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Students Experience the Wonders of Washington, D.C.

By Jasmine Velazquez

Over 600 eighth-grade students from El Monte City School District (EMCSD) traveled to Washington, D.C. for a five-day study trip at no cost to students or families. This experience was both instructive and transformational, with the goal of enhancing their comprehension of American History and giving students real-world experiences to complement their learning. The trip provided a new perspective on their education as they created memories with their peers.

“What I like about this trip is I get to visit the real locations that I’ve studied my whole childhood,” said Wright 8th Grader Kevin V. “It is amazing to actually experience [D.C.] firsthand and all in all, it’s beautiful.”

Students boarded their early morning flight from LAX with excitement and nerves; this was the first time many had traveled this distance. Their schedule was packed with stops at famous sites and museums including the National Archives, the National Museum of African American History and Culture, the National Air and



Space Museum, the Holocaust Museum, the Martin Luther King Jr. Memorial, and the U.S. Capitol building to name a few.

“The museums were really important to me because back at home we don’t really have museums based on our history and it’s really cool to see items we talked about in class in real life,” says Rio Hondo student Katelyn N.

Fellow Rio Hondo student Matthew W. added, “Seeing the Declaration of Independence in textbooks or computers is one thing, but being able to actually be there is astounding.”

The trip also offered students the chance to grow as individuals. “I think being in the hotel with our

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Reentry Services Available with New Office in El Monte



Fear for Breakfast, a nonprofit organization led by formerly incarcerated individuals and dedicated advocates, is proud to announce the grand opening of its new office location in El Monte (3380 Flair Dr #233 L). The expansion marks a significant milestone in the organization’s commitment to providing innovative reentry services and empowering individuals to successfully reintegrate into their communities.

Strategically located in Los Angeles County, the new office reflects Fear for Breakfast’s commitment to justice-involved individuals through its in-prison and community-based programs. Equipped with updated facilities and resources, the new location will serve as a central hub for delivering critical services such as job training, mental health counseling, and mentorship programs – all led by the formerly incarcerated and working professionals in the field.

“We’re excited to unveil our new office location, which represents an important chapter in Fear for Breakfast’s journey,” said Tue Huynh,

Founder of Fear for Breakfast. “Having started only three years ago, we’re proud that our programs are helping formerly incarcerated individuals achieve stability, gain valuable career skills, and a healthy way of life.”

The grand opening celebration took place on Saturday, May 4 and featured a ribbon-cutting ceremony, guided tours of the new office space, testimonials from program participants, and opportunities to engage with staff and community partners.

Recently, Fear for Breakfast received a grant from California Community Foundation’s Trauma Prevention Partnerships. The project aims to enhance violence and trauma prevention initiatives in communities disproportionately impacted by the effects of COVID-19. Since the pandemic, these same communities have seen an escalation of violence.

“We thank Fear for Breakfast for sharing their vision with us,” said Dr. Adrienne Hillman, California Community Foundation Trauma Prevention Partnerships Program Officer who spoke at the ceremony. “Secondly, this is about intentionality. This is a very intentional program and needed in the community and we’re happy to back that. CCF is a foundation for the community and we look forward to helping individuals receive needed resources to assist with their healing. Thank you for challenging CCF to be better and continuing to advocate for reentry services.”

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Student Dance Teams Light Up the Stage at Semi-Finals



Mountain View School District’s Conga Kids Semi-Final Competition, held at Payne School was full of energy, excellent dancing and excitement as the 5th grade dance teams from Baker, Maxson, Miramonte, Monte Vista, Payne, Parkview and Twin Lakes schools competed to represent the District at the Conga Kids Finals at LA Live.

As part of MVSD’s comprehensive Visual and Performing Arts program, Conga Kids provides all 5th graders with 18 weeks of dance lessons during the school year.

Students not only learn a variety of dances, they also develop life skills including discipline, respect, self-confidence, leadership, teamwork and cooperation, all while having fun. The weekly 50-minute classes are taught by expert teaching artists who also integrate CASEL’s social and emotional learning framework, helping students develop essential tools for a successful life.

Payne School’s auditorium was transformed into a celebratory dance hall with an electric vibe as the crowd cheered on the dancers. Displaying tremendous dance skills and stage presence, all the teams did a fantastic

job and the judges had their work cut out for them as they judged the students performing the Merengue, Son Cubano/Salsa, Authentic Jazz, Cumbia, and Hip-Hop.

“Seeing our students participate in programs that enhance their talent for art makes me very happy,” said Leticia McCorkle, Principal of Baker School. “The dedication and creative ability displayed by our students on stage was great.”

With two rounds of dances completed, it was evident all of the dancers brought their best to the competition. After the judges scores were tallied there was a tie and it came down to a dance off of all the team captains performing the Merengue.

The Mountain View School District is proud of all the 5th grade dancers who participated in the Conga Kids program and represented their schools and the District so well.

“On behalf of the Board of Education, we are proud of all of you. You all were amazing,” said Cindy Wu, Board Member.

