

The Mid Valley News

Published in El Monte, California since 1962
A Weekly Adjudicated Publication serving El Monte & Los Angeles County

Volume 61 Issue 24

www.MidValleyNews.com

July 3, 2024



Chalk Talk

2

Health & Fitness

3

Real Estate Report

4

Eye On Finance

5

Three Dot Lounge

6

Community Corner / Legal Notices

7

Potrero Students Win Best Documentary at Latino Film Festival



By Gabriela Angel

In a remarkable display of creativity and teamwork, students at Potrero, Frank Wright, Cherrylee, and Columbia schools recently participated in an exciting and immersive Film Academy program in El Monte City School District (EMCSD). This initiative, designed to introduce young students to the world of filmmaking,

saw them take on roles as writers, directors, producers, actors, and editors, culminating in the production of several short films, Public Service Announcements, and documentaries.

Students at Potrero shared their experience being part of the Youth Cinema Project and Film Program. "It was a really good experience! At first, you don't really know what you are

doing but you learn throughout the process, and in the end, it becomes easier," said 7th grader Michael T. Michael was part of the group that crafted a short documentary "The Stairs."

"The Stairs", developed and made entirely by the students, won Best Documentary in the Middle School category at the Los Angeles Latino Film Festival (LALIFF), standing out among hundreds of submissions. The documentary centered around the stairs at Potrero School leading up to the 7th and 8th grade classrooms highlighting the significant meaning for the elementary students. Anthony Z., actor and audio assistant for "The Stairs" recalls the joy they felt when they won. "When we heard them announce 'The Stairs,' we all jumped with excitement," he shared.

"The Stairs" was directed by 6th grader Robert N. He explained that the inspiration for the documentary came from "thinking of it being my last month in the 6th grade. Since Kindergarten I have never really been up there. Here, stairs mean
FESTIVAL >> PAGE 7

Community Fair Focuses on Community through Connections



Empowering Community Through Connections was the theme of Mountain View School District's 8th Annual Community Fair which provided valuable resources in the areas of health, nutrition, wellness, literacy, education and sports.

Families enjoyed browsing through the many booths as well as the Family Center which featured beautiful student created artwork, writings and robotics enrichment. The Twin Lakes School Band and Baker School's Cheerleaders provided entertainment and attendees were able to take part in family art activities focused on social emotional wellness, exercise with fun games and obstacle courses, and learn more about the District's Community Schools grants.

MVSD's Nutrition Services Department partnered with the LA County Office of Education's Thriving Schools Initiative team and provided helpful nutrition and wellness tips and gave away hats, aprons, and cookbooks to attendees who participated in the Rethink Your Drink spin wheel. The team from the Fruit Guys provided delicious peaches and lychees and City of

Hope sponsored a Farmer's Market. Fresh produce, donated by the LA Regional Food Bank, was distributed by Seeds of Hope with attendees receiving fresh blueberries, romaine lettuce, red bell peppers, onions, green beans, apples, and avocados. Additionally, various seedlings were given out such as tomatoes, fennel, and sweet peppers. Families were also treated to samples of delicious Gumbo made with fresh produce by Seeds of Hope. "We greatly appreciate our many community partners for collaborating with us and being here to provide our families with vital information and resources that supports their health and quality of life," said Priscilla Figueroa, Director Family Engagement, Extended Learning and Migrant Education. "It's wonderful to see our families enjoying the event."

The large crowd had a good time visiting the many booths and gathering important information on services available in the community including health providers, wellness, nutrition, college readiness, city services, educational support, youth sports, adult education, recreation, self-defense, parent education, MVSD's library and preschool programs and more.

The annual Community Fair supports the District's wellness mission of creating an environment that supports and advocates for lifelong healthy eating habits, physical activity and mental wellness. MVSD is dedicated to students' health, well-being, and their ability to learn and is grateful to the community partners for participating in the event.

Rising Rents Force Beloved Pizzeria to Shut Down



Rose City Pizza, a well-known pizzeria in the San Gabriel Valley, closed its Rosemead location on Sunday, May 26, after 15 years. Owner Brian Nittayo attributed the closure to a 40 percent rent increase and the landlord's refusal to negotiate. Despite a loyal customer base and a unique menu of New York- and Detroit-style pizzas, the family-owned business could not sustain the higher costs.

The closure of Rose City Pizza underscores the difficulties small businesses encounter when large corporations prioritize share prices over community impact. Rent hikes imposed by corporate landlords can lead to the shutdown of cherished local businesses, harming the community and its small business owners. In contrast, small individual owners and investors typically prioritize cash flow and are often willing to accept lower rent for long-term tenants.

Nittayo and his father, Boone, opened the Rosemead pizzeria in 2009, a few doors down from a Cold Stone Creamery they also ran. When Boone passed away in 2015, Nittayo continued the business, expanding to a second location in Covina in 2021. The Covina location remains open.

Rose City Pizza became popular for its inventive menu, inspired by Nittayo's Filipino and Thai heritage and the diverse Los Angeles community. Signature items included pizzas topped with al pastor, birria, and Taiwanese popcorn chicken.

The decision to close the Rosemead location was tough for Nittayo. "We looked at every angle to try to stay open," he told LA Eater's Eric Valley. "People have had their first dates here and come back years later to tell me they're married. That's the charm of a mom-and-pop that's going away."

Nittayo expressed disappointment but remains focused on the Covina location. "We bought the Covina location, so we are our own landlords. It used to be a flower shop, and now it's Rose City," he said.

