

Healthcare Disaster

By John Hardy

On October 20th, the CDC voted to add the COVID-19 experimental vaccination to the list of children's approved routine vaccines for school enrollment. Fortunately, it remains only a recommendation. Now, the states hold the power to turn the CDC vote into law. California has readily worked on this through SB-871, where Senator Pan added Covid19 as the #11 childhood disease against which children are to be vaccinated.

Senator Pan authored bill SB-871. The bill requires children to receive the COVID-19 vaccination for school entry. But there are some children who suffer from or battle underlying health issues who cannot take the vaccine; it could exacerbate their conditions and, in some cases, be potentially life-threatening. Parents or guardians of one of these children, perhaps, have already received a medical exemption from their pediatricians. Be aware, however, exemptions based upon a known medical contraindication for not receiving a vaccine are at risk of being revoked at any time because of one audacious overreach on behalf of the state placed upon 11,658 physicians across the state of California.

The state now disciplines physicians for reasons such as spreading "misinformation" and providing too many medical exemptions to their patients. In fact, five or more exemptions from one physician will initiate an investigation into the details of a child's medical history. Schools and preschools must maintain a 95 percent vaccination rate, or else the California Department of Public Health investigates out-of-compliance schools. These actions put undue pressure on schools to enforce vaccines more aggressively.

Depending on the grade, there are five required vaccines for school attendance, two of which have ingredients to cover six diseases and require multiple doses. Hib, Polio, Tdap, and HepB vaccines may be given three times each, totalling 12 doses or 80% of the required shots by age 2. The two vaccines left are Varicella (Chicken Pox) and 1 Tdap booster required or given by the 6th grade. Before a child's vaccine schedule is considered complete, they will have received a minimum of 15 shots, not including a whole gambit of recommended vaccines from the CDC.

The move to require the COVID-19 vaccine for school registration will shift liability away from the manufacturers and vaccine administrators and place it upon the National Childhood Vaccine Injury Act of 1986. It is an obvious move by the attorneys of all entities

See VACCINE on Page 2

Overcoming Obstacles event brings the AV community together

By Amanda Palmer

On November 5, 2022, Antelope Valley High School hosted the spectacular Overcoming Obstacles event, coordinated by Vice Principal John Najar. 112 students, 13 coaches, referees, game workers, AV community groups, and hundreds of spectators participated in the Special Olympics Unified Champion Schools basketball tournament. Highland High School's team won first place, Knight High came in second, and Littlerock High prevailed over Quartz Hill for third place.



Photo of the Highland Team holding their well-earned trophy.

According to the Special Olympics webpage, "The Special Olympics Unified Champion Schools program is aimed at promoting social inclusion through intentionally planned and implemented activities... [they] equip young people with tools and training to create sports, classroom and school climates of acceptance." The goal is that students with disabilities feel welcome and are routinely included in all activities, opportunities, and functions.

For the opening ceremony, Najar welcomed the community, announcer Brett Pape introduced the teams, the AVHS band played the National Anthem, and the NJROTC presented the Colors. Dignitaries including board members from the Antelope Valley Union High School District made an appearance.

See OVERCOMERS on Page 9

Taxing your Trash

By Palmdale Journal Staff

LANCASTER - Three-and-a-half months after a small group of mostly senior, single-family homeowners challenged the way the city council voted to shift trash collection bills from Waste Management onto property tax rolls, there are signs that the apparently lost cause in Lancaster could save the rest of the Antelope Valley from a similar outcome.

The door to that new scenario cracked open a week ago, when Lancaster City Hall mailed brochures to homeowners on how to comply with the city's enforcement of a new state environmental law governing waste disposal.

Some of those, still unaware of the new rules adopted on July 26, read about trash bills added to their property tax and called officials to complain.

Retiree Larry Grooms, an early member of a loosely organized Lancaster homeowners' coalition, said the stock official answer from the beginning was

See TAX on Page 2

Help Wanted

The Palmdale Journal exists to be a voice that represents the community of Palmdale, California. We pride ourselves in standing up for truth, righteousness, and justice while revealing the beauty of our city to our readers.

Currently everyone on staff is a volunteer; mothers, fathers, students, activists, pastors, paralegals, and patriots all have come together to sow into the vision of the Journal. With eight issues under our belt, our readership is growing and we are in need of more volunteers as we expand.

If you are interested in joining, please reach out as we welcome professional local writers, print layout designers, website layout designers and novices alike! Not sure how you can contribute? Visit the ThePalmdaleJournal.com for a list of job descriptions.

Please note: All submissions to The Palmdale Journal are greatly appreciated and will be printed at the discretion of the editors. Submission of a piece grants the editors permission to edit and print. The articles do not necessarily reflect the opinions of the editors or owners. Thank you.

ThePalmdaleJournal@protonmail.com

Contents

Pages 1-2
News & Information
Page 3
Features
Pages 4 & 5
City Deetz
Page 6-7
Home for the Holidays
Pages 8 & 9
Youth & Education | Crossword
Pages 10 & 11
Valley Voices
Page 12
Classifieds

See CONSENT DECREE on Page 2

Senior Editor in Chief

Amanda Palmer

Assistant Editor in Chief

Melissa Chavez

Assistant Editors of News and Info:

Tammie Jackson

Mark Matonic

Assistant Editor of Youth and Education & Features

Jennifer Maccarone

Correspondents

Franklin Castillo

Larry Grooms

Steven A. Harris

Dawn Hardesty

John Hardesty

Rebecca Miriam

Rick Nicolet

Teresa Palmer

Sabeth Perry

Mario Presents

Adriana Salcedo

Denize Verduzco

Photography Manager

David Nurse

Publishers

Michael & Carol Ross

The Palmdale Journal is a town newsletter and entertainment periodical. It is a publication that offers an additional and distinct narrative, reporting and providing information on local politics, and how national, state, and county news impacts our city. The driving force is to provide a free flow of information that may sometimes be discluded or suppressed, providing a dissenting perspective on current events, an effort to get back to our own message. We hope to influence involvement by local residents, building up and sharing a common interest, relating together socially, and promoting truth and freedom in the process.

This is a record created by the community and for the community, the people of Palmdale. We hope that you will join us in this movement to tell our story.

SB107 makes California a sanctuary state for transgender care for all minors. Meanwhile, Florida’s Board of Medicine is quickly moving to outlaw gender affirming care and puberty blockers for minors who are not medically diagnosed with a measurable genetic condition. A person cannot tell if a child’s variant sexual behavior will result in them identifying as transgender in adulthood. A 2008 study by Wallien published in the Journal of American Academy of Child and Adolescent Psychiatry showed that more than 80% of these children simply grow up to be adult homosexuals. A 2021 survey of detransitioners by L. Littman shows that gender dysphoria disappears for 80% of children simply by naturally completing puberty.

Residents complain to city officials over property tax increase

TAX from page 1

that the issue of the property tax rollover was just a local issue of no concern to anybody beyond the city limits. Grooms explained, “How the city council acted in July was in our view based on a flagrant violation of state, and even possibly federal election law.”

Because of jurisdictional isolation, Grooms said the issue got little to no outside media attention. Because the number of citizens was small, taxpayer rights organizations and lawyers would not take the case to court unless it was seen to have a statewide effect.

On Aug. 12, Air Force retiree and protest leader Patrick M. Saatzer, PhD, took the step of formally serving California Secretary of State, Shirley N. Weber, with a Cause of Action to perform her constitutional duty to invalidate an unlawful election process by Lancaster. Neither she nor anyone on her staff responded to the formal notice of a violation of Proposition 218. Saatzer wrote, “The city failed to properly notify property owners of the pending direct assessment of property taxes. It failed to have the issue resolved by voters.”

Saatzer noted that in a previous election, Lancaster correctly sent a ballot

to homeowners to vote on property tax assessment for a mosquito abatement fee increase. He said the ballot clearly showed it was official mail, and a vote was required at a scheduled election.

Grooms told *The Palmdale Journal* that just when he considered all might be lost in the campaign to overturn the council action, a message from a Lancaster resident late Friday afternoon led him to believe “the fight isn’t over.”

Grooms said he confirmed with official sources on Monday that, “Because of the stink our protest raised, other jurisdictions are rethinking earlier interests in pursuing Lancaster’s property tax financing model.”

Saying, “We could win by losing if Lancaster’s trash financing model remains an isolated example of what not to do.” Alternatively, any other city or county jurisdiction using Lancaster’s bogus election strategy would create the statewide issue that would attract the interest of taxpayer defense groups and lawyers in search of class action lawsuits with bountiful, billable hours.

Historically, three new state waste reduction laws have been the driving force behind the Los Angeles County Department of Public Works’ management campaign in favor of creating special garbage disposal

assessment districts in unincorporated areas of the Antelope Valley and much of Northern L.A. County.

As far back as 2020, the department was promoting the idea of adding waste hauler service charges annually to each homeowner’s property tax bill.

Although the county has garbage disposal districts in seven communities, including Malibu, Lennox and Walnut Park, the Antelope Valley’s rural communities and unincorporated areas now operate under an open market system not regulated by the county.

A plan shown to Antelope Valley’s Association of Rural Town Councils in 2020, envisioned service areas for Acton/Agua Dulce, Antelope Valley East and West service areas, and unincorporated Quartz Hill.