The final scores were tallied and the winners were announced. Taking top honors was the Conga Kids team from Parkview School, Twin Lakes’ team placed 2nd and Maxson’s team placed 3rd.

“I had an amazing time tonight!” said Jelena Lujano a member of Parkview’s winning team. “I’m so excited to go to LA Live and compete. It’s going to be so much fun.”



Students Secure Top Award at National Competition

Five Mountain View High School (MVHS) juniors in the Viking Informational Systems Technology Academy (VISTA) clinched three awards, including the top honor, for their compelling public service announcement (PSA) at the National Streets Are Safe for Everyone Competition on May 4.

VISTA's award-winning PSA entitled "Dose of Reality" won not only the top spot in the Los Angeles County South region, but the entire National Streets Are Safe for Everyone competition. VISTA earned \$1,250 to use for future projects, and juniors Lindsay Vargas, Sarahi Retana, Giselle Ortiz, Jaquelin Flores, and Mariela Cruz each received \$250 for their contributions to the PSA.

VISTA students were recognized for their work in other categories on PSAs, including Script Originality and Creativity for "Heavens Gate" and Post Special Effects/Graphics for "Drunk Driving Animation."

"First and foremost, I am so grateful to be a part of VISTA. I have always had a passion for filmmaking and it was not until this competition that I realized I also had a love for scriptwriting," Retana said. "My classmates and I collaborated on the concept for 'Dose of Reality.' We really wanted to make sure our video evoked a striking message and impacted others to keep safety in mind when driving."

The National Streets Are Safe for Everyone Competition, organized by the non-profit organization Streets Are For Everyone (SAFE), tasks high school teams with producing compelling PSAs that emphasize safe driving practices. SAFE is dedicated to enhancing the well-being of pedestrians, bicyclists, and drivers by striving to eliminate traffic-related fatalities. The competition was initiated by SAFE to harness the influence of student voices in promoting road safety awareness among their peers.

MVHS VISTA students were part of a



group of 29 schools, over 360 students, 112 individual Competition Registrations and 82 final PSA Submissions.

"The dedication and creativity shown by these young filmmakers are truly inspiring," MVHS VISTA teacher John Mann said. "This is the third year we have participated in this competition and each year my students never cease to amaze me. I am extremely proud of them and all their hard work. They've demonstrated how youth-driven initiatives can drive meaningful change in our communities."

The students' remarkable journey

was further celebrated during a live interview on KCAL 9 Morning News on May 7, where they shared insights into their winning PSA and showcased their videos.

"The success of Mountain View's VISTA students highlights the innovative spirit and commitment to community engagement that defines our District," El Monte Union High School District Superintendent Dr. Edward Zuniga said. "Congratulations to each participant for their outstanding contributions and well-deserved recognition."



El Monte Union High School District Invites You To
Arroyo High School's Stadium Project
Ribbon-Cutting Ceremony
 Thursday, May 23 | 4:30 p.m.
 Arroyo High School - 4921 Cedar Ave., El Monte

Join us in celebrating the grand opening of Arroyo High School's Stadium, featuring a new rubberized track and field, bleachers, concession stands, a grand stadium entrance, and more.

Funded primarily by Measure HS, this project is part of El Monte Union's commitment to upgrade facilities at every school in the District.



Class of 2023
COMMENCEMENT CEREMONIES

El Monte-Rosemead Adult School
 7 p.m., Wednesday, May 31 - Panther Auditorium

Adult Transition Center
 10 a.m., Wednesday, June 7 - Adult Transition Center

Fernando R. Ledesma High School
 5 p.m., Wednesday, June 7 - FRLHS

South El Monte High School
 7 p.m., Wednesday, June 7 - Eagle Stadium

El Monte High School
 7 p.m., Wednesday, June 7 - Lion Stadium

Rosemead High School
 7 p.m., Wednesday, June 7 - Marinelli Stadium

Arroyo High School
 7 p.m., Thursday, June 8 - Rosemead High School

Mountain View High School
 7 p.m., Thursday, June 8 - South El Monte High School

El Monte Union Wants To Hear From You!

Health & Fitness

Cooking with a Healthy Heart

(Family Features) Healthy eating doesn't have to be difficult or require you to take favorite meals off your family's menu. In fact, making smart choices when cooking at home can give you more control over the types of tasty, heart-healthy dishes you put on the table.

High cholesterol is one of the major controllable risk factors for heart disease and stroke, with about 38% of American adults diagnosed with high cholesterol, according to the American Heart Association. These cooking tips can help you prepare heart-healthy meals that could help improve cholesterol levels by reducing excess saturated fat and trans fat.

Cook Fresh Vegetables the Heart-Healthy Way

Roasting, steaming, grilling or baking can help bring out the natural flavors of vegetables. Adding herbs and spices can also help make veggies tastier, including combinations like basil with

tomatoes, oregano with zucchini, dill with green beans or rosemary with peas and cauliflower.

