



San Gabriel Valley Examiner

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STRIVING FOR JOURNALISTIC EXCELLENCE IN LOCAL NEWS

May 28 - June 3, 2020

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Helping Veterans and Active Duty Military Cope With Social Isolation

As a result of the COVID-19 pandemic, millions of veterans and active duty military personnel are on lockdown, many suffering from traumatic brain injuries (TBIs), post-traumatic stress disorder (PTSD) or substance abuse. With the additional challenge of social isolation, finding ways to combat depression, anxiety and loneliness is critical.

That is why Help Heal Veterans (Heal Vets), a nonprofit founded during the Vietnam War, has gone into overdrive, shipping more than 90,000 free craft kits since the beginning of the pandemic and creating a newly designed kit to help veterans make the masks they need to stay healthy and safe.

Operating on the principle that not all medicine comes in a bottle, Heal Vets distributes kits in craft categories like masks, leatherwork, models, woodwork, jewelry, paint-by-numbers, needlecrafts, poster art, scrapbooks and more. Crafting can provide therapeutic and rehabilitative benefits, including improving fine motor skills, cognitive functioning, memory and dexterity, and can help alleviate feelings of anger and the severity of nega-



Craft care specialist, Kathy Vanasse, prepares craft kits for veterans.

tive behaviors triggered by PTSD and TBIs.

With demands flooding in due to the COVID-19 pandemic, kits have been distributed to more than 90 Veterans Affairs (VA) medical centers around the country and a large number of

military bases, state veteran homes and other locations where the need is great.

"The coronavirus is overwhelming, but being alone in a pandemic crisis can be terrifying and deeply debilitating," says Joe McClain, retired Navy captain and Help Heal Veterans CEO. "Our goal is to give our veterans

what they need to heal during this time of enforced isolation."

In a recent survey of vets, 94 percent of those polled who use Heal Vets craft kits said the kits helped them have a more positive outlook on life, and 98 percent said the kits took their mind off problems.

With many of the nation's veterans labeled high-risk now in lockdown with little contact from others, (no visitors, no family allowed, no volunteers and limited staff interaction), it is particularly important to address suicide prevention, according to McClain.

"We're working closely with the VA Suicide Program to start including VA-produced suicide prevention awareness and education material with our kits," he says. "Our concern is that during this time of increased stress from isolation and financial uncertainty, some veterans may be at higher risk of taking their own life. We are hoping to raise awareness and improve access to craft therapy kits to help mitigate that risk."

To learn more about Heal Vets and the organization's COVID-19 efforts, as well as find out how you can help, visit HealVets.org.

Anxiety, depression and other mental health challenges can be exacerbated during this quarantine period. Luckily, there are tangible ways to support isolated and sick veterans in their most significant time of need. (StatePoint)

Covina Man Arrested After Crash Landing Stolen Plane



Christian Estoque, 32, of Covina, (back to the camera) is being detained after crash landing a stolen plane. (Photo Credit "Adrian Pineda with OC HAWK")

By George Ogden

FULLERTON/COVINA - Out of nowhere a plane landed at the Fullerton Municipal Airport on Wednesday around 3:00 p.m., May 20th. The surprise landing had the plane, a four-seat single engine Cessna 172S go down the runway, then off the runway and hit a perimeter fence, according to authorities.

When airport authorities were alerted to the incident, they responded. They found the pilot, Christian Estoque, 32, of Covina

was uninjured. There were no other passengers on the plane.

During the investigation, they found out the man was not a licensed pilot. They also found that the plane was stolen from the Chino Airport earlier in the day.

Authorities are not sure how he was able to actually steal the plane and are looking into the matter. The damage to the plane was minimal but would need repairs before it could fly again.

During the initial investigation

on the airport field, they found that his story didn't add up and he had inconsistencies that didn't make sense. Around 5:00 p.m., they had more than enough to arrest the man. His bail was set at \$300,000 and is being held in Orange County Jail.

Interestingly, Estoque was arrested back on November 29th of 2019 and bail was set at \$216,000. He was soon released because of a mandate to release prisoners.

Counties Statewide Can Reopen Places of Worship for Religious Services and Retail Stores

Modifications Required to Protect Californians against COVID-19

SACRAMENTO—The California Department of Public Health today announced the statewide reopening of places of worship for religious services and in-store retail shopping. Modifications are required to keep Californians safe and limit the spread of COVID-19. Subject to approval by county public health departments, all retail stores can reopen for in-store shopping under previously issued guidelines. Under new guidance, places of worship can hold religious services and funerals that limit attendance to 25% of a building's capacity—or up to 100 attendees, whichever is lower—upon approval by the county department of public health.

While the vast majority of large gatherings remain prohibited under the state's stay-at-home order, the Department of Public Health has released guidelines for in-person protests and events designed for political expression. The guidance limits attendance to 25% of an area's maximum occupancy—or up to

100 attendees.

"Together, our actions have helped bend the curve and reduce infections in our state. As sectors continue to open with changes that aim to lower risk, remember that COVID-19 is still present in our communities," said Dr. Sonia Angell, State Public Health Officer and Director of the California Department of Public Health. "As more of us may be leaving our homes, keeping physical distance, wearing face coverings in public, and washing your hands frequently are more important than ever to help protect yourself and those around you."

The new (PDF) guidance for religious services and cultural ceremonies encourages organizations to continue online services and activities, including to protect individuals who are most at risk for more severe COVID-19, including older adults and people with specific medical conditions.

To reopen for religious services and funerals, places of worship must:

- Establish and implement a COVID-19 prevention plan for every location, train staff on the

Please turn to REOPEN / 3

2nd Annual Field of Heroes

GLENDORA - Let's Celebrate our Heroes, here in Glendora. Our Rotary Club of Glendora will be holding our 2nd Annual Field of Heroes July 2, to July 5, 2020. You have the opportunity to help us celebrate and show your love and support for your Military, Veterans, Law Enforcement, Fire Dept., First Responders, and Healthcare Heroes by sponsoring a flag in our Field of Heroes.

This year, due to the COVID19 restrictions, we are doing things a little differently. Our display will be a 'drive by' experience.



Our individual flags will be on display at City Hall in Glendora, and our large flag will be showcased at the Sunflower Campus

on the corner of Gladstone and Sunflower Ave. Since we aren't able to attach the flag tag to the flags this year, we will mail you

your flag tag, along with a Field of Heroes Sponsor 2020 decal.

This project will generate funds for our local Veteran's Centers, our Police Auxiliary, our Fire Department and for our Glendora Rotary COVID19 Relief Fund.

If you would like to sponsor a flag and/or make a donation to help us support this Field of Heroes display, please go to our website: FieldofHeroes.net. Thank you for making this a great experience for our City again this year!

BUSD MEAL PROGRAM UPDATE

Beginning June 8, 2020 the District's curbside free meals program will be serving breakfast and lunch from 9-11 a.m., Monday through Thursday. Thursday's service will include four meals.



Bonita Unified School District

Racing Returns at Santa Anita; Flavien Pratt Wins Six on Sunday

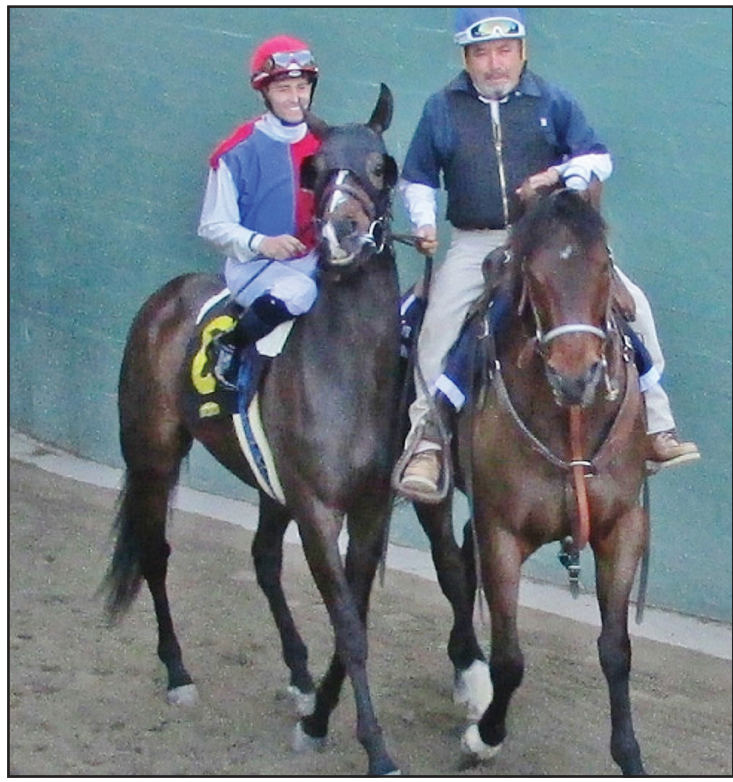
By Joan Schmidt

ARCADIA - Racing resumed at Santa Anita, Friday, May 15th and what an exciting weekend! On Sunday, jockey Flavien Pratt won SIX races; setting a personal record. He's the current leader at Santa Anita: Flavien: 55 wins; Abel Cedillo: 42; Umberto Rispoli: 39; Joel Rosario: 36; Drayden Van Dyke: 28; Apprentice Jorge Velez: 23; Tiago Pierra: 17; and Geovanni Franco: 16.

