

The Mid Valley News

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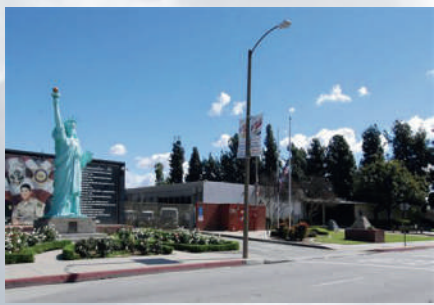
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El Monte Union Receives 9 Electric Buses as Part of Clean Mobility Project

El Monte Union High School District has received nine additional electric buses as a part of the District's participation in the Clean Mobility in Schools Pilot Project, completing its fleet of 11 electric buses provided through a \$9.8 million grant from the California Air Resources Board (CARB). The District celebrated the arrival of the first buses in August with a green ribbon-cutting ceremony.

The new fleet of electric buses will allow the District to serve more students using state-of-the-art zero-emission vehicles equipped with the most current safety features. The District's participation in the Clean Mobility in Schools Pilot Project is part of its overall commitment to finding sustainable emission-free transportation that will enhance the quality of life for students and staff who commute. The new buses are estimated to save the District up to 80% in fuel



El Monte Union High School District receives the last of 11 Bluebird electric buses as part of the District's participation in the Clean Mobility in Schools Pilot Project

costs and up to 50% in maintenance costs over traditional diesel powered vehicles.

"El Monte Union is proud to be leading the way in helping reduce greenhouse gas emissions and improving air quality for District communities by replacing diesel and gasoline vehicles with clean zero-emission vehicles," District Facility and

Energy Manager Lena Luna said. "We are excited to continue working with CARB and our other partners on this project."

Additional components of the project include a pilot career technical education curriculum to engage students in clean energy career pathways, School Mobility & Active Transportation Plans developed to identify mobility needs and possible solutions at each school, three electric motor pool vehicles and five energy storage systems that tie into the District's existing solar power system.

The District has already received 11 all-electric 2021 Gem Polaris utility maintenance carts, and construction to help support existing bus charging infrastructure is underway.

"El Monte Union is thrilled to be a grantee participant of the Clean Mobility in Schools Pilot Program. This program has been instrumental in allowing the District to deliver electric buses and green-tech infrastructure for the benefit of the

EMUHSD >> PAGE 7

Mountain View School District Holiday Happenings

by M. Earle, Mountain View School District

Payne School Hosts Holiday Program

Holiday spirit was in full force at Payne School as the kindergarten through sixth grade students took to the stage to perform songs for the school's holiday program. The festive performance was also shown virtually for parents and families to enjoy.



Santa Claus Makes a Stop at Twin Lakes School

Santa Claus made a stop at Twin Lakes School to spread some holiday cheer to Kindergarten through 2nd

grade classrooms.

Santa passed out candy canes and the personalized holiday cards that the school's Leadership Class wrote to each student.

Along with wishing them a fun holiday season, Santa encouraged the students to continue working hard at school and to keep reading over their winter break.



Monte Vista School's Leadership Students ask "Where's the Gingerbread Man"

Monte Vista School's junior high leadership class hosted a Where's the Gingerbread Man activity for the school's kindergarten and first grade classes.

The main junior high corridor on campus was decorated to resemble a Gingerbread Man village and Leadership Ambassadors escorted the students through the seven junior high classrooms looking for the Gingerbread Man.

Each room had clues for the kinder and first graders to find like gum drops, foot marks, a bow tie, crumbs and

MVSD >> PAGE 7

Río Hondo College Partners with Whittier College to Solve Student Housing Issues

Río Hondo College solidified a partnership with Whittier College, which allows Río Hondo College students to stay in the Whittier College residence halls in exchange for re-housing vouchers, during the Dec. 8 Board of Trustees meeting.

The partnership between Río Hondo College and Whittier College aims to alleviate the housing issues faced by some socio-economically disadvantaged students. This partnership was approved to start in Spring 2022 and end June 30, 2026.