The challenges faced by Rose City Pizza reflect a broader issue within the small business community. When large corporations focus on increasing their share prices, they often raise rents to maximize profits, disregarding the impact on local businesses. This trend can devastate communities that rely on these small enterprises for their unique offerings and personal connections.

ROSE CITY >> PAGE 7

El Monte Union Unveils New State-of-the-Art Stadium



The El Monte Union High School District (EMUHSD) celebrated a momentous occasion with a ribbon-cutting ceremony on May 30, marking the grand opening of Mountain View High School's (MVHS) new state-of-the-art stadium, which includes a new rubberized track and field, modern bleachers, concession stands, restrooms, upgraded parking facilities, and an impressive grand entrance.

Local dignitaries, school officials, students, alumni, and community members gathered to witness this milestone. The celebration featured student performances, honorary speeches, stadium tours, student-athlete drill demonstrations, and complimentary food and refreshments. Key speakers included MVHS Principal Jose Bañas, Associated Student Body (ASB) President and senior Jacqueline Medina, Superintendent Dr. Edward Zuniga, and Board President Ricardo Padilla, who highlighted the stadium's role in promoting healthy living, enhancing school spirit, and serving as a community hub.

"Getting our Viking stadium back, just in time for graduation, is one of the most exciting events yet this school year," Medina said. "My fellow Class of 2024 peers and I will have the honor of walking across that stage on our home field and we are so excited to get to celebrate once again as an entire Viking family."

Following the ribbon-cutting

ceremony and the official opening of the stadium, seniors celebrated in true MVHS fashion by running through the new Viking tunnel onto the field, proudly becoming the first students to experience the new turf.

"I would like to recognize our amazing students whose enthusiasm and dedication help define Mountain View High. This stadium reflects our commitment to their continued growth and success," Padilla said. "We have all been patiently, yet eagerly waiting for this day. A huge thank you to our project partners, and our community members and families, your steadfast support has brought this project to fruition."

The MVHS Stadium Project, part of a comprehensive \$190 million modernization initiative funded by the District's Measure HS Bond approved in October 2018, is designed to provide top-notch facilities for all campuses. The project aims to create a dynamic environment for physical fitness activities, student performances, and community gatherings.

"The goal of this project is to foster healthy living and enhance school spirit by providing a welcoming space for our students and community. This area will be dedicated to physical fitness activities, athletic events, health and wellness instruction, student performances, and various school community functions," Zuniga said. "On behalf of the District, we cannot wait for all the improvements to be enjoyed by our students, families, and faculty."



Discover Learning at South El Monte Library



The South El Monte Library, nestled at 1430 Central Ave., South El Monte, stands as a beacon of knowledge and community engagement. Managed by LA County Library, this vibrant institution offers a wealth of resources and programs for all ages.

The South El Monte Library, built in 1966 as part of the new South El Monte Civic Center complex, was dedicated with County Supervisor Frank G. Bonelli and County Librarian William Geller in attendance.

Initially under a 20-year lease from the city, the facility was purchased by the County of Los Angeles in June 1986. In early 1996, the city financed a complete renovation of the library, enhancing its facilities and services for the community.

The library boasts an extensive collection of books, e-books, and audiobooks catering to diverse interests. Patrons can access free Wi-Fi, public computers, and various online databases, making it a vital resource for students, researchers, and casual readers alike.

The South El Monte Library is more than just a repository of books. It hosts an array of programs designed to enrich the community:

The library's children's programs aim to foster a love for reading and learning. Storytimes engage children with stories, crafts encourage

creativity, and educational activities support lifelong learning.

Teens can participate in various activities such as workshops, gaming sessions, and study groups. These programs provide productive outlets and support academic and personal growth.

The library offers services for adults including literacy classes, book clubs, and cultural events. These programs help adults improve their skills, enjoy reading, and engage with the community.

The library serves as a community hub, offering meeting spaces and collaborative projects that bring people together. It supports local events and initiatives, reflecting the diverse cultural tapestry of South El Monte.

Open from Monday to Saturday, with varying hours, the library ensures accessibility for everyone. Parking is available, and the facility is wheelchair accessible, ensuring inclusivity.

South El Monte Library continues to evolve, with plans to expand its services and digital offerings, ensuring it remains a cornerstone of the community for years to come.

Whether you're seeking knowledge, entertainment, or community engagement, the South El Monte Library welcomes you.

Visit their website at <https://lacountylibrary.org/location/south-el-monte-library> for more information on their programs, services, and hours of operation.

Embrace the world of possibilities at South El Monte Library, where learning and community thrive.

CITY OF SOUTH EL MONTE COMMUNITY SERVICES DEPARTMENT

SUMMER NIGHT MARKET SERIES

1459 SANTA ANITA AVE. SOUTH EL MONTE
THURSDAY EVENINGS FROM 6:00 PM - 9:30 PM
CONCERT PERFORMANCES FROM 7:00 PM - 9:00 PM

13 JUNE	COLD DUCK
27 JUNE	CHICO BAND
11 JULY	PULP VIXEN
25 JULY	SUAVE
8 AUGUST	LEATHER & LACE
22 AUGUST	SOTO

FREE ADMISSION - LOCAL VENDORS - KIDS CORNER
BEER GARDEN - LIVE CONCERT

FOR MORE INFORMATION, PLEASE EMAIL REC@SOELMONTE.ORG OR CALL 626-579-2043.