For racing to resume, so many people worked hard. The Stronach group has implemented strict protocol. Behind the scenes, Aiden Butler, their CEO has worked tirelessly with Supervisor Kathryn Barger and the County Health Department. All racing personnel are so grateful to them!

The track is closed to spectators. Not even owners enter the premises. There is a restricted zone with small trailers that house the jockeys, valets and essential personnel. The jockeys arrive Thursday-the day before the races, and may return to their homes Monday-the day after the races. Before they enter the track, they must undergo a health screening and temperature check, upon check-in. All trainers, employees, and essential personnel must wear face cloths covering their nose and mouth and practice social distancing; also they must wear a race-day wrist-band while onsite, signifying they passed the daily health screening. Grooms with appropriate race-day wristbands will bring horses to the receiving barn. Race-day grooms who will accompany the horse must stop by the stable gate before bringing their horse over to receive a race-day wrist band. Trainers must saddle their horses in the receiving barn and will not be allowed in the walking ring. They will be assigned special areas in the grandstand to watch the race. Grooms will take their horses to the walking ring and jockeys will get a leg up by a restricted valet just after the horses enter the walking ring. Winning horses will NOT enter the winning circle but stop at the finish line just before exiting the track for a "winner's circle photo" with the winning horse and jockey.

Highlights of weekend racing: In the "Desert Stormer Stakes", Flavien won on Bellafina, the only filly in the race, trained by Simon Callaghan. The day before,



Flavien comes out on clockstriketwelve.

Mike Smith won the "Evening Jewel Stakes" on Smiling Shirlee, just getting past Rispoli on Bella Vita, and in the "Echo Eddie Stakes", Flavien won on Big Sweep.

For longtime Santa Anita fans, some jockeys who have relocated and doing well: In the Arkansas Derby's First Division, Charlatan romped to a six length victory with Martin Garcia aboard. Trainer Bob Baffert got a second win in the Second Division with Joel Rosario aboard Nadal. Fan favorites Joe Talamo

and Tyler Baze relocated to Arkansas and are doing well at Oaklawn.

Triple Crown News: Usually, the third leg, the Belmont Stakes will be first on June 20 with no fans. The course will be shorter: 1 1/8 miles instead of 1 1/2. They felt this was better for 3 year olds who haven't raced often since covid-19. The Kentucky Derby (at Churchill Downs) is rescheduled to September 5; the Preakness (at Pimlico Race Course, Maryland) to October 3. Stay turned to TVG.

"Toast To The Best" Toastmasters Club Meetings Online Via Zoom

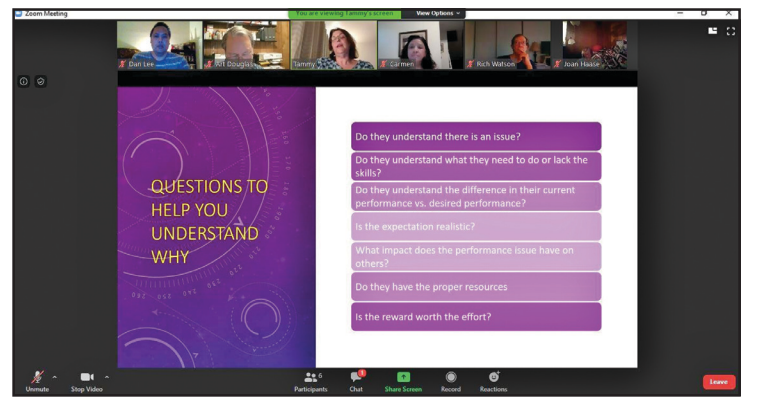
SAN DIMAS - Members of a local Toastmasters club aren't letting the coronavirus pandemic stop them from sharpening their public speaking skills.

The "Toast to the Best" Toastmasters Club 5880 is holding its meetings online via the Zoom videoconferencing platform instead of its customary venue at Faith Lutheran Church. Club members practice delivering prepared speeches, impromptu speaking, and giving evaluations.

At its most recent meeting on May 21, two members gave prepared speeches.

Tammy Lapp, who was officially voted into the club that same evening, gave a speech on "Coaching" as part of her Toastmasters training Pathway on interpersonal communications. The presentation also included an exercise where Lapp played the role of a supervisor coaching an employee. JoAn Haase, club treasurer, evaluated Lapp's speech.

Dan Lee gave a speech entitled "Giving Day" as part of his Competent Communication manual training chapter on "Persuade



"Toast to the Best" Toastmasters Club 5880 in San Dimas is now meeting online via the Zoom videoconferencing platform. In the screenshot above, new club member Tammy Lapp gave a speech on coaching and shared PowerPoint slides via Zoom.

with Power." In his speech, Lee called upon students from a local university to volunteer for a campus fundraising campaign. Art Douglas, the club secretary and sergeant of arms, evaluated Lee's speech.

Lapp also oversaw the Table Topics section of the meeting, which challenges participants to develop their impromptu speaking skills. The evening's theme was Memorial Day.

At its next meeting on June 4, the Toast to the Best club will elect its officers for the 2020-21 year.

Club Details

Toast to the Best is open to all who are interested in improving their public speaking and leadership skills. The club meets at 7 p.m., every first, third, and fifth Thursdays of the month. All participants will need a smartphone or laptop with a camera, microphone, speakers, and an internet connection. Contact Art Douglas at info@toasttothebest.org for the Zoom link. For more information, visit <https://5880.toastmastersclubs.org/>, email info@toasttothebest.org, or call 951-505-0555.

Glendora Chamber And City Of Glendora COVID-19 Business Recovery Program Applications Now Available For Glendora Businesses

GLENDORA - The Chamber of Commerce, in conjunction with the City of Glendora are offering financial assistance to Glendora small businesses that are experiencing financial hardship due to the Coronavirus (COVID-19) pandemic.

The COVID-19 Business Recovery Program is a forgivable loan program created to assist small for-profit businesses facing economic hardship as a result of the COVID-19 stay at home orders. The program is intended to provide emergency financing to businesses that were unsuccessful in obtaining financing from other state and

federal programs. Loans ranging from \$5,000 to \$15,000 will be allocated to eligible, qualified small businesses based on availability of funds and review of the application and required documentation submitted.

The program is funded through the Community Development Block Grant Coronavirus Fund (CDBG-CV). Due to the federal funding source, the program requires that the funded activity provide a benefit to low- to moderate-income (LMI) persons. This requirement can be met through job retention of an LMI individual.

No application fee or collateral are needed to apply. Applications will be reviewed as they are received, and loans will be processed as long as funds are available. The loan converts to a grant that does not need to be repaid after four quarters of compliance have been met.

Program requirements and applications for the program are available at Glendora-Chamber.org/cdbg. If you have any questions please contact Joe Cina, Glendora Chamber President/CEO at joe@glendora-chamber.org or 626-963-4128.



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Heading to the Beach?

Remember these rules

 Open for active recreation only - swimming, surfing, running and walking. Bike paths are open.

 Parking is extremely limited.

 Chairs, umbrellas, canopies, coolers, and grills are not allowed.

 Wear a face covering and practice physical distancing.

 covid19.lacounty.gov/recovery

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



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RotaryofGlendora.org

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No Group Gatherings



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L.A. County Consumer and Business Affairs Takes Steps to Protect Residents from Price Gouging and Potentially Fraudulent COVID-19 Remedies

LOS ANGELES COUNTY – During the COVID-19 emergency, consumer fear and anxiety have led certain individuals to try and profiteer at the expense of those in need. Reports of price gouging of essential goods have been widespread during the pandemic. In response, the L.A. County Department of Consumer and Business Affairs (DCBA), which is charged with enforcing L.A. County's price gouging prohibitions, announced a new "Stop Price Gouging" mobile application to help consumers easily report suspected cases of illegal price increases in L.A. County.

DCBA's investigations team has tracked and documented over 500 price gouging complaints. DCBA's new app, which will soon be available in iOS and Android stores, will



help consumers file on-the-spot, accurate complaints that can be supported with photos of receipts, ads, products, or other possible evidence of wrongdoing. The new app is expected to increase rapid reporting of price gouging complaints, which is critical to ensuring that investigations are conducted close in time to the suspected price gouging activity.

