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Construction Has Begun On World-Famous Grand Prix Of Long Beach Racing Circuit

LONG BEACH - Construction has began on the world-famous Acura Grand Prix of Long Beach race circuit in preparation for the April 8-10 race weekend.

Over the next 50 days, more than 2,400 concrete blocks that anchor the safety system around the 1.97-mile, 11-turn racing circuit will be placed along with 14 large grandstands that line the racecourse. More than 180,000 fans attended the race in 2021, which was run in September instead of its normal April date due to the pandemic.

The first full day of track construction kicked off with Long Beach Motorsports Walk of Fame member and Indy car driver Oriol Servia accompanying Grand Prix Association of Long Beach President and CEO Jim Michaelian to commemorate the day. Management and workers from the Laborers International Union of North America (LIUNA), alongside Grand Prix Association of Long Beach personnel, were also on-hand.

"It's great to be back on our traditional race date," said Michaelian. "We're coming off a very successful event just five months ago and we're looking forward to doing it all over again. We've got six world-class races lined up, a great title sponsor partner in Acura and a number of



Oriol Servia, left, and Jim Michaelian commemorate the start of construction for the 2022 Acura Grand Prix of Long Beach. Credit: Ruth Ruiz/Grand Prix Association of Long Beach.

other activities for the whole family in a first-class facility that our team builds every year."

"The Acura Grand Prix is such an exciting event," said Servia. "When you have a venue that attracts 180,000 people and you see that it's families - grandparents bringing grandkids - that family tradition, you feel you're a part of something really special. It does have a special energy that not every race can accomplish.'

In total, Grand Prix Director of Operations Dwight Tanaka, LIUNA and Grand Prix Operations staff will put in more than 33,000 working hours installing the safety system – more than 14 million pounds of concrete blocks, four miles of fencing and 17,000 bolted-together tires along with grandstands, six pedestrian bridges and eight giant vision boards for full-circuit TV coverage.

Tanaka's staff will also install 45 high-end hospitality suites, three hospitality clubs, tents, electrical lines and equipment, phones, porta-johns, trash containers and a myriad of other items around the track.

The eastern portion of the racetrack (Turns 9, 10 and 11) will also be used for Round One of the eight-event 2022 Formula Drift season on April 1-2, and part of the circuit will be used as a running course for the Grand Prix Foundation of Long Beach's Grand Prix 5K Run on Sunday, April 3.

All businesses along the race circuit, which includes Shoreline Drive, Aquarium Way and Pine Ave., will remain open during construction of the racetrack. The Acura Grand Prix of Long Beach will be headlined by the third round of the NTT INDYCAR SERIES, as well as the IMSA WeatherTech SportsCar Championship. In addition, the weekend will include the Super Drift Challenge under the lights on Friday and Saturday nights, the SPEED/UTV Stadium Super Trucks, Historic IMSA GTP Challenge and the new-for-2022 Porsche Carrera Cup North America.

Fans can select and pay for their Grand Prix seats, parking and paddock passes online at gplb.com. Ticket orders can also be placed by calling the toll-free ticket hotline, (888) 827-7333. Also featured on gplb.com is the latest Acura Grand Prix of Long Beach news and racetrack information, photos and ongoing announcements of special race week activities.

Ticket prices range from \$37 for a Friday General Admission ticket to \$168 for a three-day ticket that includes Sat./Sun. reserved seating in grandstand upper levels. Pre-paid parking packages are also available, along with handicapped seating, NTT INDYCAR SERIES Paddock passes, Super Photo tickets and a wide variety of hospitality packages.

Fans can also follow the 2022 Acura Grand Prix of Long Beach on Facebook (GrandPrixLB), @GPLongBeach Twitter (#AGPLB) and Instagram @GPLongBeach.

The Galley Fish Grill Opens Their 3rd Location In The City Of Duarte

The Galley is serving up fresh seafood made with fresh ingredients.



Glendora Woman's Club Annual Auction

By Marsha Edwards Mason GLENDORA - It was Auction Fever at the Glendora Woman's Club this week



A ribbon cutting ceremony on February 9th attended by Gio and Jennie together with The Galley staff, members of the Duarte City Council, the Duarte Chamber of Commerce and friends and family.

and locally operated restaurant named The Galley Fish Grill has brought its unique menu to Duarte. With a menu that serves more than just seafood, you can be sure to find yourself coming back daily to try everything on the menu. The menu offers items like Fish & Chips, Surf & Turf Fries, and their popular Ensenada Style Fish Tacos just to name a few.

Blue Pacific Restaurants saw

DUARTE - A family owned an opportunity to open in Duarte when a family member noticed the former Mongolian BBQ restaurant was empty. Owners, Rigo and Andrea started their company in 2016 with their first location in Apple Valley. They run and operate their Apple Valley and Victorville locations until this day. Their family member Gio and his wife Jennie wanted to be a part of the growing operation and have partnered with them to run their Duarte restaurant.

"All of our recipes are inspired by our love for seafood and from our childhood memories because our mothers always made home cooked meals." says Rigo Rodriguez.

The company is continuing to grow at a steady pace and has plans to open a 4th location in Downtown Upland in the summer of 2022.

You can visit The Galley Fish Grill at 1164 E. Huntington Dr. Duarte. 626-531-6944

Members have been gathering things for their annual auction for over a month in anticipation of the fun and exciting items to be auctioned. The auction is held by the Potpourri Department of the Woman's Club. It is an exciting, fun filled event. Refreshments were served before and during the event. Loretta Salazar is the chairperson in charge of the event and with her guidance and her team the auction went off without a hitch. Everyone hovered over the tables filled with items, writing down the numbers they wanted to bid on. Items in the auction ranged from a brand-new Bissel rug cleaner still in the box, to new plate sets, crystal pieces and pressed glass, expensive towel sets, wall-hangings, yard art, birdhouses, jewelry, storage containers, collectable framed

Susan Lepkojus, Auctioneer

Disney Art, new blankets, crock pot, new red walker with seat, mirrors, many kitchen items, antiques and much more.

Previewing the items was exciting. Adding to the anticipation was the lovely and talented auctioneer, Susan Lepkojus. Guests and members were seated, and the auctioneer said, "Let the bidding begin!" She moved through the items calling on paddles with numbers as the bidding kept going. One by one items were auctioned off. Excitement was in the air.

The Glendora Woman's Club invites those that wish to attend the annual auction to mark your calendar for February next year to get in on the deals and special items. All proceeds go the Glendora Woman's Club Potpourri Department and the special renovation fund for their 100-yearold building. The Woman's Club is a big part of Glendora's history.

California To Lift Mask Mandates

clining case rates and hospitalizations across the West, California, Oregon and Washington are moving together to update their masking guidance. After 11:59 p.m. on March 11, California, Oregon and Washington will adopt new indoor mask policies and move from mask requirements to mask recommendations in schools.

State policies do not change federal requirements, which still include masks on public transit.

"California continues to adjust our policies based on the lat-

SACRAMENTO - With de- est data and science, applying what we've learned over the past two years to guide our response to the pandemic," said Newsom. "Masks are an effective tool to minimize spread of the virus and future variants, especially when transmission rates are high. We cannot predict the future of the virus, but we are better prepared for it and will continue to take measures rooted in science to keep California moving forward."

In California, starting March 1, masks will no longer be required for unvaccinated individuals, but will be strongly recommended for all individuals in most indoor settings. After March 11, in schools and child care facilities, masks will not be required but will be strongly recommended. Masks will still be required for everyone in high transmission settings like public transit, emergency shelters, health care settings, correctional facilities, homeless shelters and long-term care facilities. As always, local jurisdictions may have additional requirements beyond the state guidance.



Glendora Women's Club Auction





New Outdoor Irrigation Water Conservation Program starts **January 1, 2022**. FREE irrigation inspection, irrigation controller and spray nozzles! Apply Today!

In response to the drought and declining local water supplies, the San Gabriel Valley Municipal Water District is offering a **FREE Landscape Survey and Smart Controller Installation** to qualifying residential customers to help water their landscape more efficiently and save money on their water bill.

