

# The Mid Valley News

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## Students Qualify to Compete in the International Robotics Competition

By M. Earle, Mountain View School District

For the second year in a row, a team from the Aquatic Robotics Club at Parkview School in the Mountain View School District has qualified to compete at the International Seaperch Competition at the University of Maryland on May 31.

Seaperch is an innovative underwater robotics program that provides students the opportunity to learn about robotics, engineering, science, and mathematics (STEM) while building an underwater Remotely Operated Vehicle (ROV), following a curriculum that teaches basic engineering and science concepts with a marine engineering theme. Parkview's club meets twice a week after school.

Parkview's student team of Johan Covarrubias, Joshua Jimenez, David Andrade, Buoncent Priestley and Anthony Ramires, known as Team G.T.K. (Great Tasting Kelp), had a great showing at the Los Angeles Regional Seaperch Competition on February 24, the club's first



competition of the year.

Showing off their aquatic robotics expertise, Team G.T.K. earned three first place trophies at the competition including First Place Obstacle Course, First Place Mission Course and Overall First Place Middle School.

The triple first place honors led to Team G.T.K.'s entry into the International Seaperch Competition

where they will be joining over 170 teams from the United States and U.S. territories to compete.

Team G.T.K. and two other teams from Parkview's club also excelled in their next competition, the Inland Empire Regional Competition at UC Riverside on March 23, coming away with six trophies.

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## EMCSD Takes Over Sacramento



By R. Dozmati, El Motne City School District

Breaking new ground in the El Monte City School District (EMCSD), 4th graders embarked on a remarkable journey to California's capital. This year, EMCSD allocated funds to send each 4th grader to Sacramento for a one-day study trip, offering them a rare chance to explore the city of trees and enrich their learning experience.

This educational odyssey, which was approved by EMCSD's Board of Education back in December, saw over 500 4th graders delving into the Golden State Capitol, touring the Capitol Building, Vietnam Memorial, California State Railroad Museum, Sutter's Fort, and Old Town Sacramento, deepening their

understanding of history and culture.

"Students learn best if they can immerse themselves in the content," shared EMCSD Superintendent Dr. Maribel Garcia. "Our entire team and board of education understand this, so when the opportunity to provide study trips for students to visit our state capitol at no cost to families presented itself, we acted. For many of our students, this was their first time on an airplane, let alone visiting the state capitol. These experiences can influence a student's educational and life trajectory, and we are thrilled that we were able to make this possible."

The success of this trip was a testament to the collective effort of EMCSD. Student Support Services and Communications departments

SACRAMENTO >> PAGE 7

## Baldwin Park Hosts 2024 State of the City Address



The City of Baldwin Park hosted its 2024 State of the City address on Thursday, April 11, at the Performing Arts Center of Baldwin Park. Speaking to residents, business owners and community partners, Mayor Emmanuel J. Estrada and members of the Baldwin Park City Council celebrated the City's 2023 accomplishments, key projects and initiatives, while looking forward to Baldwin Park's bright future.

"2023 was a busy year in Baldwin Park," Mayor Emmanuel J. Estrada told the audience. "And while the accomplishments of the City range from finding innovative solutions to housing and homelessness, to building new parks and greenways, to hosting events that celebrate the diversity and strength of our community, you will find that collaboration and innovation are two underlying themes that tie them all together, as we collectively work to build a bright future for Baldwin Park."

Mayor Pro Tem Jean M. Ayala, a teacher of three decades, celebrated the successes of the City Clerk's Office and Human Resources, Finance and Information Technology Departments. During her remarks, Avila acknowledged the transparency promoted by the City Clerk's Office and the efficiencies made possible by Human Resources and Information Technology through successful recruitment efforts and upgrades to the City website and software. She also highlighted the City's year-end budget surplus.

"The team has done a wonderful job safeguarding the City's financial position well into the future," said Mayor Pro Tem Jean M. Ayala. "This will allow the City to continue to reduce future unfunded retirement liabilities and set away funds for emergency needs."

BALDWIN PARK >> PAGE 7



## District Launches Campaign to Celebrate Student Success

El Monte Union High School District is thrilled to announce the launch of a new campaign that aims to shine a bright spotlight on the extraordinary achievements and successes of its students.

The district is inviting students, teachers, staff, parents, and community members to share good news and celebrate notable accomplishments through the "Share Your Successes Today!" campaign.

This exciting initiative seeks to highlight a wide range of achievements, including academic triumphs, artistic endeavors, athletic victories, and community contributions.

El Monte Union aims to ignite a spark of inspiration and instill unwavering motivation within both the district and the wider community.

Participants are encouraged to submit their stories, along with captivating photos, showcasing their

student's name, grade, and accomplishment.

