

The Mid Valley News

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Cleminson Esports Sparks Passion and Friendship

Esports is a shortened phrase for "electronic sports," often known as competitive gaming. Cleminson students, once scattered across various interests, have found common ground in the world of electronic gaming, particularly through the beloved Nintendo Switch console. Esports brings structure, teamwork, goals, and sportsmanship to students' current gaming interests.

Under the guidance of passionate faculty advisor and school site tech Andy Hao, the Esports Club has become a hub of activity and enthusiasm. "My favorite part about the Esports Club is that it allows an alternative outlet for students to participate in a competitive and team environment outside of your regular traditional physical sports," says Andy.

The club's mission extends beyond mere entertainment; it fosters teamwork, strategic thinking, and sportsmanship among its members. "My future goal is not particularly with just my school. I hope that other schools in our district will adopt and form their own club, which will allow



for intra-district competition between the school clubs. Then the students would be able to learn more about what it means to play on a team and represent something more than just themselves."

Through friendly competitions and collaborative gameplay, students not only enhance their gaming prowess but also develop essential life skills that

will serve them well beyond the digital realm. 6th grader Maximiliano says, "We can learn to respect other people." Through games and fun, respect for their peers is being practiced within the club atmosphere. Most of the current students are hoping to recruit more friends so they can all benefit from

E-SPORTS >> PAGE 7

El Monte Farmers' Market Returns to Main Street



Prepare to embark on a culinary adventure as the City of El Monte Farmers' Market reopens its stalls on April 4, 2024, with an enticing offer for early birds.

The first 75 market-goers to present proof of purchase will receive a complimentary tote bag, perfect for carrying your fresh produce and artisanal finds. Don't miss out on this chance to support local farmers while snagging a handy accessory for your market haul!

Running every Thursday from April 4th through August 29th, between 5pm to 9pm, the El Monte Farmers' Market invites residents and visitors alike to explore the vibrant array of offerings from vendors and certified producers.

Located on Main Street between Santa Anita and Tyler, formerly the Valley Mall, this bustling market promises an abundance of fresh

fruits, vegetables, homemade treats, and handcrafted goods.

Please note that there will be no Farmers' Market on the 4th of July, allowing both vendors and attendees to enjoy the holiday festivities elsewhere.

For those eager to partake in this culinary delight or seeking further information, organizers can be reached at (626) 580-2200.

The return of the El Monte Farmers' Market not only signifies the resurgence of fresh produce but also serves as a testament to our community's commitment to supporting local agriculture and small businesses.

So, mark your calendars, gather your shopping bags, and join us as we celebrate the flavors of our region and the spirit of community at the El Monte Farmers' Market. (Photo Courtesy City of El Monte Facebook)

Compete, Conquer, Celebrate



Get ready to lace up your running shoes and join in the excitement of the 29th Annual Pride of the Valley 5K Run, Fun Walk, High School Road Race & Tike Trot, a time-honored tradition that began in 1995. This prestigious event, sanctioned by USAT&F, promises an exhilarating experience for participants of all ages and abilities.

Scheduled to take place on [insert date], the Pride of the Valley 5K Run boasts a range of competitive opportunities and rewards. Cash awards await the overall 1st male and female 5K finishers, adding an extra layer of motivation to push your limits. Additionally, participants can vie for recognition in various age divisions, with awards presented to the Top 3 finishers per division. High school athletes can also showcase their skills

and compete for prizes, with awards given to the Top 5 per age division and the Top 3 boys and girls' teams in the High School Race. Excitingly, there's even more incentive for those eyeing the course records. A cash bonus awaits any new male or female record-breakers, elevating the competitive spirit of the event to new heights.

To ensure accurate timing and tracking, chip timing with splits at each mile will be implemented, providing participants with real-time data on their performance.

But the excitement doesn't end at the finish line! Join us post-race for refreshments and an awards ceremony, where participants will be celebrated for their achievements and camaraderie.

VALLEY >> PAGE 7



Students Unveil the Drama and Intrigue of a Mock Murder Trial

Fernando R. Ledesma High School (FRLHS) students delved into the complexities of the legal system through a realistic mock murder trial experience on March 15, gaining insight into the workings of the modern judiciary firsthand.

Dubbed "People vs. Hayes," the mock murder trial served as the final project for FRLHS seniors. The murder trial simulation aimed to foster a deeper understanding of court proceedings and encouraged students to use their critical thinking, research, and public speaking skills throughout the trial.