PROGRAM FEATURES	ELIGIBILITY	VALUE	HOW TO APPLY
 Irrigation system inspection Replacement of existing irrigation controller Controller programming and training customized for your home Sprinkler nozzle retrofit/ replacement on existing spray heads 	 Residential water customers in Alhambra, Monterey Park, Azusa and Sierra Madre Must have a working irrigation system with a controller 	 Up to \$1,000 in equipment and service (one controller per customer) Save water and save money! 	 First Come First Serve: Time and funding are limited Contact the District's partner, EcoTech Services, at 866-308-8391 or ecotechservices.net EcoTech Services, Inc.
Saving W	aterit's a g	ood thing	WATER DISTRICT AZUSA I SIERRA MADRE I MONTEREY PARK I ALHAMBRA SGVMWD.COM

For further information, contact the District at (626) 969-7911 or by email (info@sgvmwd.com).



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American Heart Association

GET WITH THE

When it Comes to Stroke, Every Second Counts.

Stroke patients who receive treatment quickly achieve better outcomes and faster recovery. Queen of the Valley Hospital is now a designated Comprehensive Stroke Center, where our medical experts treat even the most complex stroke cases. Learn more about our state-of-the-art technology and award-winning stroke care team here: emanatehealth.org/stroke

The San Gabriel Valley VIII Examiner

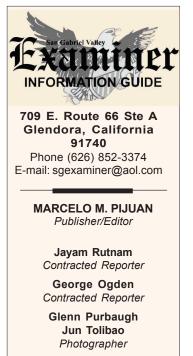
JOS ANGELES

Rubio Bill Targets Illegal Car Extended Warranty Robo-Calls And Other Unlicensed Insurance Scams

LOS ANGELES COUNTY -- Senator Susan Rubio (D-Baldwin Park) introduced legislation, sponsored by Insurance Commissioner Ricardo Lara, that would help consumers victimized by insurance scams, including the illegal "we are trying to reach you about your car's extended warranty" robo-calls.

The legislation would help victims recover their losses from sellers of insurance not licensed by the California Department of Insurance to transact insurance. It addresses common scams such as illegally telemarketed sales of automobile extended warranties to consumers and illegally collected premiums for workers' compensation insurance from businesses, among other unscrupulous acts on unsuspecting consumers.

SB 1040 would give the Insurance Commissioner the ability to order restitution to consumers from unlicensed sellers of insurance who are breaking California



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

laws, leading to greater repayments to consumers. The Department of Insurance estimates that unlicensed activity costs Californians millions of dollars every vear. For example, hardworking Californians have paid thousands of dollars for illegally sold extended warranties from unlicensed companies, only to have their claims improperly denied and then having to pay again for expensive repairs. Individual losses of several thousand dollars per victim can add up to massive fraud.

Under current law, the Insurance Commissioner can order unlicensed sellers of insurance to cease and desist and pay a fine of no more than \$5,000 per day, but cannot order those unlicensed sellers to repay consumers for losses that they caused, such as direct premium they misappropriated and financial losses that the consumer suffered when they believed they were otherwise covered by insurance.

"We have all gotten robocalls trying to illegally sell us automobile extended warranties but until now my Department's hands have been tied in trying to order repayment to victims of these illegal insurance scams," said Insurance Commissioner Ricardo Lara. "SB 1040 will give my Department the ability to order restitution to seniors, consumers, and small businesses who fall prey to unlicensed sellers of insurance, especially during this pandemic."

"We need to make it easier for victims of insurance scams to get back the money they lost," said Senator Rubio. "My top priority as chair of the Senate Committee on Insurance is to protect consumers, and insurance fraud can be disastrous for individuals and small businesses. Meanwhile, these scams are constantly getting more sophisticated. I'm proud to work with Insurance Commissioner Lara on SB 1040 to give Californians more power to recover their losses."

Investigations by the Department of Insurance have revealed

agent who provided falsified workers' compensation certificates and pocketed the premiums, leaving businesses without coverage for worker injuries.

• In 2020, the Department of Insurance issued a cease and desist against an unlicensed company that illegally sold automobile extended warranties (also known as "vehicle service contracts") to more than 1,000 California drivers -- many of them seniors -- for over \$2 million.

• In 2020, the Department of Insurance issued a cease and desist against an unlicensed Southern California agent after a consumer who thought they had coverage suffered an uninsured \$100,000 residential loss.

• In 2019, a Department of Insurance investigation led to the arrest of an unlicensed insurance agent for allegedly stealing \$174,000 in premiums from truck drivers and charter bus companies.

The Department of Insurance has won restitution in some cases, but only through a court order or a legal settlement. Because, in most cases, consumers must pursue recovery on their own and the obstacles to doing so can be great, most money illegally stolen in unlicensed insurance fraud is never repaid to the aggrieved consumers.

La Verne Councilmember Robin Carder Will Not Seek Re-Election, Nomination **Period Extended for District 3**

LAVERNE – After serving on the La Verne City Council for three terms totaling 13 years, Councilmember Robin Carder announced she will not be running for re-election in what is now District 3 of the City's fivedistrict election system so that she can spend more time with her family, including spending time with her grandchildren. With the incumbent in District 3 electing not to run, the nomination period will be extended until Wednesday, March 16 at 5 p.m. to allow additional time for residents to obtain and complete nomination papers.

In her statement, Councilmember Carder spoke fondly of her time serving the La Verne community saying, "My devotion to this GREAT city will be forever strong and I will continue to volunteer my time to our community as I have done for the past 42 years that my family has lived here... My motto has always been 'Make a POSITIVE difference in someone else's life' and I believe we have all accomplished that together. I am so proud of the Veteran's Memorial we built to honor our veterans. I serve as Vice-Chair on the Gold Line Construction Authority. Vice-Chair of Tri-City Mental Health, Youth Sports, Chair of Youth and Family Action Committee, Fourth of July Committee and many other committees. Especially proud of working with a large group of residents that circulated a petition and were able to preserve our City Fire Services.'

This speaks to the range of responsibilities and activities that councilmembers take part in on a regular basis. In addition to participating in regular meetings which are typically held in the evenings on the first and third Mondays of each month, there are also special meetings or workshops that take place as needed. Additionally, all councilmembers attend various committee and board meetings throughout the region and county to which they are assigned, as well as act as city liaisons with various organizations and represent the city at events.

Councilmembers also work closely with the City Manager to ensure all operational areas have the resources they need to meet the needs of the community.

"I want the community of La Verne to know that our city management, staff, public works and public safety departments are dedicated to the wellbeing of our community. I have witnessed the work that these men and women have given to our residents and businesses, and I positively know that we are in the best of hands," said Councilmember Carder. "I have the utmost appreciation for

the work they perform daily and our police and fire departments are truly dedicated to keep[ing] our community safe."

Should any residents living in District 3 be interested in running for this upcoming vacant councilmember seat, to be eligible to become a candidate they must meet the following criteria:

• Be at least 18 years of age and a registered voter.

• Reside within La Verne's District 3 at the time the nomination paper is issued and, if elected, live within that district for the duration of his/her term.

· Complete and return all required nomination and candidate forms and documents to the La Verne City Clerk by the deadline of March 16 at 5 p.m. Please note that those interested in running for Districts 1 and 4 still currently have a deadline of March 14 at 5 p.m. to submit completed nomination paperwork.

All forms required for nomination and election to the La Verne City Council are furnished by and filed with the La Verne Assistant City Clerk, Lupe Gaeta Estrella. Appointments to obtain the nomination papers and candidate guidelines are required to ensure ample time to thoroughly review the filing requirements and answer any questions. To set up an appointment, residents can call (909) 596-8726.

Deaths Among People Experiencing Homelessness Decreased this Winter Surge Compared to Last Year

LOSANGELES COUNTY -Public Health data shows that mortality among people experiencing homelessness decreased by more than four-fold this winter surge compared to the previous winter surge. For the 2020-2021 winter surge, the death rate among people experiencing homelessness who were infected with COVID-19 between October 31, 2020 to February 16. 2021 was 237 deaths per 100,000. In comparison, the death rate among people experiencing homelessness who were infected with COVID-19 between December 2, 2021 to February 13, 2022 is currently at 52 deaths per 100,000. For LA County overall, the death rate for individuals who were infected with COVID-19 between December 2, 2021, and February 13, 2022, is 26 deaths per 100,000, underscoring the much higher risk of death for people experiencing homelessness. Of note, deaths from this surge period are still being reported and we expect the death rates for the individuals infected during the current surge may still rise.