SEM_PARKSANDREC

Health & Fitness

The 3,500 Calorie Rule



In the pursuit of shedding unwanted pounds, understanding the science behind weight loss is crucial. It is widely believed that there are 3,500 calories in one pound of fat. Therefore, cutting back or burning off 3,500 calories should result in losing an entire pound of fat. While it may be tempting to drastically reduce calorie intake or engage in intense exercise to achieve rapid weight loss, it is important to note that doctors recommend losing no more than 2 pounds per week to ensure the body adjusts properly.

To safely drop 3,500 calories from your regular routine, here are some tips that can contribute to your weight loss journey:

Run

Engaging in an hour-long run at a slow pace can help you burn approximately 350 calories, depending on factors such as body type, speed, and terrain. By running for one hour, five days a week, while maintaining a consistent diet, you can safely lose one pound. It is vital to recognize that many beginners may be inclined to consume carbohydrate-rich foods like pasta to compensate for their exertion. While carbohydrates provide energy, overindulging in them can hinder weight loss efforts. Opt for a large salad instead, and consider adding carbohydrate-rich croutons for a balanced approach.

Eat In

Eating out at restaurants not only exposes your body to high-fat and high-calorie foods but also tempts

you to consume larger portions than you typically would. A seemingly innocent 500-calorie meal can quickly turn into a 1500-calorie indulgence. To cut calories effectively, it is essential to be conscious of what you are consuming. Especially in the early stages of your weight loss journey, preparing your own meals and monitoring your hunger levels are key. When dining out, choose a salad over a pasta dish or burger to significantly reduce calorie intake.

It is important to acknowledge that social situations often revolve around food, where the focus is on spending time with friends rather than the meal itself. In such instances, people tend to overeat, even those who usually abstain from desserts may succumb to additional rounds of calories. If eating out is unavoidable, make conscious choices like opting for a salad to mitigate temptation and reduce calorie intake.

By adopting a combination of reducing overall calorie consumption and increasing physical activity levels, it is possible to achieve a 3,500-calorie deficit. Stay focused, motivated, and committed to your weight loss goals. With determination, you will soon witness the positive effects of shedding unwanted pounds.

Remember, weight loss is a journey that requires patience and a balanced approach. Prioritize your health and well-being, and consult with a healthcare professional or registered dietitian for personalized guidance. With consistent effort, you will achieve your desired results in due time.

Super Simple Weight Loss Tips



Weight loss is one of those subjects that everyone is always talking about. It seems you can't go anywhere without seeing or hearing some type of weight loss message. Stories of the dangers of not losing weight appear regularly on the nightly news.

If you're trying to lose weight, here are a few tips to get you going.

Stop Talking About Weight Loss

All that talk about how much you want to lose weight isn't going to make the weight come off. You've got to take action, starting right now. So take this simple advice: Stop moving your mouth and start moving your body! It won't take long to begin seeing the results.

Slow and Steady is Best

Slow and steady weight loss is better (and safer) than riding the dieting roller coaster. If you're looking for long-lasting weight loss results, aim to lose an average of about two pounds each week.

In order to lose weight you've got to consume fewer calories than you burn. As a bonus, when you combine dieting with exercise, you'll be reducing your caloric intake and increasing your caloric burn rate at the same time.

Save Your Money

Don't spend your hard-earned money on the latest weight loss gimmicks. Pills, fad diets, hypnosis, and extreme surgical procedures are not the answer!

These gimmicks won't slim you down, but they will fatten the bank accounts of those who promote them! Eating a nutritionally-balanced diet of fruits, vegetables, good fats and lean proteins will encourage weight loss faster than any miracle cure you can buy.

Weight Loss is a Way of Life

Unfortunately, the issue of weight is something that most people will struggle with throughout life. If you want to lose weight and keep it off, you've got to change the way you think about food.

It should be thought of as a source of fuel, not a passion. Successful weight loss really is about making lifestyle changes, including making the right food choices, and then sticking with those choices throughout life.

More Than Just A Number

When you're dieting, don't become a victim of the dreaded scale. When the numbers go down, happiness goes up. But when the numbers stay the same or go up, it is easy to give up and give in.

Remember that even if your weight isn't changing as you would like, your body is.

You're taking better care of your heart. You're lowering your cholesterol.

And when you learn to find joy in these benefits, you'll want to keep on being a loser.

Home Sweet Healthy Home



Creating a nutritionally healthy home is one of the most important steps you can take to ensure the health of your child. To start, make smart food choices, and help your child develop a positive relationship with healthy food. Your children will learn their food smarts from your example.

Here are top tips for getting children to eat healthy food:

Do not restrict food. Restricting food increases the risk your child may develop eating disorders such as anorexia or bulimia later in life. It can also have a negative effect on growth and development. Also by restricting food you will actually increase the risk of overeating later in the day which will cause weight gain.

Keep healthy food at hand. Children will eat what's readily available. Keep fruit in a bowl on the counter, not buried in the crisper section of your fridge. Remember, your child can only choose foods that you stock in the house, by limiting 'junk food' you will, by default, teach your child how to choose healthier foods.

Don't label foods as "good" or "bad." Instead, tie foods to the things your child cares about, such as sports, academics and hobbies. Let your child know that lean protein such as turkey and calcium in dairy products give strength to their sports and academic performance.

Praise healthy choices. Give your children a proud smile and tell them how smart they are when they choose healthy foods. Kids thrive on positive reinforcement.

Never use food as a reward. This could create weight problems in later life. Instead, reward your children with something physical and fun -- perhaps a trip to the park or a quick game of catch.

Sit down to family dinners at night. If this isn't a tradition in your home, it should be. Research shows that children who eat dinners at the table with their parents have better nutrition and are less likely to get in serious trouble as teenagers.

