

The Mid Valley News

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El Monte Welcomes Chick-Fil-A at New Location

El Monte welcomed the highly anticipated grand opening of its first Chick-fil-A restaurant this week, marking a significant milestone for the community. Located on Santa Anita Avenue, just off the 10 freeway, the new franchise brings the beloved chicken chain to the heart of the San Gabriel Valley, joining nearly a dozen other sites in the region.

Kelsey Anderson, the proud owner and operator of the El Monte Chick-fil-A, expressed her gratitude for the opportunity to serve as a positive force in the community. As part of the company's esteemed leadership development program, Anderson is committed to being a great neighbor and uniting people through exceptional food and a welcoming environment.

The restaurant, situated at 3340 Santa Anita Ave, is open from 6:30 a.m. to 10 p.m., Monday through Saturday, adhering to Chick-fil-A's tradition of closing on Sundays. With its convenient hours, El Monte residents and visitors can now savor the chain's famous chicken delicacies and renowned customer service throughout



the week.

In celebration of the grand opening, Chick-fil-A El Monte is honoring local heroes who have made a significant impact on the community. One hundred deserving individuals will receive free entrees for an entire year, serving as a token of appreciation for their dedication and contributions to El Monte.

Beyond its commitment to the

community, Chick-fil-A El Monte is also focused on sustainability and giving back. The franchise is participating in a company-wide initiative that redirects surplus food to local soup kitchens, shelters, food banks, and nonprofit organizations. Additionally, in honor of its opening, the El Monte location will donate \$25,000 to Feeding America, a

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Citizens Business Bank Supports Housing for All



Rio Hondo Community Development Corporation, a local nonprofit organization dedicated to community development and affordable housing, is thrilled to announce the upcoming "Housing for All" event. This highly anticipated event, designed to provide invaluable information and support to low to middle income households seeking affordable housing solutions, will take place on June 26th on the campus of Mountain View High School. The event aims to answer the burning question on everyone's minds: "What's next?" in their pursuit of affordable housing.

Citizens Business Bank, a leading financial institution known for its commitment to community support, has recently awarded Rio Hondo CDC a \$10,000 grant for the "Housing for All" event. This generous grant underscores the bank's dedication to community engagement and its recognition of the critical need for affordable housing solutions, education, and development.

The primary focus of the "Housing for All" event is to empower individuals and families with the

information, resources, and inspiration necessary to navigate the complexities of the affordable housing market. Through a comprehensive program of panel discussions, workshops, and networking opportunities, attendees will gain valuable insights and practical guidance on various aspects of affordable housing including questions to ask when applying for affordable housing and how to look beyond affordable housing.

Citizens Business Bank's grant not only signifies their commitment to community support but also their recognition of the importance of affordable housing in creating thriving communities. The bank's support demonstrates their dedication to making a positive impact in the neighborhoods they serve.

"At Rio Hondo CDC, we are excited to partner with Citizens Business Bank to bring 'Housing for All' to our community," said Kenneth Ferreira, Executive Director at Rio Hondo CDC. "With their generous support, we can provide low to middle income households with the knowledge and tools needed to make informed decisions about affordable housing options."

Citizens Business Bank has a rich history that dates back to its establishment in August of 1974 as Chino Valley Bank. Founded by George A. Borba Sr., a visionary dairy farmer and small business owner from Southern California, the bank was born out of a desire to support and uplift

HOUSING >> PAGE 7

EMCSD Names Teacher of The Year



By Gabriela Angel

Gidley School's Mr. Peter Lam has earned the title of El Monte City School District's Teacher of the Year. Mr. Lam is known for creating a classroom environment where students feel safe, valued, and inspired to learn.

Mr. Lam's journey as an educator began over two decades ago when he started teaching at Cortada School in 2000. Transferring to Gidley School in 2011, he has been a teacher there for 13 years. "I have been blessed to be right here at EMCSD for more than half my life," said Mr. Lam. Having taught 3rd and 4th grade at Cortada and now 7th and 8th grade at Gidley, Mr. Lam prioritizes establishing a connection with his students. "To me, connecting with my students is being there for them," he explained. He finds that connecting with them comes easiest through shared experiences. As a result, his students trust his leadership and guidance, and many have formed meaningful connections.

In addition to his focus on building a connection with his students, Mr. Lam also offers his students unwavering support. This helps teach students to

become more confident in themselves and their abilities. "I feel that if you believe in them, despite everything that happens, they will come to believe that you are there for them," he said. This level of support and passion is felt within Mr. Lam's approach to teaching. He consistently emphasizes several mottos to his students as encouragement and inspiration. "Get it done!" "You are not alone," and one of Kobe Bryant's philosophies "Hard work outweighs talent every time." These ideologies have helped students believe in themselves and motivate them.

