

The Mid Valley News

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El Monte Secures \$6.7 Million Grant for Clean Mobility Nexus Project

El Monte, California, has recently been awarded a substantial grant of \$6,703,420 by the California Air Resources Board (CARB) to implement the Clean Mobility Nexus project. This initiative aims to provide the residents of El Monte with sustainable and affordable transportation options that cater to their individual needs. By promoting clean mobility solutions, the city hopes to not only reduce greenhouse gas emissions but also improve air quality, addressing a crucial priority for the community.

Enhancing Sustainable Transportation

In collaboration with esteemed nonprofits, Active San Gabriel Valley and Mobility Development Operations, the Clean Mobility Nexus project will introduce four electric buses to the city's transportation fleet. These buses will serve as part of new express and market shuttle services, facilitating convenient and eco-friendly transportation options for residents. To support these electric buses, El Monte plans to install seven dual Level II



electric vehicle (EV) charging stations, along with two fast EV charging stations spread strategically across the city.

Car-Sharing Program and Electric-Assist Bikes

A significant portion of the project's funding will be allocated towards launching a car-sharing program. Through this initiative, twenty electric vehicles will be stationed throughout El Monte, allowing residents to access

clean and efficient transportation on-demand. Additionally, in an effort to further promote sustainable alternatives, residents will have the opportunity to subscribe to subsidized electric-assist bikes. By expanding these options, El Monte aims to encourage the use of alternative transportation methods, reducing dependency on traditional vehicles.

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8th Grader Leaves Mark on Local Library



By Gabriela Angel, El Monte City School District

On your next trip to an LA County Library, be on the lookout for a bubbly bookmark at checkout. Durfee School 8th grader Jenny Wong from El Monte City School District is a winner of the 44th annual LA County Library Bookmark Design Contest. Her marine-themed bookmark was a finalist at the Norwood Library contest, and was then selected by Los Angeles County Board Supervisor Hilda Solis as a grand winner from District 1.

"I jumped for joy!" said Jenny upon receiving the congratulatory letter. "As time passed and it sank in, I cried." Overjoyed, she called friends to share the exciting news. Introduced to drawing by a friend, Jenny is a self-taught artist and her winning bookmark symbolizes her self-determination and dedication to her growing craft. Jenny's bookmark

includes a collection of sea creatures like jellyfish, turtles, starfish, and fish. When asked about her inspiration for the design, Jenny pointed to social media, "I was scrolling on the art side of TikTok, and jellyfish stuck out to me because of the colors and design."

Jenny credits her teacher Ms. Kara Brown for encouraging her to participate in the contest. Feeling overwhelmed about catching up on school work after returning from a family trip to Vietnam, Ms. Brown suggested Jenny create a design to ease her stress. "I knew Jenny enjoyed drawing and told me that creating art helps her relax," said Ms. Brown. "I wanted her to experience that she can have fun while doing something that may be perceived as stressful."

Wanting her students to gain confidence in themselves, Ms. Brown motivates them to participate in activities, enter contests, and join new

BOOKMARK >> PAGE 7

Students Take the Stage

Mountain View School District's 2024 Speak Up Competition Tackles Mental Health



Eloquently speaking on the theme of Mental Health, Mountain View School District's top student speakers in sixth through eighth grade demonstrated their speech writing and public speaking skills at the District's Annual Speak Up Competition. Aligned with the competition theme, each contestant addressed what mental health is, why it is important and how it plays an important role in our lives.

The contestants were all winners of their school site competitions and did an excellent job representing their schools at the District event. With poise and confidence, each student took to the podium to present their two to four minute, highly researched, well written and articulately delivered speeches.

Serving as judges were Ben Ortega, Past District Deputy to the Grand Exalted Ruler for the West Covina Elks, Mary Garcia, Past Exalted Ruler for the Alhambra/San Gabriel Elks, and Donna McEntire, Education Consultant and Vice President of the Azusa Emblem Club who evaluated the contestants in the areas of content, delivery and language.

"We had a very difficult challenge as judges," said McEntire. "All the students were well prepared and did an excellent job conveying the importance of mental health. We were very impressed with all of them." Overarching in each speech was the importance of taking care of your mental health. In their speeches,

SPEAK UP >> PAGE 7



Arroyo High School Basketball Coach Reaches 500 Wins

El Monte Union Celebrates the Year of the Dragon in Style



Arroyo High School (AHS) alumnus and head girls basketball coach Mike Gorbball is celebrating multiple achievements in his 34th season at AHS, after earning his 500th coaching victory and being the first girls basketball coach in San Gabriel Valley history to accomplish this feat at the same school.

Gorbball was recognized for securing his 500th victory when AHS defeated Schurr High School by a score of 40-22 in December 2023. According to the CIF Southern Section (CIF-SS) record book, Gorbball became the 12th girls basketball coach in section history to achieve 500 career wins at the same school. He also received praise and a certificate of recognition from the El Monte Union Board of Trustees during the February 21 meeting.

