

The Mid Valley News

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Middle School Students Accelerate Automotive Expertise

In late January, the Mountain View School District's Saturday Automotive Knowledge Introduction Class opened its doors to 7th and 8th graders, embarking on a journey of hands-on learning in the realm of basic automotive skills. Under the guidance of MVSD's esteemed Bus Mechanic, Odilon Carrillo, students assembled to delve into the inner workings of automobiles.

During the inaugural session of this four-part series, participants were introduced to the fundamental components that constitute a car's structure. Topics covered included shock absorbers, struts, differentials, and the distinction between disc and drum brakes. Students were provided with practical knowledge on locating tire pressure and the battery, culminating in the completion of a tire pressure check, tire tread measurement, and fuse examination.

An additional area of focus centered on the significance of Vehicle Identification Numbers (VIN), enlightening students on the role they play in automotive identification and



registration. To equip students for their newfound passion, each participant was bestowed with a set of essential tools, including a tire pressure gauge, a tire tread measuring device, a flashlight, a magnetic screwdriver, and an automotive manual. As the course progresses, students can look forward to receiving further tools in subsequent classes.

George Schonborn, Director of Pupil Personnel Services, expressed his enthusiasm for this hands-on approach to learning auto mechanics. "This is a very hands-on class for our students to explore auto mechanics," he said. "We appreciate Mr. Carrillo sharing his expertise with our students and all of them did a great

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Rio Hondo Students Flock to Revamped Dance Program



By Brittney Ornelas, El Monte City School District

A vivid blend of artistic expression and teamwork thrives at EMCSD's Rio Hondo School through their innovative Dance and Flag program. From its inception as a dance initiative, this program has bloomed into a mesmerizing tapestry of movement, rhythm, and collaboration.

Taryn Spink, the passionate mind behind the evolution of the Rio Hondo Dance and Flag program, reminisces about her initial encounter with Color Guard during her teaching

days at Azusa High School. "I fell in love with the art form instantly," she recalls. "It was inspiring, visually impactful, physically challenging, and the choreography told a story in a creative way."

During the 2018 - 2019 school year, Ms. Spink established Rio Hondo's dance program aiming to provide an additional avenue for Visual and Performing Arts. However, the pivotal moment arrived with the arrival of Mr. Jesse Perales, a Color Guard expert, who brought a donation of flags into the class. "The students were so excited

DANCE >> PAGE 7

Cities of El Monte, South El Monte, and Baldwin Park Secure Grant



In preparation for the annual Point-in-Time Homeless Count (PIT Count), the cities of El Monte, South El Monte, and Baldwin Park have come together to implement innovative solutions in their fight against homelessness. These efforts are made possible by a significant \$1.074M grant from LA County's Homeless Initiative, known as Measure H. The grant aims to foster coordinated strategies and collaborative partnerships to address homelessness across the three cities.

Based on the 2018 PIT Count conducted by the Los Angeles Homeless Services Authority (LAHSA), the combined homeless count for Baldwin Park, El Monte, and

South El Monte stands at 775 individuals and family members. This data highlights the pressing need for proactive measures to combat homelessness in the San Gabriel Valley.

El Monte Mayor Andre Quintero expressed the importance of this grant funding, stating, "The Homeless Count reveals an increase in homelessness in the San Gabriel Valley. This grant will enable El Monte and our neighboring communities to join forces and tackle this regional challenge together. I commend the cities of South El Monte and Baldwin Park for their

MEASURE H >> PAGE 7



Longo's Toyota Announces New Scholarship

Arroyo High School's Open House Provides a Welcoming Platform



Longo, a renowned automotive dealership, has long adhered to a set of 20 core values that contribute to its continued growth and success. Among these values is the principle of Effort = Results, which centers around the belief that the more effort one puts into something, the greater the outcomes. In line with this ethos, Longo has established the Effort = Results Scholarship, an initiative aimed at supporting graduating seniors and inspiring them to pursue higher education. This scholarship not only recognizes academic achievements but also rewards students who demonstrate passion for the automotive industry, the environment, and community service.

To be eligible for the scholarship, applicants must be graduating seniors from the El Monte Union High School District (EMUHSD) with a minimum weighted GPA of 3.0.

