

# The Mid Valley News

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## ActiveSGV Recognized as Nonprofit of the Year

Active San Gabriel Valley (ActiveSGV) has been selected as the 2024 California Nonprofit of the Year by Assemblymember Mike Fong of District 49. This recognition places ActiveSGV among a distinguished group of over one hundred nonprofits that will be honored by their state senators and assembly members for their commendable contributions to their respective communities.

Founded in 2010 as a grassroots advocacy group, ActiveSGV has since evolved into a fully staffed nonprofit organization dedicated to improving the quality of life in the San Gabriel Valley. Their focus lies in creating equitable, sustainable, and livable communities through initiatives centered around public health, environmental justice, safe streets, active transportation, and housing security.

ActiveSGV leads several impactful initiatives, including the SGV Greenway Network, which aims to construct bike and pedestrian paths throughout the region. Additionally, their E-as-y Access Program offers free



electric bike access to explore the Emerald Necklace, a trail system of scenic beauty. Active Streets, another notable program, transforms roads into car-free spaces for community activities. The organization also manages GoSGV, the largest e-bike share program in the country. Furthermore, ActiveSGV partners with CalFresh to offer nutrition education

and fresh produce. Their work is made possible through collaborations with local governments, community organizations, and dedicated volunteers.

David Diaz, Executive Director of ActiveSGV, expressed deep gratitude for the recognition, emphasizing the unwavering dedication and tireless

ACTIVESGV >> PAGE 7

## Families Gather to Celebrate Power of Math



Families from across the El Monte City School District (EMCSD) gathered at the district's Board Room to celebrate Family Math Night. Timed perfectly to coincide with Pi Day, this event was designed to celebrate the beauty of mathematics while fostering a sense of community among students and families alike.

Kaitlyn Swan-O'shea, Teacher on Special Assignment (TOSA), said, "We are here to put on a district-wide family event so all families and communities can come together to foster that love of numeracy and problem-solving, and build that love for math."

One of the highlights of the evening was the "Perfect Circle Challenge," where participants put their geometric skills to the test by attempting to draw the most precise

circle freehand. Laughter filled the air as families competed to create the roundest circles, with prizes awarded to those who achieved mathematical perfection. Even EMCSD's Superintendent, Dr. Maribel Garcia showed off her whirling talents by completing a near-perfect circle during the activity.

The fun didn't stop there. Craft tables were set up inviting families to get creative with their math skills. From crafting Pi Day hats and engineering LEGO robots, a Pi walk, literacy read-aloud, and students trying to memorize as many digits in Pi, there was something for everyone to enjoy. The longest digit count for Pi was over 60 digits after the decimal. Mateo Munoz stated, "I enjoyed playing the [different] math games to win prizes

MATH >> PAGE 7

## Local Students Complete Entire LA Marathon



Mountain View School District's Students Run LA (SRLA) teams from Monte Vista, Parkview and Twin Lakes Schools were recently honored by MVSD's Board of Education for their athleticism, dedication, perseverance and strength in completing the 39th Annual Los Angeles Marathon on March 17. A total of 51 students conquered the 26.2 mile marathon, showing great endurance, determination, mental toughness and fortitude. Joining 3,500 other SRLA members from throughout Los Angeles County, and 25,000 total runners participating in the LA Marathon this year, they ran the "Stadium to the Stars" course from Dodger Stadium to Century City.

Eighth grader, Zairy Rosales, a second time marathon finisher from Twin Lakes likes being in SRLA because it feels like a family.

"I've really enjoyed being part of the Twin Lakes SRLA team the past two years," said Rosales. "I've met some

wonderful people along the way and I'm very grateful to our coaches. All of the training and completing the marathon twice has taught me that I can accomplish anything I set my mind to." Led by their school coaches, Jorge Jimenez from Monte Vista, Marcos Garcia from Parkview and David Dorf from Twin Lakes, as well other assistants and volunteers, the student teams trained for 7 months, logging over 500 miles with practices, races and mini-marathons leading up to the March 17 marathon.

"SRLA is the hardest working program on campus," said Garcia. "It takes enormous dedication to attend every practice, give up Saturdays and holiday breaks to train, keep their grades up, have good behavior, it's a lot to ask and all of them have accomplished it all successfully. We start with baby steps at the beginning, one mile then two and on up. They build endurance and stamina that hopefully will carry over into other things in life. It's an honor to work alongside them and see them get stronger and I know if they can do this then they can do anything!"

MVSD has offered the SRLA program to middle school students for many years. The SRLA organization provides students in the program with new sneakers and race day uniforms, as well as entrance into mini marathons and other races prior to the L.A. Marathon.

"Being a part of SRLA has been great," said Alvin Lim from Twin Lakes. SRLA >> PAGE 7





## District Makes Impact at 2024 Coast2Coast Advocacy Trip

El Monte Union High School District showcased its unwavering commitment to student advocacy as District representatives championed the needs of California students during the 2024 Association of California School Administrators (ACSA) and California School Boards Association (CSBA)'s Coast2Coast Federal Advocacy Trip to Washington, D.C held April 8-10.

