


# TORRES, PERALTA SUCCESSFUL IN CITY COUNCIL RACE



By Anne Donofrio-Holter  
Contributing Writer

Reminiscent of the 2018 city council election, Montebello voters last month chose to remove its last remaining incumbent, Jack Hadjinian, and elect newcomer Scarlet Peralta.

Hadjinian, who became the City's first Armenian-American council member when elected in November 2011, had been seeking re-election.


When it comes to moving Montebello forward, Peralta has specific goals in mind.

"I want to invest in our future through sustainable development and business practices and build a stronger local economy by encouraging people to shop, work, and live in Montebello," she said. "I would like to see us partner with small business and non-profits to expand family services, and create opportunities for home ownership for young professionals and new families."

Peralta wants to help the City recover from the current pandemic, followed by the building of a stronger, safer and more lively community that residents can take pride in.

A 25-year Montebello resident, she holds a Master's Degree in Public Policy and has experience in community and political organizing "which has laid the groundwork for the community-focused and policy-driven approach I plan to bring to our city council."

"Before running, my work lay in the non-profit field, bringing resources to working families across South East Los Angeles and later expanded to voter education and political campaigns," she said.



Story continued page 6

# SILVER LININGS


By Paul Parzik- YMCA Director

In this Annus horribilis- year of COVID-19, our souls have been tried in many ways. Yet, amidst the myriad challenges associated with the pandemic, so many common miracles have emerged including the continuing coming together of people in our community in ways that are renewing to heart and hope. This past Thanksgiving Day, the YMCA welcomed nearly a score of volunteers on Thanksgiving morning to volunteer their time and give of their hearts while many families were, understandably, enjoying the company of loved ones enveloped with familial love and the aromas of roasting turkeys and baking pies.

On an early holiday morning, volunteers helped distribute bags of non-perishable food to others in need due to the pandemic, those provided by Superior Grocers and funded by the LA Regional COVID-19 Recovery Fund. Turkeys and pies were also provided on first-come, first-served basis by the Montebello Baseball Association and served by Commissioner Ozzie Lopez with his sons, Dominic and Emilio, as well as by Ralph Gutierrez with his children, Ryan and Julianna.

Other groups represented were from our Montebello City council, Montebello Blue Hearts, and other community members, some helping distribute food, and others distributed team branded shirts donated by Pro Image Sports, baby formula donated by Baby2Baby, while others handed out gift cards provided by California Senator Bob Archuleta's office, also on a first-come, first-served basis after turkeys ran out.

The continuing need remains great this year, and rising in response, are a continuing groundswell of volunteers and donors from many community agencies, each giving from the heart and blessing others with their compassion and generosity in these extraordinarily trying times. On behalf of the many children, families, seniors and fellow community members the Y has served since COVID changed our lives locally and globally, I thank you for supporting our ability to provide over 140,000 meals to date. All of this is possible by the miracle of compassion clearly abundant in our community. Thanksgiving is the season and your kindness is ample reason for sincere thanks and gratitude!