"My professional mission as a Latina educator is to pay it forward," Whittier College Interim Vice President and Dean of Students Deanna Merino-Contino said. "Over time, Whittier College has worked to strengthen and streamline our CARE resources to support students with basic needs and housing insecurity. So, it was a natural partnership with Río Hondo College to provide this opportunity. Realizing that community is so important to achieving academic goals, we are pleased to partner with Río Hondo College in offering these students meaningful transformational experiences."

The partnership will operate at little-to-no cost to Río Hondo College, other than the basic needs of staff to identify

and refer students for housing.

This new partnership will allow any Río Hondo College student with re-housing vouchers from third-party providers, such as Jovenes Inc. Center, the Salvation Army and Volunteers of America, to gain residence at the Whittier College dormitories. Whittier College will also provide reduced rates to students who run out of re-housing vouchers, in order to provide housing stability.

"I would like to thank Whittier College for making this partnership possible; this will benefit many students and our community," Superintendent/President Teresa Dreyfuss said. "Housing is a basic need, and providing safe housing for our students means they can focus on their academics and prepare themselves to join the workforce or transfer to four-year universities."

**RIO
HONDO
COLLEGE**





El Monte Union Recognizes Special Education Day Across Campuses



The El Monte Union High School District Board of Trustees passed a resolution to recognize Special Education Day across campuses on December 2, an initiative that celebrated students, special education programs and the dedication of teachers, paraprofessionals and administrators to ensure all students are successful.

The resolution was passed with a unanimous vote by the Board during a November 3 meeting. The Special Education Day celebrations will continue throughout December, as school site staff hand out bracelets, shirts and awareness activity packets, aimed at minimizing the stigma of students with disabilities.

“We are giving tokens of appreciation to express our gratitude to our staff members that work with our students, including teachers and paraeducators,” Director of Special Education Leonard Martinez said. “There are so many people that contribute to the overall experience of our students.”

Special education students have access to programs and services throughout the District. One of these specialized programs is Community Based Instruction, where students participate not only in campus life, including classes, assemblies and lunch, but also engage with the surrounding community, allowing them to practice life and social skills. An Adult Transition Program is also

offered to students between the ages of 18 and 22 with mild to severe disabilities. The program aids in the transition process from high school to adulthood, and includes coursework geared toward empowering their independence.

Additionally, the District’s WorkAbility I Program helps students receive comprehensive pre-employment training and employment placement, with the goal of helping people with disabilities gain valuable work experience and employment opportunities.

“El Monte Union High School District is proud to honor our special education students and faculty,” Superintendent Dr. Edward Zuniga said. “As a District, we are proud to provide access to education for all children, allowing them to strengthen their development and potential.”



El Monte High special education teacher Raelene Felix and Special Education Compliance Officer Allison Smith provide academic services for students with disabilities.

El Monte Union Spreads Holiday Spirit and Cheer with Annual Family Posada

The El Monte Union High School District hosted its fourth annual Family Posada on Dec. 10, welcoming more than 1,000 families to the event with featured appearances from Santa Claus, folklórico dancers, school swag giveaways, snow and food such as tamales and pan dulce.

Due to the COVID-19 pandemic, the Family Posada was transformed by staff and parent volunteers into a drive-thru parade, during which cars lined up outside the District office before touring through a snowy Christmas light tunnel.

“It is a wonderful experience getting to work this event,” Mountain View High School parent volunteer Maria Celedon said. “I am so excited to see so many families come out and enjoy this special celebration this year!”

El Monte Union staff members and parent volunteers came together to place fresh hot meals, stuffed stockings, school gear and sweets into the trunks

of each vehicle, while families enjoyed the snow fall, holiday lights and baile folklórico performances that surrounded them.

The Los Angeles County Office of Education also took part in donating goodie bags including a healthy cookbook with recipes for parents and families to try over the holidays.

Edith Echeverria, Director of Assessment, Accountability and Family Engagement, led the team that staged the annual event.