The submissions will be carefully reviewed, and select stories will be featured in various District communications, reaching a wider audience and inspiring others.

Through this campaign, El Monte Union aims to foster a sense of pride and unity within its diverse community.

Sharing the stories of success and highlighting the hard work and dedication of its students will create a positive and inspiring narrative that resonates with everyone.

To participate in the campaign, individuals can visit [bit.ly/elmontegoodnews](http://bit.ly/elmontegoodnews), where they will find the submission page accessible on the District's Home Page.

The process is simple and straightforward, allowing for easy entry of stories and photos that capture the



essence of outstanding achievements.

El Monte Union High School District is excited to embark on this journey of celebrating student success.

The district hopes to inspire others to reach for their dreams, overcome

challenges, and make a positive impact within their communities.

Join El Monte Union in the "Share Your Successes Today!" campaign and help create a collective narrative of triumph and accomplishment.

## Leos and Laurels Club Volunteers at Santa Anita Park Derby Day



A special shoutout goes to the incredible members of El Monte High School's Leos and Laurels Clubs for their outstanding volunteer work during this year's Santa Anita Park Derby Day 5k Walk/Run on April 6th! These students truly went above and beyond, making a significant impact on the success of the event.

Now, let me fill you in on what Derby Day at the Santa Anita Race Track is all about. Picture this—a thrilling annual horse racing extravaganza held in Arcadia, California. It's a magnet for racing enthusiasts, bettors, and spectators who can't resist the allure of thoroughbred racing. The star of the show is the highly-anticipated Santa Anita Derby, a top-tier Grade I stakes race for three-year-old thoroughbred horses. It's a stepping stone for those aiming to compete in the iconic Kentucky Derby.

So, who are these Leos and Laurels Clubs? Well, they are service clubs at El Monte High School that focus on

community service and leadership development. These clubs give students the chance to dive into volunteer activities, hone their leadership skills, and make a positive impact in their communities.

Now, let's get back to the Santa Anita Park Derby Day 5k Walk/Run. The Leos and Laurels Club members stepped up big time, showcasing their dedication and selflessness. They took charge of various tasks, helping the event run like a well-oiled machine.

You can imagine the chaos that comes with organizing a 5k Walk/Run, but these students handled it like pros. They communicated race instructions, answered questions with ease, and were generally great ambassadors of the great sport and El Monte High School.

Thanks in part to the dedication of the Leos and Laurels Club members, the Santa Anita Park Derby Day 5k Walk/Run was an absolute triumph. Their commitment to community service and leadership shined, leaving a lasting impact on both the participants and the community as a whole.

These students are a true inspiration, exemplifying the power of community engagement and the positive change that dedicated individuals can bring about. Their selfless commitment to service sets an example for future generations, encouraging others to get involved and make a difference in their own communities.

(Photo Courtesy El Monte Union High School District)

## Varsity Cheer Team Triumphs at Sharp International Championship



Rosemead High School's varsity cheer team has soared to new heights of achievement, clinching the coveted first-place position in their division at the esteemed Sharp International Championship on March 31st! The team's extraordinary performance not only secured their victory in the division but also earned them the prestigious overall division winners' title for high school large cheer.

Adding to their achievements, they also claimed the highly esteemed most outstanding award, solidifying their status as a force to be reckoned with in the world of competitive cheerleading.

The Sharp International Championship is a high level event that attracts top cheerleading teams. This competition serves as a platform for teams to showcase their skills, precision, and athleticism. The championship features a series of divisions categorized based on age, skill level, and team size, ensuring fair and competitive matchups.

During the Sharp International Championship, teams are evaluated by a panel of experienced judges who

score technical proficiency, creativity, showmanship, and overall performance quality. It is through these evaluations that Rosemead High School's varsity cheer team demonstrated their talent, captivating the judges and securing their well-deserved first-place victory in their division.

Rosemead High School's varsity cheer team's triumph at the Sharp International Championship is a remarkable accomplishment. Their victory not only highlights their skills but also serves as a testament to their confidence, dedication, and teamwork.

As we celebrate Rosemead High School's varsity cheer team's remarkable achievement, let it serve as a reminder of the incredible talent, dedication, and perseverance that lies within each member of the team. They have proven themselves to be true champions, embodying the essence of competitive cheerleading and setting an example for others to follow.

Congratulations to Rosemead High School's varsity cheer team on their resounding victory at the Sharp International Championship. As they bask in their well-deserved triumph, we applaud their unwavering commitment to excellence and wish them continued success in their future endeavors.