El Monte Union's Board of Trustees and Superintendent Dr. Edward Zuniga traveled approximately 2,800 miles to join forces with more than 260 ACSA-CSBA members who advocated for students on Capitol Hill during Coast2Coast. District representatives dialogued and held meetings with legislators who represent the El Monte Union community at the Federal level including

Congresswoman Grace Napolitano, Congresswoman Judy Chu, and Congresswoman Linda Sanchez on pressing issues facing California students.

El Monte Union's participation in Coast2Coast emphasizes its commitment to addressing both national and local education needs, prioritizing student well-being and academic success through proactive initiatives and community engagement.

"Our District is devoted to providing quality education and opportunities for all students. Joining the Coast2Coast Advocacy Trip underscores our commitment to empowering student voices and fostering positive change in education," Dr. Zuniga said. "Through proactive engagement, we aim to address our Community's distinct needs and shape policies that promote student success."



This year's Coast2Coast focused on a range of issues, such as increasing special education funding, enhancing teacher recruitment and retention efforts, reauthorizing the Secure Rural Schools Act, expanding broadband access, and safeguarding student data with cybersecurity resources.

The 2024 Coast2Coast Advocacy Trip also featured information sessions from Education Week Assistant Editor

Alyson Klein, White House Domestic Policy Advisor Neera Tanden, U.S. Deputy Education Secretary Cindy Marten, and U.S. Department of Agriculture Acting Under Secretary Kumar Chandran. Sessions covered a range of topics, from artificial intelligence in education to federal education policy updates, and school meals.

## EMRAS Celebrates Adult Education Week



El Monte Union Regional Adult School (EMRAS) is currently observing Adult Education Week, a significant event with the theme of "We Are The World." Throughout the week, EMRAS has organized a series of diverse activities to celebrate the occasion and promote the importance of adult education in the community.

Adult Education Week has a rich history dating back several decades. It was first established in 1921 by the National Association for the Education of Young Children (NAEYC) to raise awareness about the value of adult education and highlight its positive impact on individuals and communities. Since then, it has become an annual observance celebrated nationwide.

At EMRAS, the week-long celebration began with a student appreciation BBQ, where attendees enjoyed delicious food, engaged in

conversations, and expressed their gratitude for the opportunities provided by adult education. This event inspired a sense of community and highlighted the importance of recognizing and supporting adult learners.

One of the highlights of the week was the multicultural fashion and talent show, a vibrant showcase of the diverse cultures represented within the EMRAS community. Students proudly displayed traditional attire and demonstrated their talents on stage, celebrating their heritage and promoting cultural understanding.

EMRAS also organized school tours, allowing prospective students to explore the campus and learn about the various educational programs available. These tours provided valuable insights into the opportunities offered by adult education and helped individuals make informed decisions about their educational

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journey.

A school-wide writing activity engaged students in self-reflection and self-expression, encouraging them to share their thoughts and experiences.

Throughout the week, students and staff demonstrated their school spirit by wearing EMRAS shirts, which created a visual representation of unity

and pride within the community.

EMRAS plays a vital role in building a strong and prosperous community by reducing unemployment rates, promoting economic development, and creating a culture of lifelong learning.

(Photo courtesy EMRAS Facebook)



# Health & Fitness

## Tips to Make this the Year You Quit Smoking

(StatePoint) Is “quitting smoking” on the top of your list of goals for the year? Was it last year too? Here are some insights from those in the know into kicking this habit to the curb for good.

“They say old habits are hard to break, and when it comes to my dad’s addictive smoking habits, I couldn’t agree more,” says Linh Nguyen, the Houston style, fitness and mom blogger behind A Beautiful RAWR. “He knows smoking is detrimental to his health, but the thought of not having it be part of his daily routine has been a challenging, intimidating, and in some ways, scary idea for him to grasp.”

Nguyen’s family has resolved to help her father make this the year he quits smoking for good. For those 18 and older, consider these tips and insights she is sharing into the process.



- Identify your motivations: Quitting a smoking habit can be very difficult, but knowing why you want to quit can help you stick with it when things get tough.

“I think the biggest motivator for my dad to quit this year is our growing family. His grandkids are his world and I know he wants to be around to watch them grow up. To do that, we’re all making better choices for a healthier, longer life,” says Nguyen.

- Get Help: Quitting is often associated with challenging physical symptoms. However, products that deliver controlled, therapeutic doses of nicotine can relieve cravings and help with difficult physical withdrawal symptoms.

“One of the biggest ways I’m supporting my dad is stocking him up

on effective, pharmacist-recommended smoking cessation products from Walgreens, which are much more affordable compared to similar products,” says Nguyen.