"The most enjoyable part of mentoring students is when I can successfully build a positive relationship with them," FRLHS social science teacher Jason MacLellan said. "At the beginning of each quarter, most of my students dread the idea of performing an academic activity in front of their peers, parents, and teachers, but I always believe they will rise to the

occasion, and in the end, they are thankful for the opportunity and proud of what they did."

FRLHS students rigorously prepared for the mock trial, analyzing a comprehensive 66-page case packet over three weeks.

Student leaders from the prosecution and defense were tasked with assigning roles for the trial. Each team spent time before and after school strategizing and crafting compelling arguments for the big day.

Students were tasked with roles portraying significant courtroom characters, including prosecutors, defense attorneys, witnesses, clerks, and bailiffs.

The mock trial aimed to help prepare students for their college and career journeys, and provide them with a deep understanding of civic responsibility as they prepare to enter the real world.

"I was extremely nervous at first to have to speak in front of the school community but, overall, I have enjoyed the process of coming out of my



personal bubble and working with my peers," FRLHS senior and mock trial defense lawyer Valeria Arroyo said. "This experience has really opened my eyes to the injustices some may face and I have gained more of an interest in learning about our legal system."

FRLHS senior Heidi Gill, who served as lead counsel for the prosecution, provided the trial's pivotal moment with a skillful cross-examination and interrogation of the defendant, which revealed a compelling motive that ultimately swayed the judge to convict the defendant.

"I am very proud of our Fernando R. Ledesma seniors for doing such an incredible job with the trial," Superintendent Dr. Edward Zuniga said. "This course not only allows them to learn more about the justice system in a structured environment but also pushes them out of their comfort zones to work cohesively together. As a District, we believe it will have a positive impact on how they navigate challenging circumstances in the future."

(Story and Photo Courtesy VMA Communications)

El Monte High School Hosts Second Annual Alumni Staff Track Meet

El Monte High School recently celebrated its second annual Alumni Staff Track Meet on March 22, garnering praise for its efforts to foster deeper connections within the school community. Dozens of alumni and staff members participated in the event, which showcased the school's vibrant track and field program.

The Alumni Staff Track Meet served as a platform for alumni and current staff members to engage in friendly



competition with the school's track and field team.

The event not only highlighted the incredible sport but also strengthened the bond between past and present members of the El Monte High School community.

Participants in the event were rewarded for their dedication and hard work. Each participant received commemorative t-shirts and meal tickets, ensuring they were well taken care of throughout the day.

Medals were awarded to those who

demonstrated exceptional performance and skill in their respective events.

The event was a resounding success, with the entire school community rallying behind the participants.

The El Monte High School Lions showcased their talent and determination, inspiring both alumni and staff members to give their all on the track.

The Alumni Staff Track Meet exemplified El Monte High School's commitment to creating a supportive and inclusive environment for all members of its community. The school aims to strengthen the connection between past and present Lions, fostering a sense of unity and pride.

El Monte High School deserves recognition for its efforts in organizing this annual event. The Alumni Staff Track Meet not only celebrates the school's rich athletic history but also serves as a reminder of the enduring spirit and camaraderie that define the El Monte High School community. *(Photo courtesy EMUHSD Facebook)*



Join ENGIE for a Paid Summer Internship in 2024

Do you have an interest in energy, sustainability, and engineering?

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Interns will learn about green design, engineering, and building operations. Interested interns will be eligible to take the **LEED Green Associate Credential** test.

Internship requirements:

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Health & Fitness

5 Reasons Why Your Scale is Stuck



(StatePoint) Are You in a Weight Loss Plateau? So, you took the leap and signed up for a weight loss program. But once you got started, it was a whole different story.

While you may feel like you're doing everything to a T, the scale is stuck and you can't figure out why. Plateaus are a normal part of any weight loss journey, but there are many reasons for them. Check out these six reasons why the scale may be stuck:

1. Overeating. Weight loss is dependent on "calories in" being lower than "calories out." Eating too much for your current activity level and weight could be a reason why the scale is stuck.

"Meal delivery programs can help eliminate any guesswork," says nutrition expert Chris Mohr, PhD, RD. "Plans like Nutrisystem are perfectly portioned to provide the right balance of nutrients at every meal. The program boasts SmartAdapt science, which provides personalized plans that adapt to your unique metabolism and weight loss goals and help minimize plateaus."

2. Not Keeping Track. Overeating, skipping meals and portion control can all be eased if you get more diligent with food tracking.

Take it from the experts: According to research published in the journal "Obesity," self-monitoring your diet is the number one predictor of weight loss success, and it takes less than 15 minutes each day.

