

The Palmdale Journal  
Circles the Sun!

By David Gray

With this February edition, The Palmdale Journal celebrates its first year of publication. We want to take a moment to celebrate the accomplishments and to say thank you to all who have contributed to the birth, growth, and success of our first trip around the sun.

In January 2022, a group banded together to create a newspaper that is “For us, by us and about us”. They recognized the need for a truly local newspaper. They decided to journal the story of the city of Palmdale during a very tumultuous time in our nation, state, and city. So, the complete all-around volunteer team of writers and editors rolled up their sleeves and got to work! A month later, the first edition of The Palmdale Journal hit the streets.

Not being sure of how the paper would be received, the publishers decided to start with a modest 2000 copies. It immediately appeared that they would need to increase the number of copies. Today the paper has grown to print 4000 copies and is still growing. Distribution started out with the group handing it out to a handful of locations. It is now being distributed to over 100 locations in Palmdale, Lancaster, Quartz Hill, Acton, and Leona Valley. The first edition was only eight pages, but it quickly grew to 12 pages that include sections such as News and Info, Features, Valley Voices, City Deetz, Youth and Education, and a spectacular Crossword puzzle!

The Palmdale Journal would like to give a big shout-out and huge thanks to our advertisers who have made it possible to deliver this paper free to the public! Our advertisers gave us encouragement to keep going and have shown their devotion to our community by supporting our local newspaper.

Finally, dear readers, thank you for reading this paper and for being engaged. We receive emails, both praises, and critiques about the paper. We appreciate our reader's willingness to share their thoughts and for being so engaged in our community. Thank you for picking up The Palmdale Journal and giving it your time!

So, congratulations to all the contributors, editors, and advertisers of The Palmdale Journal! God willing, we will travel with all of you around the sun again, once again, in the coming year!

Palmdale, a Place to Call Home...  
for the Homeless?

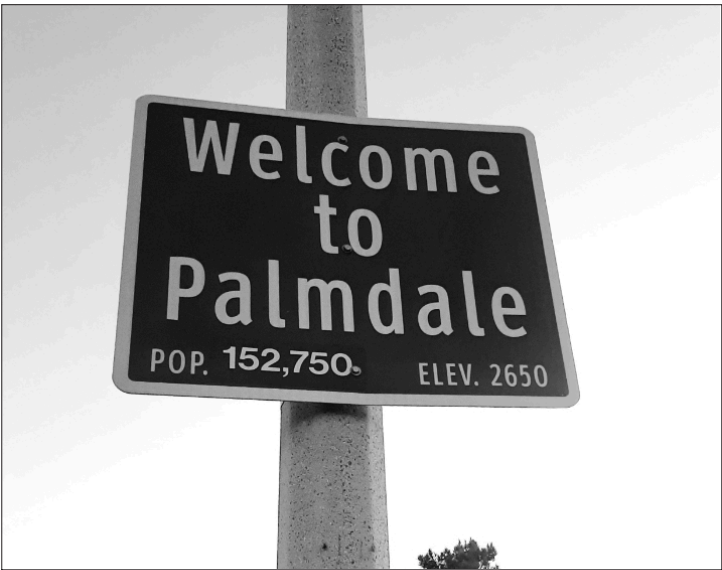
By Amanda Palmer

PALMDALE- The January 11, 2023 agenda for the Palmdale City Council meeting entailed item 11.13 to address comments made by Los Angeles’ newly elected city mayor Karen Bass regarding LA’s unhoused population. The City Council Staff Report details the issue as :

Discussion and possible action declaring Palmdale’s opposition to the City of Los Angeles using its emergency powers to create a homeless “village” in the Antelope Valley.

Covered in July’s issue of The Palmdale Journal, Bass stated, “There’s a big chunk of land in Palmdale and maybe we could create a village out there.” This was in reference to housing for the Los Angeles’ homeless population. The Palmdale City Council passed a resolution “declaring opposition to the City of Los Angeles using emergency powers to create a homeless ‘village’ in the Palmdale area.”

Mayor Bass declared an emergency on homelessness and apparently



planned to use her emergency powers to utilize the land that LAWA (Los Angeles World Airports) controls to build a homeless community. According to LAWA’s website, their Palmdale land holdings occupy 17,000 acres next to US Air Force’s Plant 42 in Palmdale. (Plant 42 hosts aerospace contractors to build and maintain military aircraft).

As a Palmdale city staffer reports, a potential consequence to a homeless village could impact Palmdale’s growth for aerospace and the employment opportunities it brings. Federal contractors might reconsider their location. Historically, Palmdale’s legacy lies in aerospace.

Mayor Laura Bettencourt stated, “We will make sure that we have the best quality of life that we can for the people, the residents that live here; by letting what we will accept from outside influences be known and understood, by people around us, by our neighboring communities and cities, is very important.”

Councilman Eric Ohlsen expressed his concern over the resolution, asking the council whether the opposition to Mayor Bass would make her, “mad” and force her hand.

Seeing as the city has faced property damage due to homeless stragglers from Los Angeles, Councilman Bishop questioned how there could possibly be a compromise to Mayor Bass’ housing plans, without putting Palmdale at risk. Councilman Richard Loa chimed in, “Forever, since the Antelope Valley became more populated than ever before, we have been ignored and frequently

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Work experience  
opportunities for teens in  
the Antelope Valley

By Dawn Hardesty

PALMDALE- Non-profits and for-profit businesses in Palmdale are offering work experience opportunities for local teens. With many employers preferring work experience as a beneficial trait in a new hire, teens who volunteer or have part-time job positions during school will already have a leg up over their contemporaries once that tassel is moved from right to left, and the final high school bell rings.

Butler’s Coffee, a non-profit located in Palmdale, is an outreach for youth where the training sets teens up for success. Though a non-profit and a volunteer-based business, one cannot expect a candidate to be automatically hired. On the contrary, applicants go through the traditional processes

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Los Angeles public  
schools declining scores

By Franklin Castillo

Poll numbers report that Los Angeles County public schools are in a deep decline. Enrollment is down and the trend is expected to continue through 2030. Additionally, test scores are down in both ELA (English and Language Arts) and Math. SEL (Social Emotional Learning), the new version of Critical Race Theory is in place in California Schools and appears to be a major influence in these falling numbers.

