

The Mid Valley News

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The Wall That Heals Honors Vietnam Veterans in Baldwin Park

The Wall That Heals, a three-quarter scale replica of the Vietnam Veterans Memorial, is set to make its first stop in Baldwin Park from March 14-17. This historic event marks the first time the city will host this traveling exhibit and offers an opportunity for the community to pay tribute to the more than three million Americans who served in the Vietnam War.

The Wall That Heals bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam. Over 100 communities across the United States apply each year to be selected as a host site, making this momentous occasion a result of years of effort and anticipation.

The City of Baldwin Park invites all residents of Los Angeles County to attend the opening ceremony on Thursday, March 14, at 10 a.m. The ceremony will take place at the Cesar E. Chavez Amphitheater in Morgan Park. Throughout the duration of The Wall's stay, Taps will be performed at sunset by the Baldwin Park High School Band, creating a solemn and respectful atmosphere. The exhibit will



be open 24/7 and free to all visitors until it closes on Sunday at 2 p.m., after which it will continue its journey to El Cajon, CA.

Mayor Emmanuel J. Estrada expressed his deep honor in hosting The Wall That Heals, stating, "Our City is a big believer in hosting events that nurture community. This is one of the most special events we have ever hosted,

bringing people together from all over the San Gabriel Valley and beyond. The Wall will give us all a truly unique experience in honoring our local heroes who fought in Vietnam, to whom we are forever indebted."

The Wall That Heals travels in a 53-foot trailer that transforms into a

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Rosemead Selects New Chief of Police



Lieutenant Tiwari, a dedicated law enforcement officer with over 20 years of experience in the Los Angeles Sheriff's Department (LASD), has been selected as the new Chief of Police for the city of Rosemead. With an impressive career spanning various roles within the LASD, Lieutenant Tiwari brings a wealth of expertise and a commitment to ensuring the safety and well-being of the community.

Lieutenant Tiwari's journey in law enforcement began at the age of 16 when he joined the LASD as a Deputy Sheriff Explorer at Temple Station. He continued to build his career by serving as a Community Service Officer for Duarte before becoming a Sheriff Deputy. Throughout his tenure, Lieutenant Tiwari worked at several stations and

facilities, including North Custody Facility, Transit Services Bureau, West Hollywood Station, Operation Safe Streets Bureau - Gang Enforcement Team, and Industry Sheriff's Station. As a Deputy, he fulfilled various roles, including Special Assignment Officer and Field Training Officer.

In 2016, Lieutenant Tiwari was promoted to the rank of Sergeant and was assigned to Compton Sheriff's Station. During his time there, he served as a Patrol Sergeant and Watch Commander, dedicating himself to ensuring the safety of the community. After two successful years in Compton, Lieutenant Tiwari was selected to join the Mental Evaluation Team (MET) as a sergeant, where he served for four years. In recognition of his exemplary service, he was promoted to the rank of

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Students Get Clear Vision at Parkview



Thanks to a wonderful partnership between the Mountain View School District and Vision to Learn, 30 Parkview Elementary School students received a new pair of eye glasses at a special ceremony held at the school. Vision to Learn's outreach, which includes vision screenings, eye exams and new glasses, is sponsored by Panda Express and the Panda Cares Foundation. Students who are prescribed glasses are able to choose their frames from a wide selection of fashionable styles and colors with the help of Vision to Learn's optician.

On hand to celebrate the distribution of the glasses were members of the Panda Cares and Vision to Learn teams. Along with new glasses each student received a pencil pouch, drawstring bag and were able to select three new Scholastic books. Panda Express

also provided a delicious Orange Chicken lunch for the students. "We are so happy to be here and provide these new glasses for you students," said John Kim, Vision to Learn's Chief Advancement Officer. "Being able to see clearly is so important in school, in the arts, in sports and in life. All of our services wouldn't be possible without the support of Panda Express and the Panda Cares Foundation. Their sponsorship has allowed us to go to many schools in El Monte and throughout California and provide vision screenings, exams and glasses for students. We hope you enjoy your new glasses." Parkview School's Health Clerk, Miranda Velasco is extremely happy to have Vision to Learn at her school.

"I love seeing our students getting
PARKVIEW >> PAGE 7



Girls Wrestling Athlete of the Month – Destiny Huitron



By Samantha Gutierrez, Editor, Knights Banner

As Varsity Captain, Destiny Huitron continues to shine bright, she has earned the honor and recognition of being named Girls Wrestler of the Month.

Destiny is a junior and has been on the Varsity Wrestling team for all 3 years now. She did a few months of wrestling when she was in 7th grade,

stopped for about a year, and began again her freshman year. She has found a special passion and place on this team through hard work and dedication.

