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Young child honored  
at MOAH for artwork  
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# The Palmdale Journal

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Publication

Local News That  
Directly Impacts  
Our City

Volume I, Issue VIII

Published by Michael and Carol Ross

September 2022

## Newsom bans new gas-powered car sales by 2035

By Franklin Castillo



CALIFORNIA- In late August, Governor Newsom showcased an executive order that he signed in September of 2020. Executive order N-79-20 requires a reduction in the sale of gas-powered vehicles in California until 2035, when it will become against the law to sell new gasoline-powered vehicles in the state.

The plan specifies that 35% of vehicles sold in California by 2026 will be so-called Zero-Emission Vehicles (ZEV), 68% by 2030 and 100% by 2035. Governor Newsom stated, “For too many decades, we have allowed cars to pollute the air that our children and families breathe. Californians shouldn’t have to worry if our cars are giving our kids asthma. Our cars shouldn’t make wildfires worse – and create more days

filled with smoky air. Cars shouldn’t melt glaciers or raise sea levels threatening our cherished beaches and coastlines.” He stated when announcing the executive order to the state, “We can solve this climate crisis if we focus on the big, bold steps necessary to cut pollution. CA now has a groundbreaking, world-leading plan to achieve 100 percent zero-emission vehicle sales by 2035.”

Governor Newsom never addressed the science behind what it would take to make this ambitious dream a reality or its possibility. Manufacturing, maintaining, lubricating, and charging electric vehicles (EV) generates significant amounts of pollutants. Making their batteries require massive amounts of toxic and rare-earth

See ELECTRIC on Page 3

## Making presses roll again

By Larry Grooms

PALMDALE- An iconic slice of American life and history is being placed for the taking on counters of convenience stores, sandwich shops, motels, business offices and other places frequented by local folks in the Antelope Valley.

Once a month for half a year now, a seemingly improbable band of volunteers produced an issue of *The Palmdale Journal*, a periodical distributed in increasing numbers and page count with each passing month.

At a Sunday, August 4 evening celebration in Butler’s Coffee, the fledgling news team’s adopted conference center, Co-Publishers Michael and Carol Ross talked about the newspaper’s birth, ambitious goals, and objectives.

Michael Ross told the socially,

culturally, spiritually, occupationally, and politically mixed group of volunteers to envision themselves as being the faces in the painting depicting the signers of the Declaration of Independence.

Parallels between the birth of American liberty, and the rebirth of local newspaper journalism were not forgotten. Even as the once proud, locally owned regional daily newspaper announced the latest dispiriting reader service cutbacks, the journal is countering mass media skeptics with a forward-thinking, locally focused and customer-oriented growth business plan.

Senior Editor Amanda Palmer and Assistant Editor-in-Chief Melissa Chavez offered assurance, guidance, information and support to more than a

## Palmdale Freedom Coalition hits one-year benchmark

By John Hardesty

PALMDALE- Palmdale Freedom Coalition (PFC) celebrates its first full year of existence. Founded by Mike and Carol Ross of Palmdale on August 18th 2021. Their story reveals that their impetus for starting the coalition came as a result of prayer. By God’s divine direction, the Rosses were obedient to God’s calling to remove the dark cloud of oppression that is raining over this particular region of Los Angeles County. Although Palmdale is not the only city under such oppression, it has become a city of choice, for out of it has arisen Palmdale Freedom Coalition to change the very place in which we live and work and have our being.

The coalition has succeeded in getting Ordinance 1577 unanimously passed through City Council in March after a long struggle. They did this with their army of fighters: The prayer team prays over every event. The sign team makes and hangs signs. The street team passes out information to the public that is withheld by the mainstream media. They also have their own media team, legal researchers, and a political action committee. PFC stands for constitutionally protected rights by attending city council meetings and school board meetings, holding rallies and social events, as well as holding its weekly meeting at Butler’s Coffee on Wednesday at 6:30 PM.

The PFC celebration was honored by the special appearance of US Representative Mike Garcia who is campaigning for his second full term. Besides Mike Garcia for US Rep, PFC now directly supports two candidates running for locally elected positions. Erika Alverdi is running in the 5th District for Palmdale’s City Council and Paul Marsh is running for the State Assembly for the 39th District of California. Beyond that, PFC’s reputation has now gone international. Having appeared on *Flashpoint* which airs on both the Victory Channel And Daystar Network, they’ve influenced people across the globe to stand up and defend freedom in their own communities.

The Flashpoint episode titled "We Changed our City! Palmdale Freedom Coalition" can be viewed on the Victory Channel on rumble.



## What’s in your library?

By Mario Presents

In June 2022, the American Library Association (ALA) held its annual conference in Washington, DC, to discuss appropriate literature in repositories around the country. Large corporate sponsors donate millions of dollars annually to encourage reading in local communities while librarians train in the latest techniques and methods of education. Beyond school boards, away from the purview of city councils, the ALA, in partnership with its newly created Unite Against Book Bans, is recommending local libraries around the country shelve and purchase divisive and sexualized literature. Encouraging reading in our youth is paramount for a successful community, and as early as 1910, the United States has kept literacy statistics as part of the census. Since 1892 the objective of the ALA has been “to promote library service and librarianship.” The ALA motto is “The best reading, for the largest number, at the least cost.”