# Health & Fitness

## 10 Tips to Help Older Adults Be Healthier



As we age, our bodies undergo changes that can impact our health and well-being. For older adults, it's important to take proactive steps to maintain good health and prevent health problems. Here are some tips to help older adults be healthier:

**Stay physically active:** Regular physical activity can help older adults maintain strength, balance, and flexibility, which can help prevent falls and injuries. It can also reduce the risk of chronic diseases such as heart disease, diabetes, and some types of cancer. Even simple activities like walking, swimming, or gardening can be beneficial.

**Eat a healthy diet:** A healthy diet is important at any age, but it becomes even more critical as we get older. Older adults should aim for a diet that includes plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy products. They should also limit their intake of saturated and trans fats, added sugars, and sodium.

**Stay hydrated:** Dehydration can be a common problem for older adults, so it's important to drink plenty of fluids throughout the day. Water, tea, and low-sugar fruit juices are good choices.

**Get enough sleep:** Sleep is important for overall health and well-being, and older adults need as much sleep as younger adults. Aim for seven to nine hours of sleep per night.

**Manage stress:** Stress can have a negative impact on physical and mental health, so it's important to find ways to manage stress. This could include relaxation techniques such as

deep breathing, meditation, or yoga.

**Stay connected:** Social isolation can be a problem for older adults, so it's important to stay connected with family, friends, and the community. This could include joining a social group, volunteering, or participating in community activities.

**Take care of your mental health:** Mental health is just as important as physical health, so it's important to take care of your mental health. This could include talking to a therapist, joining a support group, or practicing stress-reducing activities.

**Stay up-to-date on health screenings:** Regular health screenings can help detect health problems early, when they're easier to treat. Make sure to get recommended screenings for things like cancer, heart disease, and diabetes.

**Take medications as prescribed:** If you take medication for a chronic condition, it's important to take it as prescribed. This can help prevent complications and keep you healthy.

**Stay informed:** Stay up-to-date on health news and information, and talk to your healthcare provider about any concerns or questions you may have.

In conclusion, taking proactive steps to maintain good health is important for older adults. By staying physically active, eating a healthy diet, staying hydrated, getting enough sleep, managing stress, staying connected, taking care of your mental health, staying up-to-date on health screenings, taking medications as prescribed, and staying informed, you can help prevent health problems and maintain good health and well-being.

### EXERCISE AND FITNESS: BY THE NUMBERS

- Only **3 in 10** high schoolers get **60 minutes** of physical activity every day
- Only **1 in 3** children are physically active each day
- 80%** of adults do not meet the guidelines for aerobic and muscle-strengthening
- Only **1 in 3** adults get the recommended amount of physical activity each week activities
- Less than **5%** of adults engage in **30 minutes** or more of activity each day
- 28%** of Americans, or **80.2 million** people, aged 6 and older are physically inactive

Americans are woefully under-fit, according to Health and Human Services agency data.

Source: HHS.gov

## Things to Consider When Buying Home Fitness Equipment

With the rise of at-home workouts, many people are considering investing in home fitness equipment. However, with so many options available, it can be overwhelming to know where to start. Here are some things to consider when buying home fitness equipment:

**Your Fitness Goals:** Before you start shopping, think about your fitness goals. Are you looking to build strength, improve cardio, or increase flexibility? Understanding your fitness goals will help you choose the right equipment that will help you achieve those goals.

**Available Space:** Consider the space you have available for home fitness equipment. Do you have a dedicated room or space for a large piece of equipment, or do you need something more compact that can be easily stored away? Be sure to measure the space and check the dimensions of the equipment before making a purchase.

**Budget:** Home fitness equipment can range in price from relatively affordable to very expensive. Before making a purchase, consider your budget and what you're willing to spend. It's important to remember that the most expensive equipment may not always be the best choice for your needs.

**Quality and Durability:** When purchasing home fitness equipment, it's important to invest in quality and durable equipment. You want

equipment that can withstand regular use and that will last for years to come.

**Safety Features:** Safety should always be a top priority when using home fitness equipment. Look for equipment with safety features such as non-slip surfaces, secure handles, and safety locks.

**User-Friendliness:** Consider how user-friendly the equipment is. Is it easy to set up and use? Does it come with clear instructions or tutorials? You want equipment that is easy to use and won't require a lot of time or effort to get started.

**Maintenance and Upkeep:** Finally, consider the maintenance and upkeep required for the equipment. Will it require regular cleaning or maintenance? Will you need to replace parts or make repairs? Be sure to factor these costs and considerations into your decision-making process.

In summary, when buying home fitness equipment, it's important to consider your fitness goals, available space, budget, quality and durability, safety features, user-friendliness, and maintenance and upkeep. By taking the time to carefully consider these factors, you can choose the right equipment that will help you achieve your fitness goals and maintain a healthy lifestyle from the comfort of your own home.