In the proposed unincorporated service areas, as in Lancaster, the three ostensibly environmental objectives were the same:

Complying with new state regulations on food waste disposal;

Avoiding threats of heavy fines by not complying with new state law;

Attempting to stop illegal desert dumping.

Public Works proposed four service areas: Acton/Agua Dulce. Antelope Valley east and west service areas, and a Quartz Hill area.

45,000 poll watchers for Republican Party join the efforts for free and fair elections

CONSENT DECREE from page 1

prove any wrongdoing by the Trump campaign, ending the usage of the Consent Decree by democrats as a tool to limit the power of the republicans during elections.

Although the RNC still trails behind the massive system in place by the democrats, with its vast resources and poll workers for decades and across the country, the Republican Party is starting to step forward with its poll watchers and workers. For the 2022 midterm elections, the Republican Party had a team of 45,000 poll watchers and workers at their disposal. They also have become involved in protecting election integrity in 17 states and have 35 in-state election councils.

Currently, the Republican Party is concentrating on the “battleground states,” while the democrats will try to maintain control of running elections by filing lawsuits against the republicans. Pay attention to the way mainstream media presents the information to persuade public opinion, as public opinion sometimes persuades judicial processes.

Be Yourself, Not a Transtrender

By Mario Presents

Encouraging young people to celebrate their own identity can be difficult when social pressure and adoration come with simply being trans or LGBTQ. We fawn for a month in June and then dedicate October to queer history, taking more time for recognition of this community than even the veterans who fought and died for this country. Though pediatric clinics overseas are slowly walking back gender affirmation treatments that Americans are only just learning about, propaganda surrounding puberty blockers is everywhere in the USA.

The toughest place for a young adult to be is in the outgroup or being a loner. When a peer is lauded as stunning and brave for coming out as trans or gay, the desire to claim this for oneself can be tempting for the “not cool”. All the

popularity and attention showered on a gender-non-conforming teen who claims to be transgender can be seen when a school elevates their social status by electing them prom king/queen. This is not only tempting to impressionable minds; it’s also alluring to those with an underdeveloped sense of self.

Lupron, a medication used to sterilize sex offenders, is being used off-label for gender transition because of its ability to block important hormones during development. European studies have linked the use of this medicine with premature osteoporosis, and vision loss. It can also lead to a permanently underdeveloped phallus in males who later choose not to continue puberty blockers. Detransitioners (those who stop the transition process) like Chloe Cole,

California Senator Pan authors bill to add Covid-19 vaccine to student's immunization schedules

VACCINE from page 1

involved to shift liability away from the vaccine manufacturers and administrators and place it upon some non-personal, legal fiction of a corporation. By this action, parents or guardians can receive monetary compensation as an appeasement for the damage a vaccine injury inflicts upon their child.

Can something like this be a rational way of conducting healthcare administration? What if more children require medical exemptions? It will become increasingly difficult to find a qualified physician to issue an exemption for children who desperately need it.

According to Becker’s Hospital Review publication, 117,000 physicians are gone from the workforce in just the last quarter of 2021 alone. Add this straw to the growing list of disciplined physicians and watch the Camel’s back break as a healthcare disaster manufactured by lawmakers in Sacramento unravels. For information on child vaccinations, visit the California Department of Public Health (CDPH) website, [cdph.ca.gov](https://www.cdph.ca.gov), under Vaccinations & Medical Exemptions Q&A in the green box under “Protecting Health.” All of the information is publicly available.

Scott Nugent, Able Garcia, and Sinead Watson, openly discuss the ongoing complications from their experimental medical transition at school boards and medical boards. Effects such as persistent infections from a phalloplasty, non-existent sex drive due to hormones, lung damage from chest binders, or the inability to even feel their chest due to nerve damage from a double mastectomy often aren’t discussed with young audiences.

Many promises of rainbows and self-love exist in the world of transtrenders. When faced with the truth, many supporters of “trans-children” become visibly irate, angry, and some even attempt to silence people who have opposing opinions or stories of transgender tragedies. California bill

Features

Not a Victim: Attitude of Gratitude

By Adriana Salcedo

November is the month we are reminded of thankfulness and about having an attitude of gratitude. It is a month where we reflect on the family and friends with whom we get to do life, and for whom we are thankful.

It is easy to forget to keep a grateful mindset as we deal with overwhelming work schedules, taxiing kids to sports practices, attending committee meetings, church services, performing household chores, and the overall craziness of life. We oftentimes think gratitude is our gift to others, but the person who truly benefits most from our gratitude is us.

Science reveals the impact of gratitude on the brain and body (mindful.org, 2019). Gratitude’s powerful benefits include stress relief, emotional regulation, and pain reduction. Grateful feelings also have long term health benefits. Researcher Prathik Kini and colleagues at Indiana University had some encouraging findings: the mental practice of gratitude may alter the brain functioning in those suffering from depression. Gratitude may be able to rewire the brain!

Scripture had this mindset right all along. The Bible has much to say about having a thankful mind: “In everything give thanks; for this is the will of God in Christ Jesus for you.” (1 Thessalonians 5:18)

This Thanksgiving, make sure you keep an attitude of gratitude. Your mental health depends on it. Give yourself the best self-care: a heart and mind of gratitude.

Sincerely,
Adriana Salcedo
Beauty for Ashes, International.

A Human Connection:

Gain Gratitude

By Sabeth Perry

The month of November officially brings us into the holiday season, as Thanksgiving decorations intermingle with Christmas decor, and people begin making their year-end vacation (or “staycation”) plans. Children are in full swing, practicing for their upcoming Christmas performances; and the hustle and bustle of everyday life seems to move just a little faster with the extracurricular activities and never-ending work demands. With so much going on in the world today, it’s easy to get stuck on the treadmill of life’s daily routines and sucked into the not-so-good-news that pops up on social media and television.

On the up side, at this time of year, social media is also swimming with posts entitled “30 Days of Thankfulness”, where participants post what they are thankful for every day of the month. This is a fun way to publicly express gratitude and a good reminder to stop and notice the little things. But being thankful is more than just a nice gesture or a pleasant feeling. Expressing gratitude is actually associated with a myriad of mental and physical benefits.

Several studies have been done on the topic of gratitude and the health benefits that are connected with it. The American Psychological Association’s study, entitled “The Role of Gratitude in Spiritual Well-Being in Asymptomatic Heart Failure Patients”, discovered that “grateful people reported better sleep, less fatigue, less depression, more confidence in their ability to care for themselves, and lower levels of systemic inflammation (an immune response that can have negative effects on the body, including cardiovascular system).”

More than just a happy feeling,

gratitude offers us a way to embrace all that we have and what makes us who we are as humans. The Greater Good Science Center at the University of California, Berkeley (a leader in research on the science of social and emotional well-being) describes gratitude as the “social glue” to building and nurturing strong relationships. When we practice appreciation and gratitude, our bodies release the oxytocin hormone, which can reduce blood pressure and protect the heart. Oxytocin, also known as “the love hormone”, functions as a neurotransmitter in the brain and is known to help us feel more connected with others.

Studies have also shown that having a grateful heart and expressing thankfulness can make people happier, improve relationships, and potentially reduce stress, anxiety and depression. An article from the American Psychological Association entitled “A Grateful Heart is a Healthier Heart” explains how grateful people share similar habits, such as eating healthier, moving their bodies more and are also less likely to abuse alcohol and other drugs.

More benefits associated with gratitude are: improved self-esteem, improved energy and health, it makes one happier and more optimistic, helps one be more forgiving and generous, lowers anxiety and negative thoughts, and can boost resiliency and have a positive effect on relationship building.

Gratitude is not something that comes easy to everyone, especially people who have had personal or relational challenges and hardships. It’s easy to focus on the negative, especially when there is negativity surrounding the circumstances, so

here are a few helpful tips that people can do to practice gratitude:

First, when you wake up in the morning, quickly think of at least three things you are thankful for. If you are a person of faith, a prayer of gratitude is a good start. Thank God for each breath of life, another sunrise to see and the people you get to share your life with.

Next, keeping a gratitude journal is an excellent way to get those grateful thoughts on paper. Especially when having a hard day, reading past entries is a good reminder of all there is to be thankful for.

Also, take time to appreciate all there is to experience through the senses - how we connect physically as humans. The ability to touch, see, smell, taste, and hear is just the tip of the iceberg in the ways our body miraculously functions. Take time to enjoy what many take for granted.

Be intentional. Even when the feeling isn’t there, going through the motion of saying “thank you”, showing a smile, laughing a little, or writing a letter of gratitude can help trigger the emotion and feeling of gratitude.

Look for “silver linings.” Even in hard situations, there is always something to be grateful for, even if it seems insignificant.

Last... stop, breathe, take in the moments, enjoy the process. Don’t let time fly by and leave you full of regrets and missed opportunities. Live in the present.

With the holidays quickly approaching, most people will joke about the feasting pounds they’ll gain, and though that’s probably true, why not gain something you won’t want to lose in the upcoming year - a heart of gratitude.

The Gift of Gratitude

A Parenting Column by Denize Verduzco

Leaves falling, wind blowing, raindrops trickling and cold temperatures rising - all wonderful signs that the holidays are upon us. For some, this time of the year brings a sense of nostalgia and love. For others, thoughts of the various tasks to be accomplished are daunting and stressful. Indeed, the holiday season can be overwhelming, but there is no denying the sense of gratitude that permeates the atmosphere.