Librarianship, a profession concerned with acquiring collections of books and related materials to service readers and others with resources, is noble by nature. When a service engages in evangelism, most notice, but like the frog in water, if done slowly enough, no one is wiser. To foster a love of literature and research,

See GOOD READING 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](http://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@proton.me](mailto:ThePalmdaleJournal@proton.me)

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# Eighty Seven Thousand New IRS Agents

By Franklin Castillo

Hidden within the so-called “Inflation Reduction Act” is a provision for the IRS to hire 87,000 new armed agents. The bill states that 45.6 billion dollars of the budget money is to be used for enforcement. The IRS is set to receive an 80 billion dollar budget increase from the federal government. That is six times more than their current budget of \$12.6 billion.

The total sum of the money being given to the IRS is set to be used for increased enforcement, operational improvements, customer service, and systems modernization. The specifics of these improvements and modernizations are yet to be determined. According to Reuters, we know that the IRS has around 2,100 special enforcement unit agents that are armed. The IRS is hoping to hire 300-350 new special agents this year. They

also pointed out that before the IRS hiring listing was taken down it stated, “Carry a firearm and be willing to use deadly force, if necessary” under major duties of the role.

As part of the new tax codes for the year 2021 there is a new cryptocurrency section of the Form 1040 which asks specific questions, such as the purchase and or sale of cryptocurrency. While these new changes may be a reason for new agents, the realistic side of the argument would be, why are there so many new agents to enforce a new currency sector? Currently, there is little information as to how much tax revenue may have been lost in the last few years to cryptocurrency. The IRS chief, Chuck Rettig, speculates that the possible tax revenue losses could become as high as 1

trillion dollars annually.

It has been stated by the IRS and the Biden administration that the new IRS agents would not proportionally increase audits on those making under \$400,000 annually. According to an analysis released by House Republicans ahead of the bill's passage, the brunt of the audits would affect Americans making less than \$75,000 a year, who will be subject to 60% of the additional audits stemming from the additional IRS agents. This overtly comes across to American citizens as robbing from the poor to give to the rich.

Interestingly, most American citizens keep most of their money in accounts where the records are known and understood by the IRS. Bank records, crypto transactions, stock investments, and

401k information are already tracked and watched by banking institutions and the federal government. It would be much simpler if the federal government used a system of taxation where the correct amount of money was paid based on what is made, as it is made, instead of the current overage and underage payment system done through our employers. A system of that nature would require far fewer IRS agents than is currently on the books. It would require agents only for businesses that need to write off expenses and for corrections to regular citizens’ taxes. That type of system would also remove the need for a tax day. The federal government has always opposed this system because bureaucracy loves useless employees and governments want to make interest off of your tax over-payments.

## Electric Vehicles to become the "new norm"

ELECTRIC from Page 1

minerals, some of which cannot be obtained in the US. China currently controls 60% of the world’s battery manufacturing ability. The US does not even rank in the top 10.

The CA power grid is already strained, and in 2025 its last nuclear power plant will be closed. Just six days after Newsom proclaimed his future dream of EV's, Cal-ISO (Independent System Operator) issued a flex alert warning not to use air conditioning or charge electric cars. California’s grid will need to produce an estimated 120-terawatt-hours of electricity by 2035, nearly a 50% increase over today’s capacity.

Are EV's competitively priced with gas powered cars? No, according to Kelly Blue Book (KBB). The average cost of an electric car in 2021 was \$51,532 - almost \$30k more than a compact gas-powered car. If you find an EV that fits the Biden criteria to get the \$7,500 rebate you are still spending \$22,500 more on the average price. The average insurance cost is similar but the cost to fuel an electric car is cheaper. A car that travels 15k miles per year would require, on average, \$1,255 for gas while an EV averages about \$546 in electricity. At that rate, it would take over 31 years to recoup the original average price difference. An owner may also have to spend up to \$20k for replacement batteries after 100,000 miles with an EV. AAA estimates the average yearly cost of owning an EV driven 15k miles annually would be \$9,119 per year, not including battery replacement.

What about charging? The answer is somewhat complicated. Car chargers comprise 3 types. Level 1 costs about \$300, uses a 120-volt outlet, and adds 5

miles of driving range per charging hour. These often come with the car but require occasional replacement. Level 2 costs \$300 to \$1,200, uses a 240-volt outlet (which some homes do not have), and adds 25 miles of range per hour. These can cost up to \$4,500 for multi-car systems. Level 3 “super” chargers can add 100-200 miles of range per 30 minutes. These cost \$12,000- \$35,000 if installed in a commercial infrastructure setting, and up to \$40,500 to install in a home. None of these figures include labor costs.