HOC TURKEY OUTREACH  
STORY PAGE 13

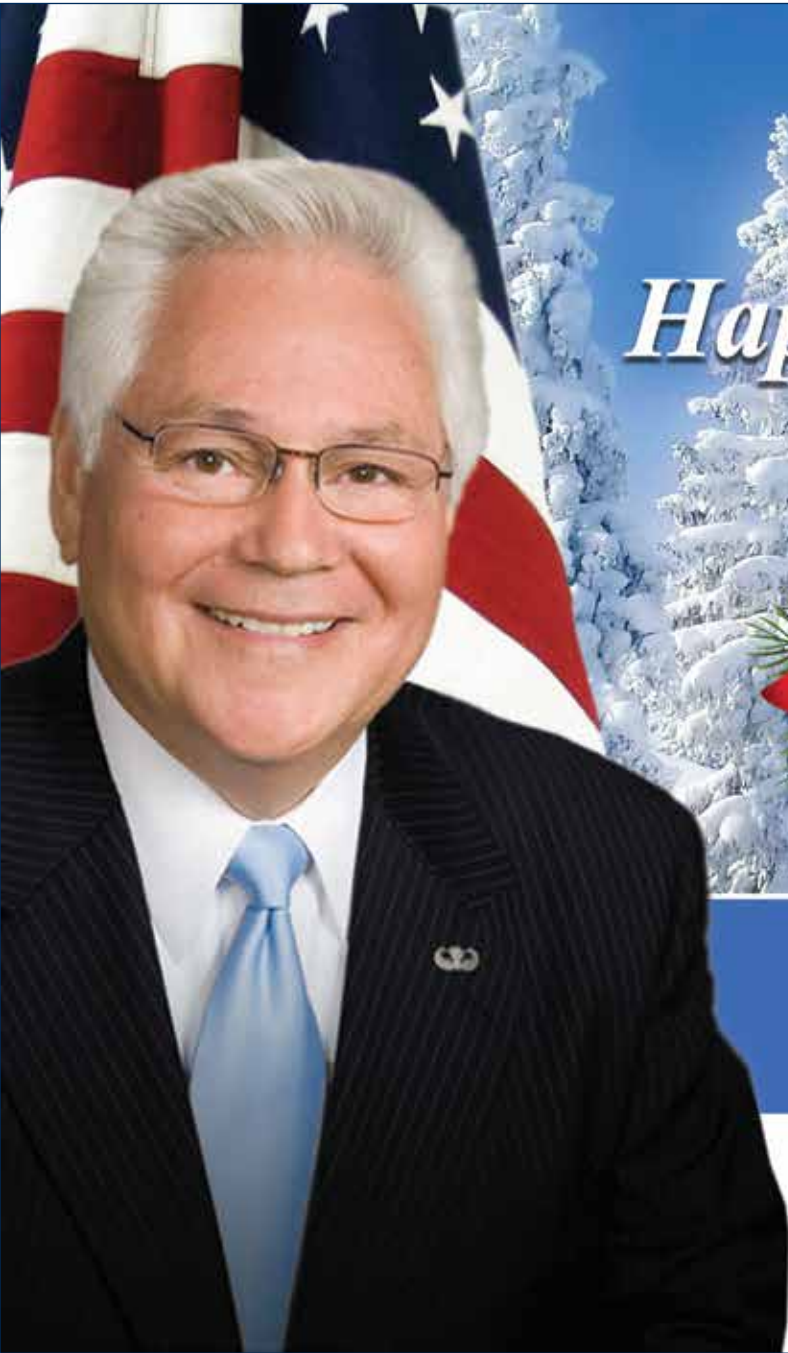


SHOPS CELEBRATES 2ND ANNUAL CHRISTMAS TREE CEREMONY  
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# December 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 #GIVING TUESDAY	2	3	4 National Cookie Day	5 NATIONAL REPEAL DAY
6 Happy Saint Nicholas Day 2nd Sunday of Advent	7 PEARL HARBOR REMEMBRANCE	8 IMMACULATE CONCEPTION	9	10 HAPPY HANUKKAH	11	12
13 National Day of the Horse 3rd Sunday of Advent	14 green monday	15 Happy Bill of Rights Day!	16	17 WRIGHT BROTHERS DAY	18	19 SUPER SATURDAY
20 4th Sunday of Advent	21 Start of winter	22	23	24	Merry Christmas	26 HAPPY KWANZAA
27	28	29	30	31 New Year's Eve		



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# TIPS FOR A SAFE HOLIDAY SEASON

With the holidays upon us, it's important to remember a few common sense safety tips to ensure the holidays are bright and merry for you and your loved ones.

Law enforcement reminds us we can never be too careful, too prepared or too aware as the potential for robberies and thefts increase this time of year.

When out shopping, always follow COVID-19 guidelines, maintain a safe distance and wear your mask covering. Also, focus on your surroundings, not your cell phone. Park in well-lit lots and be aware of strangers approaching you. Avoid wearing expensive jewelry or accessories. If you must keep packages in your car, lock them in the trunk where they will not be visible. And when heading back to your car, locate your keys before you arrive. Carry your valuables in a safe manner, carry only the credit cards you need, use ATM machines located in secure areas, and never withdraw more cash than necessary.

Thieves look for easy targets during the holidays. Make sure outsiders cannot see inside your home by closing drapes, keep windows and garage doors locked, be aware of strangers at your door posing as couriers or soliciting funds, and use automatic timers to keep your home lit inside and out.

Have a neighbor pick up your mail or request a "Hold Mail" from the post office if you will be out of town during the holidays.

Those traveling can contact MPD to file a vacation watch, this will notify patrol units to keep an extra eye out for suspicious activity.



While Christmas trees are a festive addition to the holidays, they can present an extreme fire danger when they begin to dry out. A single spark can set a dry tree ablaze in an instant. A dramatic increase in the number of needles the tree drops each day means the tree is no longer fresh and should be disposed of.

Firefighters recommend using non-flammable decorations and LED lights, and caution against linking more than three strands of holiday lights together. Never leave burning candles unattended, and always unplug tree lights before leaving home or going to bed.

Make sure all electric decorations and extension cords are UL listed. Use only outdoor-rated lights outdoors. Indoor-only lights exposed to the weather can cause electric shock and are a potential fire hazard. Check the wattage rating of extension cords and the power requirements of what you plan to plug into it. Never overload extension cords.

Use a screen to prevent fireplace sparks from entering your home and never burn paper or other material in a fireplace.

People are busy during the holidays and often forget to check for fire hazards, simple things like checking holiday lights for excessive wear or turning off Christmas tree lights before going to bed can make a huge difference.

Never let a preventable accident take the joy out of your holiday.



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## WARMING SMILES AT ASTER'S FABRICS

By Sophia Vega

With the kind and generous spirit of the holidays, we appreciate members of our community that have such caring attitudes year long. On Whittier Boulevard lies a mom-and-pop shop consisting of shelves of fabrics, needles, and everything needed for seamstresses.

Owner, Adela Ulloa, purchased Aster's Fabric shop over 29 years ago. At first, like every other business, it was difficult to begin. Very few bundles of fabrics began this shop and since has built it up to be shelves and shelves of endless patterns.

Years ago, as a child, I vividly remember entering the shop with no experience in the world of sewing. My mom had bought me a sewing machine, yet I was clueless as to how to use it. I headed to my local fabric shop in need of some supplies and more importantly, some help in the world of sewing.

There stood the warming smile of Adela Ulloa. With such patience, she explained the basics of sewing, from what bias tape is to completing pattern designs.

I would go home and attempt to complete a project, only to come back to Aster's Fabrics because I needed more assistance. Week after week, I found myself in the shop with Adela, as she explained what I needed to work on or fix.

After putting this new hobby on pause during high school, the spare time that the pandemic presented me with, reminded me of the joy of creating new pieces. I would now be found at Aster's Fabrics every week, in hope for new patterns and warming smiles.

With the help of her son and husband, George and Robert, the Ulloa family continues to create a kind and helpful environment for all ages, whether they be a seamstress or the common crafter.

Every crafter and seamstress that enters this shop, enters a caring environment filled with comfort to explore whichever piece or project comes to mind.

The Ulloa team is always available to help with any type of project that is presented before them. This is more than your average fabric shop, it is a caring community. The holiday may be the time of joy and cheer, but that spirit is always found at Aster's Fabrics.

Aster's Fabric is located at 611 W Whittier Blvd, Montebello, CA 90640.