“Something that motivates me is winning and getting better...I think I contribute to the team by getting points when we have league duals and motivating the other girls on my team,” expressed Destiny. Destiny has put in endless hours of workouts, matches, and practices to continue her grind of always becoming a stronger, healthier, and overall a better athlete.

The sport of wrestling is full of all kinds of different moves and tricks that these athletes must perfect in order to use in a match.

Story continues below advertisement

“My favorite wrestling move is probably blast doubles,” stated Destiny. Blast Doubles are a type of takedown used to ultimately “blast through” the opponent’s strength.

“Hanging out with the team at tournaments and seeing them so happy about winning,” Destiny explained when asked what her favorite memories consisted of when competing for Arroyo. Destiny is a team player, she is a dedicated and caring captain who

noticed little details throughout events and is always looking out for her teammates.

There is no doubt that Destiny has put in an endless amount of effort throughout her years at Arroyo but she could not have stayed as motivated and determined without her coaches, specifically Coach Tran.

“My biggest mentor is Coach Tran, he helps me out a lot in wrestling and outside of wrestling,” expressed Destiny.

Coach Tran along with the input of several other wrestling coaches as well as Athletic Director, Mrs. Melvey ultimately decided to name Destiny Huitron, Girls Wrestler of the Month, due to several aspects of her work ethic and leadership stance.

“Destiny is a natural leader who has worked tirelessly this season and has shown a lot of promise in her successes in competitions,” stated Coach Tran. Through Destiny’s leadership qualities and extreme dedication, she has shown promising attributes to the team.

“Strengths” are not only what physical capabilities one has, but also mental and mindset related strengths as Coach Tran explained Destiny impressively possesses. “She has a natural ability to act on her instincts and not hesitate. This allows her to seize opportunities that are often fleeting. She also is 100% invested in the program and sport which allows her to savor the grind of training,”

expressed Coach Tran.

Although Destiny has been an amazing addition to Arroyo’s Varsity Wrestling team, there is always room for improvement and growth in several ways which she has proven to be possible through the years.

“Destiny has risen from a mere participant to a team captain and role model by her dedication and actions. As a team captain, she has grown to be more vocal in expressing her role as a leader,” stated Coach Tran.

Destiny Huitron has grown and established her special place on the Wrestling team while training and working hard throughout these past 3 years. A piece of advice Destiny has to share is to “never give up no matter how hard the obstacle is.” She has worked endlessly and tirelessly to never stop getting better and improving so it is safe to say her piece of advice is indeed reliable and trustworthy.

Undeniably, Destiny is a true inspiration who has a bright future full of potential ahead of her, both as a wrestler and as a team leader. Coach Tran shared his final thoughts on Destiny, “there is a fearless warrior inside her that is aching to be unleashed. Once Destiny figures that out, she will be unstoppable.” *(Photo and Story Courtesy of The Knights Banner, Arroyo High School)*

An Innovative Approach to Campus Security



The El Monte Union High School District (EMUHSD) is pleased to announce a significant step forward in ensuring the safety and well-being of students, staff, and visitors. In its ongoing commitment to providing safe and secure learning environments, the District has implemented state-of-the-art Verkada vape sensors, surveillance cameras, and guest management upgrades across all campuses.

“This is a proactive approach to enhancing security measures throughout our District,” EMUHSD Chief Technology and Innovation Officer Erick Steelman said. “The Verkada vape sensors will play a crucial role in promptly detecting and addressing instances of vaping on school grounds.”

The added surveillance cameras also provide comprehensive monitoring capabilities, enabling staff to effectively prevent and respond to any security concerns on campus. The guest management

upgrades will also streamline visitor registration processes, further strengthening the District’s ability to regulate access and maintain secure campuses.

Over a year ago, EMUHSD began planning for this innovative technological initiative with additional funding allocated this school year within the District’s Local Control and Accountability Plan (LCAP). The District began installing the equipment during winter break and completed the project for all sites in three months.

El Monte Union prioritizes the safety and security of all students, staff, and visitors above all. These technological advancements represent the District’s ongoing dedication to creating a safe and conducive learning environment for everyone.

“Through proactive measures and state-of-the-art technology, El Monte Union is empowering its community to thrive academically, knowing that safety is paramount in every aspect of our students’ educational journeys,” Superintendent Dr. Edward Zuniga said. “We appreciate the cooperation and support of our students, staff, and parents as we continue to implement measures aimed at ensuring the well-being of our school community.”