Charging a car outside of your home has become easier over the years. The AV area has 58 listed charging stations. Thirteen are level 3 chargers, some of which are not publicly accessible. Charging rates are \$0.30-\$3.00 per kilowatt-hour (kWh) depending on the time of day. For example, the Tesla model 3 uses 85 kWh to travel its 340-mile range. Fully charging this car would cost \$102 at the lower-end of \$0.30 per kWh. Forty to 50 hours are required for a level 1 charger, 4-10 hours for level 2, and 20-60 minutes for level 3.

Imagine planning a cross-country road trip in your EV. You can use a map similar to plugshare.com to locate charging stations across the country. Plan on at least two stops at a level 3 charger in the daytime, and stay at a hotel with at least a level 2 charger each night. Provided you could find an unused charger at each hotel, you could make it across the country in a similar amount of time to a gas-powered vehicle, except that each “fueling” stop would require at least an hour.

Many are making the shift to EVs, forgoing gas powered vehicles altogether. As it stands, only time will tell if Gov Newsom set CA residents up for success or a nightmare.

## CA Utility Expert questions CA State Chair of the Air Resource Board

GREENWASHING from Page 2

the consumer via the existing utility network but the CCA, often overseen by a board of City and County officials coordinates and profits from the contract instead of the investors of the utility company. The Board of directors for California Choice Energy Agency, consisting of R. Rex Parris, Marvin Crist, Ken Mann, Darrell Dorris, and Raj Malhi founded CCA’s in Lancaster, Rancho Mirage, San Jacinto, Pomona, Apple Valley, Pico Rivera, Santa Barbara, and now Palmdale to collectively purchase green energy certificates. CCA’s on average charge 5% more for 100% renewable energy versus stated 61% renewable provided by existing utilities.

California Utility Expert Jim Phelps questioned the California State Chair of the Air Resource Board regarding the reporting of vintage Renewable Energy Credits as new ones through a “true up” process used by energy companies. The Chair admitted the practice is not part of air regulations or AB32, but “may be fraud”. Pressure from CCA lobbies to Representatives in Sacramento resulted in the Chair walking back her allegation of potential fraud. Energy experts estimate 80% of California’s energy needs will be handled by CCA’s by the year 2025 and Palmale residents automatically enroll in California’s Choice Energy Agency starting October 1, 2022.

Decided July 17, 2022 by the city council of Palmdale, every resident is now an assumed participant of the newly created CCA EPIC Energy unless they choose to opt out. Representatives at the

Palmdale Freedom Coalition submitted a Freedom of Information Act Request requesting the disclosure of all funding disbursed or in contract to the Community Choice Aggregator and its agents for the years 2020 to the present on August 16, 2022.

Extenuating circumstances aside, FOIA or CPRA requests should fulfilled in ten days, the City of Palmdale shows the request as “In Progress.”

To find out more or opt out of the program go to:  
<https://palmdaleepicenergy.com/your-options/opt-out/>

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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-profits 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.

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# City Deetz



### Save the date!

Saturday, October 8, 10 am-6 pm

Admission and parking are free! Spend the day enjoying free activities to bring out your inner artist, listening to lively music, viewing amazing art, watching live artists in action, and so much more!

This highly anticipated event features artful experiences for all to enjoy:

- Live Muralists and Chalk Artists
- Live Cellograf Artist
- Live Plein Air Artist
- Paper Quilling Demonstration
- Spinning Wheel Demonstration

- Accessibility Space, Sensory Tent
- Professional and Novice Art Exhibits
- Fresh Made Market
- Craft Vendors
- Derek the Mime
- Living Butterfly Vines
- Oceania Living Statue
- Roaming Improv Actors
- Two stages of live music
- Art of the Brew craft beer tasting
- Art of the Vine wine tasting
- Brush Strokes Live Studio
- Face Painting
- Bubble, Chalk, and Rock Art
- Food Trucks
- And much more!

Get a jump on your holiday shopping with unique handmade items. Don't miss this spectacular event celebrating the arts in our high desert community that is dedicated to masterful artisans from a variety of trades.  
[www.KaleidoscopeArtFestival.com](http://www.KaleidoscopeArtFestival.com)



Saturday, September 17 & 24 • 10 am–12 pm  
Marie Kerr Park Community Building, 39700 30th St West, Palmdale  
Domenic Massari Park, 37716 55th St East, Palmdale



## A sure guarantee for the foodie in you



Mikki M.  
Palmdale, CA  
@ 12 8



★★★★★ 6/8/2022

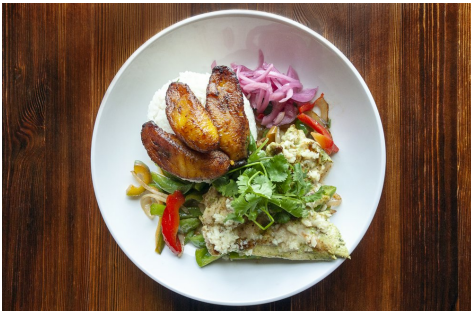
The best Cuban Restaurant around by far! The owners are simply amazing. Very community and customer oriented. They are professional, caring, attentive, and make sure to provide the best possible atmosphere for their customers. The staff is incredible. Food is absolutely delicious. The whole ambience is peaceful, and inclusive. I highly recommend Baracoa Cuban Restaurant for any date, work lunch, social event. Anything and everything.