EMCSD Superintendent Dr. Maribel Garcia recognized Mr. Lam's commitment. "His exceptional dedication and positive impact on students and the entire school community have brought us immense pride and inspiration," said Dr. Garcia. "Mr. Lam is a true role model and a devoted educator who values the importance of building strong connections with his students. His commitment to creating a positive and safe learning environment where trust and respect thrive is commendable. What sets Mr. Lam apart is his unique talent for tapping into student interests and motivating them to take charge of their campus."

Mr. Lam leads the Photography and Earth Clubs at Gidley. These clubs are designed to encourage a sense of community and support while also introducing important life skills like

TEACHER >> PAGE 7



New Stadium Ignites School Spirit in Grand Opening Ceremony

Arroyo High School (AHS) welcomed more than 300 attendees to its ribbon-cutting ceremony on May 23, marking the grand opening of its long-awaited Stadium Project and showcasing El Monte Union High School District's (EMUHSD) dedication to fostering healthy living and school spirit within the community.

Students, parents, families, community members, administration, local dignitaries, and elected officials gathered at Arroyo High to celebrate the completion of a state-of-the-art facility featuring a high-performance rubberized track and field, new scoreboard and concession stands, revamped visitor bleachers, and a grand stadium entrance. The AHS Stadium will serve as a vibrant hub for physical fitness activities, athletic events, health and wellness instruction, student performances, and school community gatherings.

"I am so happy to see so many of our students and community members come out and support the opening of our beautiful new stadium

and I want to thank you all for being here," AHS Principal Gabriel Flores said. "The time spent adapting and adjusting while construction was going on was all worth it for this moment. We are extremely excited that soon everyone will get to enjoy the benefits of this wonderful facility."

The ceremony kicked off with an electrifying performance by Arroyo High's award-winning marching band, accompanied by the spirited cheer team. The pledge of allegiance was led by AHS Associated Student Body President and senior Krissia Valle, followed by a heartfelt speech to her fellow peers and the Class of 2024.

"This stadium stands as a symbol of our unity, strength, and spirit of Arroyo. From the moment its construction began, it represented our commitment to excellence in the present and future," Valle said. "As we celebrate on the brink of a new chapter, I am filled with immense pride and excitement to be a part of the first class to graduate and walk on this new turf. Together, let us continue to make history."

El Monte Union Board of Trustees



President Ricardo Padilla and Superintendent Dr. Edward Zuniga each delivered speeches emphasizing the stadium's role in enhancing student life and community engagement.

"As we cut the ribbon on Arroyo High's Stadium Project today, we are not just opening a stadium; we are opening the door to new opportunities, experiences, and memories for our students," Padilla said. "This is a space where future champions will train, where school spirit will soar, and where our community will come together to celebrate our shared successes."

The AHS Stadium Project, part of EMUHSD's \$190 million

modernization program funded primarily by Measure HS, was approved by the Board of Trustees in October 2018, and aims to enhance student performance through facility upgrades across District campuses.

"Thank you to our Board of Trustees and community members for their generous support of the Measure HS bond and making this stadium come to fruition for our students," Dr. Zuniga said. "This funding allows us to invest in providing them with safe learning environments that include the latest infrastructure and technology – integral for their continued academic and athletic growth."

District to Celebrate Grand Opening of New Stadium

El Monte Union High School District (EMUHSD) is set to host an exciting ribbon-cutting ceremony to mark the grand opening of Mountain View High School's (MVHS) eagerly anticipated Stadium.

This state-of-the-art facility boasts a brand new rubberized track and field, upgraded bleachers, modern concession stands and restrooms, improved parking, and a striking grand entrance.

The ceremony, scheduled for 4:30 p.m. on Thursday, May 30, will bring together local dignitaries, esteemed school officials, students, and community members. Attendees will be treated to captivating student performances, inspiring honorary speeches, and complimentary refreshments and food.

The impressive MVHS Stadium Project is part of the El Monte Union High School District's comprehensive modernization program, made possible by a new round of funding from the District's Measure HS Bond.

With a total allocation of \$190 million, this initiative ensures that every campus within the district receives significant facility improvements.

The primary objective of the MVHS Stadium Project is to foster a culture of healthy living and school spirit. The stadium will serve as a hub for physical fitness activities, athletic events, health and wellness instruction, student performances, and various school community functions.

Through comprehensive modernization projects like the MVHS Stadium, the district aims to create an environment that promotes wellness, school pride, and a sense of belonging.

The grand opening of the Mountain View High School Stadium is an exciting milestone for the El Monte Union High School District and the entire community.

The new stadium represents a significant investment in the students' physical and emotional well-being, providing them with a top-notch facility where they can thrive both academically and athletically.

As the ribbon is ceremoniously cut, the El Monte Union High School District looks forward to celebrating this momentous occasion and embracing the countless opportunities that the MVHS Stadium will offer to students and the community at large.