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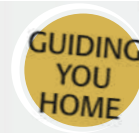
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# Real estate REPORT



## How to Start A Bidding War for Your Home

Starting a bidding war for your home can be a great way to get the best possible price for your property. Here are some tips on how to do it:

**Set a realistic price:** Setting a competitive but realistic price is key to attracting multiple offers. Price your home slightly below market value to create interest and generate offers.

**Create a sense of urgency:** Set a deadline for offers and make it clear to potential buyers that you are accepting offers for a limited time only. This will create a sense of urgency and encourage buyers to submit their best offers quickly.

**Stage your home:** Make sure your home is staged to show off its best features. A clean and clutter-free home with tasteful decor can make a big difference in attracting multiple offers.

**Advertise effectively:** Use effective marketing techniques to advertise your home, including high-quality photos and detailed descriptions that highlight its best features. Consider using social media platforms and online real estate marketplaces to

reach a wider audience.

**Host an open house:** Hosting an open house can help generate interest and encourage potential buyers to submit offers. Make sure your home is clean and well-staged, and consider offering refreshments to create a welcoming atmosphere.

**Encourage multiple offers:** Consider setting a minimum bid requirement or encouraging buyers to submit their best offer. This can help create a bidding war and drive up the price of your home.

**Respond quickly:** Respond quickly to offers and let potential buyers know that you are willing to negotiate. This can encourage them to submit higher offers and create a sense of competition among bidders.

In conclusion, starting a bidding war for your home requires careful planning and effective marketing strategies. By setting a realistic price, creating a sense of urgency, staging your home, advertising effectively, hosting an open house, encouraging multiple offers, and responding quickly, you can attract multiple offers and get the best possible price for your property.



## Home Make Over: Keys Steps for Every Renovation

Though every home renovation is different, here's an overview of the key steps these projects typically involve.

1. List all renovations. Prioritize repairs that are functional such as replacing faulty wiring or fixing the roof over those that are mostly cosmetic, like upgrading the kitchen.
2. Decide on a budget. You may decide to focus on some projects rather than others or to change some ideas based on your budget.

3. Hire professionals. For major overhauls, it's a good idea to work with a designer, architect or general contractor who will manage the project for you.

4. Contact the city. Depending on where you live and the work you're doing, you may need to obtain

permits.

5. Call your insurer. In order for your home to remain insured, you'll need to alert your provider before you start renovating.

6. Create a timeline. Along with whoever is overseeing the project, plan how long each step of the

renovation will take and the expected end date.

7. Keep things moving. During the renovation, touch base with your project manager regularly to make sure things are on track.

8. Inspect the finished work. Before making the final payment, make sure that all the work is completed to your satisfaction.

Afterward, remember to alert your insurance company of all changes that have been made to your home, as you may require more coverage or even get a discount, depending on the work completed.



## The Tenant Protection Act of 2019



The Tenant Protection Act of 2019 is a California state law that provides various protections for tenants. Some of the key provisions of the law include:

**Rent Caps:** The law limits the amount that landlords can increase rent each year to 5% plus inflation, with a maximum increase of 10%. This provision applies to rental units that are more than 15 years old, among other requirements.

**Just Cause Evictions:** The law requires landlords to have a valid reason, or "just cause," for evicting a tenant. The reasons are specified in the law and include non-payment of rent, breach of lease, and criminal activity, among others.

**Notice Periods:** The law extends the notice period for certain evictions. For example, if a tenant has lived in the unit for more than one year, the

landlord must provide a 60-day notice for a no-fault eviction, such as an owner move-in or withdrawal from the rental market.

**Tenant Protections:** The law provides additional protections for tenants, such as the right to form a tenant association, the right to install electric vehicle charging stations, and the right to terminate a lease early if the tenant or their household member is a victim of domestic violence, sexual assault, or stalking.

It is important to note that the Tenant Protection Act of 2019 does not apply to all rental units, and some cities in California have additional tenant protections. Additionally, the law has various requirements and exceptions, and landlords and tenants should seek legal advice if they have questions about their rights and obligations under the law.

## Local NonProfit Offers Outdoor Campingi and Day Use Activities



Camp Pine Mountain, owned and operated by the San Gabriel Valley Family Center, is in the Barton Flats Recreational Area of the San Bernardino National Forest.

The Camp offers opportunities for year-round camping and outdoor day use activities. CMP is available to youth groups, churches, colleges and business groups seeking a mountain location for retreats, conferences,

workshops, family reunions and overnight camp-outs.