"It felt surreal to have this moment happen on our home court and at the only high school I have ever coached," Gorbball said. "I did not realize it was going to gain attention and mean just as much to everyone as it does to me."

As a former Knight, Gorbball competed in football, basketball and track and field and graduated from AHS in 1981. At the age of 18, he started coaching at Arroyo High and became the school's head girls basketball coach in 1990.

"I am grateful to be able to coach in the community I am from," Gorbball said. "I like to think back to when I was playing here and the

amount of care the coaches had for us, the opportunities they gave us and I try doing the same for my student-athletes."

Gorbball is known as a staple on the Knights' campus, serving as a campus supervisor as well as a coach for football and track and field. He has also coached the school's softball team.

During Gorbball's coaching tenure, the AHS girls basketball program has won nine Mission Valley League titles and reached the CIF-SS Division 4-AA quarterfinals in 2018 – the furthest playoff run for the Knights.

"The impact and presence that Mike Gorbball has at Arroyo High School extends to his students and colleagues, and his leadership is part of what makes this school feel like a second home," Principal Gabriel Flores said. "We are so proud of him for all that he has accomplished and we are thankful for all that he continues to give."

Gorbball highlights the close-knit community at AHS, attributing its strength to returning alumni, both former students and athletes.

"On behalf of the Board of Trustees and the Arroyo High School community, I want to extend my congratulations to Coach Gorbball for exemplifying the dedication, passion and hard work that is required to achieve greatness." Superintendent Dr. Edward Zuniga said. "We are extremely fortunate to have a role model like Mike Gorbball at El Monte Union High School District."

El Monte Union School District's annual Lunar New Year celebration, held on February 16, was a remarkable fusion of culture, community, and festivity. From the captivating lion dance performance to the dedicated student and parent volunteers distributing delicious delicacies, the event truly brought to life the rich traditions of Lunar New Year. It is important to note that this year is the Year of the Dragon, which holds significant meaning in Chinese astrology.

As the Year of the Dragon unfolds, it is believed to bring power, strength, and good fortune. The dragon is highly regarded in Chinese culture and symbolizes prosperity and success. Those born in the Year of the Dragon are considered to be confident, ambitious, and charismatic individuals. The arrival of this auspicious year added an extra layer of excitement and anticipation to El Monte Union's Lunar New Year celebration.

The event commenced with a captivating lion dance performance, an age-old tradition that symbolizes good luck and the warding off of evil spirits. The LA Flying Dragon Lion Dance Association showcased their agility and skill as they maneuvered the lion with synchronized movements. The rhythmic beat of drums and cymbals filled the air, creating an atmosphere of energy and joy.

Throughout the celebration, dedicated student and parent volunteers

played a crucial role in ensuring its success. They generously passed out an array of gifts and delicacies. These mouthwatering offerings not only delighted the senses but also represented the significance of food in Lunar New Year celebrations. Sharing and enjoying food together is believed to bring abundance and unity to families and communities during this auspicious time.

El Monte Union School District's Lunar New Year celebration exemplifies its commitment to embracing cultural diversity and fostering a sense of community. By providing a platform to showcase the rich traditions and customs of Lunar New Year, the event encourages cross-cultural understanding and appreciation among students, parents, and staff.

Principal Amanda Rodriguez expressed her satisfaction with the event, stating, "The Lunar New Year celebration at El Monte Union demonstrates our dedication to creating an inclusive and supportive environment. It was heartwarming to witness our students and families come together to celebrate this important cultural festival."

The fusion of culture, community, and festivity at El Monte Union's Lunar New Year celebration left a lasting impression on all those who attended. It served as a reminder of the importance of preserving and celebrating cultural heritage within the school district and beyond.

As the Year of the Dragon unfolds, El Monte Union School District looks forward to a year filled with prosperity, success, and unity. The values symbolized by the dragon, such as power and strength, will continue to inspire an environment of inclusivity and understanding within the district.



Attendance Counts!

Daily attendance supports academic achievement, helps establish responsible habits and builds a positive school culture.



Health & Fitness

Staying Fit: The Key to Long-Term Health and Wellness

Have you ever found yourself making promises to hit the gym in the morning, only to change your mind when the alarm goes off because you simply don't feel like exercising? We've all been there. However, it's important to understand that dropping the ball on staying fit is not the solution. In fact, staying active and eating right are crucial for maintaining long-term health and wellness. Prevention is always better than cure, and the more you understand how your body responds to your lifestyle choices, the better equipped you are to customize a nutrition and exercise plan that suits you.

When you choose to eat well, increase your level of physical activity, and exercise at the

appropriate intensity, you are effectively signaling your body to burn a significant amount of fuel. This leads to a more efficient burning of fat for energy. In simpler terms, combining healthy eating habits with regular exercise results in a faster metabolism, providing you with increased energy throughout the day and making physical work feel easier.

The true purpose of exercise is to send a consistent message to your body, urging it to improve its metabolism, strength, aerobic capacity, and overall fitness and health. Each time you exercise, your body responds by enhancing its ability to burn fat around the clock. It's worth noting that exercise doesn't have to be intense to be effective; consistency is the key.