Rosemead High School Hosts "Battle of the Classes"



Rosemead High School's Associated Student Body (ASB) members recently organized and hosted a highly successful week-long event called the "Battle of the Classes." This exhilarating competition saw each class pitted against one another in a series of thrilling games and activities, making it a memorable experience for everyone involved. The Panthers have truly outdone themselves!

Throughout the week, the halls of Rosemead High School were abuzz with anticipation and school spirit as students from different grade levels rallied together to showcase their skills and team spirit.

With every passing day, the intensity of the competition grew, as students faced off in a variety of exciting challenges. From relay races to trivia contests, the "Battle of the Classes" offered a diverse range of activities that kept participants engaged and

spectators on the edge of their seats.

ASB members worked tirelessly behind the scenes to ensure that the event ran smoothly and that all participants had an unforgettable experience.

Their dedication and commitment to organizing such a large-scale event paid off, as the "Battle of the Classes" proved to be a resounding success.

The event not only provided a platform for students to showcase their talents and competitive spirit but also served as a unifying force within the school community.

As the final day of the "Battle of the Classes" drew to a close, the Panthers celebrated their achievements and the memories created during this extraordinary event.

The ASB members, along with the entire student body, deserve a resounding applause for their unwavering enthusiasm and dedication.

Their collective efforts have undoubtedly left a lasting impact on the Rosemead High School community.

Congratulations, Rosemead High School Panthers, on a successful week-long "Battle of the Classes"!



Fundamentals of Home Exercise and Training Equipment



The convenience of having a gym at home ensures access to regular exercise and training, promoting overall health and well-being. This article will discuss the essential equipment needed for an effective home gym, focusing on cost-effective and functional options.

While the size of home space may vary, optimizing available space through careful planning is crucial. Sufficient floor space is essential, not only for accommodating basic gym equipment but also for performing various exercises.

Dumbbells serve as a versatile and cost-effective option for strength training in a home gym. Their compact nature allows for easy storage and usage, making them suitable for limited spaces. As an

inexpensive yet indispensable piece of equipment, dumbbells are a must-have for any home gym.

In addition to floor exercises like push-ups, incorporating pull-up exercises into a workout regimen can significantly enhance upper body strength. Chin-up bars provide a simple and effective means of performing pull-ups.

An all-around jump rope is a common and practical addition to any home gym. It allows individuals to engage in cardio exercises without the need to venture outside for a run. Jump ropes offer the convenience of performing cardio exercises from the comfort of one's home.

It is important to emphasize that a home exercise and training gym need not be equipped with the most sophisticated gadgets to be effective in maintaining fitness and overall health.

By focusing on the fundamental equipment, individuals can establish an efficient and functional home gym. A well-planned home gym can offer convenience, accessibility, and cost-effectiveness, ensuring a consistent and successful fitness routine.

Healthy Habits That Help Prevent Lung Disease

There are many environmental factors that can impact your respiratory health and make it harder for you to breathe. However, there are things you can do to protect your lungs. Here are 12 healthy habits you should adopt.

paint that doesn't contain VOCs

10. Test your home for radon

11. Remove asbestos from your home if necessary

12. Make sure your home's ventilation system is clean and in good working order

1. Eat a nutritious diet that's rich in fruits and vegetables
2. Exercise every day
3. Wash your hands often
4. Receive the recommended vaccines for your age group
5. Quit smoking and vaping (or avoid starting in the first place)
6. Avoid smoky places and second-hand smoke
7. Try not to use aerosol products
8. Wear a mask if you work in a dusty environment or handle toxic products
9. Use eco-friendly

If you're concerned about your lungs, talk to your doctor about getting a computed tomography (CT) scan. This test can help detect infections, lung cancer, blood clots and other lung problems.



What Are The Health Risks Of Vaping?

Electronic cigarettes are devices designed to heat a nicotine-based liquid into a vapour, which can then be inhaled. Here's a look at the known health risks associated with vaping.



Exposure to nicotine

Since most e-cigarette liquids contain nicotine, they pose a number of health risks. Among other things, vaping can:

- Lead to addiction
- Affect memory and concentration
- Cause behavioural problems
- Alter brain development

It should be noted that adolescents are particularly susceptible to the dangerous effects of nicotine.

Exposure to other chemicals

The main liquids found in vaping products are vegetable glycerin, propylene glycol and chemicals used for flavour. When these substances are heated in a vaping device, they create a carcinogen

called formaldehyde. Is that really a good idea?

Heart and lung disease

Inhaling the harmful chemicals found in e-cigarettes increases the risk of cardiovascular and lung disease. Health experts are also investigating the rise of a severe and potentially fatal lung disease referred to as vaping-associated pulmonary injury (VAPI).