This time of the year tends to bring people together, allowing families to create and share wonderful memories that last a lifetime. The intentionality of thankfulness, love and gratefulness is reciprocated and felt from person to person. There is healing through unity when communities come together with the purpose of spreading joy and holiday cheer. Perhaps this is one of the reasons suicide rates decline significantly during the winter season, December having the lowest rate, according to a John Hopkins Medicine study (2019).

Although great things come about during this season, there are hurdles to overcome. While children anticipate and expect gifts and gatherings, parents carry the burden of meeting these expectations. This can place parents in a state of subjectivity to people, lists and finances. They can become so consumed with buying presents that they forget to be present. When the focal point becomes buying the latest gadget, toys, shoes, or clothes for our children, the true meaning of the season is convoluted. While material things are fun, aiming to give children gifts that last longer and that make a greater impact is a worthy goal.

The holiday season is a great time to reflect on all that there is to be thankful for. As families make plans to gather and spend quality time around a good meal, it is a great opportunity to teach children to value people, relationships, and communities. Expressing gratitude for all that has been given helps to cultivate a more positive outlook in life. Though far from perfect, we live in a nation that offers plenty of opportunities. These opportunities should not be taken for granted, but embraced and respected.

In order to raise children who will make a positive impact in this world, we must teach them to adopt a gratitude mindset. To teach this, we must first walk in it ourselves. Gratitude is more than a feeling. It is also a mindset and a practice, which makes for a wonderful gift to share. Although gratitude is already present, there is always room for more of it in the world.

Gratitude is a powerful force that has the ability to transform lives. Gratitude is defined by the Oxford Dictionary as ‘the quality of being thankful; readiness to show appreciation for and to return kindness.’ Raising a generation that is not entitled, but that understands the power of giving and of being thankful will produce good fruit. During this season, teaching our children how to give to others and how to be devoted to the hearts of others will create in them a sense of accomplishment and empathy. Research shows that grateful children tend to: be happier and more optimistic, have better social support, have better grades, be less envious and depressed, and more satisfied with their families, communities, friends and themselves (Very Well Mind, 2020).

We parents should take the opportunity to embrace gratitude even further this season. While it may be easy to get lost in the worry, stress and frustrations; focusing on being grateful is of great value. Not only will this benefit us, as we walk in gratitude; it will also touch those on the receiving end. This holiday season, make it a point to give children a gift that will last a lifetime -- the gift of gratitude. Till next time..

Your Mommy- Friend,
Denize Verduzco

CityDeetz

Leona Valley Improvement Association presents

Holiday Craft Faire

and

Holiday Home Tour

Find gifts for everyone on your Christmas list at the annual Holiday Craft Faire where you can browse unique handcrafted items and can also purchase tickets to the Holiday Home Tour. Several local homes will be festively decorated inside and out to kick off the holiday season.

December 11th

Holiday Craft Faire 10am – 2pm

Holiday Home Tour 1pm – 5pm

Leona Valley Community Building
8367 Elizabeth Lake Rd.



Antelope Valley
3RD ANNUAL

Festival
OF LIGHTS

Deck Your Home
With Holiday Spirit!

DECORATING YOUR
HOME THIS SEASON?

ENTER YOUR HOME
FOR A CHANCE TO WIN!

★ 1ST PRIZE \$1,000

★ 2ND PRIZE \$500

★ 3RD PRIZE \$250

REGISTER2022.REMAXALLPRO.COM

VOTING BEGINS DECEMBER 13th IN OUR FACEBOOK GROUP
FESTIVALOFLIGHTS.REMAXALLPRO.COM

RE/MAX ALL-PRO
DRE: #01900294

LANCASTER
43832 20th St West

PALMDALE
3001 Rancho Vista Blvd

Each Office Independently Owned and Operated

Inspirado por el paladar Cubano



BARACOA

Est. 2013 | Rev 5:5

Cuban Restaurant

Live entertainment every Friday and
Saturday evening 8pm-10:30pm

ANTELOPE ADVENTURES
KIDS CLUB



ANTELOPE
VALLEY MALL

Every second Wednesday

4:30-6:30 in the food court

FREE!

Family Festival
THE ART
OF RESILIENCE
POWERED BY CCAV

SATURDAY 11/19/22 • 10 A.M. – 4 P.M.

LANCASTER MUNICIPAL STADIUM
45116 VALLEY CENTRAL WAY, LANCASTER

EXPRESS YOURSELF THROUGH
CREATIVITY & MOVEMENT FOR
ALL AGES FEATURING:

• HANDS-ON ARTS & CRAFTS

• MUSIC

• DANCE INSTRUCTION

• FOOD TRUCKS

• COMMUNITY RESOURCES

• AND MORE!



SAVE TIME & REGISTER IN
ADVANCE TO RECEIVE FREE
KETTLE CORN.

WHILE SUPPLIES LAST.

SCAN THE QR CODE OR VISIT
tinyurl.com/ccavartofresilience

 
WEDOCCAV
ChildrenscenterAV


CALIFORNIA


WEDO

CCAV.ORG/ART
661-949-1206

CCAV IS A 501(C)3 NONPROFIT ORGANIZATION TAX ID #95-4212759




14th ANNUAL
ANTELOPE VALLEY YMCA
TURKEY TROT

5K/10K
GOBBLE WOBBLE
FUN RUN

14th Annual Turkey Trot

Thu Nov 24 2022 at 07:45 am

Antelope Valley Family YMCA, 43001 10th Street West, Lancaster, United States



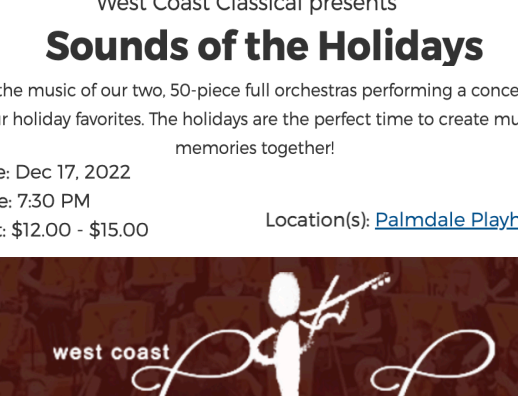
West Coast Classical presents

Sounds of the Holidays

Enjoy the music of our two, 50-piece full orchestras performing a concert full of your holiday favorites. The holidays are the perfect time to create musical memories together!

Date: Dec 17, 2022
 Time: 7:30 PM
 Cost: \$12.00 - \$15.00

Location(s): [Palmdale Playhouse](#)



*Swing into
Christmas*

AVC JAZZ BAND

Hey cool cats - come and enjoy some of your favorite Christmas tunes...
and more, all rockin' in the holidays al la swing style!

Saturday, Dec 3 8 PM| AVC Performing Arts Theatre| Tickets \$11

SHARPO'S
HOLIDAY
MAGIC MATINEE

SUNDAY, DECEMBER 11, 2 PM

The Holidays are a magical time — and especially so in this family-friendly magic show — featuring Sharpo and his magical band of elves and fairies. Children make the magic happen in this spectacular program full of holiday cheer. After the show, meet and greet the players as they make balloon twists for the kids.

BUY TICKETS ONLINE AT
www.PalmdalePlayhouse.com

Tickets: \$17 adults, \$7 seniors, students, military, 12 & under
New: Select your seats online!

The Palmdale Playhouse accepts Visa, MasterCard or Discover; cash is not accepted. All online and box office tickets include a convenience fee.

PALMDALE
Playhouse
ESTABLISHED 1994



HOME FOR THE HOLIDAYS

The holidays are upon us once again. A magical, whimsical time of year, when memories and traditions drift in our minds reminding us of times past and promising cherished future memories. The folks at *The Palmdale Journal* would like to offer a menagerie of seasonal poems by Rudy Hawkins and recipes from various loved ones that bring to the heart memories of home during the holidays. So, take a peek into our basket of holiday goodies. Share in the memories of Grandma baking up delicious Pepper Nut cookies and Rum Balls, filling the house with the warmth of what only Grandma’s baking can swirl out of the kitchen or the aroma of Dad’s Green Chili Stew that was sure to bring a cozy feeling in your heart.



450 year-old Pumpkin Tourte Recipe

To prepare a tourte of domestic
pumpkin without a shell.
Bartolomeo Scappi - L'Opera Book V.
108
(tr. by Terence Scully)

When the pumpkin is scraped,
cook it in a good meat broth or else in
salted water and butter.

Then, put it into a strainer and squeeze
the broth out of it.

Grind it in a mortar along with, for every
two pounds of it, a pound of fresh
ricotta and a pound of creamy cheese
that is not too salted.

When everything is ground up, put it
through a colander, adding in ten well
beaten eggs, a pound of ground sugar,
an ounce of ground cinnamon, a pound
of milk, four ounces of ginger.

Have a tourte pan ready with six
ounces of very hot butter in it and put
the filling into it.

Bake it in an oven or braise it, giving it a
glazing with sugar and cinnamon.
Serve it hot.