DCBA is part of a task force alongside the L.A. County District Attorney Jackie Lacey, Los Angeles County Counsel Mary Wickham, and L.A. City Attorney Mike Feuer that collaborates on investigations related to price gouging and COVID-19 scams. Through the task force, DCBA supported Feuer in the filing of a lawsuit against Los Angeles-based company Insan Healing and its CEO for selling a sham COVID-19 remedy. As part of the lawsuit, Feuer alleges the company fraudulently advertised and sold "radish paste" to protect the

lungs and prevent COVID-19. Feuer seeks a permanent injunction to stop the sale of Radish Paste, civil penalties in the amount of \$2,500 for each violation of the California Business and Professions Code sections 17200 and 17500, and restitution to each of the customers who bought the product. DCBA Senior Investigator Taryn Lyon assisted in the investigation.

"Our department, along with our task force partners, recognize the needs of consumers do not stop in this time of emergency," said DCBA Director Joseph M. Nicchitta. "We will explore every avenue and continue to innovate and empower consumers against the predatory actions of price gougers and scammers."

You can report suspected COVID-19 scams or price gouging to DCBA through the new "Stop Price Gouging" app, by phone at (800) 593-8222, or online at dcba.lacounty.gov.

COVID-19 Halts All Fireworks Sales in the City of Azusa for 2020

AZUSA - In a response to the issuance of the Los Angeles County Health Officer Order during the present COVID-19 pandemic, the Azusa City Council voted on May 18, 2020 to set at zero the number of fireworks sales permits that it will issue in the City for the upcoming 2020 Fourth of July. This action will only affect the issuance of permits for 2020.

Traditionally, the city issues permits to local nonprofit organizations which allows them to sell "Safe and Sane" fireworks as a fundraiser to fund their community activities. However, a tremendous amount of city resources are utilized on the Fourth of July. A large amount of police personnel are scheduled to patrol the city to ensure that only ap-

proved "Safe and Sane" fireworks are discharged in the City, while issuing citations to anyone discharging illegal fireworks. Given the current situation and the fact that Fourth of July lands on a Saturday, it is anticipated that those challenges will be multiplied and tax our emergency personnel and response. Furthermore, it is uncertain whether restrictions will be relaxed enough to allow for group gatherings or how sales can be done safely and in compliance with the Health Officer Order.

"In Azusa, we have a long-held tradition of celebrating the Fourth of July with family and friends and for many of us it includes 'Safe and Sane' fireworks," said Azusa Mayor, Robert Gonzales. "However

these are not normal times and the COVID-19 pandemic has made us ask some serious questions. First and foremost is, will it be safe to have group gatherings by the Fourth of July? We just don't know, this is all brand new to us--we have never been down this road before and the health and welfare of our community should be our prime concern."

"We need to error on the side of caution," added Azusa Council Member, Jesse Avila, Jr.

The council further provided direction to the City Attorney to return to the next city council meeting with an ordinance or declaration which will set forth penalties for the discharge of any fireworks in the City.

L.A. County Economic Resiliency Task Force Sets Sights On July 4 Reopening

LOS ANGELES COUNTY - L.A. County's Economic Resiliency Task Force is developing fast-track plans for economic reopening and recovery by July 4, as industry work groups in diverse areas ranging from bio-science, hospitality and education to sports, entertainment and the arts forge ahead with concrete proposals for resuming operations safely.

The proposed timetable was unveiled during the task force's second meeting, which was held today and included a presentation by the Los Angeles Economic Development Corporation that underscored the high stakes and urgency of the local economic situation as the COVID-19 crisis continues.

Bill Allen, president of the LAEDC, said there have been more than 1 million unemployment claims filed in L.A. County to date. More than 75% of the projected job losses are in positions earning an average of \$50,000 a year or less, with restaurants and retail industries hit the hardest.

Los Angeles County Supervisor Barger, the task force chair,

said a safe reopening is needed as soon as possible. "I understand the urgency to reopen and know many of the experts the County has assembled for this task force have been working hard to develop safe and efficient plans to revitalize their sectors as early as next month," Barger said. "I remain focused on working with industry leaders and health officials to safely make way for Los Angeles County to reopen by the Fourth of July."

The hearing included presentations from 13 industry representatives, who described the impacts of COVID-19 on their sectors. Jerry Greenberg, representing the restaurants/leisure/hospitality sector, reported that 80% of restaurant jobs have been lost. Pat Niemann, representing corporate business, discussed the consequences of reopening delays and the dangers of long-lasting unemployment. Donna Langley, film and entertainment representative, reported that the industry's 890,000 film and entertainment employees were for the most part not working and noted that this unemployment trickled down to small business vendors

as well.

Though each sector reported specific impacts, some common critical needs emerged in the meeting, including rapid but safe reopenings and customized guidance and health/safety protocols for sectors. Several members expressed the desire for new public-private partnerships and revenue streams to create jobs.

Los Angeles County Supervisor Hilda L. Solis, the task force's vice chair, thanked the task force members and recommended using the LAEDC report as a roadmap for the work ahead. "It should spur discussion and guide us on what we face here in the County in all segments of our society, whether it's education, healthcare, entertainment, workforce development, or safety for our employees," she said. "We can move through this cautiously and expeditiously."

The task force's next meeting is scheduled for June 2.

The Economic Resiliency Task Force was created by a board motion by Supervisors Barger and Solis, and unanimously adopted on April 28, 2020.



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- 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.
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REOPEN Places of Worship

Continued from / Front Page

plan, and regularly evaluate workplaces for compliance.

- Train employees and volunteers on COVID-19, including how to prevent it from spreading and which underlying health conditions may make individuals more susceptible to contracting the virus.
- Implement cleaning and disinfecting protocols.
- Set physical distancing guidelines.
- Recommend that staff and guests wear cloth face coverings,

and screen staff for temperature and symptoms at the beginning of their shifts.

• Set parameters around or consider eliminating singing and group recitations. These activities dramatically increase the risk of COVID-19 transmission. For this reason, congregants engaging in singing, particularly in the choir, and group recitation should wear face coverings at all times and when possible, these activities should be conducted outside with greater than 6-foot distancing.

The existing guidance for retailers, previously allowed for counties approved to advance in the reopening process, now ap-

plies statewide. Retail can now open for in-store shopping statewide. The guidelines help reduce the risk for workers and customers. Retail does not include personal services such as hair salons, nail salons and barbershops.

In 21 days, the Department of Public Health, in consultation with local departments of public health, will review and assess the impact of the religious services guidelines and provide further direction as part of a phased-in restoration of activities. This 21-day interval accounts for seven days for religious communities to prepare and reopen in addition to a 14-day incubation period of COVID-19.

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Glendora Home for Sale

GLENDORA - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale. Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in

terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report

entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To order a FREE Special Report, visit www.CAhomesinfo.com or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-833-818-1082 and enter 2403. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

This report is courtesy of DT Realty, DRE# 02093567. Not intended to solicit buyers or sellers currently under contract. Copyright © 2019

Virus Frustration Replaces Virus Pandemic

2,000 people showed up at the Capitol this weekend to rail against the stay-at-home orders Gov. Newsom has issued with little or no relief in sight. The Liberty Fest Rally had signs saying, "What about the Constitution" and "Rise, Revolt, Resist, Reopen," and "No More Nanny State" amid lots of American Flag wavers and red hats saying, "Make America Great Again". A small group of offered haircuts on a sidewalk, local businesses brought in food trucks and tables were selling American Flags and President Trump merchandise. Noted was a lack of social distancing and masks.



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

opened up. They have families to feed, rent to pay and the sales tax they generate supply our cities with the revenue they need to provide essential public health and safety services. All believe they can take appropriate actions to safe-guard their health and others they come in contact with without any more government restrictions.

The L.A. Times finally reported on my frustration -- daily reports from L.A. Mayor, Eric Garcetti, and L.A. County Department of Public Health Officer Barbara Ferrer. On May 12th, Ferrer said, "The county will be shut down 'with all certainty' through July ... reopening will be slow due to the rising deaths and cases in the county. Our hope is that by using the data, we'd be able to slowly lift restrictions over the next three months."

The fallacy here in tracking COVID 19 and setting guidelines for reopening is the size and diversity of L.A. County. While the County has accounted for about 56% of the state's total deaths and almost half of the 90,000 confirmed infections, those numbers aren't broken down indicating where the incidences occurred in the County. What portion of those numbers were in the City of Los Angeles and attributed to the homeless populations, including perhaps the early releases from jail? What part of that 56% can be attributed to the East San Gabriel Valley cities with lower densities and populations? Public health officials on Friday announced 1,072 new cases of the coronavirus and 35 related deaths, bringing the county's to-

tal to 43,070 cases and 2,051 deaths.