Start with one night a week, and then work up to three or four, to gradually build the habit.

Prepare plates in the kitchen. There you can put healthy portions of each item on everyone's dinner plate. Your children will learn to recognize correct portion sizes.

Consult your pediatrician. Always talk with your child's doctor before putting your child on a diet, trying to help your child gain weight, or making any significant changes in the type of foods your child eats. If weight change is recommended seek the help of a Dietitian.

Unleash the Power of
Online Marketing

What's Your Digital Score?

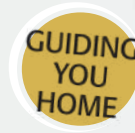
Claim Your Free
Report Today

midvalleymedia.net





Real estate REPORT



Refresh Your Kitchen with Local Experts



Is your kitchen stuck in a time warp from the past five years? It's definitely time for a remodel. But don't be fooled—it's no easy task. Remodeling your kitchen is a substantial project that will require a few weeks of dedicated effort, so meticulous planning is essential for a satisfying outcome. As they say, "proper prior planning prevents poor performance."

When considering a kitchen remodel, think of it as revitalizing your space without the expense of building anew. Swapping out old fittings for new ones requires both time and energy.

You don't need to build a whole new kitchen for a fresh look. Instead, why not remodel your existing one? Though it's challenging, roll up your sleeves and get to work. A few weeks of hard labor can breathe new life into your kitchen for another decade.

Financial preparation is crucial when embarking on a kitchen remodel. Replacing old items with new ones can be costly, so it's wise to visit your local bank and ensure you're financially ready for the expenses ahead.

Feeling tired of seeing the same old pots and pans? It might be time for that long-awaited kitchen remodel. Often, where you see fatigue, pests like bugs and roaches see opportunity. Refresh your kitchen to reclaim its cozy charm.

If you have the time and budget, you're ready to tackle your kitchen remodel. If you're a nine-to-fiver, consider taking a weekend or a few days off to dive into the project. It'll keep you busy, and you might find yourself wishing for more time.

Without passion, remodeling your kitchen can become a fruitless endeavor. It's a complex process—more demanding than the initial setup. Ensure you have the time and energy to commit; otherwise, it's best not to start at all.

With the right support, remodeling your kitchen can be less daunting. It's physically and emotionally demanding, but with a supportive partner, you'll navigate the challenges together and celebrate the outcome.

If your budget is tight, hold off on remodeling your kitchen for now. Focus on managing your finances and supporting your family until the time is right. Consider the costs involved for each fitting—it'll give you a clearer perspective.

Want To Build a Shed?



My Shed Plan offers a comprehensive guide to constructing your own shed from scratch. Authored by Ryan Henderson, this book provides detailed blueprints and step-by-step instructions that are accessible even for beginners. With a selection of 12,000 shed plans and woodworking patterns, builders can choose designs that suit their needs.

Upon signing up, you gain instant access to the entire package through the Members' Area via downloads. Clear instructions are provided in case you are new to downloading content from the internet. Within minutes of purchase, all shed plans and woodworking blueprints are available, eliminating shipping costs. Alternatively, you can opt for a CD delivery by mail.

Woodworking can be time-consuming, especially without proper plans. My Shed Plans Elite simplifies the process by offering a variety of designs, enabling you to construct your shed efficiently and with less time investment. The aim is to make woodworking enjoyable and straightforward. Following Ryan Henderson's instructions ensures that building a shed becomes a rewarding and less time-consuming activity.

Plans featured in My Shed Plans Elite range from garden benches to dog kennels and outdoor fireplaces. The book also covers larger projects like garages and outbuildings, such as large garages and garden windmills.

Moreover, My Shed Plans Elite provides insights on cost-effective shed construction, allowing you to build quality sheds at a fraction of the cost of ready-made alternatives. The package includes two bonuses: one on foundational and roofing techniques, and another on woodworking secrets and tips.

Priced at \$47, My Shed Plans Elite offers a money-back guarantee if you are unsatisfied, while allowing you to keep the bonus books. This comprehensive guide ensures you never run out of ideas for your woodworking projects.



Local Trends in Home Lending



Home mortgages are a common financial tool in the United States, but the risk of foreclosure looms large for many homeowners. To navigate these waters safely, it's crucial to make informed decisions from the outset. Here's why: the choices you make today could profoundly affect your future housing stability.

With numerous lenders vying for your business, selecting the right mortgage is pivotal. This decision will shape your financial landscape for years to come, influencing everything from your monthly payments to your long-term financial health.

When securing a home mortgage, meticulous planning is key. Ensure your repayment strategy is clear, seek the lowest possible interest rates, and scrutinize the terms of your contract to avoid unforeseen pitfalls. Taking these steps can lead to a favorable outcome in the long run.

Don't settle for the first offer presented to you. Negotiate with lenders to secure the best terms possible. This proactive approach could result in a more advantageous deal tailored to your financial circumstances.

Home mortgages come in various forms and structures. It's in your best interest to explore different options thoroughly. By comparing offerings from multiple lenders, you increase your chances of finding a mortgage that suits your needs perfectly.

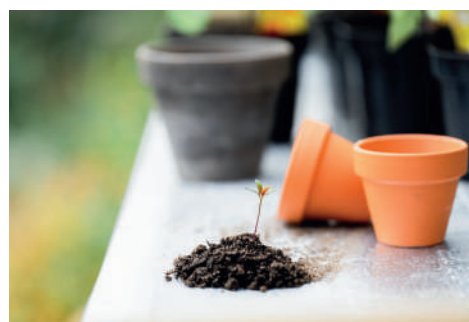
For homeowners in communities like El Monte, South El Monte, and Baldwin Park, recent trends in real estate sales indicate a dynamic market. Residential and commercial properties are changing hands at varying rates, reflecting shifting economic conditions and local development projects.