Class of 2024 COMMENCEMENT CEREMONIES

El Monte-Rosemead Adult School
7 p.m., Wednesday, May 29 – Rosemead HS Auditorium

Adult Transition Center
10 a.m., Wednesday, June 5 – Adult Transition Center

Fernando R. Ledesma High School
5 p.m., Wednesday, June 5 – Fernando R. Ledesma HS Campus

Arroyo High School
7 p.m., Wednesday, June 5 – Arroyo HS Stadium

El Monte High School
7 p.m., Wednesday, June 5 – El Monte HS Stadium

Mountain View High School
7 p.m., Wednesday, June 5 – Mountain View HS Stadium

Rosemead High School
7 p.m., Wednesday, June 5 – Rosemead HS Stadium

South El Monte High School
7 p.m., Wednesday, June 5 – South El Monte HS Stadium

Health & Fitness

Transform Your Home with Innovative Gym Equipment



In the relentless dance of life, time slips through our fingers like sand. The demands of jobs, housework, family, and errands leave us with little respite. And amidst this chaos, finding the time to hit the gym seems like an insurmountable task for many.

However, there exists an alternative that can save both time and money – home exercise equipment and exercise videos.

If you're considering starting a home exercise routine, you may be pondering the type of equipment that can deliver an effective workout. Thankfully, the online realm often offers the best deals on home exercise equipment.

To embark on this fitness journey, your first step is to determine your current level of fitness and the goals you wish to achieve. Budget constraints and your personal preferences in terms of activities are also critical factors to consider.

It is crucial to find exercises that genuinely excite you, as lack of enjoyment can easily lead to disinterest and abandonment. Additionally, ensure that the exercise equipment is safe and that you have sufficient space for storage and usage.

A myriad of home exercise equipment options await, including treadmills, elliptical trainers, stationary bicycles, cross-country ski machines, and free weights.

Treadmills hold a prominent position in home exercise routines. They come in a wide price range, offering features that range from basic to advanced.

When purchasing a treadmill, pay attention to its solid construction, smooth walking action, wide belt, incline settings, and safety cut-off feature. Familiarize yourself with the warranty and availability of replacement parts to ensure a well-informed purchase.

Seeking a comfortable, low-impact form of exercise that suits almost anyone? Look no further than an elliptical trainer. This versatile machine allows you to adjust the intensity and resistance to match

your current fitness level, with the ability to modify settings as you progress. To find the best deal on a well-constructed elliptical trainer with an excellent warranty, explore various models before making your final decision.

For those yearning for a no-impact, space-efficient workout option, stationary bikes offer an ideal solution. Particularly beneficial for individuals transitioning from a sedentary lifestyle, exercise bikes provide a comfortable means to kickstart their fitness journey.

Consider the invigorating experience offered by a step machine. Steppers deliver an excellent cardiovascular workout while simultaneously strengthening your lower body muscles.

For a comprehensive, full-body workout from the comfort of your own home, cross-country ski machines and rowing machines beckon. But before making a purchase, it is advisable to try these machines to ensure compatibility. The workout intensity provided by cross-country ski and rowing machines can be intense and may not be suitable for beginners.

To achieve muscle toning and improved strength without requiring excessive space, embrace the wonders of free weights and other resistance equipment.

Before making any final decisions, take the time to assess which equipment aligns best with your goals and preferences. Compare prices, warranties, and consumer reviews to ensure that the exercise equipment you choose fits your needs, budget, and safety requirements.

Remember, consistency is key. Most types of home exercise equipment yield remarkable results when used regularly. Determine your goals and set a budget before embarking on your shopping expedition. Invest in equipment that entices and challenges you, making your fitness journey both enjoyable and rewarding.

So, seize the opportunity to create a home workout routine that harmonizes with your busy life. With the right equipment and dedication, you'll pave the way for a healthier, fitter version of yourself.

The Incredible Edible Egg



Crack open an egg and you find a wealth of nutrients. Because eggs contain a wide variety of nutrients compared to their calorie count (75 per Large egg), they're called nutrient dense. Eating nutrient-dense foods helps us satisfy our nutrient needs without excess calories. The nutrient density benefit of eggs is especially important for older adults and anyone who is overweight.

Eggs are best known as a high-quality protein source. The protein in eggs contains all the essential amino acids, the building blocks of protein. Eggs are also a good source of the B vitamin riboflavin and contain varying amounts of a number of other nutrients, including vitamins A, B12, D and E and folate and the mineral iron. Scientists have only just begun to learn about the importance of some egg nutrients, such as choline, lutein and zeaxanthin.