At the end of 2022, the Census Bureau stated that “California saw a loss in population of .04% at the end of 2022.” This translates to a loss of 114,000 residents. Los Angeles Unified School District (LAUSD), reported that 20 years ago enrollment in public schools was 737,000. Now enrollment numbers are estimated at 430,000.

While the loss of students is partly because of domestic migration to other states, it is also due to families opting for home school curriculums, charter, and private schools. Parents and students have become used to the flexibility they offer, a commodity brought on by the pandemic.

While there is currently no new info on dropout rates, during the pandemic students were rapidly dropping out because of financial hardships making school attendance difficult. Nationally, the country saw more than 1 million students drop out during the pandemic. These rates also include withdrawals for other types of schooling that are not public schools.

National test scores have been declining partly because of Covid lockdowns and remote learning. Los Angeles County test scores have seen some startling declines in the last 5 years. In the school year 2018-2019, ELA scores showed that 50.43% of student

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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.

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## Discourse takes place between new city councilmembers and oldstanding members over new LA Mayor's plans

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dumped upon, not just with the homeless but in other respects. The comment that was made by now Mayor Bass was flippant and showed disdain . . . I think the resolution is appropriate because it takes a stand . . . we no longer want to be the repository for LA’s problems.”

Even Lancaster’s mayor, R. Rex Parris took a definitive stance in December, “I strongly oppose Mayor Bass’ plan to move the LA homeless population to a village in the Antelope Valley. This kind of inhumane and

degrading treatment of individuals who are struggling is unacceptable and must be stopped. How can you claim that your city is a sanctuary city while sending your own citizens away?”

Known as a commuter city, Palmdale’s vast suburban neighborhoods host many hard-working families - the city's motto proclaims, “A Place to Call Home.” The area handles its own issues and cares for its own community.

Palmdale’s charity groups and residents assist groups that require additional community assistance within

the city’s bounds. Many veterans and immigrants find refuge here because of affordable housing and neighborhood churches and community programs. This very resolution comes on the heels of the council approving an agenda item that approved 56 duplex units for veteran ownership of low-income households.

Though the resolution “may not have legal weight or teeth,” one community member, Rich Gallego thanked the council on the item, “it is important the body stands to make a strong statement telling them that this is not something that we are okay with. You did the right thing.”

## Local organizations help teens go far



Pictured: Katelyn Acosta, a Butler's Coffee Shop Volunteer

of acquiring employment, such as filling out an application, interviewing, and doing job training. Though the position is not paid, volunteers do get recompensed with tips from consumers.

Supplementary to the duties associated with being a volunteer, workers can request job interview training and resume advice from the owner, a former Human Resources Technician. After completing 100+ hours of service, volunteers can use Butler’s as a reference for other jobs. At any given time, there are four to five youths constantly being trained. Of those youth, 95% get other jobs after completing 100+ hours with work experience under their belts, some even becoming shift leads, trainers, or key holders at Butler’s Coffee shop, which makes their resumes look even better. Many volunteers stay well beyond the 100 hours, and some return even after finding paying jobs.

All workers at Butler's are volunteers,

including management. There is no paid staff. The money made after paying rent, supplies, and utilities goes towards other non-profits, one of them being CareNet.

A for-profit business that offers work experience is Baracoa Cuban Restaurant. Joe, a line cook at Baracoa, started out as an intern. He interviewed with the Head Chef and after 160 hours of an unpaid internship, he was hired. Joe is now a paid line cook working 8-12 hours a week as a senior in high school. At 17 years old he is on his way to a great career. Baracoa is currently looking for more interns. The head chef, Chef Keith said, “If you ever think you can’t, think again! You just might surprise yourself.”

Job experience is invaluable, teaching work ethic, relationship building, self-confidence, and self-discipline. The Palmdale Journal will continue to highlight various opportunities for teens and parents to take advantage of to better help our youth succeed.

### Our sincerest apologies

Oops! In our November 2022 edition was an article titled “A Guide for Everyday Workers in the 21st Century Workplace”. The article spoke about the current attitudes regarding the workplace in the world today. Well, the best-made plans can often go awry. We thought it would be funny to do a satirical piece and write it from the perspective of someone with totally wrong views about working today. We received a few complaints about the article and were asked how could we allow such a wrong-headed article in *The Palmdale Journal*.

The article was meant as satire, and clearly, we missed making it funny enough to be seen as such. For that, we are truly sorry and will work hard on our comedy and satirical prowess so that instead of upsetting our readers, we give them a reason to laugh. God knows we need a good laugh, given how things are today.

So please accept our sincere apology for a misfired attempt to brighten your day with a little humor. We promise, if we ever do a satirical article again, to make it clear and hopefully lighten your day with a smile. Thank you, our readers, for being so engaged!

## California public school students suffer at the hands of new curriculum

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test scores met or exceeded the expected standard. Student math scores showed that 39.11% met or exceeded the standard. The 2021-2022 scores show 47.20% of ELA scores met the standard and 32.86% of math scores met the standard. While a 3% drop in reading and a 6% drop in math may not seem like much, this is across millions of students. Based on surveys done by Nation’s Report Card, CA schools fell below national standards in close to every sector of education including ELA and Math for the 2022 school year. People may be leaving the state but the remaining students are getting less education than

when the schools had more students.

SEL, the new version of Critical Race Theory (CRT), is being used by the state of California as well as the county of Los Angeles. The SEL process is sold to the state and county with the explanation that children need emotional support in the classrooms because of the pandemic. This curriculum is designed to allow children to explore their feelings and emotions while in the classroom. It hides as a system used to help tie classrooms to family and community.

Children do and have experienced stresses at school. The pandemic period was one of the worst times that children have endured in the last few decades.

SEL teaches kids to perceive and believe things that are not real, seeing problems or systems that are being planted in their shapable minds through the SEL ideology. It blurs the lines between a child’s imagination and reality.