However, an alternative prompt is available for those who do not meet this requirement. Applicants are required to submit a copy of their high school transcript, complete a general application, and provide one mandatory reference letter, with an optional second recommendation letter. Additionally, acceptance into an accredited college, university, trade school, or vocational school is also required.

The application process includes three essay topics for students to choose from, each with a minimum

requirement of 300 words and a maximum of 600 words. The topics cover a range of subjects, allowing students to express their ambitions in the automotive industry, propose improvements to the environment through alternative fuel sources, or highlight the importance of community service and the impact they hope to make. For those who do not meet the GPA requirement, an alternative prompt allows them to explain their grades while integrating one of the other three prompts into their essay.

However, there is one mandatory personal reflection question that all applicants must address: "What does Effort = Results mean to you, and how do you plan to implement this idea in your future?" This question encourages students to reflect on the core value that drives the scholarship and consider how they will apply this principle in their own lives.

Longo's Effort = Results Scholarship aims to empower and support students who display dedication, ambition, and a drive to succeed. By investing in the education of graduating seniors, Longo recognizes the potential for growth and positive impact that lies within each individual.

Selected recipients of the scholarship will receive \$1,000 to assist them in their pursuit of higher education.

Longo's Effort = Results Scholarship embodies the belief that hard work, determination, and a commitment to excellence can lead to remarkable achievements.

By encouraging students to embrace this principle, Longo not only supports their educational endeavors but also nurtures the future leaders of the automotive industry, advocates for environmental sustainability, and champions community service.

Through this scholarship, Longo is making a tangible investment in the success and potential of young individuals, fostering a brighter future for both the recipients and the communities they will impact.



Arroyo High School recently held its annual Open House on February 1, welcoming students and families with a vibrant display of school spirit by the school's Band and Color Guard.

The event provided a platform for students and their families to explore various school programs, connect with essential resources, and gain insights into the school's offerings through an informative information fair.

During the Open House, attendees had the opportunity to visit the Career Center, Wellness Center, and Parent Center, which were all part of the information fair.

These centers offered valuable resources and support to students and families, further enhancing their understanding of the school's comprehensive offerings beyond academics.

Additionally, the Eighth Grade Information Meeting proved to be an invaluable session for future students,

providing them with essential insights into the transition from middle school to high school.

This meeting equipped them with the necessary information and resources to make informed decisions and navigate their academic journey effectively.

The Arroyo High School administration, faculty, staff, and volunteers worked tirelessly to ensure a memorable event that showcased the school's vibrant community and commitment to student success.

The event served as a testament to the school's dedication to fostering a supportive and engaging learning environment for its students and families.

As Arroyo High School continues to prioritize the holistic development of its students, events like the Open House play a vital role in strengthening the school's bond with its community.



FREE Metro Rides for EMUHSD Students!
More info at your school office.

taptogo.net/gopass

Health & Fitness

The Positive Impact of Pets on Health



Numerous studies have indicated a positive correlation between pet ownership, particularly cats and dogs, and improved overall health and happiness. Owning a pet has been linked to various physical, mental, and emotional benefits, contributing to a healthier and more fulfilling life. Let's explore the scientific evidence supporting the positive relationship between pets and human health.

A study conducted by the American Heart Association revealed that individuals who own pets, especially dogs, tend to have a lower risk of heart disease. The research indicated that dog owners often exhibit lower blood pressure, cholesterol levels, and triglyceride levels, which are recognized risk factors for cardiovascular conditions. The presence of a pet, along with the responsibility and physical activity associated with their care, may contribute to these heart-protective benefits.

Pet ownership has also shown promising effects on stress reduction. Interacting with pets, such as petting or playing with them, has been found to increase the release of oxytocin, a hormone associated with relaxation and stress relief. A study conducted at the University of British Columbia demonstrated that just a few minutes of petting a dog could significantly lower cortisol, a stress hormone, and increase oxytocin levels. These findings suggest that pets can provide a calming influence and help alleviate anxiety.

Multiple studies have shown that owning a pet can alleviate symptoms of depression and loneliness. The companionship and unconditional love provided by pets can improve mood and increase overall life satisfaction. Pets serve as non-judgmental listeners, offering emotional support and a sense of purpose to their owners.