Pooja B.  
CA, CA  
@ 0 3

★★★★★ 4/21/2022

Great ambience , delicious Cuban cuisine and very generous portion sizes. We are there twice in a single day and were very pleased with the wide variety of food choices





# Features

## Not a Victim Column: Live a Beautiful Life

By Adriana Salcedo

We live in a world that places a ton of emphasis on beauty and youth. But, have you ever asked yourself why? Let's unpack this by looking at the word beautiful. The word beautiful is defined as, “pleasing the senses or mind aesthetically.” We are wired to love and appreciate beauty. It brings peace when we gaze at what we think is beautiful.


It is no secret that people who are attractive tend to have more opportunities and open doors. According to Insider, an online publication, “Research suggests life works a little better for conventionally attractive people. Attractive people get paid more, get considered for more jobs, and have stronger social skills than unattractive people, according to science.” This explains why the beauty industry is a billion-dollar industry. According to Statista, "L’Oreal was the top-ranked global beauty manufacturer with revenue that amounted to 35.6 billion U.S dollars. Also, in the US alone, the estimated total of beauty products is about \$48.26 billion as of 2021 statistics. The growth rate of the global cosmetics market from 2004-2021 has increased by 8 percent.”

Although these statistics reflect how our culture views beauty, they are only the culture's interpretation of it, not the actual, pure definition. However, we are starting to see a shift in the

beauty industry, revealing that all shapes and colors have a unique beauty. Statista also reports, “Non-western beauty cultures are becoming more influential because of diversity and variety and have now become the new norm.”

There is a demand in the market for holistic beauty products. Consumers are now wary of potential toxicity. I believe the reason why is because our society is waking up to what beauty really is. It is strength, ability, and efficiency. Beauty is an army of people willing to make a difference that makes this world better, not just looking at the outer shell but creating wealth from the inside out. This beauty keeps its brilliance and does not fade. It benefits everyone, not only the one who obtains it but also those who help to preserve it. Here is a fact, beauty fades, but love and great character do not fade but increase in beauty with time. If a multi-billion dollar industry is waking up to lasting results, shouldn't we? With this said, you can make this world a beautiful place, one aesthetically created by you and your God-given gifts, talents, and knowledge. Live a beautiful life! You have it in you. I can't wait to partake in it.

Sincerely,  
Adriana Salcedo  
Beauty for Ashes, International.



*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.*

## Parenting Column: Overcoming Regret

By Denize Verduzco

Human Interaction is a social and psychological ability with the power to change and transform a child and the world. Without it, the survival of this world seizes to exist.

The importance of human and social interaction goes far beyond practical application. In addition to acquiring the social skills needed to communicate, learn empathy, respect, and honor; it can an instrument to bring forth healing to the mind, soul, and body. However, in the same manner, human and social interaction, or lack thereof, have the potential to be destructive. Either outcome becomes a responsibility that lies within the hands of the beholder.

In infants and children, human and social interaction demonstrate to be necessary to lead a healthy, well-rounded life. According to the Children’s Bureau, healthy social interaction is closely related to emotional development in infancy, vital to lifelong wellness, and essential to the growth of their brains. Studies show that lack of social connection in children affects their left hemisphere, which may lead to increased risk for depression, anxiety disorders, and a reduced hippocampus, which can contribute to learning and memory impairments. In the same rate, once children become adolescents, social interaction becomes pivotal to the success of their social and behavioral functioning (all4kids.org).

The mandates put in place during the pandemic limited and prohibited the amount of interaction with children, which caused a spike in mental illness. According to the CDC, “from March 2020 to October 2020, mental health-related emergency department visits increased 24% for children ages 5 to 11 and 31% for those ages 12 to 17 compared with 2019 emergency department visits.”

Children born during the pandemic spent their first two years of life experiencing a world where social interactions became rare, faces barely seen, and social gatherings limited. Mothers and fathers that counted on additional help or support during a transitional time in their life found themselves limited to resources. Teenagers accustomed to their

social life at school or outside the home suddenly found themselves isolated, without the ability to experience a hug from a friend, a handshake, or milestones like graduations. Experiences that were crucial to their development came to a sudden halt.

The lack of social interaction outside the home also demonstrated to be detrimental to the safety of numerous children. With nowhere to turn, children who counted on watchful eyes outside the home became victims to perpetrators in their own homes. According to RAINN (The Rape, Abuse, Incest National Network), under the country lockdown, “there was a 22% increase in monthly calls from people younger than 18, and half of all incoming contacts were from minors, a first in RAINN's history... Of those young people who contacted the hotline in March, 67% identified their perpetrator as a family member and 79% said they were currently living with that perpetrator.”