If a child has dealt with a lot of emotional stress and is brought into an SEL school system, they can be taught to express what they feel deep inside which may be that they feel like they are a unicorn. Feelings like this will be held as real and the child will be directed to act into the fact they are now a unicorn. One can deduct that this type of validation can essentially end up being the influence that leads a child to start puberty blockers and decide to transition, surgically, into a unicorn later in life.

Granted, the example may be on the extreme side and one may think that this is outlandish, but the trajectory of the cultural norms being developed and tolerated in this generation very much make this type of example a possibility.

Schools have always been expected to teach children how to think critically, read,

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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.

write, mathematics, science, and computer skills. Skills and knowledge that will earn them great careers, helping them become self sustained.

More recently, however, public schools have undertaken the task of teaching victimhood, emotionalism, and instead of how to think- what to think. Could this be why there are higher dropout rates and lower test scores?

The CA school system in the state is broken and must be repaired. Children are our future and therefore deserve for parents and adults to advocate on behalf of their intellect and skills. How have you taken control of your kids’ education? Please write to info@thepalmdalejournal.com to share your stories. We would love to hear from you.



# News and Info

## AV Dream Center: Building A Community With A Cause

By The Palmdale Journal Staff

With the recent cost of inflation, family budgets are having to adjust to an ever-changing economy. So, it's no wonder that people across the Antelope Valley have been accessing more resources to keep their households afloat. One such resource is the Antelope Valley Dream Center. Founded in 2013 by John and Denise Perry, the AV Dream Center is a faith-based, nonprofit organization that serves the local community and surrounding areas with resources such as groceries, household items, clothing, blankets, and more.

When they started out nearly 10 years ago, the Perrys had no specific agenda except to help people who were struggling to meet basic needs. "My husband and I felt an undeniable call from God to go out into our neighborhoods and serve our community however we could, even if that meant just talking to them," Denise said. Having little experience in the nonprofit world, they did some research, met with Brian Steele, CEO of the Phoenix Dream Center for mentorship, and filed the appropriate papers to set up their nonprofit. They started out "borrowing" neighborhood community houses on Saturdays that were managed by local churches and soon grew to run their own community house, adding after-school programs for kids. From the onset, their goal was to encourage local residents to volunteer, giving their time, resources, and love to others. So, on Saturdays, the volunteers would come and cook hotdogs, do crafts with the children, visit, pray and eventually, help distribute groceries to local families.

Their "aha" moment came when they received a visit from a hospital chaplain who sought them out at one of the community houses and asked if they would be willing to drive out to a small mobile home park and bring groceries to families who were unable to reach a local food bank. That's when they realized they needed to become mobile in order to reach



Denise and John Perry, founders of AV Dream Center

the people who are under-resourced throughout the AV.

Today, AVDC is run out of a 5,000 sq. ft. warehouse and with the continued support of private donors, local volunteers, churches, schools, businesses and organizations, they have consistently served multiple locations throughout the Antelope Valley, from Pearblossom and Lake Los Angeles to Antelope Acres and Leona Valley, and everywhere in between. In 2022, in Palmdale alone, over 35,000 people received groceries and over 59,800 people in the entire Antelope Valley through their AV Hunger Relief Network program.

"I've had people ask me, 'how have you been able to stay out of the politics and drama that many nonprofits fall in?' Maybe it's our naivety, but we've always strived to stay in our lane, keep our eyes towards the goal of serving the people, and make sure we live publicly and privately with integrity and a Biblical foundation," Denise explained. "Having an amazing Board of Directors for

accountability and being supported by family and friends has also been a huge help as well."

As an organization that relies heavily on volunteer, hands-on power, the Perrys described how they have been blessed by the thousands of volunteers that have served with them over the years. Only taking a small stipend for Denise in the past couple of years, they have, themselves put in countless volunteer hours to keep this organization running and food on the tables of local families. John has continued to hold his full time job at Edward's Air Force Base, working in the multimedia department for a contractor, while running trucks to pick up and deliver food on days off. "I have a very supportive boss who has allowed me to take week days, when needed, to do what I need to do with the organization," John said.

During the Covid shutdowns, while businesses and organizations were closing, the AV Dream Center was a strong, reliable food source for families

throughout the community, and has continued to be ever since. So, as one could imagine, when the time came to hand over the organization it was incredibly emotional. "John and I knew we were coming into a new season. Being married for over 27 years, with a growing family, we knew it was time for a change, but did not want to shut down the organization. We're thriving!" explained Denise. They continued in prayer and within weeks, knew the answer was right in front of them. Enter, the Rescue Mission Alliance.

The Rescue Mission Alliance (RMA) is also a faith-based, nonprofit that has outreaches in multiple cities throughout Southern California and has been running for over 50 years. AVDC has been in partnership with the Valley Food Bank (a ministry of RMA) for several years, and when the Perrys approached RMA with the opportunity to merge organizations starting in January of 2023, they immediately accepted with enthusiasm. John explained, "We know the AV Dream Center will be in good hands and continue to grow with added resources for the residents here in the AV. The merge is a perfect fit, and what we love most is that RMA has very similar beliefs in that they are supported through private funding as well as their thrift stores, and do not take government funding, which we've seen can be the downfall of the integrity of many nonprofits."

"We have no words to say how grateful we are to God for His grace and mercy and entrusting us with this mission. We are incredibly thankful for all of the support we've had while on this journey. The best part is, relationships are being established, people are serving their neighbors, connections are being made, and this will only continue to grow as we build a community with a cause." To learn more about the AV Dream Center and how you can get involved, visit [www.avdreamcenter.org](http://www.avdreamcenter.org).

## CDC Reporting of COVID Vaccine Injuries – A Cover-Up?

By Dawn Hardesty

The Vaccine Adverse Events Reporting System (VAERS) is a system established in 1990 and jointly managed by the Centers for Disease Control (CDC) and the Food and Drug Administration (FDA). Healthcare providers and vaccine manufacturers are required to report any adverse reaction to any vaccine to VAERS. To date, VAERS has recorded just under 1.5 million adverse reactions to the COVID-19 vaccines. A VAERS report requires about 30 minutes to complete, and often healthcare workers are unaware of the VAERS system and fail to make a report. Some believe that this results in severe underreporting of adverse events.