This decline in mortality this year when compared to last year was despite a more than doubling in the case rate among people experiencing homelessness during the most recent Omicron winter surge when compared to the prior winter surge. This winter surge, the peak seven-day average daily case rate was 378 new cases per 100,000 people experiencing homelessness compared to 162 new cases per 100,000 people experiencing homelessness during the 2020-2021 winter surge.

December 2, 2021 and February 13, 2022, Public Health initiated 379 outbreak investigations in settings where people experiencing homelessness lived and sought services. Fortunately, outbreaks at institutions and facilities serving people experiencing homelessness have recently started to steeply decline. For the week ending February 6, Public Health initiated five new outbreak investigations, down from a high of 94 outbreak investigations initiated during the week ending January 2.

(75%) people experiencing homelessness have received at least one dose of the COVID-19 vaccine and 40,000 (61%) are fully vaccinated. There remains much work to do however, since the booster rate remains relatively low at 33% (10,391) among those eligible for an additional dose. Public Health will continue to prioritize booster outreach and vaccination efforts to ensure those persons experiencing homelessness have easy access to vaccinations.

Additionally, since December,

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

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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 by flattery, to enhance a particular political interest, or for the purpose of financial gain

• We also believe in accuracy in fact and context. Journalists should be accountable for any news or subjects they write about. • We believe in growth. Therefore, complaints or mistakes erroneously committed will be entertained and investigated and corrected diligently accordingly.

· We believe in performing our journalistic work to the best of our ability and will continue to present the facts clearly and fairly.

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

numerous instances of insurance premium theft, embezzlement, and fraud by unlicensed sellers of insurance specifically targeting vulnerable communities, such as seniors, immigrants, and historically underrepresented communities. In many cases, small businesses were left without insurance coverage and business owners' livelihoods were put at risk.

Some examples of illegal acts by unlicensed sellers of insurance leading to fraud include:

• In 2021, a Department of Insurance investigation led to the arrest of an unlicensed insurance



One contributing factor to re-While deaths have been lower among people experiencing ducing the very high burden of homelessness during this last mortality among people experiencing homelessness this past winter surge when compared to vear. is the number of individulast year, the elevated case numbers have resulted in very high als who are vaccinated. As of Jannumbers of outbreaks investigatuary 30, 2022, nearly 50,000 ed by Public Health. Between

Public Health has worked with partners to distribute more than 300,000 rapid antigen test kits and more than 50,000 KN95 respirators to guests and residents at 300 domestic violence and homeless shelters.

More Residents at Skilled Nursing Facilities Are Staying Safe Due to Significant Increases in Booster Uptake

LOS ANGELES COUNTY -Since the announcement of the

still progress to be made, efforts to vaccinate, boost, mask and follow other safety measures have proven to be effective in keeping many of our most vulnerable residents healthy and safe.

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000

ported 176 new cases among residents and 116 new cases among staff. This represents a 41% and 32% reduction in new cases, respectively, when compared to the previous week.

Furthermore, vaccination and booster rates among residents and staff have continued to improve. Among eligible residents, as of January 30, 91% of residents were fully vaccinated and 75% fully vaccinated and boosted.

Among eligible staff, vaccination rates are also very high with 97% fully vaccinated, and 69% fully vaccinated and boosted, which is more than double the 31% of eligible staff boosted on December 19 when the state announced the requirement for workers at healthcare facilities to get boosted once eligible.

With high rates of up-to-date vaccinations, positive cases among all healthcare workers have significantly declined, resulting in less disruptions and staffing shortages across the county's hospital system. For the week of February 18-24, there were 186 new positive cases, representing a 46% decline compared to the number of cases reported from the prior week.

The San Gabriel Valley Examiner

Who are the Hero Doctors?

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

During these frightening times, if you don't follow the narrative, you are accused of either misinformation and/or disinformation. Misinformation is false information that one spreads because they believe it to be true. Disinformation is false information that one spreads even though they know it to be false. Who determines that the information is false. John Stossel posted a piece about climate change on Facebook. It was immediately flagged as fact-checked and misinformation. Mr. Stossel immediately filed a lawsuit. Facebook's response was these are not fact-checked but opinion pieces.

Dr. Peter McCullough is a practicing internist, cardiologist, epidemiologist in Dallas Texas. He is internationally recognized as the leading figure in the study of chronic kidney disease as a cardiovascular risk state, having over 1,000 publications to his name and over 500 citations in the National Library of Medicine.

When COVID hit, he turned his attention entirely to COVID and is now considered one of the world's leading experts. He wrote the The American Journal of Medicine, (JAMA) article in August 2020, entitled Pathophysiological Basis and Rationale for Early Outpatient Treatment (EOT) of SARS-CoV-2 (COVID-19) Infection. This is one of the first papers on EOT. It is also one of the most downloaded papers in JAMA.

Dr. McCullough did not follow the narrative and was fired from his job at Baylor Medical Center. He hit the media as hard as he could with his knowledge, but the only media that would listen to him was right-leaning. Any time he posted or said anything it was labeled as misinformation. Now he gets around it because he always references the source. YouTube has also censored his testimony in front of Congress.

Dr. Pierre Kory, M.D., M.P.A. is a Critical Care and Trauma specialist. He is considered one of the world pioneers in the use of treatment for COVID. Her secbeen instrumental in doing EOT



Karin Schott with Ivermectin. His success rate, defined by patients not dying, has been extraordinary.

Dr. Kory did not follow the narrative and was fired from all three of his jobs because he uses Ivermectin. Both he and Dr. Paul Marik, his associate, started the Front Line COVID-19 Critical Care Alliance, https:// covid19criticalcare.com/ (FLCCC) Incidentally Dr. Marik was also fired because he didn't follow the narrative.

The FLCCC has numerous highly credentialed doctors that are Founding Members and I-MASK developers. I-MASK is a protocol to follow for COVID treatment.

Joseph Varon, M.D., FCCP, FCCM, Chief of Staff and Critical Care at United Memorial Medical Center in Texas;

Fred Wagshul, M.D., Pulmonologist & Medical Director of the Lung Center of America in Ohio:

Flávio A. Cadegiani, MD, MSc, Ph.D., President & Medical Director - Corpometria Institute in Brazil

Dr. Mary Talley Bowden, M.D. specializes in Ear, Nose and Throat in Texas. Because of the lack of doctors treating COVID, she now is an Ear, Nose, Throat and COVID expert. She was also dismissed from her hospital and has now opened her own practice.

Along with the above doctors, there are five others working with the FLCCC.

Dr. Simone Gold, along with being a doctor is an attorney. Her specialty is Emergency Room medicine. She worked for two different hospitals and then was promptly fired because she did not follow the narrative. Again, the narrative being there is no ultrasound by physicians in the ond concern is the United States diagnosis and treatment of criti- Constitution being violated left Glendora causes. She defines cally ill patients. Dr. Kory has and right. She has been trying to hit the media with her informa-

tion, but also was forced to pull back because the media did not want to hear it.

She started The American Frontline Doctors organization, mericasfrontlinedoctors.org/. They fight for Civil Liberties and Medical Freedom. They have filed numerous lawsuits, in particular with the vaccine mandates. They have a large amount of doctors and attorneys working under them.

Dr. Robert Malone, the Chief Architect of mRNA vaccine technology. He does not believe the vaccines are safe. He took the vaccine and now has longterm side effects. He has been fighting for the children to not receive the vaccines. He has testified before Senator Ron Johnson. He was on a three hour episode of Joe Rogan, which was the most watched show on Spotify.

I would be remiss without mentioning Dr. Vladimir Zelenko, who was one of the first to come up with a treatment plan, including the treatment plan for President Trump. Dr. Bryon Tyson, who runs two urgent care centers in Imperial County, defied the CDC by finding ways to early test suspected COVID. He and Dr. Fareed has saved thousands of lives and only had one death.

These are hero doctors who have risked everything for their patients. Most have lost their jobs and incomes. They have fought the narrative. They have treated COVID patients on the front line, trying different medications to see what works and does not.

