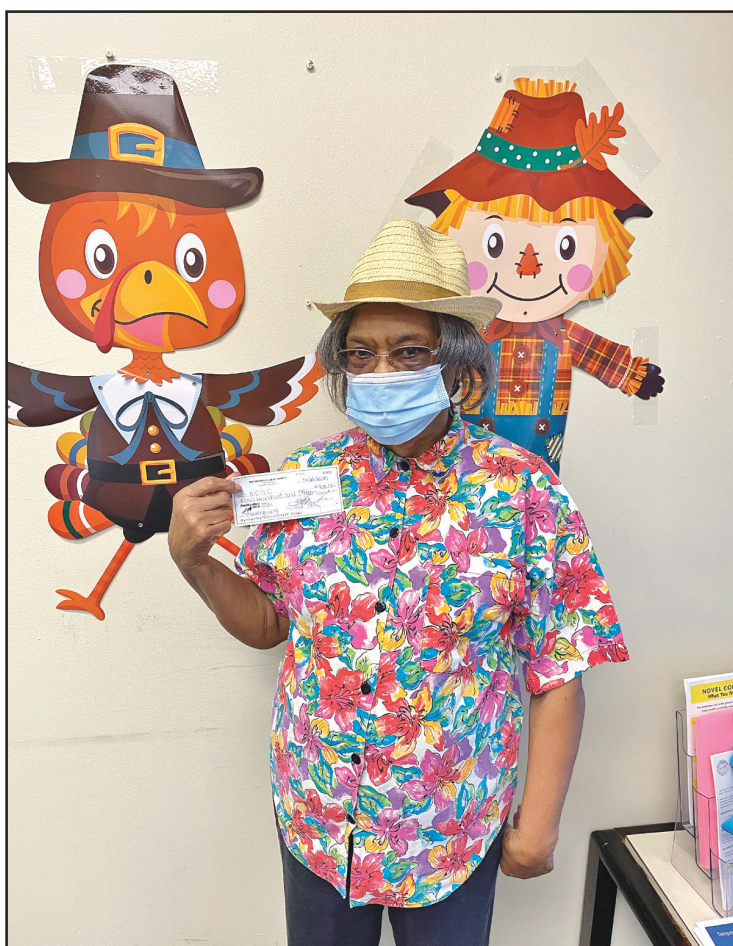
BART The BLOCKHOUND

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Duarte Kiwanis Partners with DCSC for Christmas Basket Giveaway

DUARTE - The Duarte Kiwanis Club is always open to partnering with others to help the Duarte community. This year, instead of "adopting" one needy family, the club has partnered with the Duarte Community Service Council. Dorothy Smith has been a part of this organization (DCSC) for many years. DCSC started serving the Duarte community in 1947. They provide short term assistance to families in the Duarte area. This year, due to the pandemic, the need is even greater. Dorothy was thrilled to receive a check from the Duarte Kiwanis Club to help in DCSC's Christmas Baskets for Families program this year.

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



Dorothy Smith from the Duarte Community Service Council

West Covina VFW Post Provides Thanksgiving Dinners for Veterans

By George Ogden

WEST COVINA - With the governor throwing out more restrictions on the people and basically telling them that they can't have Thanksgiving in the traditional way, in other words, not allowing families and friend to get together on that special day, a large group of combat veterans decided to make sure that some of these veterans and their families would in fact have a Thanksgiving Dinner. The members from the West Covina VFW Post came together and prepared meals for the day. In fact, some "Friends of the Post" also came to the VFW to bring prepared food for



Florence Lincoln and Kalaya Frizzelle (carving one of the 3 turkeys) preparing the meals at the VFW's kitchen.

the meals.

The veterans and their aux-

iliary prepared 3 turkeys, and 2 hams, along with all the trimmings including pumpkin pies for the dinners. Those that were able to have a meal greatly appreciated the efforts of those who really cared. These people were not alone on Thanksgiving. Veterans helping veterans and the community.

Can You Recognize Signs of Stroke?

Many people are avoiding in-person doctor's visits to limit potential exposure to coronavirus -- or are simply ignoring health concerns altogether. However, when it comes to medical emergencies such as stroke, immediate medical attention is critical.

