

The Mid Valley News

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City of El Monte to Gather for National Day of Prayer

On Thursday, May 2, 2014, the City of El Monte will join together with the community to observe the National Day of Prayer. To mark this important occasion, a special Prayer Breakfast will be held at Lambert Park Auditorium, located at 11431 McGirk Ave in El Monte.

The National Day of Prayer is an annual observance held in the United States, where people from various religious backgrounds come together to pray for the nation and its leaders. This day, designated by Congress in 1952, takes place on the first Thursday of May each year.

On this day, individuals, communities, and religious organizations gather in prayer meetings, churches, and public spaces to seek guidance, strength, and unity through prayer. The National Day of Prayer offers an opportunity for people to set aside their differences and join in a shared expression of faith.

Starting at 7:00 am, the National Day of Prayer Breakfast will bring together residents, business members, and members of the community for a



morning of reflection and unity. The event aims to provide an opportunity for people of all backgrounds to come together in prayer, regardless of their religious affiliations.

The purpose of this observance is to encourage people of all religious affiliations to come together in prayer, regardless of their beliefs or traditions. It serves as a reminder of the

importance of spiritual reflection and seeking divine intervention in times of need.

While the National Day of Prayer is not a public holiday, it is recognized and supported by various governmental and non-governmental organizations. The President of the United States typically issues a PRAYER >> PAGE 7

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Former EMCS D Student Teaches Breakdancing



By Gabriela Angel

Meet Steven Trujillo, a professional choreographer whose journey has led him back to his roots, igniting a passion for dance within El Monte City School District's (EMCSD) youngest learners. Mr. Steven, as his students refer to him, is a former Gidley School alum, attending from kindergarten through eighth grade and now he has introduced an exciting Breakdancing 101 program to EMCSD students.

"I am a big believer in giving back to the community that gave me a lot," said Mr. Steven. As a choreographer, he especially enjoys working with the youth. It's extremely important to him to bring the culture of hip-hop and the art form of breakdancing to the next generation. "These kids are the future," he explained.

Mr. Steven especially enjoys seeing how much of a positive impact a program like this can have on the

student's lives. He does not take this job lightly and is aware of the tremendous influence he has on his students, especially at such a young age, his students are very impressionable. "I'm happy to be able to pass on the knowledge that I've gained from my experiences," he said. He wants his students to know that he is always in their corner ready to support and encourage them.

Breakdancing 101's popularity skyrocketed when it was first announced and now there is a long waitlist at the participating schools, Gidley and Cleminson. So far, Mr. Steven has taught over 60 students, completing two beginner sessions with third through sixth graders. "I love this program! It's teaching me a lot about breakdancing," said Gidley student Tren Lopez. The program is designed for students to learn and encourage each other to succeed. Tren said his

BREAKDANCING >> PAGE 7

Farmer's Market Showcases The Best of Rosemead



The vibrant energy of Rosemead's Farmers Market is set to captivate locals and visitors alike every Monday night until November 2024. Located at Rosemead Park on 4343 Encinita Avenue, this weekly event from 5:00 PM to 9:00 PM promises an enchanting experience filled with fresh produce, delectable food, and unique merchandise.

The Farmers Market in Rosemead is a haven for those seeking high-quality, locally sourced products. Visitors can indulge in a wide variety of fresh produce, handpicked from nearby farms, ensuring a farm-to-table experience. From vibrant fruits and vegetables to fragrant herbs and spices, the market offers an abundance of healthy options for shoppers.

In addition to the diverse array of produce, the Farmers Market boasts a tantalizing selection of delicious food. With a range of culinary delights from

various cultures, visitors can savor a diverse range of flavors. From mouthwatering street food to artisanal baked goods, there is something to satisfy every palate.

Beyond the culinary treasures, the Farmers Market in Rosemead is also a treasure trove of unique merchandise. Local vendors showcase their craftsmanship and creativity, offering an array of handmade goods, artisanal products, and one-of-a-kind treasures. Visitors can expect to find handmade jewelry, artwork, clothing, home decor, and much more.