Cookies Suit Me

By Rudy Hawkins

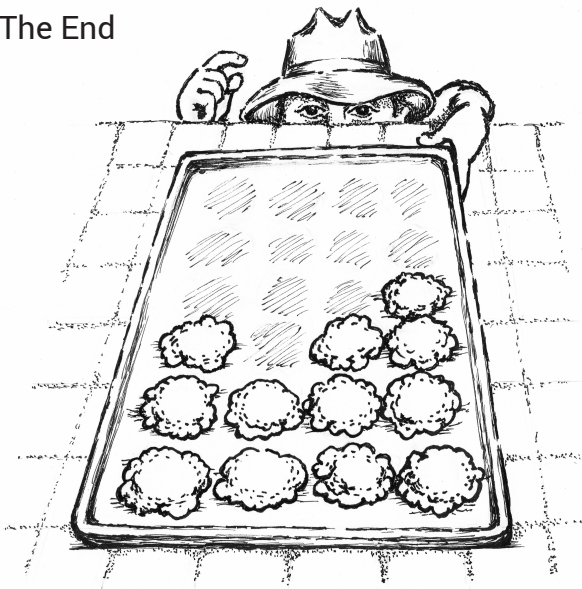
Cookies are my favorite meal,
Oh sorry, I meant snack.
So two or three won't last me long,
At least a dozen, pack.

I like them warm and gooey
When they're warm out of the oven.
I like them stale and chewy
No, I don't mind one more of 'em.

Chocolate chip or peanut butter,
Plain, I love them so.
If you've no time to bake them now
That's fine, I'll eat the dough.

Yes, cookies suit me very well,
But sometimes make me ache
When scolded, "Make those cookies last
Or else, that's all I bake."

The End



Food Served Best

By Rudy Hawkins

Food is more than sustenance.
Food means fun and time to spend.
Friends and family,
Guests and food
To make a perfect blend.

Food rewards us for our work.
Food is strength for things that matter,
Letting us
Share life together.
What a fun, delicious platter.

The End

Rum Balls

By Grandma Wanda

1 cup vanilla wafers, crushed

1 cup pecans, chopped

1 cup of powdered sugar

2 tablespoons of cocoa

1 to 1 ½ cups of white corn syrup, Karo

¼ - ½ cup of rum, light or dark

Directions:

Combine all ingredients. Keep adding
rum until ingredients stick together and
can be rolled into balls. Sift some more
powder sugar, put some on hands to
keep dough from sticking to them. Roll
out balls and then roll them in powder
sugar.





Pumpkin Bundt Cake Brown
By Rudy Hawkins

I've never known a soul who could
Resist the sweet enticing
Of pumpkin bunt cake brown that's topped
With maple-butter icing.
Some things are oh so glorious,
Not meant for sacrificing,
Like pumpkin bundt cake brown that's topped
With maple-butter icing!

Pepper Nuts

Recipe from Martha Andersen
December 15, 1953

- Cream 1/2 cup butter. Cream again with 1 cup sugar. Add 2 beaten eggs and mix well.
- Sift 3 cups sifted flour with 1 tsp cinnamon
1/2 tsp Nutmeg, 1/8 tsp pepper, 1 ½ tsp All Spice, and 1/2 tsp baking powder.
- Add to first mixture, working in with hands, if necessary. Chill.
- Break dough in small preces about 1/2 inch diameter. Roll in a ball and place on a greased baking sheet. Bake at 375° for about 12 minutes.

Traditional Poem of Thanks
By Rudy Hawkins

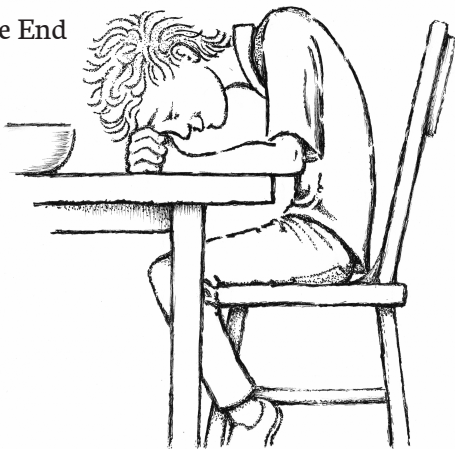
For seasons of planting
And growing and reaping,
For sharing with family
Traditions we're keeping.

For taken-for-granted things
Children see new,
For health and good providence,
Hardships, a few.

For work and reward
And great memories made
With loved ones and good friends
Which time cannot fade.

For lessons and losses
We'll never forget,
We give thanks to God
For He isn't done yet.

The End



Green Chili Stew

Written as given by Grand Pa Sam

2 - pounds of roasted green chili, preferably Hatch but Anaheim chili will do. Cut them up into chunky squares. Mild, hot, it is up to you.

8 - russet potatoes, cut up into thick squares.

2 - pounds of beef cut into about one inch squares. Make them thick, it tastes better. Any beef, don't pay too much

1 - large onion, yellow is good, diced in chunks, not too small, you should be able to taste them.

6 - cups of beef broth, nice and brown.

Some garlic, some salt, a little black pepper. Make it taste how you like it. (I like it peppery)

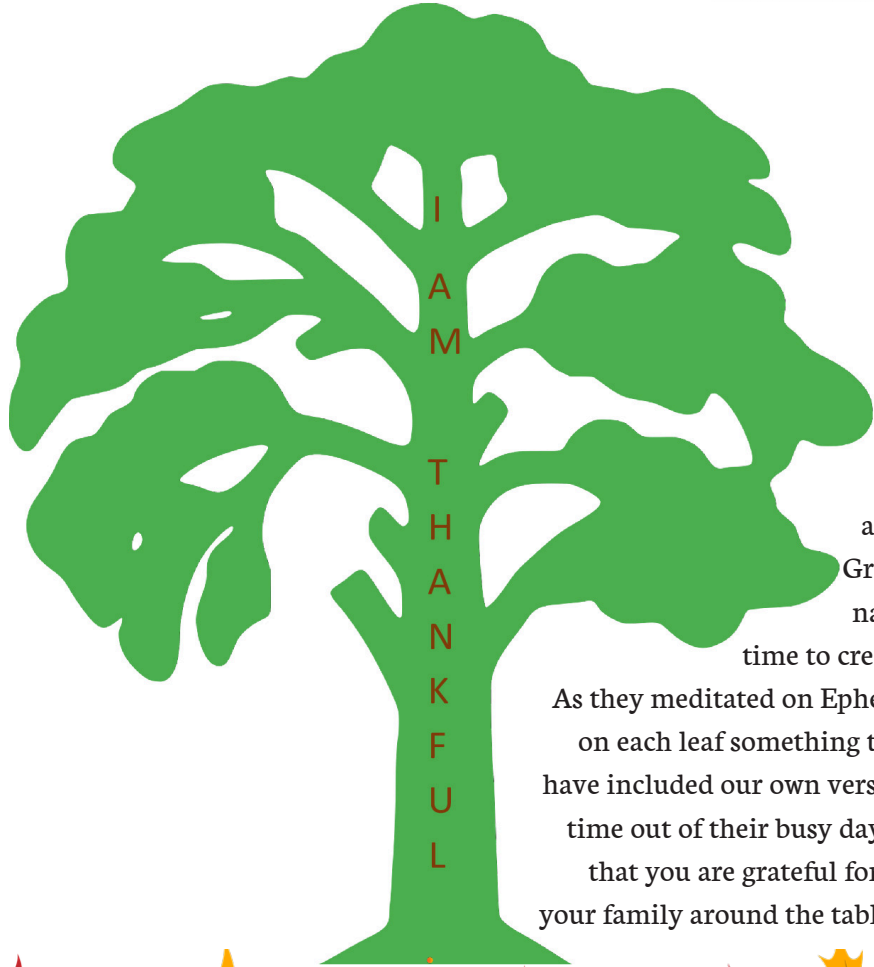
You can add tomatoes, pinto beans, corn, whatever you think you would like in it. Don't put in so much you lose the green chili flavor but make it yours.

Start with a nice glass of wine. This is for sipping while you cook. Brown the beef and onions together. Throw in the garlic and salt. It should be salty but not too salty. While the beef in browning, get a big pot and make the beef broth in it. Cook the beef until all the water has cooked out and the meat is cooked in the juices. Pour the meat into the broth. Toss in the potatoes, green chili and any other vegetables you are adding. Let simmer for about half a football game or until the potatoes are cooked but not too mushy. Should be pretty good.

What are you thankful for?

In the spirit of Thanksgiving, a Sunday School ministry from Greater Works Christian Church named Camp C.L.I.C.K. took the time to create their own "Thankful Tree."

As they meditated on Ephesians 5:20, the children wrote on each leaf something that they were grateful for. We have included our own version for our readers to take the time out of their busy day to write in (to the left) things that you are grateful for. We hope you share this with your family around the table as you break bread together.



Youth and Education

Basketball season begins, will Hawks be dethroned? By David Nurse

The high school basketball season in the AV begins again in November. Last season’s Golden League Champions, the Pete Knight Hawks, are looking for a repeat. Coach Tom Hegre has been the boy’s varsity coach since the school opened in 2003. Hegre has an impressive history on the court, having coached current LA Clipper, Paul George, while he was in high school. Hegre approaches his 19th season coaching the Hawks with a bold defensive philosophy: Make the opponents as uncomfortable as possible.