Reduce Saturated Fat in Meat and Poultry

The amount of saturated fat in meats can vary widely, depending on the cut and how it's prepared. Opt for poultry and fish over red meat and look for lean cuts of meat with minimal visible fat, which should be trimmed away before cooking. Also limit processed

meats such as sausage, bologna, salami and hot dogs, which are often high in calories, saturated fat and sodium.

Use Liquid Vegetable Oils in Place of Solid Fats

Some fats are better for you than others. Liquid vegetable oils such as canola, safflower, sunflower, soybean and olive oil can often be used instead of solid fats, such as butter, lard or shortening. If you must use margarine, try the soft or liquid kind.

Find more heart-healthy recipes and tips for lowering cholesterol at heart.org/cholesterol.



Grilled Tequila-Lime Chicken with Grilled Asparagus

- 1/4 cup tequila or white vinegar
- 2 teaspoons lime zest
- 1/2 cup fresh lime juice
- 2 medium garlic cloves, minced
- 1 tablespoon chipotle pepper canned in adobo sauce, minced, plus 2 tablespoons adobo sauce
- 1 1/2 pounds boneless, skinless chicken breasts, fat discarded
- nonstick cooking spray
- 3 bunches asparagus spears, trimmed
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper, divided
- 2 tablespoons canola oil or corn oil

In small bowl, stir tequila, lime zest, lime juice, garlic, chipotle pepper and adobo sauce. Pour into large resealable plastic bag. Add chicken and seal bag tightly; turn bag to coat. Refrigerate 2-12 hours.

Preheat grill to medium-high heat. Lightly spray grates with nonstick cooking spray.

In large dish, sprinkle asparagus with salt and 1/4 teaspoon pepper. Drizzle with oil. Turn asparagus over to coat.

Remove chicken from marinade. Discard marinade and wipe most of it off chicken. Sprinkle chicken with remaining pepper.

Grill 8-12 minutes, or until chicken is no longer pink in center. Transfer to plate and cover with aluminum foil.

Place asparagus on grill, facing opposite direction of grates. Grill 7 minutes, or until tender crisp.

Serve asparagus with chicken.

Recipe courtesy of the American Heart Association

Servings: 4

Healthy Cooking for Beginners: A Guide to Nourishing and Delicious Meals



Cooking is a valuable skill that not only allows you to explore your creativity in the kitchen but also promotes a healthier lifestyle.

For beginners, it can be daunting to embark on a culinary journey, especially when aiming for healthy meals. However, with a few basic principles and helpful tips, you can easily create nourishing and delicious dishes in no time.

This article serves as a guide to healthy cooking for beginners, offering practical advice and essential techniques to get you started on your culinary adventure.

Plan Your Meals

Before you start cooking, it's essential to plan your meals ahead of time. Take a moment to consider the nutritional balance of your dishes,

ensuring they include a variety of food groups.

Incorporate lean proteins, whole grains, colorful fruits and vegetables, and healthy fats into your meals.

Planning will also help you create a shopping list, making your grocery trips more efficient and cost-effective.

Stock a Healthy Pantry

Having a well-stocked pantry is the key to successful and stress-free cooking. Keep your kitchen equipped with staples like whole grains (brown rice, quinoa), legumes (beans, lentils), canned tomatoes, low-sodium broths, spices, and herbs.

Opt for healthier alternatives to common ingredients, such as olive oil instead of butter, whole wheat flour instead of refined white flour, and natural sweeteners like honey or maple

syrup instead of processed sugar.

Embrace Fresh Ingredients

Fresh ingredients not only enhance the flavors of your dishes but also provide a wide array of nutrients.

Explore your local farmer's market or grocery store to discover a variety of fresh fruits, vegetables, and herbs. Seasonal produce tends to be more flavorful and cost-effective, so incorporate them into your meals whenever possible.

Don't be afraid to experiment with different ingredients and flavors to add excitement to your dishes.

Practice Portion Control

Maintaining portion control is crucial for a healthy diet.

Learn to listen to your body's hunger and fullness cues. Use smaller plates and bowls to visually control portion sizes.

Fill half of your plate with colorful vegetables, one-quarter with lean protein, and the remaining quarter with whole grains. This balanced approach will help you maintain a healthy weight and ensure you're getting the right nutrients.

Choose Healthy Cooking Methods

The cooking method you choose can significantly impact the nutritional content of your meals.

Opt for healthier cooking techniques such as steaming, grilling, baking, roasting, and sautéing instead of deep-frying.

These methods require less oil and help retain the natural flavors and

nutrients of your ingredients.

Additionally, try to limit the use of added salt and sugar, and experiment with herbs, spices, and citrus juices to enhance the taste of your dishes.

Meal Prep for Convenience

Meal prepping is a fantastic strategy to save time and maintain a healthy diet, especially for those with busy schedules.

Set aside a specific day each week to plan and prepare your meals in advance. Chop vegetables, marinate proteins, and portion out your ingredients for easy assembly later.

Investing a few hours in meal prepping can save you from resorting to unhealthy takeout options during busy weekdays.