While the potential long-term effects of vaping are still unknown, there's no doubt that the use of e-cigarettes is hazardous. The best way to avoid the health risks associated with vaping is to not start or to ask a health-care professional for advice on how to quit.

Poisons In Your Home

There are numerous household products, some of which might seem harmless, that can poison a child if your back is turned. Here are some everyday items that are toxic.

- Toothpaste
- Nail polish remover

Store all of these products in a locked cabinet or out of the reach of children.

Plants

Some types of common houseplants are poisonous including poinsettia, cyclamen, peace lilies, caladium and English ivy. Identify the species in your home and move toxic plants out of reach or give them away.

Of course, the best way to avoid an accident is to ensure all poisons are safely stored.

If a child in your care has swallowed or been in contact with a dangerous substance, call your provincial poison control centre. In an emergency, dial 911.

Cleaning products

Bleach, drain cleaners and other household cleaning products should be locked away in a cabinet. Dishwasher and laundry detergent pods are particularly attractive to young children because they look like candy. Unfortunately, if these pods burst, the toxic liquid can get in the child's eyes, throat and lungs.

Medicines

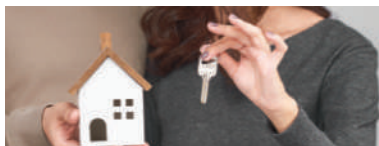
Prescription drugs and pills used to treat fevers and headaches, such as acetaminophen and ibuprofen, can cause symptoms of overdose and trigger organ failure. Never leave medication lying around where a child can find it.

Personal care products

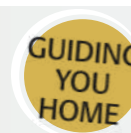
Many beauty and personal hygiene products can be dangerous if swallowed, inhaled or splashed on the skin or in the eyes. These include:

- Antiperspirant





Real estate REPORT



Renovating Your Home? How to Protect Your Investment

Earthquake Brace + Bolt Program Enhances Home Safety

(StatePoint) The increased time spent at home during the pandemic has resulted in many people deciding to tackle home renovation projects. From creating a new office space or virtual learning area, to larger projects like bathroom renovations, many homeowners are rolling up their sleeves to do the improvements themselves.

And the trend doesn't seem to be slowing down. In fact, the Leading Indicator of Remodeling Activity (LIRA) projects the remodeling industry will be even stronger in 2021, up 3.8% compared to 2020.

During the pandemic, homeowners have fixed up or added on decks, updated landscaping and installed new roofs, among other projects.



According to HomeAdvisor's latest annual State of Home Spending report, the number one completed project was interior painting – 35% of households painted in 2020, making a visual impact with a low investment.

What's on your to-do list? If you're considering an upgrade but not sure where to start, check out the results of a national survey by Erie Insurance, conducted prior to the pandemic, which revealed what homeowners don't have, but wish they did. Here are the top five:

1. Walk-in pantry: This topped the list with just under a third of respondents (30%) saying they wish they had one. Kitchen renovations are typically on wish lists, and Houzz reported that demand for kitchen

remodelers was up 40% in June 2020 compared to the year prior.

2. Granite countertops: 17.8%
3. Kitchen island: 16.8%
4. Tankless water heater: 16.4%
5. Finished basement: 16.2%

Regardless of the new features or upgrades you choose, it's important to let your insurance agent know so you can make sure you have enough homeowners insurance coverage.

"We understand how important the home is; that's why we provide coverage to suit every home and budget," says Bob Buckel, vice president and product manager at Erie

Insurance. "Our variety of optional endorsements helps you customize your policy without breaking the bank."

Consider expanding your coverage beyond the standard homeowners policy with endorsements – like equipment breakdown to cover that new tankless water heater. They can also cover stolen or misplaced jewelry, sewer or drain backups, cyber-crimes, identity theft and underground service lines. Adding these extra coverages to your home policy can provide you with the comfort knowing all the extra work you put into sprucing up your home will be protected. To make sure you have what you need for your home and everything in it, talk to an insurance agent or visit ErieInsurance.com.

Making home updates can be as big or small an endeavor as you like. If you do take the plunge, be sure you protect your investment.



The Earthquake Brace + Bolt (EBB) program, a collaboration between the California Earthquake Authority (CEA) and the California Governor's Office of Emergency Services (Cal OES), aims to improve the safety of California homeowners by providing grants for residential seismic retrofits.

This grant program offers eligible homeowners up to \$3,000 to undertake a seismic retrofit, with the goal of minimizing potential damage to houses during earthquakes. By "bracing" the crawl space and "bolting" the foundation to the house's frame, homeowners can enhance their property's structural integrity and reduce the risk of earthquake-related damage.