The Hawks are returning most of their players from last year’s victorious team. Seniors Malik Larane and Darrius Freeman are two of the best backcourts in the Golden League. Senior Corion Hubbard, an undersized forward, is a defense beast on the court. The Hawks also have a number of underclassmen with impressive skills, including two freshmen.

Lancaster and Eastside High welcome new coaches this year. Coach Jamal Sloan, who played for Lancaster High in 2005, will be taking over as head coach for his alma mater. Coach Sloan is aiming to lead the Lancaster Eagles boys in dethroning the Hawks for the championship. The Eagles are also returning most of last season's players.

The Eastside High Lions boys team welcomes Coach Ashly McCullough, who was previously part of Lancaster High’s girls basketball program. At Eastside,

Coach McCullough teaches in the Special Education Department and coaches the Lions year-round to help players sharpen their skills. Under her leadership, the Lions play in the off-season in preparation

for the regular season. Returning players for Eastside include the first-team all-league, Amir Johnson, and shooting guard, Makal Carter. The Lions are also looking to dethrone the Hawks.

As for the girls teams, the Lady Bulldogs of Highland High, led by Coach Jeff Sisson, have won the Golden League Championship for the past three seasons. Sisson, a registered nurse by profession, is a walk-on coach who devotes time to coaching his traveling team. Players returning for the Lady Bulldogs include Aima Tuiasosopo and Athieng Bol. Both of these players have professional and college basketball family roots: Tuiasosopo is related to the NFL’s Marques Tuiasosopo, and Athieng is related to the NBA’s Manute Bol as well as a number of other NBA and college players. These two Lady Bulldogs will be major factors for the team in the upcoming season.

The Eastside High girls’ varsity team welcomes Coach “Scooter” Hall after their long-time coach, Gerard Nelson, retired. Coach Hall has long roots in the AV, having played basketball at AV High School and Antelope Valley College before earning his BA from Grand Canyon University. Coach Hall took over the program this past October and has not yet had much time with the Lady Lions, but he has hit the ground running hard. He also invests time training younger players at the skills camp he has for 1st to 8th graders.

The Golden League season begins November 14, 2022. Between both the girls and the boys basketball programs, it will be another explosive season.

Antelope Valley High School becomes a part of the Olympics Unified Champion Schools Organization

OVERCOMERS from page 1

Rob Wigod, Commissioner of the Southern Section California Interscholastic Federation (CIF) traveled a distance to attend. He conveyed the importance of the event, CIF’s desire to provide more opportunities for inclusion, and admiration and respect for the community’s efforts.

Cheerleaders, teachers, administrators, caretakers, families, students, and many community members came in support. Chick Fil A, a major community donor to schools, contributed chicken sandwiches for the participants. A Barrios Tacos truck and Churros Los Primos provided concessions to patrons to complete the athletic competition experience.

Najar first hosted the basketball tournament in 2019, then took a hiatus in 2020 due to the COVID-19 shutdowns. The difficulties navigating the COVID -19 restrictions put a damper on hosting in 2021.

The Palmdale Journal (TPJ) asked Najar, by nature a humble man, some questions to gather more insight into his motivation to dedicate time and energy to making this important day happen for the Antelope Valley community.

TPJ: Where did this idea come from, how did it start, to host the inclusive event, to support students in this way?

Najar: Before this, I started organizing this type of event when I was a PE teacher at San Fernando High School. There were times, as a PE teacher, where we had some of the special needs kids come out and play with us. You see the way they respond and you just want to put something together. As a vice principal at Antelope Valley High, I first pitched the idea in the fall of 2016. Then, when I was at Quartz Hill, the initial plan was to just have our kids compete with one other school. And then looking at how that would work, with transportation and other



Photo of the 2022 Basketball Tournament's Opening Ceremony

logistics, there were many speed bumps. So I said, okay, let’s see if we can try one big day, and that’s how that came about. Talking about it, trying to get people on board, and people missing work... the first time it was small. We had about 200 kids participating, then it grew to 400, and now that we are incorporating gen ed kids, we are up to 500. The general ed kids joining came about by working with Special Olympics. We became a Unified Champion School because we were providing inclusive type activities for our kids. They are pushing more unified sports, getting our gen ed and special needs kids together. With that, I said, let’s try a relay race to get our kids together. And every year we’ve grown with it.

TPJ: How do you work with the Special Olympics Unified Champion Schools organization?

Najar: In 2017 I invited the Special Olympics to come out for our first track meet and they did not show, so I continued inviting them and got a response from the regional director and she attended our 2018 event. They attended and after, they asked that we apply. I filled out an application, which highlighted our inclusive opportunities we have as a school. Then, we were recognized in the spring of 2019 as a Unified Champion School. Special Olympics did provide a little help

financially our first two years as a champion school, to put together sustainable programs for inclusion on our campus.

TPJ: What is one of the biggest benefits you notice from hosting the event?

Najar: There are two parts. It impacts our special needs population. It makes them feel included on campus and with activities. You see a difference in them, in just the way they walk around on campus, so there’s that. The other thought going into this is wanting our general ed kids to learn how to be empathetic towards the special needs kids, how to work with them, and noticing the gen ed kids’ challenges. Everyone, in the end, everyone's the same. That’s the thing, getting the kids together and getting them to learn from each other.

TPJ: Do you have any other concluding remarks?

Najar: This was a better turnout than the first one, three years ago, so I am looking forward to seeing what will happen next year. This year was hard because people weren’t involved three years ago, so it’s like starting all over again, and trying to get people on board from other schools is a challenge. I understand it’s extra work on people’s plates. But when they come out here and see what goes on, it makes it all worth it.

Adaptive physical education teacher

Scott Rundblade stated, “[Coaches] Roshawn Perkins, Chris Cole, and Cesar Aguiar did a great job and put in a lot of hard work preparing the team for the tournament.” He also mentioned Highland as defending champion at the Overcoming Obstacles Track Meet.

Vice Principal over Special Education at Littlerock, Heidi Morey, said, “It’s exciting to see our students compete in this way, with the spirit of the rules in play and giving each other chances.”

On Thursday, November 11, Highland plans a parade for their champion team, to include the band and cheerleaders to honor the students involved. They received championship medals and the traveling trophy. Coach Chris Cole’s wife, Kristin Cole, has created a spirit shirt to commemorate their championship.

The springtime Overcoming Obstacles track and field event is expected in March or April. Be on the lookout for this amazing community event and support all of the students and volunteer staff.

John Najar, Vice Principal of AV High presenting the trophy to Highlands High's team.



Youth and Education

Modern Slavery

By Teresa Palmer, Youth Writer

An estimated 600,000 to 800,000 people are trafficked every year. Human trafficking is a form of modern-day slavery in which people are forced to do sexual acts or some type of labor. Human trafficking does not discriminate; it can happen to anyone, of any age, race, or sex. It happens so often, yet there is little awareness of it. People need to know the signs of human trafficking, how to prevent it, and what actions we can take to help those actively fighting against it. Human trafficking is a horrible crime that more people need to rise up against.

Human trafficking is the second-largest criminal industry and the fastest growing. Even so, there are no educational awareness days for trafficking, like there are for other societal issues such as drug abuse. We, as a people, need to make sure that others

are educated about it. There are many websites that teach people to recognize the signs of human trafficking, such as www.state.gov and www.polarisproject.org. Once we learn the signs of human trafficking we can help others to learn them too.

Human traffickers do not discriminate. Anyone can be taken or exploited. Protecting ourselves and others is the best way that we can prevent human trafficking. A key way to do this is limiting how much we share on social media. Traffickers often target and reach out to vulnerable people on social media. They build trust and groom their victims into believing lies. They might arrange a “meet up” where they can abduct the victim. Traffickers also threaten or blackmail victims after leading them to share confidential images or information

about themselves. Parents and guardians should monitor their children’s devices and teach them how to be safe online.

While a person might not be able to actively intervene to save someone from being trafficked, they can help by donating to organizations that can. There are websites like www.ourrescue.org that give funding to law enforcement toward efforts to rescue trafficking victims. They also help victims recover from the traumatic effects of trafficking by providing access to individual, holistic care.

People tend to avoid the topic of human trafficking, as it is uncomfortable to realize that children are often the victims of this crime. But this is exactly why we should be talking about it. It is our duty to protect children and other

vulnerable people from predators that seek to exploit them. Looking for the signs of human trafficking can be disturbing, but it is vital for the protection of our youth.

We need to rise up against human trafficking. It is modern-day slavery, and it is not okay. We need to protect ourselves by being safe online, by donating to organizations that help victims, and by learning the signs so that we can identify victims in need of help.

Tell others about O.U.R. Rescue to help spread awareness. If you notice someone who might be a victim, please call the National Human Trafficking Hotline (1-888-373-7888).