For optimal results, I recommend engaging in regular cardiovascular exercise four times per week, with each session lasting 20 to 30 minutes. Additionally, incorporating resistance training four times per week for 20 to 25 minutes per session will help increase lean body mass and burn more calories.

Here's a sample exercise program that you can consider:

Begin with a warm-up of seven to eight minutes of light aerobic activity. This will increase blood flow and prepare your tendons and joints for the workout.

Next, focus on resistance training, ensuring you target all major muscle groups. Aim for one to two sets of each exercise, with a 45-second rest between sets.

Incorporate two of your favorite aerobic activities, such as jogging, rowing, biking, or cross-country skiing. Perform 12 to 15 minutes of the first activity, followed by 10 minutes of the second. Conclude with

a five-minute cool-down.

Wrap up your exercise session with stretching, deep breathing, relaxation, and meditation. This will help your body recover and promote overall well-being.

When starting an exercise program, it's essential to have realistic expectations. Depending on your initial fitness level, you can anticipate the following changes:

During the first eight weeks, you'll start feeling better and experience increased energy levels.

From two to six months, you'll notice

changes in your body composition, losing size and inches while becoming leaner.

Your clothes will fit more loosely, and you'll gain muscle while losing fat.

After six months, you'll begin to lose weight more rapidly.

Remember, committing to exercise several times a week is just the beginning. To maximize your efforts, it's also crucial to make dietary changes.

Counting calories and meticulously measuring nutrient percentages may not be practical for everyone. Instead, consider the following easy-to-follow guidelines:

Have several small meals throughout the day, ideally four, accompanied by a couple of small snacks.

Ensure each meal is balanced, incorporating palm-sized portions of lean proteins like meats, fish, egg whites, and dairy products.

Add fist-sized portions of complex carbohydrates, such as whole-wheat bread, pasta, wild rice, multigrain cereal, and potatoes.

Don't forget to include fist-sized portions of vegetables and fruits.

Limit your fat intake to what is necessary for flavor and avoid excessive consumption.

Stay hydrated by drinking at least eight 8-ounce glasses of water throughout the day.

To ensure you're meeting your body's nutritional needs, consider taking a daily multivitamin.

Prioritizing your fitness is essential for long-term health and well-being.

By understanding how your body responds to exercise and making appropriate changes in your diet, you can achieve a faster metabolism, increased energy levels, and improved overall fitness.

So, make that commitment to yourself, and enjoy a healthier and more fulfilling life.



Non-workout Workouts For Complete Fitness

We all want to remain fit and exercise. We look better, we feel better, we have more energy, and can even add years to our life.

From the simple to the complex, from the easy to the hard, and from the careful to the adventurous, here are non-workout workouts for complete fitness.

Cycling: Cycling is fun, relaxing and literally gets you places. Apart from being an eco-friendly way to move around, it is a great method to exercise as well.

Dancing: Not all of us can dance, but there is no harm in trying. Dancing is one of the best ways to stay fit and, at some point, we all dance in joy (or at least we should).

House Cleaning: Think about it, you move around the house at fast speed, bending, stretching, reaching, and twisting. Put on some music and play while you clean – or it will still feel like a chore.

Pets: Studies have shown that having a pet is one of the best things you can do to create joy and satisfaction with your life. Not only do they provide joy and affection, they also provide the opportunity to exercise, see the world, and meet new people.

Yoga: Yoga is a great exercise for the mind and body. There's some

evidence that regular yoga practice is beneficial for people with high blood pressure, heart disease, aches and pains – including lower back pain – depression and stress. And it's low impact so all it takes is a little time, a little space, and a short lesson to get started.

Swimming: We all have heard that swimming is the best exercise. Swimming stretches your limbs and is easy on your joints, helps keep the heart-healthy, and increases endurance.

Hiking: For the more adventurous who like to travel, hiking can be a hiking is a great way to exercise. Hiking is a whole-body workout that shapes all your body muscles and ranges from a flat path to a intense back-country adventure.

Martial arts: Another exercise that focuses on mind and body. Martial arts can be for kids and adults and can range from low impact practice of tai-chi to combat sports like Judo or Karate.

So now you know...there's not reason not to move and get some exercise...I mean fun and adventure.

3 Exercises to Improve Your Balance

Improving balance is essential for maintaining stability and preventing falls, especially as we age. Fortunately, there are various exercises that can help enhance balance and stability. Here are three effective exercises that can be incorporated into a fitness routine to improve balance.

Single-Leg Stance:

The single-leg stance is a simple yet effective exercise for improving balance. Start by standing tall with feet shoulder-width apart. Lift one foot off the ground and balance on the other leg. Hold this position for 30 seconds, or as long as you can maintain stability. Repeat on the other leg. To increase the challenge, try closing your eyes or performing the exercise on an unstable surface like a foam pad.