Pets also play a role in increasing social interaction and building

connections. Walking a dog, for example, can facilitate social encounters with other pet owners or individuals in the community. Pets often act as social catalysts, encouraging conversations and fostering a sense of community. This social support network can combat feelings of isolation and loneliness, particularly in older adults.

One study published in the Journal of Personality and Social Psychology found that pet owners, regardless of age, reported higher self-esteem, improved physical fitness, and reduced feelings of loneliness and depression compared to non-pet owners. These findings indicate that the benefits of pet ownership extend across various demographics and have a universal impact on well-being.

While the positive effects of pet ownership are well-documented, it is important to consider the responsibilities that come with caring for a pet. Providing proper care, including regular veterinary visits, nutritionally balanced diets, exercise, and attention, is crucial for both the pet's well-being and the owner's satisfaction. Additionally, individuals with allergies or specific health conditions should consult with healthcare professionals to determine the suitability of pet ownership.

Scientific research consistently supports the notion that owning a pet, be it a cat or a dog, can lead to a happier and healthier life. The presence of pets has been associated with a reduced risk of heart disease, decreased stress levels, improved mental well-being, and enhanced social connections. While the benefits of pet ownership are evident, it is essential to approach pet ownership with care and responsibility.

The information provided in this article is based on scientific studies. However, it is recommended to consult with healthcare professionals for personalized advice regarding pet ownership and its impact on individual health.

Understanding The Symptoms of Anxiety

Anxiety is a common condition that can significantly impact a person's daily life. This article aims to provide informative guidance on coping with anxiety, including recognizing symptoms and exploring treatment options.

Symptoms of anxiety may manifest in various ways. Individuals experiencing anxiety often feel excessive worry, fear, or unease, sometimes without a specific cause. Physical symptoms such as increased heart rate, sweating, trembling, or shortness of breath may also occur. Other common signs include difficulty concentrating, restlessness, irritability, and sleep disturbances. It's important to note that anxiety symptoms can vary from person to person.

To effectively cope with anxiety, several strategies can be employed. Learning and practicing relaxation techniques, such as deep breathing exercises or mindfulness meditation, can help calm the mind and reduce anxiety levels. Engaging in regular physical exercise, such as walking, jogging, or yoga, has also been shown to alleviate anxiety symptoms by promoting the release of endorphins, the body's natural stress-fighting chemicals.

Cognitive-behavioral therapy (CBT) is a widely recognized and effective treatment for anxiety. CBT helps individuals identify and challenge negative thought patterns and develop healthier coping mechanisms. Through therapy sessions, individuals learn practical strategies to manage anxiety, such as reframing negative thoughts or gradually facing feared situations.

In some cases, medication may be prescribed by a healthcare professional to alleviate anxiety symptoms. Medications, such as selective

serotonin reuptake inhibitors (SSRIs) or benzodiazepines, can help regulate brain chemistry and reduce anxiety levels. It is important to consult with a healthcare provider to determine the most appropriate medication and dosage based on individual needs and circumstances.

Building a strong support network is also crucial in coping with anxiety. Sharing concerns with trusted friends, family members, or support groups can provide emotional support and a sense of understanding. Seeking professional help, such as therapy or counseling, can offer additional guidance and support in managing anxiety.

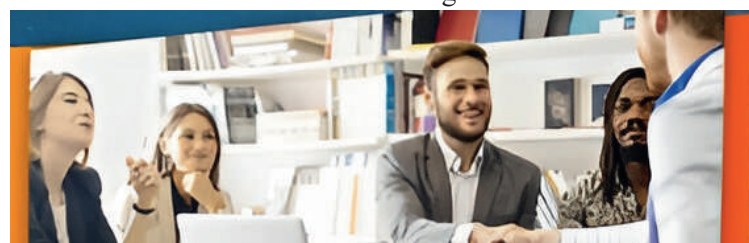
Self-care practices play a vital role in anxiety management. Prioritizing adequate sleep, maintaining a balanced diet, and avoiding excessive caffeine or alcohol consumption can contribute to overall well-being. Engaging in activities that bring joy and relaxation, such as hobbies, spending time in nature, or practicing creative outlets, can also help reduce anxiety levels.