“I’m so happy with the large turnout, I can’t thank our Superintendent’s Parent Advisory Committee enough. They are always overjoyed to be helping,” Echeverria said. “This event has become such an important part of pulling our community together and I look forward to continuing the expansion of our festive holiday tradition.”



RIO HONDO COLLEGE

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- Upload your vaccination card to register for **in-person** courses and any student services
- Online** courses available for ALL students

www.riohondo.edu

ONLINE REGISTRATION - Visit EMRAS.edu to register online

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Monday-Friday – 8:00 a.m. – 3:00 p.m. and Monday-Thursday - 5:00 p.m. – 8:00 p.m.

Health & Fitness

Ten Simple Ways To Squeeze in Some Exercise

Looking to get more exercise but can't seem to find the time? Take advantage of every spare moment to get moving.

1. Do a few squats while you wash your hands
2. Dance while you clean up your house
3. Do some strength exercises (such as sit-ups) during commercial breaks while watching television
4. Stand on the tips of your toes while doing the dishes to work your calf muscles
5. Flex your arms while carrying groceries
6. Whether you're at the office or the mall, make it a rule to take the stairs rather than the elevator or escalator
7. Park far away from building entrances
8. Walk or ride your bike to work or, if that isn't feasible, park a few minutes away from your office and walk the rest of the way
9. Stand, don't sit, while riding public transit
10. Stretch your muscles during coffee breaks

You see: it's easy to get active during the day, no matter how busy you are.



Four Misunderstood Body Parts

We all know that stomachs digest food, lungs let us breathe and hearts pump the blood that keeps us alive. But what about our tonsils, our appendix and our gallbladder, which can all be removed without any long-term ill effects? And what's the deal with the spleen, which we only ever hear about when it becomes enlarged?

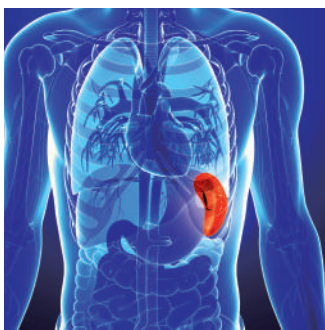
Tonsils

Tonsils aid the production of antibodies and support the immune system. They often become enlarged when fighting infection; this is known as tonsillitis and people who experience frequent bouts of tonsillitis have their tonsils removed. This procedure does not weaken the immune system, as the body has many other ways to defend itself (lymph nodes, for example).



Appendix

It was long assumed the appendix served no real purpose in modern humans. More recent findings, however, indicate that the appendix is in fact a reservoir of sorts, filled with good bacteria that contribute to gastrointestinal health. In any case, an inflamed appendix must be surgically removed in order to prevent it from rupturing, a potentially fatal complication.



Gallbladder

Between meals, the gallbladder acts as a storage vessel for bile, which is produced by the liver to help the body metabolize fats. Because its role is non-essential, the gallbladder is sometimes removed to treat or prevent gallstones.

Spleen

The spleen produces white blood cells, which in turn produce antibodies. It also filters the blood and eliminates old, dead cells. While it is possible to live without a spleen, this significantly increases the risk of infection and necessitates vaccines and antibiotic treatments to compensate.

How To Prevent Muscle Injuries



It's a well-established fact that physical activity goes hand in hand with overall health, but exercising isn't without its risks. Luckily, a few simple measures can go a long way in preventing muscle injury.

meals and favour lean foods, as fats require a lot of energy to digest. It's a good idea to wait two or three hours after eating a full meal before exercising.

Equipment and workout plan

Make sure that your sport or training program of choice is suitable for your physical condition, and don't overexert yourself or try to take on too much too soon. It's also important to practise proper form while you exercise. Furthermore, you'll benefit greatly from having the right equipment; ill-fitting shoes, for example, are a common cause of sports injuries.

Warm-up and stretching

Rushing into a strenuous activity before your muscles are properly warmed up is a great way to get hurt. Gradually prepare your body for physical effort with gentle warm-up exercises and stretches to jumpstart your circulatory system and improve your flexibility. Stretching several times a week has various long-term benefits, namely because stiff muscles are much more prone to injury.

