

The Mid Valley News

Published in El Monte, California since 1962
A Weekly Adjudicated Publication serving El Monte & Los Angeles County

Volume 61 Issue 01

www.MidValleyNews.com

January 10, 2024



EMCSD Earns Golden Bell for TK Kinder Academy

By: Annabel Ruiz

El Monte City School District (EMCSD) has been awarded a 2023 California School Boards Association (CSBA) Golden Bell for their TK and Kindergarten Readiness Academy in the Early Childhood Education category. This is EMCSD's second Golden Bell, earning their first in 2020 for their Music Education program.

A student's first time attending school can be a daunting experience, especially for younger learners. EMCSD's Readiness Academy was created to alleviate stress and ease the transition into school. It is a no-cost, hybrid learning experience that fosters student and family engagement and is offered to all incoming TK and Kindergarten students during the summer.

"Participating in any early childhood education experience is important to help students have a strong start in their educational careers. 80% of the brain develops by 3 years old, and 90% by the age of five, so this time in a child's life is important as they are learning very rapidly," stated Christina



Davila, Executive Administrator at the Jeff Seymour Family Center and co-lead of the program.

The academy utilizes a digital library with over 40,000 e-books in multiple languages and reading levels. Virtual and in-person parent education workshops are offered to families so they can check in with educators, ask questions, and share their experiences.

The goal is to foster strong familial bonds through family engagement activities.

Academy parent Lourdes Anastacio said her daughter was really fond of the program and had seen amazing results, especially socially. "I really liked the sense of community in this program, and it's

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Winter Shelter Program Supports Homeless in San Gabriel Valley



As temperatures drop and winter settles in, the East San Gabriel Valley Coalition for the Homeless is partnering with local places of worship to provide shelter and support services for the homeless and near-homeless population in the San Gabriel Valley. The Winter Shelter program, running from December 1 to March 1, aims to offer a safe space for those in need during the cold winter nights.

Through this partnership, individuals in need can find refuge at various places of worship located throughout the San Gabriel Valley. These shelters will be open from 6:00 p.m. to 7:00 a.m., providing overnight shelter and support services to those seeking assistance.

Additionally, transportation will be available to ensure that individuals can access the Winter Shelter.

For those utilizing the Winter Shelter program, there are designated bus pick-up points to facilitate transportation. One pick-up point is located at 11647 Garvey Avenue, in the lot across from the Victory Motel. The bus will be available for pick-up from 5:00 to 5:10 p.m. Another pick-up point is at the El Monte Metro Station, specifically Bay 4 on the Lower Level. The bus will be there from 5:20 to 5:30 p.m. These pick-up points aim to make transportation to the Winter Shelter more accessible for those in need.

During these challenging times, it is crucial to ensure that the homeless and

SHELTER >> PAGE 7

Baldwin Park to Host The Wall That Heals



The Wall That Heals, a three-quarter scale replica of the Vietnam Veterans Memorial along with a Mobile Education Center, is coming to Baldwin Park on March 14-17 at 4100 Baldwin Park Blvd. The exhibit will be open 24 hours a day and free to the public. The Wall That Heals honors the more than three million Americans who served in the U.S. Armed forces in the Vietnam War, and it bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam.

"The City of Baldwin Park is humbled and honored to host The Wall That Heals on its journey across the country," said Baldwin Park Mayor Emmanuel J. Estrada. "The sacrifices made by these heroes and their families is a debt we will never be able to repay, so we honor their service by hosting The Wall That Heals. We are grateful for this opportunity for our community to reflect and pay tribute to our Vietnam War veterans."

"The Vietnam Veterans Memorial

Fund is pleased to bring The Wall That Heals mobile exhibit to Baldwin Park to allow local veterans and their family members a chance to experience The Wall," said Jim Knotts, president and CEO of VVMF. "Hosting The Wall That Heals provides an opportunity to honor and remember all those who served and sacrificed in the Vietnam War and educate visitors on the continuing impact of the Vietnam War on America."