Proceeds gathered from the rental of pine mountain allow the San Gabriel Valley Family Service center to subsidize the cost of the Voorhis – Viking Camp creating accessibility to a greater number of disadvantage youth and their families.

The cabins are heated and can sleep approximately 96 people. Sleeping arrangements are bunk bed style with mattress and plywood mattress supports accommodating persons of various sizes.

For more information contact the San Gabriel Valley Family Center at 626-442-5470 or by email at [sgvfamilycenter@gmail.com](mailto:sgvfamilycenter@gmail.com). Our website is <https://www.sgvfamilycenter.org>

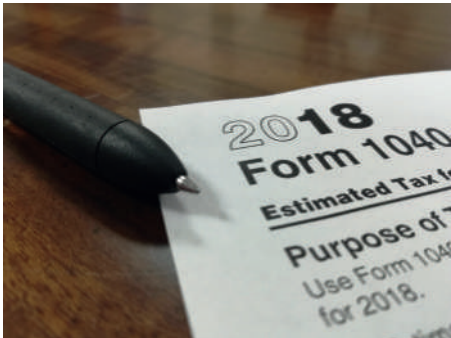
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## How Does Unemployment Impact Your Tax Return



Unemployment benefits are considered taxable income by the federal government and most states, which means that they can impact your tax refund in several ways:

**Taxable income:** Unemployment benefits are considered taxable income, so if you received unemployment benefits during the year, you must report them on your federal and state income tax returns. This can increase your taxable income and lower your tax refund.

**Withholding:** If you received unemployment benefits, you may have elected to have federal and/or state taxes withheld from your benefits payments. This can help reduce the impact of the tax liability when you file your tax return and potentially increase your tax refund.

**Eligibility for tax credits:** Unemployment benefits may impact

your eligibility for certain tax credits, such as the Earned Income Tax Credit (EITC). The EITC is a refundable tax credit designed to help low-income workers, and eligibility for the credit is based on income, among other factors. If your unemployment benefits increase your income above the eligibility threshold, you may no longer be eligible for the credit, which can lower your tax refund.

**Repayment of overpaid benefits:** If you received unemployment benefits in error or were overpaid, you may be required to repay those benefits. The amount of the repayment can be deducted from your tax refund or result in a tax liability, which can lower your tax refund.

In conclusion, unemployment benefits can impact your tax refund in several ways, including increasing your taxable income, impacting your eligibility for tax credits, and potentially resulting in a tax liability or reduction in your tax refund. It is important to report all income, including unemployment benefits, on your tax return and to consult with a tax professional if you have any questions about how unemployment benefits may impact your tax situation.

## Starting a Coin Collection

It is never too early or too late to have a hobby. Some people are hobbyists for fun while others see a bigger picture; and that is to make money. Some objects that may seem inexpensive now may become valuable or priceless later.

A few good examples are baseball cards, toys and stamps. Many people have made a fortune by collecting and selling on auction sites like EBay. Another collection that can become profitable is coin collecting.

Getting started is as easy as deciding what kind of collection you want. Coins are made every year and some are introduced years later so focusing on a particular time period and location is important.

Conducting research using reference books or the web can aid in coin collecting. You can learn almost anything about the coins to be collected and will help the collector discover those who want to sell coins.

Another good source of information is subscribing to a coin publication such as Coin World or Coinage Magazine. The local coin shop can also expand the search for those antique coins outside the collector's

city or state.

Being a member of a coin club can build the collector's network. Some members may want to part with a particular coin in exchange for another, etc.

Coins that are no longer used generally have more value than those that are still active, because coins in the past were made of 100% silver or gold. Since the demand for silver coins increased and they were difficult to produce they are now made of 40% and 60% copper.

After completing the collection, the coins should be stored in a nice folder or album. This will keep them clean and easy for the individual to carry around and display.

Coins can be cleaned by soaking them in any of the following liquids: vinegar, rubbing alcohol, lemon juice or ammonia which will remove any dirt or encrustation that's on the coin when it was acquired. Afterwards, they should be air-dried or patted dry with a soft cloth. Rubbing or polishing the coins is not advisable since it scratches and will decrease the market value of the coin.

Coin collecting can be a lot of fun. By deciding on a specific period to begin with then searching for it, the collector will have something valuable as an investment.



# 5 WAYS TO Hack Your Business Growth

If you are seeing a flat movement on your business growth, you probably need these "hacks" to boost your business growth for a drastic change.