Diet and hydration

Drinking water before, during — and don't wait until you feel thirsty — and after each training session is vital to replenish lost fluids and avoid dehydration. To give your muscles the energy they need to get you through a workout unscathed, include lots of healthy carbs in your pre-exercise

Rest and mindfulness

Getting enough sleep gives your body time to recuperate from exertion and enables it to better resist injuries. A final word of advice to help you keep injuries at bay: always listen to your body.

NATIONAL

SUICIDE PREVENTION

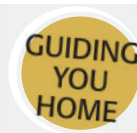
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www.suicidepreventionlifeline.org



Real estate REPORT



Why Decent, Affordable Housing Is Important



Rio Hondo Community Development Corporation

Decent, affordable housing is important to families. Certainly, it fulfills a basic human need for shelter, but it also contributes to the well being of both parents and children. Studies show that children in stable housing do better in school and are less likely to experience disruption in their education due to unwanted moves.

Decent, affordable housing reduces stress, toxins, and infectious disease, which leads to improvement in both physical and mental health. Affordable housing also frees up funds within families' tight budgets to spend on health care and food. Studies have shown that children whose parents receive housing assistance benefit from better nutrition.

For parents, living in decent, affordable housing also means

reduced stress due to a lessening of concerns that high housing costs will lead to foreclosure and eviction; this in turn leads to fewer physical and mental health problems and reduced absenteeism on the job.

Affordable housing also is important to the economic vitality of communities. Affordable homes can attract and retain employees to your community- a selling point and a competitive advantage for area employers. Affordable homes also support the local workforce so they can live close to their jobs.

Shorter commutes allow workers to spend more time with their families while the community benefits from reduction in traffic congestion, air pollution, and expenditures on roads. In revitalizing communities, the construction of affordable homes can also help to stimulate economic growth.

A healthy mix of housing options, from market-rate and affordable rental housing, single-family homes, duplexes, as well as developments for seniors, ensures opportunities for all individuals to improve their economic situation and contribute to their communities.

Maintaining an Organized Home

(Family Features) This time of year, family life can get a little messy. School schedules and sports activities mix with work commitments, and before long the house is as cluttered as the calendar.

With these tips, you can make small changes to help you get organized and stay that way.

Embrace routines.

The idea of dedicating large chunks of time to organizing and tidying the house can be overwhelming. However, making time to clean as you progress through the day can help control clutter and keep the time commitment more manageable.

Purge the excess.

Over time, nearly everyone collects too much stuff, and clutter is

often more an indication of too much volume than poor organization. Getting control of your clutter starts with eliminating the things you no longer want or need.

Create a drop zone.

In most homes, the entryway is a catchall for family belongings that get shed with each pass through the door. Instead of fighting the inevitable jumble, find a way to organize it. A stylish drop zone using ClosetMaid's Space Creations organizers is a solution that attractively contains all those essentials.

Avoid junk piles.

Nearly every home has at least one junk pile, drawer or even room. Make a point to identify ways to create order, whether it's adding drawer inserts to contain all the odds and ends or buying a standing file to capture bills and mail.

Find more ideas for better home organization this busy season at ClosetMaid.com.



Creating the Perfect Home Office

(StatePoint) With more people nationwide opting to create their own businesses or work for their employer remotely, the home office has become one of the most used spaces of the house, with many people spending more than eight hours a day in this room. If you're one of these people, the kitchen table just won't cut it if you're looking to get serious and organized.

To create a dedicated workspace that is beautiful, smart and functional, consider the following tips:

Design a space where you'll enjoy spending time.

Simple touches like lighting, a bright touch of paint or a wide-open window, can help create an inviting ambiance, and so can the addition of certain accessories. Instead of opting for a simple ceiling light fixture, dare to add a pop of style and color with a new ceiling fan. Not only can this addition make your space more comfortable, it can elevate your décor, with the ceiling as the centerpiece.

Add life.

Add color and vitality to your home office with some plant life. Not only will you be improving indoor air quality, you'll be adding beauty to the space. To save

precious desk-space, consider a few hanging planters, opting for plants that thrive indoors, such as spider plants or jade.