The duration of a mortgage can span decades, with repayment periods ranging from ten to forty years. This extended timeline underscores the importance of making wise financial decisions early on. Whether you're buying your first home or refinancing, every financial move should be strategic and purposeful.

While it may be tempting to leverage your home equity for non-essential expenses, such as luxury purchases, it's wise to exercise caution. Mortgages should primarily fund capital expenditures and investments that contribute to your long-term financial well-being.

Ultimately, managing a home mortgage requires diligence and foresight. By staying informed about market trends and seeking guidance from local loan officers and brokers, you can secure a mortgage that aligns with your financial goals and supports the vitality of your community.

Gift Ideas For Gardeners



a bit more, it offers twelve months of knowledge and inspiration. Alternatively, a gardening book could be perfect, provided you ensure it's not already in their collection.

For a more floral touch, a potted flowering plant is always appreciated. Ensure the plant suits your local climate as some may struggle when moved from their original environment. Hardy shrub roses thrive in many climates, while tulips prefer cooler conditions.

If your budget allows for a more substantial gift, consider investing in a quality tool. Electric tools such as whipper-snippers can be found for as little as \$20. Alternatively, if your friend lacks a hose reel, this practical addition would be greatly valued.

For those with a generous budget, higher-end tools like automatic lawn mowers, electric cultivators, hedge trimmers, or brush cutters could be ideal. These items are pricier, so consider carefully whether they align with the recipient's needs and interests.

Ultimately, whether your gift is modest or extravagant, the key is that it resonates with the recipient's gardening passion.

Giving a gift that aligns with someone's passion is always a meaningful gesture. If your loved one adores gardening, consider choosing a present that reflects their green thumb and will genuinely be appreciated.

The range of gardening gifts available is vast, so your main consideration may simply be your budget.

For those on a tighter budget, practical items like gloves, kneepads, or a stylish sun hat are thoughtful choices. A beautifully decorated pot or watering can filled with potting mix, bulbs, gloves, and a small trowel from a hardware store will surely bring joy to any gardener. These hand tools are often reasonably priced and readily available.

If you want to elevate your gift slightly, consider a subscription to a gardening magazine. While it may cost



EYE ON FINANCE

Tips for Teaching Children Financial Literacy



(StatePoint) If you have school-age children, you are probably one of the many parents facing the challenge of educating your kids at home. While there are countless learning options available—from virtual music classes to videos about zoo animals—financial literacy is one important subject that should not be overlooked.

Teaching your children financial literacy gives them the knowledge, skills and motivation to responsibly manage their money and achieve their future goals. Learning fundamental financial concepts is not always easy, so experts recommend that you start with the basics. Here are a few ideas to get you started:

- Explain that there are three things you can do with money: spend it, save it or give it away. To illustrate the point and introduce them to budgeting, have your child divide up money they receive from gifts or an allowance. Have them pay themselves first by putting a certain amount into savings. Then teach them the importance of giving by having them donate a portion of their funds to a charity of their choosing. Allow them to spend the rest.

- Help them distinguish between needs and wants. With older children, you can do this by giving them shopping practice. You could give them a list of things they need, like new clothes, and a budget to shop for these items online. They will have to decide how best to use their limited

resources. Should they buy the designer jeans they really want or a lower-priced option that lets them get everything on their list? With younger children, you might instead have them compare the costs of preparing meals at home (food being a need) to ordering from a restaurant (a want).

- Give them firsthand experience with saving money. Many banks let you open savings accounts online. Set one up in your child's name and have them monitor it. By the time they become teenagers, the benefit of saving regularly will be apparent because they will have some money to spend on clothes, food and experiences with friends—and still save for college.

- Involve them in creating a financial mission statement for your family. Ask them what they think is important: Is it planning for a future vacation, saving for college or other goals? Having an open conversation with your children encourages them to think about the meaning of money, the challenge of earning it and the importance of saving for what they truly value.

- Underscore the importance of giving. Explaining to children that other people have less than they do and teaching them to give and volunteer helps develop financial discipline as well as empathy toward others. This will help them stay focused on what is truly important, which can have a profound impact on their finances and every other aspect of their lives.

For more tips like these, visit letsmakeaplan.org. Your Certified Financial Planner professional can also suggest educational resources for teaching your children financial literacy.

To make the most of your time with your children while they are at home, reinforce the practical life skill of good money management.

Discussing Finances in Relationships



Love is in the air, and romance is blooming. In the midst of the excitement, discussions about finances may be the last thing on people's minds. However, as my mother-in-law used to say "When poverty comes through the front door, love flies out the window".

Regular conversations about money are essential for both healthy finances and healthy relationships.

Here are a few things to talk about:

Pay yourself first: Setting aside a portion of each paycheck for savings is crucial. Experts recommend aiming for 15 percent of your income. Discussing how to prioritize savings goals, such as a rainy-day fund or a down payment for a house, can strengthen your financial bond.

Track your spending: Take advantage of online tools and apps that make tracking expenses easier than ever. In other words - create a budget.

Create a safety net: Building an emergency fund that covers three to six months' worth of expenses is vital for financial security.

Eliminate debt: Discussing debt may be uncomfortable, but transparency is key. Why would you pay someone else for the benefit of using their money when you make your own?