Get Creative with Substitutions

Healthy cooking doesn't mean compromising on taste. Experiment with ingredient substitutions to make your favorite recipes more nutritious. For example, swap refined grains for whole grains, use Greek yogurt instead of sour cream, and replace high-fat dressings with vinaigrettes.

Discovering these alternatives will allow you to enjoy your favorite dishes guilt-free while boosting their nutritional value.

Embarking on a journey of healthy cooking is a rewarding and beneficial endeavor.

By implementing these beginner-friendly tips, you can develop the skills and knowledge needed to create nutritious and delicious meals in your own kitchen.

Remember to plan your meals, stock a healthy pantry, embrace fresh ingredients, practice portion control, choose healthy cooking methods, and engage in meal prep.



Real estate REPORT



Transforming Your Outdoor Spaces: Enhancing Your Home's Exterior



Your home's outdoor spaces are an extension of your living environment, offering endless opportunities for relaxation, entertainment, and connection with nature.

With some thoughtful planning and creativity, you can transform your outdoor areas into inviting retreats that maximize both comfort and aesthetic appeal.

In this article, we will explore various ways to enhance your home's outdoor spaces, allowing you to make the most of the great outdoors right at your doorstep.

Before diving into any improvements, consider how you intend to use your outdoor spaces.

Are you looking for a serene oasis for personal relaxation or a vibrant hub for social gatherings?

Determining the purpose will help guide your decision-making process and ensure the design aligns with your goals.

To maximize functionality, divide your outdoor area into different zones based on their purpose.

For instance, designate an area for dining, lounging, gardening, or playing. This zoning concept will provide structure and organization, making it easier to utilize and navigate your outdoor spaces effectively.

Integrate nature into your outdoor spaces by incorporating landscaping and greenery.

Planting a variety of flowers, shrubs, and trees not only adds visual appeal but also creates a soothing and tranquil atmosphere.

Consider your climate and choose plants that are suitable for your region, ensuring they thrive and require minimal maintenance.

Invest in high-quality outdoor furniture that offers both comfort and durability.

Choose weather-resistant materials such as teak, aluminum, or synthetic wicker to withstand the elements.

Arrange seating areas strategically to foster conversation and relaxation, and add cushions and throws for an extra touch of coziness.

Elevate your outdoor dining experience by creating a dedicated dining area.

Install a sturdy and stylish dining set, complete with a table and chairs

that can accommodate your family and guests comfortably.

Consider adding shade options, such as umbrellas or a pergola, to provide relief from the sun during daytime gatherings.

Extend the usability of your outdoor spaces into the evening hours with appropriate lighting. Combine functional and decorative lighting elements to create a warm and inviting ambiance.

Install pathway lights for safety, accentuate garden features with spotlights, and incorporate string lights or lanterns to add a magical touch to your outdoor evenings.

The soothing sound of flowing water can significantly enhance your outdoor environment. Consider installing a water feature, such as a fountain, pond, or waterfall, to create a relaxing and tranquil atmosphere.

These features also attract birds and other wildlife, adding to the natural charm of your outdoor spaces.

Take your outdoor living to the next level by incorporating a cooking and entertainment area. Install an outdoor kitchen equipped with a grill, countertop space, and storage to facilitate outdoor cooking and dining.

Additionally, consider adding a fire pit or an outdoor fireplace, which can serve as a focal point and a gathering spot during cooler evenings.

Lastly, add personal touches and decorations to infuse your personality into the outdoor spaces.

Hang artwork, display potted plants, and include decorative elements like rugs, cushions, and outdoor textiles. Incorporate colors and patterns that complement your overall design scheme and create a cohesive and inviting atmosphere.

With careful planning and attention to detail, you can transform your home's outdoor spaces into captivating retreats that cater to your specific needs and desires.

By incorporating landscaping, comfortable seating, lighting, privacy, and other enhancements, you can create an outdoor oasis that seamlessly blends with your indoor living environment.

Embrace the beauty of nature, foster a sense of relaxation, and create memories in your enhanced outdoor spaces, right in the comfort of your own home.

Local Broker Honored at 2024 Property Management Summit

As a family owned professional property management company proudly serving the San Gabriel Valley since 1960, Ramona Property Managers, Inc. has established itself as a trusted name in the San Gabriel Valley. Recently, Broker Kenneth Ferreira was honored with a prestigious Certificate of Appreciation by the West San Gabriel Valley Association of Realtors at the 2024 Property Management Summit.

The Property Management Summit, hosted by the Education Committee of the West San Gabriel Valley Association of Realtors, aimed to educate, entertain, and inform an audience of brokers, agents, investors, property managers, and potential property managers. With his extensive experience spanning over two decades in the property management industry, Kenneth Ferreira was delivered a captivating presentation titled "Mistakes to Avoid in Property Management."

On Wednesday, May 15, the summit attendees gathered to gain a deeper understanding of the property management industry from Kenneth's wealth of knowledge. The stage was set for an engaging and enlightening session, as Kenneth shared stories, offered sincere advice, and provided valuable context and perspective based on his experiences.