Do you want Dr. Anthony Fauci, head of the FDA, who has never treated a COVID patient, restrict your doctor on how he may treat you.

Do you want Dr. Rochelle Walensky, head of the CDC, who has never treated a COVID patient, restrict your doctor on how he may treat you.

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

Ode to the Middle Eastern Markets of SoCal

I always treasure visiting the Middle Eastern markets throughout Southern California. They evoke vivid childhood memories of shopping trips with my parents and also provide comfort in knowing that, despite life's changes, I can still pick up the ingredients for a favorite dish that connects me to my ancestral Syria.

No matter the market, they are worth more than just their imported goods. For the children of immigrants, they are also important centers of community and help foster a sense of belonging.

For me, they have remained a physical testament to the harmony of my American and Arab identities amidst the racism I encountered in school, the media, and elsewhere. In contrast to often divisive politics, these markets carry on the tradition of ancient Arab souks (marketplaces) by bringing people together from all walks of life.

While growing up in the SGV, Arab markets taught me about my Syrian culture before I set foot in Syria as an adult. My parents would find the imported spices and other crucial ingredients needed to cook the authentic dishes from "back home" that they had once enjoyed with their parents and grandparents. For instance, my mom could never have made the iconic kibbeh dish from Syria and Lebanon without the finely ground lean meat, cracked bulgur wheat, and spices readily available at Middle Eastern markets.

These traditional dishes offer a connection to my paternal and maternal grandfathers, who both passed away well before I was born. These were the same foods that had sustained them through life's triumphs, tragedies, and everything in between. My parents passed down my favorite dish, roasted eggplant with tomatoes, from my paternal grandpa, who regularly enjoyed it in Alep-



Farrah Hassen

po. I like to imagine making him my version of this classic, where I throw in chickpeas and some Aleppo za'atar, while discussing current events in Syria.

At Arab markets in particular, I would hear the Arabic language and English freely interspersed without judgment or disapproving glares from strangers. I could also practice my Arabic without getting ribbed for my lack of fluency, which I have experienced a few times back in Syria.

I would see people who looked like me proudly displaying their bouncy curls and their prowess in applying black eyeliner. Women, some of them my relatives, could also comfortably enter the store wearing their hijabs without enduring stares and hateful comments.

At Syrian-owned markets, the walls were adorned with posters of Aleppo's Citadel, an impressive Syrian medieval fortress dating back to the third millennium BC which still stands today and epitomizes the resilience of its people. The market shelves were often filled with cassettes of legendary musicians like Syria's Sabah Fakhri and Lebanon's Fairuz. These sights and sounds made me proud of my Arab heritage and provided a welcome reprieve from the media's association of my culture with destruction and devastation.

Browsing those aisles, seeing the diverse customers, and hear-

What the Hell! Has Russian President Vladimir Putin Gone Insane?

What is going on? Is Putin off

ing my parents chat with the store owners, I never sensed growing up that I had to embrace one identity over another in order to pursue my educational and professional goals. How could I when the same store was selling hummus, pita bread, and labne alongside Frosted Flakes, Philadelphia cream cheese, and Lay's potato chips?

Some of these markets in the SGV have since closed. The cramped aisles, piles of fresh mint, and smell of Turkish coffee percolating in the air at Valley Center Produce in Covina will be missed. Other places I once frequented have since moved or changed ownership, like Pasha in Covina, which is worth visiting. New and larger markets have also opened their doors since the early 2000s. Super King in Claremont and across SoCal is now widely known for its affordable produce as well as Middle Eastern and other international goods.

I recently joined my dad for a trip to Garden Fresh Farmer's Market in the city of Industry, similar in size to Super King, and filled with an extensive inventory of Middle Eastern and other international products. As soon as I entered, my eyes feasted on traditional sweets, spices, and more brands of canned fava beans and chickpeas than I ever knew existed. They even have an entire aisle devoted to traditional Mexican pottery.

"Take a cart and fill it with what you want," my father generously commanded. I ultimately left with bags full of Aleppo pepper, za'atar, fine bulgur, and a Mexican garden sculpture of a cat.

"But do you really need a cat sculpture?" he still wonders.

Absolutely.

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

the main component of electric

MYTURN: Random Thoughts about Ukraine

Helping Ukraine. Some random thoughts that came to me while watching everything going on since Wednesday, Feb. 23, 2022.

Democrats typically behave as hypocrites again. They claim to want to serve humanity and yet their Biden administration took away any real power we had to help Ukraine. Without energy independence and a strong nonwoke military it is hard to push sanctions. I guess the Democrats don't really care about Ukraine. Those in the Ukraine are just not dark enough or Socialistic enough for folks like "the squad." They are too busy feeling threatened by truckers and folks wearing Viking horns. When we see what the people in Ukraine are up against, it is a little difficult to get excited about Nancy Pelosi's desire to "protect" the Capitol. Little excitement and a lot of embarrassment.

Too bad we can't wave a magic wand. Send all the "refugees" that the Democrats want to bring into our country illegally over to Ukraine where they can live in a socialist paradise run by Putin, and bring all those Ukrainian patriots over here in their place.

Bret Baier was interviewing a Congressman from California named Mark Desaulnier. Bret asked him if bringing back the Keystone Pipeline would greatly help and be beneficial to our energy problems. The man said



Charles Lopresto

that it wouldn't be beneficial. Really? Not beneficial? You Democrat dip wad...you can't face reality or acknowledge what Trump did that was sound and working? Democrats will never give an inch, so you expect Biden to do anything effective against Putin?

Donald Trump talked for years about energy independence. Once he became President he set out to make it a reality. He also knew what Russia was capable of and talked about that quite often, questioning NATO about their practice of seeking protection from the U.S. against Russia while simultaneously buying oil from them. Trump opened up energy exploration, lifted restrictions authorized pipelines like the Keystone XL Pipeline and brought industry back to the U.S. He made America energy independent. He anticipated trouble from Russia like we are experiencing right now and got us established as the number one energy source just in time. What he didn't figure on was losing his second term and had his second term been accomplished we may not have had this crisis with the Ukraine Invasion. And if we did, we would have been better prepared. Biden scrapped all of that effort and now we are a paper tiger in the face of a crazy man.

The crazy man is toying with nuclear weapons. John Kerry said he hopes Putin will remain concerned about climate change. Does Kerry still believe that Russia, China, Iran, North Korea and the other "evil empires" whoever they are, actually give a rip about climate change. If we get Putin wrong, it may not matter what he thinks of climate change. And climate change may not matter to the rest of us. Putin is exerting climate change in Ukraine right now. Rep. Dan Crenshaw said it is time to end this climate change nonsense and get serious about energy independence. Besides the Democrats' goals and obsessions with gender, climate change, gun control, January 6th, Covid continuation and hating Trump, their Progressive wing has all but kicked God out of our society. How many of these national crisis really matter if Putin's ambitions escalate. Maybe its time we apologize to God and invite him back over for dinner. Hopefully it won't be our Last Supper.

his rocker or what? He attacks Ukraine? For what? This is not a third world country and they are not a threat to Russia. In my opinion, the only thing that they did was try to become a member of NATO.

I keep having these awful images that had been posted of a Russian tank type vehicle going down a main road and then deliberately running over a car with an old man in it. They stop on top of it and then back off of it and go on their merry way. They flattened this thing. Why would they do this to an old man? The miracle is, he stayed alive inside that totally crushed vehicle. But because of the hostilities they could not get emergency equipment to him. Residents use their hands and pry bars to try to get this old man out of the car. You could see him suffering in the car as the citizens braved the dangers and eventually was able to free the men after probably more than an hour of working on that car. The last we have heard the man is still alive and he just might make it thanks to these brave citizens. Why did they target this old man who did nothing?

Ukraine has become a seedbed of conflict between Russia and the West. The country's geostrategic position has rendered it susceptible to the ongoing larger conflict between Russia and the West. As a buffer for the two conflicting blocs, Ukraine has had very difficult choices to make in the last decade.

Russia is opposed to NATO (North Atlantic Treaty Organization) in its backyard, a position which is non-negotiable. However, Ukraine's current government wants to not only join NATO but also be a part of the European

The San Gabriel Valley Much Examiner



George Ogden That's just the way it is! Union (EU).