A newer system, V-Safe, was created by the CDC to streamline the initial reporting process, and each V-Safe report is supposed to be followed up later with a

corresponding VAERS report. On December 21, 2022, The New York Post, The Daily Clout, USSANews.com, RedVoiceMedia.com, and others published "A 'Cover-Up of Evidence of Mass Murder': The CDC Appears to Be Removing VAERS Records" by The Vigilant Fox. According to the article, out of the 10,108,273 COVID-19 vaccinations reported in V-Safe, 800,000 was followed by some type of adverse event. This is about 1 in 13 vaccinations. Of these 800,000 V-Safe events, only 30,492 have been logged in VAERS, or about 4%.

Prior to September 2022, the VAERS reports continually increased as events were being reported. However, according to the article, "between September 2022 and December 2022, the CDC has

removed at least 32,844 records of injuries related to myocarditis, pericarditis, and heart inflammation. What were 45,388 reports three months ago has now inexplicably dropped down to 12,544." This unexplained reduction in the number of these and other events, the severe underreporting of all events, and a number of other issues mentioned in the article have led to some experts and Governor Ron DeSantis of Florida calling for a Grand Jury investigation into the CDC's reporting practices. Some are accusing the CDC of deliberately covering up evidence of vaccine-related deaths.

You can access summarized current VAERS COVID-19 data on the OpenVAERS web site, [openvaers.com/covid-data](https://openvaers.com/covid-data).

### Snapshot: COVID-19 Vaccine

#### Adverse Events Reports

COVID VAERS report from

<https://openvaers.com/covid-data>

1,481,226 reports through December 09, 2022

- 32,828 deaths
- 186,098 hospitalizations
- 141,417 urgent care
- 216,621 doctor's office visits
- 10,240 anaphylaxis
- 16,481 Bell's palsy
- 4,623 miscarriages
- 15,801 heart attacks
- 35,820 myocarditis and pericarditis
- 61,065 permanently disabled

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# Love is in the Air

The Palmdale Journal asked our readers to submit Valentine's Day Notes to their loved ones.  
Here's they had to say.

To: My Husband Devin  
From: Your wife Karen  
I'm so blessed to have you as my husband. I look forward to what the future holds for us.

To: The lights of our lives,  
Melania, Elia and Darian  
  
You make our hearts skip a beat. We love you the most!  
Love, Mom and Dad

Hugs and kisses to my knight in shining armor. Happy Valentine's Michael.  
Love, Carol



From Steve to Katelyn  
"My dearest friend I never met someone genuine & loves God. Friend I pray your kindness melts cold hearts like you did to me."

Happy Valentines Day to my husband Gabino, I love you and look forward to all the years ahead no matter what this life holds.  
Love, Susan

From: Erika Alverdi  
To: My honey Richard  
God gave me you. Thank you for an amazing 15 years. Only He knew what I needed.  
I love you more.



To: Eric Mrantz  
From: Jill Mrantz  
Happy Valentine's Day to my high school sweetheart (40 years) & Happy Wedding Anniversary on February 4, 2023 (34 years). I love you.

Papa John - I love you!  
"The Lord bless you and keep you and make His face shine upon you."  
Numbers 6:24-25  
Love, Gigi

To my Steve: I love you all the way up to the moon and back!  
- Jenny



To: Carol  
From: Michael  
I love you and will forever.  
Happy Valentine's Day and Happy Birthday!

To : Robert Starkey  
From : Michele Starkey  
Thankful God has given me a wonderful man I can spend my life with. Love was just a word until you came around and gave it meaning.

Happy Valentines Day to my husband Gabino, I love you and look forward to all the years ahead no matter what this life holds.  
Love, Susan



To: My beautiful wife, Linda, and my wonderful children, Darian, Elia, and Melania  
From: Daddy  
Happy Valentine's Day. To the best family, any daddy could ever wish for.

To: Palmdale  
From: Mario Presents  
Your sunsets take my breathe away. I've lived here almost all my life. No matter where I go, you will always be home.

To : Everyone  
From : Michele Starkey  
Let us celebrate this day by wishing everyone that is reading this and everyone around us a life full of love.  
God Bless



To: Mario Presents  
From: Papa Bear  
Remember the trees, remember the grass, remember me, the pain in the ...

To: Sign and Action Committee  
From: Papa Bear  
Appreciate you and thank you for your continued dedication. It speaks volumes above any keyboard warriors talking about you.

Hugs and kisses to my knight in shining armor. Happy Valentine's Michael.  
Love, Carol



To: Michele Starkey  
From: Robert Starkey  
You are the love of my life, the shining light, my hope, and my joy. I will love you forever.

To Jessica, William, and David  
Happy Valentines Day. We pray you always know you are loved beyond measure. We are so proud of you.  
Love Mom and Dad

To: All My 3 Rescue Dogs  
From: Laurel  
Thank you for your love and loyalty, sweet rescued Huskies. Brightening lives all around you! Even abandonment in the desert and abuse cannot dim your shining love.



To: GMamma  
  
You are loved and appreciated. The world and the heavens rejoice because of you!

To: Rosa Benitez  
From: Steve Benitez  
Love you Ma! Best Ma a son could ask for!!!

To: Derriky  
From: Michelley  
John 15:13 Truly, honey, you have laid your life down for me and I can't seem to repay.



# Features

## A Generation with Purpose

A Parenting Column by Denize Verduzco

Parents from all walks of life throughout the world are dealing with diverse stumbling blocks in the lives of their children. Issues and obstacles not common in past generations are surfacing to the forefront of current generations. When a child grows up in an environment of personal conflict or confusion, it deters from the power, ability, and capabilities they possess to function within the world around them.

A generation with purpose is a generation with power to birth change. Purpose is a driving force that is found in every individual who walks on this earth. However, the varying factor lies within the purpose behind the driving force. When a generation’s motivating factor is based on confusion; something stemming from outside voices and

influences, it becomes evident in the world around us.

When a child can be persuaded into confusion about their identity or history at an early age, it won’t be long before their outlook on life reflects this confusion. Everything around them will seem convoluted and chaotic versus direct and simple. When lines become blurred, structure and direction seem unattainable. According to 2021 statistics compiled by the Pew Research Center, Gen Z is known to be a generation in which diversity and gender roles are blurred as a norm. It is also known as the loneliest generation, and one in which mental health challenges are very common.