The Wall That Heals is transported from community to community in a 53-foot trailer. When parked, the trailer opens with exhibits built into its sides, allowing it to serve as a mobile Education Center telling the story of the Vietnam War, The Wall and the divisive era in American history. The City of Baldwin Park will be The Wall's third stop on its 2024 nationwide journey across 22 states.

THE WALL >> PAGE 7



Arroyo High School Band and Color Guard Secure Gold at Division Championships



Arroyo High School's (AHS) Band and Color Guard students cheered with joy as they celebrated their gold medal victory at the Southern California School Band and Orchestra Association (SCSBOA) 5A Division Championships held in Long Beach in November – the first gold medal earned in Arroyo High and El Monte Union band history.

With a score of 92.1, Arroyo was ranked first out of 17 high school teams that competed over seven weeks to earn a spot to compete in the finals. Prior to winning the gold medal, Arroyo earned four bronze medals in 2016, 2017, 2021 and 2022.

“Winning a gold medal my senior year is an incredibly rewarding feeling,” said AHS senior Lesly Macias, who serves as the Band and Color Guard president and as a section leader. “I have spent all four years in the band program and after dedicating hours upon hours of rehearsal, week after week, it fills me with an overwhelming sense of pride and joy to earn a gold medal in my final marching season. I feel honored to be a part of this amazing experience; I have made so many friends and countless memories. Thank you to all the staff who were involved in making our field show so fun and exciting for us to perform. I’ll absolutely never forget today.”

Called “Forbidden,” Arroyo’s original show was arranged by the band’s Percussion Section Captain Head, Christian Do, alongside Director Joe Massaro with melodies taken from Sergei Rachmaninoff’s “Prelude in C# minor” and Chris Issak’s “Wicked Game.”

“When I saw the recap scores

posted, I was in shock and immediately the tears started to flow,” Massaro said. “We have been competing in this championship every year since 2013 and it has felt like this was a long time coming. The students’ performance was electric and super-charged with energy despite the long day. This accolade was very well-deserved, and I am so proud of my students and the hard work they have put in.”

The Arroyo Knights faced off against bands from across the region including

Santa Monica, Westview, Chino, Los Osos, Rancho Buena Vista, Bonita, Redondo Union, Glen A Wilson, Murrieta Mesa, La

Mirada, Sierra Vista, Savanna, Ramona, Loara and Fallbrook high schools.

“I am immensely proud of Arroyo High School’s Band and Color Guard for their outstanding performance and their journey to this remarkable achievement,” Superintendent Dr. Edward Zuniga said. “Thank you to Mr. Massaro for his incredible leadership and support of our band students and program. This win not only showcases the musical prowess of our Arroyo Knights but also exemplifies the dedication and teamwork fostered within our District’s talented student body.”



Flexible Learning Options at EMRAS for Spring Q3 2024

El Monte Rosemead Adult Education School (EMRAS) is excited to welcome students back for the upcoming Spring Q3 2024 session. With a variety of class delivery methods available, ranging from teacher-directed to independent study, EMRAS aims to provide a flexible and inclusive learning environment.

One option is Teacher Directed classes, where students attend scheduled sessions with an instructor. These sessions can take place either in-person or virtually, ensuring that students have the flexibility to choose the learning environment that suits them best.

For those who thrive in a traditional classroom setting, the school will provide opportunities for in-person learning with teachers on campus. Additionally, virtual classes will be available, allowing students to participate remotely during scheduled class time.

For learners who prefer a more independent approach, EMRAS offers Independent Studies. Under this category, students have the freedom to work at their own pace and complete courses individually.

EMRAS also provides an Online option, where all coursework,

including lessons, assignments, and tests, can be completed online.

For those seeking a blend of teacher-guided instruction and independent learning, EMRAS offers the Blended approach.