Ukraine's economy, resources and to lav claim to the country's bountiful rare earth elements are also the motives to influence its political leanings -Russia or Europe? Pledge allegiance to Russia as an erstwhile Soviet state or open up to the West? Tough choice for Ukraine.

Ukraine is rich in natural resources. It has the second largest known gas reserves in Europe. Norway, a much smaller country comes in first. Russia supplies 40% to 50% of gas to Europe. What's interesting is that back in 2019, Russia agreed with Ukraine to use their gas pipelines to service the rest of Europe. Ukraine gets about \$7 billion a year for the service. Technically that's just a drop in the bucket compared to what Russia gets for the gas that they ship out.

Ukraine has large natural resources, with precisely five per cent of the earth's natural and mineral resources. Ores such as iron, titanium, and non-metallic raw materials are some of the country's major exports. Ukraine was the fifth largest exporter of iron ore in the world. Iron ore was the third most-exported product in the country.

Lithium and titanium are some of the precious metals on earth today with large Lithium fields in Ukraine. Lithium chemicals are vehicle (EV) batteries and electronic equipment batteries.

Twenty percent of the proven world reserves of titanium ores are situated in Ukraine. It is one of the few nations with a closedloop production in the titanium industry - from mining and processing of the titanium iron ores to the producer of finished products. It is used in making supersonic aircraft, to the screws they put in your bones when you need them put back together. Titanium is used in all kinds of ammunitions as it will go through anything out there. It is one of the "hardest" products out there.

Is this what this is all about? Invading a country and killing people to get to their resources?

Putin's claims are irrational. He claimed his goal was to protect people subjected to bullying and genocide and aim for the "demilitarization and remove Naziism" from Ukraine.

There has been no genocide in Ukraine: it is a vibrant democracy, led by a president who is Jewish. "How could I be a Nazi? I'm Jewish!" said Volodymr Zelensky, who likened Russia's onslaught to Nazi Germany's invasion in World War Two. Ukraine's chief rabbi and the Auschwitz Memorial have also rejected Mr. Putin's slur.

"That's Just the Way It Is!"

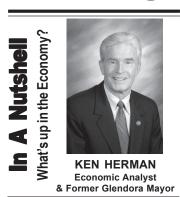


Does Biden Really Believe His Own Message?

Besides war between Russia and the Ukraine Wall Street is also dealing with a surge in inflation and quantitative tightening. Investors have been trying to size up the Fed's path forward in recent months, and some economists are warning that inflation could even top 10% should Russian actions result in an energy supply shock. Bets on aggressive rate hikes are moving up again in response, with swaps traders now pricing in a better than 35% chance of a half-point move in March, up from under 15% earlier this week. Fed Governor Michelle Bowman has also suggested a 50 bps increase could be in the cards if the next inflation readings come in too high.

At the start of 2022 crude oil was \$75 a barrel. Now that war has broken out it just traded above \$100/bl and could be headed higher. Energy prices were up by double digits in January alone. Most of this inflation was caused by the Biden administration's war on domestic energy. What was this administration thinking in discontinuing the Keystone Pipeline and limiting American oil and gas production? As the Ukrainian issue escalates into a likely full invasion by Russia many on Wall Street expect oil to rise to between \$125 and \$150 per barrel. Current inflation, the worst since the Carter years, now shows the potential to get even worse.





want? Russia wants to revise post-Cold War agreements. It wants to talk about no more NATO expansion and it wants to talk about no more NATO military, structural or institutional presence in countries like Ukraine. And because they see weak leadership in the West their ambitions probably extend beyond Ukraine.

Meanwhile our market is living with fiscal policy uncertainty. It is considering associated costs that will be incurred as the Fed works to catch up. How much future economic slowdown is likely assuming the Fed doesn't thread the needle just right to orchestrate a soft landing? Could our economy do a touch and go takeoff again with inflation under control? This most optimistic scenario depends on the Fed doing much better at delivering on its objectives.

With inflation significantly increasing commodity prices, service prices and wages from existing and new jobs, when might we see a stop to run-away inflation? Jerome Powell telegraphed a "few more tenths" higher in the Fed's preferred PCE inflation indicator. Higher prices in a consumer-based economy translates to less purchasing power and more insecurity about whether employment income gains are sufficient to cover higher living costs.

Will the Fed act appropriately going forward? Few expected that at the end of the 2008-2009 Great Recession that the Fed's balance sheet would be at \$3 trillion. It is even more unthinkable

that after the China virus pandemic the Fed's balance sheet now stands at \$9 trillion, and is still growing, with the USA's cost of interest now bigger than the Department of Defense budget.

Concerns are growing over a Fed rate hike next month, given the global risks created by the conflict in Ukraine. It's a kind of Catch-22 situation, where raising rates could exacerbate disruptions to growth, while standing by could worsen inflation and pose a big threat to the economy. The central bank will need to tread carefully in the coming months and year, and the risk of a policy mistake has never been higher.

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

Your Money - Ask Julia

The increasing prices of gasoline and groceries didn't affect me too badly, until a week ago! When will this end? What can I do in the meantime?

Covid plus supply-chain interruptions plus Russia attacking Ukraine have added up to higher prices globally, not just here in the U.S. Nobody knows when it might end, or how bad it could get before it gets better. Meanwhile, make every effort to not touch your emergency fund at this time. This is not an emergency; it is a budget-tightening time. Review your budget and make adjustments. Gasbuddy.com lets you know the prices of gasoline at various locations. Combine trips: work, gas station, grocery store. See what you can save by shopping at thrift and discount stores. Be flexible with your menu planning, and always check the bargain section(s) at your grocery store. Reduce or eliminate eating out by making more home-cooked meals and packing your lunches. A surprising amount of money is lost each year by discarding spoiled food. Keep track and consume fresh food and leftovers in a timely manner. Bulk-sized goods often lower the priced-per-unit; split these purchases with a friend or neighbor. Walmart and other big-box stores are making efforts to keep down the prices of essential goods in order to better serve their customers. Consistently warm weather of spring in southern California is a great time to plant a garden. Even a patio garden, or pots indoors by a window, can supply you with herbs and microgreens which are healthy and expensive in the stores.



Julia Yoder

With all the things that are happening in the world, the economy and in my personal life over the last several years, my plans to have plenty of money in retirement is trashed. How can I get over my feelings of depression and start to move forward?

Your feelings are normal, and to be expected. Our best-laid plans are impacted by various events, good or bad. Insurance and emergency funds can be helpful. Serious illness or death of your financial plans is equal to experiencing the death of a loved one. And, as such, the 5 stages of grief (in any order) are applicable. Stage one is denial. This involves not looking at your investment statements, hoping your losses are not real. The second stage is anger, when you ask, "Why did this happen to me?" Stage 3 is reasoning. When it comes to investments, this involves hoping the market will rally enough to return your retirement investment and plans to the way they were. Then comes Stage 4, depression, where folks find themselves giving up in hopelessness. And finally, there's the 5th stage, acceptance. This is where you realize that you've got to make the best of what you have, that bad things don't last forever, and that you need to make necessary adjustments. You'll feel better after gathering more information about your options and making a new financial plan. Take charge. Change can be exciting!

Do we have to pay taxes on all the profit we made from selling our house?

As a single homeowner, you can exclude up to \$250,000 of capital gains. If you are married, filing separately, each of you can exclude up to \$250,000. If you are married, filing jointly, together you can exclude up to \$500,000 of capital gains. This exclusion is allowed each time you sell or exchange your principal residence, as often as every three years. You are not required to reinvest your proceeds into a new residence to claim the exclusion. To be eligible for the exclusion, you must have owned and lived in your home as your primary residence for a combined period of at least three of the last five years prior to selling or exchanging your principal residence.