When asked about his experience speaking at the event, Mr. Ferreira said "I am so grateful to the West San Gabriel Valley Association of Realtors, the Education Committee, and specifically Mr. Wai-ming Li, for giving me the opportunity to share my experience. It's easy to stay humble when you are surrounded by such generosity."

Mr. Ferreira took the audience on a journey through the challenges and successes of property management. Drawing from his extensive background, he shared stories that highlighted his "why" and the importance of avoiding common mistakes that can hinder success in this dynamic industry. Attendees were captivated by his insightful anecdotes, and his delivery blended wisdom, knowledge, and a touch of humor.

The goal of the presentation was to educate, entertain, and inform. Kenneth's experience as a property manager and public speaker was on full display as he provided valuable insights and stories highlighting the complex world of property management. "It's a business first, but the business is still about people and we shouldn't forget that" Mr. Ferreira said.

Since its establishment in 1960, Ramona Property Managers, Inc. has been committed to delivering unparalleled service to its clients throughout the San Gabriel Valley and Mr. Ferreira's leadership as President and CEO has been instrumental in the company's continued success.

The 2024 Property Management Summit served as a platform for professionals to exchange ideas, learn from each other, and foster growth within the industry. Kenneth's recognition underscores his exceptional leadership and the significant contributions he has made to the property management field.

The session was not only educational but also left us with a renewed commitment to treating tenants equitably—a philosophy that undoubtedly paves the way for success in our industry." Wai-Ming Li, Chairperson of the Educational Committee, said in a statement after the event.

As the event concluded, the audience departed with a renewed sense of purpose and valuable knowledge gained from Kenneth Ferreira's presentation.

With humour and grace, he left a lasting impression on attendees, that they would carry his insights with them throughout their careers.

In the ever-evolving world of real estate and property management, professionals like Kenneth Ferreira continue to shape the industry through their experience, sincerity, dedication, respect, humility, wisdom, knowledge, and humor. Their contributions help elevate the standards of property management, benefiting clients, tenants, and industry stakeholders alike.

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Eye On Finance

Budgeting: The Key to Financial Success

Accounting 101 for Home Based Business Owners



Budgeting is a crucial money management tool that outlines your financial goals and helps you establish and regulate funds. By creating and following a budget, you can set and achieve your financial objectives while making informed decisions about how to optimize your finances.

The primary goal of budgeting is to set aside a specific amount of money for both anticipated and unforeseen expenses. This ensures that you are prepared to handle any financial challenges that may arise.

In its simplest form, budgeting involves estimating your monthly home expenses based on previous bills and expenditures. To get started, determine the length of time your compensation will last. Identify fixed expenses such as car payments, home rental, insurance, and more. Additionally, closely track your expenditures for a month to gain a comprehensive understanding of where your funds are going. Analyzing your spending patterns will enable you to identify effective solutions for budgeting.

Suppose you have a steady monthly income of \$4,000. Subtract all your identified monthly bills from this amount. Next, assess and subtract other bills from your income. The remaining balance after deducting fixed costs becomes your household budget. Instead of allocating money for miscellaneous expenses like gas, clothing, entertainment, and groceries, financial planning allows for proportional or percentage-based allocation.

In order for budgeting to be successful, it requires a balance of inflexibility and flexibility. While fixed expenses must be treated as non-negotiable, it is essential to remain adaptable and make necessary adjustments. Stick to your formulated goals and plans as closely as possible to achieve the desired financial outcomes.

Tips for Effective Budgeting
Develop Strong Money Management Skills: A positive attitude towards reducing expenditures and making necessary sacrifices is crucial for effective budgeting.

Plan Your Situation: Create a comprehensive listing of your earnings and overheads. This will provide a clear overview of your financial situation and inform your budgeting decisions.

Distinguish Between Needs and Wants: Differentiate between luxuries and necessities. List down items you consider luxuries, then challenge yourself to cross out at least half of them. Prioritize essential expenses.

Practice Frugality with Dignity: Find joy in activities that require minimal or no spending. Instead of going shopping, engage in free or low-cost activities such as spending quality time with your children at the beach or in a park.

Budgeting is an effective and fundamental tool available to everyone. By implementing a well-structured budget, you can gain control over your finances, achieve your goals, and secure a brighter financial future. Embrace the benefits of budgeting and witness the positive impact it can have on your life.

In today's digital age, many individuals are turning their homes into thriving business hubs. However, it is crucial to remember that home-based businesses are no different from any other enterprise when it comes to financial accounting. Regardless of the size or nature of your business, keeping accurate financial records is essential for several reasons, with taxes being one of the most significant.

Contrary to popular belief, working from home does not exempt you from the obligation to track income and expenses. Failing to maintain proper accounting records can have serious consequences for your home business. Fortunately, there are various accounting practices and tools available to simplify this process, even for those without prior accounting experience.