Anxiety is a common condition that can significantly impact an individual's daily life. Recognizing symptoms and employing coping strategies are essential for managing anxiety effectively. Relaxation techniques, cognitive-behavioral therapy, medication when necessary, building a support network, and practicing self-care can all contribute to alleviating anxiety symptoms and improving overall well-being. Remember, seeking professional help and support is a proactive step towards understanding and managing anxiety.

HOW TO DEAL WITH ANXIETY

Accept it and befriend it; stop the cycle of judgement	Understand your landscape; where is it in your body?
Make commitments based on what you know about yourself	Prioritize self compassion; like, always
Focus more on soothing your body than on changing your thoughts	Find people you can relate to and that make you feel safe

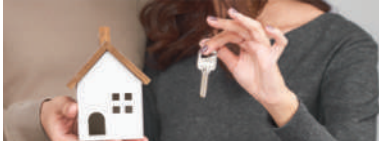
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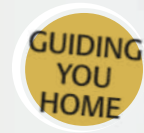
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Real estate REPORT



Put Safety First: Tips for using power tools like a pro

(Family Features) From quick DIY repairs around the house to contractors on the jobsite, power tools can make nearly any job faster and easier. However, having the know-how to put power tools to use is only half the challenge.

Take a safety-first approach to projects big and small with these tips from the Power Tool Institute, the leading organization for power tool safety resources, information and education.

Start with a safe workspace.

Keep your work area clean and well lit. Cluttered benches and dark areas invite accidents. Do not operate power tools in explosive atmospheres or near flammable liquids, gases or dust. Power tools sometimes create sparks, which can ignite flammable materials. Also keep bystanders, children and visitors away when using power tools, as distractions can affect your control.

Be careful with battery power.

Lithium-ion batteries have become more popular due to their higher efficiency, larger energy storage capacities, convenience and durability. These attributes make them ideal for cordless power tools but also pose additional safety risks when misused.

Do not subject

them to physical abuse or allow ingress of liquids. Always choose batteries from the original power tool manufacturer, which are engineered to work optimally with corresponding power tools.

Aftermarket or third-party batteries may not include all the safety design features and are not always tested to the same safety standards, making them potentially more dangerous and increasing the risk for fire, property damage or personal injury.

Safe transportation and disposal of lithium-ion batteries is also crucial; avoid contact with metal objects, such as keys, coins, screws or nails. To safely dispose of used lithium-ion batteries, take them to a local recycling center or place in a receptacle specially designed for recycling batteries.

Do not place batteries in curbside trash or recycling bins. If the battery is damaged, contact the manufacturer for further instructions.

Honor safe practices from start to finish.

Use the right tool for your job, and only use accessories specifically recommended by the tool



manufacturer. Accessories that are incorrectly sized or incompatible cannot be properly guarded or controlled, and accessories running faster than their rated speed can break and fly apart. Always make sure the accessory has come to a complete stop before putting the tool down and remove the battery from the tool before changing or adjusting the accessory or when cleaning the tool.

Properly store when not in use. To avoid accidental activation, unplug the cord and remove batteries when a tool is not being used. Also be sure to keep tools away from children and people unfamiliar with operating them.



To DIY or Not DIY: These are The Questions for Your Next Renovation

While a number of home projects can be completed by the average DIYer, others should be left to the professionals.

When deciding whether you should do it yourself or delegate, ask yourself these three questions:

Do I have the skills?

If you can't confidently say that you know what you're doing, hire a professional.

Do I have the tools?

If the job requires special gear, think twice. Purchasing equipment is expensive and certain power tools

and machines may not be easy to use for a novice.

Do I have the time?

You may be capable of completing the renovation, but if it takes too much of your personal time, it may not be worth it.

In general, cosmetic upgrades can be successfully completed by those without much experience. However, any renovation that involves plumbing, electrical work or the structure of your home, should be left to the professionals.



How To Keep Your Appliances Running Like New

If you've recently purchased new appliances, you may be wondering how to make sure they continue to run. Here's what you need to know.

Refrigerator

Don't pack your fridge too full, as this can block airflow and make the components work harder than necessary. You should also vacuum the compressor and wipe the door gasket with soapy water at least twice a year.