While diversity is a beautiful thing and very much needed, there comes a

time when blurring the lines is no longer healthy. When a narrative being pushed by the media, schools, and influencers, causes children to become confused about their identity, history, or anything relevant to life, it becomes the parent’s responsibility to put an end to it. Parents are to steward their children and future generations in a manner worthy of honor.

All generations, including the most current, Alpha, have the ability to make a positive impact in this world. Generation Alpha, stemming from 2010-2024, means not a return to the old, but the start of something new. This generation commences something new happening in the world. It is no coincidence that the attack on them has been so vast, given the potential they

have to blaze a new path for the rest of the world to follow. All generations have a purpose; some may have fulfilled theirs while others may have fallen short. Regardless, there is room for those still alive and breathing to be the change this world needs.

Parents, there is an immense responsibility on your shoulders to raise up and fill in the gaps for this generation. Steward, teach, discipline, love, nurture, sympathize, emphasize and be present. As a parent, ask yourself what role you play in cultivating and advancing the purposes of your generations. Are you called to reform, refrain, transform or change? Whatever the daunting task may be, know that you were born and skilled for such a time as this. Be Blessed. Till next time...

Your Mommy-Friend

Not a Victim Column:

## 2023, Your Year

By Adriana Salcedo

With all the New Year’s resolutions taking place, many of us already know what needs to change in our lives. So instead of pointing out what needs to be fixed, my desire is to encourage you in your new goals. Therefore, dear reader, today is the day you recognize who you are! Yes you, I'm speaking to you! It's time to dust off 2022 and enter 2023 knowing you are a miracle. The odds of being alive are 1 in 102,685,000. You often long and hope for miracles, looking intently into your life and around you. Little do you know, the miracle you are looking for is staring back at you in the mirror. A watermelon can’t produce an orange, and an orange can’t produce a watermelon. The same is true for humans: we can only produce what we are - miracles. Miracles produce life. This year, remember that you were created for a purpose, to do what only you can uniquely accomplish - miraculous miracles.

Adriana Salcedo  
Beauty for Ashes, International



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. For more information, visit us at [Beauty4AshesInternational.com](http://Beauty4AshesInternational.com)

**Our Mission:**  
**Out of the Ashes, Beauty Arises**

The Human Connection:

## Touchy Topics

By Sabeth Perry

Over the past three years people have been discouraged from physically connecting with one another. The steady stream of advertisements, coming in from all directions, has made it crystal clear– people have germs. But wasn’t that a well known fact to begin with? Think about it. Most folks grew up with these common societal rules: one is to cover their mouth when they cough or sneeze, wash their hands regularly, stay home if feeling sick, and be mindful of another’s personal space. Thus far, society has been able to function and live with one another for centuries abiding by these simple directions and still be able to live in close contact with their loved ones, but something changed drastically in 2020. The narrative of fear, guilt, and shame that was thrust upon all, caused people to behave in very extreme manners, and the way physical closeness and contact has been perceived will never be the same again.

Who can forget the images of grandma standing at the window, hands pressed against the glass, peering out, hoping to catch a glimpse of her loved ones across the lawn? Or what about the people who literally wrapped themselves up in plastic cocoons just so they could hug their family members? While those in power put global pressure for everyone to stay locked up and isolate, people died– alone, and they didn’t die solely from sickness, they died from loneliness and lack of human contact. Some, unfortunately, committed suicide, losing the battle to depression, while others struggled with rapid decline in health. An excerpt from “Loneliness and social isolation as risk factors for mortality: a meta-analytic review” (Perspectives on Psychological Science, Vol. 10) explains how loneliness can increase the likelihood of mortality by 26%. Research has also linked social isolation and loneliness to higher risks

of a variety of mental and physical conditions such as anxiety, depression, cognitive decline, obesity, heart disease, weakened immunity and even death.

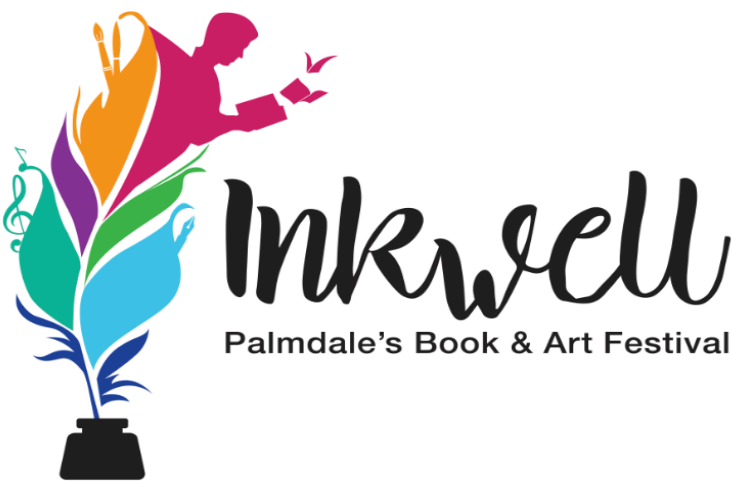
Beyond isolation, the lack of physical contact has also been a contributing factor in declining health among people of all ages. The human body thrives off of “feel good” chemicals and hormones such as oxytocin and serotonin which are stimulated by physical touch. A study published in Biological Psychology, Volume 69, Issue 1, showed that regular hugs can make an impact on one’s health and well being. This particular study found that “frequent hugs were associated with lower blood pressure and heart rates, and higher oxytocin levels in premenopausal women”. The study also found those who hugged more often enjoyed better psychological and physical health, improved relationships and were better able to handle conflict.

So, how can we get back to the positive practice of physical closeness that’s good for overall health? Let’s start by making an intentional effort to personally visit family and friends, not just a phone call or text. Spending quality time with loved ones of all ages should be a priority. Hugs can make children and adults feel safe and accepted, while hand-holding can help in times of distress. Studies have also found that a great way to release the “happy hormones” is to pat a furry friend, and for those that are comfortable doing so, massage therapy is also a great way to relax and reduce anxiety.