Heel-to-Toe Walk:

The heel-to-toe walk, also known as the tandem walk, is a great exercise for enhancing balance and coordination. Begin by placing one foot in front of the other, with the heel of the front foot touching or nearly touching the toes of the back foot. Keep your eyes focused straight ahead and walk forward, placing each foot heel-to-toe in a straight line. Take slow and deliberate steps, maintaining your balance throughout the exercise. Aim for 20 steps forward, then turn around and walk back.

Standing Yoga Tree Pose:

The Tree Pose is a classic yoga pose that helps improve balance and stability. Start by standing tall with

feet hip-width apart. Shift your weight onto one leg and bend the opposite knee, placing the sole of the foot on the inner thigh of the standing leg. If you're unable to place your foot on the inner thigh, you can rest it on the calf or ankle instead. Bring your hands together in a prayer position at your chest, and focus your gaze on a fixed point in front of you. Hold this pose for 30 seconds to one minute, then switch sides.

Incorporating these exercises into your fitness routine can help improve balance and stability over time. It's important to start slowly and gradually increase the difficulty as your balance improves. Remember to consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing balance issues or medical conditions.





Real estate REPORT



What Factors Into Real Estate Value?

A house is one of the most important investments you'll ever make, and appraisals can include some surprising criteria. Here are three factors that influence real estate value that have nothing to do with the house itself:

Public transportation

How close a home is to trains, buses or other forms of public transportation can affect its price. It may not matter to you but might to someone else if you choose to sell that home later.

Neighbours

Routinely noisy or otherwise disruptive neighbours can sometimes drive down the value of surrounding properties. If people are hoping to live in a home for many years, having to deal with a difficult neighbour might dissuade them from buying, driving down the demand for the house.

Trees

Many buyers will pay a premium price to have mature trees in their yard for the curb appeal, summertime shade and enhanced privacy they can provide.

When shopping for a new home, you shouldn't just research the homes themselves. Research what's around them too. Your real estate agent should have an extensive knowledge of the area as a whole to help you make the real estate choice that's right for you.



Save Money By Shopping For A Solar Panel Compatible Home

Solar energy technology has come a long way in recent years, and it's becoming a viable option for more and more homes as a means of both helping the environment and saving money. If you're in the market for a new home, consider looking for one that is a good candidate for a solar-panel upgrade.

You don't need to live in a region that's always sunny to benefit from solar panels. You do, however, need the right kind of roof. To be deemed suitable for solar panels, a roof should:

- Be made out of durable material such as asphalt or clay that can support the weight of the panels
- Not be surrounded by large trees or other features that would block the sun from falling on it
- Slant in a southerly direction so the sun hits it for the whole day

The Canadian government has various programs that support efforts to make homes more energy efficient, so if you're trying to find a fixer-upper, talk to your real estate agent about homes that are solar

panel compatible. In any case, installing solar panels can be complicated, so you should always consult an expert before you proceed.



Container Homes: By Any Other Name...

Buying a home isn't easy. In addition to all the paperwork and administrative details involved, purchasing a house can cost hundreds of thousands of



authorities and show them examples of similar projects that have been successfully completed in the past.

dollars — all in all, it's a luxury that doesn't feel quite as attainable as it once did. Fortunately, there are alternatives to locking into a decades-long mortgage. Enter the container home.

The popularity of alternative forms of housing is a fairly new phenomenon, as are the many concerns that come into play when charting this kind of unexplored territory. That being the case, you might ask yourself how realistic it is to consider building a home out of one or more shipping containers. Let's break it down.

Building Permits

There's no surefire way to guarantee the approval of the construction of your container home. The approval process is highly subjective and varies from one location to the next, but there are ways to increase your chances. Present a detailed version of your building plans to the local

Since authorization of your project could be a concern, especially in densely populated areas, you may want to consider a more remote location (or one with more relaxed building codes) for your container home.

Cost

The cost of your container home really depends on your particular wants and needs. Projects like these range from \$45,000 all the way to \$350,000 and more. Price will heavily depend on the location and features of the home you want to build.

In short, a container home can be a completely viable alternative to going the conventional route of buying a regular house — provided that you've done all the necessary research.

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EYE ON FINANCE

Credit Union or Bank: Which Works Best for You?

When deciding between a bank and a credit union, it is important to consider which works best for your particular financial needs. While both banks and credit unions operate under similar laws and agencies regarding loans, mortgages and safety, the customer experience you get can be rather different.

The bottom line is that banks are for-profit institutions, while credit unions are non-profit.

Credit unions typically brag better customer service and lower fees, but have higher interest rates.

On the contrary, banks generally have lower interest rates and higher fees.

Banks, on the other hand, often have higher fees but more convenience regarding location, technological efficiency, mobile access, and rewards programs.

According to a report by the Credit Union

National Association (CUNA), credit unions in New York provided average financial benefits equivalent to \$85 per member and \$178 per household in 12 months ending March of 2018.