Pay bills on time: Maintaining a good credit score opens doors to future financial opportunities. Paying bills on time is essential for a healthy credit profile and helps you achieve your dreams as a couple.

Know your credit standing: Regularly checking your free credit report allows you to monitor any trends or changes that may affect your financial situation.

Review insurance annually: As circumstances change, it's important to ensure that your insurance coverage aligns with your needs. Whether you get married, buy a home, or have children, reviewing your policies annually will help protect what matters most.

Save for retirement: This should really be part of paying yourself first. By starting early and working together, you can build a solid foundation for your golden years.

While talking about financial matters may not always be easy, addressing them early on can save relationships from future headaches and heartaches. By adopting these tips and engaging in open and honest conversations, couples can pave the way for a financially secure and harmonious future together.

Remember, love and finances can coexist and thrive when given the attention they deserve.

10 Practical Tips to Save Money



Here are ten practical tips to help you save money without changing your lifestyle:

1. Swap out incandescent bulbs for compact fluorescent (CFL) bulbs. CFL bulbs use 80% less energy while providing the same brightness. Look for Energy Star-rated lamps and bulbs for quality assurance.

2. Make a grocery list and stick to it. Avoid impulse buys by purchasing only what's on your list. Buy non-perishable items in bulk to benefit from discounts.

3. Use coupons whenever possible. Clip and organize grocery coupons to save \$20-\$30 per trip. Find dining and shopping coupons online to save at least 50% off their face value.

4. Shop online for discounts. Online stores often offer up to 70% off compared to retail prices. Search for discount codes before purchasing, and consider online bidding for additional savings on slightly used items.

5. Bring lunch to work instead of buying. Make homemade sandwiches and pack snacks to save on daily expenses.

6. Cook homemade dinners to save money. Plan simple menus and reserve dining out for special occasions.

7. Use everyday pantry items for skin and body care. Items like cucumbers, honey, milk, lemon, salt, and baking soda can double as natural skincare products.

8. Avoid shopping as a stress reliever. Try alternative activities like walking in the park or watching a movie to unwind.

9. Bring your own snacks to the movies to save money. Homemade popcorn costs less and can be seasoned to your taste preference.

10. Pay off credit card balances monthly to avoid interest charges. Use cash whenever possible, unless using a credit card offers better terms like 0% interest on purchases or cash rebates.

Three Dot Lounge...

Cracker Barrel

by Mike McClure



...so the other day I sat down with the club, you remember them, Donna with her potato salad, Pete on the grill, all the groups that I get together with every year for the 4th. Last year Ron stepped up and took care of getting all of the hamburger patties and hot dogs. Don the Umpire brought his beans and bacon. Of course Pete and I took the grill, and everyone pitched in and we ended up with about 50 people.

This year I got elected to get the burgers and dogs. We are using the church's grill thanks to Don. Sunshine is fixing her pasta salad, Kim has the sodas and water covered. Mary just had a birthday so we will get her a cake. I think we are good to go, I will let you know next week.

This year is a political year so we need to be careful, it's hot enough as it is so we don't need any politicking. After the bar-b-que some of us are going over to the One Hope Baptist Church in Temple City for the fireworks. They do a great job there with activities for the kids during the

day and a safe fireworks show when it gets dark. It is better to have the kids somewhere that is supervised, especially as hot as it has been, we don't want to have to report on any fires or accidents from the community celebrations.

I saw on the news this morning that a bear was spotted in Canoga Park that had roamed all the way from Claremont...wait til she hears the fireworks, I bet she will want to head back to the hills. The Nation has a lot on it's plate right now. The new homeless numbers are in, we have an election coming up, there are new laws going into effect, its hot outside, lots of things that we can and will be talking about in coming columns but for now sit back and enjoy our Independence. Happy 4th of July everyone.

Stay Informed.
Stay Connected.

Get Your Free
Subscription
Today

Subscribe Now

midvalleynews.com

Working OverTime

by Cynthia Huizar



So much to do, last week I attended the "Housing for All" briefing from the Rio Hondo Community Development Corp. The Mid Valley News supported the Rio Hondo Community Development Corp's "Housing for All" conference at Mountain View H.S. on June 26th. RHCDC was 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. We are working to develop innovative answers to these pressing issues. Exploring new ways to attract funding is one key goal. For instance; studies show that the poverty

level for the San Gabriel Valley is 11% but we know that it is higher here in 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 elsewhere 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 our Regional Plan and that was explored at the "Housing for All" event. Follow us in the Mid Valley News and I will keep you informed.

Get 30 Days of Social Media Content For Free

Dive into Engagement Like Never Before!

midvalleymedia.net

LEARN MORE

CROSSWORD

1	2	3	4	5	6	7	8	9	10	
11				12			13	14		
15				16			17			
18			19				20			
			21				22			
23	24	25			26			27	28	29
30			31		32	33		34		
35		36			37			38		
39			40				41		42	
43			44				45		46	
			47			48	49			
	50	51			52			53	54	55
56					57			58		
59					60			61		
62					63			64		

- 45. Violent protester
- 47. Golfer's goal
- 48. Puts behind bars
- 50. Samoan money sound
- 52. *Armed conflict (3 words)
- 56. *Famous Bolshevik
- 57. Storm centers
- 58. Bob ___ of boxing world
- 59. Neural transmitters
- 60. High school breakout
- 61. Speech defect
- 62. 1968 hit "Harper Valley ___"
- 63. Grassland
- 64. Trousers
- 19. Sailing vessel with two masts
- 22. Animal doctor, for short
- 23. Water balloon
- 24. Alluring maiden
- 25. Add a touch of color
- 26. Spiritual leader
- 27. *Boy Scout's ___ badge
- 28. Two under par on a hole
- 29. Animal trail
- 32. After-bath powder
- 33. General Post Office
- 36. *"Little Tramp" portrayer
- 38. Chef Julia ___
- 40. Address for a man
- 41. Salmon at a certain stage
- 44. Indian breads
- 46. Lee Harvey ___
- 48. *"A Portrait of the Artist as a Young Man" author James ___
- 49. Circus venue
- 50. Modern message
- 51. Dwarf buffalo
- 52. Lash mark
- 53. *"Dulcin e!" of Massenet's "Don Quichotte," e.g.
- 54. Dry biscuit
- 55. Mischievous sprites
- 56. Spot for luxury?