Try tracking your diet at least 80% of the time or at least five to six days of the week. Be sure to include all eating occasions (even nibbling), portion sizes and ingredients.

This way, when the scale is stuck, you can evaluate where you may be overdoing it.

3. Skimping on Protein and Fiber. Try maximizing protein and fiber in your diet.

"Protein helps preserve lean muscle mass while losing weight to help maintain metabolic rate. Also, protein and fiber keep you feeling full longer. What's more, protein is more thermogenic than carbohydrates and fats -- meaning you'll burn more calories digesting

and absorbing high-protein foods. Fiber isn't fully digested, so the calorie contribution from fiber is less than other carb sources," adds Mohr.

4. Increasing Muscle. If you've been hitting the gym and putting on muscle, you might also experience a stall on the scale.

Find other measures of success in the meantime. For example, your jeans may be fitting better or you may have more energy. These non-scale victories are just as valuable as a number on the scale.

5. Other Lifestyle Factors. Lack of sleep can disrupt weight loss. The National Sleep Foundation recommends sticking to a regular sleep schedule.

Limit caffeine and screen-time in the hours before bed. The light emitted by screens on electronic devices reduce your body's production of melatonin, the hormone that regulates your sleep and wake cycle, according to Harvard Health. You can also try a before bed exercise routine.

Did you know that chronic stress can halt weight loss? Address your stress with self-care. Try meditation, daily exercise and breathing techniques.

You should also seek out a support system and engage in your community. Feeling overly stressed? Be sure to speak with your doctor.

6. Illness or Injury. A recent illness or injury can cause increased inflammation that results in water retention.

Additionally, injury or illness can decrease daily activity and overall calories burned. Some medications may also stall weight loss.

Keep in mind that your overall health should always take precedence over the number on the scale.

Consult your doctor. It may mean modifying your weight loss program temporarily. This setback is not the end of your journey though.

Once you've recovered, you should be able to start where you left off, pending your doctor's approval.

"Ultimately, your goals should be realistic. Don't expect the pounds to fall off instantly. Have patience and give yourself some grace. If you're doing the work, that's all that matters," says Mohr.

Health Insurance: Be Informed and Make A Wise Choice

It's no surprise that medical costs keep increasing - often faster than we can afford them. Now, more than ever, it's important to get the best medical insurance coverage you can afford.

There are lots of insurance plans exclusively for personal health care. Many individuals can't take advantage of health benefits because their employer didn't provide it or because they are self-employed.

In order to be insured, they should personally purchase an insurance plan for personal health care. Before you make an insurance policy purchase, you should be equipped with the right knowledge.

The premiums are affected by several things and it will determine the cost of your policy.

You have to check the deductibles so that at least you can make a rough estimate of the cost of the policy. The lower the deductible, the higher the premium; a high deductible will also mean a lower premium.

Many low cost policies include copay options where the customer pays a small fee at the time of the medical visit.

So where can you get the personal health care quotes? The best way to obtain these insurance quotes is online. Find a website that provides various insurance quotes. If you can find a good website that provides insurance quotes, you can compare up to five insurance providers.

You must know that there are different types of insurance policies. For your medical products and expenses, you will need to get a personal health care policy. There are several reputable insurance companies

that can provide you with a reasonably priced policy.

You should choose a reputable insurance provider. Comparison of the insurance companies is a very important task. The quotes can help you decide. You can also look into the basic policies of each insurance provider.

After careful consideration of the various factors involved in choosing an insurance provider, you can now decide the best insurance provider for you.

Visit the official site of the insurance provider and gather all the

important details about obtaining a policy on personal health care.

When you're already checking the policy, make sure that you'd everything

including those in fine print. That way, you will not be surprised if something turns out in the future.

You will know which are covered and which are not; this is very important especially when filing a claim.

There are several sites that can cater to your needs. If you want, you can check out various sites and compare as many insurance providers as you can. That way, you have many choices.

You can also ask your fellow workers or officemates and even your friends if they know of a good insurance provider on personal health care. Gather as much information as you can and don't rush things.

Be informed and make a wise decision.



Get A Life - Get A Hobby

Have you ever played one too many computer game or watched one too many old rerun? You just can't get into another mystery and you just feel flat?

Maybe you are suffering from boredom, that familiar accompaniment to our automated, precooked lifestyles.

Many times we are bored because we have become too inactive. If this is your problem, you might like a sports hobby. Sports hobbies get you out of the house and often are a way to make friends with others.