Don't forget function!

As the wheels turn and your creative juices start flowing, nothing can be more distracting than a creaking ceiling fan or a light that just doesn't do the trick. A



simple switch can make all the difference.

While a desk lamp might solve your lighting problem, why not opt for a fixture that can solve both of those issues at the same time?

Get personal.

You may be doing business, but when it comes to decorating, it's time to mix in the personal. Items such as photographs of friends and family or reminders of previous accomplishments will bring you joy and help you stay motivated. Whatever you do, don't settle for completely bare walls!

Gone are the days of dark wood-paneling, moody lighting and rolodexes. Today's most effective home offices are brighter, more welcoming, and unite function with your personal style.



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EYE ON FINANCE / ECONOMIC DEVELOPMENT

4 Steps to Create a Household Budget with Staying Power

(StatePoint) These uncertain times are forcing more people to reexamine finances and rewrite their household budgets. According to the Pew Research Center in a survey conducted soon after the COVID-19 crisis began, 33% of Americans either lost their jobs or suffered a pay cut or reduction in work hours. Plus, 49% said the outbreak is a major threat to their personal finances.

Regardless of your situation, examining your budget and making some changes can save money and make your financial future more secure. Here are four ways to budget wisely.

Figure out your baseline income. Then, categorize expenses by what you need to maintain your standard of living, such as a mortgage, utilities, groceries and insurance. Another category should include non-essential expenses. And, experts advise setting aside at least three to six months of expenses for emergencies. Once you have these numbers, you can calculate what you'll need on a monthly basis.

If your expenses are still too high, or you want to save more, take another look at discretionary spending and find ways to cut. Figure out the difference between want and need. You can always get what you want later.

Everyone needs insurance and many companies offer discounts if

you buy both auto and home insurance together. Other ways to save include taking advantage of credit card rewards and cash back apps, and making sure to use them. And if you're overwhelmed by keeping things organized, there are free services online to track your loyalty program points, including airline miles.

Many are supplementing their income without leaving the safety of their living room. In fact, nearly half of working Americans have a gig outside their primary job, according to Bankrate. But before applying for a remote job, always check with the Better Business Bureau to make sure the company is legit. Depending on your skills, there are a variety of online jobs you could do, such as customer service, copywriting or online tutoring.

By tracking and cutting expenses, taking advantage of discounts and special savings programs, and perhaps even earning extra money on the side, you'll be on your way to having a household budget with staying power.



Why Financial Education Should Be Taught in Schools

Anyone who's ever struggled with a difficult class in high school has asked the question, Will I ever actually use this stuff after I graduate?

Now that you're probably on this side of graduation with school-aged kids of your own, you know they probably won't factor equations, diagram sentences, or need to remember what E stands for in $E=mc^2$ on a daily basis.

But one thing is for sure: They will need to know how to handle money wisely—and the sooner the better!

Financial literacy classes teach students the basics of money management: budgeting, saving, debt, investing, and giving. That knowledge lays a foundation for students to build strong money habits early on and avoid many of the mistakes that lead to lifelong money struggles.

Beyond that, many Americans are finding that they can't buy homes, invest for retirement, or save for their child's college fund because of their own student loan debt, massive car payments, and general lack of financial planning.

But it doesn't have to be that way. A lot of the money problems Americans are facing could have been avoided if financial literacy was taught earlier, in school.

So what advantages are there to

learning money principles as a student rather than as an adult?

Well, students who learn personal finance principles early have the most time to apply what they know, getting the most out of their knowledge.

Even better, many personal finance students apply what they learn right away—while they're still in school.

For example, according to a survey conducted by Ramsey Research in 2016, nearly two out of three high school students who had taken a personal finance course reported they were already earning an average of \$3,000 a year.

A high majority of the same group said they were in the habit of creating monthly budgets for their money. And 20% already owned a car they paid for themselves!

That's why the basics of personal finance should be taught in high schools everywhere, right alongside other basics like reading and math.