LINDA GEVARGIS
REALTOR®/Real Estate Agent
CAL DRE Lic #01067316



Independently Owned & Operated



Dynamic Realty, Inc.
2531 Olive Drive, Suite D
Palmdale, CA 93550
www.dynamicrealtyinc.com
lindag4real@gmail.com

(661) 567-0770 Cell
(661) 538-1080 Office
(661) 526-3902 Fax

**DESERT QUAIL BAKERY
& CONFECTIONS**

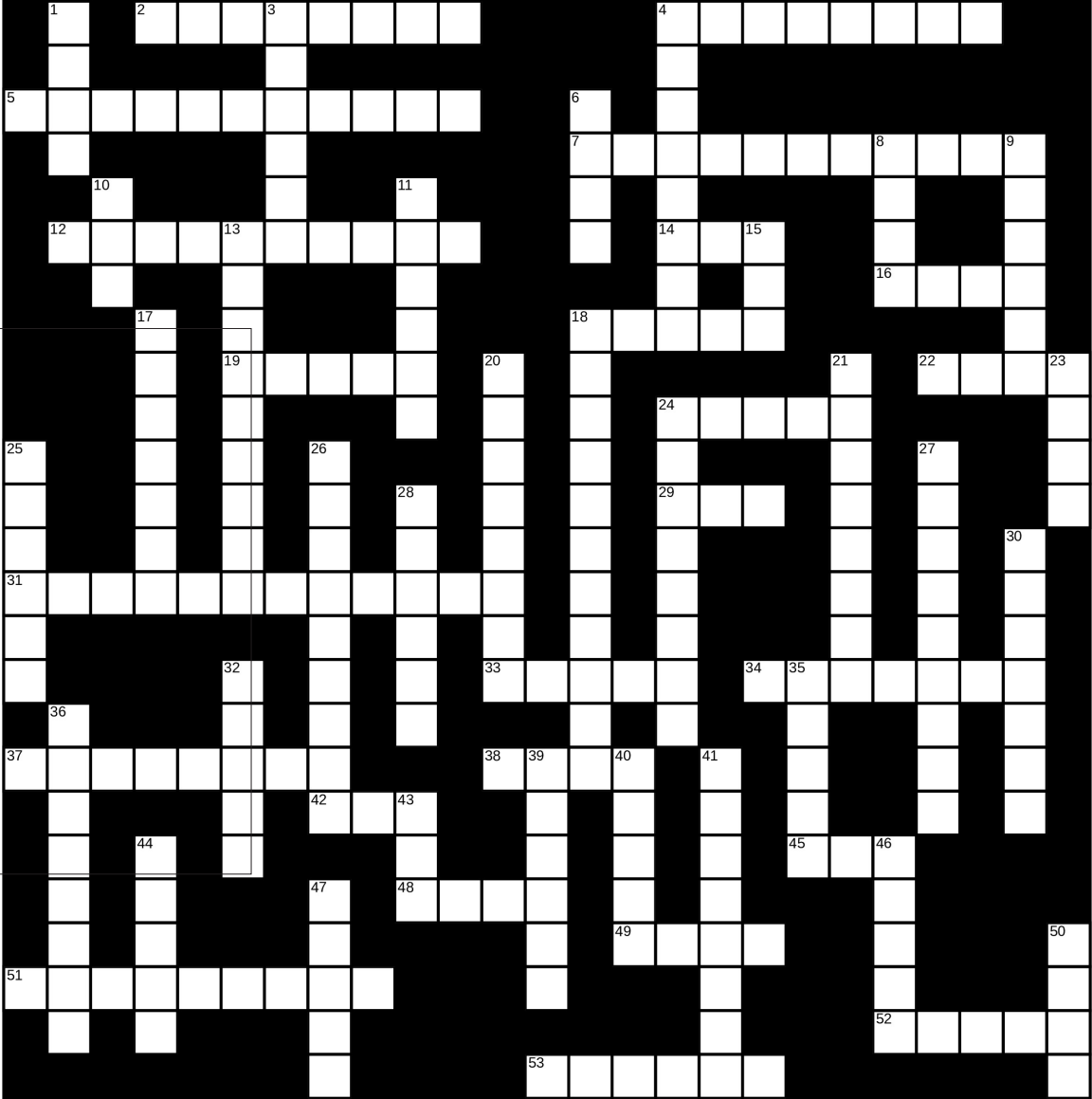
[ETSY.COM/SHOP/DESERTQUAILBAKERY](https://www.etsy.com/shop/DesertQuailBakery)



Table Flippers
PODCAST
with Robert A. Enos

**AVAILABLE ON SPOTIFY,
APPLE, + RSS.COM**

November Crossword



- Down**

1 11th POTUS, born Nov. 1795

3 November entree

4 Grow this to raise awareness for men's health issues in Nov.

6 Chilly, cool

8 Precipitation

9 Expression of gratitude

10 Communal road vehicle

11 Kick or hit the ball into the goal without using hands in this sport
- 13 November 8th event

15 Small dog

17 Delivered Gettysburg Address on Nov. 1863

18 Writer of "Macbeth" and "Hamlet"

20 "Slaughterhouse-Five" author, born Nov. 1922

21 Variety of cabbage with green or purple florets

23 Acid taste, like lemon or vinegar

24 November honorees

25 Physician
- 26 November in Spanish

27 Descriptive word

28 Number of days in November

30 35th POTUS, assassinated Nov. 1963

32 Clearheaded, abstinent

35 Midday meal

36 Volcano that erupted in Italy in Nov. 1867, lasting several months

39 Second book of the Bible

40 Validity, correctness

41 Uncastrated adult male horse

- Across**

2 NFL, NCAA

4 Matrimony

5 November promotion; 2 words

7 Eye doctor

12 November footrace; 2 words

14 Police officer

16 Twelve PM

18 Snooze

19 Polish chemist, discovered Radium; born Nov. 1867

22 Lowest adult male singing voice

24 Responsible citizen in Nov.

29 Young Egyptian pharaoh, tomb discovered Nov. 1922; abbrev.

31 Fourth Thursday in November

33 "Huck Finn" author, born Nov. 1835

34 Subject of 3rd presidential impeachment inquiry in Nov. 1998

37 Next month
- 38 Dark red root vegetable

42 To make a mistake

45 Head covering

48 Oak, maple, pine

49 To assist

51 War crime trials of 1945 concerning Nazi Germany

52 At no time in the past or future

53 Companion
- Find the answers
for previous crosswords
online at
ThePalmdaleJournal.com



Erika Alverdi
Founder

erika@thevinerefuge.org (661)341-5734

BUILDING LEADERS IN THE ANTELOPE VALLEY



INTEGRITY
EVENTS & WORLD TRAVEL

EVENT COORDINATING & PLANNING/TRAVEL SERVICES
(818)336-2662~(661)341-5734
ALVERDIATB17@GMAIL.COM

CST #: 2064898-40

Valley Voices

The \$7.6 Million Dollar Question: Why is Palmdale Money Going to Lancaster?

By Blair Ingcrukes

The Lancaster and Palmdale City Councils met together on May 18, 2021, called by Supervisor Kathryn Barger, to discuss work projects and programs the two cities could work together on. It appeared to be a 50/50 relationship in terms of splitting costs and receiving the benefits. But the list of current joint programs reveal a different story.

According to a report in the AV Press, the Palmdale Council approved Mayor Pro Tem Richard Loa’s suggestion to spend \$2.5 million in Palmdale’s unallocated American Rescue Plan Act funds to match Lancaster’s \$2.5 million for the Multi- Agency Regional Resiliency Center planned to be built for use in an emergency. The two cities agreed to finance and manage the planning and studies to open the new facility. But the location is closer to Rosamond than East Palmdale. Palmdale residents need and deserve an emergency center closer to where they live. The \$2.5

million could have been spent on the two recreation centers already serving as evacuation centers during emergencies.

Then there is the proposed “Wellness Center.” In June 2022, both cities agreed to contribute \$5 million for a wellness center to house a drug treatment program in Lancaster. Where in Lancaster will it be housed? Who owns the property? It’s now \$7.5 million dollars leaving Palmdale for facilities to be built in Lancaster.

The AV Fair, held in Lancaster, was a recipient of a \$100K sponsorship by the City of Palmdale. While Palmdale residents may attend the fair, all the benefits from ticket, concession and concert sales went to Lancaster. We’re now up to \$7.6 million.

On a smaller scale, there are the fireworks shows. Each city planned to host a show with Lancaster on July 4th and Palmdale on another. Lancaster canceled their 2022 show at the last

minute, as their pyrotechnic company did not hold the proper state license. While Palmdale sent \$60K for fireworks shows in Lancaster, what did Lancaster contribute to Palmdale’s show? Will Palmdale receive a refund for the canceled show?

Then there is the controversial EPIC power program that came to Palmdale by way of, you guessed it, Lancaster. EPIC is part of CalChoice, which is led by executive director Jason Caudle, Lancaster City Manager, and the Board made up of Mayor R. Rex Parris and his Council. A dig into Lancaster’s budget reveals that 19 percent of Lancaster’s General Fund Revenue comes from CalChoice. See page 18 (25 on the PDF) of the Lancaster 2022-2023 Budget Report. A question worth asking the Palmdale Council: how much money is going from Palmdale taxpayers to CalChoice?

Why is Lancaster so desperate for

Palmdale taxpayer money? Could the answer lie in the data on the State of California’s Local Government High Risk page? Lancaster came in 229th out of 471 cities. Two areas came up problematic for Lancaster: Pension Funding and OPEB (Other Post-Employment Benefits) Funding. Both were high risk. As a comparison, Palmdale came in at 405 out of 471, with no areas of high risk.