- ### 1 Host Multiple Social Platforms

With the number of social media platforms available now, one person could be holding at least two social media accounts at the same time. In order to reach out to more people, you should set your business pages on multiple social platforms such as Facebook, Twitter, Pinterest, Instagram, LinkedIn, etc.
- ### 2 Build A Long Email List

Getting a long list of email addresses implies that you're gaining a high possibility of converting these people into your customers. By eliminating the inactive respondents and ignorant respondents, you can convert the remaining list of people to become your potential customers. Of course the longer the list, the better it is for you.
- ### 3 Build Your Personal Brand

Building a brand of your own isn't an easy task at all. Undeniably, your brand could lead your business to go a long way. Branding gives an opportunity to elevate your position at a higher level in your business niche. Once people have recognized you as the best, you can transform your small business into a huge conglomerate anytime!
- ### 4 Make More Friends

Growing your business isn't a solo performance that you can complete without assistance from other people. It's better to gain more friends than enemies in your business. So...go out and speak to different groups of people for sharing of knowledge in managing your business. Collaborate with them to spread each other's names for more people to know about you!
- ### 5 Truly Understand Your Customers

When a person doesn't make a move to purchase, it means that the products or services aren't what they need. This is why conversion can't be made. What you need to do is to understand your customers deeply and thoroughly. Once your presentation matches with their needs and what they lack, you can definitely make more successful deals then!

# Three Dot Lounge...

## Cracker Barrel

by Mike McClure



...so the other day, thanks to a motion from Supervisor Hilda L. Solis, the Los Angeles County Board of Supervisors finally proclaimed April 10th as "Dolores Huerta Day" in Los Angeles County beginning in 2024 and consequently in future years. I say finally because Dolores Huerta is one of the most influential labor activists of the 20th century. She, along with Cesar Chavez, co-founded the United Farmworkers Association, which merged with the Agricultural Workers Organizing Committee to become the United Farm Workers (UFW).

Dolores Huerta helped organize the 1965 Delano strike of 5,000 grape workers and was the lead negotiator in the workers contract that followed. Throughout the 1970s and '80s she worked to improve workers'

legislative representation. In 1973 she led another consumer boycott of grapes that resulted in the ground-breaking California Agricultural Labor Relations Act of 1975. This law allowed farm workers to form unions and bargain for higher wages and better work conditions. During the 1990s and 2000s, she worked to elect more Latinos and women to political office and championed women's issues.

Today, at almost 94 years young, Dolores Huerta continues to work on developing leaders and advocating for the working poor, women, and children. Her contributions to California and Latinos across the country have inspired generations of leaders fighting for justice for all workers'. Thank you Dolores Huerta, we hope you enjoy your day of recognition for many years to come.

## Working OverTime

by Cynthia Huizar



So much to do...

It seems like we're getting a break from the rain, finally! Now we can all start enjoying the sunshine and get outside to bask in the warmth of the sun that SoCal is famous for.

I have started going through my closet moving my winter clothes, packing them away to make room for the summer clothes.

I have to be careful around Profe, every year there is a new fashion trend, this year it's tailored shorts and vests. I've told you before, he isn't stingy but he loves to gripe about my shopping, but I don't have any tailored shorts and I pride myself for dressing stylist but also comfortable.

So what am I suppose to do when I realized that I didn't have the latest trendy clothes?

Your right, I went shopping.

First to Target, I only bought two pair of tailored shorts, on sale, and of course matching vests (one black and the other Barbie pink).

Then off to Walmart for tank tops, they were only \$2.99 so I got one of every color. What else, you may ask? Sandles, at TJ Maxx, a black pair and a white pair.

Done shopping for the time being, it was lunch and then to the gym. A perfect day.

Driving home, happy with my purchases, enjoying the lovely weather and thinking about how fast it was warming up and BINGO!

I remembered, soon it would be hot and time for swimming...got to go shopping again soon, I need a new swim suit (or two!).