Choline is now thought to be vital in the development of fetal brain and memory functions. A lack of sufficient choline during pregnancy can cause defective memory or lower memory capabilities that last throughout life. Choline is essential for normal functioning of all cells and assures the structural development and signaling functions of cell membranes. Some studies suggest that choline may also improve both verbal and visual memory capacity later in life. Research shows that choline may help prevent heart disease, fatty liver and neural tube defects, too. A single Large egg yolk is a significant source of choline,

providing 125 mg, at least 25% of our daily needs.

Lutein and zeaxanthin are two yellow-orange plant pigments called carotenoids that have been shown to help prevent cataracts and age-related macular degeneration (AMD), the leading cause of blindness in people 65 and older. Lutein and zeaxanthin accumulate in the eye lens and macular region of the retina. Scientists believe these carotenoids may protect the eye from damage due to oxidation. Studies have shown that generous intakes of these antioxidants are associated with up to 20% less cataract risk and up to 40% less AMD risk. One study also suggests that lutein may help reduce the risk of heart disease.

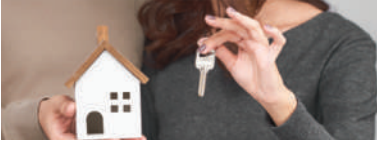
Some foods, such as dark green leafy vegetables, contain more lutein and zeaxanthin than egg yolks (150 to 250 mcg lutein and about 213 mcg zeaxanthin per Large egg yolk, depending on the hen's diet). But, because egg yolks contain fat, research indicates that the human body absorbs the lutein and zeaxanthin from egg yolks more easily than it absorbs the lutein and zeaxanthin from other sources.

Altogether, when you choose eggs as a high-quality protein source, you get a bonus of many other needed nutrients, from vitamin A through choline, lutein and zeaxanthin. But, beyond their good nutrition, eggs are also economical and quick and easy to prepare in a host of different ways.



Housing For All
Answers to the Question "What's Next"
June 26, 2024
riohondocdc.org





Real estate REPORT



Spring Cleaning Tips for a Fresh and Organized Home



Spring is the perfect time to refresh and revitalize your living space. As the days grow longer and warmer, it's time to roll up your sleeves and tackle the annual ritual of spring cleaning. In this article, we will share five essential tips to help you breeze through your spring cleaning tasks, creating a clean, organized, and inviting home.

Develop a Cleaning Plan:

Before diving into spring cleaning, it's crucial to develop a plan to ensure efficiency and avoid feeling overwhelmed. Start by creating a checklist of areas that need attention, such as windows, floors, closets, and appliances. Break down tasks into manageable chunks and set realistic goals for each day or week. Prioritize areas that require deep cleaning or decluttering. Having a plan in place will help you stay focused and make the process more manageable.

Declutter and Organize:

Spring cleaning presents an excellent opportunity to declutter and streamline your living space. Begin by tackling one room at a time. Assess each item and decide whether to keep, donate, or discard it. Be ruthless in letting go of things you no longer use or need. Create designated spaces for frequently used items and invest in storage solutions such as baskets, bins, or drawer dividers to keep everything organized. A clutter-free home not only looks more visually appealing but also promotes a sense of calm and productivity.

Deep Clean with Natural Products:

Spring cleaning is the perfect time to give your home a thorough deep clean. Opt for natural cleaning products that are safe for you, your family, and the environment. Use eco-friendly solutions like vinegar, baking soda, and lemon to clean surfaces, remove stains, and freshen up your home. Pay special attention to often neglected areas, such as baseboards, vents, and ceiling fans. Don't forget to clean windows, carpets, upholstery, and kitchen appliances to eliminate built-up dirt and grime. A sparkling clean home

will instantly lift your spirits.

Refresh Your Indoor Air:

Spring cleaning should not be limited to visible surfaces; it's also essential to improve indoor air quality. Open up windows to let fresh air circulate throughout your home. Consider investing in air purifiers or indoor plants known for their air-purifying properties, such as peace lilies or snake plants. Vacuum carpets and upholstery regularly to remove dust, allergens, and pet dander. Changing air filters in your HVAC system will also help keep the air clean and healthy.

Spruce Up Outdoor Spaces:

As the weather becomes more inviting, don't forget to extend your spring cleaning efforts to outdoor spaces. Sweep away debris from patios, decks, and walkways. Clean outdoor furniture and cushions to prepare them for outdoor entertaining. Trim overgrown bushes, pull out weeds, and freshen up your garden beds. Plant colorful flowers to add a vibrant touch to your outdoor oasis. An inviting outdoor space will allow you to enjoy the beauty of nature and unwind during the spring season.

Spring cleaning is a time-honored tradition that brings a sense of renewal and freshness to our homes. By developing a cleaning plan, decluttering and organizing, deep cleaning with natural products, refreshing indoor air, and sprucing up outdoor spaces, you can transform your living environment into a clean, organized, and welcoming haven. Embrace the opportunity to create a harmonious and rejuvenating space that will make you proud to call it home.