This fabulous opportunity is not only a chance to support local vendors but also a fantastic way to spend an enjoyable evening with friends and family. The Farmers Market creates a lively and welcoming atmosphere, where

ROSEMEAD >> PAGE 7



Arroyo High School Athlete of the Month- Daisy Hake

By Liliana Bimbela, Knights Banner, Arroyo High School

Distance track captain, Daisy Hake, has shown many what she is capable of. After being injured for nearly a year, she came back stronger than ever ready to do the best she can. "I had to take a lot of time off of running, so coming back stronger than I was before was so surprising and fun," Daisy said.

With the season barely beginning, Daisy has shown a lot of improvement in her running day by day. She works hard during practice and at home, "She has been doing very well considering the season just started. I'm really proud of how hard she has pushed herself and becoming one of the best runners we have this year," Coach Bryon Hake said.

Daisy has been doing track ever since she was a little kid. Her events are the 1600, 800, and 4x400. She mostly focuses on her 800m in hopes

of a new PR. When Daisy was a freshman she ran at CIF after qualifying for the 800, unfortunately she got injured at the beginning of her race, she tore her labrum and had to get surgery. During Daisy's recovery, "she worked really really hard in physical therapy and got very strong and is running faster now than she was before her surgeries which is just completely due to her hard work," Distance Coach Hake said.

Daisy's passion for running helps her to do better and her desire to get better pushes her to keep on going, "I'm always striving to become stronger, faster, and tougher" she said. Daisy's incredible commitment to her sport and her relentless pursuit of it will gradually present her with amazing opportunities for her future.

Track can be hard for some but Daisy's passion for running helps her achieve many great goals. Along with the hard work, there are also great



memories made within a team and yourself. "One of my favorite memories from this sport was the League Finals of my junior year, when I won the 800 after coming back from a hip injury and surgery. I had to take a lot of time off of running, so coming back stronger than I was before was so surprising and fun," Daisy said.

With the love and support of her coaches it is expected that she makes it to CIF after all the hard work that paid off. "I recommend people join the track because it has something for everyone,

The track team is super supportive on top of being super successful! I love this team so much. The tough workouts really bring us together and my teammates all make me feel so encouraged and supported. Stay consistent and don't give up on your goals! I promise your hard work and dedication will pay off," Daisy said.

(Story and Photo Courtesy of Arroyo High School and EMUHSD. Originally story can be found at <https://knightsbanner.com/>)

EMRAS Babysitting Program Brings Easter Joy to Children



El Monte Rosemead Adult School's (EMRAS) Babysitting Program has once again demonstrated its commitment to creating joyous moments for children. With a vibrant array of Easter activities and an exhilarating egg hunt, complemented by the California Council for Adult Education (CCA) Easter Basket opportunity drawing, EMRAS successfully delivered a memorable Easter celebration for the evening kids in their Babysitting Program.

The EMRAS team's dedication and meticulous planning were evident as they prepared a range of engaging Easter-themed activities. Children and their families were treated to an enchanting evening of festive fun and togetherness.

With anticipation running high, the egg hunt commenced, captivating the young attendees with its sense of adventure. Laughter filled the air as children eagerly scoured the grounds, their eyes gleaming with excitement as they discovered hidden treasures. The energy and enthusiasm exhibited

by the participants created an atmosphere of pure joy and camaraderie.

The collaboration with the California Council for Adult Education further enhanced the event. The CCAE Easter Basket opportunity drawing provided an additional element of excitement for both children and adults. Participants eagerly awaited the chance to win beautifully crafted Easter baskets filled with delightful treats and surprises.

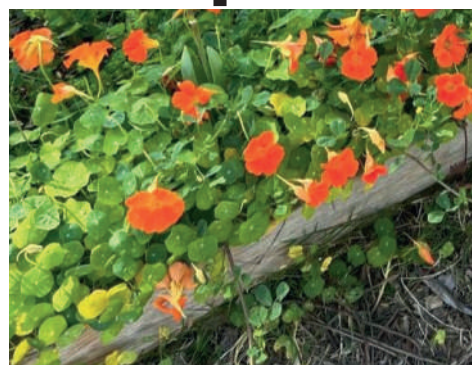
The EMRAS Babysitting Program's dedication to providing a memorable Easter experience for the children deserves high praise. Their efforts not only brought immense happiness to the young ones but also showcased the power of community engagement and support.