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/ Retired CA Real Estate Broker/ Member of Nat'l. Ethics Assoc. Accident-Medical-Dental discount plans: CalStarBenefits.com/28485



La Verne Launching New Business **Assistance Grant Program**

LAVERNE – La Verne small businesses will soon be able to apply for a new business assistance program that will provide grants of up to \$10,000 to help them deal with the financial impacts brought about by the COV-ID-19 pandemic. During their February 22 meeting, the La Verne City Council approved the new grant program which will be

returning to normal operations." A total of \$1 million will be available to assist La Verne businesses. This means that, considering the maximum grant allocation of \$10,000 per business, at least 100 businesses can receive help through this program. Applications will be reviewed on a first come, first serve basis, so business owners are encouraged

full-time equivalent employees; for example, two part time employees may equal one full time employee.

* Have experienced a mandatory shutdown or a substantial change in business operations as a result of COVID-19, including demonstrating financial hardship by showing that revenues were down during the pandemic when compared to 2019 levels. The grant money may be used for expenses incurred as a result of the pandemic as long as those expenses have not been recovered previously by other government programs, such as those funded through the CARES Act. Additionally, if grant funds are used for revenue replacement, the amount cannot exceed the loss of revenue experienced. More details about eligibility, how funds may be spent and other instructions will be released at a later date by the Chamber and SBDC. The Chamber and SBDC will completely administer the business grant program, including promotion, processing applications, providing application assistance to businesses, record keeping and ensuring businesses are utilizing the grant funds according to established conditions. The City of La Verne will confirm a business' eligibility, issue the checks which may reach applicants as early as 45 days after applications have been submitted. The program is made possible through the use of American Rescue Plan Act funds (ARPA). The federal government allocated over \$7.6 million to the City of La Verne through ARPA. The city received 50% of its total allocation (\$3.8 million) at the end of its fiscal year in June 2021, and anticipates receiving the remaining balance by June 2022. At their December 6, 2021 meeting the La Verne City Council made the decision to use those ARPA funds to assist business along with the pursuit of other initiatives and programs to address various community needs and priorities.

Gasoline Prices Got You Down?

Here are some tips to save you and does not help the environmoney with every fill-up:

• Make sure your gas cap is secure - If you do not tighten it enough, gas can evaporate. You can lose gallons of gas a year this way (this applies to older cars).

• Do not speed - Just five miles over the limit can cost you 7% in fuel consumption.

• Go easy on take-off - Jackrabbit starts and slam-on-the brakes stops can cost you 10%.

 Do not idle your vehicle -We see many cars idling away just because the owners start them remotely. This seriously wastes gas

ment either.

• Make sure your air-filter is clean - A dirty filter can cost you 10% in gas mileage. (This should be inspected every 15,000 miles.)

• Combine trips - Plan your errands and save some dollars.

• Think a higher-octane fuel helps? It does not unless your vehicle calls for it. Otherwise, you are just wasting money.

· Car maintenance of all fluids and fuel injection cleaning is extremely beneficial to your vehicle, in many ways, but it also helps with fuel consumption.

Try these tips and start gaging your mileage. We think you will be pleasantly surprised at the money saved. Also, less fuel consumed is friendly to our environment.

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

Hometown Service You Can **Count On!**

administered in partnership with the La Verne Chamber of Commerce (Chamber) and the University of La Verne Small Business Development Center (SBDC).

"Our local businesses are the heart of our city and the engine that helps drive our local economy, and so it is critical that we support them where we can," said Eric Scherer, La Verne Community Development Director. "Many of our small businesses are still dealing with challenges brought about by COVID-19, and this new grant program will provide economic assistance to offset financial losses and help begin the process of recovery and to apply as soon as the application period opens in the coming months which will be announced by the Chamber and SBDC.

Eligible La Verne businesses, including but not limited to retail establishments, restaurants and professional services, will:

* Be a for-profit business that is physically located in a commercial or industrial space in La Verne. Please note that homebased businesses are not eligible to participate at this time.

* Be in good standing with the city and have a current City of La Verne business license since at least 2019.

house and you feel vulnerable

to COVID, there are precau-

tions you can take. Wearing a

mask, social distancing (at least

six feet apart), and sanitizing

surfaces are all recommended

seniors and others who rely on

3G-connected devices to call

for help when they need it its

biggest concern, it's prioritized

reaching out to customers via

e-mail, mail and even hospitals

to let people know how to

check whether their devices are

being affected-and to let them

know they can get a new de-

vice at no charge under war-

facturer for more information.

For LogicMark, a division of

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Contact your device manu-

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Because NXT-ID considers

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NXT-ID,

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* Employ between one and 25

What You Should Know About The 3G Shutdown

The end of the 3G cellular network has begun and for many Americans, it may come as a surprise. They might wake up one morning to some of their most important devices not working.

What is 3G?

Many people have heard the term 3G but don't know it refers to the "third generation" of cellular network technology. Now there's 5G LTE-500 times faster than 3G-and carriers are phasing out 3G.

What devices might be affected?

You may have a connected device now which uses 3G such as:

• personal wearable alarms used to connect to 911

 wearable locators for kids and pets

- · smart watches
- ankle monitors
- older cell phones (such as

iPhone 5, Samsung Galaxy S4, and Trac phones)

- older Amazon Kindles (Oasis and older)
- some mobile hotspots and routers
- some tablets (including some iPads)

· Security alarms and connected fire alarms in your home

• GPS and in-car assistants

• The ability to remotely start your car and/or unlock it

Tips to Prepare

If you suspect that you have an older device that may no longer work when 3G goes away, heed these hints:

1. Check your personal emergency response device. These are life-saving devices so they must work. Don't wait for an emergency to find out if it does. Call your device support line to find out. Generally, they can tell you based on the serial or model number.

2. Act quickly to replace affected devices that are important to you. Once these devices stop working, support lines could be backlogged and replacements will be in high demand. The global chip shortage is already affecting the supply lines of many connected devices. Acting early could save you time.

3. Test your devices regularly. As soon as it does not perform as expected, contact your manufacturer for a solution.

4. Try connecting your devices to WiFi. If you're able to connect your 3G device to WiFi, you might be able to continue using it as long as you are in range of a WiFi network.

5. Update your firmware. Some devices (such as routers and some connected cars) may

only require a firmware updatemeaning an installed update to the device's internal softwareto continue working on 4G. You can call the company directly to learn your options.

6. Look out for 3G sunsetting scams. You want to be certain that an e-mail or a call is really from the company responsible for your connected device. Don't click any links or give away personal or payment information if someone randomly reaches out to you. Make sure you talk to your manufacturer or carrier first, either by going to the store in person or using verifiable contact information from the company or carrier's official website or on the materials that came with your device.

7. Take COVID precautions. If your device upgrade requires a technician to come to your

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"TIME JOCKEY" - Stamp History

Mailing Our History... The United States Postal Service (USPS) was created to open communication channels among the people of the newly established country of the United States of America. Stamps provided the means to pay for the cost of delivering mail on a regular basis so that people could communicate with each other for personal, business, government and other purposes as well. Today, the USPS offers a number of different types of stamps to include on our mail letter and parcels.

Regular or Definitive stamps are the stamps which apply to most of our daily mail. They are the most distributed stamps in circulation and can continue for up to 7 years as the volume of stamps produced is enough to last for that entire period. Definitive stamps cost various amounts from 1 cent to \$5 and are used to cover specific postage cost requirements. Air Mail stamps are used to cover the cost of mail which needs to be transported via air carriers. Today, Air Mail stamps are no longer used for parcels to Mexico, Canada and within the United States. Special Delivery stamps are used to pay a premium service to ensure safe and expediate delivery of a parcel or letter, and Postage Due stamps are those stamps which the sender was just short of the required postage delivery amount. Coil Stamps were rolls of stamps which could be sold in large quantities and easier ac-



Joe Castillo

cess. All these stamps serve a purpose in ensuring delivery of a letter or parcel and allow the USPS to meet the various needs of Americans sending and receiving items throughout the country and world. But the most collectible and historical representative stamp is the Commemorative Stamp. These are issued to honor an event, person, or special subject and are usually more artistic than any other stamp.