Ground Rules for Selling Your Home in a Competitive Market



Mastering the Ground Rules for Selling Your Home in a Competitive Market

Selling a home can be a daunting endeavor, especially in a challenging real estate market. However, with a strategic approach and the right mindset, you can significantly increase your chances of achieving success. Whether you're a seasoned seller or new to the world of real estate transactions, adhering to a set of ground rules can streamline the process and maximize your selling potential. In this article, we will outline five essential ground rules that are crucial for home selling success.

First and foremost, setting the right price is paramount. It's crucial to strike a balance that attracts buyers without undervaluing your property. Conduct comprehensive market research and consult with experienced real estate professionals to determine the fair market value of your home. Factors such as your property's condition, recent neighborhood sales, and current market trends should all be considered. Pricing your home competitively will generate more interest and increase the likelihood of a successful sale.

Next, curb appeal plays a pivotal role in making a lasting impression on potential buyers. Enhancing the exterior appearance of your home is essential. Devote time and effort to maintain the landscaping, trim overgrown bushes, mow the lawn, and plant vibrant flowers. Address any visible defects, such as cracked sidewalks or peeling paint. These enhancements will make your home more visually appealing and create a positive first impression.

Staging your home is another crucial step in maximizing its appeal. Start by decluttering and depersonalizing the space. Remove personal items and excess furniture to create an open and neutral environment. Thoroughly clean each room and consider repainting walls in neutral tones. Rearrange furniture to optimize flow and highlight key features of your home. Thoughtful decor, such as artwork or fresh flowers, can also enhance the overall aesthetic. Well-staged homes tend to sell faster and at higher prices.

Effective marketing is instrumental in attracting potential buyers. Collaborate with a reputable real estate

agent who can employ various marketing channels to showcase your home. Professional photography, virtual tours, and detailed descriptions will capture the attention of online buyers. Utilize social media platforms, online listings, and traditional print media to reach a wider audience. Hosting open houses and networking with other agents can also increase exposure. A comprehensive marketing strategy will ensure that your home receives the attention it deserves.

Lastly, responding and negotiating wisely when offers arrive is crucial. Promptly review and respond to offers, as delayed responses can deter potential buyers. Carefully evaluate each offer, considering not only the price, but also contingencies, closing dates, and financing terms.

Approach negotiations with a level-headed mindset, aiming for a mutually beneficial agreement. Keep emotions in check and be open to compromise. Working with an experienced real estate agent can provide invaluable guidance during the negotiation process.

Successfully selling your home requires meticulous planning, attention to detail, and strategic decision-making. By following these five ground rules for home selling success, setting the right price, enhancing curb appeal, staging effectively, marketing strategically, and navigating negotiations wisely, you can significantly increase your chances of a smooth and profitable sale.

Remember, selling a home takes time, so patience and perseverance are key. With the right approach, you'll be well on your way to a successful home selling experience.

Eye On Finance

Unlocking Potential: How Cities Are Fighting Poverty and Transforming Lives



Poverty is a persistent challenge faced by cities around the world, but with proactive measures and strategic planning, it is a battle that can be fought effectively. In this article, we will explore the various ways in which cities can combat poverty and create more inclusive and equitable communities.

By implementing targeted initiatives focused on economic development, education, affordable housing, social support systems, and financial empowerment, cities can make a tangible difference in the lives of their residents. Join us as we delve into the strategies and approaches that cities can adopt to address poverty head-on, fostering opportunities for individuals and families to thrive and build a brighter future.

Foster Economic Development and Job Creation:

Cities can combat poverty by focusing on economic development initiatives that promote job creation and growth. This can include attracting new businesses, supporting local entrepreneurship, and providing incentives for companies to invest in the community.

By expanding job opportunities, cities can help lift individuals and families out of poverty by providing stable employment and income.

Improve Access to Quality Education and Training:

Education is a powerful tool for breaking the cycle of poverty. Cities can invest in improving access to quality education, including early childhood education, primary and secondary schools, and vocational training programs.

By equipping individuals with the necessary skills and knowledge, cities can empower them to secure better job opportunities and improve their economic prospects.

Enhance Affordable Housing Options:

Affordable housing is a key factor in addressing poverty. Cities can take steps to increase the availability of affordable housing options by implementing policies and incentives for affordable housing development, preserving existing affordable units, and promoting mixed-income communities.

Stable and affordable housing not only provides individuals and families with a basic necessity but also helps create a foundation for economic stability and upward mobility.

Strengthen Social Safety Nets and Support Systems:

Cities can establish or strengthen social safety nets and support systems to assist individuals and families in poverty. This can involve expanding access to healthcare, mental health services, childcare subsidies, and nutrition programs.

Collaborating with community organizations and nonprofits can help ensure that vulnerable populations receive the support they need to overcome poverty and improve their overall well-being.