Eric S. Dreiband, U.S. Department of Justice Assistant Attorney General for the department's Civil Rights Division was quoted: "Reports of your [Ferrer] recent public statements indicate that you suggested the possibility of long-term lockdown of the residents in the city and county of Los Angeles, regardless of the legal justification for such restrictions ... Any such approach may be both arbitrary and unlawful."

White House coronavirus response coordinator, Dr. Deborah Birx, expressed concern over L.A. County with continued hotspots and seemingly the epicenter of the COVID 19 virus in California with high numbers of new cases each day. Birx asked the Centers for Disease Control to investigate and find remediation measures.

To continue to assess the virus only at the county levels, cities with fewer businesses and a smaller source of tax revenue will be damaged irreparably and unnecessarily, and the businesses impacted by that unfair evaluation may just evaporate as well as the jobs they provide.

When you read this, L.A. County Board of Supervisors will have had their Tuesday meeting. They are taking action to remedy the disparity in assessing countywide numbers.

L.A. County Supervisors Kathryn Barger and Janice Hahn have a proposed resolution for Tuesday's agenda based on May 4th Executive Order by Gov. Newsom providing a variance to State Guidelines on the virus. The directive provides "... instruct the County Health Officer ... to:

A. Work with the State to obtain a partial variance on behalf of interested cities and/or regions within the County; and,

B. Immediately upon readiness under the State's variance criteria, take all steps required to pursue a variance on behalf of the County of Los Angeles as a whole."

Several cities are preparing their individual reopening plans.

Now That I'm 90

I never contemplated living to ninety, but here I am. Nobody in my family made it beyond their mid-eighties. My father was eight-four and my grandfather—the one I knew—was seventy-eight. My mother was sixty-seven.

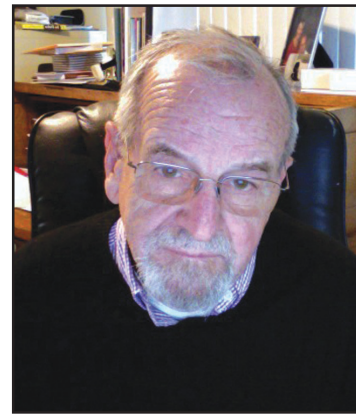
A few years ago I wrote a book, just for my family, about how I viewed my life. I titled it, *The Lucky Duck*. I resist calling my life "blessed" as if I had been singled out by God who just loved me the best and lavished on me EVERYTHING No, the marvelous life I have lived is just a matter of good fortune. My commitment has been to make the most of it.

My birthday party was a blast. Wendy's daughter, who is the best organized person on the planet, put it together, having family members and friends from St. Joseph, Missouri record memories and impressions of our time together. Beyond that, calls and letters arrived by the bushel, and there was enough food to last the week. My good friend, Joe Hough, capped it off the next day with a bottle of my favorite single-malt Scotch. Our friends Bob and Janet from New York, who live here much of the year, arrived with flowers and a collection of the world's finest pastries.

The star of the celebration was Wendy, who had sent out the best letter ever, and was the grand MC who ended the celebration with a prime steak dinner she had picked up from our favorite restaurant. (I doubt that anybody is really interested in details of my birthday, but what the heck, I'll never make it for another ninety, or perhaps not even for another year, so let me rattle on.)

What now? Someone remembered my final words at my church retirement party twenty-five years ago;

But I have promises to keep
And miles to go before I sleep



Charles H. Bayer

And miles to go before I sleep
Thank you Robert Frost.

This last quarter of a century has been rich with activity and meaning. While my body is slowly wearing out, my mind and my personal relationships remain vital. When I finally roll out in the morning I never worry about what I am going to do. I have a daily schedule which includes writing, painting, reading, friendships and two hikes a day. On one of them I am taking a course, from my walking partner, on the New Testament and its reliance on classical Greek poetry. Then there is research for my columns, and responding to interesting letters from readers.

Then there is constantly doing what I can to recover from the disgrace inflicted on the nation by Donald Trump

Wendy and I share vital hours accompanied by Netflix. And staying in contact with family and friends remains important. I can tell you about detailed incidents from every one of these 90 years, but don't ask me to recall my neighbors' names. While I do not fear the inevitability of death, my main worry is that my mind may disintegrate before my body has called it quits.

I obviously don't have miles—or years—to go before I sleep, but I have today, and like every day it will be full to the brim. I do not worry about death, knowing its absolute claim, nor do I nourish a belief that I will awake

on some beautiful shore. When a monk out plowing in the community's garden was asked what he would do if he knew he would die before sunset, he replied, "I would plow as straight a furrow as I can."

Here is a poem that spells out how I intend to spend the rest of my days.

I wanted to live
To be
One hundred and one
Years old.
But that is no
Longer my goal.
When I die,
I die.
I cannot predict.
I cannot control.
I cannot change
What is to be,
Which is what it is
And will be
What it will be.
I wanted to live
To be,
And not die.
But,
While I'm alive,
I live
To the fullest.
I treasure each sunrise.
I remember each sunset.
I dance every dance and
I sing every song and
I celebrate every moment.
I wanted to live
To be.
And,
I am spending my time
On earth before death
Living,
Rather than dying,
And not wasting a moment
Of the precious gifts
Of time and
Of life and
Of being, for now.
—Mattie J. T. Stephan

Mattie was a great American poet whose poems were dedicated to world peace. He died in 2004 at the age of 13.

Contact Charles Bayer at candwbayer@verizon.net

"TIME JOCKEY" - Paratroopers

By Joe Castillo

Leap of Faith... As the seventy-sixth anniversary of D-Day nears, I am reminded of the comprehensive assault forces put together by the allies in their invasion along the Normandy coast. One of the offensive attack units was the use of paratroopers who were flown in behind enemy lines, parachuted down and took up positions to challenge any counter offensive initiated by German forces. But have you ever wondered what happened up in a C-119 when men were getting ready to jump from planes carrying our paratroopers? One paratrooper, Sergeant Ernest Weeks, wrote his story of what actually took place.

During paratrooper training, Weeks jumped numerous times getting ready for the eventual big event and the experiences would earn him a role of responsibility. When the time came to fly and jump as part of the invasion, Weeks was the last one from his unit to enter the plane. The only seat left in the plane had his equipment and his cute waiting for him. His seat was opposite the jump door, in a position given to the "stick pusher", a name given to the last person to jump from his unit, the person who makes sure everyone gets out the door. Weeks was responsible for getting 20 men out the door.

As the plane lifted off, Weeks was thinking about everything that he had to do and then he realized that perhaps it was better not to overthink the process as he had made a number of jumps during

his military career and had learned everything he needed to do. A loud voice came over the speaker system stating that the plane would climb to 1,200 feet, then circle the drop zone and when the green light came on, 20 men needed to move to the jump door and jump within 12 seconds. It was Weeks' job to make sure this was accomplished.

Seated next to Weeks was a young kid right out of school who was jumping for real for the first time. Of course, the kid asked if Weeks was afraid. Weeks replied "The guy hasn't been born who isn't afraid when he goes up". Reassured, the young kid tells Weeks to give him a push if he stops. Weeks replies "that's what I'm here for" referring to his role as "stick pusher". Weeks continues to go over all the steps to follow as the plane nears its drop zone and he suddenly looks at all the young, scared faces around him. He feels their fear, their urgency and then he realizes they are looking at him for strength. Weeks does what everyone else in the plane is doing, saying a prayer asking for strength and calmness. Without overthinking too much, Weeks starts to bark out orders to "check your equipment, check your chute, check your line connections".

The guy next to you checks your gear as you can't see it and then suddenly the green light goes on. Weeks' unit moves toward the door and one by one each of them jumps out, jumps into the dark blue sky below. Weeks is the last one to near the jump door and

quickly says the first prayer that came to his head "though I walk through the valley of the shadow of death ...". Weeks jumps and remembers going into a free fall which seemed like an eternity but regains his senses and pulls the chord to his chute. He is jerked strongly back and Weeks' decent slows down enough for him to notice his unit slowly descending ahead of him with their chutes open. He sees the farmland below him get closer and he lands with only a slight impact. Weeks' ends his journey the same as he started it, with a prayer thanking God for the safe landing and then repeats over and over that he's the luckiest man alive. The kid comes over and tells Weeks' that "he's the greatest because nobody had to push you out". But Weeks' could only reply "You're wrong kid. God was my stick pusher!" All twenty men in Weeks' unit landed safely, just like each paratrooper practiced it

Joe Castillo is a freelance historic 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.

Memorial Day Taken Away

This past Memorial Day was pretty sad. With the government telling people that they can't gather in groups and ordering people to basically stay at home. This has removed the one day that people come together to remember those veterans that have passed on. These are the same people that have a high voter turnout rate if you come to think about it.

Many professional medical experts don't agree with the way the government is handling this virus season but they are basically silenced by those that now rule over us. They tell us we need to listen to their experts, the ones they appoint and hire.