As the sun set on the event, casting a warm glow over the gathering, the EMRAS team and the California Council for Adult Education had successfully created an enchanting evening of celebration. The memories created on this special occasion will forever be cherished by all those fortunate enough to be a part of it.

The EMRAS team's unwavering commitment to fostering joy and sense of good health serves as an inspiration to the community. Their dedication to creating magical moments for children highlights the transformative power of acts of kindness.

Photo courtesy of El Monte Rosemead Adult High School

Students Celebrate Spring with Garden-Inspired Delicacies



Arroyo High School and Rosemead High School students recently came together to celebrate the arrival of the Spring season in a unique and delicious way. As part of a collaborative effort, the students utilized fresh vegetables and flowers harvested from their school gardens to make spring rolls, and for dessert, they indulged in a delectable mousse made with the garden's very own passion fruits.

The event, which aimed to promote sustainability and healthy eating habits, showcased the students' dedication to utilizing local resources and fostering a connection with nature. By incorporating the produce from their school gardens into their culinary creations, the students not only celebrated the vibrant flavors of Spring but also learned the importance of sustainability and the benefits of eating fresh, nutritious food.

Under the guidance of their teachers and experienced chefs, the students learned the art of crafting spring rolls, a traditional Asian delicacy known for

its light and refreshing taste. Carefully selecting vegetables and flowers from the gardens, the students embraced the opportunity to explore different flavors and textures, creating a colorful and visually appealing dish.

For dessert, the students were treated to a mousse made from the garden's passion fruits. The sweet and tangy taste of the passion fruit perfectly complemented the light and airy texture of the mousse, leaving the students with a satisfying and memorable culinary experience.

The event not only showcased the students' culinary skills but also highlighted the importance of school gardens in promoting sustainable practices and healthy lifestyles.

By actively participating in garden-to-table initiatives, the students gained a deeper understanding of the farm-to-fork concept, fostering a sense of responsibility towards the environment and their own well-being.

Overall, the Spring celebration at Arroyo and Rosemead High Schools served as a reminder of the beauty and bounty that nature provides.

Through their culinary creations, the students not only celebrated the arrival of Spring but also learned valuable lessons about sustainability, healthy eating, and the joys of working with fresh, locally sourced ingredients.

Health & Fitness

How to Combat Social Isolation

FAMILY FEATU

Even before COVID-19 limited social contact with friends, family and colleagues, many adults experienced loneliness and depression due to limited contact with others. Now, a year after the pandemic forced many people into even greater levels of isolation, the issue of social isolation is especially prevalent in Americans over the age of 50.

Despite the physical implications of a global pandemic, research shows the mental health stakes are high, too. A nationwide survey, commissioned by Barclays, found that half of Americans over the age of 50 said the isolation from their friends and family has been more challenging than concerns over health risks they may face.

Social isolation has provided plenty of time for Americans to reflect on their priorities. The majority of Americans surveyed (90%) have re-evaluated their post age-50 goals and put spending more time with family at the top of their lists. In fact, the most common first thing 50-plus Americans will do once COVID-19 is over is to see and spend time with their families (41%).

“While restrictions are beginning to ease, many older adults are still isolated from friends and family, and that takes a toll on their mental well-being” said Lisa Marsh Ryerson, president of the AARP Foundation. “We must do all we can to help older adults, who have suffered greatly during COVID-19, strengthen the social connections that are so essential to their ability to lead longer, healthier lives.”

For example, AARP Foundation’s Connect2Affect platform equips older adults with the tools they need to stay physically and mentally healthy and connected to their communities. The AARP Essential Rewards Mastercard from Barclays is helping fund the foundation’s work to increase social connection with donations based on new accounts and eligible purchases, up to \$1 million annually.

A little creativity and a commitment to filling time productively can help reduce the strain of being alone until it’s safer to resume social activities.