Promote Financial Inclusion and Economic Empowerment:

Financial inclusion plays a crucial role in combating poverty. Cities can work to promote access to affordable financial services, such as banking, credit, and savings accounts, particularly for low-income individuals. Additionally, providing financial literacy programs and resources can empower individuals to make informed financial decisions, build assets, and work towards economic self-sufficiency.

Supporting initiatives that encourage entrepreneurship and small business development can also create opportunities for economic empowerment and poverty reduction.

Combating poverty requires a multifaceted approach that addresses various social, economic, and educational factors.

It is crucial for cities to collaborate with community stakeholders, leverage resources, and implement sustainable policies and programs to bring about lasting change and improve the lives of their residents.



6 BENEFITS OF ECOMMERCE FOR SMALL BUSINESS



With the advent of the internet and smartphones, it is now easier than ever to integrate a workable solution that will work for many people. The big question remains; what are the benefits of e-commerce for small businesses?

Increase In Sales

The revenue of a business that incorporates an e-commerce platform can increase by up to 250%! Consumers prefer the ease of access and convenience.



More Customers

Online payment system that accepts different modes of payments makes it easier for the small business to get customers of diverse backgrounds. People love convenience.



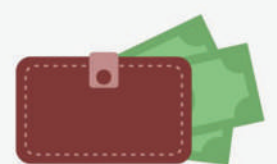
No Closing Hours

E-commerce makes it possible for a business to be open and easily accessible round the clock without any increase in overheads.



Instant Process

E-commerce transactions clear in seconds and merchants can either receive funds immediately or a couple of days to get the cash in their bank accounts.



Further Reach

There are no limits to where the internet can reach, therefore through e-commerce platforms, people can pay for goods and services from literally any corner of the world.



Ease Of Recurring Billing

As long as they continue using your service, their credit or debit cards will get charged at certain intervals, increasing the predictability of income and eventually the bottom line of a business.



Three Dot Lounge...

Cracker Barrel

by Mike McClure



...so the other day I was watching the news on TV and they were showing the protest by the campus workers regarding the treatment of the Palestinian in Gaza.

Many scholars/historians date the protests back to June 5th, 1968, when early that morning, Sirhan Bishara Sirhan, a Palestinian with Jordanian citizenship, shot and killed Robert F. Kennedy.

It was on the one year anniversary of the Israeli/Palestinian War and was seen by some as the first violent act in remembrance of that conflict.

Robert Kennedy, who had served as Attorney General for his brother, the late John F. Kennedy, and as New York's Senator had just been announced the winner of the California Presidential Primary.

Senator Kennedy was at the Ambassador Hotel to hear the results and had just left the ballroom where he had learned that he had won.

President Johnson had already announced that he wasn't running for re-election and Senator Gene

McCarty's bid had pretty much faded out so the only ones left to battle for the nomination were Kennedy and Hubert Humphry, the sitting Vice President.

For years now pundits have tried to rewrite history and say that Kennedy locked up the nomination with his victory in California.

The truth is that Humphry still had the most delegates and it would have taken a major floor fight for Kennedy to have been nominated, of course that became a moot point when Sirhan Sirhan shot him.

It is hard to say that this happen because it was on the anniversary of the War because these groups had been fighting for a long time.

Before the UN mandate created the current State of Israel in 1948, the Zionist movement of the previous years had already caused serious friction with in the Palestinian community.

Robert F. Kennedy's assassination just brought it to America's TV and it continues to.

Working OverTime

by Cynthia Huizar



So much to do...last week I attended the Regional Economic Plan briefing from the SGV Economic Partnership, at their office in Monrovia.

The Mid Valley News is supporting the Rio Hondo Community Development Corp's "Housing for All" conference at Mountain View H.S. on June, 26th.

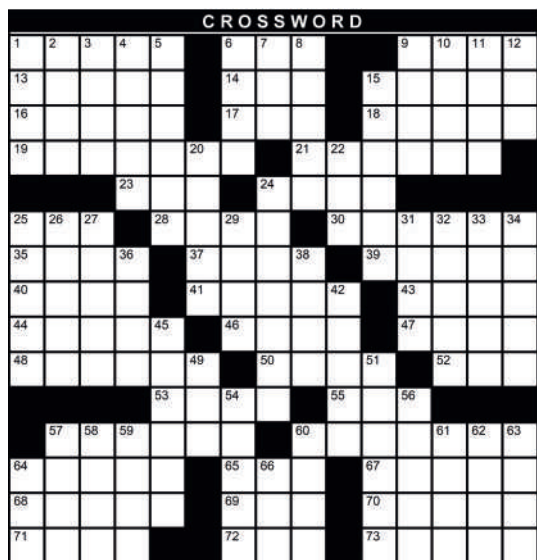
RHCDC is partnering with the El Monte Union H.S. District for this all day conference that will bring housing advocates from all sectors of the community together to discuss housing priorities for our community.