The end results are very sad. The perfect example is this past Memorial Day. There was a time long ago, when people, such as veterans, scouts, and various other social organizations would go out to cemeteries and place a Poppy and Flag at each veteran's grave. This is usually done on Saturday and mostly on Sunday the day before Memorial Day. There would be an honorable ceremony at the cemetery on Veteran's Day with many people showing up to show their respect and honor. It seems like it was only just last year... wait a minute... it was.

Should I understand the reason this was basically blocked by those that rule over us is because it is a gathering??? Let's see if I have this right... Graves are how far apart? How many people does



George Ogden

That's just the way it is!

it take to place a flag and a poppy on one grave? Did you guess 100, 50, 10...? Well, how about just one. People are assigned an area to give the honor of placing of these flags and poppies.

Now, for the ceremony, if people were concerned about social distancing, that wouldn't be a problem... spread out a little.

As you can tell, I really don't trust the "medical experts" that are appointed and/or hired by the government. They will tell you what they want "them" to tell you. Dr. Barbara Ferrer, you see her on television nightly with L.A.'s mayor on the Coronavirus Variety Show. Did you know she is not a medical doctor??? She's not an epidemiologist or virology expert. Barbara Ferrer received her Ph.D. in Social Welfare. Some call her a highly paid social worker. Sure, she gets \$465,411 per year to dictate to us what they tell her to tell us.

Give her credit for her achievements and education, but isn't she in the wrong field right now? They often have a variety of people talking about this virus and what they are ordering us to do on their nightly show. Question... Who do they all work for?

Now, what is strange, somehow, at some cemeteries, flags appeared on the graves of our veterans. To those of you that may have broken the law to do this, I thank you.

In defiance of the government, there were some that did get together to honor these veterans. Many did it over social media, emails, sneaking around and in some way getting together and giving honor.

Since the government basically shut down the American Legion, Veterans of Foreign Wars (VFW) and many other Social Veterans organizations, these surviving organizations did what they could. The VFW in West Covina was able to pass out American Flags. Special thanks to Mike Touhey's Rockview Dairy in West Covina for also distributing some of these flags for them.

For all of you that in some way remembered our fallen veterans on Veteran's Day, Thank You.

We will never forget!
"That's Just the Way It Is!"

BART The BLOCKHOUND

Empowered by the freedom my spirit has been given to make choices not out of desperation but by options for the betterment of purpose....

Book of BART

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CPI Inflation Lower in April - But Who Cares If Economy Fails?

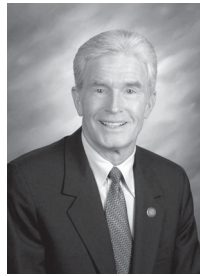
People working from home don't purchase fancy clothes, new cars, hotel rooms, airline tickets, or even very much gasoline. However, they are spending money at grocery stores and purchases online for an endless supply of munchies (and also on streaming television). Maybe that's a bit of an exaggeration, but it perfectly describes the pattern of pricing in the April CPI. Goods and services you don't need (while being locked down, as well as social distancing) fell in price (men's suits and outerwear, for instance, fell 11.3%) while cable TV services rose 0.6% and food rose 1.4%, (the most in years).

The CPI report (last week) was remarkable. The CPI and core inflation have never fallen so much in a month. Year-on-year core inflation tumbled as much in two months as did the sharpest six-month drop in 2009. Eleven years ago, it took 18 months of recession before inflation broke lower. This time around, it took just a few weeks. The collapse of prices globally in March and April reflected the widespread lockdowns from COVID-19. From here, inflation will return when economies reopen enough, or enough producers go out of business, or some combination of the two, to restore the balance of supply and demand.

Jay Powell told CBS 60 Minutes (May 17) pretty much the same thing he told Wall Street analysts on May 15. That TV appearance was more of an effort to broaden the Fed's reach than to add to its past message. The two takeaways the press focused on were: (1) No negative rates, because "there are other tools we can use first", and (2) Congress should do more. Mr. Powell added "I don't give them advice on particular policies. But I would say, if I may, that policies that help businesses avoid avoidable insolvencies, and that do the same for individuals - keep workers in their homes, keep them paying their bills, keep family's solvent - so that we're in a position to have a strong recovery" deserve our focus.

This unnatural, almost worldwide partial lockdown is defla-

In A Nutshell
What's up in the Economy?



KEN HERMAN
Economic Analyst
& Former Glendora Mayor

tionary. Reopening the USA (very likely to continue unevenly as states certainly do not seem to agree on what is best for their citizens) will be gradual. There may be some COVID-19 setbacks. But, the level of current resistance to opening up many states for business and personal freedoms suggests that inflation could be in abeyance for some time.

The Senate Banking Committee hearing (May 19) with Jay Powell and Steve Mnuchin was notable in part for a remarkable display of ugly politics by assorted senators of both parties. If Washington is getting nastier again, maybe it's because this CCP disease is in retreat. Anyway, it was hard not to chuckle when Secretary Mnuchin warmly thanked Senators Crapo and Brown before reading his opening remarks. This came just seconds after Senator Brown accused him of sacrificing lives for another thousand points on the Dow. One of the nice things about testifying remotely, apparently, is it's easier to tune out crazy opening remarks.

The most important takeaway (from an economic standpoint) is that most senators seem genuinely concerned that their proposed Main Street loan program should help as many businesses as possible. Mnuchin and Powell were pressed to make the program broad, appealing, and accessible. Mnuchin fended off an effort from Massachusetts Senator Warren to require companies participating in the "slush fund" (her words for the program she voted for) to guarantee not to cut any workers. Mnuchin explained that the Senators (from both parties who drew up the legislation) made it clear that their intent was

to insure job retention.

A recent House bill could cost \$3 trillion on top of the \$3 trillion already spent on COVID-19 related nationwide relief. Nancy's bill includes One Trillion Dollars for aid to states. President Trump called that bill dead on arrival.

You will hear a lot of media reports about how the upcoming economic statistics will be "the worst since the Great Depression" or "the lowest on record". However, while that may all be numerically true, the Great Depression was a 12-year nightmare in which the jobless rate was over 14% for a decade, reaching 25% in 1933. From 1931 to 1940, the jobless rate never dipped below 14.3% for any one full year. It was over 20% for four straight years, 1932-35. That won't be the case this time around - not even for one full year!

According to data just put out by Ned Davis Research, the recent (first quarter) stock market decline was the largest in history. Interestingly, the 33.7% surge from the low on March 23 to the close on May 8 was also the biggest surge on record.

The economic pressure to reopen the U.S. economy remains intense. Hopefully more state governors will react positively to benefit their citizens, to reduce today's personal hardships, especially as state unemployment funds continue to be depleted. Hopefully we will see an economic comeback in all 50 states; but that still depends on some defiant Governors. Can they bring themselves to choose economic recovery over worsening political divide in America?

What happened to America's history of working together to overcome major obstacles? Why is the hatred of President Trump (by so many Democrats) more important than saving our economy from another "Great Depression"?

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

We've saved up for the downpayment to buy a house, and our credit is really good. Do you have any guidelines?

Before you do anything else, get pre-approved for a mortgage loan. Pre-approved means that a lender has your application and supporting documentation, and has agreed to lend you 'up to' a specific dollar amount. I recommend using the services of an independent (non-bank) mortgage professional. Go to: FindAMortgageBroker.com With your pre-approval letter in hand, the offer you submit on the house you want can be taken much more seriously. Your lender can give you several pre-approval letters for different amounts. Let's say you want to make an offer on a property priced at \$450,000, but your letter states you are pre-approved for \$550,000. The Seller could see that you have access to more funds, so it could affect negotiations. While you are getting pre-approved, make and prioritize a list of "must-haves," "don't wants," and "might consider." For example, a "must-have" might be single-story, number of bedrooms and bathrooms, attached garage, while the "don't wants," might be a condo, or a busy street, and "might consider" could be a pool. Also take the time to select the neighborhoods you'd really like (perhaps for school district, or community amenities), some you "might consider" (those bordering areas you'd really like), and those you definitely wouldn't live in (for example, too close to a freeway or railroad



Julia Yoder

tracks). Schedule time to meet with a licensed Realtor.

We depend on the rental income on our property to cover the mortgage (principal, interest, tax, and insurance). Our tenant lost their job due to Covid-19, and stopped paying rent. It's against the law for us to evict them. There's no relief for us as owner/landlord. We're dipping into the last of our reserves to cover the mortgage. Is there anything we can do?

Talk to your mortgage lender to see if there's anything they are willing to do. There are mixed messages about the affect a forbearance has on your credit scores, but it's better than losing your rental property. If you were considering selling this property, now might be the time to take action.