Retrofitting plays a crucial role in safeguarding homes and strengthening their resilience against seismic events. The process involves reinforcing the foundations and structural components of a house, making it more resistant to the forces unleashed during an earthquake.

By participating in the EBB program, homeowners have the opportunity to fortify their properties and protect their families and belongings.

The EBB program has been instrumental in enabling thousands of California homeowners to complete seismic retrofits.

The grants provided by the program have helped cover the costs associated with retrofitting, making the process more accessible and affordable for eligible participants. Moreover, the program offers an additional Supplemental Grant to assist income-qualified homeowners in financing their seismic retrofit projects.

The importance of seismic retrofits cannot be overstated. In a state as prone to earthquakes as California,

taking proactive measures to protect homes becomes paramount. By securing the crawl space and bolting the foundation to the house's frame, homeowners can significantly reduce the risk of structural damage, collapse, and potential injury during seismic events.

The EBB program has played a vital role in raising awareness and providing financial assistance to homeowners who wish to undertake seismic retrofits. By partnering with the CEA and Cal OES, the program has been able to offer substantial grants, making it more feasible for homeowners to invest in retrofitting measures.

This collaborative effort has not only enhanced the safety of individual homes but has also contributed to the overall resilience of communities across the state.

To participate in the EBB program, homeowners can apply for the grant and, if selected, receive the financial support necessary to complete a seismic retrofit. This assistance empowers homeowners to take tangible steps towards strengthening their homes against seismic hazards.

The Earthquake Brace + Bolt program, developed by the California Earthquake Authority and the California Governor's Office of Emergency Services, provides essential support to California homeowners seeking to safeguard their properties against earthquake damage.

Through this collaborative effort, thousands of homeowners have been able to complete retrofit projects, making California communities more resilient in the face of earthquakes.

How to prepare your property for Airbnb

If you plan to buy property with the intention of renting it out, you might ask yourself what you can do to make the unit more comfortable and inviting. These days, a lot of people choose to rent out their extra rooms (or units) out on Airbnb. Here are a few tips to make your Airbnb space as welcoming as possible:

- Clean your home
- Equip your home for guests (towels, blankets, silverware, etc.)
- Leave instructions and house rules
- Leave a welcome gift

Make your guests feel comfortable, and don't forget to notify your insurance company and secure your valuables for peace of mind.

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Eye On Finance

Fraud in the Age of The Coronavirus: What You Need To Know



Choosing A Bookkeeping Service for Your Online Business



(NAPSI)—The warning bells are ringing. From regulators, law enforcement agencies and consumer organizations around the globe, the message is clear: Fraudulent schemes related to the coronavirus (COVID-19) pandemic have arrived, and they are coming in many forms, from investment fraud to fake CDC emails to phishing scams.

Job loss, financial strain, and social distancing are conditions that present fraudsters with an opportunity to pounce.

A study by the FINRA Foundation, the BBB Institute for Marketplace Trust, Stanford, and the Federal Trade Commission found that social or physical isolation can increase anyone's susceptibility to schemes.

In times like these, it can be difficult to separate fact from fiction. Now is the time to move slowly, pay attention to details and not make rash decisions.

Dramatic news coverage of viral outbreaks and pandemics can be an opportunity for scammers to pump inaccurate information into the marketplace to try to manipulate markets and investors.

Tips for Avoiding Coronavirus Scams

Ask and Check. Before you make any investment decision, ask and check to verify information about any individuals you are dealing with and any investment product you are considering.

You can use FINRA BrokerCheck, a free online tool, to get information on brokers and investment advisers.

Be skeptical. If an unknown company becomes the subject of press releases, emails, and promotional materials hyping the company and its products to cure the latest pandemic, hit pause.

Be wary if you are flooded with information over a short time,

especially if the communications only focus on the upside with little or no mention of risk.

Read a company's SEC filings. Check the SEC's EDGAR database to find out whether the company files with the Securities and Exchange Commission.

Verify these reports against promotional information put out by the company or third-party promoters. Exercise caution if they don't align.

And be suspicious of solicitations to invest when products are still in the development stage, where no actual products are on the market, or if the company's balance sheets only show losses.

Question companies new to the "cure" market. Changes to the name or business focus of a company to capitalize on pandemic fears may be a sign that a company is engaged in, or the subject of, a potential fraud.

These changes can turn up in company press releases, Internet searches and, if the company files periodic reports, in the SEC's EDGAR database.

The Scam Meter. Before you make any investment decision, the FINRA Scam Meter can help you tell if an investment you are thinking about might be a scam.