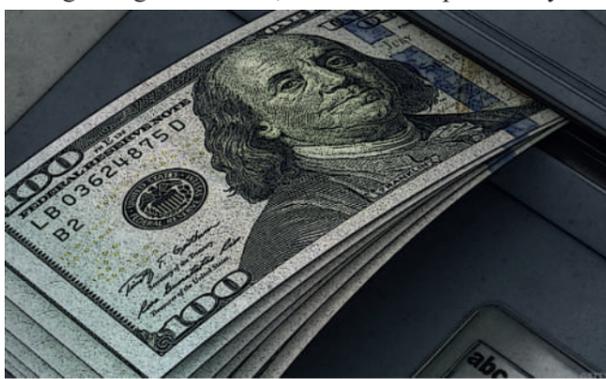
Despite the convenience of large banks, credit unions generally excel in customer service due to their non-profit status.

Still, credit unions don't necessarily have the monopoly on premium customer service. Some smaller banks have comparable customer service to most credit unions, especially in smaller communities.

Both banks and credit unions provide similar services such as checking and savings accounts, loans and business accounts.

Bottom line: despite differences, the service and products you will get from

either a bank or credit union is fairly similar.



Who Can You Turn To For Help Investing?

Whether you're working toward purchasing a home, financing your children's education or enjoying a comfortable retirement, you need to invest your money wisely.



they manage. Accountants. A chartered accountant can review your tax situation and help you save on your tax return. They can also assist you when making a large purchase, such as buying a home, or after receiving an inheritance.

For most people, this means turning to a qualified investment professional. Here's who you can count on to help you grow your savings.

- Stockbrokers. A stockbroker can buy, sell and monitor investments on your behalf or simply give you advice on how to invest your money.
- Financial advisers. Also called a financial planner, a financial adviser can assess your current situation and help you develop a comprehensive financial or retirement plan.
- Investment counsellors. An investment counsellor performs the same tasks as a stockbroker, but they can't receive commissions by recommending specific financial products and are compensated by taking a percentage of the assets

When deciding whether to work with a particular investment professional, always ask about their education, experience and certifications. In addition, find out how they're compensated (through client fees, commissions or a combination of these) to determine whether there are potential conflicts of interest.

Finally, bear in mind that even when working with an experienced professional, investing always entails some amount of risk.

Before making decisions about how to manage your money, you should evaluate your ability to withstand financial losses if your investments do poorly.

3 Frequently Asked Questions About Saving For Retirement

You know that it's important to save for retirement, but are you familiar with the best way to go about it? Here are the answers to three common questions people have about putting aside money for the future.

Is An Rrsp The Best Retirement Saving Option?

A registered retirement savings plan, or RRSP, is a tax-deferred account, which means that any money you contribute is exempt from taxes for as long as it remains unused. Having an RRSP is beneficial for most people. However, if you have a low income, a tax-free savings account (TFSA) may allow you to put aside even more money. Speak with your financial institution to determine which is the best option for you.

Should You Put More Money Aside As You Get Older?

It's wise to review the amount of money you

put aside every year to keep up with inflation. Moreover, many people are able to save more as they get older because they have a higher income and decreased debts.

How Much Money Should You Set Aside At Minimum?

Experts recommend setting aside at least 15 per cent of your pre-tax income. That said, you should have an emergency fund with enough money saved to cover living expenses for three to six months.

If you have more questions about saving for retirement, reach out to your financial institution.



The Delayer and The Saver: Time is Money

When you are in your 20s, life is exciting. It's a period of life that blooms with promise - it's also the best possible time to start investing.

To fully understand the importance of investing early, let's take a look at the stories of The Saver and The Delayer.

The Saver just graduated college and landed her dream job making \$40,000 a year.

On her first day at work, she decided to opt into the 401(k) with 4 percent of her salary going into the account. Why did she choose 4 percent? Because that's what her employer would match.

A 4 percent employer match means if The Saver puts 4 percent in her 401(k), her employer will match the contribution with the same amount of money.

Four percent is only about \$31 a week and The Saver figures she can easily save that by having breakfast at home or packing a lunch.

To keep things simple, let's assume The Saver keeps saving 4 percent of her \$40,000 salary on a monthly basis until she's 65, and averages 6 percent per year on her investments.

By the time she retires, The Saver has around \$620,000.00 and invested only \$68,800.00 of her money.

Now let's take a look at The Saver's friend The Delayer. The Delayer landed a similar job, also making \$40,000 a year. But on her first day of work, The Delayer wasn't ready to commit any money to her 401(k).

It can be easy to come up with excuses to push off saving, and sometimes those excuses are legitimate reasons. But that's not The Delayer's story. She simply chose not to save.

Eight years later The Delayer went into the office and signed up to start contributing just like The Saver.

All things being equal, The Delayer would have about \$368,000 in her retirement account when she turns 65.

Eight years of delay cost The Delayer about \$252,000. Over eight years, The Saver would only contribute \$12,800 of her income and come out with about 68 percent more money.

Think about it - a couple bucks a day leads to hundreds of thousands of dollars in savings later.