February is the perfect month to go above and beyond in creating new habits of connectedness and making small gestures of kindness as we come across people daily. You never know what a quick tap on the shoulder with a loving, encouraging word will do for a fellow human being.



# CityDeetz



## INKWELL APPLICATIONS NOW OPEN ARTISTS & AUTHORS WANTED!

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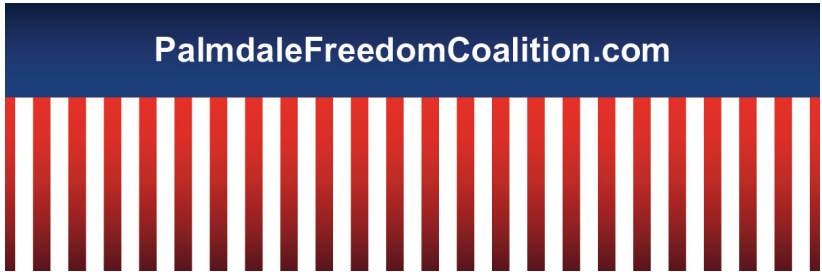
TO APPLY, VISIT [HTTPS://CITYOFPALMDALE.ORG/INKWELL](https://cityofpalmdale.org/inkwell). DEADLINE FOR APPLICATIONS IS MARCH 7, 2023.



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### WE BELIEVE THAT EVERY CITIZEN HAS A VOICE.

Meeting every Wednesday in February at  
6:30 P.M. at Butler's Coffee  
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## Freedom Quilt Tiles

### In-Person Program

Teens! Celebrate African American and Black History Month by learning about the Underground Railroad and Quilt Codes. Design your tile squares and create your own code quilt. For ages 13 – 17.

Attendance is limited, and advance registration is required. Please register every individual in your party, including kids. This will be used to save your spots in the program. We cannot guarantee availability for any unregistered attendees.

Tuesday, February 14  
4:00pm - 5:00pm



## The Wacko Show - In-Person Program



Wed, Feb 15, 2:15pm - 3:00pm  
Meeting Room

Wacko mixes delightful sleight of hand magic with a bunch of comedy. His technical skill is superb, his comedy is side-splitting, and his balloon art is out of this world. For ages 5-12 with a parent or caregiver.

Registration opens  
Wednesday, February 8, 2023 @ 2:15 p.m



### 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.

## Painting Classes in the AV WITH NATALY PAINTS



Friday, Feb 3rd



Friday, Feb 17th  
Saturday, Feb 18th



Friday, Feb 24th  
Saturday, Feb 25th



Friday, March 3rd  
Saturday, March 4th

ALL CLASSES WILL BE HELD AT BUTLER'S COFFEE IN PALMDALE  
FRIDAY'S @3:45PM-5:45PM / SATURDAY'S @1PM-3PM  
RESERVE YOUR SPOT AT [WWW.NATALYPAINTS.COM](http://WWW.NATALYPAINTS.COM) OR PAY AT THE DOOR WITH CASH OR CARD (SEATING IS LIMITED)  
PRICE: \$30 (INCLUDES ALL SUPPLIES) AGES 9 AND UP

@natalypaints  
QUESTIONS? (661)418-7552



4:30-6:30 in the food court

ANTELOPE VALLEY MALL

Every second Wednesday



# CityDeetz



## MOMMY & ME DANCE

ENJOY A FUN, FREE VALENTINE'S DANCE ON FRIDAY, FEB. 17, FROM 5 TO 7 PM AT THE MARIE KERR RECREATION CENTER, 2723 RANCHO VISTA BLVD. ENJOY THIS FREE DANCE THAT INCLUDES TREATS, ACTIVITIES, AND A SPECIAL PHOTO AREA TO CREATE LASTING MEMORIES FOR YOUR FAMILY. THIS SPECIAL EVENING IS OPEN TO ALL AND PRIMARILY GEARED TOWARD FAMILIES WITH CHILDREN AGES 5 TO 12.

THE EVENT IS FREE BUT REGISTRATION IS REQUIRED AT [WWW.PLAYPALMDALE.COM](http://WWW.PLAYPALMDALE.COM).MOMMY & ME DANCE ENJOY A FUN, FREE VALENTINE'S DANCE ON FRIDAY, FEB. 17, FROM 5 TO 7 PM AT THE MARIE KERR RECREATION CENTER, 2723 RANCHO VISTA BLVD. ENJOY THIS FREE DANCE THAT INCLUDES TREATS, ACTIVITIES, AND A SPECIAL PHOTO AREA TO CREATE LASTING MEMORIES FOR YOUR FAMILY. THIS SPECIAL EVENING IS OPEN TO ALL AND PRIMARILY GEARED TOWARD FAMILIES WITH CHILDREN AGES 5 TO 12.

THE EVENT IS FREE BUT REGISTRATION IS REQUIRED AT [WWW.PLAYPALMDALE.COM](http://WWW.PLAYPALMDALE.COM).



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National Society of Black Engineers

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With a Fireside Chat with Astronaut Joan Higginbotham

*For Girls*

- Meet local women engineers
- Try your hands at being an engineer
- Leave with a vision board roadmap to your future



For girls grades 6 - 12

Saturday,  
Feb 4th, 2023  
8:30a - 4:30p

Location: Antelope Valley College



DATE: FEB 18, 2023  
TIME: 8:00 PM  
COST: \$13.00 - \$15.00  
LOCATION(S):

PALMDALE PLAYHOUSE - (661) 267-5684

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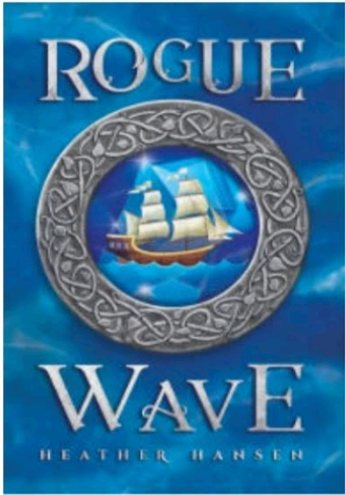
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Toddler | Wednesdays | 9:30a - 10:00a  
Preschool | Wednesdays 10:30a - 11:00a

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# Local Artist Spotlight:

## NATALY SAIZ

Nataly Saiz is a local acrylic artist, muralist, and art instructor, as well as a recipient of the Art World 2019 Muralist of the Year. Nataly grew up in Littlerock, CA with three siblings and her parents, a sentimental terrain that she commemorates in her paintings as seen below. This award-winning artist’s love of art began in a high school art class. “We tried different mediums every week. Once we started painting, I never stopped,” she says.