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# City of Montebello Community Update

## COVID-19 FAQ 9.0

### LIMITED STAY AT HOME ORDER

This past November, Los Angeles County implemented new COVID-19 safeguards in order to ensure the public-health and safety of residents, and their ability to be served in hospitals. The following measures are currently in place:

**Outdoor Gatherings (In Effect: Nov. 21 - Dec. 21)\***

Gatherings are now only permitted outside, and must be limited to 15 people who are members of no more than three households.

**Restaurants, Breweries, Wineries, & Non-Essential Retail (In Effect: Nov. 21 - Dec. 21)\***

Must close from 10 p.m. to 6 a.m. Non-essential businesses, those that are NOT defined as critical infrastructure, should end business operations at 10 p.m. Essential work is permitted to continue, and food and beverage takeout services are still permitted after 10 p.m.

**Establishments Opened for Indoor Operations (In Effect: Nov. 21 - Dec. 21)\***

Occupancy is limited to 25% maximum capacity.

**Personal Care Establishments (In Effect: Nov. 21 - Dec. 21)\***

Services must be provided by appointment only, and services requiring the removal of face coverings are not permitted. Food and drinks cannot be served to customers.

**Outdoor Family Entertainment & Cardrooms (In Effect: Nov. 21 - Dec. 21)\***

The number of customers is limited to 50% maximum outdoor capacity.

**Restaurants, Breweries, & Wineries (In Effect: Nov. 25 - Dec. 16)\***

In-person dining is prohibited for a minimum of three weeks, beginning November 25. Take-out, drive-thru, and delivery services are allowed. Wineries and breweries can continue retail operations while adhering to current safety protocols.

\*These safeguards are subject to change based on state and county health orders. To learn more about Los Angeles County Public Health, please visit [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)

### FIGHT THE FLU

**Do your part to help slow the spread of the flu.** Did you know you can get the flu and COVID-19 at the same time? Take these preventative steps below to reduce your risk and fight the flu!

**GET VACCINATED!** To find a flu immunization at low cost or free near you call 2-1-1.



**COVER YOUR SNEEZE** or cough with a tissue, not your hands!

**WASH YOUR HANDS** for a minimum of 20 seconds with warm water.



**PRACTICE SOCIAL DISTANCING!** If you feel sick stay home.



CITY OF MONTEBELLO

## Small Business Assistance Program

The City of Montebello has launched the Montebello Small Business Coronavirus Business Assistance Program to provide support for small businesses impacted by Covid-19.

Visit: <https://montebello.cceda.com/>

The City of Montebello, in partnership with the California Community Economic Development Association (CCEDA), is offering the Montebello Small Business Coronavirus Business Assistance Program to provide support for small businesses currently impacted by the COVID-19 virus and associated restrictions. The program currently offers technical assistance to businesses who can benefit from Emergency Injury Disaster Loans (EIDL) or Paycheck Protection Program (PPP) funding, as well as general business assistance to help manage this crisis. Individual consultants are assigned to businesses seeking assistance and are standing by to speak with you.

For questions, please contact (323) 334-1236.

### Sign up for City News and Updates!

Get City news sent right to your inbox by signing up for updates on our City website. We have a lot of important information coming your way.

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- Public Notices
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Call: (323) 887-4540 | Email: [covid19info@cityofmontebello.com](mailto:covid19info@cityofmontebello.com)

UP TO DATE CITY INFORMATION CAN BE FOUND ON THE FOLLOWING LINKS		NON-EMERGENCY NUMBERS
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TORRES, PERALTA CITY RACE CONTINUED

Peralta is a Montebello Investment Committee member, YMCA and Mexican American Opportunity Foundation volunteer, and a former mentor for Montebello's College Bound Today program.

"Montebello is my home, the city that I love, and I want be a force of change for the community that raised me," she added.

After filling the seat vacated by Vanessa Delgado two years ago, David Torres was elected to his first full four-year term.

A life-long resident of Montebello, Torres received his undergraduate degree from UC Riverside and works full-time as a paralegal for the LA City Attorney's Office.

Torres would like to see more community members get involved in city affairs and calls his goals CARES - CREATE an environment for a thriving downtown

Montebello, ADDRESS infrastructure needs, REDUCE blight and illegal dumping, and EXPAND open space for sports and recreation.

"We have seen an incredible change over the last two years. I would like to build on the success of the new energy on council and expand the services and amenities we're delivering to residents," he said. "I was able to accomplish a great deal with my colleagues the past 18 months, but a full four-year term presents so many more opportunities to bring positive change to the City."

Torres went on to thank residents for their faith in his leadership and added that he is "proud to serve such an exemplary community."

Visit [www.davidtorres.com](http://www.davidtorres.com) and [scarlet4montebello.com](http://scarlet4montebello.com) for additional information.

"We appreciate the City's confidence in our ability to execute and deliver our collective vision for this pres-

tigious community. Together with the City, we are truly excited for the opportunity to deliver the very best community for the future residents," said Toll Brothers Division Vice President Brian Harrelson. "I'd like to thank the City of Montebello for a wonderful partnership and for their dedication to make this community a place to be proud of long into the future."

Plans also call for a 9,000 square-foot recreation center with a pool, and housing designs that take advantage of the fabulous views the location has to offer.

"Without the vision and foresight of folks coming together and saying let's build something great, something that's going to be enormous in our community, without that foresight, without that vision, this could not have happened," added Bobadilla. "This is an enormous task. And doing it environmentally safe, environmentally friendly, and environmentally responsible is a testament to our City Council and Toll Brothers."