With these diverse class delivery methods, EMRAS aims to cater to the unique preferences and needs of their students. Whether they thrive in a traditional classroom, prefer the convenience of online learning, or thrive in an independent study environment, EMRAS has options to accommodate everyone.

As the Spring Q3 2024 session approaches, EMRAS encourages interested individuals to register promptly to secure their preferred classes and delivery methods.

By offering a range of options, EMRAS is committed to providing a high-quality education while ensuring the health and safety of their students and staff.



El Monte Union Students Go Above and Beyond



diligently to sort and pack food baskets, ensuring that each one contained essential items to nourish families throughout the holiday season. From non-perishable food items to fresh produce, the baskets were thoughtfully curated to provide a well-rounded and nutritious selection for those in need.

The dedication and selflessness displayed by these El Monte Union students not only exemplify the values of their school district but also serve as an inspiration to others. Their efforts shed light on the power of community and the positive impact that can be made when individuals come together for a common cause.

Through their acts of kindness and generosity, these students have not only made a difference in the lives of those they served but have also left an indelible mark on the community as a whole. Their dedication to helping others is a testament to the values instilled within them by their families, schools, and the El Monte Union district.

In this season of giving, the El Monte Union students have truly embodied the spirit of compassion and service.

Over the course of two days, these compassionate students worked

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?

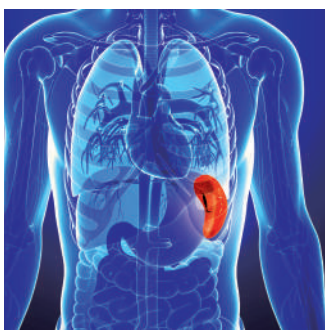
Tonsils

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.

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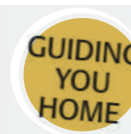
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Real estate REPORT



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

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.



The Importance of Financial Education in Schools



In today's complex and ever-changing financial landscape, the need for comprehensive financial education has become increasingly evident. It is crucial that young individuals are equipped with the knowledge and skills necessary to navigate the intricacies of personal finance. This is why there is a growing consensus that financial education should be taught in schools.

Financial education provides students with the tools to make informed decisions about money management, budgeting, saving, investing, and debt management. By teaching financial literacy at an early age, we can empower students to develop responsible financial habits and make sound financial choices throughout their lives.

One of the primary reasons financial education should be taught in schools is the alarming lack of financial literacy among individuals of all ages. According to a survey conducted by the Organization for Economic Cooperation and Development (OECD), a significant number of adults struggle with basic financial concepts, such as interest rates, inflation, and

risk diversification.

By introducing financial education in schools, we can address this knowledge gap and equip students with the necessary skills to manage their finances effectively. Students will learn about concepts such as budgeting, saving, and investing, which are essential for financial stability and long-term success.

Studies also show financial education can help foster a culture of responsible borrowing and reduce the prevalence of debt-related issues. Many individuals find themselves trapped in a cycle of debt due to a lack of understanding of interest rates, credit scores, and the consequences of excessive borrowing.

Critics may argue that financial education should be left to parents or that schools have limited resources and competing priorities. However, the reality is that not all parents possess the necessary financial knowledge to effectively teach their children about personal finance. Schools, as institutions of learning, have a responsibility to provide a well-rounded education that includes financial literacy.

By providing comprehensive financial literacy education, we can empower individuals to make informed decisions, develop responsible financial habits, and work towards a more financially secure future.

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ECONOMIC IMPACT

Out of State vs. Michigan

EARLY PICKED PEAK

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DOLLARS GO TO Broker, Packing House, Distribution vs. **LOCAL FARMER**

FARMER GETS

ENVIRONMENTAL IMPACT

BUY LOCAL FOOD

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GROW LOCAL JOBS

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GROW LOCAL FOOD

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Three Dot Lounge...

Cracker Barrel

by Mike McClure



...so the other a Buddhist monk was invited to speak at the Senior's elective class at the local high school. Quite interestingly, as he entered the room, he didn't say a word (that caught everyone's attention).