Think about the jump start your child could get on life if, when they graduated high school, they were already in the habit of budgeting, saving regularly and spending wisely! They could have thousands of dollars saved in the bank as well as a paid-for car and the beginnings of a retirement fund.

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ECONOMIC IMPACT
Each dollar spent at independent local businesses returns **3X** more money to your community than a chain store or non-local product.
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ENVIRONMENTAL IMPACT
A typical American meal travels an average of **1,500 miles** to get to you.
Conventional food distribution uses at least **4X MORE FUEL** than local and regional systems.
To transport food long distances it's often picked while unripe then gassed to "ripen" it after transport, or it is highly processed with preservatives.

SOCIAL IMPACT
On average people who shop at farmers markets have **15-20 social interactions per visit!**

KNOW WHERE YOUR FOOD COMES FROM
KNOW THE FARMERS, VISIT THE FARM, ASK ABOUT THEIR GROWING PRACTICES.

FARMERS NEED MULTIPLE MARKETS TO BE SUSTAINABLE.
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FARMER INDIRECT SALES: Wholesale, Restaurant, Retail

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localdifference.org

Three Dot Lounge...

Cracker Barrel

"Where is Marrano Beach?"

by Mike McClure

...so the other day I got a call from one of our readers, Aurora in El Monte had read my column about Danny Trejo and Boyle Heights and for some reason it triggered an old memory of a place she went to when she was growing up, Marrano Beach. She couldn't find it on a map and wondered if I knew where it was.

Well you are in luck Aurora, I do. In fact I wrote about Marrano Beach a couple of years ago when Supervisor Solis dedicated a strip of Rosemead Blvd that she had been able to wrestle from State control of in the Whittier Narrows so that the wetland area off of Rosemead Blvd. and San Gabriel Blvd. could be preserved and used for recreation.

There are several stories about where the name "Marrano Beach" originated. One story is that there use to be a pig farm there or that a local farm had been flooded during one of the heavy rains washing the pigs down the Rio Hondo. The area is along the Rio Hondo, just West of Rosemead Blvd, near where the original San Gabriel Mission was, on what was the old "Barrio La Mision

Vieja". That land was part of the El Rancho de Don Daniel and was owned by the Repetto-Alvarado family. Early last century, the Mexican/Americans in the Los Angeles County were not allowed to use the public swimming pools and weren't allowed on most of the beaches so they adopted the sandy areas along the Rio Hondo as their own. The Rio Hondo was often used for dumping chemicals so that contributed to the smell.

Former Supervisor Gloria Molina, who grew up in nearby La Puente remembered going to the Beach as a young girl so she was an advocate for cleaning up the area and making it available for recreation. It is often argued whether or not the old Marrano Beach was in South El Monte or La Puente but there is now a park, "Bosque Del Rio Hondo Park" in South El Monte and it is part of what has become known as the "Emerald Necklace" a series of parks that form a seventeen mile loop around us.

I hope this help Aurora, for more information you should contact the "La Historia Historical Society" here in El Monte.

Working Overtime

by Dick James

In December the Los Angeles County Board of Supervisors unanimously vote to certify and approve the Final Environmental Impact Report and Green Zones Program proposed by Supervisor Hilda L. Solis, which amends Title 22 of the Los Angeles County Code and the Los Angeles County General Plan to improve the public health and quality of life of residents in unincorporated communities that have been disproportionately and historically impacted by environmental effects.

In her statement after passage of her motion, in part Supervisor Solis said, "... I was proud to author the motion back in 2015 to initiate the Green Zones Program so that residents across the County receive the environmental justice they deserve. The certification and approval of the Final Environmental Impact Report and Green Zones Program is a result of six years of hard work by our Department of Regional Planning to reduce hazardous environmental impacts to communities of color and improve

health outcomes through targeted land use strategies."

The Board's action changes the zoning of industrial parcels within various unincorporated communities and amends the maps for various Zoned Districts to establish 11 Green Zone Districts rezoning for 27 parcels, and land use designation changes for 14 parcels. In addition, it creates Countywide definitions for sensitive, recycling, and waste management uses, establishes additional permitting requirements and develops standards for new sensitive uses located adjacent to industrial uses, and new Countywide recycling and solid waste permitting requirements and development standards in line with State laws and goals for waste diversion and emissions reduction.