I'm almost 70 years old. Once I begin my RMDs, I'm concerned about the \$160,000 I have in an IRA-that if the market goes down, I'll run out of money. Is there a better place for me to put my money so it has a better chance of lasting my whole life?

The CARE Act has made some changes in Required Minimum Distribution rules. First of all, for those readers who turned age 70 ½ prior to January 1, 2020, your RMDs are based on age 70 ½. However, you can suspend / stop your RMDs for this year, 2020. For you, and others, RMD's are not required until age 72. If you qualify, consider a Fixed Income Annuity with a Lifetime Income Benefit Rider. You could be guaranteed no losses, and your initial funds plus any gains could then be paid to you over your lifetime. (Guarantees are based on the strength of the issuing company.)

I'm self-employed, so my income fluctuates radically. How can I budget better?

On those months that you make more than you need to pay your bills, you must have the character and determination to save that excess for a lower-income months. Cut back expenses, and prioritize your bills. Do not be late on your mortgage or credit cards, as that negatively affects your credit scores. Consider a part-time job for added income.

Ask Julia by email: juliayoder@yahoo.com

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

Traffic Safety Benefits As More Californians Stay Home

SACRAMENTO - While Californians observe the stay-at-home order during the Coronavirus pandemic, the state's roadways and those who use them are seeing the impact. With traffic volume down, the number of incidents on California's roadways, including collisions and arrests for driving under the influence (DUI), continue to decline.

"People are adhering to the order, eliminating non-essential travel, and as a result, there has been a significant reduction in the number of commuters on the highways," said California Highway Patrol (CHP) Commissioner Warren Stanley.

According to preliminary data from the CHP's Statewide Integrated Traffic Records System (SWITRS), there was a 75 percent decrease in the number of crashes in California this year from March 19 to April

30, as compared to the same period in 2019. Additionally, the same SWITRS data indicated an 88 percent reduction in the number of people killed and a 62 percent decrease in the number of people injured in crashes. The total number of truck-involved collisions also saw a 60 percent drop, with fatal truck-involved crashes down 88 percent.

California's crash reduction rate is not the only positive to come from the quieter roadways. The number of DUI arrests made by CHP officers has decreased during March and April, from 7,224 in 2019 to 4,223 in 2020; nearly 42 percent.

However, not all of the state's drivers have been on their best behavior during the pandemic. The open roads have led to a few brazen motorists testing the speed limit

and eventually meeting up with a CHP officer for a citation. Between March 19 and April 30, CHP officers issued 4,000 citations for speeding in excess of 100 miles per hour, which is an increase of 113 percent from last year.

"Resist the temptation to speed even if it seems there's less traffic," added Commissioner Stanley. "Remember, taking care of one another goes beyond wearing a face covering and physical distancing. As communities in California move into the next phases of reopening, continue to slow down, pay attention to the road, drive sober, and keep yourself and those around you from becoming a grim statistic."

The mission of the CHP is to provide Safety, Service, and Security.

May is National Osteoporosis Month

May is National Osteoporosis Month, and a good reminder of the importance of bone health.

Osteoporosis is a disease that results from bones losing their density or mass, and can lead to painful broken bones and reduced mobility. Unfortunately, this condition is common. Studies suggest that approximately one in two wom-

en and up to one in four men age 50 and older will break a bone due to osteoporosis, according to the National Osteoporosis Foundation.

Luckily, there are steps you can take to improve your bone health. These include:

- Eating foods rich in calcium and vitamin D, such as dairy products, salmon, dark

leafy vegetables and oranges.

- Drinking alcohol and caffeinated beverages only in moderation. Heavy drinking can lead to bone loss and caffeine may decrease the body's ability to absorb calcium.

- Engaging in exercises that promote good posture, strength, flexibility and balance. (SPM Wire)

THE CAR GURU

WHAT YOU "AUTO" KNOW

By Gene Morrill - Certified Automotive Specialists

An Oil Change and Fuel Economy

Usually, when we talk about fuel economy, an oil change isn't at the top of the list of discussion. The manufacturers are requiring lighter and lighter weight engine oil in all vehicles. 5w30 and 5w20 are being replaced with 0w16. I can hardly believe it, as 0w16 is like pouring water, it's so thin.

The reason for the light weight oil is to give better fuel economy to satisfy the CAFÉ (corporate average fuel economy) standards. This standard is set by our state and requires all car manufacturers to average 54.5 MPG by the year 2025. Don't think for a minute that the changes are going to slow down anytime soon.

Believe it or not an oil change can and will affect your miles per gallon and here is why. Us old guys always grabbed the 20w50 oil for our

cars and today two of the most popular oils is 5w20 and 0w30. The comparison would be 20w50 oil will pour like molasses, while 0w20 will pour like water. Thicker oil creates resistance inside the engine, slowing down moving parts and lowering your miles per gallon. A hybrid or very high mile per gallon car can lower mileage by 1 to 2 miles per gallon. We have observed this from some testing that we have done.

Is installing 5w30 oil in a car requiring 5w20 a concern? Yes and no. Yes, because it will affect fuel mileage, sometimes it is noticeable, sometimes not. And no, because using a slightly thicker oil will not hurt the internal engine components at all. Warning!! Thicker is not better, so please don't use a very thick oil like a 20w50 in a modern car as that will cause

issues.

Other ways car makers are working to meet the CAFÉ standards are:

- Using lighter materials
- Turbo chargers
- Gasoline direct injection
- Hybrids
- Smaller engine size
- 10 speed transmissions
- Synthetic oils in transmissions

With all these changes happening today, preventive maintenance is more critical than ever.

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Hometown Service You Can Count On!

Business Assistance Grant Program Opportunity!

LA VERNE - The La Verne City Council recently approved a new Business Assistance Grant Program funded through Community Development Block Grant Funds (CDBG). Please review the

guidelines to see if your business qualifies for a one-time \$2,500 grant. Complete the application with supporting documents and submit to businessassistance@cityoflaverne.org. The deadline to ap-

ply is Friday, May 29, 2020 by 5PM.

Please find the guidelines and the application here: <https://www.cityoflaverne.org/index.php/services/business-resources>

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Around the Valley & Senior News

What to Expect When Your Dentist's Office Reopens

The COVID-19 pandemic has changed a lot of aspects of daily life, including regular visits to the dentist.

Now that some states are re-opening, many dental practices are beginning to see patients for non-emergency appointments. To help protect patients and staff alike, the American Dental Association (ADA) has developed science-based guidance for dentists on extra steps they can take, in addition to the infection control procedures they've always followed. With this guidance in mind, here's what you can expect at your next appointment.

Before Your Appointment
To help make sure that patients arriving for their appointments are healthy, your dental office may call you before your appointment and ask you some questions about your current health. They may also repeat these questions when you arrive to make sure nothing has changed.

Your dentist's office staff may also ask that you limit the number of people you bring to the ap-

pointment. That could mean leaving your children at home or allowing older children to go into the office alone while parents wait outside during their appointment.

At Your Appointment
If your state or city is requiring people to wear masks in public, be sure to wear one to your appointment. When you arrive at the dental office, you may be asked to wait outside until they're ready for you. This is to reduce the number of people in the office and reduce the amount of time you're close to others. When you enter the office, you may have your temperature taken.

Inside the office, you may notice that items people often touch in the waiting room -- like toys or magazines -- have been removed. The office may have hand sanitizer available for you to use and staff may wipe down items you touch, such as pens, clipboards or furniture.

When you're in the dental chair, you may notice some things look different from the last time you were there. The dentist may have covered the computer keyboard with a disposable cover so it can be easily cleaned between patients, for example. Your dentist may also be using different protective equipment

than used at previous appointments. This could include different masks, face shields, gowns and goggles. These additional precautions help protect both you and the dentist.

After Your Appointment
After your appointment, the staff will prepare for the next patient by thoroughly cleaning the areas where you've been with disinfectants effective against the virus that causes COVID-19. This helps reduce the risk of illness being passed to others.

If you start feeling ill with the symptoms of COVID-19 within 14 days of your appointment, call the dental office. You may have already been carrying the virus at the time of your appointment, so anyone who came into contact with you could be at risk for getting sick too.

Visit mouthhealthy.org for up-to-date information around dental visits and COVID-19.

Remember, regular dental visits are an essential part of your oral hygiene routine and are important for your overall health. Be sure to reschedule your dental checkups once your local authorities allow dental practices to reopen. Your ADA dentist will make sure your visit is as safe as possible for everyone involved. (StatePoint)

Sen. Rubio Bill Addressing Affordable Housing Shortage and Homelessness Crisis Passes Key Committee

SACRAMENTO – A key committee approved a bill by Senator Susan Rubio (D-Baldwin Park) that addresses the San Gabriel Valley's affordable housing shortage and homelessness crisis.