Some active hobbies can be enjoyed in our own homes, such as weight lifting and doing aerobic dance to a video.

Speaking of aerobic dance, dancing is another great pastime. When you think of hobby ideas, don't forget the many forms of dance.

Square dancing is fun for people who like getting together with groups,

while ballet and modern dance appeal to the more contemplative souls. And while we're on contemplation, you might enjoy doing yoga stretches as a hobby.

Maybe we're feeling bored and listless because we've been cooped up in the house too long. In many states, you can form groups to clean riverbanks.

Or maybe you'd like studying the plants and animals of your area. It can be great fun to stroll through the woods and fields with a field guide, learning to identify each wildflower, insect, tree, and bird.

Antiques, baking, theater, guitar, weaving, painting, candle making, soap making...you get the idea. There is a saying that people who are bored are boring people.

Don't be boring. Get a hobby.



Real estate REPORT



Tips to Get Your House Ready for Market

Decided to sell your house? Before it's listed, you'll need to get it in tip-top shape. Here are some tips for making your home appeal to potential buyers so that you can sell it quickly.

Think about curb appeal

First impressions are important and you only get one. Check that the light fixture nearest your door works and is clean so that visitors always have a good view of your home, even in the evening. Keep your grass cut and plants tidy and well maintained.

Remove personal touches

While you may love bold walls, they won't help you sell your home. Paint every room a light, neutral colour to appeal to the greatest number of people. Remove personal photos and cute pictures your kids drew for you. The goal here is to make

your home a blank slate so potential buyers can picture themselves living in it.

Get rid of excess stuff

No matter how long you've lived in your home, chances are you've acquired stuff. Too much clutter can make even the biggest room feel cramped, so before you list your house, take the time to pack up anything that you won't need before you move. Clean and organize all your closets to make them look bigger and emphasize storage space.



Three Red Flags to Watch for When Buying a Home

Certain red flags are easy to spot, but others are harder to see. If you're on the hunt for a new home, watch out for these three signs that a house isn't as good as it seems.

Random Walls Freshly Painted

It is standard for real estate brokers to suggest their clients repaint parts of the house before listing it. However, you should be wary if only one wall or patch of ceiling is freshly painted. This could be an indication that the seller is covering up a problem like mould, pests or some other major issue.

The House Smells a Little Too Good

Sellers bake cookies or have fresh flowers in the home to make it smell nice, but be careful of places that have air fresheners in every room. It's possible the owners are trying to mask an

odour that's difficult to remove, like cigarette smoke or pet messes.

Open Floor Plans

This popular layout is not usually a problem, but check to see if the house was originally designed this way. If the current owners changed the floor plan in a recent renovation, it's important to make sure any walls taken down weren't load bearing, and that the building itself is still structurally sound.



How To Keep Your Appliances Running Like New

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

Refrigerator

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



Washer

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

Dryer

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

Stove and oven

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

Dishwasher

Always rinse your dishes before putting them in the dishwasher. If there's a filter, make sure to clean it

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

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- Winston Churchill



Tips for Teaching Your Children About Saving

(StatePoint) Kids often view money as having one function only: to buy stuff, right now. Give a young child \$5 and he'll likely spend it all, often looking for things that cost \$5.

Parents play critical roles in teaching children financial fundamentals, including the importance of saving. Here are 10 ways to teach children to make smart money choices:

Bring out the piggy banks. Have children divide their money into three banks or jars for spending, saving and giving. This helps them understand spending is not the only use for money. To make the rewards of saving more concrete, consider matching some of their saved funds.



Give your child opportunities to earn. Consider paying your child an age-appropriate allowance. You may decide to tie it to chores, or simply provide a small stipend without conditions.

Open a savings account.

Many banks and credit unions offer savings accounts for kids, with low-balance minimums and maintenance fees, goal-setting tools, and even rewards for reaching goals. The benefit of saving regularly will become apparent as your child watches the account balance grow.

Help them identify personal saving goals.

Are they eyeing a new toy or video game? Hoping to see a movie or ball game? Help children determine how much their "want" costs and make a plan for saving up. Make family events money management exercises. Planning a vacation? Give middle- or high-schoolers responsibility for planning and saving for one aspect of the vacation, such as a family

meal or an evening's entertainment.

Introduce investing.

For older children, explain that money they save can be used to "own a piece" of a good business, either by buying the company's stock or by finding a mutual fund that holds this kind of stock. Talk about businesses your child knows, such as Disney, Apple or Starbucks.

Model daily spending and saving decisions.