Whatever the reason is, \$7.6 million dollars is leaving Palmdale and going to Lancaster with the approval of the Palmdale City Council. Working together is one thing, but sending millions of dollars to another city when the money could be better spent in Palmdale is another.

We all have neighbors. No matter how well we get along with them, few of us, if any, are paying their mortgage or rent. Why are Palmdale taxpayers seeing their money go away from their city?

We're Latino, not Latinx

By Mario Presents

Latin, the basis of all romantic languages, is spoken today by almost no one. However, Spanish, French, Portuguese, Italian, and even Romanian are spoken by almost 940 million speakers around the world. One key fact of these languages, plus their derivatives, is that they are all gendered. Gendered means an item can be masculine or feminine and the corresponding conjugations, pronouns, and descriptors are also gendered. Changing this 5,000+ year old habit probably will not happen, but there are people attempting to make it happen.

Latinx, the new adjective to describe all latinos or latinas by a gender neutral term, is accompanied by the suffix -es for a complete linguistic neutering. Niños and niñas become niñes, and a new word is created. Change isn't easy for anyone, including supporters of the updated language like the Spanish Ministry of Health, who still use antiquated phonics from time to time. Forced neutrality is not natural, nor is it helpful, unless you want to deliberately conceal the true identity of a person. “She is found in a group of people, while ‘they’ can be anyone.”

Lexicons, or the vocabularies of peoples, naturally change over time. Forced adoption of gender neutrality is hitting many roadblocks, including but not limited to culture, tradition, and science. Americans succumb to social pressure very easily. However, the Latino community is not easily swayed. History also shows that aggressive [self] policing of language always backfires on the gestapo. As a hispanic man and bilingual speaker I must say, “Stop trying to make Latinx happen! It’s not a thing, it never will be. Gracias.”

Palmdale City Council Limits Free Speech and Shows Favoritism

By Dawn Hardesty

Is there favoritism at Palmdale City Council meetings? As an attendee of the Palmdale City Council meeting on September 21st, 2022, I was appalled to see one speaker, a veterans’ advocate, get cut off in the middle of her public comment while other groups were allowed to speak past the three-minute mark.

According to the advocate, Palmdale has been in non-compliance with state law since April 7, 2020. She cited about 15 incidents to insert the word “existing” into the definition of accessory dwelling units (ADU). ADUs are small, livable units located on the same lot as a single-family home which have the potential to increase housing affordability. The veteran’s advocate spoke on the out-of-compliance policies. By inserting the word “existing” in city documents, it discriminates against veterans because it limits housing options. The document is currently available on a Google search, “Department of Housing and Community Development, June 29, 2021, Palmdale ADU Ordinance.” She was not in agreement with the actions of the city council and had informed them through emails as well. She had much more to say but could not be heard as the council promptly cut off her mic!

Surprisingly, at this same council meeting many other “public comments” from speakers, such as developers and the AV Hispanic Chamber of Commerce, were allowed time past the three-minute mark without their microphone being turned off!

One city council member replied twice to a comment which was not on the agenda. According to the Brown Act, this is a violation, unless the item spoken of is

on the agenda. Government code prohibits agencies from voting on or even discussing an issue that is not on the agenda for a regular meeting. Is there some sort of favoritism going on here? Contrasting this rude behavior by the city council, they also wanted to adopt a resolution (CC 2022-103) to establish the norms and procedures for the council’s conduct of public business. This is a code of conduct in which “the mayor should not permit unauthorized remarks from the audience including applause...”

Is clapping not lawful? I thought our council members swore an oath to protect the Constitution. The First Amendment of our United States Constitution states: “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press, or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.” How we petition our elected representatives is now to be governed? Councilmember Richard Loa asked that the vote on the adoption of this resolution be postponed to the upcoming meeting in a few weeks to work on new wording.

Also, the new resolution included wording that would prevent a council member voting in the minority to NOT be entitled to make a motion for reconsideration on a matter (Section 5: A-2). So dissenting opinions will not be allowed? Another troublesome addition to this resolution is, “members of the public wishing to speak during the public participation portion of the City Council meeting shall be limited to the comment

by the Mayor before the public comment period” (Section 7: B). To summarize, if the council wants to go home early that particular day or many of the Palmdale citizens decide they need to speak to their elected representatives, they can adjust the speaker's time to one or two minutes. We, the constituents, lose our ability to speak our voices. The time to speak could become arbitrary.

Being an attendee at former meetings, some comments made by city council members suggest the meetings go too late. Does that mean our ability to have a say in city business should be diminished? As citizens, we have a right to know and speak on the decisions our city council is making, and to direct them in how to vote. We should be able to have our voices heard as to how our tax dollars are spent. These are our elected representatives and our voices should never be silenced or censored due to time limitations.

The ordinance number 2022-103 is available to view on the City of Palmdale website, under the agenda for the September 21, 2022, City Council meeting.

Make your thoughts known through email, to your city council members, as they were elected to represent you.

shofbauer@cityofpalmdale.org,
lbettencourt@cityofpalmdale.org,
abishop@cityofpalmdale.org,
rloa@cityofpalmdale.org,
jcarrillo@cityofpalmdale.org,
rperez@cityofpalmdale.org



Butler's Mission

We are a local 501c3 Non-Profit corporation that provides vocational job training. We want to see the next generation of young leaders and entrepreneurs succeed. We partner with local churches, schools, government assistance agencies and other non-profit to provide a quality hands-on job training experience. We are very proud of our hard working volunteers who are working very diligently to serve you and their community. Interested in volunteering? Come in and ask any of our servers for an application.



Our Mission: Out of the Ashes, Beauty Arises

Women around the world struggle daily to find their beauty and self-worth. Beauty for Ashes, International emerged out of a pursuit to empower women so that their confidence is not washed away when the day is over; rather, their self-worth be their permanent state of being. Established in 2017, our mission is to empower women's self worth from the inside out through our community-based programs, organic beauty products, and health and wellness activism. We strive to bring God's light into the dark beauty industry to help women exchange their ashes for beauty. Want to hear more or partner with us? We are located inside Butler’s Coffee and would love to chat with you.

Valley Voices

Know Your Rights: A Guide for Everyday Workers in the 21st Century Workplace

By Rebecca Miriam and Rick Nicolet

Sometimes, as an everyday worker, it seems like the only requirement to being a boss or supervisor is to have unreal expectations and no considerations for other people's feelings. But if you're in this situation, and you have no choice but to tough it out, the first thing to remember is that you are not alone. There are millions of others all around this country feeling just as trapped and exploited as you. The second thing, there are ways to make your job and your life easier. Because that is what is important. That you enjoy what you do. And that you look forward to each day. You are all that matters. That's why the following helpful guide was created: to teach you how to handle your workplace so it can work for you.

1) Your Phone Is Your Friend.

Whoever said a man's best friend was his dog obviously never owned a smart phone. And your phone is definitely more than a friend. It's a part of your life. It allows you to stay connected with loved ones and family. To stay on top of your finances and investments. It keeps you up-to-date on what's happening in the world around you. And it motivates you by surrounding you with things that matter to you, like hot trending topics, recommended videos, games and music, and closeout sales you've been watching for. All of these are obviously critical facets of everyday life. Why should your life stop just because you're at work? After all, the only reason why you go to work in the first place is to live better. If you have to cramp and butcher your personality, and drastically change your whole lifestyle so that your life becomes unbearable, didn't you just defeat the whole purpose of working?

2) When You Gotta Go!

In these days of over-crowded offices and workspaces with coworkers and supervisors always looking over your shoulder, the bathroom is more than just a place to find bodily relief. It allows you to claim for yourself a few quiet moments when you need to be alone. But whatever the reason why you're excusing yourself, the truth is that it's nobody's business but your own. Nobody has the right to tell you when you can and can't have a little private time. As a matter of fact, going to the bathroom is about as basic a human right as you can get. And when it comes right down to it, it's even deeper than a right. It's an essential and undeniable human need. And when other people attempt to control that part of you, passing judgment over because your human needs don't happen to align with their unrealistic expectations, then that is nothing short of a personal attack. And one of the cruelest forms of abuse.

3) Never Be Ashamed Of Who You Are.

Your identity is fundamental to your understanding of yourself, your emotions, your dreams, and your lifestyle. And you absolutely deserve the right to express who you are at any given moment. Your identity doesn't and shouldn't have to change just because you put on a company T-shirt or walk into a building. You should never feel you have to stop being who you are just to make someone else, especially an employer, feel better

about themselves or their company. Forcing you to talk a certain way that's more in line with the CEO's idea of a good company image, or managers telling you what actions or dress codes are appropriate and inappropriate, supervisors telling you how you have to wear your hair—all of this is a form of subtle corporate aggression designed to silence you by forcing you to deny yourself.

4) That's What The Internet Is For!

It's so weird that there are still people in the workplace who haven't figured out that there are all these brilliant computer programs that can spell check and organize documents and research facts for you so you don't have to. And, not surprisingly, most of these fastidious morons are in managerial positions. Be careful because most will try to use their power against you. They will want to belittle you for not spelling a word the way they think it ought to be spelled. Or they will try to shame you for not being well-versed in material they believe is important to them and their stupid company. But don't let it get to you. What they don't seem to realize is that in this day and age, you don't have to know all that stuff. Everything is on the internet! So even though you might not know all the answers to their banal questions or unreasonable demands, Siri does. And since you're on great terms with Siri, then there's really no problem.