Before getting started, anticipate which products might work best for your needs. While patches are a great choice for many people who like to “set it and forget it,” those who prefer to keep their mouth busy might prefer using a product like Walgreens Nicotine Gum. Available in 2 mg or 4 mg strengths, each piece lasts about 30 minutes and you can chew up to 20 pieces per day. Similarly, Walgreens Lozenges also come in 2 mg and 4 mg strengths and are a good choice for people who may avoid gum due to TMJ problems.

- Build a plan: Quitting is highly personal. For a greater chance of success, look for resources that help you build a personalized plan. For example, the Walgreens team offers free live support and healthcare clinics in your area, as well as expert advice, treatment and tools available at walgreens.com.

“If they can help my dad quit after 50-plus years, they can definitely help you or a loved one,” says Nguyen.

For additional support and information, visit cancer.org or call the American Cancer Society 24 hours a day, seven days a week at 1-800-227-2345.

When you quit smoking, you can lower your risk for a number of health problems including lung disease, lung cancer and heart disease. If you are attempting to go smoke-free, be sure you have all the support and tools you need.



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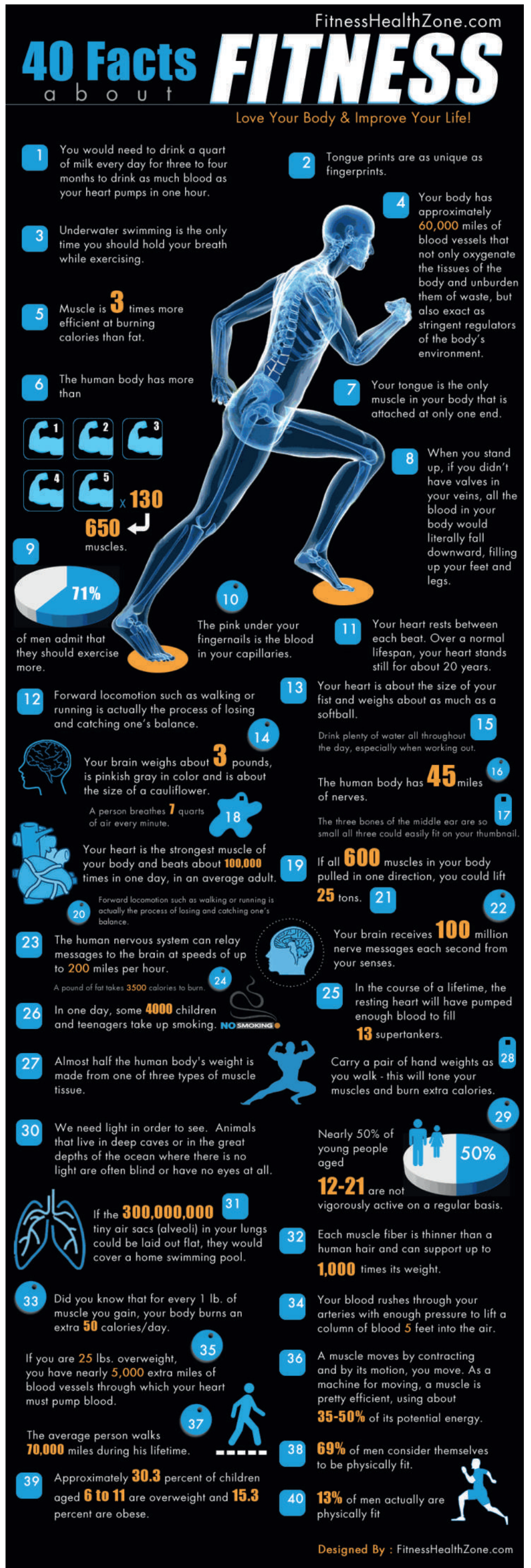
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# 40 Facts about FITNESS