Fortunately, there are a number of resources that provide accurate, unbiased information to help you spot and avoid coronavirus-related scams:

- FINRA
- Securities and Exchange Commission
- Federal Trade Commission
- Consumer Financial Protection Bureau
- Better Business Bureau.

Learn More

For further ideas on how to protect your money, or to file a complaint or a tip, visit www.FINRA.org/LearnMore.

With the advancement of technology, running an online business has become easier than ever before. However, one aspect that remains crucial for online businesses is maintaining proper financial records for tax purposes. Bookkeeping plays a vital role in recording and organizing all financial transactions, including income and expenses. While bookkeeping for an online business can be challenging, especially for those unfamiliar with the process, outsourcing this task to professional bookkeeping services can offer a practical solution.

Many businesses traditionally employ in-house bookkeepers to manage their financial records. However, this approach can be costly and impractical, particularly for online businesses that do not require constant bookkeeping attention. Instead, outsourcing bookkeeping services has emerged as a popular and cost-effective alternative, allowing businesses to save time and money. In fact, outsourcing can result in significant cost savings, with large companies potentially saving millions of dollars annually by utilizing this model.

When selecting a bookkeeping service for your online business, it is essential to consider several factors to ensure accurate and reliable financial management. Bookkeeping is an obligation that must be executed correctly and diligently, as any mistakes can lead to severe consequences, including government investigations and audits. Therefore, it is crucial to choose a reputable and professional bookkeeping service that possesses the necessary expertise in this field.

Considerations for Selecting a Bookkeeping Service:

Reputation and Track Record: Opt for a bookkeeping service with a solid reputation for delivering accurate and reliable bookkeeping services. A company that has earned the trust of numerous clients is an indicator of their competence and reliability.

Professional Expertise: Ensure that the bookkeeping service employs professional bookkeepers who possess the required skills and experience in the field. Professional expertise is essential for maintaining accurate financial records and adhering to legal and regulatory requirements.

Available Services: Consider the range of services provided by the bookkeeping service. Some services offer outsourcing options, allowing you to select the level of involvement that suits your business needs. Alternatively, you may opt for full-time bookkeeping services, depending on your requirements.

Outsourcing bookkeeping services for your online business offers numerous benefits, including increased time to focus on core business operations and significant cost savings. However, selecting the right bookkeeping service is crucial to ensure accurate and reliable financial record-keeping. By considering factors such as reputation, professional expertise, and available services, you can find a trustworthy bookkeeping service that will handle your business's financial records with utmost diligence. Remember, outsourcing bookkeeping tasks provides you with the freedom to concentrate on running your business while ensuring that your financial obligations are met efficiently.

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

Three Dot Lounge...

Cracker Barrel

by Mike McClure



...so the other day I didn't have anything urgent to do so I decided to look over my Facebook page and see if anyone has recognized my brilliance.

I don't know about you but I post some really brilliant things on Facebook, at least I think so. Sunshine says she thinks so too but I'm not sure about her, she might just say that to make me happy.

Actually I don't post a lot and I seldom comment on others. The whole medium is lost on me.

Oh, I post some other people's witty comments sometimes, like Paulo Coelho's "Love everybody, but never sell your sword". I like that and a couple of people said they did too.

I stay away from politics, I don't

need to argue with a bunch of strangers online. I pretty much keep my politics to myself anyhow.

I occasionally slip an off colored joke in but Sunshine reads my Facebook and will comment on my jokes so I have to be careful.

Really the most fun I have on Facebook is seeing some of the old performances like Cab Calloway's 1932 "Minnie the Moocher".

I usually will get a comment from Ray or Jesse when I post something like that. I can lose track of time watching some of the oldies on Facebook. So for that reason, yeah I guess Facebook serves a purpose and is needed.

But what about "Tic Tock?" Stay tuned.

Working OverTime

by Cynthia Huizar



...So much to do...

There is an old saying that "a man may work from dawn to dusk but a woman's work is never done!". That is more true today than ever. In March we celebrate the accomplishments of women.

Last week in Covina, Los Angeles Supervisor Hilda L. Solis honored 11 Women Leaders at an International Women's Day Reception. She was joined by Jennifer Siebel Newsom, First Partner of California who made a special appearance and provided the keynote speech at the event.

International Woman's Day is a day of collective global activism. We all stand on the shoulders of a visionary woman who has achieved success in creating changes.

The Supervisor also recognized

March 8th with a proclamation from the Los Angeles County Board of Supervisors of the 33rd Annual Latina History Day and congratulating Hispanas Organized for Political Equality (HOPE) for 35 years of advocating on behalf of Latinas.

Today I see that my daughters and all my granddaughters can look forward to more opportunities than were available to me growing up.