By discussing money-making decisions with your child as you shop, cook and pay bills, you provide concrete examples to model.

When deciding whether to prepare dinner at home or go out, talk about the savings created by staying home and how those savings could be used.

Use your grocery store as a classroom.

Show your child how to compare shop, checking unit prices of similar items and deciding which is better. Consider sharing a portion of the "savings" with them, to dedicate to something of their choice.

Involve children in household money management.

Enlist their help in opening bills, identifying what they're for, and circling amounts payable and due dates. This gives them an appreciation of routine living expenses and the need to save to pay for services like electricity and water.

Engage your CFP professional.

Ask your Certified Financial Planner professional to speak to your child about smart money choices. This can be particularly valuable for kids leaving for college.

Give young children firsthand money management experience. Doing so will make it more likely that they develop the framework necessary to manage personal finances as adults.

Questions to Ask About Financial Advisors



(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.

Raising Awareness About Healthy Money Habits

Since 2004, the U.S. government has recognized April as National Financial Literacy Month, a time for encouraging Americans to learn about financial issues and develop healthy spending and saving habits.

Studies show it's becoming increasingly difficult for Americans to save. People of all ages aren't saving enough money to retire comfortably, and numerous surveys reveal that in light of these troubling statistics, it's important to take steps to promote financial literacy in our families, schools and workplaces.

• Build an emergency fund. Experts advise having six months' worth of expenses saved in case of an unexpected job loss or sudden medical emergency.

• Use credit cards responsibly. Avoid

making only the minimum payment on your credit card each month. Try to spend only what you can afford to pay off.

• Co-manage money wisely. Whether you have joint accounts or manage your money separately, have open and honest conversations with your partner about money to meet your long-term goals.

• Save 20 percent of your income. Automate payments into your savings account so you're putting aside part of your income each month.

The best way to become financially literate is by developing good money habits early in life. If you're a parent, introduce your children to personal finance early and often.

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Three Dot Lounge...

Cracker Barrel

by Mike McClure



Working OverTime

by Cynthia Huizar



...so the other day I was slightly amazed at the argument over why Transgender Day of Visibility was celebrated on Easter.

Simple answer is that Transgender Day of Visibility is always on March 31st. Actually it is The International Transgender Day of Visibility (TDOV) and was founded in 2009 on March 31. Easter, on the other hand, falls on a different day each year.

That's the simple answer, readers of this column probably have heard me gripe about the way holidays are scheduled in this country, some make sense, others don't.

I love Veterans Day, the 11th hour of the 11th day of the 11th month, the time and day of the Armistice which ended World War 1, and of course the 4th of July which is always on the 4th of July. But most of our holidays fall on a Monday or a Friday.

When I was growing up holidays fell on the same day every year, you could look forward to it, study it, know its history. Not anymore.

What day was Lincoln's birthday? Can you remember? Or was it just a

long weekend called President's Day. I guess the ultimate is to have mattress sales to mark your birthday or maybe a "day of service" whatever that means.

While I am at it, when are they going to make Cesar E. Chavez Day officially a national holiday?

I admit to being a little prejudiced about this because I knew Cesar and saw his leadership up close, I find it insulting that other than California the country doesn't seem to respect his contribution.

Oh I know Colorado and Texas kind of celebrate his birthday, which also was March 31st, and there are days set aside around the country where he is honored but more should be done.

Sorry readers, unfortunately this isn't the last time you hear me gripe about holiday scheduling.

We have Memorial Day coming up. No it's not for all who have served, it is for those who died in service to the country, and Juneteenth is June 19th, we know what day it was.

And so it goes on.

Happy Holidays.

...So much to do...

I hope you all have had a enjoyable holiday season. Profe and I spent a wonderful weekend with family and then church Easter Sunday.

I love getting together with my kids, this weekend it was with my son Leonard and his daughter Corina, and my daughter Terri.

Saturday we went to one of my favorite restaurants here in Rancho Cucamonga, Richie's Diner.

It was fun but Easter, after church, we spent a quiet day at home and had a nice meal by ourselves. Ham, potatoes & gravy with corn on the cob, ummm.

As Spring arrives and hopefully we are starting to see the last of the rain for a while, it times to start cleaning out the closet.