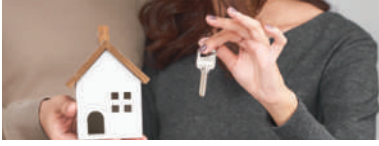
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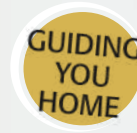
- 1 You would need to drink a quart of milk every day for three to four months to drink as much blood as your heart pumps in one hour.
- 2 Tongue prints are as unique as fingerprints.
- 3 Underwater swimming is the only time you should hold your breath while exercising.
- 4 Your body has approximately 60,000 miles of blood vessels that not only oxygenate the tissues of the body and unburden them of waste, but also exact as stringent regulators of the body’s environment.
- 5 Muscle is 3 times more efficient at burning calories than fat.
- 6 The human body has more than 650 muscles.
- 7 Your tongue is the only muscle in your body that is attached at only one end.
- 8 When you stand up, if you didn’t have valves in your veins, all the blood in your body would literally fall downward, filling up your feet and legs.
- 9 71% of men admit that they should exercise more.
- 10 The pink under your fingernails is the blood in your capillaries.
- 11 Your heart rests between each beat. Over a normal lifespan, your heart stands still for about 20 years.
- 12 Forward locomotion such as walking or running is actually the process of losing and catching one’s balance.
- 13 Your heart is about the size of your fist and weighs about as much as a softball.
- 14 Your brain weighs about 3 pounds, is pinkish gray in color and is about the size of a cauliflower.
- 15 Drink plenty of water all throughout the day, especially when working out.
- 16 A person breathes 7 quarts of air every minute.
- 17 The human body has 45 miles of nerves.
- 18 Your heart is the strongest muscle of your body and beats about 100,000 times in one day, in an average adult.
- 19 If all 600 muscles in your body pulled in one direction, you could lift 25 tons.
- 20 Forward locomotion such as walking or running is actually the process of losing and catching one’s balance.
- 21 The three bones of the middle ear are so small all three could easily fit on your thumbnail.
- 22 Your brain receives 100 million nerve messages each second from your senses.
- 23 The human nervous system can relay messages to the brain at speeds of up to 200 miles per hour.
- 24 A pound of fat takes 3500 calories to burn.
- 25 In the course of a lifetime, the resting heart will have pumped enough blood to fill 13 supertankers.
- 26 In one day, some 4000 children and teenagers take up smoking. **NO SMOKING**
- 27 Almost half the human body’s weight is made from one of three types of muscle tissue.
- 28 Carry a pair of hand weights as you walk - this will tone your muscles and burn extra calories.
- 29 We need light in order to see. Animals that live in deep caves or in the great depths of the ocean where there is no light are often blind or have no eyes at all.
- 30 Nearly 50% of young people aged 12-21 are not vigorously active on a regular basis.
- 31 If the 300,000,000 tiny air sacs (alveoli) in your lungs could be laid out flat, they would cover a home swimming pool.
- 32 Each muscle fiber is thinner than a human hair and can support up to 1,000 times its weight.
- 33 Did you know that for every 1 lb. of muscle you gain, your body burns an extra 50 calories/day.
- 34 Your blood rushes through your arteries with enough pressure to lift a column of blood 5 feet into the air.
- 35 If you are 25 lbs. overweight, you have nearly 5,000 extra miles of blood vessels through which your heart must pump blood.
- 36 A muscle moves by contracting and by its motion, you move. As a machine for moving, a muscle is pretty efficient, using about 35-50% of its potential energy.
- 37 The average person walks 70,000 miles during his lifetime.
- 38 69% of men consider themselves to be physically fit.
- 39 Approximately 30.3 percent of children aged 6 to 11 are overweight and 15.3 percent are obese.
- 40 13% of men actually are physically fit.

Designed By : FitnessHealthZone.com





# Real estate REPORT



## Should I Hire A Professional for My Renovation

If you plan to renovate your home, you may be wondering if you need to hire an architect. While in some cases a designer or a contractor is the only pro required, other times, further expertise is vital. Here's when you should hire an architect.

**You're not sure what you want**  
Do you want to change the layout of a room but aren't sure how? If so, an architect can help



you sort out your needs and preferences and come up with a design for the space you'll love.

**You're making major changes**  
If your renovation dreams include taking down a wall or creating an entirely new space, you need an architect. They'll ensure that your home remains structurally sound and help you obtain the proper permits.

**You need help managing the project**  
Some people don't have the time or expertise to oversee a project. In this case, you can hire an architect to make sure the renovation goes according to plan, from start to finish.

While smaller renovations don't necessarily need the expertise of an architect, you'll never regret hiring one for larger projects.

## Two common kitchen problems and how to solve them

In many homes, the kitchen gets the most traffic. Consequently, an issue in this room is likely to be acutely felt. Here are two common kitchen problems and some tips on how you can solve them.

### Not enough storage

The ideal way to approach this issue is to entirely remodel your kitchen and thereby create the space and storage you need. However, if this isn't currently feasible, you should consider implementing one or more workarounds.

For example, you can add hooks under the cabinets to store mugs and thereby free some precious cabinet space. Or, you might want to invest in a professional storage system with racks and drawer dividers to make the most out of the

space you've got.

### Not enough counter space

Not having enough counter space makes it hard to prepare meals and keep the room tidy. One solution to this problem, if you have the space for it, is to

install an island. Alternatively, you can buy a small cart that will give you more surface area to work with.

Freeing up the counter space you have is also essential. Be sure to stow your toaster, coffee maker and other appliances in your cabinets when they're not in use.

Once your kitchen problems are solved, you'll be surprised just how much better the whole house will run.



## Keep These 6 Documents After Purchasing Your Home

Buying a home involves a lot of paperwork, and some of it needs to be safely stored. Here are six documents to keep after closing on the purchase of your home.

1. Buyer's agent agreement. This document outlines the terms of your relationship with your agent.

While these agreements aren't mandatory, hold on to yours if you signed one. It may help if an issue arises.

