

The Mid Valley News

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Local Partnership Formed to Address Community Health Priorities

El Monte, South El Monte, and Rosemead are set to benefit from a groundbreaking collaboration between the Community Public Health Team (CPHT), CORE, and the Herald Christian Health Center.

This alliance aims to address community health priorities and empower underserved populations in these areas.

The goal of the Community Public Health Teams project is to build a community-centered system of care and strengthen the infrastructure needed to deliver coordinated, community-based services to individuals and highly impacted communities.

CORE, a crisis response organization, shares a similar vision. Committed to empowering underserved communities, CORE steps in when crisis strikes, providing immediate assistance and promoting resilience. With their expertise in crisis response, CORE brings valuable resources and support to the collaboration.

The Herald Christian Health Center, a federally qualified health center



(FQHC), plays a pivotal role in this partnership. Known for its comprehensive services, including medical, dental, vision, acupuncture, and behavioral health, the center ensures that residents have access to essential healthcare options.

By joining forces with the CPHT and CORE, the Herald Christian Health Center expands its reach and enhances

its ability to serve the community effectively.

This collaboration holds immense promise for the residents of El Monte, South El Monte, and Rosemead. By combining their expertise and resources, these three organizations can address community health priorities with a

CORE >> PAGE 7

A Brief History of Irwindale



Irwindale, a city located in Los Angeles County, California, has a rich history that dates back centuries. Originally inhabited by the Tongva Native American tribe, the area was later settled by Spanish explorers in the late 18th century. It was during this time that the region became part of the vast Spanish land grants.

In the mid-19th century, the land that is now known as Irwindale was owned by the San Gabriel Mission. These expansive lands were used for agricultural purposes, primarily cultivating vineyards and citrus groves. The fertile soil and favorable climate made the area ideal for agriculture, and it thrived as a center for farming.

The city's modern history began in 1907 when the land was purchased by William Mulholland, a renowned civil engineer and the driving force

behind the Los Angeles Aqueduct. Mulholland recognized the potential of the area and saw it as an opportunity to develop a water supply for the growing city of Los Angeles. He constructed the San Gabriel Dam, which created the San Gabriel Reservoir and provided a vital water source for the region.

Over the years, Irwindale continued to evolve and grow. In the 1950s, the area experienced a surge in industrial development. The construction of the San Bernardino Freeway (Interstate 210) and proximity to major transportation routes made Irwindale an attractive location for businesses. The city became known for its rock quarries, gravel pits, and sand mines, which supplied materials for the booming construction industry in Southern California.

In 1957, Irwindale officially
IRWINDALE >> PAGE 7

Baldwin Park's Spring Fest Returns



Photo By: Mayor Emmanuel J Estrada - Facebook

Get ready for a day of fun and excitement as Baldwin Park's annual Spring Fest event is set to take place on Saturday, March 30, at Morgan Park.

Organized by the City of Baldwin Park's Recreation and Community Services Department, this year's Spring Fest promises to be bigger and better than ever before.

Starting at 8 a.m., families can kick off the festivities with a delicious Pancake Brunch. The event offers a unique opportunity to meet and greet the Bunny at the VIP Bunny Brunch, which runs from 8-10 a.m. Tickets for the breakfast are available for just \$5 and can be purchased until 9:45 a.m.

The entertainment continues with a captivating magic show by the talented Zany Zoe at 9:45 a.m. in the Cesar E. Chavez Amphitheater. This performance is free and open to all,

providing a delightful experience for attendees of all ages.