Stove and oven

Keep the oven clear of food buildup by periodically running the self-clean feature or manually scrubbing it down. Keep electric coils or gas elements clean and avoid dragging your pots and pans over glass-ceramic cooktops. Wash the surface regularly with warm, soapy water or a special cleaner.

Dishwasher

Always rinse your dishes before putting them in the dishwasher. If there's a filter, make sure to clean it regularly so it doesn't get clogged with food particles. Once a month, run it on

empty with vinegar to keep it clean.

Washer

Never overload your washing machine and make sure to empty clothing pockets so the drum doesn't get damaged. Run a monthly cleaning cycle with hot water and vinegar. Always keep the door open after a wash to allow the interior to completely dry.

Dryer

Clean the lint trap after every cycle and wash it monthly to make certain the filter doesn't get clogged. At least once a year, get your dryer ducts professionally cleaned. This will ensure that your machine runs smoothly and decrease the risk for house fires.

To find out more about how to take care of your specific appliance, be sure to consult your owner's manual. Though these tips are a great start, they shouldn't replace the care instructions provided by the manufacturer.



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EYE ON FINANCE / ECONOMIC DEVELOPMENT

How Companies are Supporting Employees' Financial Goals

(StatePoint) Many businesses -- and almost all employees -- would like it if there was a way for companies to help members of their workforce save for financial goals or pay off student loans.

While most employers would like to offer such benefits, many have limited budget flexibility. But now, new options are helping them offer more meaningful perks without making substantial increases to their benefits budget.

One such benefit utilizes an employers' 401(k) match budget to allow employees to choose which financial need they want to support: student loans, retirement, or both. Such perks are enticing employees to stay in their current jobs, or accept positions with new companies that provide these enhanced benefits.

Interestingly, while many employers today already offer matching contributions to retirement funds, this money often goes unused. Actually, Bloomberg reports two-thirds of Americans aren't saving money in a 401(k) at all.

Why? Many people cite more pressing financial concerns, such as student loans and credit card debt, as

the primary reasons they aren't putting money away for retirement, and studies show that employees leave \$24 billion in 401(k) matches on the table each year.

Unfortunately, debt doesn't just prevent people from saving for a comfortable retirement -- individuals are also putting off big life experiences, such as starting a family or purchasing a car or house, due to their student loan debt.

Enter programs such as Employee Choice, offered exclusively from BenefitEd, which allows employees to redirect or split their employer-matched retirement funds to make payments toward their student loan debt.

Employees get welcome help paying off student loans while making full use of their employer's matching program, and companies can offer this benefit without making substantial increases to their benefits budget.

This voluntary, Non-ERISA benefit (403(b) plans that involve voluntary plan participation only, i.e.,

an employer is not contributing) is separate from a retirement program, meaning employers don't have to change their retirement plans or get approval from other entities.

Because employers spend over \$4,000 on average to hire a new employee, it's no surprise that employers say turnover is their number one challenge. In short, great benefits can lower costly turnover, and ultimately be a differentiator for employers looking to recruit top talent.

To learn more about how employers can support future and current employee financial needs, visit youbenefited.com/products/employee-choice.



FINANCIAL WELLNESS IN THE WORKPLACE

54%

PwC reports 54% of all workers say they're financially stressed.

\$500 BILLION

Stress costs businesses \$500 Billion in lost productivity annually.

36%

36 percent of Americans admit to missing work because of personal financial matters.

EMPLOYER STATS

40 percent of employers say their employees are only a little or not at all financially savvy.

2 out of 5 employers report an increased demand for financial education from employees in the past 2 years.

#1 CAUSE OF STRESS

Personal finances, according to several studies, are the top cause of stress for American employees, young people, and couples.

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WE CAN HELP. IT'S WHAT WE DO.

Four Tips for Dodging Financial Peer Pressure

Whether they're encouraging you to spend more than you can afford or leaning on you for economic support, it's important to learn to say no to friends and family members when you need to. Here's how:

Be truthful.

Be honest about your financial situation. Most people will respect you for telling the truth and support your decision to stick to your budget.

Suggest an alternative.

If your friends suggest an activity that's too expensive, propose an alternative that's more affordable. Similarly, if someone asks you for a loan, brainstorm other ways that they could come up with the sum they need.

Get support.

Seek out family members and friends who are trying to save money. Surrounding yourself with people who are also following a strict budget will keep you from spending unnecessarily.