Human and social interactions are such abstract concepts that exceed self-benefits, they are also detrimental for the growth of others. The repercussions children and teens faced and still face are worth noting. As things slowly return to what they once were, fear still lingers; fear of sickness, fear of adapting to new norms or routines. In some cases, attempting to find new ways to heal from the damage that accompanied the last two years can be difficult.

Children need to be loved, held, nurtured, and surrounded by loved ones. These are all experiences that can only happen with human and social interaction. Never underestimate the power of a hug and the comfort or solace that can be found in it. Also, the ability to be physically present to lend an ear to a child who needs to be heard or saved and the milestones that happen in social gatherings that allow teenagers to create special memories. All interactions prove to be necessary for survival, growth, comfort, peace, healing, learning, protection, and so much more. Till next time.....

Your Mommy-Friend,  
Denize Verduzco

## The Human Connection: Label Literacy

By Sabeth Perry

Grocery shopping: some people love it, some people loath it. People need to eat, and unless the budget is there to dine out every day, grocery shopping is an unavoidable task. Today, there seems to be an array of foods to choose from, and it can be a bit overwhelming walking down those grocery store aisles trying to find the healthiest options.

To make matters worse, the billion-dollar food industry has progressed over the years with advertising trends to catch the eye of the unsuspecting consumer. Do the following sound familiar? ”Sugar Free,” ”Low Fat,” ”No Fat,” ”No Trans Fats,” ”Low Carbs,” ”Low Sodium,” ”Heart Healthy,” ”High Protein,” and the list goes on. It all sounds good until you flip the box or can over to read the actual ingredients, but how often does that happen?

The latest labeling fad has taken on a whole new meaning. With the weight loss industry ramping up and people being more health conscious about what they consume, the past few years have brought on new advertising verbiage, bold letters, and colorful stamps. It’s hard to miss labels such as “Non-GMO,” ”Organic,” and “All Natural.” So, what’s the difference? It all sounds healthy.

Cutting to the chase, we’ll start with “All Natural.” Well... it’s not... really. The FDA considers “natural” to mean nothing artificial or synthetic will be in a food where one wouldn’t expect it. However, it’s worth noting that this FDA policy on “natural” only covers part of the picture. It does not address the food production, processing, or manufacturing methods. It is not indicative of a food’s nutritional or health benefits.

Just to be clear, the FDA does not regulate most foods labeled as “natural,” which means anyone can define the term however they need, as long as there is no added color, artificial flavor, or synthetic substances. Thus, it’s fair game for manufacturers to add substances naturally derived from foods to preserve or enhance flavor. The so-called “natural” foods can still contain a wide range of processed sweeteners, lab-produced “natural” flavors, colors, additives, and preservatives. Because there is no strict definition or certification process, it’s easy for food manufacturers to get away with sneaking in unhealthy ingredients. The USDA falls along the same lines concerning meat, poultry, and eggs. It’s best to check ingredients, how the food has been prepared or preserved, and where it came from before purchasing anything labeled “natural.”

Lately, there’s been an increasing amount of foods labeled non-GMO (Genetically Modified Organisms). Genetically modified foods derive from organisms whose genetic material (DNA) mutates in a way that does not occur naturally. On such process is through introducing a gene from a different organism. People are starting to avoid GMO foods more and more, so non-GMO sounds like a healthier alternative, which in some cases can be, but not as much as one might think.

The first misunderstanding people have with Non-GMO foods is that they are the same as organic. Incorrect. Non-GMO foods exclude GMO ingredients, but that does not mean the product is free from toxic



chemicals such as glyphosate, dicamba, or over 700 other chemicals used in conventional food production. To be verified as a Non-GMO, a product undergoes a third-party verification process by the Non-GMO Project, a non-profit that created its own set of standards. This is much different from USDA Organic, which has strict government regulations. Therefore, just because a food is labeled non-GMO does not mean it is lacking in unhealthy, even harmful ingredients, including pesticides.

Non-GMO is not organic, but organic is Non-GMO because GMOs are prohibited in organic production. Organic labeled products go through a certification process. In order to be a verified organic product there are also has to be no artificial colors, flavors or preservatives, no synthetic fertilizers or sewage sludge, no toxic/persistent pesticides, no antibiotics or hormones for animals, animals eat 100% organic feed and pasture, there is protection of wildlife and promotion of biodiversity, enhanced soil fertility and is consistently regulated by federal law. Due to the strict regulations and guidelines, organic foods are the best choice for consumers over processed, non-organic products.

With this information in hand, for the next grocery trip, take time to stop and read labels, look at ingredients, and try to find the healthiest options. Remember, you are what you eat.



# Features

This month, *The Palmdale Journal* is featuring photos by Carol Ross.





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

Featured next month is the "We are Palmdale" picture expose. Send in a selfie or picture of the people you love to be featured in the upcoming October issue.  
Submit your pictures by emailing [ThePalmdaleJournal@proton.me](mailto:ThePalmdaleJournal@proton.me)





# Youth and Education



Jackson Asher with his mother, Kristina Hughes, and father, Brian Vermeire.