{NOTE: The Mid Valley News has been following this issue since Supervisor Solis' motion in 2015 and we will continue to keep our readers informed of the progress on this initiative}

CROSSWORD

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- starter
- 52. *Made basket (2 words)
 - 56. Not a soul
 - 57. Like animal near extinction
 - 58. Greek sandwich
 - 59. Bandages
 - 60. Arabian bigwig
 - 61. Answer to "Shall we?"
 - 62. Bar offering
 - 63. *It sends a basketball game to overtime
 - 64. Highland tongue

- DOWN**
- 1. Vomit
 - 2. Sensory input
 - 3. It wasn't built in a day
 - 4. Characteristic to consider
 - 5. Traditional scarf/headdress
 - 6. Brick of precious metal
 - 7. Place at an angle
 - 8. Indian princess
 - 9. Circus trainer's poker
 - 10. '80s band "___ At Work"
 - 12. Remove antlers
 - 13. Titanic propeller
 - 14. *Shaquille O'Neal and Wilt Chamberlain, e.g.
 - 19. Halloween option
 - 22. Not their
 - 23. 1/100th of a rupee
 - 24. Wrinkle-prone natural fabric
 - 25. Warning
 - 26. ___-do-well
 - 27. Part of a stair
 - 28. Old World lizard
 - 29. *Fast-break ___
 - 32. Skier's aid
 - 33. Part of H.M.S.
 - 36. *Reward after missed shot
 - 38. *Larry O'Brien NBA Championship Trophy, e.g.
 - 40. Away's partner
 - 41. Stable worker
 - 44. Relieves

- 46. On/off type of switch
- 48. * ___ Hurricanes
- 49. Creepy
- 50. Work very hard
- 51. Use a whetstone
- 52. Worry without necessity
- 53. Deed hearing
- 54. A in A&E Network
- 55. *The Phoenix Suns did it in the 2021 NBA Finals
- 56. *Professional basketball league

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THEME: BASKETBALL

ACROSS

- 1. Repeating word on South Pacific map
- 5. Bro's sibling
- 8. Dashboard abbr.
- 11. Fuss
- 12. *Basketball slam
- 13. Go "Boo!"
- 15. Boisterous play
- 16. Upper hand
- 17. Part of mortise joint
- 18. *Unopposed

- attempt to score (2 words)
- 20. "The Famous Five" children's writer
- 21. *Basketball player
- Bojan Bogdanovic or Drazen Petrovic
- 22. "Mares eat ___" or "does eat ___," sing.
- 23. One who covers in silver, e.g.
- 26. Figure
- 30. Be ill
- 31. Part of "panther"

- 34. Capital of Latvia
- 35. Like helium
- 37. Quilting party
- 38. Analyze
- 39. Dehydrated
- 40. Litter of piglets
- 42. Down Under
- bird
- 43. a.k.a. aardvark
- 45. Provincial
- governor in ancient Persia
- 47. Argo propeller
- 48. Subway in Paris
- 50. Conclusion

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EMUHSD
From Page 1

cities EMUHSD serves, including El Monte, South El Monte and Rosemead,” Superintendent Dr. Edward Zuniga said. “We are thankful to CARB and all of our partners for helping us transform mobility at our school sites.”

For more information regarding the Clean Mobility in Schools Pilot Project and the Active Transportation Plan, please visit <https://emuhsdmobility.com/>

MVSD
From Page 1



more, indicating the Gingerbread Man had been there.

“It’s fun finding the clues,” said Yessi, a first grader. “We found a glove by the books in the classroom.”

The final room the students visited had a strategically placed Gingerbread Doll for them to find. Each class was able to take the doll back to their classroom to stay through winter break.

“Our Leadership Class has been working on the event since the beginning of December,” said Christina Correa, Teacher and Leadership Advisor. “We wanted to build community at our school and provide something fun for the younger students. I’m very proud of my leadership students, they did a wonderful job planning, organizing and hosting the event.”