Time, quite literally, is money.



MVMC What is Your Digital Score? [LEARN MORE midvalleymedia.net](https://midvalleymedia.net)

Three Dot Lounge...

Cracker Barrel

by Mike McClure



...so the other day I was talking to my friend Julie, Max's mother. In the past, we featured a column called "Are You as Smart as a 12-Year-Old?" where you had the opportunity to test your knowledge against Max, a 12-year-old who would present science-related questions for you to answer.

Try is the right word because I had to ask Max to ease up on the questions. Some of you were getting upset that the questions were too hard, even hinting that Max was really a college professor and not a 12 year old boy.

Max has grown up and branched out into writing. Here is a poem of his:

"Hold fast to dreams...for when dreams slip...life loses elation
A game of lanchboard...
opportunities lost leaves you lame
Losing the fun...the point of the game" by: Max Mata

...In a talk about obedience the other day I heard a interesting thought.

"The power of obedience is only as powerful as the power that you are obedient to." Thank you Pastor Patrick.

...and then, every 4 years we get a free day. Thanks to some math wiz long ago it was discovered that our calendar was off a 1/4 of a day each year so I guess to keep us from being thrown off the planet into an abyss, it was decided that every four years we would get an extra day which is called "leap year".

Maybe our big thinkers like Max or Pastor Patrick can explain this quirk of time but this being that year means we have a February 29th this year. Wow, what to do?

(Ed Note - Your humble editor actually know sthe answer. The earth is actually a little over 24,000 miles in circumference and spins slightly less than 1000 mph so the extra numbers had to come from somewhere..)

Working OverTime

by Cynthia Huizar



So much to do,...

February has turned out to be a month of us trying out new restaurants. Last week we tried two new Italian ones. Profe is always on the look-out for a good Italian restaurant, you might remember last month we went to Alex Di Peppe's in Temple City and enjoyed it very much.

Then last week I went with my social group to a place in Upland, Giuseppe's Italian and Persian Restaurant. The social group meets once a month for lunch and we always like to go to a different restaurant.

There are usually 20 of us, it changes but Beverly, Juan, Lorin, Jeanne and Debbie are with us most of the time.

The social group is funded by the County and they pick up the tab when we go out to eat. The other weeks we meet in a room at the Senior Center for arts and crafts.

I had the lasagna with garlic bread, some tried the ravioli, some had spaghetti or the chicken kabobs. The meal was okay and seeing my friends made it a wonderful occasion.

Then last Friday, Profe and I had dinner with our friends Pete and Kim at Domenico's Italian Steakhouse in Monrovia.

It was fantastic, I ordered the calzone and it was big. I have to be careful what I eat so I had them make it special.

Our waiter, a nice young man named "Courage" was very helpful, in fact the whole staff were excellent: Destiny, Rich, Diana, Courage and Carlos made dinner a real treat. Kim also had the calzone,

Pete went Big D combo, lasagna and ravioli. They top it off with a large plate of flan with 4 spoons. Domenico's is a must when dining in Monrovia.

This week it is lunch at Olive Garden, I know they are a chain but there's one near where my daughter Cindy is staying while she is in town visiting so we are taking her and my son Leonard to lunch.

Profe says either we stop eating out or he will have to start buying bigger pants!

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CROSSWORD

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4. *Harper's ____, famous fashion magazine, launched in 1867
5. Fossil fuel rock deposit
6. Fractions
7. Atlas stat
8. Egg salad ingredient
9. View from high-speed train?
10. High mountain
12. Uncontrollable movement disorder
13. Animal trail
14. *Singer who sported a cone bra
19. Viola da Gamba, pl.
22. Pool tool
23. Molten rock
24. Southern cuisine pods
25. Civil rights org.
26. Jimmy Buffet: "You got ____ to the left..."
27. Many iambs
28. Iron/carbon alloy
29. *Golightly of little black dress and sunglasses fame
32. Tchaikovsky's fowl
33. Bro's sib
36. *Nothing came between her and her Calvins
38. Loud noise
40. Car's unique identifier, acr.
41. Diamond on a sweater
44. Awaken
46. Rough
48. Type of juniper
49. Proclamation
50. Bluish green
51. Billy Joel's "____ the Good Die Young"
52. Bulgarian money
53. Glory prerequisite
54. Above
55. NFL's Lamar Jackson in 1923, e.g.
58. Done with "my little eye"?