Photos courtesy of Getty Images



Use technology to connect with loved ones. Video chats and traditional phone calls can help you feel connected even when you can’t be together in person. While a drop-in call can be fun, consider arranging regular visits with kids and grandkids. If you schedule calls throughout the week, you’ll have something regular to look forward to and can benefit from a check-in that affirms everyone is healthy and safe.

Make time for physical activity. Staying closer to home may mean you’re not getting the exercise you once did, but it’s important for your health to stay active. Regularly using your muscles helps keep your body strong, and even light physical activity a few times each week can help keep your cardiovascular system fit for better heart health. Regular exercise can also provide a range of positive mental health outcomes, including reduced stress, anxiety and depression, and improved memory.

Volunteer in your community or consider virtual volunteering. Helping others is a way to release feel-good endorphins for yourself. While your limited social calendar may afford you some extra time, inquire with local nonprofits about how you can contribute to their causes. Especially as funding for charitable organizations has dropped, volunteers are still essential to most nonprofit organizations, whether the help comes in person or virtually. Even from a distance, you may be able to help with tasks like making calls to donors, assisting with mailings or planning fundraising campaigns.

Learn a new hobby or skill. Another way to fill your free time, and reap some positive energy, is to explore a new hobby or skill. The personal satisfaction of learning and focusing your mental energy on something that interests you can help offset the disappointment of being away from those you love.

Find more resources that support older adults at connect2affect.org.

Benefits of Owning a Pet as You Grow Older

Pets bring their human caregivers joy, security, companionship and more. But did you know that owning a pet is scientifically shown to benefit your health? Here are three good reasons to consider adopting a pet.

Spending time with pets reduces stress and decreases blood pressure levels. Furthermore, caring for a pet will encourage you to get more exercise. Taking a dog for a walk, or playing with a cat, is an easy and enjoyable way to stay active.

Pets provide companionship. People often have fewer opportunities for social interaction as they grow older and begin to feel isolated. But pets are good company, and dogs in particular can provide you with more opportunities for social

interaction. Walking your dog or taking them to the dog park allows you to strike up conversations with other dog owners.

Pets give you a sense of purpose. Knowing that your pet cares for you and that they are dependent on you for food, exercise and companionship will fill your life with added meaning and importance. Plus, caring for your pet can help you establish a routine and give your day structure.

These are just a few of the many advantages of owning a pet. However, you can also reap many of these benefits simply by spending time with animals. An increasing number of senior facilities have programs where pets are regularly brought in to visit residents.



THE ANATOMY OF A NEW FITNESS ROUTINE

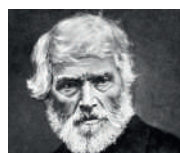
Exercise is key to a healthier lifestyle. That’s common knowledge. But how to build and sustain a successful exercise routine is another story. Here’s how professional trainers and fitness instructors recommend getting started...

DO:

- Listen to your body.** Pay attention to your muscles, joints and bones. If you’re in too much pain after a workout, take a day off. Feel great? Keep it up a bit.
- Write down everything.** Putting your routine on paper keeps you motivated. Set plug workout dates and times into your calendar, record weekly goals and track your progress.
- Work your core.** A strong core keeps you fit and stable and helps to prevent injuries and health concerns. So mix a solid dose of crunches, planks and sit-ups into your routine.
- Allow time for recovery.** One common mistake among new runners is going out on top of run. Muscles need to recover, so trainers say to space runs out to start and build up frequency.

DON'T:

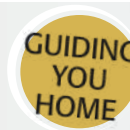
- Set unrealistic goals.** Unachievable goals can breed doubt and quickly derail any new plan. Start with simple milestones like number of workouts a week or minutes exercised a day.
- Let time get in the way.** Lack of time is a leading cause of skipped workouts. So build your plan around your busy schedule by working in short bursts of exercise throughout the day.
- Forget to hydrate.** Dehydrated muscles are more likely to cramp and tighten up, which leads to tears. Drink lots of water before, during and after exercise.
- Go out too fast... or far... or long.** For new exercisers, doing too much, too soon can doom a routine in its infancy. Trainers’ tip: set speed, distance and time limits – and hold yourself to them.