As everyone knows, or should, we don't have enough affordable housing in the communities we serve. Rents are going up again and already are at an all-time high. Housing, food and gas are a struggle for so many of us. Wages are going up yes, but so has everything else and there is the challenge. Any regional economic planning needs to address housing, stable housing!

In last week's brief housing was a major topic. The SGV Economic Partnership is working to develop innovative answers to these pressing issues. Exploring new ways to attract

funding is one key goal. For instance; their study shows that the poverty level for the San Gabriel Valley is 11% but we know that it is higher here in the El Monte/ So. El Monte area. So how can we link with cities like Pasadena or Arcadia which would have a lower percentage. Currently our kids grow up, receive a strong education in our local schools then have to move else- where for jobs and to find affordable housing. So let's figure out how to bring the jobs here or build more affordable housing here. Actually we want to do both.

This is just one of the thorny subjects being addressed in the Regional Plan and that will be explored at the "Housing for All" event later this much. Follow us in the Mid Valley News and I will keep you informed.



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THEME: SPACE

ACROSS

1. House pest
6. Emergency responder, acr.
9. Meme dance moves
13. Below, prefix
14. Swimmer's distance
15. Not urban
16. Take a base
17. Grazing spot
18. Stressful or unnerving
19. *Clint Eastwood's "Space ____"
21. *First U.S. space station
23. Salty dog's domain

24. Fail to mention
25. Spermatozoa counterpart
28. Ukrainian person, e.g.
30. State of submission
35. Network of nerves
37. Muscle or strength
39. ____ Mara, Africa
40. Shapeless form
41. Cliffside dwelling
43. *Saturn's environs, sing.
44. Poetic feet
46. Darn a sock, e.g.
47. Per person
48. Rendezvouses
50. Mine entrance
52. After-tax amount

53. Litter's littlest
55. French vineyard
57. *Sun's outer layer, not beer brand
60. *Second S in ISS
64. Ancient Celtic priest
65. Sun kiss
67. "Mea ____," or "my fault"
68. *"From the Earth to the Moon" author
69. In the past
70. Judge
71. Education station
72. Order's partner
73. Food between meals

DOWN

1. Reduced Instruction Set Computer
2. "I'm ____ you!"
3. Not many (2 words)
4. Dungeness and snow, e.g.
5. *Circles of light around sun and moon
6. 90-degree pipes, e.g.
7. * ____ Jamison, the first African-American woman in space
8. Tetanus symptom
9. Two-fold
10. Diva's solo
11. Prickle on a wire
12. Sylvester Stallone's nickname
15. Johnny Cash's "Get ____"
20. Churchill/Roosevelt/ Stalin meeting site
22. Model-builder's purchase
24. Gorge oneself
25. *Planet's path
26. Type of consonant
27. Skeleton, archaic
29. Attention-getting interjection
31. Like pink steak
32. Of the Orient
33. Jousting pole
34. * ____-year
36. Opposite of flows
38. *Solar ____, sun's emission
42. Authoritative proclamation
45. Walked with long steps
49. *Solar System center
51. Parcels
54. Birth-related
56. One-eighty
57. Manitoba native
58. Couple's pronoun
59. Dorothy Hamill's turf
60. Jon of "Game of Thrones"
61. Pelvic parts
62. Petroleum-exporting grp.
63. Police informer
64. VHS successor
66. Palindromic title

Riddles

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 physical walls?

What kind of room has no doors or windows?

What goes up and down without moving?

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

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**CHIK-Fil-A
From Page 1**

national nonprofit network that distributes donations to local food banks. This contribution will further support the fight against hunger and ensure that those in need have access to nourishing meals.

The arrival of Chick-fil-A in El Monte is part of a broader plan by city officials to revitalize underutilized commercial areas. The opening of this franchise is seen as a positive step towards economic development and the transformation of El Monte's commercial hubs. City representatives hope that such investments will rejuvenate the local economy, attract more businesses, and create job opportunities for residents.

This exciting development doesn't stop with Chick-fil-A alone. El Monte has more in store for its residents, with upcoming projects that will further enhance the city's commercial

landscape.

The former Sears Outlet at 3610 Peck Road is set to be replaced by a Target store later this year. Additionally, the El Monte Center Drive-Thru Pad redevelopment project plans to bring renowned chains such as In-N-Out, Starbucks, and Raising Canes to 3748 Peck Road in late 2025 or early 2026. These additions will not only provide residents with more options but also contribute to the economic growth and vitality of El Monte.

As El Monte embraces this new chapter in its development, the arrival of Chick-fil-A and the forthcoming projects serve as symbols of progress and community engagement. These ventures not only satisfy residents' desires for additional dining and shopping options but also create a positive ripple effect throughout the city.