The Senate Governance and Finance Committee unanimously passed Senate Bill 1212, which strengthens the San Gabriel Valley Regional Housing Trust by making three changes to the board. First, it will guarantee continuity of experience by staggering the two-year terms of board members. Second, it will expand housing and homelessness expertise on the board. Third, it will ensure

board decisions are equitable by requiring city representatives on the board be from different cities.

"The economic circumstances created by the COVID-19 pandemic make it critically important to ensure that housing does not become even more unaffordable," Sen. Rubio said. "The San Gabriel Valley Regional Housing Trust does exactly that and can serve as a model for other regions across the state."

"The San Gabriel Valley Regional Housing Trust is needed now more than ever with the COVID-19 pandemic threatening the most vulnerable among

us," said Jed Leano, chair of the San Gabriel Valley Regional Housing Trust and a councilmember for the City of Claremont. "We thank Senator Rubio for her strong commitment to the Trust and her willingness to bring forward this legislation to help make the Trust even stronger."

In 2019, Sen. Rubio partnered with the San Gabriel Valley Council of Governments (SGVCOG) to author SB 751, which created the Trust and allows communities within the COG's jurisdiction to fund housing to assist the homeless and persons of extremely low, very low, and low income. It also allows the Trust to receive public and private financing and funds for this purpose. The board will consist of seven members from the governing board of the SGVCOG and two experts in homeless or housing policy.

West Covina Unified Offers Online Summer School for High School Students

WEST COVINA - West Covina Unified School District will partner with Options for Youth, a network of public charter schools, to provide an online summer school program for Edgewood and West Covina high schools at no cost. The summer school term will run from Wednesday, July 1 to Friday, August 7. Courses can be

accessed through students' school-issued or personal devices with an internet connection. The research-based curriculum is designed to engage students through the use of media-rich, interactive learning experiences. All courses are age compliant and aligned to the California state standards.



San Gabriel Valley Examiner

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DIANE VICTOR OUTSTANDING OLDER AMERICAN AWARD RECIPIENT 2020



Diane preparing to lead one of her many trips.



Diane leading her group in the High Sierras, 1981.

As a volunteer Diane has accomplished so much:

- Has been volunteering as an excursion leader for the City of La Verne since 2011
- Diane always collects future trip suggestions from participants, which has been helpful in booking successful excursions.
- Diane's efforts have been the driving force in implementing changes within the excursion booking process to ensure the trips run more safely and smoothly than ever before.
- Volunteers at the "LA Times Festival of Books" where she oversees 2,000 volunteers.
- Has led wilderness trips as a Sierra Club Outings Leader.
- Has volunteered at the L.A. County Fair working in various positions.
- Volunteered at the Wildlife Station in Sylmar.
- Volunteered at the Priceless Pet Rescue in Claremont.
- San Gabriel Division Treasurer for "Hadassah", an international charity organization.

THANK YOU DIANE!

OLDER AMERICANS MONTH
MAKE YOUR MARK: MAY 2020

Protect Yourself and Others from COVID-19

HOW TO WEAR A FACE COVERING



- Wear your face covering so it comes all the way up close to the bridge of your nose.
- Make sure it covers your all the way down under your chin.
- Do your best to tighten the loops or ties so it's snug around your face, without gaps.

HOW NOT TO WEAR A FACE COVERING



DON'T: Wear your face covering so it is below or covers just the tip of your nose.



DON'T: Leave your chin exposed.



DON'T: Push your face covering under your chin to rest on your neck.



DON'T: Wear your face covering loosely with gaps on the sides.

ph.lacounty.gov/Coronavirus

County of Los Angeles Public Health

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Rosemead High Senior Overcomes Challenges to Win Full-Tuition Scholarship

EL MONTE – Rosemead High School senior Tristan Tanchanco sees his life as a series of challenges he's had to overcome, whether it was learning English, editing the school newspaper, mastering the guitar or understanding the intricacies of molecular biology and biochemistry.

Tanchanco's outgoing personality and ability to weather those and other challenges have earned him a full-tuition Posse Foundation scholarship to Middlebury College, a private Vermont liberal arts and research university known as a "Little Ivy." Tanchanco will pursue a medical degree and a career as a pediatrician.

"I've had a lot of failures in life, but this is one of my best achievements so far," he said. "I owe this scholarship to my mom and dad, who never gave up on me and helped me learn English because they knew I could be a success. I would also like to thank my teachers at Rosemead, who challenged and encouraged me and helped me achieve through rough times."

Tanchanco was born in Pasadena but moved with his family to the Philippines as a young child. When he returned as a first-grade English learner, Tanchanco had difficulty making friends. Every night before bed, Tanchanco's parents taught him English.

Soon, Tanchanco had many friends and began developing a lifelong interest in a wide range of subjects, including science, reading, math, skateboarding and Legos. In the third grade, Tanchanco picked up a saxophone, which he played for years until he discovered the guitar.

At Rosemead High, Tanchanco balances his studies with a passion for the environ-



Rosemead High School senior Tristan Tanchanco has earned a full-tuition Posse Foundation scholarship to Middlebury College, a private liberal arts and research university in Vermont.

ment and animal rights and a love for the performing arts. Auditioning for a minor role in Rosemead's musical production of Disney's "Camp Rock," Tanchanco was cast in the lead role of Nate Gray.

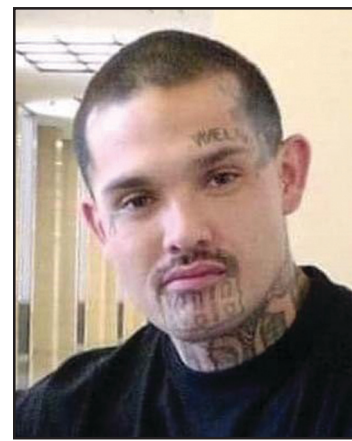
"I think Tristan is an amazing student. He always strives to do more and better," Rosemead social science teacher Michelle Ban said. "Currently, he is mentoring next year's Posse scholarship nominees to prepare them for the interview process. He is very passionate about helping as many Rosemead students earn this scholarship as possible."

The Posse Foundation is a national nonprofit that identifies students with extraordinary aca-

ademic and leadership potential, but who may be overlooked by traditional college selection processes. It prepares students for higher education and careers in lucrative professions and supports them throughout their schooling.

"It has been a pleasure watching Tristan develop into a school leader and now to be rewarded with this tremendous opportunity to continue his education at an elite university," Rosemead Principal Dr. Brian Bristol said. "Tristan has so many talents and personifies Panther pride. I wish him all the best in his future."

Homeless Transient Found Dead had Extensive Criminal Record



Anthony Zepeda, 28

By George Ogden
WEST COVINA - On Sunday 17th, West Covina responded to a man down just before 7 a.m. He was found in the 2100 block of North Garvey about 50 feet from the intersection of Cameron Ave.



Crime scene where Anthony Zepeda was killed.

and North Garvey. When officers arrived, they found the victim had been stabbed and was pronounced dead at the scene.

The victim was identified as Anthony Zepeda, 28, AKA "Lil Genie aka Lil G" according to the police and the coroner's investigators.

Authorities stated that Zepeda was homeless. He was known to the police and

sheriff's departments in West Covina, La Puente, Baldwin Park and Azusa. He had an extensive arrest record with dozens of arrests over the last couple of years. It covered drugs, auto burglary, residential thefts, burglary and much more.

West Covina police are being assisted by Los Angeles County Sheriff's Dept. in investigating the crime.

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EXTENSION
Effective Immediately: There will be NO citywide overnight parking enforcement in response to the current situation involving the Coronavirus disease (COVID-19)

We will likely resume overnight parking enforcement on **Monday, July 6 at 2:00am**
We will update the community if this date should need to be altered.