It’s never too late and you’re never too old to become better. -Unknown



Real estate REPORT



Essential Care Tips for a Healthy Flower Garden



Knowing how to care for your flower garden is essential for maintaining the health and beauty of your plants. By providing the right combination of water, sunlight, and fertile soil, you can ensure that your garden blooms with vitality. In this article, we will explore some simple yet effective hints to help you maintain a thriving flower garden.

Water, Sunlight, and Soil

The three basic necessities for a healthy flower garden are water, sunlight, and fertile soil. Adequate watering is crucial, especially during dry spells, to keep your plants hydrated. Be mindful of the specific water requirements of different types of flowers.

When planting bulbs, ensure they are placed at the correct depth. For shrubs and perennials, avoid heaping soil or mulch around the stem, as this can prevent water from reaching the roots and lead to rot.

Combine Perennials and Annuals

To ensure a continuous display of blooms, consider mixing perennials and annuals in your garden. Perennial flower bulbs, once planted, will grow and bloom for several years, while annuals bloom for just one season. By incorporating both types, you can enjoy a variety of flowers throughout the year.

Deadheading for More Blossoms

Deadheading, the removal of wilted flower heads, is a simple technique that encourages plants to produce more flowers. By snipping off the deadheads, you prevent the plant from diverting energy into seed production and instead promote new blooms. Be sure to dispose of the deadheads away from the garden to prevent the spread of diseases and mildew.

Beneficial Insects and Natural Predators

Not all insects are harmful to your garden; in fact, many play vital roles in pollination and maintaining the ecosystem. Butterflies, beetles, and bees are natural pollinators, ensuring the fertilization of plants through the transfer of pollen.

Additionally, insects like lacewings and dragonflies act as natural predators, controlling the populations of harmful pests such as aphids. Sowbugs, dung beetles, and microorganisms contribute to the decomposition of dead plant material, enriching the soil and making nutrients more readily available to plants.

Pruning and Fertilizing

Regular pruning is essential for maintaining the shape and health of your plants. Remove any dead or damaged branches, promoting new growth and preventing the spread of diseases. Fuchsias, in particular, are prone to snapping, so be cautious when handling them.

Applying liquid fertilizer during the flowering period can help prolong blooming. Choose a fertilizer specifically formulated for flowering plants and follow the instructions for application to avoid overfeeding.

Caring for your flower garden requires attention to the essentials of water, sunlight, and soil. By combining perennials and annuals, deadheading spent blooms, embracing beneficial insects, and practicing proper pruning and fertilization techniques, you can create a garden that blooms with health and beauty.

Remember to tailor your care to the specific needs of different plants and enjoy the rewards of a vibrant and thriving flower garden.



Selling is all about presentation, and the words we use play a crucial part in ensuring the success of a presentation. These powerful words are sure to enhance sales letters, brochures, or any other medium of advertising you use (depending on the product you're selling). Consider this as the sales cheat sheet.

- Amazing
- Bargain
- Bonus
- Complete
- Easy
- Enjoy
- Entertaining
- Evocative
- Exclusive
- Genuine
- Guarantee
- Hurry
- Instant
- Irresistible
- Perfect
- Safe
- Save
- Solution
- Special
- Zesty



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Eye On Finance

One Reason Credit Card Debt is Crippling

Credit card debt has become an increasingly common issue for individuals and households around the world. Credit cards offer convenience, flexibility and rewards, but they can also lead to crippling debt for those who are not careful. The negative impact of credit card debt can be far-reaching, affecting one's financial, emotional and physical well-being.

One of the biggest problems with credit card debt is the high-interest rates that come with it. Many credit cards charge interest rates of 20% or more, which can quickly accumulate over time.

This means that the longer you carry a balance on your credit card, the more interest you will end up paying, making it even harder to get out of debt. Moreover, many credit card companies have hidden fees and charges, which can further compound the problem.