The fifth leading cause of death in the U.S., stroke occurs every 40 seconds and it can happen to anyone, of any age, at any time. When 59-year-old Paul "David" Dyches had a stroke on the job this past August, he quickly realized something was very wrong.

"I never experienced a feeling like this before, and I knew we had to do something right away," says Dyches, who was experiencing classic stroke symptoms of weakness in his arms and legs. Upon his arrival at the hospital, he was evaluated via tele-neurology by experts over 150 miles away. After doctors confirmed he was experiencing a stroke, they delivered treatment immediately and he was able to be discharged the following day.

While in some cases quick action can help with recovery, statistics suggest that many Americans may be avoiding hospitals when they need them most due to anxieties surrounding the pandemic. A recent study published in "JAMA Internal Medicine" showed that emergency room visits to five major healthcare systems decreased by more than 40 percent as COVID-19 cases spiked.

As patients such as Dyches are learning firsthand, hospitals have a range of protocols in place to help keep patients and staff safe from coronavirus infection.

"The hospital staff set me at ease right away," says Dyches.

Beyond pandemic fears, one age-old barrier to seeking timely medical attention for stroke is simply awareness of signs and symptoms. While Dyches can credit himself with recognizing a classic symptom -- arm and leg weakness -- and reacting rapidly, only one in five U.S.

Balance
Sudden loss of balance

Eyes
Loss of vision in one or both eyes

Face
Face looks uneven or droopy

Arm
Arm or leg is weak or hanging down

Speech
Slurred speech, trouble speaking, seems confused

Time
Immediately call 911

If you, a loved one or friend are experiencing any of these symptoms, call 911 immediately. When it comes to stroke, time matters.

BE FAST was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. © 2011 Intermountain Healthcare. All rights reserved.

adults are able to recognize 10 signs and symptoms of stroke, according to a nationwide survey*. What's more, nearly 70 percent of the survey respondents say they're knowledgeable about stroke, yet 62 percent falsely believe that signs of stroke come on slowly over a day or two, when in fact symptoms of stroke can come on suddenly.

Experts say that immediate medical attention, which is vital, relies on everyone learning and being able to recognize the BE FAST signs and symptoms of a stroke in themselves and others and calling 911 immediately. BE FAST stands for Balance, Eyes, Face, Arm, Speech, Time and refers to these signs of stroke:

- Balance: Sudden loss of balance
- Eyes: Loss of vision in one or both eyes
- Face: Face looks uneven or droopy
- Arm: Arm or leg is weak or hanging down
- Speech: Slurred speech,

trouble speaking or seems confused

• Time: Immediately call 911

For more shareable information and resources, visit Strokeawareness.com, developed by Genentech Inc, a member of the Roche Group.

"I am a testament to the fact that emergencies like stroke don't stop for a global health pandemic," says Dyches. "Anyone who experiences stroke symptoms should call 911 and get themselves to the ER as quickly as possible."

BE FAST™ was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. © 2011 Intermountain Healthcare. All rights reserved.

*On behalf of Genentech, a nationwide Stroke Awareness Survey was conducted on March 25 – April 10, 2020 among 2,009 adults ages 35+ in the U.S. (StatePoint)



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Glendora-Chamber.org

The La Verne Fire Department

SPARK OF LOVE

HOLIDAY GIFT CARD & TOY DRIVE

Join the LVFD this holiday season and bring cheer to the children in need within our community. We have made changes this year to our traditional toy drive to comply with COVID restrictions. In lieu of toy donations, we are encouraging your support of **GIFT CARDS** or you may donate a gift online through our **Target Registry**.

tgt.gifts/SparkofLove2020

Donations are appreciated and will be accepted through December 18th.

*Note: To maintain COVID compliance, we will not accept any toys dropped off at the fire stations

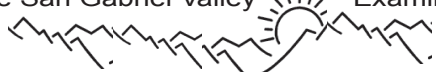
Checks can be made payable to:
The La Verne Fire Association

HOPE CARES

Hope Cares is an outreach ministry that was started by HopeUC Los Angeles to meet the needs of the local community. Hope Cares has a heart to not only make a change today, but to make a lasting change to help people see a greater tomorrow.