He just walked to the board and wrote this: "EVERYONE WANTS TO SAVE THE WORLD, BUT NO ONE WANTS TO HELP MOM DO THE DISHES".

We all laughed, but then he went on to say to the students:

"Statistically, it is highly unlikely

that any of you will ever have the opportunity to run into a burning orphanage and rescue an infant. But, in the smallest gesture of kindness...a warm smile, holding the door for the person behind you, shoveling the driveway of the elderly person living next door...you have committed an act of immeasurable profundity, because to each of us, our life is our own universe."

This is my hope for you for the New Year...that by your smallest acts of kindness, you will save an other's world.



Working OverTime

by Cynthia Huizar



So much to do, we had friends over for New Year and I heard this story:

Before he died, a father called his son in and said to him, "here is a watch your grandfather gave me. It is about 200 years old. Before I give it to you take it to the jewelry store downtown. Tell them I want to sell it and see how much they offer you for it."

The son went to the jewelry store and came home and told his father, "They offered me \$150 because it is so old".

The father then said, "Go to the pawnshop and see what they will give you".

The son returned and told his father that they had offered him \$10 because it looked too worn out to be of much value.

Finally the father instructed his son to take it to the museum and show them the watch.

The son did as he was told and when he came back he told his father that they had offered him \$500,000 for this very rare piece that they would include

in their precious antique watch collection.

The father told his son that he had wanted him to know, "The right place values you in the right way. Don't find yourself in the wrong place and get angry if you are not valued. Those that your value are those that appreciate you. Don't stay in a place where no one sees your value,"

Your value doesn't decrease based on someone's inability to see it, it decreases when you don't have the ability to see it!

Happy New Year.

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74. Lean, past tense
- DOWN**
- *Atlas page
 - Speedy steed
 - First Nation nation
 - Squirrel away
 - Possessing
 - Full of excitement
 - *Opposite of NNE
 - Saintly rings
 - Guilty, e.g.
 - Last word on walkie-talkie
 - Ghana money
 - Guesstimate phrase (2 words)
 - Catch in a snare
 - Nigerian money
 - A Bobbsey twin
 - Steel on boots, pl.
 - *Inlet in Norway
 - Abalone seeker
 - Olden day calculators
 - *Compass ____
 - TV personality Aiken
 - Ancient Scandinavian characters
 - What actors do
 - *Iberian Peninsula country
 - Serb or Croat
 - Comme ci, comme ça
 - Past or present
 - Group of five
 - Actor DiCaprio
 - Like floss
 - "That's all she ____"
 - Tequila source
 - Work units
 - Wisecrack
 - Rounded protuberance
 - Aid in crime
 - Show pleasure
 - Cantatrice's offering
 - Student aid
 - *Tierra ____ Fuego
 - Big bang maker, acr.

- THEME:** GEOGRAPHY 101
- ACROSS**
- Village People's "____ Man"
 - Certain tray content
 - Little bit, in Mexico
 - Ammo in a quiver, sing.
 - Geological Society of America
 - Young eel
 - Song of praise
 - Snowy ____ or great horned ____
 - Must-haves
 - *Strait between Russia and Alaska
 - *Smallest of the Great Lakes
 - Crime scene
 - evidence
 - Peter the Great, e.g.
 - Consumer-protecting org.
 - Skiing helmet manufacturer
 - Mother-of-pearl, pl.
 - Type of sail, pl.
 - #29 Down anagram
 - Like Raphael's cherubs
 - Face shape
 - Tie with a morning coat
 - Dwarf buffalo
 - Short version
 - "At ____, soldier"
 - Supposed giant Himalayan
 - Drool
 - Swimming hole
 - D.C. V.I.P.
 - Jim Acosta's announcement
 - *Baltic ____
 - *0° latitude
 - *Bay east of India
 - Cuban dance
 - John Keats' "To Autumn," e.g.
 - Fortune teller's card
 - Jeered
 - China's drinkable export
 - Bird-related
 - Dick and Jane's dog
 - "Slippery" tree