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MONTEBELLO REPORTER



WHAT TO DO IF YOU ARE INVOLVED IN AN ACCIDENT



by Gia L. Pacheco, Esq.  
The Law Offices of  
George B. Pacheco & Associates



A car accident can be a traumatic experience and many are not unprepared and experience stress from the impact. Here are some tips on how to handle a situation when you're involved in an accident:

As cliché as it may sound, TRY TO REMAIN CALM. You need to gather as much information as you are physically capable of collecting. If you file a claim, most insurance companies rely on a recorded statement that will ask you details about the accident including the weather, time, traffic conditions and your observations.

1) Call the Police immediately to request a traffic accident report and to request medical assistance. Most police agencies, including Montebello Police Department, will not arrive unless there is someone injured. It is always wise to request immediate medical attention Many times an accident victim does not feel injured on the spot and symptoms of certain injuries are not always immediately apparent, this especially when your adrenaline is flowing. You should request immediate assistance if there are children or expectant mothers involved in the accident as they are more delicate. If you are alone, make the second call to someone who can go help you or gather information in your stead.

It is always wise to file a police report, even with minor accidents. There are several reasons - injuries usually worsen after the stress of the accident subsides, damage to your car may not be immediately visible, and there may be a false claim by the other party. I have had many clients come to me after trying to resolve the accident amicably and the other party at fault changes their story.

2) If you are physically capable, get the name, address, phone numbers and Driver's license number of all involved in the accident, including passengers. Make sure to get the same for witnesses. Most phones are capable of taking pictures and recording voice memos to store information. If you do not have one, consider keeping a disposable camera in your glove compartment.

3) Get the other driver's vehicle information, including make, model, license plate and VIN number. The easiest way to locate a VIN is to stand outside the vehicle on the driver's side and look at the corner of the dashboard where it meets the windshield. A VIN is also located on the driver's side door by the door latch.

4) Note date, time location and weather when the accident happened. Note any unusual traffic conditions, or road hazards.

5) Take pictures of the accident scene and property


damage and of the other party's documents, if necessary.

6) Seek medical treatment immediately. Many accident victims refuse ambulance service, but seeking medical treatment immediately after the accident can help your insurance claim. The key factor to a personal injury or automobile accident case is 'medical special damages'. When a claim is filed medical evidence is the most important aspect of the case. Insurance companies do not care if you could not go to the doctor because of being uninsured or could not afford medical treatment. They will not offer a fair and reasonable settlement without evidence of medical specials. If you do not seek medical treatment and obtain the proper treatment throughout the claim- there is no proof that you are actually injured.

Most of these factors are not limited to an automobile accident. In fact, they can be applied to any injury situation where you have become injured. Since every matter is unique, an experienced personal injury attorney can help with issues of seeking treatment, establishing a claim, and negotiating a settlement. Please remember to drive safe and smart and never "jump" on green. That second of looking back and forth on a green light can save your life.




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## SHOP HOST PHYGITAL TREE LIGHTING CEREMONY

The Shops at Montebello hosted its 2nd Annual Tree Lighting phygital experience with Actress Isabella Gomez on Sunday, November 15th. The virtual event featured a live stream on the Center's Facebook and YouTube Channel (@shopmontebello), a Q&A between REAL 92.3 DJ J Cruz and Isabella Gomez, who plays "Elena Alvarez" on "ONE DAY AT A TIME" and an opportunity for viewers to win a giveaway.

General Manager Gregory Millsap, Marketing & Business Development Manager Marina Satoaifaiga from the Shops of Montebello, along with Montebello Mayor Salvador Melen-dez and Mayor Pro Tem Kimberly Ann Cobos-Cawthorne where also a part of the tree lighting ceremony.

"While COVID-19 continues to change our celebrations, we're thrilled to be able to come together online and commemorate our memorable Montebello moments," said Marina Satoaifaiga from the Shops of Montebello.

The first 100 guests that submitted the "keyword" mentioned during the virtual event at the Guest Services Desk, received a commemorative light up wand! The virtual lighting is the official kick-off to the Center's Holiday Season.

For more information on deals, holiday programming and center hours please visit [shopsatmontebello.com](https://shopsatmontebello.com).



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# SANTA PHOTO TIME



It's time for holiday photos with Santa. Times are subject to change.  
Santa will be a contactless experience this year! Reservations preferred. Visit: [shopsatmontebello.com](https://shopsatmontebello.com).

NOVEMBER / DECEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
22	23	24	25	26	27 11AM-8PM	28 11AM-8PM
29 11AM-7PM	30 CLOSED	1 CLOSED	2 11AM-8PM	3 11AM-8PM	4 11AM-8PM	5 11AM-8PM
6 11AM-7PM	7 11AM-8PM	8 11AM-8PM Pet Days	9 11AM-8PM	10 11AM-8PM	11 11AM-8PM	12 11AM-8PM
13 11AM-7PM	14 11AM-8PM	15 11AM-8PM Pet Days	16 11AM-8PM	17 11AM-8PM	18 11AM-8PM	19 11AM-8PM
20 11AM-7PM	21 11AM-8PM	22 11AM-8PM Pet Days	23 11AM-8PM	24 9AM-5PM	25	26

ALL HOLIDAY PROGRAMMING SUBJECT TO CHANGE DUE TO LA COUNTY PUBLIC HEALTH DEPARTMENT'S MANDATES

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## GREETINGS, COMMUNITY STAKEHOLDERS!

As Thanksgiving approaches I find myself overwhelmed with gratitude for you- our community partners, donors, and volunteers, for making the good work of the YMCA possible this year- especially since the intrusion of the pandemic. Your support and involvement is nothing short of heroic in my eyes, and here's why I firmly believe so.

From ancient times, various cultures have rendered the hero's motto as: "To protect" or "To serve" and you have stood with the Y to both serve and to help our community in the face of a singularly heinous enemy- COVID-19. Your involvement with and support of the YMCA has enabled us to both protect the vulnerable and to serve our community's emerging needs in this historic time. You are truly, sincerely heroes.