Find new friends

Don't get rid of your old friends. Just add new ones to the mix -- preferably

ones who share your financial goals and values. If that's a stretch, at least find friends who can help you focus on something other than spending. When you're getting to know a new friend, it's the conversation that counts -- not what you do together.

Remember that wanting to keep your finances in order and stay out of debt doesn't make you the bad guy. A person who has your best interests at heart won't intentionally pressure you into a decision you can't afford.



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Three Dot Lounge...

Cracker Barrel

by Mike McClure



...so the other day I got another request from a reader, actually more like a demand, asking why don't we have more columns about famous things related to El Monte.

I often write about the old Legion Stadium and all the famous performers that appeared there. Also we have run articles about the families that streets are named after, even an article or two of murders in our history.

But some of you are still not happy, so after meeting with our editor and my fellow columnists we have agreed to try harder. In this week's column I want to take a trip down memory lane and remind you of that great television star who was born in El Monte, Bamboo Harvester.

His hit T.V. comedy show on C.B.S. ran from 1961 to 1966. He received formal training from Les

Hilton, a protégé of the great Will Rogers, so his expert timing and height made him a stand out.

He died in 1970 of complications from arthritis - actually he was euthanized, which would have been common in those days for a horse.

Bamboo Harvester is best known by his stage name, "Mr. Ed". The palomino delighted millions of viewers as The Talking Horse.

Some viewers are confused as to who Mr. Ed was, another horse named "Punkin" was often used for publicity photos but Punkin didn't have the comedic skills of "Bamboo Harvester".

I hope those of you that hunger for stories about El Monte are happy,

I have to get back to work, the sheep are fighting with the goats about who should get on the ark first and the monkeys...well we all know what the monkeys do...

Working OverTime

by Cynthia Huizar



So much to do, the other day at church I heard a story about a young Pastor who after his first sermon nervously stood at the door as each of the parishioners passed by greeting them.

One after another they told him how much they enjoyed the sermon. Finally the last guy stopped and told him that it was the worst sermon he had ever heard. The following week the same thing happened, each parishioner complimented the Pastor except the last guy who told him how rotten it was.

On the third week, again everyone congratulated him on the fine sermon except for this last guy who not only didn't like the sermon but darkly hinted that they might want to find a new Pastor, "that gets it!"

The young Pastor was concerned so he went to one of the church elders, a

man he felt he could trust, and told him that there was this one guy that really seemed to hate him.

The elder laughed and told him not to worry about the guy, he said that the fellow was a bit crazy and only repeated what he heard...

Point of the story? Be careful what you say, gossip always comes back to bite you.

As kids we use to play the game of telephone where you sit in a circle and one kid would whisper a joke to you and then you would whisper it to the next person and so on around the circle and at the end the last person would tell the joke out loud.

The fun came from how distorted the joke became. The same with gossip, it might start out innocently but it can become hurtful and mean spirited.

Be careful what you say, you will own it, even if it gets distorted.