This column gives me the platform that I can use to tell their stories, point out successes of women in the community, and advocate for more recognition of our contributions

There is another old saying, "behind every successful man is a strong woman!"

Thank you Jennifer Siebel Newsom, First Partner of California, please don't let the Governor forget that.



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- 4. Type of purse
- 5. *Simon & Garfunkel: "_____, come she will"
- 6. Wealth
- 7. Safecracker
- 8. High quality sound reproduction, for short
- 9. *Purple flower that starts blooming in spring
- 10. Fairytale insomnia cause
- 12. Like repeating tunnel sound
- 13. Off kilter
- 14. *"Spring _____, fall back"
- 19. Spring mattress filler
- 22. Acronym in a bottle
- 23. Ceremonial staff bearer
- 24. Skylit lobbies
- 25. "Designing Women" star Jean _____
- 26. *Become soft, as in ground
- 27. Radices, sing.
- 28. "Way 2 Sexy" rapper
- 29. "Battle of the _____" movie
- 32. Swimming competition, e.g.
- 33. Not amateur
- 36. *The _____: "Little darlin', it's been a long, cold, lonely winter"
- 38. Highly skilled
- 40. *Official start of spring
- 41. Make bigger
- 44. Vanish without this?
- 46. Elevates
- 48. Dry plateau in South Africa
- 49. Oak nut
- 50. Same as tsar
- 51. "The Dock of the Bay" singer
- 52. Joe Biden, once
- 53. Solemn promise
- 54. Pinta and Santa Maria companion
- 55. Vegas bandit's body part
- 58. *It gets longer

THEME: SPRING'S IN THE AIR

ACROSS

- 1. College cadet program
- 5. Comedian Schumer
- 8. Not square
- 11. October birthstone
- 12. Dueling weapon
- 13. Flambé
- 15. Capital of Azerbaijan
- 16. Rugged rock
- 17. Actress Vergara
- 18. *What many chicks are doing in spring
- 20. "Me and Bobby McGee" singer-songwriter
- 21. *What the weather does in spring across the U.S.

- 22. Make a seam
- 23. Old name for 5-iron in golf
- 26. Facing
- 30. 20s dispenser
- 31. Bodily fluids
- 34. Steak choice
- 35. Dungeness and snow, e.g.
- 37. "Chapter" in history
- 38. African antelope
- 39. Republic of Ireland
- 40. Made a feline sound
- 42. 34th U.S. President
- 43. Knock-at-the-door onomatopoeia
- 45. _____ the Great, king of Persia
- 47. Give it a go
- 48. Fraternity K

- 50. Dr Pepper, e.g.
 - 52. *The Beach Boys: "Spring _____, good vibration"
 - 55. Member of Nahuatl people
 - 56. #23 Across, e.g.
 - 57. Articulated
 - 59. Salary increase
 - 60. Umbilical connection
 - 61. Volcano in Sicily
 - 62. Robinson or Doubtfire
 - 63. Bajillion years
 - 64. One-horse carriage
- DOWN**
- 1. What highwaymen do
 - 2. Moonfish
 - 3. Bangladeshi

Riddles

- Travel a mile and I will change, travel a million and I will end as I started.
What am I?

- He has one and a person has two, a citizen has three and a human being has four, a personality has five and an inhabitant of earth has six.
What am I?

- I have an eye but cannot see.
I'm faster than any man alive and have no limbs.
What am I?

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

THE WALL
From Page 1

mobile education center. The center includes exhibits that provide insight into the Vietnam War, The Wall, and the era in American history when the war took place. This comprehensive display aims to educate visitors and facilitate a deeper understanding of the war's impact on the nation.

The Wall's journey through the San Gabriel Valley is expected to be an impressive sight. On Tuesday, March 12, at 3 p.m., the exhibit will depart from Veteran's Freedom Park in Azusa. A procession of motorcycles and patriotic vehicles, including members of the Freedom Riders and local public safety officials, will escort The Wall on its route through Covina, Irwindale, and various parts of Los Angeles County before reaching Baldwin Park. Local riders are encouraged to join the caravan by meeting at Azusa's Veteran's Freedom Park at 2 p.m.

The City of Baldwin Park is

seeking volunteers to assist with various aspects of The Wall's setup, break down, and visitor experience. Interested individuals can sign up in just two minutes at <https://bit.ly/49I2zhM>.

The Wall That Heals is a program of the Vietnam Veterans Memorial Fund (VVMF). It is the only traveling exhibit affiliated with The Wall in Washington, D.C. and features the largest replica of The Wall. The VVMF built the Vietnam Veterans Memorial in Washington, D.C. in 1982 and continues its mission to honor and remember those who served and sacrificed during the Vietnam War.