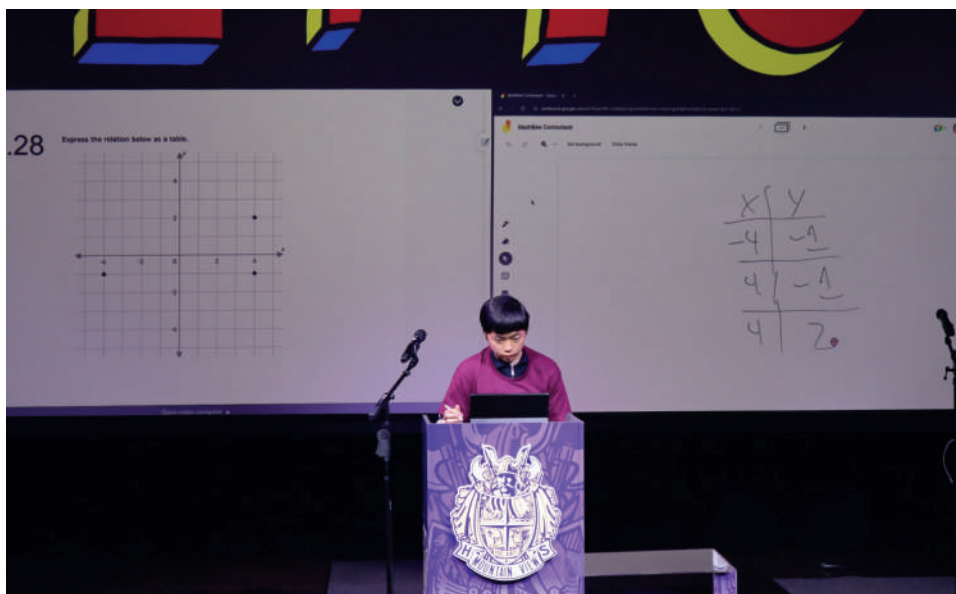
At 10:45 a.m., the much-anticipated Egg Hunt commences. Children are invited to bring their egg hunt baskets and join in the search for over 20,000 eggs hidden throughout Morgan Park. 32 special golden eggs have been scattered, each promising a special spring basket filled with goodies for the lucky finders.

The City will also be hosting an environmental fair from 9 a.m. to 12 p.m. This fair aims to raise awareness about environmental issues and celebrate National Arbor Day. Attendees can expect educational activities and exhibits that highlight the importance of protecting and preserving our natural surroundings.

SPRING FEST >> PAGE 7



District High Schools Celebrate Pi Day with Math Bee Competition



On March 13, in celebration of Pi Day, the El Monte Union community gathered at Mountain View High School for the District's second annual Math Bee Competition. The event brought together students, educators, and parents for a day of math discourse, cultural exchange, and friendly competition.

The Math Bee Competition, a highlight of the Pi Day festivities, showcased the mathematical prowess and problem-solving skills of students from various high schools within the El Monte Union School District. This year's competition witnessed an intense battle between the reigning champions, Mountain View High School Vikings, and their formidable opponents, Arroyo High School.

The event kicked off with a vibrant opening ceremony, where participants, dressed in their school colors, showcased their enthusiasm and team spirit. The atmosphere was filled with anticipation and excitement as the competitors

prepared to showcase their mathematical abilities.

Throughout the day, students engaged in a series of challenging rounds, testing their knowledge in various mathematical disciplines, including algebra, geometry, calculus, and statistics.

After several intense rounds, the Arroyo High School Knights emerged as the champions of the Math Bee Competition, dethroning the reigning champions, the Mountain View High School Vikings. The Arroyo High School team demonstrated exceptional mathematical prowess, earning them the coveted championship belt. Regardless of the outcome, all participants were acknowledged as winners for their dedication, hard work, and passion for mathematics.

Congratulations to Arroyo High School for their outstanding performance, and kudos to all participants for their unwavering dedication to the pursuit of knowledge. *(Photo courtesy of EMUHSD Facebook page)*



Hate Crimes Forum

Facilitated by:
United States Department of Justice Community Relations Service (CRS)

Hosted by:
El Monte Police Department with the Asian Youth Center (AYC) and YWCA of San Gabriel Valley

Program Overview

- ▶ Federal Hate Crimes Laws, Enforcement and Prosecution
- ▶ Federal Hate Crime Investigations
- ▶ Local Law Enforcement Hate Crime Prosecution
- ▶ Local Hate Crime Reporting and Personal Safety Tips
- ▶ Overview of CRS Services

On-site interpretation will be available in Spanish, Vietnamese and Mandarin

Date and Time
Wednesday, March 20, 2024
5:30 p.m. - 7:30 p.m.

Location
Lambert Park (Gym)
11431 McGirk Avenue
El Monte, CA 91732

Registration
<https://form.jotform.com/240426646138053>

Presenters

- U.S. Attorney's Office for the Central District of California
- Federal Bureau of Investigation
- El Monte Police Department
- Los Angeles County District Attorney's Office

Rosemead High School Red Cross Club Hosts First Aid Workshop



Athletic Training and Red Cross Month, Rosemead High School's sports medicine and athletic training students collaborated with the school's Red Cross Club to organize a comprehensive First Aid Workshop on March 8. The workshop aimed to equip participants with essential skills in handling medical emergencies and providing immediate care.


The event started with a formal introduction highlighting the significance of preparedness and knowledge in ensuring the safety and well-being of individuals involved in physical activities.