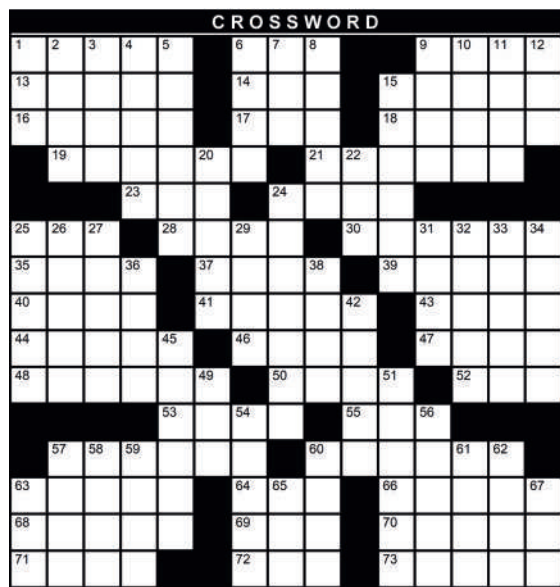
Both literally and figuratively. It always seems like we have been cooped up for months, bundled up with heavy winter clothes and heavy winter thoughts.

It's time to start getting ready for the warm weather that SoCal is famous for. Getting outside, going to the parks

and shopping. Profe isn't stingy but I think that sometimes he gets a little frustrated with my shopping, I am meeting up with my grand-daughter, Bailey today for lunch and a little shopping but that should be it for a while.

Buddha once said, "If a drop of water falls in a lake there is no identity...but if it falls on a leaf it shines! So choose the best place where your ability shines.

Our destiny is not created by the shoes we wear but by the steps we take." Which I guess was fine for Buddha, but you can bet that I will be taking those steps in a nice pair of shoes that I bought on sale at Khol's.



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1. Parting words
6. Broadcasting acronym
9. Taj Mahal city
13. Ernest, to mommy
14. "Fat chance!"
15. Fits of shivering
16. Rundown
17. Historical period
18. "___ its weight in gold"
19. *Namesake of famous pact signed in 1955
21. *"The City of a Hundred Spires"

23. Financial assistance
24. Bird's groomer
25. Pod nugget
28. Fountain order
30. Duck dish a certain way
35. Picture on a coat
37. Feline vibration
39. Stocking fiber
40. Stink to high heaven
41. Cocoyam, pl.
43. Pelvic bones
44. Frost over (2 words)
46. Stew bean
47. Sleeveless garment
48. Predicament
50. Snakelike fish

52. Hi-monitor
53. Toothy wheel
55. *Street, in capital city in #38
Down
57. *On the Danube
60. *On the Thames
63. Virtue, in Italian
64. *Street, in capital city in #25
Down
66. Dashboard instruments
68. Beside, archaic
69. Geological Society of America
70. Type of heron
71. Parks or Luxemburg
72. Pecking mother
73. Like oboe's sound

12. Certain something in a tray
15. Rouse
20. Take puppy from a pound
22. "Hamilton: An American Musical" singing style
24. Great ___ Reef
25. *On the Seine
26. Not slouching
27. Arabian chieftain
29. Like Roman god Janus
31. *Also the most populous city in Ukraine
32. More ill
33. Neil Diamond's "Beautiful ___"
34. Annoying tiny biters
36. Arctic jaeger
38. *Located in boot-shaped country
42. Sound of artillery
45. Kind of hickory nut
49. Jack's inferior
51. Like a Grammy nominee
54. Frustration, in print
56. "A bird in hand is worth two in the bush," e.g.
57. Source of veritas
58. Wraths
59. Volcano in Sicily
60. Ground beef description
61. Fairytale giant
62. "All You ___ Is Love"
63. Variable, abbr.
65. Put to work
67. Hog heaven

DOWN

1. "___ the land of the free ..."
2. Cold one
3. Peruvian Empire
4. Miss America topper
5. Blood infection
6. Prepare to swallow
7. *Dublin's cultural quarter neighborhood, "Temple ___".
8. Parallelogram, e.g.
9. All excited
10. Spiritual leader
11. Network of nerves

Riddles

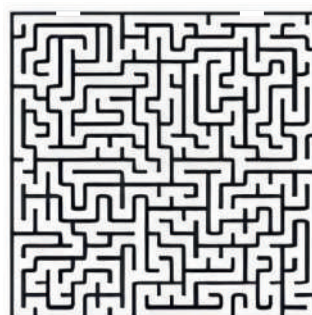
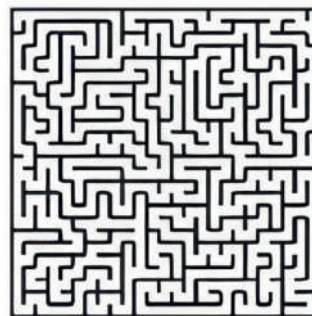
What can travel around the world while staying in a corner?