The Commemorative Stamp is usually more colorful and larger than the Regular or Definitive Stamps and are only in circulation for a short period of time. Even though a number of famous people have been depicted on a Commemorative Stamp, none of the people were living at the time the stamp was issued. Some of the Commemorative Stamps which have been issued include President John F. Kennedy whose stamp was released in May 1964 as a 12-cent stamp. The USPS release included a

Kennedy who became the youngest President of the United States but inspired Americans and the world with hope for the future, a dream to reach to the stars and seek to volunteer for the better good of our country and mankind. His brother, Senator Robert F. Kennedy was honored with a Commemorative Stamp on Jan. 12, 1979 on a 30-cent stamp. His story as shared by the USPS included Kennedy's close association with his brother John and managing all of his campaigns to a successful conclusion, his close ties to Martin Luther King and the fight for racial equality, and his obligation to make a contribution to society. The short summaries of the Kennedy Brothers included their lives coming to an end by an assassin's bullet, the culmination of two lives which showed great potential in bettering the United States and the lives of all Americans.

short history of President

The next time you receive a letter or parcel in the mail, check out the attached stamp and take note of the historic place, event or person depicted on it. You may just learn about a significant historical fact that the United States Post Office thinks is important enough to share with you....

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





The Canonization and Resistless Urges of Chocolate

What it is about chocolate? Why do we love it so much? Why is it etched in glorious and mythical Mayan history? I'm imagining a bearded apothecary, reaching into his potato sack of tricks with a promise of great health and happiness to an ailing subject. Right away, he pulls out his medicinal elixir of choice, his secret weapon, and his *coup d'état* of human suffrage: a broken piece of chocolate.

Throughout my brief history on this planet, I learned early on when searching for a significant 'other'; make sure that that person *loves* chocolate! Of course I learned this the hard way when I screwed up then, while trying put a coherent sentence together, she said, waving her hand, "no need to apologize! Is that chocolate in the bag?" Hmm...the jig was up! In my left hand were red roses and in my right hand was bag of Jewish rye, an avocado and sliced turkey from the deli. So, my fancy free moment was short-lived because I had no chocolate, no hope, and no chance. I digress.

cacao, Theobroma cacao, Linnaeus's "food of the gods", historically did its business south of the equator. Moreover, its distant cousin, Theobroma bicolor, is a food crop in Mexico and Nicaragua, and has been a family favorite on the dinner table

Tasting chocolate or, as the bourgeoisie would say, "Consumption instructions" are to take a small piece and place it in the center of your tongue and let it dissolve. This excruciating practice will "allow" you to become more contemplative, evoking more analysis of flavor. I, mean, all this time I was absolutely laying waste to my Hershey's Kisses and feeling euphoric until I wasn't. That "fun" is certainly fleeting as the sugar rush dissipates and kicks you to the curb. In other words, the only thing I was "contemplating" was why there wasn't any more left!

Today, we are in an age where chocolate is more decadent, sexy and more expensive. Designer chocolates, like those from John Kelly, can fetch \$100 for a mixed pyramid of truffles with bites like "semi sweet with Thai coconut and curry salt", or "dark chocolate habanero and jalapeño bar". Ritual Chocolate, admittedly is one of my favorite *Chocolatiers*, offers their bars in the \$8-\$12 range with favorites like 70% dark chocolate Fluer de Sel (with salt), 'Apres', a 70% dark chocolate bar with dried raspberries and sparkling wine, and fragrant bars like the 70% dark chocolate with Juniper Lavender composition. Consequently, many of these fine chocolates have denotations like, "Vegan", "Organic", "Single Origin", "Bean to Bar", and, naturally, these indicators mean more money. Ironically, as a Hershev's Kiss kinda guy, I believe they're worth it! These

bars are truly amazing because of that perfect paradox of savory and sweet when meeting on your palate does, somehow, make you contemplate!

When pairing with cheese look for a fresh goat chevré to go along with milk chocolate and wash it down with a nice sparkling wine or a Carneros pinot noir. Recently, Turophile Debbie Adelman presented aged Gouda with a dark almond chocolate bar from Simón Coll and suggested a tawny port (known for its nuttiness) at a six course chocolate and cheese pairing held at CocoVino LA in Glendora Village.

I guess you can say that chocolate has many virtues in our culture and in our world. Chocolate enhances our happiness, brings us together, and, occasionally extends a "courtesy" to a knucklehead like me when I screw things up.

Although, chocolate will never replace an apology; it will, however, accommodate the sound of an apology less like a jack hammer and more like the falsetto of Adore from Prince. Of course I know now she was hoping for truffles instead of sliced turkey.

Jaunenito Pavon is the owner/founder of COCOVINO LA, a Boutique Wine Shop and Wine Bar specializing in Chocolate and Art, located at 131 N. Glendora Ave in the Glendora Village. He can be reached at jaunenito@cocovinola.com or

626-335-8466.

East San Gabriel Valley Cropwalk 2022

GLENDORA - The East San Gabriel Valley CROP Hunger Walk is to be held Sunday, March 13, beginning at 1:00 p.m. at 201 E. Bennett Ave, in the city of Glendora.. This year, to help practice physical distancing and keep everyone safe, they will be starting the Walk in 15 minute interval "waves" of no more than 25 people in a group.

In addition to registering on the CROP Walk page, be sure to sign up for a "wave" - to walk individually or with your

https:// group! events.crophungerwalk.org/ 2022/event/glendoraca

They invite you to also follow their Facebook page, East San Gabriel Valley CROP Walk, for updates.

Looking to make a difference and help the most vulnerable in these challenging times. the East San Gabriel Valley CROP Hunger Walk has set a goal of 150 Walkers and hopes to raise \$12,000 to help stop hunger and poverty here in our community and around the world, through self-help initiatives. A portion of the funds raised here in Glendora will go to St. Vincent de Paul (which provides a number of resources out of St Dorothy Church in Glendora for anyone in need), and Shepherd's Pantry(a wide array of services for Glendora & surrounding cities).

For more information about the East San Gabriel Valley CROP Hunger Walk, contact Rev. Dr. Hillary Chrisley or Rev. Karen Davis at (626)335-2240.

Authentic

disguised as Mole.

26. Soak up

50.

STATEPOINT CROSSWORD - THEME: MARCH MADNESS

Covina Woman's Club Meeting

an's Club meeting will be held on March 14 at their club house located at 128 South San Jose, Covina. The meeting begins at 11:30. If you wish to join them for lunch er "Spring Boutique" being held at Noon call (626)967-1963 for a reservation, the cost is \$12.

They will be celebrating Woman's History Month. Their speaker will be their own in-house re-

COVINA - The Covina Wom- source historian, Kim Plater. She will dig into her treasure chest of knowledge and enlighten them on their struggle for equality.

> Let us not forget the fund raisat their club house on March 24, 2022 and March 25th, 2022. For more information log into their e b s i t W e www.covinawomansclub.org

Library To Hosts Yosemite Pioneer Women Talk

ARCADIA – Local historian Ed Anderson will be offering a fascinating talk on Saturday, March 12, from 2 to 3 pm, in the Arcadia Public Library's Cay Mortenson Auditorium on "Pioneers in Petticoats: Yosemite's Early Settler Women."

Yosemite National Park's history is filled with countless true stories of courage and intrigue featuring intrepid women. Attendees will find answers to such little-known questions as how did the earliest climbers of Half Dome discover that a woman had already beaten them to the top? And which female abolitionist successfully lobbied Abraham Lincoln to protect the Yosemite area in 1864?

This tribute to Yosemite National Park's female trailblazers and its most prolific writer, Shirley Sargent, is free and open to all.

For more information, please call 626.821.5569 or visit the Arcadia Public Library's website at www.ArcadiaCA.gov/library. The Arcadia Public Library is located at 20 W. Duarte Road.

Dancing Through the Decades

ARCADIA - Arcadia Senior Services is having a special dinner dance event for individuals 50 and over. The featured band, The Alumni Acoustic, graduates from Arcadia High School, will play songs from the 50s, 60s and 70s. This event will take place at the Arcadia Community Center, 365 Campus Drive on Friday, March 11, from 3 to 5:30pm. The cost is \$13 per person and registration can be made in person or online at ArcadiaCA.gov/Recreation. The Last day to register is Wednesday, March 9. If you have any questions, please call Arcadia Senior Services at 626.574.5130.