Credit card debt can also have a significant impact on your credit score. Late payments or carrying high balances can negatively affect your credit score, making it more difficult to obtain loans or credit in the future. A poor credit score can also lead to higher interest rates on future loans or credit cards, which can make it even harder to get out of debt.

The stress and anxiety of credit card debt can also have a significant impact on one's emotional well-being. Constantly worrying about

how to pay bills or how to make ends meet can lead to depression, anxiety, and other mental health issues. The pressure to keep up with payments can also strain relationships with family and friends, leading to further stress and isolation.

The impact of credit card debt is not limited to one's emotional well-being. It can also have physical effects on one's health. Studies have shown that individuals with high levels of debt are more likely to experience physical symptoms such as headaches, stomach problems, and sleep disturbances. This can be due to the stress and anxiety associated with financial difficulties.

Furthermore, credit card debt can limit one's ability to achieve long-term financial goals. If a significant portion of one's income is dedicated to paying off credit card debt, it leaves little room for saving or investing in the future. This can make it harder to achieve financial stability and can limit opportunities for retirement or other long-term goals.

The negative impact of credit card debt is clear. High-interest rates, hidden fees, and charges, as well as the emotional and physical toll, can all have a significant impact on one's overall well-being. It is important to be mindful of credit card use and to make sure that balances are paid off in full each month. If you find yourself struggling with credit card debt, seeking the help of a financial advisor or credit counselor may be a good first step in getting back on track.

The Tax Payer Bill of Rights

In 2014, the Internal Revenue Service (IRS) announced the adoption of the Taxpayer Bill of Rights. This new set of rights was designed to help taxpayers understand their rights when dealing with the IRS and to ensure that they are treated fairly during tax proceedings.

The Taxpayer Bill of Rights is made up of ten fundamental rights that taxpayers have when interacting with the IRS.

These rights include the right to be informed, the right to quality service, the right to pay no more than the correct amount of tax, the right to appeal an IRS decision in an independent forum, and the right to finality.

One of the key provisions of the Taxpayer Bill of Rights is the right to be informed. This means that taxpayers have the right to know what they need to do to comply with tax laws, what their rights are during the tax process, and what options are available to them if they need assistance.

Another important provision of the Taxpayer Bill of Rights is the right to

quality service. This means that taxpayers have the right to expect prompt, courteous, and professional service from IRS employees. Taxpayers should not be subjected to lengthy hold times or have their calls go unanswered.

The right to pay no more than the correct amount of tax is another important provision of the Taxpayer Bill of Rights.

This means that taxpayers have the right to challenge the IRS's determination of their tax liability and to have the IRS review any supporting documentation that they provide.

Taxpayers also have the right to appeal an IRS decision in an independent forum. This means that taxpayers have the right to have their case heard by an impartial appeals officer who is not involved in the original decision-making process.

Overall, the Taxpayer Bill of Rights is an important tool for taxpayers who need to interact with the IRS. By knowing their rights and asserting them when necessary, taxpayers can ensure that they are treated fairly during the tax process and can achieve a successful resolution to their tax issues.



Who Is The Rio Hondo Community Development Corporation?



The Rio Hondo Community Development Corporation (RHDC) is an El Monte based nonprofit organization that was established in 2003 to promote community development and affordable housing in the Rio Hondo region of Los Angeles County.

The organization serves a number of cities in the area, including El Monte, South El Monte, Rosemead, and Baldwin Park.

The of the RHDC is to improve the quality of life for low- and moderate-income families in the region by providing affordable housing, economic development opportunities, and community services. The organization is committed to creating sustainable communities that are safe, healthy, and vibrant.

One of the primary focuses of the RHDC is affordable housing. The organization develops, owns, and manages affordable housing units for low- and moderate-income families and individuals.

The RHDC has helped thousands of families by providing affordable housing units in the, and the organization continues to seek out new opportunities to increase the availability of affordable housing.

In addition to developing affordable housing units, the RHDC provides a range of services to support residents and to promote community development.

The organization offers financial education and counseling to help residents manage their finances and to build wealth. The RHDC also provides workforce development programs, including job training and placement services, to help residents

access employment opportunities and to build the skills they need to succeed in the workforce.