One option is to utilize accounting software specifically designed for small home businesses. These user-friendly programs offer easy-to-

understand spreadsheets that streamline bookkeeping tasks and provide insights into the profitability of your business. Trusted manufacturers offer these software programs, with some even including fields for essential tax return information. By taking advantage of such software, you can efficiently balance your books and have a clear picture of your business's financial health.

Accounting records play a vital role in the success of your home business. Neglecting proper accounting practices can lead to serious repercussions. Whether you opt for accounting software or the pencil and paper method, documenting your financial dealings is crucial. By doing so, you save yourself from unnecessary stress and save time when tax season arrives.

Home-based businesses must recognize the importance of financial accounting. Regardless of the method you choose, maintaining accurate records of your income and expenses is essential for tax purposes and overall business success. Embrace the available accounting tools or stick to the traditional ledger approach, but never overlook the significance of tracking your home business's financial health.

Rio Hondo CDC Hosts Event to Educate and Inspire



housing landscape.

"We are thrilled to host the 'Housing for All' event and bring together key stakeholders in the San Gabriel Valley community," says Kenneth Ferreira, Executive Director of Rio Hondo CDC. "Our goal is to create an environment where attendees can learn about the application process for affordable housing and gain a deeper understanding of the resources available to them."

Rio Hondo Community Development Corporation (CDC), in partnership with the El Monte Union High School District and sponsored by Citizens Business Bank, is proud to announce the upcoming event, "Housing for All: Educating and Inspiring Families in the San Gabriel Valley." The event will take place on Wednesday, June 26th, at the Cafetorium on the campus of Mountain View High School.

The purpose of the "Housing for All" event is to provide education on how to apply for and get approved for affordable housing opportunities while addressing the crucial question of "what next."

The event will feature informative presentations, interactive workshops, and panel discussions, providing attendees with practical insights and guidance on navigating the affordable

Attendees can explore tables with information, talk with professionals who share a common interest in improving opportunities for all residents of the San Gabriel Valley, and learn how to take advantage of many different resources.

Rio Hondo CDC is honored to have the support of the El Monte Union High School District and Citizens Business Bank as key partners for this event. Their commitment to community development and affordable housing aligns perfectly with the goals of the "Housing for All" event.

To register for the "Housing for All" event or to learn more about sponsorship opportunities, please visit <https://riohondocdc.org/housing-for-all>. Early registration is encouraged as space is limited.

Save The Date
 U.S. Congresswomen Grace Napolitano & Judy Chu present:
FREE VETERANS FORUM
 with Special Guest: L.A. Supervisor Kathryn Barger
 FREE INFO & SERVICES AVAILABLE FOR VETERANS & FAMILIES PROVIDED BY:
 U.S. Dept of Veterans Affairs: Healthcare, Benefits, National Cemetery, Vet Center • State of CA: CalVet, EDD, Dept of Rehab
 • L.A. County: Dept of Military & Veterans Affairs, Veteran Peer Access Network via Dept of Mental Health
Saturday, June 15, 2024
 8:00 a.m. Registration 8:30 a.m. Program begins
 National Guard Armory
 1351 W. Sierra Madre Ave., Azusa CA 91702
 Veterans & Families, please sign up for this event by scanning QR code or visiting: <https://www.eventbrite.com/e/free-annual-veterans-forum-tickets-876091682807>
 For those without access to Internet, please call our office at (626) 350-0150.

Three Dot Lounge...

Cracker Barrel

by Mike McClure



Working OverTime

by Cynthia Huizar



...so the other day I got a call from a Polish friend of mine. Last week there was a celebration of the Battle of Monte Cassino. Monte Cassino and the Gustav Line were the last of the German defenses stopping the Allied Forces from taking Rome in World War 2.

Starting in January of 1944 these defenses were attacked four times with mounting casualties. Finally on May 16th, soldiers from the Polish 2nd Corps launched the final assaults on the German position as part of a twenty division assault along a thirty-two kilometer front. On May 18th a Polish and English flag were raised over the ruins.

Following this victory, the German line collapsed and on May 25th 1944 the Germans were driven from their positions, opening the way for the Allies to walk into Rome. The capture of Monte Cassino cost the Allies 55,000 casualties and the Germans 20,000 men lost. Something to think about this Memorial Day.

There are not many left who were

there 80 years ago, but we can remember their sacrifice. Sometimes it's easy to get caught up in bar-b-ques, parades, maybe a few adult beverages and forget what Memorial Day is.

Unlike other holidays, Memorial Day is a day of remembrance for those who made the ultimate sacrifice, their life, for their country. We always want to thank our veterans for their service, you don't need a holiday to do that. Memorial Day is for the fallen.

{Editor's Note: Thank you Steve for your input and reminder of the Battle of Monte Cassino}

So much to do...We have so many friends I don't know what to do sometimes and they all seem to have the same name. There's Friend Terri and then there is my Daughter Terri. Donna Kevin and Donna Larry and those are just two examples. Luckily there's only one Carmen, one Mary Ann and one Debbie. One Lori but a bunch of Maria's. Poor Profe has trouble knowing who I am talking about so I give them nicknames.