2. Purchase agreement.

This document outlines the terms and conditions the buyer and seller agree to.

Keep it in case the seller fails to fulfill their obligations.

3. Seller disclosure statements. Mandatory everywhere except in New Mexico, these documents reveal problems that could impact the value of the property being sold.

They'll be crucial if you need to file a lawsuit against the seller.

Keep in mind that what legally needs to be disclosed will vary depending on where your new home is located.

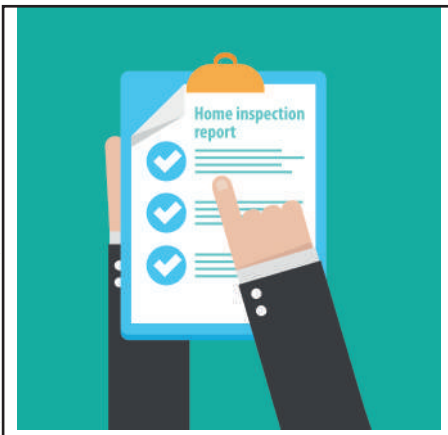
4. Home inspection report. This document provides detailed notes about the condition of the home.

Keep it so that you know what repairs you'll need to make down the road.

5. Closing disclosure. This document outlines the estimated costs for your mortgage. In addition to being important for future reference, it's needed for tax purposes.

6. Property deed. This document is signed by you and the seller and transfers the property title over to you. It's essential to have on hand as it proves you're the legal homeowner.

Be sure to keep these listed documents and all paperwork pertaining to your homeowner's insurance. Though documents can be stored digitally, it's a good idea to also keep paper versions in a fireproof safe or in a safety deposit box at a bank.



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# Eye On Finance

## Spring Cleaning? Tips to Dust Off Your Financial Matters



While a new study conducted by Lincoln Financial found that eight in 10 employees would rather clean their house than their finances this spring, prioritizing a deep clean of your finances can provide not just a fresh start to the season, but a secure financial future.

“While many know they want to improve their financial wellness, knowing where to start can feel overwhelming,” said Sharon Scanlon, senior vice president, Customer Experience, Producer Solutions and Retirement Plan Services Operations, Lincoln Financial Group. “By taking it one step at a time, just like you would tackle one room at a time when spring cleaning, you can make small improvements that will set you up for future success.”

To freshen up your finances, consider these area-by-area tips from Lincoln Financial:

**Kitchen:** Research showed that 78% of employees would rather scrub their kitchen appliances than figure out how much life insurance they need.

- Start at the kitchen table. Have a conversation with your loved ones or a financial professional to set expectations and get the right plan and benefits in place to make sure you’re protecting your family for the future.

**Bedroom:** The survey found that 74% of employees would rather clean out their closet than review their 401(k) investments.

- Don’t let worries keep you up at night. Close the closet door and sleep well knowing you’re saving enough for the retirement you envision. Leverage dashboards and calculators in your employer-sponsored retirement plan to determine how much you’ll need to save for a secure retirement and take advantage of the options available to you, like in-plan guaranteed income, to ensure your savings last a lifetime.

**Exterior:** Research showed that

65% of employees would rather wash their home’s windows than meet with a financial professional.

- Make things clearer with an outside perspective. Financial professionals can help you see the path ahead, create a holistic financial plan and explore financial products that can help secure your future, like life insurance, annuities and long-term care solutions.

**Home office:** Lincoln Financial found that 57% of employees would rather dust off every shelf than calculate how much they will need in retirement.

- Dust off more than knick-knacks. Don’t let the benefits and resources your workplace offers collect dust on a shelf. Reach out to your HR or benefits team for more information. From a retirement plan to services like Hospital Indemnity and Disability, these products can help protect you and your family from financial burden. Even simple steps, like increasing your retirement plan contribution or setting savings goals, can have positive long-term impacts.

**Bathroom:** Lincoln Financial found 58% of employees would rather create a detailed budget than scrub their grout and tile with a toothbrush.

- Start with a clean slate. With more motivation to create a budget than scrub the bathroom, take the initiative and tap into financial wellness and budgeting tools. Make sure your budget includes savings to ensure you’re maximizing the power of compound interest.

To learn more about keeping your finances tidy, and additional products, tools and financial services designed to help, visit [lincolnfinancial.com](http://lincolnfinancial.com).

“While cleaning offers immediate results, it’s just as important to set aside time to analyze your finances. Ensuring you have the right benefits today while planning and saving for tomorrow may take more time, but the results are worthwhile and can last a lifetime,” said Scanlon.

(StatePoint) PHOTO SOURCE: (c) sturti / iStock

## The Insurance Almost Everyone Needs

Ultimately, the insurance coverage needed by a given individual is determined by their unique circumstances. But regardless if you’re married or single, with or without children, renting or buying a home, you’ll likely need most—if not all—of the following types of insurance.