M	H	T	U	U	L	Q	Y	Z	T	J	X
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J	U	P	Z	R	E	T	B	Y	T	U	J
Y	D	I	J	X	I	B	H	D	Z	L	B
C	A	R	I	N	G	E	H	E	E	N	Y
X	Y	P	I	N	V	C	S	W	R	P	O
H	A	P	P	I	N	E	S	S	P	O	J
L	A	U	G	H	T	E	R	N	K	B	M
X	K	B	H	U	S	U	P	P	O	R	T
U	N	R	R	F	Y	L	F	V	Z	P	U

- LOVE
- TOGETHER
- HAPPINESS
- TRUST
- MEMORIES
- SUPPORT
- UNITY
- LAUGHTER
- CARING
- JOYFUL

	3				8				
7	6						4		9
				6	2		5		
	2	8		4					
		9	8		2	1			
				7		9	2		
		7		5	1				
5		3						7	1
				9				4	

The Wall From Page 1

The three-quarter scale Wall replica is 375 feet in length and stands 7.5 feet high at its tallest point. Visitors will experience The Wall rising above them as they walk towards the apex, a key feature of the design of The Wall in D.C. Visitors are able to do name rubbings of individual service member's names on The Wall.

The Mobile Education Center exhibit includes: digital photo displays of "Hometown Heroes" - service members whose names are on The Wall that list their home of record within the area of a visit; digital photo displays of Vietnam veterans from the local area honored through VVMF's In Memory program which honors veterans who returned home from Vietnam and later died; video displays that teach about the history and impact of The Wall; educational exhibits told through items representative of those left at The Wall in D.C.; a replica of the In Memory plaque; a map of Vietnam and a chronological overview of the Vietnam War. The

exhibits tell the story of the Vietnam War, The Wall and the era surrounding the conflict, and are designed to put American experiences in Vietnam in a historical and cultural context.

The 2024 national The Wall That Heals tour is generously sponsored by USAA. Through a partnership with the Truckload Carriers Association (TCA), the trucking industry, and Blue Beacon, the exhibit is able to travel across the country.

Since its debut in 1996, the exhibit has been on display in more than 700 U.S. communities in addition to an April 1999 tour of the Four Provinces of Ireland and a visit to Canada in 2005. The Wall That Heals is a program of VVMF, the nonprofit organization that built the Vietnam Veterans Memorial in Washington, D.C. in 1982. The Wall That Heals is the only traveling exhibit affiliated with The Wall in Washington, D.C. and includes the largest Wall replica that travels the country. Two VVMF staff members lead volunteers on site, educate visitors and students, and ensure the reflective atmosphere of The Wall. More information can be found at:www.thewallthatheals.org.

Golden Bell From Page 1

always nice to be present when they're learning and seeing the progression." This program has given students confidence in their ability to learn and lead while also empowering the parents to help their children be prepared for school.

EMCSD parents are not the only ones who have seen the program's benefits. Superintendent Dr. Maribel Garcia was also a participant, "I am proud to share that my own daughter, along with many other children of EMCSD staff members, have participated in the academy. The confidence my daughter gained over the summer as she prepared to start Kindergarten was key to her initial success in school. I want to congratulate the team behind our TK & Kinder Readiness Academy! They are reimagining early childhood education, approaching it holistically, and focusing on the relationship between students, their parents, and the teachers to ensure they all begin the educational journey together."

Family is the key to the program's success, explains Jessica Pardini,

EMCSD's Educational Technology Coordinator and co-lead of the academy, "Family involvement helps students to feel supported and valued. Knowing that education is important to their parents contributes to a child's thoughts and attitudes about school, and it creates a supportive and encouraging environment at home. Children are more motivated, have better attendance, and achieve at higher levels."