## JACKSON ASHER’S “RINO” HONORED AT MOAH CEDAR

Jackson Asher (Age 5) recently had his mixed-media art piece “Rino” selected for the MOAH Cedar 37th Annual All-Media Juried Art Exhibition 2022. In this annual exhibition, artists of all ages and experience levels from around the Antelope Valley and the 5th Supervisorial District of Los Angeles County participated. “Rino” was made when Jackson Asher was 3 and had just mastered his scissor skills. He used an assortment of popsicle sticks, Q-tips, foam, colored paper, glue, USA flag stamps,

ballpoint pen, crayon and a pom-pom to create this masterpiece. A neat feature of “Rino” is a secret window in the middle of the piece that when you lift it up, a heart is exposed.

“Rino” was on display for all to see at the museum from June 4th – July 31st. Visitors were asked to vote in-person and online for their favorite piece. Jackson’s parents, Kristina & Brian, are happy to report that after hundreds of ballots and social media post votes were cast, Jackson won MOAH’s People’s Choice Award! Jackson is interested in creating more pieces for next year’s event.



On September 9, 2022, Highland High School held a 9/11 Remembrance Ceremony commemorating the tragic 2001 attacks on the World Trade Center and the Pentagon. To honor military and first responders, the school’s Senior Aerospace Studies Instructor, Lieutenant Colonel Brian Owen (USAF retired), collaborating with HHS music instructor, Dr. John Crocker, organized the event held in the high school’s theater. Military flags and gear adorned the stage. Students, teachers, and admin attended, including school board members and Superintendent Greg Nehan.

The talented HHS Travel Ensemble, consisting of vocalists from the school’s chamber singers and choral ensemble classes, led by Dr. Crocker, set the tone for reflection on unity, American identity, and patriotism. They opened the ceremony with the songs, “For the Beauty of the Earth” by John Rutter and “Ave Corpus” by W.A. Mozart. Later in the ceremony, Dr. Crocker, soloist for “God Bless America,” and his 9/11 arrangement for “The National Anthem,” mesmerized the audience, bringing some to tears. An integral part of the musical performances, Mrs. Diana Freise, was the accompanist and choral assistant.

After the opening, senior student Cadet Lieutenant Colonel Diego Davis commanded the Color Guard team. The JROTC students impressed the audience with a seemingly flawless Posting of Colors routine. Vice Principal Annitra

## Honoring 9/11 Day of Service



Highland High School in Palmdale, CA

Edmond commented on the formality, “It was like what you see in the movies.”

Principal Charles Dunn, the first speaker, described 9/11 as the defining moment of his generation. Dunn compared it to other momentous historical events such as Pearl Harbor, the moon landing, and the assassinations of John F. Kennedy and Martin Luther King, Jr. Dunn detailed his morning, “Every religion, everybody had been affected, by a loved one being lost... My brother, who was 19 years old at the time, joined the Navy three weeks later. He served tours in Iraq...” I asked him, “Why did you join? Was it anger? He said, ‘No it was love,’ because he wanted to do his part.”

Captain Tim Green, who teaches Public Safety and Fire Science in Highland’s Public Service Academy spoke

next. He retold the heroic account of firefighters, Ladder 6 of Chinatown, “Pushing closer they encountered dozens of vehicles and hundreds of people on the street and sidewalks, fleeing toward them and away from the danger. But, like all first responders, the firefighters of Ladder 6 pressed forward, all the while their captain saying, ‘just keep going, we’re almost there.’” Dodging debris and searching for victims, the Ladder 6 captain repeated, “Just keep going, we’re almost there.” “You see, hope and courage are very important: they can push you to do things that you once thought were improbable or nearly impossible,” remarked Capt. Green.

For the final speech, Lt. Col. Owen recounted his 9/11 story and honored those who gave their lives to defend the

freedom of Americans. Owen specifically mentioned a prior staff member and Highland High School graduate, Sergeant Allan Walker. Walker volunteered to go to Iraq after the 9/11 attacks, and lost his life, “the ultimate sacrifice.” (Read Owen’s full speech in the Valley Voices section in this issue).

JROTC student, Dallas Peoples Bridges, also the master of ceremonies, provided the timeline of 9/11, describing the attacks and the aftermath to the young audience.

The final activities of the ceremony included the Playing of Taps, melodiously and eloquently rendering emotions, and the performance of “Mansions of the Lord” from *We Were Soldiers*, a Paramount Picture production, arranged by Benjamin Harlin and Ted Ricketts. The choir closed with Dona Nobis Pacem’s, “Grant Us Peace,” an arrangement by Dr. Crocker.

The dedication of the Highland staff, including Dr. Crocker, Lt. Col. Owen, and Activities Secretary Dee Epley along with the Travel Ensemble and JROTC students, exemplifies a community bonded by attitudes, values, and goals. As Edmond stated, “It was a beautiful ceremony from start to finish.”