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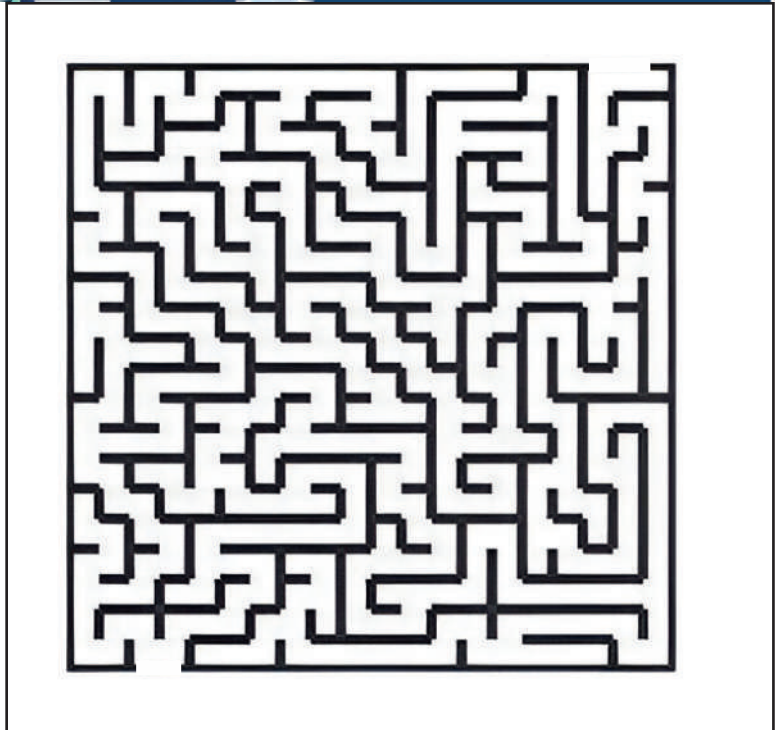
- DOWN**
1. Computer-related imaging acronym
 2. CISC alternative
 3. Capital of Norway
 4. Single-cell protozoan
 5. Bottom lines
 6. Similar
 7. One of the Tudors
 8. Authoritative proclamation
 9. Single pip cards
 10. The Container Store purchase, pl.
 11. "What ___ can I say?"
 12. T-shirt, after tied
 15. Chemical cousin
 20. Homer's epic
 22. Actor Lowe
 24. Deviation from the norm
 25. *U2's "In the Name of Love" song
 26. First light of day
 27. Lemur from Madagascar
 29. Damien's prediction
 31. Ding-a-___
 32. Convex molding
 33. "Love means ___ having to say you're sorry"
 34. "Love Actually" star
 36. Hockey score
 38. *True Love's ___
 42. Feudal lord
 45. Loafed
 49. "Holy moly!"
 51. Rant
 54. "Peace" with fingers (2 words)
 56. Phony
 57. Teeth mark
 58. Children's writer Blyton
 59. Old, in Scottish
 60. Three pointer
 61. Heater outlet
 62. Wooden pegs
 63. Rigoletto's "La donna mobile," e.g.
 66. Pool tool
 68. One or some

THEME: LOVE

ACROSS

1. Zagreb native
6. Not St. or Blvd.
9. Tucked in
13. Whatchamacallit
14. Robert Redford's Sundance ___
15. In a cold manner
16. Tiny island
17. Mad King George's number
18. Hearing, e.g.
19. *Love's late Nirvana husband
21. *Star-___
23. *Air Supply's "Making Love Out of Nothing at ___"
24. Elementary particle
25. Tire meas.
28. Land of Israel

30. *Joe Cocker and Jennifer Warnes: "Love lifts us up where we ___"
35. Ladder crosspiece
37. Frenzied
39. London's Thames, e.g.
40. ___-European language
41. Call it quits
43. Very bright star
44. What procedural and epidural have in common
46. Crosby's and Still's partner
47. Mountain valley
48. Final words
50. Future J.D.'s hurdle
52. Food scrap
53. Tax
55. Pen point
57. "All You Need Is Love" band, with The
61. *Letters to Juliet destination
64. Habituate
65. NHL surface
67. Ancient marketplace
69. Like many bathroom floors?
70. Blunderbuss, e.g.
71. Entrenched (2 words)
72. Whirlpool
73. Volleyball court center
74. English homework assignment



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Measure H From Page 1

vision and partnership in this endeavor." Cities play a crucial role in developing and implementing effective strategies to address homelessness. They act as first responders and local authorities on housing and land use, overseeing affordable housing and interim housing for approximately 90% of LA County's population. Gloria Olmos, Mayor of South El Monte, emphasized the impact of the city's proximity to the San Gabriel Valley and Rio Hondo Rivers, where hundreds of homeless individuals reside. She affirmed the city's commitment to working collaboratively to explore all opportunities in finding a solution. Since the completion of their Homeless Plans in 2018, the Cohort Cities (El Monte, South El Monte, and Baldwin Park) have formed a formal partnership to collectively combat homelessness. Their primary objectives include increasing the availability of supportive and interim housing for those experiencing homelessness and enhancing access to homeless services. The Cohort's long-term goal is to establish new systems, programs, efficiencies, and policies that leverage the County's Homelessness Initiative. By doing so, they aim to effectively address homelessness at

the local level. The partnership involves the Community Development Departments, Planning Departments, Departments of Recreation and Community Services (Baldwin Park), Housing Authority, and the San Gabriel Valley Council of Governments (SGVCoG). Mayor Manuel Lozano of Baldwin Park highlighted the significance of this 18-month grant program in strengthening collaboration between the County and the neighboring cities of El Monte and South El Monte. The united commitment to address this complex humanitarian crisis underscores the determination to find lasting solutions. With the support of the Measure H grant, El Monte, South El Monte, and Baldwin Park are poised to implement innovative and effective strategies to combat homelessness. By working together and leveraging their collective resources, these cities are taking a proactive stance to address this pressing issue in their communities.