He had to do that with my family when we first met. He comes from a small family but I counted 54 people in my extended family when we first started planning our wedding.

Good thing that I still have a year to work on the invitations.

One of my friends was asking me about date scammers. I am writing a book about some of the problems I have encountered after my husband died. The working title is "After death and my Journey to a new beginning". I know it's too long and kind of dark, but it's just a working title.

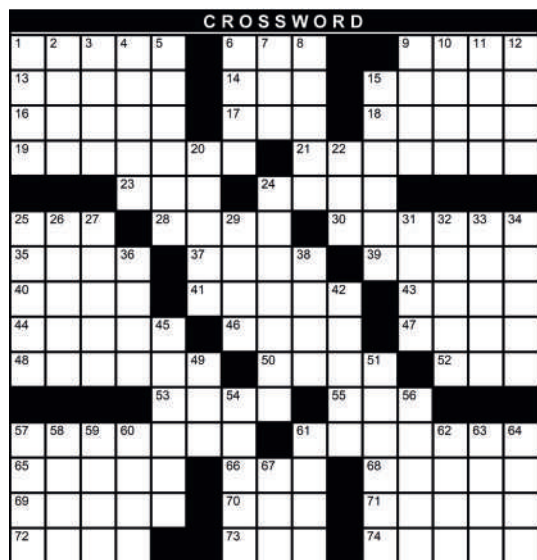
One of the challenges that I faced when I started to think about dating is that there are a lot of phonies out there - especially men who are looking for widows. They think we have money from life insurances or own our

houses. I met one clown who wanted to borrow \$7,000 to make a payment on his Mercedes...on the first date!

No, I tell my friends to never go out with someone without a background check. There are different services online that you can find that for a small fee will run checks for you. Dating Sites are risky, guys will lie, let me repeat that ladies, GUYS WILL LIE! And if they won't let you run a check, forget about it.

Profe and I had gone out a couple of times then we went to Laughlin. I ran his driver's license and his vehicle plates. I verified his address and his employment. What impressed me about him was he just chuckled when I asked and told me sure why not and that he had nothing to hide.

A good man won't mind, now we go everywhere. We went to Palm Desert for Mother's Day, we just got back from a conference in Laughlin and we are getting ready to go visit Susie in Sonoma. We will be back on Memorial Day. Hope you all have a peaceful Memorial Day remembering those who gave their life for our country.



- 55. Ostrich-like bird words)
- 57. *Snack in a tub
- 61. *Blast from the past venue
- 65. Bulb in produce aisle
- 66. Zoo's Primate House inhabitant
- 68. Telephone company portmanteau
- 69. Like an uncomfortable mattress
- 70. Not in good health
- 71. Alleviated
- 72. Law school prerequisite, acr.
- 73. Sodium hydroxide
- 74. Musher's ride, pl.
- 20. E-wallet content
- 22. Don McLean: "A long, long time ____..."
- 24. Simone Biles, e.g.
- 25. *Theater guide
- 26. Mickey Mouse's pet
- 27. Alexander, for short
- 29. *Opera or movie
- 31. Sheep's milk cheese
- 32. Intestinal obstruction
- 33. What contortion and contour have in common
- 34. Furnish with a fund
- 36. Who would
- 38. Creole cuisine staple
- 42. Waste conduit
- 45. Bribery, to a church official
- 49. ENT's first concern?
- 51. Afflicts with a blow
- 54. Symbol of slowness
- 56. Relating to uvea
- 57. Gallup's inquiry
- 58. Burden
- 59. Type of cotton
- 60. Native Egyptian, in Roman times
- 61. Expunge
- 62. *At concession stand: "Anything ____?"
- 63. Not hot, at a coffee shop
- 64. Nonverbal OKs
- 67. Layer

DOWN

- 1. Drive a getaway car, e.g.
 - 2. Wild swine
 - 3. Vinyasa workout
 - 4. Landing road
 - 5. Put on hold
 - 6. Physicist Niels
 - 7. Lawyers' grp.
 - 8. Contraption
 - 9. Adjective for #9
- Across
- 10. Blood-related
 - 11. Network of nerves
 - 12. Standing pose in #3 Down
 - 15. Postpone (2

THEME: AT THE THEATER

ACROSS

- 1. Bottomless pit
- 6. Paper or plastic one
- 9. Mercantile establishment
- 13. *Ticket agent's cubicle
- 14. Kimono sash
- 15. Cautious gambler
- 16. Tidal bore
- 17. ____-been
- 18. Get together
- 19. *Movie preview
- 21. *Daytime attraction
- 23. Rubber substitute
- 24. 1960s ____ boots
- 25. Good times
- 28. No problem
- 30. *Box ____
- 35. Deli side
- 37. Jerk, in Yiddish
- 39. Cell dweller
- 40. *Common theater admonition
- 41. Blows a horn
- 43. Be inclined
- 44. Community spirit
- 46. Stuff for sale, sing.
- 47. Not manual
- 48. *Traveling entertainer's helper
- 50. Cutting tools
- 52. "Reap what you ____"
- 53. Sail holder

Riddles

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

With pointed fangs it sits in wait,
With piercing force it doles out fate,
Over bloodless victims proclaiming might,
Eternally joining in a single bite
What is it?