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Dementia Related Psychosis: Four Caregiver Facts You Need to Know

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



Approximately 2.4 million people or 30 percent of people living with dementia in the U.S. may experience hallucinations and delusions associated with dementia-related psychosis. These symptoms might include seeing something that isn't there or believing something that isn't true and can be frequent, persistent and recur over time.

According to advocates, improving management of these troubling symptoms starts with recognizing and understanding what patients are experiencing. To learn more, UsAgainstAlzheimer's, the Lewy Body Dementia Association (LBDA) and Acadia Pharmaceuticals, surveyed patients and their caregivers. Findings highlighted important, infrequently discussed, considerations for caregivers:

1. Symptoms can happen frequently: The most common symptoms of dementia-related psychosis reported by surveyed patients were visual hallucinations (89 percent), auditory hallucinations (54 percent) and distortion of senses (54 percent) and such symptoms can happen frequently. Of patients who reported recent visual hallucinations, 61 percent indicated they occurred at least weekly. In addition, the majority of care partners (77 percent) reported paranoid delusions as occurring at least weekly.

"Given their potential frequency, being prepared to recognize, report, and manage these symptoms is critical," says Theresa Frangiosa of UsAgainstAlzheimer's, one of the survey authors. "My mom

experienced these kinds of symptoms associated with her dementia, Alzheimer's disease and in talking with other caregivers, many people think this could never happen to their family until it does."

2. Dementia-related hallucinations and delusions greatly impact a patient's overall health and quality of life: Most surveyed patients said their activities of daily living (75 percent), sleep (63 percent), family life (56 percent), and safety (about 56 percent) were affected by dementia-related hallucinations and delusions. Care partners reported that symptoms make it difficult for their loved ones to know what is real and what is not real, contributing to their anxiety, and impacting their personal relationships.

Jo Anne, 70, from Maryland, was surprised by her husband's hallucinations. "Before Ed was diagnosed with Lewy body dementia, he would tell me that he saw mice or insects in the house so, of course, I'd go check! When these experiences increased in frequency, I knew that we needed to talk to his doctor about why he was having persistent hallucinations."

Research shows that these kind of neuropsychiatric symptoms may pose challenges. For example, studies show that presence of psychosis in Alzheimer's patients was also associated with 1.5 times increased likelihood of death.

3. Care partners are affected too: Dementia-related hallucinations and delusions are symptoms that can be associated with all forms of demen-

tia such as Lewy body dementia, Alzheimer's disease, Parkinson's disease dementia, vascular dementia, and frontotemporal dementia. Unfortunately, caregivers of people with dementia compared to non-caregivers can experience high rates of emotional and physical stress as well as depression, an increased likelihood of comorbid conditions, hospitalizations, and doctor visits. In fact, caregiver burden is associated with increased desire to place people with dementia in long-term care.

4. Getting help as early as possible is key: Living with dementia-related hallucinations and delusions takes a toll on both patients and caregivers. That's why advocates urge caregivers to get educated about what to expect from dementia-related psychosis and find support.

"If you see your loved one exhibiting new symptoms, then take the initiative to tell their health care provider, who can offer advice on how to cope," urges Frangiosa.

For more information, visit usagainstalzheimer.org. UsAgainstAlzheimer's is an advocacy and research-focused organization pushing for expanding treatments and research for Alzheimer's disease. Additional education is available from LBDA at www.lbda.org.

While the symptoms of dementia-related psychosis can be hard to recognize at first, reporting symptoms is the first step to finding support. (StatePoint)

Marines Help Out and Donates to West Covina VFW Post 8620

By George Ogden
WEST COVINA - US Marines Teufel Hunden Detachment 1360 made a nice donation to VFW Post 8620. With the shut-downs and the losses of rentals for the rental hall, this has become a financial nightmare for the West Covina Post. Not only is this VFW suffering, but so are all of the other VFW's all over California with the Governor's restrictions and mandates.