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Matt Egan, Interim Chief of Police

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Customers are:

- Required to wear a face covering
- Required to maintain 6 feet between other customers and employees
- Required to follow all social distancing protocols posted by the business
- Not allowed inside the business (curbside, outside pickup or delivery only)

For more information visit: <http://publichealth.lacounty.gov/media/Coronavirus/>

RETAILERS ALLOWED TO REOPEN

There are two (2) categories of lower risk businesses that may reopen:

- Retailers that are not located within an Indoor Mall or Indoor Shopping Center
- Manufacturing and logistics sector businesses that supply lower-risk retail businesses

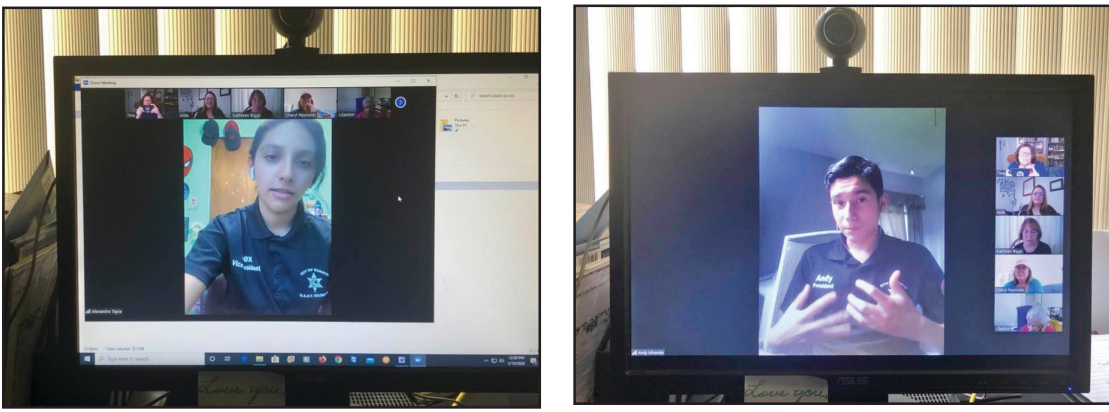
For more information visit: <http://publichealth.lacounty.gov/media/Coronavirus/>

RETAILERS NOT ALLOWED TO REOPEN

The Safer at Home Order continues the closure of high risk businesses. These include:

- Bars and nightclubs that do not serve food
- Gyms and fitness centers
- Movie theaters
- Personal grooming establishments (barbers, hair salons, nail salons)
- Massage or body art establishments
- Indoor malls and indoor shopping centers

Duarte Kiwanis Hears Update from Duarte Area Resource Team (DART)



DUARTE - The Duarte Kiwanis Club has transitioned to virtual meetings during this pandemic. At a recent meeting the club was honored to host two members of DART the Duarte Area Resource team. Alexandra Tapia has been vice president this season and shared her campaign video to

become Vice President. In this video she spoke of how she had learned so many leadership skills through the various volunteer opportunities in the city. The club then heard from current president Andy Miranda who will be attending Azusa Pacific University in the fall. Andy will be at APU in their

ROTC program. His goal is to become a medical officer in the military.

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.

3 Technologies to Help You Feel Connected to Far Away Loved Ones



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

When it's not possible to be near loved ones, being connected becomes more important.

Here are three technologies to feel closer to friends and family, wherever they may be:

Stream in Sync

Streaming services like Netflix are introducing new features allowing users to watch programming in sync with their friends. Whether it's the latest episode of your favorite reality game show or a movie you've all been excited to see, now you can host a virtual movie night or watch-party and share your reactions to the show in a real-time chat room.

Keep the Time

A globally-minded timepiece can help you feel more connected by displaying the time of where your friends and family are located. And the Casio Edifice EQB1000 is especially informative. The watch's main dial and date display "Home Time" (the time and date in the current location), while an inset dial at 3 o'clock displays "World Time" (the current time in over 300 major cities) in a 12-hour format. Its operations are easily managed via a connected smartphone, and its "Phone Finder" feature causes your phone to sound a tone even if it's in silent mode.

Workout, Together

Have a gym buddy or workout

partner who is suddenly remote? New tools can help you motivate one another and stay fit together, even if you are far apart. Some of the latest stationary bikes and treadmills on the market now allow you to connect to classes and coaches in real-time and have features that allow you to enjoy realistic city and countryside

scenery as you sweat. Join the same class as a friend and compete against each other, or take a virtual tour of a city together.

Thanks to new technologies, the world doesn't need to feel so big. Embrace the tools that let you feel close and connected. (StatePoint)

Newly Unemployed? Understanding Your Health Insurance Options



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

With millions of people nationwide filing for unemployment since the start of the COVID-19 pandemic, many individuals and families across the country are suddenly finding themselves without health insurance at a precarious time. Fortunately, new options may be able to help those on tight budgets.

"The sudden and unexpected loss of health insurance only compounds the stress caused by job loss amidst this unprecedented economic and public health crisis. However, unemployed individuals have more options for affordable health insurance than they did during past economic recessions thanks to provisions in the Affordable Care Act, along with actions recently taken by Congress and some states," says American Medical Association (AMA) president, Patrice A. Harris, M.D.

Whether you recently lost your job-based health insurance or were uninsured before COVID-19 struck, the AMA, a long-time advocate for health insurance coverage for all Americans, is highlighting the following options:

- **Affordable Care Act (ACA) Marketplaces:** Family and individual health plans can be bought in the health insurance market-

places created by the ACA. Losing a job is a qualifying life event that allows unemployed individuals up to 60 days to enroll in a marketplace health plan before the close of a special enrollment period. Due to the COVID-19 pandemic, certain states have reopened enrollment periods when all consumers -- not only those who have experienced a job loss -- can enroll in marketplace health plans and potentially qualify for financial assistance to purchase these plans based on their income.

Subsidies available to eligible individuals through the health insurance marketplaces can help with premiums and out-of-pocket costs, making coverage more affordable. The Kaiser Family Foundation can help calculate an estimate of premiums and subsidies based on an individual's income, age and family size. It will also estimate an individual's eligibility for Medicaid.

- **Medicaid:** While each state's program has unique attributes for coverage, Medicaid can offer no- or low-cost coverage for those with the lowest incomes with limited cost-sharing requirements. Unlike the ACA marketplaces, there is no defined open enrollment period for Medicaid, and

eligible people can sign up at any time. State eligibility requirements and income qualifications vary by state. Every state covers low-income children, pregnant women and people with disabilities, while 36 states and the District of Columbia have expanded Medicaid coverage so that adults with income up to 138 percent of the federal poverty level can qualify.

- **Beware Short-Term Plans:** The AMA cautions patients to avoid short-term limited duration plans whenever possible, especially during this pandemic. Short-term plans are designed to fill temporary gaps in health insurance when comprehensive coverage may not be an option. But it is important to understand that these plans offer very limited benefits and do not usually cover COVID-19 testing and treatment, preexisting medical conditions, mental health services, prescription drugs, and preventative and wellness care.

"Avoiding gaps in coverage should be a top priority for anyone who has recently lost their health insurance," says Harris. "The COVID-19 pandemic has highlighted the importance of having meaningful health insurance coverage." (StatePoint)

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LA County Road to Recovery

RISK OF COVID-19 REMAINS HIGH
THOSE WITH UNDERLYING HEALTH CONDITIONS ARE #SAFERATHOME

WEAR cloth face coverings in businesses & around others

MAINTAIN Physical Distancing of 6 feet

WASH your hands frequently for 20 seconds & avoid touching your face with unwashed hands

SELF-ISOLATE for 10 days + 3 days after you are symptom-free (if you have or are likely to have COVID-19)

SELF-QUARANTINE for 14 days if you are exposed or in close contact with an infected person

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

LA County Road to Recovery

Recreation and Entertainment

OPEN

- Parks (Playgrounds are closed)
- Public Trails (Walking and Hiking)
- Beaches (For Active Recreation)
- Golf Courses
- Pickleball and Tennis Courts
- Horse Riding/Equestrian
- Bike Parks
- Community Gardens
- Model Airplane Areas
- Shooting and Archery Ranges

CLOSED FOR NOW

- Beach Piers
- Recreation and Community Centers
- Basketball and Volleyball Courts
- Baseball and Soccer Fields
- Youth Sports Leagues
- Summer Camps
- Gyms/Fitness Centers, including in Multi-unit Housing
- Public Pools, including in Multi-unit Housing, including, but Not Limited to Those in Hotels, Apartments, or Part of Homeowners' Association
- Indoor Museums, Galleries, and Zoos
- Bars and Nightclubs that Don't Serve Food
- Parts of Wineries, Breweries, and Tap Rooms that Provide Tastings
- Arcades, Bowling Alleys, Movie Theaters, Live Performance Theaters, Concert Halls and Venues, Stadiums, Arenas, Gaming Facilities, Theme Parks, and Festivals

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

LA County Road to Recovery

Shopping, Restaurants, and Personal Care

OPEN FOR IN-STORE SHOPPING/SERVICES

- Grocery Stores, Certified Farmers' Markets, Farm and Produce Stands, Supermarkets, Food Banks, Convenience Stores, Wholesale Clubs, and Pharmacies
- Pet Food Stores, Animal Daycare and Boarding Facilities, and Veterinary Clinics
- Stores that Sell Products Needed for Your Home, such as Hardware, Building Supply, Home Appliance, and Pool Supply Stores

OPEN FOR PICK-UP OR DELIVERY

- Stores that Don't Meet Essential Needs, such as Bookstores, Toy Stores, and Clothing Stores
- Restaurants and Cafes
- Pet Grooming

CLOSED FOR NOW

- Personal Grooming, including Nail Salons, Hair Salons, and Barber Shop

Healthcare Services

OPEN: Clinics, Hospitals, Dental Clinics, Physical Therapy and Chiropractic Offices, Optometrists, Mental or Behavioral Health Providers, and other Healthcare Settings

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