Her humble demeanor and relaxed approach catch one off guard once they see the talent her hands possess. It’s no surprise as she expresses that her goal when people see her art is that they, “feel the restoration and peace of Jesus Christ Himself.”



Now 24, Nataly began her full-time pursuit of art at the tender age of 19 through her business, “Nataly Paints.” Nataly Paints are weekly classes where even the most novice of students become expert artists. Her practical step-by-step instructions make even the most intimidating paintings conquerable whereas many first-time painters leave completely amazed at their own work.

Her business has grown exponentially over the years and often times reaches capacity. Many of her students are regulars and others come for birthday celebrations, girl’s nights, dates, or family nights.

You can visit her website, [www.NatalyPaints.com](http://www.NatalyPaints.com), to view her paintings and murals, enroll in her art classes, purchase her paintings or commission a mural.







"Living Water"  
After you get covered by the Blood of Jesus and all your sins are washed away. Then you immediately get baptized with the Holy Spirit and Living water will flow through your heart. - Nataly Paints



"Seeking"  
At the beginning of the pandemic, I set my heart towards seeking God and utilizing the new found time to get closer to him.



"Statement"  
A special painting for local Palmdale business, Trevino Law



This painting comes out of the 31 - Day Project.  
"The Study of Water"  
- Nataly Paints



For a special project, Nataly set out to paint one painting every day, for 31 days. Here she sits triumphantly with her masterpieces.



"In the Glory"  
I painted this on the first Christmas my husband and I spent together. It was a glorious day.

To view these paintings in color, visit  
[ThePalmdaleJournal.com](http://ThePalmdaleJournal.com)



# Youth and Education

## It Takes a Village

By David Nurse

Highland High School students are half way through the 2022-2023 school year, but senior running back Brandon Johnson is already acclimating to college life. Johnson earned his high school diploma this past December - six months early - in order to enroll at the University of Arizona. Johnson has been motivated to get ahead of the game and to learn the Arizona Wildcats’ system, as he aims to be a vital part of their offense by next season.

Johnson’s parents, Maurice and Dyneisha Austin, say that their son has been anticipating the move to the college level for quite a while. They describe Johnson as being just like any other kid, and also self-motivated. “Brandon has always been driven, and he knows what he wants out of football.” Johnson’s parents acknowledge the drawbacks of him leaving high school early: he will miss out on being around his family

at home, he will be thrust into Division 1 college football, and he will have to prove himself again to the Wildcats staff in order to claim the starting running back position. Johnson’s parents say they were aware that they could have chosen to enroll him at a high school outside of the Antelope Valley. Yet they know how difficult it can be for players who live in the Antelope Valley and attend high schools down below. The long commute, the extra-early waking hours, and returning home late in the evening; all of this takes a toll on students. Maurice and Dyneisha believed that their son would be able to achieve his goal to play college football by remaining in the AV. They were correct. On Friday, December 21, 2022, Johnson signed his letter of intent to play for the Arizona Wildcats.

Dyneisha believes that reaching one’s desired level as

an athlete starts in the classroom. She advises parents, “Talk with your kids early, get involved, and see what your kids are learning. Help your kids develop realistic goals.” Her involvement has created an academically driven young man. Johnson declared Kinesiology as his college major and also intends to pursue studies in Sports Medicine. He begins his freshman year at the University of Arizona in January, and he will walk across the stage with his Highland High School graduating class in June.

Brandon Johnson’s dedication to football and his career goals is quite uncommon among today’s youth. An ancient idiom states, “It takes a village to raise a child.” Johnson’s parents and supporting villagers are also persevering behind the scenes, providing him with suitable environment for reaching his hopes and dreams.

The Highland Bulldogs have



won the Golden League for the past 6 seasons. They hope to continue their winning streak but without Coach Lear, who will be retiring from the program to devote time to his family. The Bulldogs’ football season ended with a loss to the Cypress Centurions (28-26) in the first round of the Playoffs. The Bulldogs expect to have at least 4 more signings by the next college football signing period.



Brandon Johnson and his family



Brandon Johnson officially signs



Brandon Johnson in Action

## Trend House

By Steve Benitez

It is a well-known fact that many families within our community struggle to get the educational resources they need. What if I told you there was a place devoted to meeting the needs of both families and children? Such a place exists right here in the Antelope Valley: The Trend Community House.

Director Debbie Unruh with her friends established The Trend Community House in 2008 as an effort to reach low income families who could not afford food and tutoring services. Debbie and her team provide tutoring services for children from kindergarten to highschool. Trend House has also created a farmers market for the families of the children, and all proceeds are donated by the community. Debbie refers to this community project as her “happy place”, as families and children are so gracious and so thankful for Debbie and her team.

Miss Dalia, a student of Trend House, started as a first grader and now volunteers as a tutor. She said she wants to give back to her community like it did for her. Miss Leah is another volunteer at Trend House who helps

with tutoring and with the farmers market. She connects with the families, most of whom are Spanish-speaking.

Another heartfelt piece of this great group effort is the field trip program that Miss Debbie and her team have established for the children in the Spring and Summer, with the help of parents and volunteers. The team provides snacks, bathrooms and playtime as well as reading, writing and quiet study time in their library. Another memorable addition to Trend House is that these children can learn how to cook homemade meals for their parents through “Jesus’ Supper Time.” All children must attend tutoring at least 2 days during the week in order to participate in the cooking course every Friday, starting in February. Kids can learn recipes and share heartfelt meals with their families in their homes.