- THEME: ICONIC FASHION MOMENTS
- ACROSS
1. Aggressive remark
 5. Pampering spot
 8. Wharton degree
 11. Light bulb, in comic book
 12. Burn to a crisp
 13. Size option
 15. Cameron of "There's Something About Mary"
 16. Fabled racer
 17. Take care of debt (2 words)
 18. *He wore a white leisure suit on the dance floor
 20. It can be pleasant or unpleasant
 21. Buenos ____

22. Dove's sound
 23. *She wore a white dress above a subway grate
 26. Get house ready for living
 30. Rap sheet acr.
 31. Famous fictional canine
 34. Brussels org.
 35. Not Astroturf
 37. Take the gold
 38. Certain cigarette
 39. Speed of object divided by speed of sound
 40. Lord's subordinate
 42. Ann Patchett's novel "____ Canto"
 43. Made by Bayer
 45. Friskily
 47. Long period of time
 48. Repeat, in music
 50. Cough syrup
 52. *She wore a meat dress
 55. What cobbler does
 56. Good's foe?
 57. Muddy road grooves
 59. Waltz, in France
 60. White House "sub"
 61. Red light action
 62. Layer
 63. Marching insect
 64. Sports award
- DOWN
1. Ebay click
 2. Miners' passage
 3. *Kim Kardashian exposed it on the cover of Paper in 2014

Movies Night - Zebra Puzzle

Four boys are at home to watch some movies. Figure out what each boy's favorite kind of movie is.

Shirt: black, blue, green, red
Name: Daniel, Joshua, Nicholas, Ryan
Movie: action, comedy, horror, thriller

Snack: chips, cookies, crackers, popcorn
Age: 11 years, 12 years, 13 years, 14 years

	Boy #1	Boy #2	Boy #3	Boy #4
Shirt				
Name				
Movie				
Snack				
Age				

- Joshua is at one of the ends.
- The boy wearing the Black shirt is somewhere to the left of the youngest boy.
- Joshua likes Horror movies.
- The 14-year-old boy is at the third position.
- The boy wearing the Red shirt is somewhere between the 13-year-old boy and the one who likes Action movies, in that order.
- Daniel likes Thriller movies.
- The boy who is going to eat Cookies is at one of the ends.
- The boy wearing the Black shirt is exactly to the left of the one who likes Thriller movies.
- The boy who is going to eat Crackers is exactly to the right of the boy who likes Comedy movies.
- The boy wearing the Red shirt is somewhere between the boy who is going to eat Popcorn and Nicholas, in that order.
- At one of the ends is the boy who likes Thriller movies.
- Nicholas is somewhere between Joshua and Daniel, in that order.
- At the first position is the boy wearing the Green shirt.

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

**Bookmark
From Page 1**

clubs. “They will never know if they like it until they give it a try. They will never win a contest if they don't enter. I truly want all my students to gain confidence in themselves and they do so by finding out who they are by trying something new.”

Aside from her passion for art, Jenny loves to read, especially mystery and romance. She is part of Durfee's Millionaire Readers Club, students who have read one million words in a year. She is now closing in on two million words. Jenny said her 7th grade teacher, Ms. Monica Macias, helped her fall back in love with reading. Ms. Macias tries to expose her students to different genres through having a variety of books available in her personal library. “I allow students to read whatever they enjoy, regardless of

reading level,” said Ms. Macias. “Once I knew what kinds of books she liked, I would have her venture into specific authors who I thought she would enjoy.” In order to help students discover, or rediscover the joy of reading, Ms.Macias says you need to be a guide. “You must never assume that a student knows what they like to read. You must help guide students to explore possible interests and you must have a lot of patience.”

Initially, Jenny entered the contest for fun, not expecting to win. Now she is a LA County Bookmark Design winner. Like her teacher, she would advocate for her peers to try new things, “Just try your best and whatever happens happens. You never know what's going to be on the other side, so you might as well just do it,” she explained. Jenny and her family will be honored at a local ceremony by the LA County Library in March to commemorate her artwork.

**Grant
From Page 1**

Community Engagement and Awareness

Recognizing the importance of community involvement, the Clean Mobility Nexus project will implement various community engagement activities to raise awareness and promote participation. These activities will emphasize the significance of reducing carbon emissions to improve air quality and create a healthier environment for all residents. By fostering a sense of shared responsibility, El Monte hopes to actively engage the community in the pursuit of sustainable transportation solutions.

**Speak Up
From Page 1**

students shared statistics including that one in five people are affected by poor mental health and one in every three high school students struggle with mental health issues. They also shared a few of the ways they take care of their own mental health and achieve a healthy state of mind such as exercising, talking to friends, listening to music, and getting enough sleep.

Placing first in the 6th grade division was Tam Yen Ho from Baker School, who spoke about using art as a way to keep her mental health in good standing.

“When I'm feeling anxious or stressed I like to draw,” said Ho. “Art lets me enter a world of imagination and instead of destroying things I create things,” she said.

Taking second place was Jaymie Andrade from Parkview School and third place went to Elise Gonzalez Ochoa from Monte Vista School.

“This was my first time doing public speaking and it feels very good to get second place,” said Andrade. “I've been working on my speech since we got back from winter break and I'm so excited I won.” The 7th and 8th grade division winners included first place, Emilee Acuna from Monte Vista School who shared the importance of being kind to yourself and to others, knowing your limits, and how to calm yourself down.

“It's important to surround yourself with positive friends and put yourself first. Avoiding toxic friends is essential and checking in on each other is important,” said Acuna. “When you see someone's spirit coming through it's beautiful.”