Led by experienced instructors, the workshop covered a range of vital first aid techniques and procedures. Participants were trained in splinting techniques to immobilize fractures and sprains, as well as spine boarding protocols for suspected spinal injuries. The attendees also received instruction on the proper management of open wounds to prevent infection and

One of the focal points of the workshop was cardiopulmonary resuscitation (CPR) training, a life-saving technique used to revive individuals experiencing cardiac arrest. Students learned the correct procedures for performing CPR, including chest compressions and rescue breaths, and practiced these techniques on mannequins to ensure proficiency.

The First Aid Workshop at Rosemead High School served as a valuable opportunity for students to gain practical skills and knowledge in emergency response. By partnering with the American Red Cross, training students demonstrated their commitment to promoting health and safety within their school community.



The event not only celebrated National Athletic Training and Red Cross Month but also empowered students to become proactive first responders in their daily lives. *(Photo courtesy EMUHSD Facebook)*



Attendance Counts!

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

Attendance is the number one predictor of student success!

Health & Fitness

The Importance of Physical Fitness



One of the simplest and most effective ways to bring down blood glucose levels, cut the risk of cardiovascular disease, and improve overall health and well-being is physical fitness and exercise.

Yet, in our increasingly sedentary world, where almost every essential task can be performed online, from the driver's seat, or with a phone call, exercising and being physically fit can be tough case to sell.

In reality, everyone should exercise, yet survey shows that only 30% of the United States adult population gets the recommended thirty minutes of daily physical activity, and 25% are not active at all.

Inactivity is thought to be one of the key reasons for the surge of type 2 diabetes in America, because inactivity and obesity promote insulin resistance and other factors that trigger other kinds of diseases.

The good news is that it is never too late to get moving, and exercise is one of the easiest ways to start controlling the onset of any kinds of diseases.

For people who are already candidates for some serious diseases like diabetes and heart failure, exercise and physical fitness can improve the condition of some parts of the body like insulin sensitivity, lower the risk of heart disease, and promote weight loss.

The Journal of Clinical Endocrinology and Metabolism had published an issue regarding the result of their study and found out that lack of exercise and physical fitness were the key factors behind obesity and other serious diseases like diabetes.

Getting Started

The first order of business with any exercise plan, especially if you

are a "died-in-the-wool" couch potato, is to consult with your health care provider.

If you have cardiac factors, your doctor may want to perform a stress test to establish a safe level of exercise for you.

Certain complications of some diseases will also dictate what type of exercise program you can take on. Activities like weightlifting, jogging, or high-impact aerobics can possibly pose a risk for people with diabetic retinopathy due to the risk for further blood vessel damage and possible "retinal detachment."

Health experts also contend that patients with sever peripheral neuropathy or PN should avoid foot-intensive weight-bearing exercises such as long-distance walking, jogging, or step aerobics and opt instead for low-impact activities like swimming, biking, and rowing.

If you have conditions that make exercise and physical fitness a challenge, your provider may refer you to an exercise physiologist who can design a fitness program for your specific needs.

If you are already active in sports or work out regularly, it will still benefit you to discuss your regular routine with your doctor.

The bottom line is that physical fitness and exercise should not have to be a rigid activity and should not come off strong. Your exercise routine can be as simple as a brisk nightly neighborhood walk, walking the dog, or simply taking the stairs instead of the elevator. The important thing is that you keep on moving. Every little bit really helps a lot.

In the end, you will realize that the many things that good food can bring you are equally the same as what physical fitness can do for you.

HOW TO AVOID EMOTIONAL ARGUMENTS & EXPLOSION

People seem to have less tolerance and patience today which creates unnecessary misunderstandings and results to emotional arguments and outburst. To avoid emotional damage and improve communication between two individuals, it is vital to learn how to handle the heat of every argument, very often by simply taking a step back to remove the defensive-self and coming from a place of compassion.

TAKE TIME TO COOL OFF TO GAIN CONTROL OF YOURSELF BACK

Very often when a heated argument arise, we lose control of our emotions. To cool down, recognize that you are losing control and focus on the physical sensations of anger. While it may seem counterintuitive, by turning your focus inwards, it will raise awareness of the state of mind and emotion you are in. Also try take deep, slow breathing as it helps counteract rising tension and lets your to rationalize the situation with logic than emotions.

SPEAK SOFTLY AND GENTLY TOWARDS A SOLUTION

During an argument, it is important not to speak with a loud, aggressive or sarcastic tone. Instead, speak with a calm voice with the intention of finding a solution to work things out. A loud voice tends to worsen the situation. When one starts to raise its voice, the other follows suit to be even louder. In the end, nobody wins and may turn into a screaming contest which damages the relationship and communication further. Hence learn to handle your tone and manner with gentleness. Always reflect if your approach will be part of the problem or part of the solution.