What type of dress can never be worn?

What has 4 eyes but cannot see?

What always goes to bed with its shoes on?

What word becomes shorter when you add two letters to it?



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		4			7	5		6
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You cannot escape the responsibility of tomorrow by evading it today.
- Abraham Lincoln

**E-Sports
From Page 1**

playing games together. Fellow 6th grader Cato shared, "It might help build bonds with members and improve hand-eye coordination." The club's repertoire spans a variety of Switch games, from classic favorites like Mario Kart and Super Smash Bros. to lesser-known gems that challenge players to think outside the box.

Regardless of the game at hand, one thing remains constant: the infectious energy and friendship that permeate the room. For the younger students, they have a choice of either playing Mario Kart or the Switch Sports games.

The goal is to have them be familiar with the objectives and rules of the games as well as learn how to use equipment they normally do not use. Older students in 4th through 6th grade play a variety of games on the Switch as well as PCs. Students focus on particular games for a couple of weeks and then compete in

mini-competitions between themselves.

Principal Carlos Salcedo shared his desire to see the club manifest at Cleminson, "For a couple of years now, I have been interested in starting this club to provide students with a space that not only cultivates important qualities like teamwork, communication, and strategy but also creates an inclusive space where students from diverse backgrounds can engage and excel." He emphasizes how E-sports ties into academics by saying "Esports can enhance cognitive skills such as problem-solving and critical thinking and can benefit academic performance in subjects that require analytical thinking such as math and science."

So, the next time you wander the halls of Cleminson, listen closely for the echoes of laughter and the click of controllers. You just might stumble upon the Esports Club, where students come together to play, compete, and forge friendships that will last a lifetime.

**Valley
From Page 1**

Whether you're a seasoned runner aiming for the podium or a newcomer seeking a fun and fulfilling challenge, the Pride of the Valley 5K Run offers

something for everyone.

Mark your calendars, gather your friends and family, and join us as we celebrate athleticism, community, and the thrill of the run at the 29th Annual Pride of the Valley 5K Run. *(Photo Courtesy City of Baldwin Park)*



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El Monte Hosts Resource Fair for Students with Disabilities

In a bid to bolster support and resources for children and families with special needs, the City of El Monte is teaming up with the West San Gabriel Valley Special Education Local Plan Area (WSGV SELPA) to organize a dynamic Students with Disabilities Resource Fair on April 13, 2024, from 10:00 am to 1:00 pm.

The event, slated to take place at the West San Gabriel Valley Special Education Local Plan Area headquarters on 11204 Asher Street, El Monte, promises an array of engaging activities and invaluable resources.

Attendees can look forward to indulging in hot dogs, cotton candy, popcorn, and crafts while exploring offerings from over 85 different vendors dedicated to enhancing the lives of individuals with disabilities from infancy through adulthood.

Furthermore, the El Monte Police and Fire Departments will be present, not only for photo opportunities but also to engage in meaningful conversations with families, further fostering community bonds and support networks.

One of the highlights of the fair includes presentations from prominent organizations such as the East Los Angeles Regional Center and the San Gabriel/Pomona Regional Center, who will shed light on the Early Start program for children aged 0 to 3. Additionally, Janet Barakat, Instructional Specialist at WSGV SELPA, will offer valuable insights into life after high school for individuals with disabilities.

For those unfamiliar with the term,

SELPA stands for Special Education Local Plan Area.

In essence, SELPAs serve as regional entities responsible for implementing the provisions of the Individuals with Disabilities Education Act (IDEA) within their respective areas. California boasts 136 SELPAs, with WSGV SELPA representing a consortium of 14 school districts situated along the 210 and 10 freeway corridors in the San Gabriel Valley.

These districts, ranging in size from approximately 1,100 students to 17,000 students, collectively enroll over 90,000 students, with around 11% receiving services under IDEA.

The inclusion of such statistics underscores the significant impact and reach of initiatives aimed at supporting individuals with disabilities within the El Monte community and beyond.

As the date draws near, anticipation mounts for what promises to be a day filled with empowerment, education, and the celebration of diversity.

Families, educators, and advocates alike are encouraged to mark their calendars and join in this invaluable opportunity to discover new possibilities and forge meaningful connections within the community.

For further information regarding the event, please contact the West San Gabriel Valley Special Education Local Plan Area at [contact information].