The RHDC is also involved in a number of community development projects that aim to revitalize neighborhoods and to promote economic growth.

The organization works with local businesses and community leaders to identify opportunities for economic development, and it provides support and resources to help businesses start and grow.

In addition to its work in affordable housing and community development, the RHDC is committed to promoting sustainability and environmental stewardship.

Overall, the RHDC is an important, local, organization that is making a significant impact in the El Monte region of Los Angeles County.

Through its work in affordable housing, community development, and sustainability, the RHDC is helping to create vibrant, healthy, and sustainable communities where all residents can thrive.



It's Easy To

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Three Dot Lounge...

Cracker Barrel

by Mike McClure



...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.

Working OverTime

by Cynthia Huizar



...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.

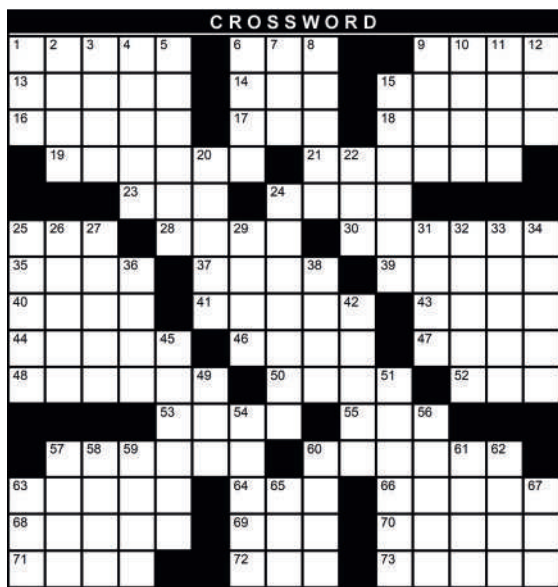
Both literally and figuratively. It always seems like we have been cooped up for months, bundled up with heavy winter clothes and heavy winter thoughts.

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.



- 52. Hi-monitor
- 53. Toothy wheel
- 55. *Street, in capital city in #38
- 57. *On the Danube
- 60. *On the Thames
- 63. Virtue, in Italian
- 64. *Street, in capital city in #25
- 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

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- THEME: EUROPEAN CAPITALS
- ACROSS
- 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
- 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

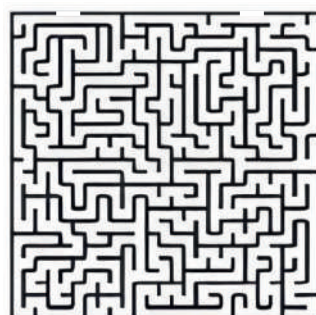
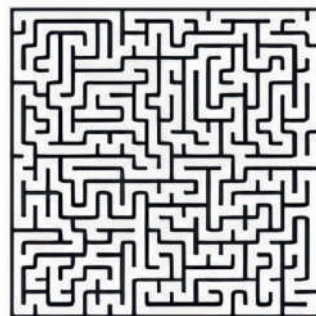
What can travel around the world while staying in a corner?

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

You cannot escape the responsibility of tomorrow by evading it today.
- Abraham Lincoln

PRAYER
From Page 1

proclamation each year, urging citizens to participate in this day of prayer. Many state and local governments also endorse and organize prayer events in their communities.

As the city of El Monte comes together with its residents and business members, the National Day of Prayer Breakfast serves as a

powerful reminder of the importance of spiritual reflection and seeking divine intervention.

It offers a space for individuals to connect with one another and with God, seeking solace and guidance in the face of personal and societal challenges that separate us from Him.

The National Day of Prayer is a reminder of the importance of spiritual reflection, humility, and seeking divine guidance.

(Photo Courtesy City of El Monte)

BREAKDANCING
From Page 1

favorite part of the program is learning all the different moves, "I hope when I grow up I can learn even more moves!" Soleil Garcia, 3rd grader from Cleminson said, "I'm so glad to have breakdancing at my school. It is such a fun and amazing activity!" Like Tren, she also enjoys learning the different moves, her favorites include the helicopter and the salsa step.