Automotive From Page 1

job and really enjoyed learning about cars and engines." The Automotive Knowledge Introduction class is just one facet of the extensive after-school and Saturday enrichment opportunities available to Mountain View School District students. By providing engaging and practical educational experiences beyond the regular curriculum, MVSD aims to foster a love for learning and encourage exploration of diverse fields. With this automotive class, Mountain View School District is empowering its students to cultivate a deep

understanding of the mechanics that power our society. As these young minds absorb knowledge and develop skills, they are laying the groundwork for potential careers in the automotive industry. As the class progresses, it is certain that these budding mechanics will continue to embrace the thrill of discovery and eagerly explore the inner workings of the vehicles that surround us. The Mountain View School District's Automotive Knowledge Introduction Class represents a stepping stone towards a future generation of skilled and passionate auto mechanics who will shape the automotive landscape of tomorrow.

Dance From Page 1

and intrigued," Spink says, recounting the humble beginnings of the program's journey from a flag class of 37 students and an after-school color guard club of 43. The program's structure revolves around nurturing students with zero prior experience, laying foundations in music understanding, dance techniques, and color guard skills. "Starting from the ground up every year," explains Spink, "we focus on music fundamentals, warming up, stretching, learning new moves, practicing choreography, and honing color guard techniques." The ground-up approach was echoed by Mr. Perales, "Adding flags to dance adds a challenging art form to performances that showcases the students' raw talent. There is really no class in how to teach or learn flags, everyone starts from the same level of having no experience." The program instills confidence and pride in students through impressive moves and gradual skill development. Most students joined the program simply because they were impressed by their classmates or saw it as an opportunity for a unique elective. "Ever since 6th grade whenever there were assemblies, I really liked how the flags looked and just the dancing in general was excellent," shared Jacklyn Hernandez. Fellow dancer Michelle Ruelas said, "At first, it was my ticket out of P.E., but now I enjoy learning different dances, along with stepping out of my comfort zone and performing." At the heart of the Dance and Flag program lies a strong sense of

community. Spink, Perales, and the students foster an environment where every individual is valued and encouraged. "We're a team, a family," emphasized Ms. Spink. Mr. Perales added, "Our biggest success has been the growth in numbers and seeing the excitement our students have when learning new routines and performances." At Rio Hondo, students support each other, cheering loudly even in the face of mistakes, creating a safe space where encouragement thrives. Ms. Spink and Mr. Perales also collaborate with Arroyo High's flags program since many Rio Hondo students transition there for high school. Riley Bob, a participant in the program, captures its essence by stating, "What I believe makes the dance program appealing is the many memories you can make while doing it. Why I think it has become one of the most popular electives is because of how much fun it is." Hailee Long, another student, shares her perspective, emphasizing the personal growth the program facilitates: "Participating in this program can help me gain more confidence in my body and skill so that I don't feel down or overwhelmed." The Rio Hondo Dance and Flag program, from its humble inception to its current vibrant existence, stands as a testament to the power of passion, dedication, and community. Through rhythm, movement, and a shared vision, it paints a colorful portrait of unity, pride, and artistic excellence within the El Monte City School District.



10x10 grid of numbers for a crossword puzzle.

Word search grid with words like CROAT, AVE, ABED, GISMO, KID, ICILY, ISLET, III, SENSE, COBAIN, CROSSED, ALL, ATOM, PSI, SION, BELONG, RUNG, AMOK, RIVER, INDO, DEMIT, NOVA, DURAL, NASH, GLEN, EPILOG, LSAT, ORT, LEVY, NIB, BEATLES, VERONA, INURE, ICE, AGORA, TILED, GUN, DUGIN, EDDY, NET, ESSAY.

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