Many of you have worked alongside of one another at the Y, sorting food or on food distribution days, providing this literal lifeline to local, food insecure families two mornings weekly since April. Others have additionally supported these efforts and other pandemic relief initiatives through your donations. Your support sustains the Y to provide food, no-cost flu shots, blood drives, and free wi-fi for remote learning as well as for tele-med, and job seekers.

And this is all only at the Y in Montebello! Partners throughout Los Angeles have also enabled YMCAs in neighboring towns provide childcare for healthcare providers and first responders and to provide hygiene services including shower access to the unhoused among us. This summer, teens from all over LA County, including ours here in Montebello and Commerce, had access to, virtual fitness challenges and other needed, remote services.



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<b>Thursday</b>	<b>9:00AM - 6:30PM</b>
<b>Friday</b>	<b>9:30AM - 6:00PM</b>
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**FEBRUARY 2021**

6 Time Capsule Ceremony\*

**MARCH 2021**

20 Art Fest\*

**APRIL 2021**

3 Spring Festival & Egg Hunt\*

**MAY 2021**

15 Cars 'n' Guitars Car Show and 5k\*  
31 Memorial Day Ceremony\*

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\* Please note all events are subject to change or cancellation based on COVID-19 guidelines.



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WISHES EVERYONE A SAFE

*Happy Holidays*

AND A HAPPY NEW YEAR!



# REMEMBERING MELVIN DOUGLAS COKER



Melvin Douglas Coker, known to friends and family as Doug, died on Wednesday, November 11, 2020. He was 79 years old. He died at home from complications of Parkinson’s Disease, surrounded by his children and grandchildren. He had recently enjoyed his favorite birthday dinner – chicken fried steak – while watching the first game of the World Series, (safely, of course), with his family. Go Dodgers!

Doug was born on October 21, 1941, in Long Beach, California. The story goes that he stayed in the hospital for \$1.00 a day, while his mother recovered from surgery. The story also goes that he had bright red hair, and one extra toe – both shocking to his father. However shocking, it’s been clear all his life he is a Coker – charming, endearing, and handsome.

His family moved from Huntington Beach to Montebello when he was a boy. He graduated from Montebello High School in 1959, and attended Los Angeles State College. At 15, two things mark his story – he became active in DeMolay, and he began working for his grandfather at Koppl Company, the family business. Through DeMolay he met lifelong friends and his beloved wife, Sue, who preceded him in death in 2015. Over time he became manager, then owner and president of Koppl. Today, the company thrives under the leadership of his son-in-law and daughter.

He loved his city, and served as a reserve officer for Montebello Police Department during the 70s and 80s. Here he also built lifelong friendships. As a member of Park Avenue Christian Church in Montebello, he served in a variety of capacities, for many years. He loved his church family, and was especially proud of the work of Park Avenue Day Nursery. Service on their board was his final leadership position.

He enjoyed playing softball, and attending decades of Dodger games with friends and family, plus USC football with “Uncle” Don and Rich. He enjoyed travel, often with friends, or to visit them. Friends were family to Doug.

His life is marked by joyful generosity in big, small, and often unexpected ways. He supported causes, helped families, shared resources, and surprised many. If you knew him, you probably have a story that starts with, “One time, Doug...” and ends with, “...I hope I can bless someone the same way.”

He leaves behind a large family of children, grandchildren, and greats, who will miss him: Ruth with her children: Stephanie, Jason, Alice, Cesar, Teresa, Nadine, plus her grandchildren: Nathaniel and Madison; Mary and Kevin with their children: Sena, Joseph, and Benjamin; Carol and Remberto with their children: Savannah and Emily; William (Billy) and Joleen with their children: Ayanah, Elijah, and Micah. He also leaves behind MANY nephews and nieces who love their Unc., and for whom he has been a champion and role model for a lifetime.

1 Thessalonians 4:13-18, reminds us of the temporary nature of this life, and the promise of eternity with God for those who love Jesus Christ: “Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope ... For we believe that Jesus died and rose again ... And so we will be with the Lord forever ... Therefore encourage one another with these words.” We hope you will find comfort in the entirety of this passage.

COVID restrictions do not allow us to gather for a memorial. Beginning December 1, go to [www.douglascoker.com](http://www.douglascoker.com) for information, dates, and creative ways to help us celebrate a life well-lived...



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# HOC HOLDS ANNUAL THANKSGIVING OUTREACH



Saturday, November 21, 2020, Heart of Compassion held its annual Thanksgiving Food Outreach with the help of their sponsors: County Supervisor Hilda Solis, State Senator Bob Archuleta, Assemblymember Cristina Garcia, The City of Montebello, San Gabriel Valley Water District, Liberty Utilities, The Kroger Foundation, ATC High School, and Baby2Baby.

700 families received frozen turkeys and trimmings for Thanksgiving dinners. In addition to a week-supply of food, baby formula and diapers were also provided. City of Montebello Mayor Salvador Melendez was in attendance and Matthew Grant performed live music during the event.

Heart of Compassion's Christmas food and toy distribution will be held Saturday, December 19, 2020, at 11 am. To volunteer or donate toys for needy children, please call the Heart of Compassion office at (323) 727-7997."

# MONTEBELLO LIONS CONTINUE TO SERVE 2020 PROJECT IN MEMORY OF PDG BILL WALTERS



By PDG Chris Ohrmund

It has surely been a year that we will all remember but the need to enforce our Lions' motto "We Serve" continues.

One of the Montebello Lions Club's tradition is to help members of the community and surrounding areas with Thanksgiving Food Boxes. Even though 2020 has been a challenge for all of us, Lions decided that this service tradition would continue.

Donations were requested from community businesses and individuals and the Lions were not disappointed by the wonderful support they received.