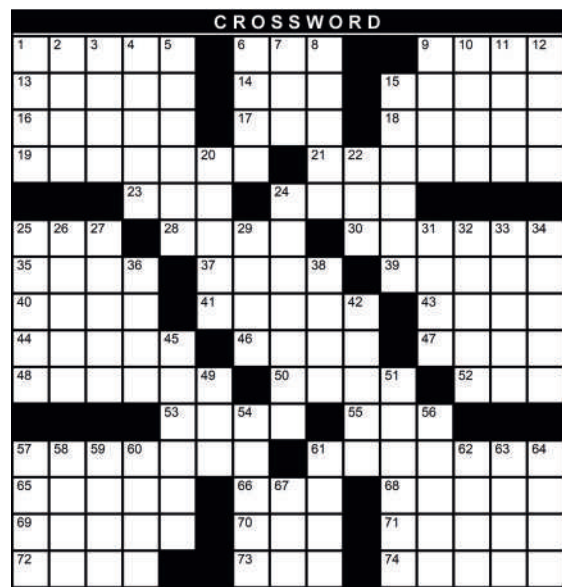
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  - 65. Gibson garnish
  - 66. Rocks, to a bartender
  - 68. Angry
  - 69. Lieu
  - 70. Not solid or liquid
  - 71. Post-it user
  - 72. Of two minds
  - 73. Bldg unit
  - 74. Opposite of friend
- DOWN**
- 20. Building toppers
  - 22. El \_\_\_\_\_, Spain's national hero
  - 24. Popeye's fuel
  - 25. \*Major's partner
  - 26. Beef \_\_\_\_\_, dim sum choice
  - 27. Moral weaknesses
  - 29. \*Grad
  - 31. Mountain lake
  - 32. As a whistle?
  - 33. 1960s abstractionism
  - 34. \*"Pomp and Circumstance," e.g.
  - 36. Dried up
  - 38. Adjust the pitch, with "up"
  - 42. Previous VP
  - 45. Marcona nut
  - 49. Skedaddle
  - 51. Moroccan spiced stew
  - 54. Eurasian antelope
  - 56. Sacha Cohen's middle name
  - 57. Olden days "do", second person singular
  - 58. Sean Penn's movie "\_\_\_\_\_ the Wild"
  - 59. Embarkation location
  - 60. \*Student aid
  - 61. Catch one's breath
  - 62. Not on time
  - 63. One on a list
  - 64. Bald eagle's nest
  - 67. \*Graduation garb topper

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- 1. Accumulate
  - 6. Popular pickup
  - 9. Johnny Depp's 2001 biopic
  - 13. Jousting pole
  - 14. Mozart's "L' \_\_\_\_\_ del Cairo"
  - 15. Figure of speech
  - 16. Oak nut
  - 17. Be off base
  - 18. Less typical
  - 19. \*Graduating class
  - 21. \*S in BS
  - 23. \*Graduating NCAA player's goal? degree
- DOWN**
- 24. FedEx, verb
  - 25. "I Want My \_\_\_\_\_," television channel
  - 28. Daytime drama
  - 30. Online business
  - 35. Fleur-de-lis
  - 37. Dart
  - 39. Planktonic tunicate
  - 40. Not naughty
  - 41. Break of day
  - 43. Last row
  - 44. Verdi's opus
  - 46. Lion's do
  - 47. D.E.A. agent
  - 48. Sell again
  - 50. Penny
  - 52. To the \_\_\_\_\_

## Riddles

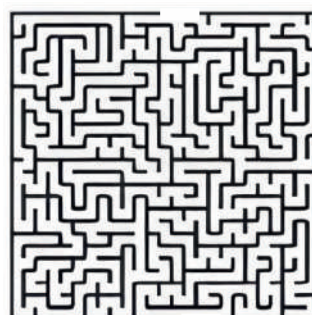
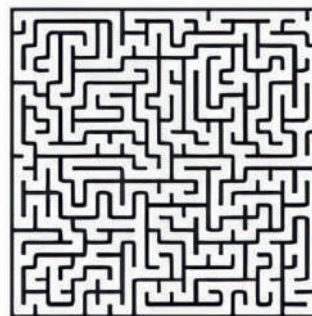
Which side of a cat has the most fur?

I have eight to spare and am covered with hair.

What building has the most stories?

What starts with an "e" but only has a single letter in it?

What ship has no captain but two mates?



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The man who never in his mind and thoughts travel'd to heaven is no artist.

- William Blake

**SACRAMENTO**  
**From Page 1**

orchestrated numerous planning meetings and Zoom presentations in multiple languages to address any and all questions from families, resulting in an impressive 70% attendance rate. EMCSD's transportation services ensured timely travel, with students arriving at airports as early as 5:30am and returning home as late as 11:00pm. Nutrition services provided breakfast, while principals and teachers worked diligently to prepare students for this unforgettable adventure.

Cherrylee 4th grader Izabella shared that her favorite part of the trip was visiting the California State Railroad Museum, "It was really fun to see the [old] trains that actually worked and they even let us inside them." Aiden from Potrero also enjoyed the train experience, "It just had so many fun things." Students were able to tour vintage dining and sleeper cars; the AT&SF Dining Car on display had many celebrities aboard during its time, including Walt Disney.

The Vietnam Memorial was also a special moment for students. "My favorite part was going to the park to see the Vietnam Memorial and seeing the names of El Monte soldiers," shared Potrero student Angelique. At

the memorial, California cities are listed alphabetically, and the names of fallen soldiers are displayed with their ages. EMCSD students calculated that the average age of El Monte soldiers who died in Vietnam was around 22 years old. It was a somber, yet powerful moment for students.