SWITCH & GET \$25

Off First Month of New Service!
USE PROMO CODE: G2590

Consumer Cellular

CALL CONSUMER CELLULAR 888-804-0913

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

- THEME: THE 1910s scuffle
- ACROSS
- 1. UPS competitor
 - 5. Banking convenience
 - 8. Shape with an axe
 - 11. Arctic floater
 - 12. Court bargain
 - 13. Dashboard window
 - 15. *Claude Monet's "Water Lilies," e.g.
 - 16. Petri dish gel
 - 17. Noble gas
 - 18. *Post-1919 drinking establishment
 - 20. Not hit
 - 21. More than a
 - 22. "That is to say"
 - 23. Jewish village
 - 26. One's full DNA sequence, pl.
 - 30. Interesting person, acr.
 - 31. Cord made from animal intestines
 - 34. Type of tide
 - 35. No such thing as a free one?
 - 37. Credit card rate
 - 38. Boatload
 - 39. St. Louis' Gateway, e.g.
 - 40. Cast-off skin
 - 42. U.N. working-conditions agcy.
 - 43. *"Unsinkable"?

- DOWN
- 1. They're often described as disc-shaped
 - 2. Freudian error
 - 3. *Roald Amundsen's southern destination
 - 4. The Muppets' street
 - 5. Lake scum
 - 6. Razz
 - 7. * ___ Pickford, "America's Sweetheart" of silent film era
 - 8. Comforting gestures
 - 9. Prima donna problems
 - 10. Skin cyst
 - 12. Saffron-flavored rice dish
 - 13. Street urchin
 - 14. *48th State

SUDOKU

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB 1-855-576-5653

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082166 NSCB 0082999 0083445

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

© StatePoint Media

RIO HONDO

Learn. Connect. Inspire. Engage.

2024 Housing For All

Learn More

Done For You Video Ads

That Builds Your Business!

video.midvalleymedia.net

Find Out How

Riddles

A red house is made out of red bricks.
A blue house is made out of blue bricks.
What is a green house made out of?

I saw a strange creature,
Long, hard, and straight,
Thrusting in a round, dark, opening,
Preparing to discharge its load of lives,
Puffing and squealing noises accompanied it,
Then a final screech as it slowed and stopped.

What gets wetter and wetter the more it dries?

ROSE CITY
From Page 1

Small business owners like Nittayo, who prioritize community and long-term stability, find it increasingly difficult to compete in such an environment. The Rosemead location's closure is a stark reminder of the pressures that corporate-driven

rent increases place on local businesses. The ongoing success of the Covina location, where Nittayo owns the property, illustrates the potential for sustainability when small business owners have more control over their operating costs.

Photo Courtesy of Rose City Pizza Facebook

FESTIVAL
From Page 1

more than just stairs," he said. Michael added, "To me, the stairs meant that you are moving onto a new chapter in life, where you are growing."

EMCSD's Film Academy program, a collaboration with the Youth Cinema Project (YCP), aimed to provide students with a comprehensive understanding of the film industry. YCP is a program that is part of the Latino Film Institute that prioritizes providing a safe learning environment for students to learn through social-emotional empowerment and equitable and quality-based learning.

Over the course of several months, the students engaged in a series of hands-on activities, guided by experienced mentors from the film community. The young filmmakers took charge of every aspect of their projects, gaining invaluable skills and

experiences along the way. "I loved the experience. It was so great, I hope to be part of it next year," said Anthony.

Students part of the program were able to attend several special events at LALIFF in Hollywood, where students and families were able to screen short films and documentaries on the big screen. "This experience was phenomenal because I feel like no other kid has this opportunity. It gives us an opportunity to go to Hollywood and express ourselves," Robert added.

Programs like the Film Academy are crucial for exposing students to new opportunities that help them learn more and pursue their interests. Such initiatives provide a platform for students to discover and develop their talents, which might otherwise go unnoticed. By engaging in real-world projects, students not only gained practical and technical skills but also developed critical thinking, and problem-solving abilities, a deeper understanding of potential career paths, and a strong sense of camaraderie.

ARCA Series
Comes to
Irwindale



The ARCA Menards Series West season is set to bring a significant economic boost to the community of Irwindale, CA, with two major races in three days at Irwindale Speedway. The events will showcase thrilling on-track action while providing an economic uplift to local businesses and the surrounding area.

The week kicks off on Thursday, July 4, with the NAPA Auto Parts 150 presented by the West Coast Stock Car Motorsports Hall of Fame (7 p.m. PT / 10 p.m. ET on FloRacing). Following a day off, the series returns on Saturday for the West Coast Stock Car Motorsports Hall of Fame 150 presented by NAPA Auto Parts (7 p.m. PT / 10 p.m. ET on FloRacing).