### Health insurance

Medical expenses can literally bankrupt you if you aren’t adequately insured. If you’re over the age of 25, you’re no longer eligible for coverage under your parents’ insurance policy and will need to get your own. Many employers offer health insurance programs; if yours does not, you’ll need to locate your own provider.

### Life insurance

If you don’t have a spouse or dependants, then it’s reasonable to give this type of insurance a pass. Otherwise, term life insurance is a necessity to ensure that your family is taken care of

### Disability insurance

This insurance is suited to anyone who needs to work for a living. With it, you’ll receive a monthly income if ever you incur an illness or injury that prevents you from being able to work.



### Auto insurance

If you’re content to commute by public transit, you can forego this type of insurance. For everyone else, auto insurance is a must. Car insurance plans vary, and coverage can be more or less extensive depending on your needs.

### Home or renters insurance

Home insurance is only mandatory for homeowners, but renters are also wise to purchase insurance to cover their items in the event of fire, flood or theft.

## Financial Literacy: What You Need to Know

If you’ve spent any time reading financial news lately, you’ve come across the term financial literacy. The goal behind teaching financial literacy is to help people understand basic financial concepts.

That’s a worthy goal, especially when you consider nearly four out of every five U.S. workers live paycheck to paycheck, over a quarter never save any money from month to month, almost 75% are in some form of debt, and most assume they always will be.

With those numbers, it’s no surprise that leaders in business, education and government want to help spread the benefits of financial literacy to as many people as possible.

As more people become aware of the importance of financial literacy, we should be asking: What skills, traits and best practices do people show who are “financially literate”? And, How does this skill set really affect personal finance?

### How Many People Are Financially

### Literate?

The National Financial Educators Council (NFEC) reports less than half of participants passed a test that covered personal-finance related topics—and the average test taker answered 63% of the questions correctly.

On the bright side, there’s a trend in the other direction:

Ramsey Solutions Research surveyed over 76,000 Americans students and found that students who had taken a course in personal finance understood key financial topics such as the difference between credit cards and debit cards (86%), how student loans work (94%), and what a 401(k) is and how it works (79%).

By now, you’ve got a pretty good sense of where you stand in terms of your own financial literacy. Maybe you have a lot to learn, but it’s encouraging to know that increasing financial literacy could transform whole families, communities and even the nation.



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# Three Dot Lounge...

## Cracker Barrel

by Mike McClure



...so the other day our editor ask me what I was going to write about today. Actually he was a little snarky - he asked me if I was going to try to sneak in one of my old columns about Cinco de Mayo or Mother's Day.

No, that's not my style but to be honest I did think about it. Those are great holidays and deserving of attention. In fact we have another one this month that I generally write about, Memorial Day. But why not May Day itself?

May Day is a European festival of ancient origins marking the beginning of summer, usually celebrated on May 1st, around halfway between the Northern Hemisphere's Spring equinox and June solstice. Festivities may also be held the night before, known as May Eve.

Traditions often include gathering wildflowers and green branches, weaving floral garlands, crowning a May Queen (sometimes with a male companion), and setting up a Maypole, May Tree or May Bush,

around which people dance. Wow, this is starting to sound good, bonfires are also part of the festival in some regions (not here in SoCal, please).

Fading in popularity since the late 20th century is the tradition of giving of May baskets, small baskets of sweets or flowers, usually left anonymously on neighbor's doorsteps (bummer!).

One of the problems with these old celebrations is that we don't really know how they got started, old pagan holidays became church holidays or religious holidays became secular. May Day is also International Workers Day. Modern May Day ceremonies in the U.S. vary greatly and many unite both the pagan traditions and labor's traditions.

Whatever your traditions are, have a safe & sane holiday.



## Working OverTime

by Cynthia Huizar



So much to do, as we get ready to say good-bye to April and its rainy days, Profe and I are looking forward to warmer weather in May and lots of outdoor activities such as swimming, walking, working out at the gym and did I mention the annual Pomona fair?..

Profe and I attend many groups and conventions. Now most conventions are about the same. You have your speakers and a banquet then usually dancing. As you probably know by now, we like to dance, so that gives us something to look forward to after the banquets, especially if the speaker is ...shall we say, long winded. We enjoy it and it is great exercise.

We were at a convention last Saturday in Ontario, which was nice because it was only about 20 minutes away from home. We met some nice people, but it got kind of weird. A young woman named Liz sat down to my left and a woman named Liz sat on Profe's right with her husband Gary. Dose Liz's.