For several days before and on November 23rd, boxes were prepared with many food items, fresh produce, pumpkin pie and milk. Eighty-five families received the box, complete with a turkey or ham and the Lions' well-wishes.

During clean-up after the project, Lions felt a sense of pride in knowing that even though it's a challenging time, Montebello Lions are there, to Serve.



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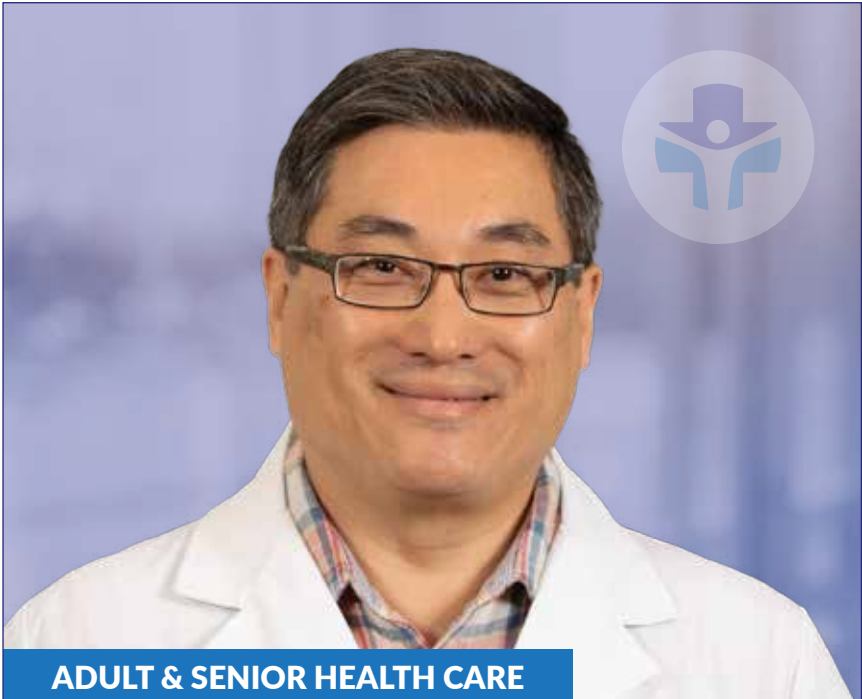
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BEVERLY HOSPITAL: COVID-19 IMPACT REPORT

Beverly Hospital hopes you and your family are safe and well during these unprecedented times in our country and world. Each person has been impacted by the virus in one way or another. However, we as a society are strong, resilient, and all in this together.

Since March 2020, everything has changed and impacted the entire healthcare system. Beverly Hospital, along with every hospital in America, has endured incredible challenges during the COVID-19 pandemic. These include personal protection equipment shortages, elective surgeries being postponed, drastic decrease in patient volume, shortages of ventilators, and huge revenue losses.

To meet these challenges, Beverly Hospital has implemented staff layoffs, postponed all but the most critical capital improvement projects, and eliminated all nonunion raises, to do everything we can to mitigate multi-million-dollar losses. Beverly is now leaner, better prepared for what lies ahead, and our mission of providing compassionate and quality patient care hasn't changed.

The frontline care workers, physicians, and management of Beverly Hospital have battled the COVID-19 pandemic every day since the crisis began. We are thankful and grateful of our entire team for bravely and unselfishly providing care, treatment, and compassionate healing to all our patients during this crisis.

Staying healthy during this time is critical. The hospital urges everyone to do their share in slowing the spread. This includes social distancing, mask wearing, hand sanitizing, and getting flu vaccinations. Taking care of your health is essential and should not be delayed. From scheduling a telehealth visit with your doctor to coming to the emergency room. Beverly Hospital empowers you to seek the help you need and to remind your loved ones to do the same. Know that in any health-related situation, you can come to Beverly Hospital. Our hospital remains open and is a safe environment. You can come through our doors with peace of mind and receive quality care.

Thank you and may you and your loved ones continue to be safe and well! We are always at your service when you need us most. With your continued help and support, we will all get through this pandemic together.

Join us in this fight. The crisis is not over. When it comes to healthcare, you can help make all the difference. The generous gifts from the community have made a big impact in this time of uncertainty, and we could not have made it this far without your support. Consider supporting our healthcare heroes with a donation, today. Contact Beverly Hospital's Foundation at 323-725-4264, foundationinfo@beverly.org, or www.beverly.org.

### THE IMPACT ON BEVERLY

#### Testing

- Suspected Cases: 3,923
- Positive Confirmed Tests: 949
- Positive Cases: 991  
(Includes those not tested but suspected)

#### Inpatient Cases

Total Cases  
1,028

Admitting  
490

ER  
518

Observation  
20


#### Costs

- Lost Revenue & Expense Costs: \$17,000,000+
- Government Support Received: \$12,300,000

#### Philanthropy

- Monetary Donations: \$120,000
- PPE: \$46,000 (valued)
- Meals & Snacks: \$3,600 (valued)

Numbers as of November 3, 2020



## Celebrate The Holidays And Your Health


As we celebrate the holidays with our loved ones, remember to celebrate your health. Good health is one of the greatest gifts you can give to yourself. Beverly Hospital is here to rejoice with you and to provide for all your health care needs:

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MONTEBELLO REPORTER



PHARMACIST’S ROLE IN TAKING CHARGE OF YOUR HEALTH

by Lam Huynh  
Pharm. D. Candidate 2020  
University of Southern California, School of Pharmacy

Shushma Patel, RPh, CDE, MBA.  
The Prescription Shop, Montebello

Managing your medication and understanding medical conditions can be extremely overwhelming and confusing. Medication is constantly changing, new medication is added or discontinued, or individuals may experience side effects or complications from the medication. You may even be confused why you are taking the medication. You may be thinking to yourself, well who can help me? Your pharmacist can help you!