Irwindale has a rich history with the West Series, hosting 34 races since 1999. This history contributes to the local economy, as each race draws fans, teams, and media, increasing demand for hospitality, dining, and other local services.

The influx of visitors boosts local hotels, restaurants, and shops, creating a bustling atmosphere. Local vendors and service providers benefit from increased sales, while the city enjoys enhanced visibility and community pride.

Sean Hingorani, who recently rejoined Venturini Motorsports, is a key competitor to watch. Hingorani's return to his former team, with whom he won four times last season, adds excitement and anticipation among fans.

His pursuit of a second consecutive West Series championship, alongside teammates Jake Finch and Isabella Robusto, highlights the competitive spirit of the event.

The presence of other notable drivers and teams, including Tyler Reif, Todd Souza, and Jaron Giannini, ensures a thrilling competition. Giannini, debuting in the West Series, and Michael Killen, familiar to Irwindale's Spec Late Model class, bring fresh talent to the track. Teams like Bill McAnally Racing and Kennealy Keller Motorsports add depth and excitement to the races.

Local businesses, particularly those in hospitality and retail, are preparing for a busy week. The economic impact extends beyond race day, as the increased visibility of Irwindale encourages future community engagement and investment.

The ARCA Menards Series West races promise to deliver excitement on the track and significant economic benefits off the track, reinforcing Irwindale's reputation as a hub for motorsports and community growth.

How El Monte's
Treatment Centers
Aid Low-Income
Residents

El Monte, CA, is home to several alcohol and drug treatment centers that provide vital services for those battling substance use disorders. These centers offer a range of programs designed to support recovery and enhance community well-being, while also ensuring accessibility for low-income individuals through various financial assistance options.

Facilities like Aegis Treatment Centers and Social Model Recovery Systems, which operates Mid Valley Outpatient and Omni Center, provide comprehensive care including both outpatient and residential treatment options.

Specialized programs, such as medication-assisted treatment (MAT) for opioid use disorder available at Aegis Treatment Centers, combine medications like methadone or buprenorphine with counseling and behavioral therapies. This approach effectively reduces withdrawal symptoms and cravings, allowing individuals to focus on recovery.

Community integration is another key benefit, with centers like Omni Center providing job training and employment support as part of their residential recovery program.

To ensure accessibility, many treatment centers accept health insurance plans, including Medicaid and Medicare, significantly reducing out-of-pocket costs.

Additionally, facilities like those operated by Social Model Recovery Systems often receive funding from county, state, and federal programs, allowing them to offer services at reduced costs or even free of charge to eligible individuals.

Sliding scale fees, based on an individual's ability to pay, are also available, ensuring financial limitations do not prevent access to necessary treatment.

Non-profit organizations like Social Model Recovery Systems may offer scholarships or other forms of financial assistance, making it advisable to contact these organizations directly to explore available options.

Alcohol and drug treatment centers in El Monte are invaluable resources for individuals seeking to overcome addiction. Their commitment to accessibility ensures that even those with limited means can receive the help they need. For more information, contact Aegis Treatment Centers at (626) 442-4177, or Social Model Recovery Systems' Mid Valley Outpatient and Omni Center at (877) 507-6242.



The Mid Valley News is published weekly every Wednesday by The Mid Valley Media Center, LLC

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

Publisher
Mid Valley Media Center, LLC

Editor
Kenneth Ferreira
kenfer@midvalleymedia.net

Community Engagement
Michael McClure
mmclure@midvalleymedia.net

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

All contents herein are copyrighted and may not be reproduced in any manner, either in whole or in part, without the expressed written consent of The Mid Valley Media Center, LLC.

The views and opinions expressed in The Mid Valley News or any other channel of content distribution controlled by The Mid Valley Media Center, LLC are those of the content creators and not those of the organization, affiliates, staff, or employees.

The Mid Valley News is adjudicated as a paper of general circulation in the City of Of Monte, County of Los Angeles Superior Couty, November 7, 1973 No. C68383 and adjudicated as a peper of general circulation in the County of Los Angeles on July 18,1992, No. BS016380



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

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



VETCARE SEAACA

\$12 RABIES!

Affordable Pet Vaccine Clinic

Saturday, July 6th

South El Monte Community Center
1530 Central Ave. South El Monte

8:00 - 11:00 AM

Dog & Cat Vaccines • Microchipping • Wellness Exams

vetcarepetclinic.com 1 (800) 988-8387

NO APPOINTMENT NEEDED!



COMMUNITY CHURCH OF EL MONTE

Join Us In Celebrating The Lord
4602 N. Peck Rd, El Monte, CA 91732
Sundays @ 1:00 P.M
All Are Welcome
(626)643-8417

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.



CITY OF BALDWIN PARK

PICKLEBALL

ESTHER SNYDER COMMUNITY CENTER GYMNASIUM
4100 BALDWIN PARK BLVD.
BALDWIN PARK, CA 91706

TUESDAY AND THURSDAY
4PM TO 8PM

@BaldwinParkCAGov @BaldwinPark_CAGov @BaldwinParkCA

www.baldwinpark.com



Mid Valley MVMC Media Center

Get 30 Days of Social Media Content For Free

Dive into Engagement Like Never Before!

midvalleymedia.net

LEARN MORE



SCHOLARSHIPS FOR IRWINDALE RESIDENTS

Irwindale students are encouraged to apply!

Irwindale Education Fund
Deadline: Thursday, June 27, 2024

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

MORE INFORMATION
www.irwindaleca.gov/599/Scholarship-Opportunities