The event was thoroughly enjoyed by both the junior high and younger students and will become a tradition at Monte Vista each December.

6 Service Members Who Went Above and Beyond the Call of Duty



Each year, the United Service Organizations (USO) honors the heroism of junior enlisted service members with the Service Member of the Year Awards. Service members from each branch of the military are nominated by their command leadership for performing acts of valor that go above and beyond the call of duty.

“These men and women have brought honor to their branch of service and to the country. They exemplified bravery in the face of danger and placed service above self,” says USO president and CEO, J.D. Crouch II.

Here are the stories behind 2021’s honorees:

Soldier of the Year: Sergeant Breanna Jessop of Myton, Utah serves with the U.S. Army’s 82nd Airborne Division. While in charge of the Karzai Airport Chapel, she ensured 4,000 military personnel and coalition forces had access to basic hygiene items. Her efforts safeguarded over 400 displaced children throughout noncombatant evacuation operations and enemy attacks, and left an indelible mark on the evacuation mission of American citizens and designated Afghans.

Marine of the Year: As squad leader in support of Operation Inherent Resolve in Iraq, Sergeant Seth A. Dewey of Hesperia, Mich. led a team responsible for securing the U.S. Embassy compound perimeter in Baghdad. While subject to multiple attacks, his calm leadership and superior communication enabled vulnerable aircraft to depart the embassy helicopter pad unharmed. His actions helped shape the rules of engagement, benefiting future units and security personnel.

Sailor of the Year: Hospital Corpsman Second Class Petty Officer (FMF/SW) Johnnarley S. Delacruz of Fountain Valley, Calif. serves with the U.S. Navy’s Combat Logistics Battalion 15, 1st Marine Logistics Group, MEF Camp Pendleton. M2 Delacruz delivered immediate lifesaving intervention after an Amphibious Assault Vehicle sank to the bottom of the ocean during training operations.

M2 Delacruz also executed an in-flight casualty evacuation independently, protecting the patient’s airway, monitoring vital signs, obtaining intravenous access and using his own body heat to impede hypothermia while in-flight. His actions

enabled his patient to survive and recover.

Airman of the Year: Staff Sergeant Ryan T. Daggett of Greeley Colo. currently serves with the U.S. Air Force’s 8th Security Forces Squadron in South Korea. When stationed in Portugal, he witnessed a collision involving three vehicles and nine local nationals. Without hesitation, he established priorities of care and identified a nonresponsive victim trapped inside a vehicle. He pried open the disabled door, extricated the passenger and rendered critical treatment. These immediate actions preserved a life. On a separate occasion, Staff Sergeant Daggett saved a fellow paratrooper’s life by freeing him after becoming entangled within his parachute.

Coast Guardsman of the Year: Boatswain’s Mate Third Class Gerrod J. Britton of Plattsmouth, Neb. serves with the U.S. Coast Guard at Station Morro Bay. While off-duty, he witnessed a car crash and jumped into immediate action, contacting emergency response and extracting two of the men trapped inside the vehicle. The third passenger, severely injured, was trapped underneath the vehicle when it began to catch fire. He and another bystander lifted the vehicle on its side. This allowed BM3 Britton to rescue the unconscious passenger through a broken window seconds before the vehicle was completely engulfed in flames. He performed CPR and attempted to control bleeding from multiple severe injuries.

National Guardsman of the Year: Sergeant Francisco Javier Luna of Springfield, Mass. serves with the Massachusetts National Guard’s 972nd Military Police Company. While performing his civilian occupation duties as a law enforcement officer, he and fellow officers received a 911 dispatcher call that a young child had stopped breathing. Sergeant Luna performed infant CPR while waiting on emergency medical services. His calm demeanor and steadfast leadership were critical in saving the baby.

“Putting the mission first and doing the right thing embody the USO’s core values. We congratulate the honorees for their outstanding contributions,” says Crouch. (StatePoint)

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Did You Know?...

Armadillos swallow air to become buoyant when they swim.



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