Historically, we have been taught to turn to our doctors for all of the answers related to our medical conditions and medication. Recently, pharmacists in the community setting have started to have a greater impact in helping patients manage their medical conditions, improve compliance and optimize medication therapy, and make lifestyle changes to improve their overall health. SB 493 is the state landmark law passed in 2013 that recognizes pharmacists as health care providers and lead to the expansion of the pharmacist’s scope of practice. Pharmacists are getting more involved in patient care by offering a variety of services, such as immunizations, travel medicine, furnishing smoking cessation agents and resources, furnishing self-administered hormonal contraceptives, blood pressure and diabetes management/screenings, and medication therapy management programs.

The Prescription Shop in Montebello, a locally owned and operated independent pharmacy has demonstrated the benefit that a pharmacist can have on patient outcomes. In September of 2017, the pharmacist was approached by RA, a long-time customer of the pharmacy about help with managing his various medical conditions that had recently become overwhelming and frustrating. The pharmacist agreed to work with the patient weekly to educate the patient about his medical conditions and help to optimize his current medication therapy. In addition, she also monitored his progress in getting his medical conditions managed by reviewing his lab results, and taking vitals at each visit. RA began his weekly visits to the pharmacy in September

2017. At the initial visit his baseline measurements were recorded as followed: Weight 319.2 pounds, Body Mass Index: 45.8 kg/m2, and waist circumference: 61 inches. His medical conditions included: Hypertension (high blood pressure), Chronic Obstructive Pulmonary Disease (COPD), Asthma, Type 2 Diabetes, and obesity. Many of his medical conditions were not managed optimally and he was taking eight medications to control these conditions. During the initial meeting RA and the pharmacist discussed his expectations from this experience, lifestyle modifications, and completed a comprehensive medication review. An emphasis on lifestyle modifications by eating healthier food choices and incorporating exercise into his daily activity was explained. This helped them to create short-term and long-term goals. RA was motivated to make a change toward living a healthier life, so he began recording his food intake daily, documenting daily blood glucose readings, and slowly beginning to incorporate exercise into his routine.

It has been one year since we began working with RA and he has astonishing improvements to his health. Since September 2017, he lost nearly 70 pounds, reduced his waist circumference about 10 inches, and got his diabetes and blood pressure under control. He has started to incorporate exercise and a healthier diet into his life and continues to document his progress daily. RA is now extremely knowledgeable about his medical conditions and medication, and can make more informed decisions about his health moving forward. These clinical outcomes observed over the past year demonstrates the impact that pharmacists can have on patients. Involving pharmacists in the monitoring and management of medical conditions and medication improves patient outcomes and can lead to the betterment of the patients overall health. A pharmacist can educate patients about their medical conditions, manage their medication and help to optimize therapy. With a better understanding of your medical conditions and medication, you can take control and make more informed decisions about your health RA is one example of the impact that pharmacists can have. There are many others in the community that could benefit from the help of pharmacists.

If you know anyone who needs help managing their medication or want to become more educated about your medical conditions, feel free to come in and talk to our staff or Pharmacist, Shushma Patel at The Prescription Shop at 1215 W. Whittier Blvd in Montebello! (323-728-8127)



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A PROSPEROUS NEW YEAR!**





# MERRY CHRISTMAS EVERYONE, ENJOY YOUR HOLIDAYS!

**DARRELL & SYLVIA HEACOCK**





As the Montebello Reporter begins coverage of Los Angeles Sports, pro, college and local, we would like to congratulate the Los Angeles Lakers and the Los Angeles Dodgers during their 2020 Championship season and look forward to their 2021 season.

**PAC 12 Football** - With Covid-19 looming about, the Pac 12 began play in early November playing only Pac 12 teams up to the 2021 championship. Each team will play five divisional games and one crossover game against a non-division opponent, with these six games being evenly distributed between home and away for each team. The seventh and final week will feature all twelve teams in action highlighted by the Pac-12 Football Championship Game, on December 18, which this year will take place in a home-hosted format. The Pac-12 and partners Allegiant Stadium, the Raiders, Las Vegas Convention & Visitors Authority and MGM Resorts International previously agreed to commence hosting of the Championship Game at Allegiant Stadium in 2021 for its two-year run in Las Vegas in order to ensure a successful launch of the inaugural event.

**USC** - USC (2-0) hammered Utah 33-17 on Saturday night. The Utes looked young, inexperienced and as if they were playing in their first football game of the season. Coach Kyle Whittingham lost too much talent to the NFL Draft after last season. Too many questions to be answered. USC, which is prone to taking naps during games, had a very complete performance and played the best football of anyone in the conference on Saturday night. Are they the best team though? Oregon? Colorado? Someone else? Kick that around. Saturday, December 4, Washington State at USC.

**UCLA** - UCLA (1-2) fell to Oregon (3-0) on Saturday at Autzen Stadium, as the Bruins couldn't complete the comeback in Chase Griffin's first-career start. UCLA's defense made a clutch defensive stop to take possession at its own 19-yard line with 1:17 to play. Griffin opened the drive with first-down completions to Philips and Dulcich to put the Bruins at their own 46. A roughing the passer penalty kept the drive rolling, but Philips couldn't hold on to a 4th-down pass from Griffin, cementing the final result – a 38-35 victory for Oregon. Saturday, December 5, UCLA at Arizona State. Saturday, December 12, the final game of the short season USC at UCLA.