A Marine Detachment uses and meets at the VFW Post on the third Wednesday of each month at 7 PM. Seeing the problems that is going on, the Marines made a donation to the VFW Post. The VFW is still trying to assist in the community and veterans as much as possible, but it has been difficult times right now and this donation will be a big help in keeping the VFW going in that direction, according to the Commander.

The VFW has experienced a



Commandant Rene Fimbres, on the right, making the presentation to VFW Commander George Ogden.

\$60,000 plus loss because of the virus scare. The rentals that were scheduled throughout the year have been cancelled with rental payments which had to be refunded to the clients. Presently the VFW is available to take rental dates for the future and it is slowly filling a few dates on next year's calendar.

The struggling Post is doing what they can to stay afloat. The West Covina VFW Post 8620 is one of the oldest VFWs around with a rental hall. According to the commander, "there is a lot of history at that Post and we will do what we can to continue to exist."

5 Ways To Protect Your Mail And Packages

5 Ways to Protect Mail and Packages

- Don't leave packages unattended for any length of time.
- Won't be home? Use Hold for Pickup option at usps.com
- Leaving town? Use the USPS Hold Mail® services at usps.com
- Customize delivery by using usps.com and your USPS Tracking® Number.
- Use USPS special services like Signature Confirmation™ or Registered Mail®.

usps.gov

A few simple steps can help make sure the packages you send and receive this holiday season end up in the right hands.

Every day, the U.S. Postal Inspection Service works to protect your mail, USPS employees and USPS facilities. It's just as important to it as it is to you that these items reach their destinations safely, and the Post Office could use your help to keep your mail and packages safe.

Here are a few tips to consider this holiday season:

1. Don't leave your delivered mail and packages unattended. You wouldn't leave important items sitting on the front seat of your unlocked car overnight. So don't leave your mail and packages sitting in mailboxes or on front porches for any length of time.
2. Going out of town? Hold your mail at the Post Office. You can sign up for Hold Mail service

on usps.com if you plan on being away from home for a few days. Your letters and packages will be held securely at your Post Office until you pick them up or request they be delivered to your home.

3. Plan ahead. Ship using Hold for Pickup. If you are sending packages, you can choose the Hold for Pickup option on usps.com. The packages will be safely held at the recipient's local Post Office until they can pick it up. If you are expecting a package, you can redirect it to your Post Office by selecting Hold for Pickup using Intercept a Package under Track & Manage on usps.com.

4. Customize the delivery. If you are expecting something you know will not fit in your mailbox

and you won't be home to receive it, you can authorize the carrier to leave it in a specified location. Visit usps.com, enter the tracking number in Track a Package, and select Delivery Instructions.

5. Secure the shipment using USPS Special Services. Signature Confirmation helps ensure the package ends up in the right hands by requiring a first initial and last name at the time of delivery. For your most valuable packages, you can opt for Registered Mail service. Registered Mail receives special handling from the time it's mailed until the time it's delivered.

For more great tips you can use not just during the holidays, but all year long, visit: usps.gov. (NAPSI)

SANTA'S COMIN' TO TOWN

Since the parade cannot be held this year, with the help of the Los Angeles County Fire Department, Santa will be "dashing through some of the Covina neighborhoods" on

SATURDAY, DECEMBER 5, 5:30-7:30 PM

DON'T MISS THIS SPECIAL VISIT!

For Santa's neighborhood route, please visit the City's website at www.covina.ca.gov.
Route posted by November 23.

For more information, please call (626) 384-5340.

Light Up the Town!

HOLIDAY HOME DECORATING CONTEST

LIGHT UP your homes and help spread Christmas Joy this holiday season.

Awards given in the following categories:

- Best Display of Theme "Light up the Town"
- Best Display of Color
- Best Display of Fantasy
- Best of Show - Sweepstakes

Contest is free and open to Covina residents only. Visit covina.ca.gov/parksrec for details and online registration link.

Registration:	November 16-December 6
Judging:	December 9-11
Winners Notified:	December 14

#ChristmasInCovina

CAT ADOPTION FEES WAIVED!

NOVEMBER DECEMBER 2020

visit animalcare.lacounty.gov to schedule an appointment to adopt; walk-ins will not be accepted

license and trust fees not included in promotion