Dr. John Crocker and Highland High's Travel Ensemble  
The Travel Ensemble will make their world debut when they perform in New York's Carnegie Hall on May 28, 2023.



Color Guard team: C/Lt Col Diego Davis, C/1LT Kathlina Cortez, C/Lt Col Leonardo Henriquez, and C/Maj Danica Seager



JROTC student Dallas Peoples Bridges and Lieutenant Colonel Brian Owen (USAF Retired)



# Should we ban vapes and flavored tobacco products?

By Teresa Palmer, Local Youth Writer

Did you know that, according to the CDC, over 58.1 million people vape? An e-cig simulates tobacco smoke without actually burning tobacco. It contains chemicals and solvents like nicotine and THC that send extra dopamine to your brain.

People think that we should ban e-cigarettes. And, currently, Proposition 31 touches upon this topic, which will be on the ballot this November. A “yes” vote on the “Flavored Tobacco Products Ban Referendum” will uphold the contested legislation, Senate Bill 793, which would ban the sale of flavored tobacco products. If Californians decide to vote yes, the substances will become unregulated and dangerous and the government would lose money.

Vaping or flavored tobacco products should not be banned because of the outcomes it presents. So many people vape that if the government were to ban it then people would be outraged. According to [bbc.com/news](https://www.bbc.com/news), "The number of vapers has been increasing rapidly -

from about seven million in 2011 to 41 million in 2018." That is a lot of angry people.

Just look at history. When the government passed the prohibition law in 1920 to ban alcohol, people revolted and crime started to go up. People would make moonshine illegally, then when people drank it they would get alcohol poisoning. "Of course, the fact that alcohol was banned meant that it became even more enticing. To get around it, 'speakeasies' (illegal bars) were created and alcohol was smuggled to these secret bars around the country," states [www.thejournal.ie](https://www.thejournal.ie). Many people died and went to jail because of these illegal bars.

And, when the government passed a federal law against marijuana people started to move weed plantations into greenhouses. They discovered that doing this made weed stronger. Then they started to lace it, and now with fentanyl being put into drugs, it is very dangerous. Ban or not, products are created dangerously

and illegally. This is especially true for teens who access cheap quality vape products via the internet.

The Palmdale City Council meeting on August 3rd had many upset smoke shop owners in fear that their business will fail if they pass the ban on flavored e-cigs. Many of them said that their business does not sell to kids so their reasoning for the ban is preventing nothing. They also said that if anyone wanted to buy e-cigs they could just go to Lancaster to buy there. This would be putting Palmdale business in a really bad place while doubling the business in Lancaster.

If the government were to outlaw e-cigarettes or flavored tobacco products then they would potentially lose money to the black market. According to [national review.com](https://www.nationalreview.com), "Since 1998, governments have collected more than \$500 billion in cigarette taxes and payments from smokers." The government could invest in technology, education, and provide goods and services for the benefit of the American people. But

instead, people want to put taxpayer money to pass a federal law and enforce it.

Some say that vaping is bad for your health but it's found that vaping is 95% safer than the conventional cigarette. According to [www.gov.uk](https://www.gov.uk), "Public Health England concludes that e-cigarettes are significantly less harmful to health than tobacco and have the potential to help smokers quit smoking." This is beneficial to smokers who are trying to ditch cigarettes. More people die because of water-related accidents, but we don't ban swimming.

The CDC states, "Globally, more than 40 people die by drowning every hour of every day." And only 64 deaths have occurred from vaping since the release of them in 2003. The reason we don't ban it is because of free will if somebody wants to go swimming they can go swimming. If somebody wants to vape then why don't we let them? The fact is we can't control people's actions whether you ban something or not.



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## September Crossword Puzzle