With a focus on community impact, sustainability, and economic growth, El Monte is poised for a brighter future.

**TEACHER
From Page 1**

problem-solving, working with others, accountability, and leadership. "Education is very important, and in addition to their education, students also need to be able to develop life skills to make it in the real world. They have to be able to think for themselves, make mistakes, and build social skills to be part of society," said Mr. Lam.

Ms. Fletcher, a 12-year colleague of Mr. Lam explained, "Working alongside Mr. Lam has been such a great learning experience for me. He is able to facilitate students to partner

with him in making our school better. Mr. Lam is indispensable."

Ms. Rosales, also a teacher at Gidley School said, "Mr. Lam provides such a rich and positive environment for all our students. He always encourages them to do their best, whether it's academics or personal. Students turn to him for advice and guidance as they navigate middle school and he always looks at our students as a whole and strives to uplift them."

Overall, this title is a well-deserved recognition of Mr. Lam's exceptional contributions to education and the positive difference he makes every day.

**HOUSING
From Page 1**

local business owners in their communities.

The "Housing for All" event is open to all members of the community who are interested in learning about affordable housing options and seeking guidance on their housing journey. Whether attendees are renters, first-time homebuyers, or individuals looking for resources to improve their housing situation, this event promises to provide the necessary tools and support to move forward.

Rio Hondo CDC is a leading nonprofit organization dedicated to community development, focusing on creating affordable housing opportunities, fostering economic

growth, and enhancing the quality of life for individuals and families in the San Gabriel Valley. Through partnerships, advocacy, and education, Rio Hondo CDC strives to empower communities and build a more equitable future.

With a focus on fostering economic growth and community development, Citizens Business Bank has become a trusted financial institution in California. Today, the bank boasts an extensive network of over 60 banking locations throughout California. Throughout its journey, Citizens Business Bank has remained committed to its original vision of delivering exceptional customer service, building strong relationships, and engaging with the communities they serve.



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Overcoming Credit Card Debt

Any kind of debt such as credit card debt needs to be quickly addressed if one wishes to establish a healthier financial situation.

Below are suggested steps in which you can help achieve a more stable personal finance system and eventually become debt free.

Stop Spending

When you already have thousands in debt, stop causing more financial troubles by adding up to your existing debts. Refrain from using your credit card to make any more purchases, especially major ones for it will only turn things into worse.

With access to credit card, it is relatively convenient for an individual to splurge today without realizing the financial burdens that he or she will have to face in the coming days. Indeed, if you employed this behavior then you can at least practice some financial responsibility by helping yourself cope with your credit card debt before adding any more into your debts.

Create a Budget Plan

This applies not just for people who are suffering from credit card debt but for anyone who wish to establish a healthy financial flow. However, with the increased access to credit cards, budgeting seems to have been easily neglected by most that often results in people spending more than they actually make. But it is not too late to get started on a budget plan yet.

Doing so will help you identify areas of your spending habits that lead to

wasteful spending and can be eliminated from your budget plan.

Creating a budget plan will also enable you to appropriate the more important expenses and make them a priority in your list. This is an important method in financial planning that people often fail to undertake with using credit card.

Use Cash Instead of Credit Card

This is a simple step but for people who have relied so much on credit card, they might find it difficult. The trick here is that credit card companies provide you with noncash substitutes that you will use for spending instead of actual cash, because it makes it easier to let go and spend them.

There is none of the emotional attachment you associate with spending actual money. Since using credit cards to make your purchases feel like you are not spending at all, then you expose yourself to bigger credit card debt.

Improve Your Credit Card Rate

Another way that you can help eliminate your credit card debt is by improving your credit card rate. This can impact your monthly cash flow if you have a large personal debt by reducing the interest rate. However, the ability to get lower credit card rate is dependent on your own credit rating.

It's a worthy investment to take good care of your credit status as it can have its own set of advantages and disadvantages in the future.

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WELCOME FROM THE SAN GABRIEL VALLEY FAMILY CENTER

The San Gabriel Valley Family Center is a community based, not-for-profit organization serving the cities of El Monte, South El Monte and surrounding communities. It was founded in 1964 by members of the El Monte Civitan Club.

The Family Center conducts two food pantries, reaching over 350 local families each week. The Center fills an important role in helping to maintain community health by providing nutritious food to families in need.

The Center serves extremely low-income neighborhoods with high rates of poverty, unemployment and large number of elderly persons.

We invite you to visit our website for more information at www.sgvfamilycenter.org.

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Irwindale Community Foundation
Deadline: Tuesday, June 11, 2024
(3:30 - 4:30 PM)

Joseph "Pepe" Miranda Scholarship &
Sports Grant Foundation
Deadline: Friday, July 28, 2024

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