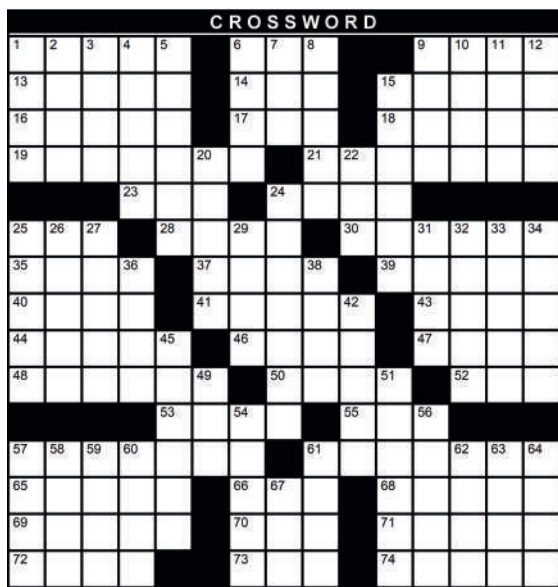
We chatted, I told them all about how we had met and our wedding

plans. Liz to my left was single so of course I gave her advice about dating, I mean she must have been in her late 30's and attractive so she obviously needed my help. We had a delicious meal; steak, Brussel sprouts, cheesecake dessert, uum. And then dancing to burn off the calories.

In May we are going to a convention in Laughlin, but I am getting ahead of myself. May is also Pomona Fair month. We get out to several county fairs around the region and they are starting to become ubiquitous, same vendors, same food.

Profe used to go for the big turkey leg but he got tired of that. I like the corn on the cob and a few other things but we both agree on the bar-b-que chicken wings. What are your favorites? I would like to hear from you and share them with the rest of the readers.

While we are at it don't forget that this Sunday is Cinco de Mayo, and then the following Sunday is Mother's Day, so much to do!



- ACROSS**
- 1. "Odyssey" author
  - 6. Time in NYC
  - 9. Pay as you earn, acr.
  - 13. Avoid paying taxes
  - 14. Also
  - 15. Rolled up, on a farm
  - 16. From distant past
  - 17. News channel acronym
  - 18. Very angry
  - 19. \* \_\_\_ Invasion
  - 21. \*Vostok I pilot
  - 23. Spring water resort
  - 24. Talcum powder ingredient
  - 25. Muted order
  - 28. Sports award
- DOWN**
- 1. \* \_\_\_ Alpert & the Tijuana Brass
  - 2. Last word over walkie-talkie
  - 3. Algeria's southern neighbor
  - 4. Written corrections
  - 5. Chef's guide
  - 6. \* \_\_\_ A Sketch toy, launched in 1960
  - 7. \*Just one of "My Three \_\_\_"
  - 8. Polynesian kingdom
  - 9. Prefix with trooper or legal
  - 10. Resembling wings
  - 11. Abominable humanoid
  - 12. \*#57 Across actress
  - 15. Large feline (2 words)
  - 20. The Obamas' daughter
  - 22. \*"A Man for \_\_\_ Seasons" movie
  - 24. Political repression
  - 25. Nordic gl hwein
  - 26. \* \_\_\_ Turf
  - 27. Man behind Windows
  - 29. \*Bay of \_\_\_ Invasion
  - 31. \*"Turn on, tune in, \_\_\_ out"
  - 32. Shockingly graphic
  - 33. Fill with optimism
  - 34. \*"The Times They Are A-Changin'" singer-songwriter
  - 36. Three on a certain sloth
  - 38. It's between Ohio and Ontario
  - 42. \*#21 Across - first man in \_\_\_
  - 45. \*"Mary Poppins" producer
  - 49. Not Beta or Kappa
  - 51. Farm tool
  - 54. Front of cuirass
  - 56. Spurious wing
  - 57. Kickboxing moves
  - 58. Twelfth month of Jewish year
  - 59. City of Taj Mahal
  - 60. " \_\_\_ a soul"
  - 61. Ran off
  - 62. Purple flower
  - 63. Not gross
  - 64. Brainchild
  - 67. E in B.C.E.

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- THEME: THE 1960s**
- 30. Doled out, as in soup
  - 35. Future atty.'s exam
  - 37. Engage for service
  - 39. In all sincerity
  - 40. \* \_\_\_ Preminger, director of "Exodus"
  - 41. Petri dish jellies
  - 43. DDS exam
  - 44. Gordon Gekko: " \_\_\_ is good"
  - 46. Barbershop sound
  - 47. Bread pocket
  - 48. Rumor
  - 50. Whiskey straight, e.g.
  - 52. Cubby hole
  - 53. One-horse carriage

## Riddles

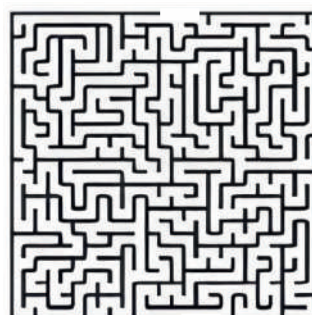
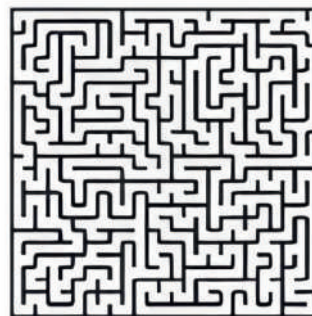
The shorter I am, the bigger I am.  
What am I?