Corey Seager received the National League Championship MVP and the World Series MVP. In the NLCS Seager smashed his way into the record books with five home runs and 11 RBIs in the series, both of which set NLCS records. He also passed Davey Lopes and Justin Turner for the most home runs (six) and RBIs (15) in a single Dodgers postseason. During the World Series Seager finished with a .400 average and 1.256 OPS. He hit two home runs, had five RBIs and led all players with seven runs scored. "This was just awesome," Seager said after receiving the Willie Mays MVP trophy. "What this teams accomplished this year ... the resilience, the effort, the energy—everything that this team's done this season, it's just fun to be a part of."



PHOTO: File Photo by Fred Zermeno

**LOS ANGELES CHARGERS** break their 3-game losing streak and improve to 3-7 by beating the lonely now 0-10 New York Jets 34-28. (Highlight) Sunday's game marked the sixth career game for Keenan Allen with 13-plus catches making the feat the most by a single player in NFL history. He also became the fifth player all-time to record multiple games with 15-plus catches. Allen also tied the record for the fastest player to reach 600 career receptions in just 96 games. Antonio Brown is the only other player in NFL history to do it in 96 games. Allen finished Sunday with 16 catches tying the team record for catches in a single game. Rookie Quarterback Justin Herbert has five games with 3-plus touchdowns which is an all-time rookie record in NFL history. This extended his NFL record streak of games with multiple touchdown passes to seven. Chargers next two games are at Buffalo Bills and back home against the New England Patriots.

**LOS ANGELES RAMS** finally got a little revenge over Tom Brady on Monday Night Football. Anytime you can beat Tom Brady, it's sweet revenge for all those past regular season, playoff and superbowl losses. The Rams controlled the field for most of the game until Jared Goff made a couple of crucial mistakes. But yet, Goff knows how to bring his team back from his own mistakes to a Rams 27-24 victory. The victory moved the Rams into first place in the NFC West. Rams wide receiver Robert Woods posted 130 yards on a team-high 12 receptions with one touchdown, while Kupp had a team-high 145 yards on 11 receptions. Goff, meanwhile, was 39 of 51 for 376 yards with three touchdowns and two interceptions. His third gave him 103 for his career, moving him past Kurt Warner for fifth on the franchise career passing touchdown list. Tha Rams next two games are at San Francisco 49ers and then at home against the Arizona Cardinals.



PHOTO: File Photo by Fred Zermeno

Green Bay Packer Devante Adams tweeted "Cooper Kupp is by far the most underrated wide receiver in the NFL". Kupp leads the team with 64 receptions and 722 yards in 11 games. "Coming from Devante Adams who is a great receiver, it's an honor for him to say that. I'm just being myself out on the field and I'm glad to be part of this high level offensive team," Kupp said.



BOO! HALLOWEEN CAR PARADE AT THE SHOPS OF MONTEBELLO

On Halloween 2020, the horrid coronavirus proved an immense challenge and difficulty for children attempting to trick-or-treat. The only way children could get their beloved candy was a new experience at our local mall (The Shops of Montebello): a car parade. For those of you who are unfamiliar with this term, a car parade is a group of cars in a drive thru event. They server many purposes, but this time, it was for trick or treating! The trick or treaters lined up in cars and were handed candy from other parked cars and candy stations. Spooky cobwebs and plastic skeletons were familiar sights, but what about the dancing shark and dinosaur? Little things like that made the event more enjoyable. God loves it when people and kids smile and this event made every-one smile. And at the end of the day, we still got our candy. A special thanks to Mayor Kimberly Ann Cobos-Cawthorne, the car clubs, the solo drivers and the staff from the Shops of Montebello.



HAPPY 100TH ANNIVERSARY TO MONTEBELLO

The city of Montebello recently turned 100 years old. A mural at the Taylor Ranch Park showed historical advancements of our beautiful town. It was held in the basketball court, and a celebration of the heritage of Montebello and its residents. A shining example of perseverance of the ones who live and run Montebello. God has brought this town far from ruin, evidenced by the survival of Montebello in face of this coronavirus. Montebello will continue to thrive as long as we never forget God and our history and heritage.



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LONELINESS AND HEARING AIDS

Loneliness has typically been thought of like most other human emotions — fleeting and virtually harmless. While short periods of loneliness may not have negative effects, prolonged loneliness is toxic and increases the risk of dying by 26%. In fact, loneliness is as harmful to your health as smoking 15 cigarettes a day and increases the risk of heart disease, dementia, depression, stroke, diabetes and cancer.

You may be wondering, how can loneliness lead to all of that? Let me break it down for you.

How loneliness affects our health

Like food and water, humans need social connection to thrive and survive. These connections create a sense of belonging and safety. When we're deprived of these crucial relationships, because of social distancing, hearing loss or a number of other reasons, our sympathetic nervous system perceives a safety threat and starts to fire. It's a completely reflexive reaction.

In response, the body begins making hormones like cortisol and epinephrine (also known as adrenalin), preparing to fight or flee. Over time, the persistent exposure to excess cortisol can wreak havoc on our health. A heightened heart rate and blood pressure increase the risk of heart disease; increased blood clotting factors increase the risk of stroke; higher levels of glucose increase the risk of diabetes; and not having an immune system that's functioning properly increases our risk for cancer.

You get the point. Prolonged loneliness is not good for your health. Unfortunately, many risk factors for loneliness are difficult or impossible to change or reverse including being older, being female, living in a rural area, having a low education level, or having poor health status.

Hearing loss is a treatable cause of loneliness

The good news is that a treatable cause of loneliness is hearing loss. And it makes sense. When hearing is a challenge, so is communicating and maintaining relationships with friends, family and caregivers. To avoid the social strain and discomfort of being unable to hear, many people withdraw from conversations and eventually retreat into a shell. In fact, one in five people with hearing loss report feeling lonely.

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The science is becoming clearer every day: it is time to put hearing health at the forefront of overall wellness because it matters, and its effects are far-reaching. Trial Starkey Hearing Aids FREE today call out office at (323)530-0223



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