Dr. Rene Quon, Principal at Cherrylee who attended the trip with his students, witnessed a transformation. "For many of the 4th graders, there were so many firsts. First flight, first time being away from home, and first time visiting Sacramento. From the moment the plane took off in the morning it was like a rollercoaster - the kids had their hands up and screaming. It was such an amazing experience for a number of reasons, and I truly think these kids will remember this for their whole lives."

This Spring, an all-expenses-paid trip to Washington, D.C. is slated for all EMCSD 8th graders. Over 600 EMCSD 8th graders will tour our nation's capitol, visiting museums and memorials to coincide with the U.S. History curriculum. Students will be able to earn high school credit, and teachers attending the trip as chaperones will also receive professional development hours as part of the study trip.

Photo and Story Courtesy El Monte City School District

**SEAPERCH**  
**From Page 1**

Team G.T.K. earned First Place in the Obstacle Course and Parkview swept the Mission Course category, with The Swimming Pickles team of Jenna Tran, Noemi Laguna, Brinda Flores, Jizelle Campos, Daniel Miranda, Arianna Villa, Audrey Perez capturing First Place,

Team G.T.K. taking Second Place and The Dolphins team including Axel Rodriguez, Angel Caudillo, Anabelle Cortez, Regina Trejo, Asileyna Vicente, Alex Ortega earning Third

**BALDWIN PARK**  
**From Page 1**

Councilmember Alejandra Avila, who previously served the City as its City Clerk for nine years and has served on the City Council since 2018, recognized the accomplishments of the Baldwin Park Police Department as well as the impressive feats of the Public Works maintenance team in 2023.

"Our Police Department's commitment to delivering top-tier service to Baldwin Park residents and upholding the highest level of safety and security is second to none. I am proud of the steps the department has taken to foster trust and build strong relationships within our community," said Councilmember Alejandra Avila. "Our team of police officers has continued to embody professionalism and leadership while keeping our community safe this year."

Councilmember Daniel Damian, a local entrepreneur and housing advocate, highlighted the thriving local business environment in the City. He also discussed the success of Measure BP in its first year, which has raised funds to pay for essential City services.

"We have seen tremendous growth on this front over the past year. We've seen the seeds planted in the wake of the pandemic blossom into thriving businesses all over Baldwin Park," said Councilmember Daniel Damian.

Damian concluded by recognizing the City's continued efforts to address homelessness in the community.

"For the past four years, the City of Baldwin Park has been a nationally recognized leader in developing

Place.

In the Overall Winner category, Team G.T.K. took First Place and The Swimming Pickles earned Third Place.

MVSD is extremely proud of the Aquatic Robotics students and their coaches, Arlene LeGaspe and Herman Ruvlacaba along with apprentice coaches, Jose Davila and Olga Gallegos and looks forward to their successful trip to the International Competition next month.

Photo and Story Courtesy Mountain View School District.

innovative solutions to homelessness in our community," said Damian. "We know there is much more work to do, and the City remains committed to leveraging both internal and external resources to achieve short- and long-term solutions to homelessness in Baldwin Park."

Councilmember Monica Garcia, who has served the community for nearly 17 years on the City Council, celebrated the accomplishments of the Recreation & Community Services Department, which helped organize many beloved community events and maintain happy and healthy neighborhoods in Baldwin Park.

"Our diversity is one of our community's greatest strengths, and it is important that we celebrate it as such. Of course, these events are wonderful, but the participation from the people of Baldwin Park is what makes them so special," said Councilmember Monica Garcia.

Councilmember Garcia also spoke to the work of the Public Works Department and its success in advancing key projects that have enhanced infrastructure throughout Baldwin Park:

"Our Recreation & Community Services and Public Works teams have done an admirable job collaborating, going to tremendous lengths to ensure that our city is not only developing today, but that it will continue to progress for years to come," Councilmember Garcia said.

The full 2023 State of the City Address is available to watch on YouTube.



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Business and Editorial Offices are located:  
11401 Valley Blvd, Suite 208,  
El Monte, CA 91731  
(626) 522-1944  
info@midvalleymedia.net

Publisher  
Mid Valley Media Center, LLC

Editor  
Kenneth Ferreira  
kenfer@midvalleymedia.net

Community Engagement  
Michael McClure  
mmclure@midvalleymedia.net

Contributing & Staff Writers  
Kenneth Ferreira  
Logan Ferreira  
Michael McClure  
Michelle Earle  
Robert Dozmati  
VMA Communications

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**Registration**  
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Non-Resident: Monday, 4/29 - Friday, 5/10

**Location**  
Esther Snyder Community Center 4100 Baldwin Park Blvd.

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