By Jennifer Maccarone

August '22 crossword puzzle answers can be found online at [ThePalmdaleJournal.com](https://www.thepalmdalejournal.com)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
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- Across**  
3 Sept. is a very common month for these to be born  
5 Suitable to be eaten  
6 Defend, save, guard  
9 The capacity to accept or tolerate delay, trouble or suffering  
11 Fall is a good time to plant this bulbous allium plant, related to the onion  
12 Trial, check, assessment  
13 Anti-slavery leader who began his escape from slavery in Sept. 1838  
15 Day that we remember those killed in the 9/11/2001 attacks  
17 Rub out, remove, delete  
18 To restrain oneself from doing or enjoying something  
20 A U.S. department est. Sept. 1789; Secretary Janet Yellen  
24 Pennsylvania Packet and Daily Advertiser, America's first daily version of this, published Sept. 1784  
26 A Sept. birth flower, vining and vibrant, 2 words  
27 Headquarters of the U.S. Dept. of Defense, 5-sided building  
28 Sports network, debuted on cable Sept. 1979, acronym  
31 They change color and fall from trees  
33 Sept. 17 commemorates the signing of this in 1787  
34 Bosom buddy, abbrev.  
36 City founded in Sept. 1718; The Town of the Queen of Angels  
40 There was a North American outbreak of this infection in Sept. 2006; food contamination  
41 British passenger liner that sank in 1912, discovered Sept. 1985  
42 In Sept. 1962 Russia sent arms here, leading to the October Missile Crisis; Havana  
43 Feeling of great pleasure and happiness  
45 Register to do this 15 days before Election Day  
46 4-winged insect that makes honey  
47 Nocturnal bird with large eyes
- 48 The Old Farmer's Almanac name for the full moon on Sept. 22  
49 Federal holiday, first Monday in Sept., 2 words  
50 The \_\_\_ bird gets the worm.  
**Down**  
1 Sincere, truthful, frank  
2 First female Supreme Court justice in 1981  
4 Round fruit of a tree of the rose family with thin skin and crisp flesh  
5 Happily \_\_\_ after.  
7 Sprinkle, shower, drizzle  
8 Autumn  
10 State discovered Sept. 1542 by Spanish navigator; Hollywood  
12 To make an attempt or effort to do something  
14 We celebrate these wonderful loved ones the first Sunday after Labor Day  
16 Linda A. J. Richards, America's first one of these; medical care provider  
17 President Lincoln issued this preliminary Proclamation to free enslaved people in Sept. 1862  
19 Courageous, bold, valiant  
21 Elias Howe patented this machine in Sept. 1846, revolutionizing the garment industry  
22 To stop feeling angry toward someone; cancel a debt  
23 September in Spanish  
25 The Treaty of \_\_\_ ended the American Revolutionary War in Sept. 1783  
29 Title, label, moniker  
30 A blue Sept. birthstone  
32 Game in which goals are scored by kicking or heading a ball into opponent's goal  
35 NFL  
37 Next month  
38 A thing given willingly; offering, present  
39 Knitted, long-sleeved garment  
41 Number of days in September  
44 38th POTUS, target of 2 assassination attempts in Sept. 1975  
45 Immoral behavior, wickedness, wrong  
46 Male child



# Youth and Education

## High School Football Back on Track

By David Nurse

High school sports are back in a big way. Golden League football, which includes Antelope Valley High School District schools, is now in full swing. The third week of September will start Golden League play.

Palmdale High school has several young players for the Falcons. At the time of this article, the Falcons have a 1-2 record. The Falcons beat Burroughs of Ridgecrest and lost to powerhouse Oak Hills from Hesperia. The Falcons ended the pre-season losing to a powerful Culver City team. Palmdale will open league Thursday, Sept. 15th against Quartz Hill High School.

Again at the time of this article Quartz Hill is still looking for its first win for the 2022 football season. The Royals lost all three pre-season games however they were ready for Golden League play. Quartz Hill will open league play against the Falcons of Palmdale, on a Thursday night special.

Antelope Valley Lopes, along with Palmdale, has a very young squad and the Lopes are also looking for their first win this season. Former Antelope Valley player and now head coach Jermaine Lewis is going into his 10th season as AV’s head coach. Lewis states that the Lopes are a talented team and are looking forward to the start of Golden League play. Antelope Valley will open up league play against the Lobos of Littlerock.

Palmdale High School has a new football coach. Palmdale’s new coach and teacher for Palmdale High School, Anthony Coleman, returns to the Falcons after a short stint as the head coach for Lancaster High school. Coach Coleman left Palmdale as an assistant coach to take on the head coaching at Lancaster. Palmdale High School has a very young team, and they could use more players for the program. Palmdale opens league play against Quartz Hill on Thursday night.



Amir Bastine, #11, Palmdale



Bre McMillian, Antelope Valley



Lancaster vs. Eastside



Kaleb Alexander, Highland

Littlerock High School has a 1-2 record defeating Rosamond and losing to Rim of the World. The Lobo’s last pre-season game was a heartbreaker. Lobos lost to Hoover High School of San Diego with 6 seconds left in the game. The Lobos get ready for Golden League play.

The Eastside Lions also have a 1-2 record in pre-season football. The Lions defeated Viewpoint from Calabasas but were defeated by Big Bear and ended their pre-season losing to Castaic High School. Eastside will open league plays with Lancaster.

Lancaster Eagles have a new coach, and the Eagle's record is 0-3. However, the Eagles have been in very close games. The Eagles will take on the Lions in league play Friday, Sept. 16.

Knight high school also has a new head coach and Hawks football is still looking for their first win for their football season. The Hawks lost to Simi Valley, Hueneme of Oxnard and a powerful Palm Springs High School. Knight high school will open up its league and play against Highland High School.

Highland High School is going for another Golden Championship. The Bulldogs have lost only 1 league game in the Golden League since the 2018-2019 season against Palmdale High School. The Bulldogs have a 2-1 preseason record. The Bulldogs beat Paraclete in half-game. Sheriff’s halted the Bulldog vs Paraclete game at the beginning of the third quarter due to events in the street and rumors of other incidents in the stands. Highland's only loss this season came from Oak Hills from Hesperia and their last win was against Mission Hills of San Marcos. The Bulldogs open league play against the Hawks of Knight High School Friday, Sept. 16.



Quartz Hill vs. Lancaster








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