There is tremendous growth seen in the students participating. Mr. Steven recalls how some students were shy when they started and many were uncomfortable performing in front of a crowd. Now, they have gained that

confidence in such a short amount of time. "It's incredible to see the transformation from week one to week eight. They can use these skills and apply them to other parts of their lives," said Mr. Steven.

As a former student at Gidley, Mr. Steven looks back on his time there and remembers practicing his breakdancing outside the band room. Since he started dancing almost 15 years ago, giving back was always a goal. Although the program is currently only offered at Gidley and Cleminson, Mr. Steven hopes to expand to other schools next year, introducing breakdancing to even more students.

(Photo and Story Courtesy of El Monte City School District)

ROSEMEAD
From Page 1

visitors can connect with the community, explore new flavors, and discover hidden gems.

For more information about the Rosemead Farmers Market, interested individuals can contact the Department of Parks and Recreation at

(626) 569-2160 or visit the official website at www.cityofrosemead.org. Don't miss out on this exciting weekly event that celebrates local produce, culinary delights, and unique merchandise. Mark your calendars and get ready to experience the vibrant energy of Rosemead's Farmers Market.

(Photo Courtesy City of Rosemead)

Community College is Good for Business

Lightcast, a provider of economic impact and labor market data, performed the comprehensive analysis of the economic impact Citrus College has in the region. In a report titled, "The Economic Value of Citrus College," the firm revealed that by totaling nearly \$1 billion, Citrus College's impact in the areas of construction spending, student spending and alumni spending supports 10,265 jobs in the county.

"Made possible through Strong Workforce Program regional funding and the support of the Los Angeles Regional Consortium, this study reinforces the tremendous importance of the programs and services provided by Citrus College," said Dr. Greg Schulz, superintendent/president of Citrus College. "Our faculty and staff are committed to providing the education and training that will enable students to achieve professional and personal success. In turn, Citrus College students enter the workforce and contribute to their communities. As this study shows, the college's value to taxpayers, students and the region as a whole is extraordinary."

In addition to the economic analysis, Lightcast performed a comparison of the costs and benefits of investing in Citrus College. In doing so, they found that for every dollar a student invests in Citrus College in the form of out-of-pocket expenses and time, they receive a cumulative value of \$7.80 in higher future earnings. The average annual return of student investment is 23.1%.

Similarly, the investment analysis determined that Citrus College generates more in tax revenue than it receives. For every dollar of public money invested in Citrus College, taxpayers will receive a cumulative value of \$1.40 over the course of the

students' working lives. The benefits to taxpayers will also consist of savings generated by the improved lifestyles of Citrus College students and its corresponding reduction in the use of government services.

"I am both encouraged and inspired by these analyses," Superintendent/President Schulz added. "The results affirm what those of us in the campus community have known for a long time: Investing your time and money in Citrus College is a wise decision."

The Lightcast study was based on several sources, including the 2021-2022 fiscal year and financial reports from Citrus College; institutional data supplied by the college's institutional research, planning and effectiveness office; industry and employment data from the U.S. Bureau of Labor Statistics and U.S. Census Bureau; outputs of Lightcast's Multi-Regional Social Accounting Matrix model; and a variety of studies and surveys relating to education and social behavior.

"On behalf of the Citrus Community College District Board of Trustees, I extend my sincere gratitude to the faculty and staff of Citrus College for their commitment to creating an educational environment that is capable of producing such impressive results," said Dr. Anthony Contreras, president of the board of trustees. "We are also incredibly grateful to our local taxpayers for making it possible for Citrus College to continue fulfilling its mission. Our hope is that the information in this report assures them that their contributions to higher education are worthwhile."

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Puzzle Answers



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

B	L	O	A	T	A	R	C	C	O	H	O	
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		A	T	M	G	H	E	E				
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K	R	A	I	T	Y	E	T	I	S	U	E	R
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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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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.



CITY OF BALDWIN PARK

COMMUNITY ENGAGEMENT MEETING
Junta informativa
ANA MONTENEGRO PARK
Parque Ana Montenegro

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

Wednesday,
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