Parking is available throughout Morgan Park, as well as in nearby public lots on Laurens Avenue and Ramona Boulevard, and in the parking structure at City Hall. Golf carts will be provided to assist visitors who require transportation to the exhibit.

For more information about The Wall That Heals' visit to Baldwin Park, please visit <https://BaldwinPark.com/378/The-Wall-That-Heals>.

ROSEMEAD
From Page 1

Lieutenant in January 2022 and assigned to Temple Sheriff's Station as a Watch Commander. In January 2023, Lieutenant Tiwari assumed the role of Interim Rosemead Police Chief.

A lifelong resident of the San Gabriel Valley, Lieutenant Tiwari possesses a strong educational background. He holds a Master of Science Degree in Law Enforcement Public Safety Leadership from the University of San Diego and a Bachelor of Science Degree in Criminal Justice Management from Union Institute.

Expressing his gratitude for the appointment, Lieutenant Tiwari stated, "First and foremost, I am honored to be selected as the Rosemead Chief of Police. My primary focus as your Chief of Police will be to ensure the

safety and well-being of every resident, business owner, and community member. The Rosemead Special Assignment Team and Temple Station Deputies will continue to fight crime relentlessly, partner with the community, and address quality of life issues."

With Lieutenant Tiwari at the helm, the community of Rosemead can expect a dedicated leader who is committed to fostering a safe and secure environment. His extensive experience, strong educational background, and unwavering dedication to the well-being of the community make him well-suited to lead the Rosemead Police Department. The residents of Rosemead can rest assured that their safety and security will remain paramount under the guidance of Chief Tiwari.

PARKVIEW
From Page 1

excited for their new glasses," said Velasco. "Over 180 students will be getting new glasses this year and I'm so grateful to Vision to Learn and Panda Express and look forward to our continued partnership."

As the students enjoyed their lunch, Vision to Learn's optician fitted the glasses to each student individually, and instructed them on caring for and

cleaning their lenses.

"I love my new glasses!" said Marco, a kindergartner who was sporting new blue and green glasses. "Blue and green are my favorite colors so I picked these and I feel like I'm smarter with them on," he said. MVSD appreciates Vision to Learn, the Panda Cares Foundation and Panda Express for supporting our students with their learning and well-being.

The Mid Valley News

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Puzzle Answers



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

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

*****PUBLIC NOTICE*****

**The BOARD OF EDUCATION of the
EL MONTE CITY SCHOOL DISTRICT
IS ACCEPTING APPLICATIONS
FOR THE POSITION OF BOARD MEMBER**

Notice is hereby given that there is currently one (1) vacancy on the Board of Education of the El Monte City School District. The Board of Education ("Board") of the El Monte City School District is seeking candidates for a provisional appointment to serve on the District's Board of Education until the regularly scheduled election in November 2024.

Any person is eligible to be a member of the Governing Board, without further qualifications, if the person is 18 years of age or older, a citizen of California, a resident of the school district or, if applicable, the trustee area, a registered voter, and not legally disqualified from holding civil office. Any person who has been convicted of a felony involving the giving, accepting, or offering of a bribe, embezzlement or theft of public funds, extortion, perjury, or conspiracy to commit any such crime, under California law or the law of another state, the United States of America, or another country, is not eligible to be a candidate for office or elected as a Board member except when the person has been granted a pardon in accordance with law. (Education Code 35107; Elections Code 20)

Residents of El Monte City School District interested in the position are invited to submit an application stating their qualifications and reasons for seeking an appointment to the Board of Education of the El Monte City School District. Residents of the district who are interested in applying can contact:

Dr. Maribel Garcia, Superintendent
EL MONTE CITY SCHOOL DISTRICT
3540 Lexington Ave
El Monte, CA 91731
Phone: (626) 453-3700


Applications are available at the District Office.

Deadline for all completed applications to be submitted no later than:
Friday, April 12, 2024 – 12:00 p.m.

El Monte City School District serves the communities of El Monte, South El Monte, Temple City, Rosemead, Arcadia (unincorporated), and Monrovia. Please contact the Los Angeles County Registrar of Voters to ensure residency eligibility.

Following a review of the submitted materials, the Board will schedule interviews with selected candidates. Interviews of the selected applicants and final selection will be held at a special Board of Education meeting on Monday, April 22, 2024.

If you have any questions concerning the role of the Board of Education and the responsibilities of a Board member, please contact Dr. Maribel Garcia, Superintendent, at (626) 453-3700.



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- | | | |
|--|--|---|
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| <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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- **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

- | | | |
|---|---|---|
| <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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