City of El Monte
and the West San Gabriel Valley
Special Education Local Plan Area (SELPA)



Cordially invites you to:

STUDENTS WITH DISABILITIES RESOURCE FAIR

A Resource Fair for Students with Disabilities from Birth to Adulthood and their Families

Food, Raffle Prizes, & lots of Family Fun!

SATURDAY, APRIL 13, 2024
10:00 am - 1:00 pm

West San Gabriel Valley SELPA | 11204 Asher St.
El Monte, CA 91731
(626) 412-1438

FEATURED SPEAKERS

City of El Monte Honored Guests

Tamara Schiern, WSGV SELPA Executive Director

BREAKOUT SESSIONS:

Early Start/Preschool - Birth to age 6
What's Next – Life After Graduation or Age 22

The future is now! Come discover resources available for students and families. For more information contact Janet Barakat at: barakat_janet@ausd.us

To support the health and safety of our attendees, the City of El Monte and WSGV SELPA continue to follow COVID-19 guidance from the Los Angeles County Department of Public Health.

The Friendly City of El Monte

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.

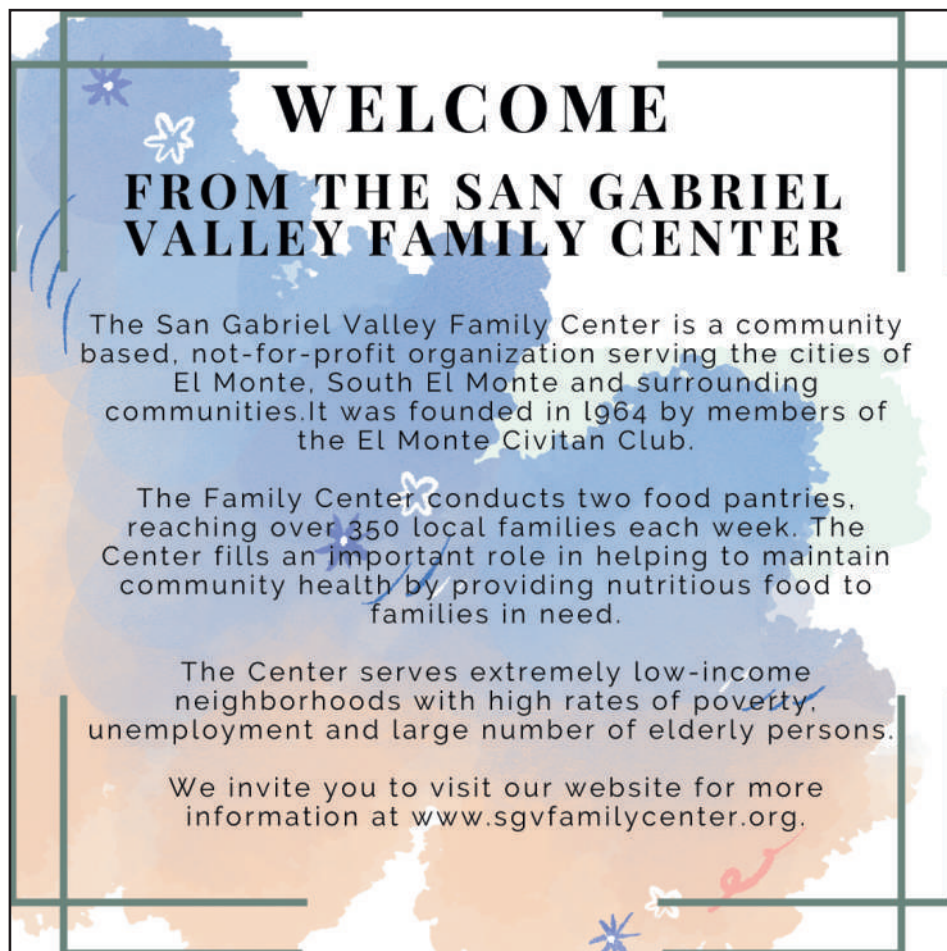
Following a review of the submitted materials, the Board will schedule interviews with selected candidates. Interviews of the selected applicants and final selection will be held at a special Board of Education meeting on Monday, April 22, 2024.

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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OF
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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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HUB OF THE SAN GABRIEL VALLEY

BALDWIN PARK
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COMMUNITY ENGAGEMENT MEETING
Junta informativa
ANA MONTENEGRO PARK
Parque Ana Montenegro

Esther Snyder
Community Center
4100 Baldwin Park Blvd.
Baldwin Park, CA

Wednesday,
April 24, 2024
Miércoles,
24 de Abril de 2024
6:00 PM - 7:00 PM

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