ACROSS

- 1. In ill humor 5. Like a ship?
- 8. Repeating word on South
- Pacific map
- 12. Man-eating fairy tail giant
- 13. Newspaper piece
- 14. Pertaining to the ear
- 15. Family group
- 16. Not the life of the party
- 17. Andean animal
- 18. *Like Sunday, the day of
- announcements
- 20. Bodily disorders
- 21. 19th century Robber baron
- Jay 22. Architect's software, acr.



The San Gabriel Valley

Examiner

29. Cuban dance step 58. Beginner 30. Auditory canal, e.g. 33. Needlefish, pl. 35. "Star Wars" creator 37. Swindle 61. Besides 38. March edition, e.g. 62. Biz bigwig 39. Rest or settle 40. Johnny Cash's "Get_ 42. *It never ends this way 43. Another word for acetylene 1. ?" 45. High or hilly land 47. Grazing spot 2. Gawk at 48. Copying machine code 4. Weasel out 52. *Those remaining in last 5. Go bad weekend (Two words) Washington 9. Like word of mouth

57. Afghanistan's western 22. *Network neighbor 59. Send in payment 60. Halfway around links 63. *D-____ schools only 64. Swedish shag rugs DOWN Brown and "What's Up, 3. River in Orenburg, Russia 6. Massacre of the Innocents king 7. "I Dream of Jeannie" star 8. *Last year's runner-up from

10. Those born under Aries

13. Between 90 and 180 degrees

king

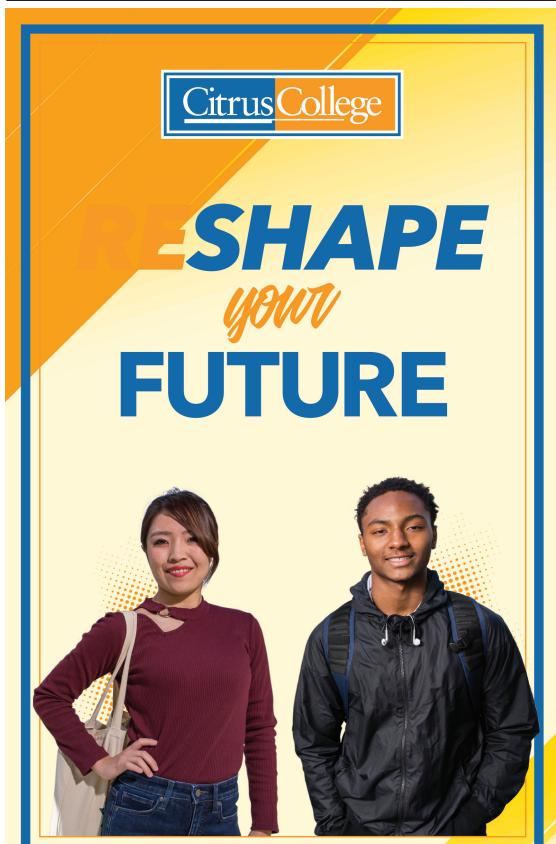
11. Chicken

14. Spy's cover

19. Crocus bulbs, e.g.

23. *School with most titles 24. Car rack manufacturer 25. Like an implied agreement 26. Your mom's sister 27. Haile Selassie's disciple 28. Boston hockey player 31. Heart pain 32. Ken or Barbie, e.g. 34. *Placement 36. *First A in NCAA 38. Motivate 40. Biology class acronym 41. Benevolent 44. Leavening agent 46. Another word for golf club 48. Rice wine 49. Lacking sense 50. NYSE MKT, formerly 51. Frost design on a window 52. Porto____, Italy 53. Like acne-prone skin 54. Bear constellation 55. Fish eggs, pl. 56. Before, archaic

February 24, 2022 Puzzle Solution														
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Spring classes begin Feb. 23

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Irwindale City Council Introduces Julian A. Miranda As City Manager

IRWINDALE -The Irwindale City Council, at its February 23rd public meeting, welcomed Irwindale's newest City Manager, Julian A. Miranda. Community members showed their overwhelming support for the well-known and respected former city council member.

Miranda makes history as Irwindale's second resident to lead the large industrial yet small family oriented community. Previously he enjoyed a 24-year career in education as a teacher for the Hacienda La Puente Unified School District. Prior to embarking his career in education, he worked for the City's recreation department for seven years. Most notably, Julian was elected to the Irwindale City Council in 1992, 2003, and finally 2011, serving four-one year terms as Mayor. He has taken part in multiple strategic plans and considerable development projects for the City.

"I am excited to work in tandem with the City Council, Commissioners, city staff, and residents in furthering the progress and advancing the positive direction of our community as City Manager," said Miranda. "It is an honor to serve my community."

Miranda will be taking over public-facing duties working collaboratively with council, staff and residents in support of the city's mission and goals while maintaining a fiscally sound budget.

Mayor Larry Burrola said "We are really fortunate to have found a qualified city manager who is home grown with intimate knowledge of what best serves our community. I am confident he knows just what



Julian A. Miranda a small premiere city like ours needs."

He and his wife of 24 years, Debbie Miranda along with their two sons Christian and Julian are actively involved in the community, volunteering their support and hard work through the Joseph Pepe Miranda Scholarship Foundation.

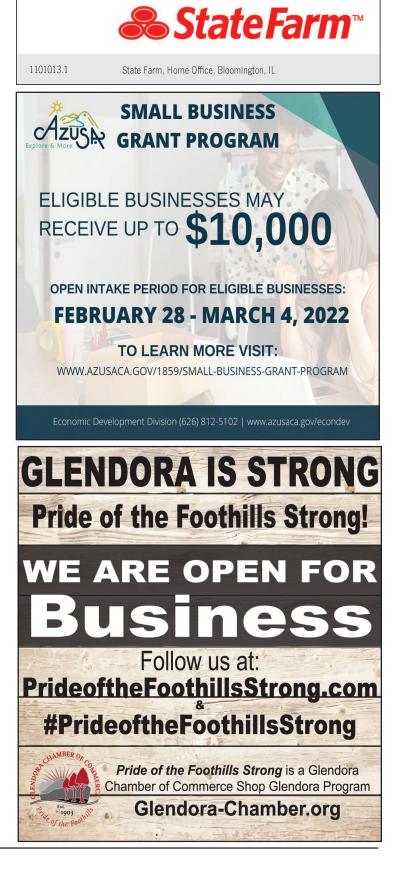


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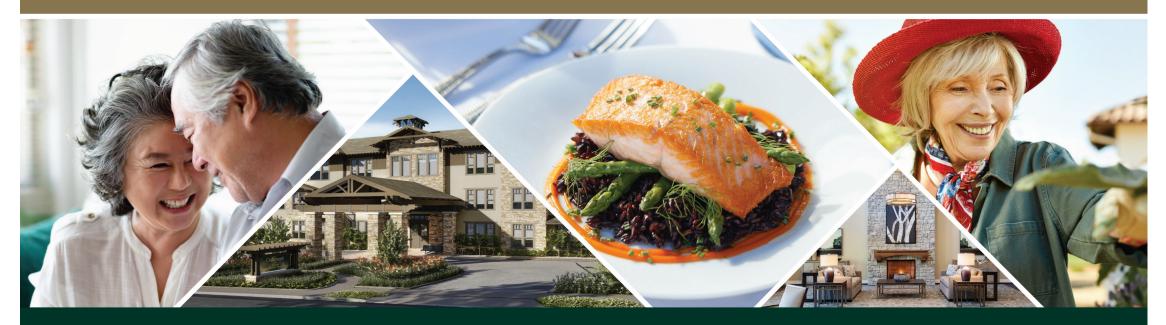
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We are very pleased to announce that **Patrick John Kurt, MD** has joined Emanate Health Medical Group!

Dr. Kurt is a Board-certified family medicine specialist who believes in treating the person, not the disease. He received his medical degree from Avalon University School of Medicine and completed his residency at the Medical College of Wisconsin: All Saints Family Medicine Program. Patients know him as a kind, compassionate, knowledgeable and trusted physician.

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Emanate Health Via Verde Medical Clinic, (formerly known as Via Verde Medical Group) 1125 Via Verde San Dimas, CA 91773

To book an appointment with Dr. Kurt, call 909.592.9778.

www.emanatehealthmedicalgroup.com



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The San Gabriel Valley Learning