What starts with a P, ends with an E and has a million letters in it?

What type of house weighs the least?

What kind of room doesn't have walls?

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

WASHINGTON
From Page 1

friends and just having this independence, literally, is really exciting," said Wright student, Irma D. "I think it allows us to grow up a little more and just have a lot of fun together and make memories."

EMCSD is dedicated to offering engaging learning outside of the classroom. The district understood the value of experiential learning and the significant effects it may have on students' development both personally and academically. This journey was an investment in their civic education and engagement in the future. "We will always work to enrich our educational practices in order to create more spaces for our

RE-ENTRY
From Page 1

"The grant is helping us heal communities affected by violence," Huynh said, pointing out that the resources will assist with the group's Healing and Personal Development workshops, which are offered to formerly incarcerated individuals, their partners, and family members to achieve stability and a path for lasting change.

In tackling the root causes of mental health challenges of individuals reentering society, Fear for Breakfast provides accessible and culturally sensitive services to program participants. Services

students to succeed," said Superintendent Dr. Maribel Garcia. "At El Monte City School District, that means finding ways to remove barriers to learning and providing opportunities to actually explore the world our students are studying. That is what we strive to do, and that is the goal of study trips like Washington DC for our 8th graders. The knowledge they gain from standing in the places they read about will benefit them throughout their schooling, and the memories they make will last a lifetime."

The Washington D.C. trip came on the heels of EMCSD sending over 500 4th graders to Sacramento, at no cost to families. EMCSD plans to continue both the 8th grade D.C. and 4th grade Sacramento trip in the 2024-2025 school year.

include trauma-informed care, counseling, and support groups, empowering individuals to confront and heal from past experiences.

Their narrative therapy approach helps participants reframe their stories, reclaim their voices, and develop resilience. They also collaborate with BOLD Recovery, an outpatient treatment program designed for individuals released from prison.

Fear For Breakfast also offers internship opportunities and mentorship support for the reentry population, ultimately working to reduce recidivism and promote a lasting positive change within the community of Greater Los Angeles.

Rosemead Seeks Public Insight for Hazard Mitigation Plan Update



The City of Rosemead is embarking on a journey to safeguard its residents, their homes, and the cherished community infrastructure from the perils of natural and man-made disasters. With an ongoing update to its Local Hazard Mitigation Plan (LHMP), the City seeks the invaluable input of its residents and community partners to shape the path forward.

Last September, the City shared a draft plan that incorporated initial public input, which was then submitted to the State for review. Now, the City is delving deeper into understanding hazards and preparedness levels, aiming to gather more comprehensive insights from the public and community partners. Your voice, your perspective, will directly influence the revised draft plan that will ultimately guide the City's actions.

Engaging in this process is of utmost importance, from staying informed about research strategy updates to providing your valuable opinions until the plan is approved. Once FEMA grants conditional approval, a Final Draft Plan will be shared with the City Council for adoption. Importantly, community involvement will continue to be sought throughout this process.

But what exactly is a Local Hazard

Mitigation Plan? It is a document that outlines the City's long-term strategy to mitigate risks posed by future disasters, both natural and man-made. By updating this plan every five years, Rosemead ensures that residents are well-prepared and eligible for State and Federal emergency funds. The last plan was adopted in 2018, and now, the City is diligently working on its update to reflect the evolving landscape of potential hazards.

So, how can you contribute as a resident or community partner? Visit the dedicated City website for hazard mitigation planning, where you will find a concise ten-minute video explaining the planning process. To gather your invaluable feedback, a quick three-minute survey on hazard mitigation awaits your input. This survey will remain open until June 20, 2024, ensuring that your thoughts are incorporated into the next draft of the plan.

To access the video and complete the survey, please visit the City's website provided. Both the video and survey will be available from May 20, 2024, through June 20, 2024, giving you ample time to contribute.

As an added incentive, all participants will be eligible for a raffle drawing.

For any further inquiries or questions, please reach out to Mandy Wong, the dedicated Public Safety Supervisor, at mwong@cityofrosemead.org or call (626) 569-2168.

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Puzzle Answers

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

A	B	Y	S	S	B	A	G	M	A	R	T			
B	O	O	T	H	O	B	I	P	I	K	E	R		
E	A	G	R	E	H	A	S	U	N	I	T	E		
T	R	A	I	L	E	R	M	A	T	I	N	E	E	
		P	V	C	G	O	G	O						
U	P	S		E	A	S	Y	O	F	F	I	C	E	
S	L	A	W		S	H	M	O	F	E	L	O	N	
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L	S	A	T			L	Y	E	S	L	E	D	S	

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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.

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