Earning second place for 7th and 8th grade was Liliana Pineda Manriquez from Monte Vista School, and third place went to Edith Cruz-Rivas from Parkview School.

In the audience to support the students were many family members and friends, Board of Education members, school and district administrators and staff, all agreeing that the contestants were exceptional. “All of the speakers did a great job telling their stories,” said Christian Diaz, MVSD Board of Education President. “The topic of mental health is right on point with what I do as a Social Worker and the students really captured the essence of what young people are dealing with in our community. I'm so proud of them all

The City of El Monte is delighted to have received the generous grant from the California Air Resources Board to fund the Clean Mobility Nexus project. This initiative represents a significant step towards providing the community with sustainable transportation options that align with their needs and values. By introducing electric buses, expanding EV charging infrastructure, launching a car-sharing program, and promoting electric-assist bikes, El Monte is paving the way towards a greener and cleaner future. The city is committed to reducing greenhouse gas emissions, improving air quality, and creating a more sustainable and vibrant environment for all residents.

and how they articulated the importance of taking care of themselves in difficult times and also when they are doing well.”

According to proud parent, Vanessa Arroyo, programs like the Speak Up, student council and after school cheerleading have helped her daughter, Jaymie come out of her shell.

“I'm so grateful my daughter had the opportunity to participate in this competition,” said Arroyo. “It's been wonderful to see her self-confidence grow and it is so fun to see her shine. I'm so very proud of her.” Judge, Ben Ortega was grateful for the opportunity to participate in the event.

“This was really rewarding for me,” said Ortega. “It was not easy to select the winners, they all did great, and some of the speeches were spot on and came from the heart. These students were wonderful and you are doing really good stuff in Mountain View.”

Dr. Raymond Andry, Superintendent enjoys the Speak Up Competition and feels it is a great event for the District.

“The Speak Up really spotlights our students and I am always so impressed with our contestants and their ability to deliver their speeches with such confidence and poise,” said Andry. “Public speaking is not easy and is something many adults struggle with, but our speak up contestants make it look effortless. They all did a tremendous job and I am extremely proud of them. I also appreciate the hard work of our Speak Up coaches from each site who worked with our students, helping to prepare them for the competition.”

MVSD is proud to offer programs like the Speak Up Competition and many other academic enrichment activities to enhance the educational program and provide students the opportunity to express their views and develop skills that will help them in their future endeavors.



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

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 los niños deben tener 5 años antes del 1 de septiembre de 2024
- **TK** - children turning 5 years old between September 2, 2024 & June 2, 2025
 niños que cumplen 5 años entre el 2 de septiembre de 2024 y el 2 de junio de 2025

- | | | |
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| <ul style="list-style-type: none"> • Biliteracy/Dual Language • Dual Immersion Spanish • Mandarin Enrichment | <ul style="list-style-type: none"> • Exceptional Early Literacy • Technology Learning • Free After School Programs and Enrichment | <ul style="list-style-type: none"> • Social Emotional Learning • Visual and Performing Arts • Character Education |
| <ul style="list-style-type: none"> • Alfabetización bilingüe/ lenguaje dual • Doble inmersión en español • Enriquecimiento de mandarín | <ul style="list-style-type: none"> • Alfabetización temprana excepcional • Aprendizaje tecnológico • Programas extraescolares y de enriquecimiento gratuitos | <ul style="list-style-type: none"> • Aprendizaje socioemocional • Artes visuales y escénicas • Educación del carácter |

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**GHI DANH HÔM NAY!
 NGUYÊN NGÀY MẪU GIÁO
 VÀ MẪU GIÁO CHUYỂN TIẾP (TK)
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 幼兒園/幼兒園 - 兒童必須在 2024 年 9 月 1 日之前年滿 5 歲
- **Mẫu giáo chuyển tiếp** - trẻ em tròn 5 tuổi từ ngày 2 tháng 9 năm 2024 đến ngày 2 tháng 6 năm 2025
 TK - 2024 年 9 月 2 日至 2025 年 6 月 2 日期間滿 5 歲的兒童

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|---|---|---|
| <ul style="list-style-type: none"> • Song ngữ/Song ngữ • Tiếng Tây Ban Nha • Tiếng Quan Thoại | <ul style="list-style-type: none"> • Biết chữ sớm vượt trội • Chương trình Công nghệ thông tin • Chương trình bồi dưỡng và miễn phí sau giờ học | <ul style="list-style-type: none"> • Chương trình cảm xúc xã hội • Nghệ thuật tạo hình và trình diễn • Giáo dục nhân cách |
| <ul style="list-style-type: none"> • 雙語能力/雙語 • 西班牙語/英語雙語沉浸式教學 • 中文強化 | <ul style="list-style-type: none"> • 出色的早期讀寫能力 • 學習信息技術 • 優秀的課後輔導 | <ul style="list-style-type: none"> • 社會情緒學習 • 視覺與表演藝術 • 性格培養教育 |

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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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