5) Look for Ways to be Happy.

Every job has its perks. Sometimes you just have to look a little harder to find them. Don't be afraid of being creative and letting your imagination take over to make the days that much easier. For example, if you're driving around delivery trucks or golf carts or other company vehicles, don't be afraid to...drive around. Take time and enjoy your surroundings. Or if your employer's set up a Zoom room with a couch and screen, don't be afraid to...use them. That's what they were designed for. All you're doing is putting this stuff to good use and it's good because it makes you feel better. Your well-being and happiness should never, ever be underestimated. By anyone. Always remember you have the Constitutional right to be happy wherever you are. But especially at work where the risks of frustration, stress, and high blood pressure are extremely high.

6) Home is Wherever You Are.

Leaving home for an unfamiliar environment can be an intimidating experience. Having to wake up very early each morning, maybe even before ten o'clock, and commuting to a faraway place, in a strange building where you have no voice, no rights, and your time is not your own. And now imagine having to spend the majority of every day in this harsh, critical, anti-social environment. That's the world employers have built for you. That is how they like you to think and feel because it makes you easier to control. But don't fall into their trap. You don't leave home to go to work; you are home wherever you are. So take charge of your workspace by making it your own with pictures or trinkets or posters. Be confident when you go into the

lounge and dig through the refrigerator to see what's there. That's your food. It's your microwave (cooking fish is okay!). It's your bathroom (use as much TP as you need). It's your desk (lay your head down and sleep if you need to rest). Enjoy what belongs to you. You've earned it.

7) Your Body; Your Pace.

One of the most common things employers traditionally attempt to do is bully you into working faster. But forcing you to work at a pace you're not comfortable with so that they can make more money is the perfect case in point for exploitation in the workplace. And submitting to their demands can have serious consequences for you.

I recent Ivy League study connected the harms of rapid performance with toiling for labor, finding that “Employees involved in constant, swift and accelerated movement of the eyes, limbs, and brain functions for the express purpose and end result of daily sustenance are likely to experience extreme physical and emotional hypersensitivity, compromising their immunity on every level, while also causing severe trauma to their core inner-child.” The study went on to link accelerated working speeds with the following:

- 1) Fatigue.
- 2) Sore Muscles.
- 3) Discombobulation.
- 4) Disconnection.
- 5) Depression.

Of course, what employers don't realize is that putting you in a position where you can be seriously harmed actually hurts them as well. Because you are the motor that keeps their corporate machine running, when you can't operate at your full potential, their company pays the price. So next time an employer wants you to speed up, have the courage to tell them, “My body, my pace,” and know that you are absolutely doing the right thing. For yourself. And for them.

8) A Job Is Definitely Not a Career.

Many employers want you to believe that what you’re doing as a job on their behalf and for their benefit, is important. It’s not. It’s just a job. It’s not a career. Don't let them fool you into thinking otherwise. In fact, what they have you doing is practically a complete waste of time. A “job” is what you do because you have to. It's not like you have a choice. You need money to buy things in order to live (sneakers, weed, burrito bowls). But a job is totally temporary. A “career”, on the other hand, is kind of like a job only it pays you a whole lot more money and has the potential to impact the entire world in real time (i.e. YouTuber, Gamer, Social Media Influencer).

9) Don’t Be Intimidated By Ridiculous Requests and Entitled Employers.

It is extremely likely that you will encounter employers who make unreasonable demands on your time and your energy, ordering you to do things that simply make no modern logical sense. Outdated errands like mailing letters, sending faxes, or forcing you to have face-to-face meetings. If employers are unaware of how absurd these requests are then they definitely should be

educated. If they do know, then they are without a doubt inventing busy body work just to prove their power over you. They do this in order to feed their giant, over-inflated egos and maintain their image of the perfect master/slave relationship.

But their excesses and entitlements don't even end there. It's completely normal in the corporate world for employers to expect you to work overtime, to give up your time off, and yet all-the-while keep your mouth shut about having to live with a salary that's far below a decent living wage. The key here is to fight back. Don't let them get away with it. Check your local, state, and federal laws for anything your employer is doing that is the slightest bit illegal and threaten to inform the authorities if their over-the-top requests and inflated egos get out of hand.

10) You’re Probably Smarter Than Your Boss.

And he knows it. Which is probably why he resents you so much. This is one of the major problems you are likely to experience in the workplace. Old people and employers in particular like to think they know everything just because they have “experience.” When actually, they are so out of touch with the real world, most of them are incapable of operating even the settings on their smartphone. They don't know how to multitask. They think computers are for computing. And they somehow believe it’s productive to have boring in-person meetings. So it really makes them feel insecure when you come in and show them up what life is really like nowadays. It makes them feel old. But that's life. You shouldn't have to apologize for the fact that you were born in the information age. That you are tech savvy and an informed person. If they don't like it, that's their problem.

Always Remember.

- 1) You are the Future.
- 2) You deserve to play as much as you work.
- 3) Your work should be play.

A Little Bit About Me.

I'm a twenty-nine-year-old Millennial. I live in Los Angeles, California, the entertainment capital of the world, in a beautiful ADU on my parent’s property. I have two master's degrees. One in Unified Sexual Relations with an emphasis on Emotional Psychotosis. The other in Fifteenth-Century Social Media Habits with an Emphasis on Philiological Reductions. I have amassed a moderate student loan debt of \$244,000.

I am happy to say that up to this point in my life, I have never had to fill out a capitalist job application or submit myself to the dehumanizing microscope of potential and critical employers whose only interest in other human beings is how to be best served by them. However, this doesn’t mean that I don’t work and don’t have a job. I am a web developer for Time Loop, a proficient guitar tacet player, a prolific app creator, and video game aficionado.

Oh, and I love to chill out and play with stray kittens.

EMPLOYERS BEWARE.
YOU’VE BEEN WARNED.
THIS IS THE MODERN WORKFORCE!

Robertson's

PALMDALE

HONDA



Shop
Palmdale

SHOP. BUY. LOCAL.

ALL AIR
CONDITIONING COMPANY

COMMERCIAL • INDUSTRIAL
BUILDING SERVICES • RESIDENTIAL
License # 1087213
Call: (661) 810-1319
www.AllAirConditioningCo.com

 Like Us On Facebook All Air Conditioning Company

ERIC MRANTZ



PublicSq.

Connecting freedom-loving
Americans, locally.

www.publicsq.com



All Glass
& Plastics, Inc.

Residential • Commercial
Energy Efficient Windows & Repairs
Mirrors • Showers • Acrylics • Polycarbonates
24 Hour Emergency Board Up • Lic. #236685

Mark Pompey
President

42320 10th St. W
Lancaster, CA 93534
mark@allglassandplastics.com

(661) 945-5838
FAX (661) 945-3940
www.allglassandplastics.com



Scott Hammond

REALTOR®

310.849.6366

GetScottRealtor@gmail.com

DRE# 01739766

 M.L.S.

Each office is independently owned and operated.

If you patron any of the businesses who advertise with *The Palmdale Journal*, please mention you saw their ad here.

DAVID NURSE
PHOTOGRAPHY



& VIDEO

CREATING MEMORIES
THROUGH IMAGES

2851 West Ave L
Lancaster, California, 93536
661-816-0457

davidern@dnursephoto.com
www.dnursephotography.com

Romans 6:23



JOHN THE HANDYMAN

TO THE RESCUE

CALL OR TEXT FOR ESTIMATE
661-232-0947

A 501c3 Faith-based, Nonprofit Organization.



Antelope Valley
DreamCenter
building a community with a cause



FREE grocery distribution in the AV.
Please scan the QR code or visit
www.avhungerrelief.org to find a
food distribution site near you. God Bless!





FIRST IMPRESSION THREADS
IS ORGANIZED TO BLESS PEOPLE IN OUR
COMMUNITY WITH FREE CLOTHING. OUR CLOTHING
OPTIONS ARE SPECIFICALLY GEARED TOWARDS
TEENAGERS AND MEN AND WOMEN OF ALL AGES
LOOKING FOR NICE, BUSINESS ATTIRE. IF THAT'S
YOU, OR YOU KNOW SOMEONE WHO WOULD BENEFIT
FROM THIS, PLEASE CONTACT US TO MAKE AN
APPOINTMENT.

www.avdreamcenter.org

Contact: 661-418-6818 or info@avdreamcenter.org

TO SUPPORT
FINANCIALLY TEXT
AVHUNGERRELIEF TO 44321

★ ★



GWCC FESTIVAL OF LIGHTS

CHRISTMAS

EXTRAVAGANZA

Sponsorship Opportunity

\$300

Gold Sponsor

Gold sponsorship includes
your business logo yard sign in
front of a village, business
literature put in the welcome
bags and social media
advertisement.

\$150

Silver Sponsor

Silver sponsorship includes
business logo yard sign in
front of a village that
promotes your business.

GWCC Festival of lights is a community
Christmas light show that will consist of themed
light villages. With this sponsorship we would
love to partner with you to bring awareness to
the community about your business.

LAST DAY TO SPONSOR IS NOV.30TH

EMAIL US AT: GWCC.JACKIE@GMAIL.COM FOR PAYMENT INFO

★ ★