AVOID BRINGING OUT ISSUES FROM THE PAST

People tend to bring out old similar issues in the argument and start pinpointing faults in the other. Perhaps the current issue reminds you of something in the past which has not been resolved within. However it is crucial that you do not bring old matters to the present argument because it shows the unwillingness to forgive what has already happened and this could only adds fuel to the current burning fire. While it may be difficult to push these feelings back, but by doing focusing on resolving the current issue, it can help save a relationship or communication breakdown.

AGREE TO DISAGREE

Occasionally, it may be unlikely that either of you or the other person would reach an agreement during an argument. Then this is where you will simply have to agree to disagree and part with the debate. Learn to set a compromise to resolve your quarrel. At the end of the day, remember that it's far more important to be happy than to be right. This way, you'll have a blissful relationship and better communication arrangement with another.

Source: <http://www.engagedmarriage.com/communication/how-to-handle-heated-arguments>

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Real estate REPORT



5 Ways To Get Millennials To Buy Your Home

If you plan to sell your home, you should know that most modern homebuyers are millennials. Here are five things you can do to make your property more appealing to this demographic.

Showcase eco-friendly features

Millennials tend to be concerned about the environment and many will pay a little extra for a home if it lowers their carbon footprint. If your home has eco-friendly features such as solar panels or energy-efficient appliances, be sure to note them in your listing.



Add or stage a home office

More and more, millennials are working from home. If you have an extra bedroom or other unused space, consider turning it into an office.

Appeal to their lifestyle

Millennials want to live close to where they work, shop, dine and go out to have fun. For this reason, be

sure to highlight the attractive features in your area.

Show off smart home features

The average millennial is tech-savvy and appreciates sophisticated features such as smart lighting, thermostats and security systems. If you have these devices, make sure your pool of potential buyers knows it.

Make your home move-in ready

Most millennials aren't as handy as their parents. They'd rather pay more for a turn-key property than deal with renovations and repairs. If your house needs upgrades, consider making them before you put it on the market.

As a final tip, keep in mind that most millennials do the bulk of their shopping for homes on the internet. Consequently, make sure to list your property online and include quality photographs and a virtual tour if possible.

How To Start A Bidding War

If you're selling your home, a bidding war is beneficial because it tends to drive up the final price of the property. Here are some ways you can increase the likelihood of getting multiple offers on your home.

Price your home to sell

If your home is overpriced, it'll likely draw few visitors. It's recommended that you set the asking price for your home at slightly below market value to get more people interested in it and drive up the price in a bidding war.

Host a broker's open house

Talk to your real estate agent about hosting a broker's open house in order to show the property to local real estate agents. This is a quick and easy way to give your home market exposure.

Use social media

Sites such as Facebook, Instagram and Twitter can be leveraged to generate buzz about your home. Consider creating a website for your listing, complete with pictures and details about the property, and share the link on your social media accounts.

Spruce up the property

Buying a home can be emotional, and many people won't hesitate to increase their offer if they really like a property. To get buyers to love your home, take steps to enhance its appearance. Repaint walls, update window treatments and sand and refinish hardwood floors.



Most importantly, make sure to work with a skilled realtor who can help you develop an effective marketing plan.

Becoming a Homeowner in 2023

Is your new year's resolution to buy a new home? If so, here's how to make good on this promise.

Establish a budget and start saving

Determine how much money you require to buy a home. Research house prices in the area where you want to live, and educate yourself about mortgages and what's required to apply for one. Your bank or a reputable mortgage lender can assist you.

Once you've calculated how much money you need, establish a budget that allows you to reach this goal. To make ends meet, you may need to trim unnecessary spending. However, you can grow your finances further by keeping your money in a high-yield savings account or investing it wisely.

Boost your credit score and get pre-approved

A good credit score is key to buying a home. It gives you more mortgage options and will lower

your monthly interest rate. Here are a few ways to improve your score:

- Pay all your bills on time and don't surpass your credit limit.
- Don't transfer the balance of an older credit account to a new one; the longer an account is open and in use, the better your score.
- Use different types of credit (such as a credit card, car loan and line of credit), since using only one type can result in a lower score.

Once your credit score is in good shape, you can get pre-approved for a mortgage through your bank. This will equip you with a letter indicating how much you can borrow. Mortgage pre-approval is a great asset when house shopping, as it shows sellers that you're a qualified buyer.