What is bought by the yard and is worn by the foot?

What's the red stuff between elephant's toes?

There is a kind of fish that can never swim.  
What is that?

What is a Mummy's favorite type of music?



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

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

- William Blake



**Math**  
**From Page 1**

from the prize table.” Students were also challenged to participate in various levels of mathematical equations in order to win prizes.

LEGO robotics was a massive hit, challenging students to code start, stop, and operational functions with motorized vehicles. New Lexington Student Leonardo Recinos was thrilled to get his robot to work, “I made a robot start while the color stayed yellow and made the robot stop at red!” Leonardo said he enjoyed being able to use his creativity and combine it with math.

Throughout the evening, there was a distinct sense of happiness and

companionship as families collaborated to solve math problems. EMCSD Superintendent Dr. Maribel Garcia, who was in attendance with her family, shared, “We know that the best way to connect with our community is to create opportunities for us to come together. Creating spaces like Family Math Night embraces the partnership between our families and educators. Plus, we get the added benefit of showing how math happens all around us and empowering our families to extend math experiences outside the classroom.”

Family Math Night was a demonstration of education's ability to unite and inspire.

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

**ActiveSGV**  
**From Page 1**

efforts of the organization's team, volunteers, and supporters. This acknowledgement further fuels their commitment to creating a more sustainable, equitable, and livable future.

Geoff Green, CEO of the California Association of Nonprofits (CalNonprofits), a partner for this initiative, highlighted the often-unrecognized impact of nonprofit organizations on the lives of millions of Californians. Nonprofits, ranging from childcare programs and sports teams to art classes and health clinics, play a crucial role in improving the well-being of individuals and strengthening communities across the state. Additionally, nonprofits serve as a significant economic driver, accounting for 1 in 14 jobs in California.

A 2019 report commissioned by CalNonprofits, titled "Causes Count," revealed that the nonprofit sector is the fourth-largest industry in the state, employing over 1.2 million people. California nonprofits generate more than \$273 billion in revenue annually and attract \$40 billion in revenue from outside the state. The labor contributed by volunteers at nonprofits is equivalent to 330,000 full-time jobs.

Through the Californian Nonprofit of the Year initiative, each California state legislator has the opportunity to recognize a nonprofit organization making significant contributions in their district. ActiveSGV will participate in the celebration at the Capitol on June 5, which marks California Nonprofits Day. This event, sponsored by CalNonprofits in collaboration with the state Senate and Assembly Select Committees on the Nonprofit Sector, aims to highlight the essential role of nonprofits in advocacy, education, and research, reinforcing and strengthening California's nonprofit network.

*(Photo Courtesy of https://www.activesgv.org/)*

**SRLA**  
**From Page 1**

Lakes. “It was very difficult at the beginning but I improved as we trained and my running skills got better. I met new friends and even though it was a long journey and a challenge it was worth it. I’m proud to be able to say I finished a marathon and now I’m ready for any long distance.”

Coach Jimenez was thankful for the opportunity to coach such an awesome group of students at Monte Vista.

“It’s a lengthy season in SRLA and not a lot of downtime in our training, but each one of our student runners worked extremely hard and achieved their goal of finishing the 26.2 miles. I’m so proud of them.” For Coach Dorf, SRLA is literally a family affair with his wife Kristi and daughter Hannah sharing coaching duties.

“These kids did a fantastic job training and each one of them finished the marathon,” said Dorf. “I am extremely proud of their efforts and perseverance and I appreciate the great support of our coaches, volunteers and parents. We are an SRLA family at Twin Lakes and this year we had four of our parents also train with us and complete the marathon.”

The Mountain View School District is extremely proud of its SRLA teams for their success and for exceptionally representing their schools and the district throughout the marathon season. “Congratulations on an achieving your goal of finishing the marathon,” said Dr. Raymond Andry, MVSD Superintendent. “Your dedication, hard work and grit are impressive. You all achieved something remarkable, that many don’t even attempt to achieve. I commend our coaches, volunteers and parents for their efforts, and for providing such an extraordinary experience for our students.”

*(Photo and Story Courtesy of Mountain View School District)*

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**Puzzle Answers**



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

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B	U	R	R	Y	I	R	E	E	L	I	T	E	
S	L	A	Y	S	A	D	R	A	S	T	A		



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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](http://www.sgvfamilycenter.org).



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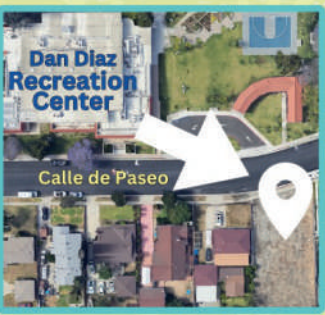
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