The Trend Community House is located in Lancaster at 43028 Guyman Ave, from Monday through Friday, 3:00pm-5:00pm. All tutors and students are welcome! Contact Debbie at rex.unruh@gmail.com to enroll students in the program and to find information about tutoring positions.



Participant Romeo being tutored by volunteer, Debbie Unruh



Front of the Community Home



# Valley Voices

The Real Anthony Fauci by Robert F. Kennedy

Audiobook review by Mario Presents

Depending on who you ask, Anthony Fauci is a prominent character in American politics who evokes either ire or adoration. I listened to 18 hours of material at 150% speed so you don’t have to, but you won’t regret it if you do. Completed over several trips to Los Angeles, Riverside, Ventura and across five weeks, it almost put me to sleep several times while at other times horrifying my ears and soul.

Starting in the 1980’s during the AIDS crisis, Anthony Fauci embedded himself into government agencies and science reviews by encouraging the appointment of colleagues loyal to him and his influence. Fauci’s very public claim that he IS the science is understandable when the heads of science magazines, pharmaceutical companies, medical distributors, charity organizations, research grants and universities owe their entire careers to him. Speaking during an interview in 2021 about the theories surrounding COVID-19’s origins, Anthony Fauci said, “So it’s easy to criticize, but they’re really criticizing science because I represent science. That’s dangerous.”

For over 30 years, Anthony Fauci, a

medical professional with little hands-on experience, guided the national discussion surrounding AIDS, HIV, Ebola, SaRS, and every other infection that plagued the country. For Fauci, the answer always lies in new and expensive drugs or vaccines that benefit his financial partnerships and backers. AZT, the miracle HIV silver bullet, allowed every one of its patients to die, but was used because it killed HIV in a petri dish. A chemotherapy drug with no use suddenly found a place in medicine as an off-label treatment (a usage other than that approved by the Food and Drug Administration). Its patent holders reclaimed their investment in the creation of the dangerous drug, with interest. How did this happen?

Pharmaceutical partnerships with National Institute of Allergy and Infectious Diseases are described in great detail, and their origin always seems to be connected with Anthony Fauci. Not long after Fauci’s initial government appointment, he immediately began to persuade university-level researchers to spend more time on developing new drugs rather than researching off-label uses for out-of-patent drugs. Manufacturers

with problematic drugs found new articles supporting their safety claims. Drug makers like Glaxo, Pfizer, and others also awarded huge sums of money to university researchers for studies that proved their drugs safe and effective.

When Doctors challenged the efficacy of a drug’s claim, or wanted to research a different scientific hypothesis challenging accepted orthodoxy, Fauci used the power of cancel culture before it was known as such to silence them. These obstinate voices found themselves unable to secure a publisher for their work, or a funder for their research. Ultimately some of them saw their accreditations revoked and loss of employment. Dr. Peter Duesberg is one of several examples outlined extensively. Many others are to this day consistently denied grants, peer reviews, articles, and even a voice in the scientific community.

New drugs and treatments not approved for use in the United States did not simply disappear. They traveled to the third world on the wings of organizations like the World Health Organization and the Bill and Melinda Gates Foundation.

Vaccine initiatives like GAVI (formerly Global Alliance for Vaccines and Immunization), operated by manufacturers and investors like the Bill and Melinda Gates foundation, pressured governments to vaccinate their populations to prevent illnesses that could cause death or injury. When populations in these countries became resistant to inoculation programs, opposition leaders (including government officials) were suddenly replaced, or the medication recombined into another formula that avoided public resistance. Drugs like Depo-Provera and Garadsil, administered to uninformed populations as cancer preventers or contraceptives, left thousands injured, dead, or sterile. The Children’s Health Defense extensively catalogs these incidents and annotates each claim alongside the noted atrocities.

Robert F Kennedy’s work is extensive and groundbreaking. The material is extremely detailed and comprehensive so it cannot be adequately described in a single article. If you take the time to read the entire work the insight gained will prepare you for part 2 of this novel, which will be published soon.

Crossword by Jennifer Maccarone

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- Food product made from cocoa beans

“A \_\_ by any other name would smell as sweet.”

Super bowl LVII will occur in this southwestern state

Free from illness or injury

To travel by foot

Popular occasion to offer gifts to your sweetheart

Tropical fruit with inedible skin

Touch with the lips

25th Amendment clarified procedures should this person become disabled

Legendary MLB southpaw, born Feb. 1895, 2 words

16th Amendment gave Congress power to collect these; 2 words

Natural selection theorist, born Feb. 1809

Deoxyribonucleic acid

XXX in Roman numerals

February in Spanish

A married man

Chinese dumpling

Next month

Giving someone what they deserve; fairness

Physical activity, work out

16th POTUS, freed the slaves, born Feb. 1809

“...violets are \_\_\_\_.”

Dihydrogen monoxide

Important muscle in the chest

“Each tree is recognized by its own \_\_\_\_.”

Unwilling to work

Opposite of tall

22nd Amendment limited the POTUS to this many terms

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- Illustrated message, usu. sent by mail

Married woman

Excitement and mystery associated with love

Keep away from, prevent

Fairness, equal opportunity

Collection of wild animals

Urged black Americans to protect themselves “by any means necessary”; 2 words

Confectionary, sweets

40th POTUS, previously an entertainer and CA governor, born Feb. 1911

Founder of modern astronomy, born Feb. 1473

Lightbulb inventor, born Feb. 1847

Male animal kept for breeding

15th Amendment gave people the right to vote regardless of this characteristic

A, B, C, D and F

Couch

9th POTUS who died of pneumonia a month after taking office; born Feb. 1773

Back part of the foot, below ankle

If the ground hog doesn’t see this, Spring will allegedly come early

A year with a bonus day, 2 words

Ridesharing company with independent drivers

Feb. 1848 Treaty of Guadalupe Hidalgo ended war between U.S. and this country

1st POTUS, born Feb. 1732

Punxsutawney Phil, 2 words

It does not envy, it does not boast, it is not proud

Plants used as food

49

51

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Jim Crow laws legalized this after the Civil War

Beautiful, seed-bearing part of a plant

Woman on the dollar coin, born Feb. 1802

Where you put your watch

Visit our website for the previous crossword answers!





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Romans 6:23