Once your financial affairs are in order, you're ready to become a homeowner. To find a house that meets your needs, make sure to hire a realtor.

Solutions for Storage and Counter Space



In many households, the kitchen serves as the heart of the home, experiencing the highest foot traffic and daily use.

Consequently, any issues plaguing this vital space can have a significant impact on the overall functionality and enjoyment of the home.

While a complete kitchen remodel can provide an ideal solution, it may not always be feasible. In such cases, implementing workarounds can be a game-changer.

Consider adding hooks beneath your cabinets to hang mugs, thus freeing up valuable cabinet space. Alternatively, investing in a professional storage system with racks and drawer dividers can maximize the utilization of your existing space.

Another challenge often encountered is inadequate counter space, which can hinder meal preparation and contribute to a cluttered appearance.

If space permits, installing an island can significantly expand your available workspace. Alternatively, purchasing a small cart can offer additional surface area for various kitchen tasks.

Toasters, coffee makers, and other appliances can be neatly stored in cabinets, clearing the way for efficient meal preparation and a tidier kitchen environment.

Proper storage solutions and increased counter space will streamline your daily routines, making meal preparation a breeze and transforming your kitchen into a more organized and enjoyable space.

Remember, a well-functioning kitchen has a ripple effect, positively influencing the entire household.

So, take the necessary steps to tackle these issues head-on, and experience the transformative power of a well-designed and efficiently utilized kitchen.

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EYE ON FINANCE / ECONOMIC DEVELOPMENT

Questions to Ask About a Financial Advisor's Certifications



(StatePoint) Understanding abbreviations is essential, whether you're texting "LOL" to a friend or asking guests to "RSVP" to a party. In a professional setting, they can provide useful information about an individual's services and qualifications.

Those used in the financial services industry can be particularly difficult to decode. The Financial Industry Regulatory Authority has identified nearly 200 certifications and designations for financial advisors alone.

For any of these certifications and designations, you should know what each letter stands for, but you also need to understand the education and experience behind the letters. Some designations have extensive requirements that involve months or years of work, while others can be earned in a day.

Here are eight questions you should ask to fully evaluate a financial advisor's credentials:

1. What educational requirements, both qualifying and ongoing, has the professional met?
2. How many years of experience does the advisor have within the profession?
3. What is the advisor's professional standing, conduct and character?
4. Has the professional's competence been assessed through an exam or other type of measurement?
5. What are the professional's obligations to you, with regard to

disclosing conflicts of interest, compensation and terms of engagement?

6. Has the professional committed to putting your financial interests ahead of his or her own?

7. How is the professional regulated or supervised?

8. What consequences does the professional face if he or she is found guilty of malpractice?

If you need financial planning assistance, you can help make sure you're getting a well-qualified individual subject to high ethical standards when you look for the CFP certification, which stands for Certified Financial Planner professional.

If you ask these eight questions about CFP professionals, you would learn that they have to complete a comprehensive financial planning program and hold a bachelor's degree or higher from an accredited college or university, in addition to meeting continuing education requirements. They must also pass a six-hour exam that tests their ability to apply financial planning knowledge to real-life situations and must have at least two to three years of professional financial planning experience.

Developed by the non-profit CFP Board and certified by the International Organization for Standardization, the CFP professional code of ethics and practice standards require those with this certification to provide financial planning in a client's best interests. Those found to have violated these standards can permanently lose their certification.

When evaluating a financial advisor's qualifications, understanding the acronyms and certifications in the industry, and asking the right questions, can help you determine the extent of a financial advisor's expertise and help ensure you are working with a qualified professional.

How to (Probably) Avoid an Audit

Everyone dreads the word "audit." If there are irregularities in your numbers, however, or if parts of your tax return are unclear, you may be a candidate. At the same time, according to the IRS some people are just randomly flagged. If you prepare and file your own taxes, here are three common-sense things you can do to (probably) avoid an audit:

Start early and be organized

It may sound obvious, but a lot of people get audited simply because they didn't spend enough time on their taxes. If you're a freelancer with many different sources of income, for example, you may simply forget to report one if you're not organized. It's worth starting a little earlier to avoid being flagged by the IRS.

Read the instructions

Filing income taxes can be a more

or less complicated process, depending on your particular situation. It's a good general rule, however, to never turn into the IRS a form whose questions you don't feel you've understood completely.

Keep all your records and receipts

This can't be stressed enough. These documents will help explain any odd parts of your tax return. If you're worried something will seem strange or irregular, include copies of the records so there's no misunderstanding.