This CSBA win amplifies the effort EMCSD is dedicating to Early Childhood Education. Currently, the District is a leader in Los Angeles County's Office of Education's community school initiative with their highly successful Jeff Seymour Family Center. "This year's Golden Bell winners have developed remarkable programs that can serve as an example for schools across the state as they work to accelerate learning recovery and foster healthy school environments for all California students," said CSBA CEO & Executive Director Vernon M.Billy.

Shelter From Page 1

near-homeless population has access to safe and warm shelter. The Winter Shelter program, in collaboration with the East San Gabriel Valley Coalition for the Homeless, strives to provide a reliable and supportive environment for individuals during the winter months.

By offering overnight shelter and support services, the Winter Shelter program aims to address the immediate needs of the homeless population while also connecting them to additional resources and assistance. The shelters provide a temporary respite, giving individuals a chance to rest and recharge in a secure environment.

The East San Gabriel Valley Coalition for the Homeless is committed to helping individuals overcome the challenges they face and assisting them in finding a path towards

stable housing. They work tirelessly to support the homeless community and ensure that everyone has access to the resources they need to thrive.

As winter sets in, it is important to remember those who are less fortunate and to provide support wherever possible.

If you or someone you know is in need of shelter, please contact the East San Gabriel Valley Coalition for the Homeless at 626-252-9060.

Remember, together we can make a difference and help those in need during the winter season.

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The Mid Valley News is published weekly every Wednesday by The Mid Valley Media Center, LLC

Business and Editorial Offices are located:

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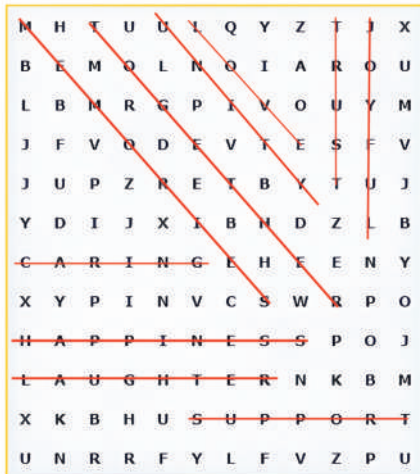
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The Mid Valley News is adjudicated as a paper of general circulation in the City of Of Monte, County of Los Angeles Superior Couty, November 7, 1973 No. C68383 and adjudicated as a peper of general circulation in the County of Los Angeles on July 18,1992, No. BS016380



10x10 grid of numbers for a magic square puzzle.



City of South El Monte Comprehensive Zoning Code Update

JOIN US AT THE ZONING CODE UPDATE WORKSHOP

Help shape our City! Join us at the City of South El Monte Workshop to learn more about our Comprehensive Zoning Code Update project, ask questions, and share your thoughts. To learn more about the project, visit the website here.

When: Tuesday, January 16, 2024 at 6:00 pm

Where: City Hall - City Council Chambers

1415 Santa Anita Avenue South El Monte, CA 91733

Or

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PROJECT OVERVIEW

The City of South El Monte is updating its Zoning Code to help implement housing-friendly programs and policies and share resources, including a public-oriented zoning handbook. This effort is focused on providing pathways to alleviate the housing shortage by facilitating easier, faster, and more cost-efficient development!

STAY CONNECTED

Guillermo Arreola, Director of Community Development

bit.ly/SEMZoningCode

codeupdate@soelmonte.org

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WELCOME FROM THE SAN GABRIEL VALLEY FAMILY CENTER

The San Gabriel Valley Family Center is a community based, not-for-profit organization serving the cities of El Monte, South El Monte and surrounding communities. It was founded in 1964 by members of the El Monte Civitan Club.

The Family Center conducts two food pantries, reaching over 350 local families each week. The Center fills an important role in helping to maintain community health by providing nutritious food to families in need.

The Center serves extremely low-income neighborhoods with high rates of poverty, unemployment and large number of elderly persons.

We invite you to visit our website for more information at www.sgvfamilycenter.org.

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





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

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