If you are flagged for an audit, don't panic. Should you think you need it, you're entitled to the help of a professional to sort the problem out.

Kids and MONEY FACTS

© www.kidbudget.com

What do kids spend their money on?

- 34% Clothes
- 22% FUN
- 16% Eating Out
- 1% Savings

IT PAYS TO BE A KID

Where do kids get their money?

- 61% get paid an allowance
- 48% get paid for good grades
- 30% of teens have summer jobs

average allowance \$780/yr average rate for an A: \$16.60 average minimum wage: \$7.20

FINANCIAL LITERACY IN SCHOOL

- Require financial literacy course
- Financial literacy taught with other subject
- Does not require any financial literacy course

TOPICS OF CONVERSATION

Families converse about the following topics:

- 95% manners
- 87% nutrition
- 87% school
- 84% dangers smoking
- 76% money

Parents are teaching kids to:

- Spend wisely 72%
- Set money goals 51%
- Spend vs. Save 46%

What parents think is most important financial advice...

- 31% Work hard
- 23% Set money Goals
- 9% Pay yourself first

How prepared are parents to teach money skills

- 81% are very prepared
- 77% do not tell truth

*Source: August 2012 AICPA Survey for parents, 18-year-olds 2012; Parents, Kids, & Money Survey; Jumpstart Coalition; Bureau of Labor Statistics 2012

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Three Dot Lounge...

Cracker Barrel

by Mike McClure



...so the other day I received an update from Congresswoman Linda Sanchez's office about some federal funds for her district. The City of Pico Rivera will receive \$850,000 that she secured in the Consolidated Appropriations Act.

The federal funding will transform blighted back alleys and public parking lots along Whittier Blvd. into a welcoming, family-friendly network of neighborhood paseos that serve as vibrant dining areas in the heart of Pico Rivera.

The Consolidated Appropriations Act was signed by President Biden earlier this month. It included funding for community projects Congresswoman Sanchez advanced in response to requests from residents, organizations, and local partners across California's 38th Congressional District.

In total, Congresswoman Sanchez secured over \$12,700,000 for all requested community projects in her district.

"I'm proud to have worked with the City of Pico Rivera in bringing these federal funds back to our community," said Congresswoman Sanchez. "I know that these funds will help transform Whittier Blvd. into a welcoming space that our entire community and loved ones can enjoy for years to come."

(NOTE: Last week we high-lighted funds spear headed by Supervisor Solis and we will continue to keep you informed of the efforts of our leaders through-out this region that will impact you in your daily lives.

Due to lack of space we can't list all of the projects supported but Sunshine and eat at some of the restaurants on Whittier Blvd. so a special Thank You Congresswoman Sanchez!).

Working OverTime

by Cynthia Huizar



...So much to do...

Saturday Profe and I had a wonderful lunch in Huntington Beach to celebrate some of my family's birthdays, my son Joey's and my granddaughter Bailey's.

My daughter Terri was there with my great-grand kids, Kei and his sister Saaya. Besides Joey's daughter Bailey, his wife Kyndra, who always does such a wonderful job organizing these get events, was there with their two littlest ones, Sage and Wolfe.

Along with Kyndra's mom Lisa and some friends it was a happy time together.

Saturday's lunch reminded me of a story I heard:

A professor gave balloons to every student, who he had write their names on. After they had inflated the

balloons. Then they were told to throw the balloons into the hallway.

The professor then mixed all the balloons up and the students were given 5 minutes to find their balloon. Despite a hectic search, no one was able to find their own balloon.

Then the professor told the students to take the first balloon that they came to and give it to the person whose name was on it. Within 5 minutes everyone had their own balloon!

The professor said to the students, "These balloons are like happiness, we will never find it if everyone is only looking for their own. But if we care about other people's happiness...we will always find our own."

Happy Birthday kids.





What is Your Digital Score?

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CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12
13					14				15		
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57	58	59			60			61	62	63	
64				65	66			67			
68				69				70			
71				72				73			

57. *The Tempest: "We are such stuff as ____ are made on"
60. *As You Like It: "All the world's a stage and all the men and women merely ____"
64. Primatologist's concern, for short
65. "This land is your land?"
67. *Macbeth: "Our ____ master's murder'd!"
68. Scoundrel
69. Hi ____ monitor
70. Wombs
71. "A Visit from St. Nicholas" beginning
72. Teacher's favorite
73. Got ready for a close up
- DOWN**
1. Nordstrom's outlet
2. Purse for the red carpet
3. Cape on Tierra del Fuego
4. Set straight
5. Like a knife
6. Comes before a storm?
7. The "place with the helpful hardware folks"
8. Spectrum maker
9. Wild ox of India
10. Plotting (2 words)
11. Multitude
12. Having Everything Revealed, singer and songwriter
15. *Hamlet: "When we have shuffled off this ____ coil"
20. Corpulent
22. Tin Woodman's "medicine"
24. "Two cents"?
25. *Twelfth Night: "If ____ be the food of love, play on"
26. Convex molding
27. Nigeria's western neighbor
29. Listening devices
31. *Hamlet: "To be, or not to be: ____ is the question"
32. Capital of Vietnam
33. Bar by estoppel
34. Indian restaurant condiment
36. Petri dish filler
38. Prima donna
42. Artist's tripod
45. High tea sandwich
49. P rignon's honorific (2 words)
54. Seize a throne
56. City in Japan
57. Type of sailing vessel
58. Capital of Latvia
59. Outback birds
60. "Blast from the ____"
61. "The ____ of Tammy Faye," movie
62. Uncommon
63. Went down slippery slope
64. Cathode-ray tube
66. *Merchant of Venice: "But love is blind, and lovers cannot ____"

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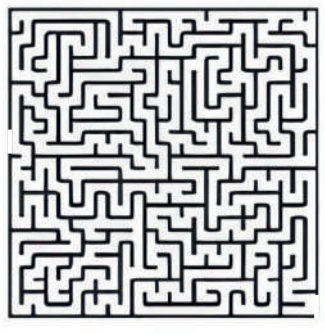
- THEME: SHAKESPEARE**
28. *Hamlet: "O, this is the poison of ____ grief"
30. Soap froth
35. Iris holder
37. "He ____, She Said"
39. ____ Apso
40. Cheap form of payment?
41. Bert's roommate
43. Not in favor
44. Hipbone-related
46. The Destroyer, in Hinduism
47. Thomas the Engine's warning
48. "Heart of Darkness" author
50. Brewer's kiln
52. Beer choice
53. Not a verb
55. Comic cry
1. Type of help center
6. Fake tooth
9. What geysers do
13. Lagoon wall
14. Acronym, in brief
15. Syrup producer
16. Papal court
17. It often comes with Aloha!
18. External
19. *Richard III: "A horse! A horse! My ____ for a horse!"
21. *Romeo and Juliet: "Parting is such sweet ____"
23. Animal's nose
24. Fail to mention
25. Capone's family

Riddles

What has a head yet it never weeps, has a bed but never sleeps, can run but can not walks, and has a bank but not a cent to its name?

I cannot hear or even see,
But sense light and sounds there may be,
Sometimes I end up on a hook,
I can be combined with a book.
What am I?

What can you catch but not throw?



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Anyone who has never made a mistake has never tried anything new.

- Albert Einstein

CORE From Page 1

comprehensive approach. The integration of medical, dental, vision, acupuncture, and behavioral health services ensures that residents have access to a wide range of healthcare options to meet their specific needs.

The alliance between the CPHT, CORE, and the Herald Christian Health Center represents a remarkable step forward in community health empowerment. By pooling their knowledge, skills, and resources, these organizations are poised to make a lasting impact on the lives of underserved populations in El Monte, South El Monte, and Rosemead. As the collaboration unfolds, it is anticipated that the community will witness positive

SPRING FEST From Page 1

Baldwin Park Mayor Emmanuel J. Estrada expressed his excitement about the event, stating, "Spring Fest is one of the most fun, jam-packed events we host in Baldwin Park. From the always-entertaining Egg Hunt to the educational Environmental Fair, there is truly something for everyone. Spring is finally here, and this is a wonderful opportunity for our community to reconnect with each other after a long winter."

changes in health outcomes and the overall well-being of its residents.

As this partnership takes shape, the future holds great promise for the residents of these communities. By addressing community health priorities and empowering underserved populations, the CPHT, CORE, and the Herald Christian Health Center are setting a remarkable example for other organizations striving to make a difference in the lives of those in need.

For individuals seeking more information about these groups, their website at https://www.coreresponse.org provides a wealth of information. Additionally, those interested can reach out directly to the organizations by calling 213-424-5466 or visiting their website at www.coreresponse.org.

Admission to Spring Fest and all its activities is free. The event is open to all children aged 12 and under, ensuring a day of enjoyment for the whole family. For more information about the event, interested individuals can contact the City of Baldwin Park's Recreation and Community Services Department at (626) 813-5245 Ext. 317.

Don't miss out on the excitement and joy of Baldwin Park's Spring Fest. Join the community in celebrating the arrival of spring with a day filled with delightful activities and memorable experiences for all ages!

IRWINDALE From Page 1

incorporated as a city, solidifying its status as a distinct community. The city's name was derived from a combination of the names of two prominent landowners in the area, Ira J. Pittman and his wife, Mrs. Irwin Dale Pittman.

In recent decades, Irwindale has faced various challenges and changes. The decline of the rock quarry industry led the city to shift its focus towards attracting new businesses and revitalizing the local economy. Irwindale has successfully attracted several major corporations, including the MillerCoors brewery, which has become an iconic landmark in the city.

Additionally, Irwindale is home to the Irwindale Event Center, a popular motorsports complex that hosts various racing events and

entertainment shows. The center has become a significant draw for visitors and motorsports enthusiasts from across the region.

Today, Irwindale continues to thrive as a residential, commercial, and industrial hub. The city's commitment to economic development, coupled with its strategic location and natural resources, has positioned it as a vital contributor to the greater Los Angeles area.

The history of Irwindale is a testament to the resilience and adaptability of a community that has transformed from agricultural roots to a thriving city. With a rich past and a promising future, Irwindale remains an integral part of the vibrant tapestry that is Southern California.

Photo courtesy City of Irwindale

Heights United FC U12 Girls Crowned Western States Champions



success.

In the final encounter against Glendale, Heights United FC left no doubt as to their superiority. Their flawless teamwork, precision passing, and strategic play overwhelmed their opponents from start to finish. With an impressive 2-0 victory, they clinched the Western States Champions title in a resounding fashion.

Head Coach Jose Chavez, along with Assistant Coaches Edgar Ramos and Joe Ramirez played a pivotal role in shaping Heights United FC's run to the championship.

"Our girls have responded in a positive way and have met every challenge we put their way from intense strength training to skill drills and everything in between." said Coach Ramirez

The success of Heights United FC U12 Girls not only brings respect to their hometown but also serves as an inspiration to aspiring athletes throughout the region.

As Western States Champions, Heights United FC U12 Girls have left an incredible mark on the local soccer landscape. Their victory stands as a testament to the exceptional coaches, including Joe Ramirez, and the unwavering dedication of the players.

The Rio Hondo Community Development Corporation and communities throughout the San Gabriel Valley celebrate their outstanding achievement and look forward to their continued success on and off the field.

A U12 Girls team out of Hacienda Heights, led by their esteemed coach Joseph Ramirez, who also serves as a board member of the Rio Hondo Community Development Corporation, emerged triumphant as the Western States Champions on Sunday, March 17th, 2024.

Outshining approximately 20,000 girls enrolled in their age group from Oregon, Utah, Arizona, and California, Heights United FC U12 Girls made their presence known from the very beginning.

Their journey to the Western States Championships commenced back in late January, where they claimed the title of Area Champs, defeating teams from four different regions.

The semi-final match against Lompoc proved to be a true test of character for Heights United FC. In a closely contested battle, the girls showcased their determination, resilience, and ability to rise above challenges.

With a narrow 2-1 victory, they secured their place in the championship final, demonstrating their unwavering commitment to



A 10x10 grid of numbers used for a crossword puzzle. The numbers are: Row 1: 9, 1, 5, 2, 6, 3, 4, 8, 7; Row 2: 3, 8, 6, 4, 1, 7, 2, 5, 9; Row 3: 7, 4, 2, 5, 9, 8, 3, 1, 6; Row 4: 5, 9, 3, 6, 8, 4, 7, 2, 1; Row 5: 2, 6, 8, 9, 7, 1, 5, 3, 4; Row 6: 4, 7, 1, 3, 5, 2, 6, 9, 8; Row 7: 1, 5, 4, 7, 2, 9, 8, 6, 3; Row 8: 6, 3, 9, 8, 4, 5, 1, 7, 2; Row 9: 8, 2, 7, 1, 3, 6, 9, 4, 5.

A crossword puzzle grid with words filled in. The words are: BLOAT, ARC, COHO, EAGLE, DUO, SOREL, AKRON, INN, HOARD, THEHEAT, CHILLS, ATM, GHEE, DIS, SOLO, PLAIDS, ONTO, REDS, DICOT, CURB, TVSET, LEVO, KRAIT, YETI, SUER, SEPSIS, NAAN, PRE, BETTER, WALKOUT, MODAL, BAH, LAPSE, BRIDE, AGE, EPEES, ANTS, NOT, DIDST.

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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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**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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