

# The Mid Valley News

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## Aquatic Robotics Team Earns A Top Spot in Global SeaPerch Contest



Team Good Tasting Kelp, also known as Team GTK from Parkview School's Aquatic Robotics Club earned sixth place out of 71 teams at the 2024 International SeaPerch Competition at the University of Maryland on May 31 and June 1, 2024.

The five-member team made up of Johan Covarrubias, Joshua Jimenez, David Andrade, Buoncent Priestley and Anthony Ramires excelled in representing Parkview School, the Mountain View School District, the City of El Monte, Los Angeles County and the state of California at the competition. Team GTK showed great skills and expertise in STEM education, as well as teamwork and innovation in the competition as they

competed against teams from New Zealand, China, United Arab Emirates, Egypt, Puerto Rico, and individual U.S. States. This is the second year in a row a team from Parkview School qualified to compete in the International SeaPerch Competition, last year earning 20th place.

"Only 5% of the top teams in the world are invited to go to the international competition and compete," said Herman Ruvalcaba, Parkview teacher and Aquatic Robotics Coach. "Team GTK worked extremely hard this year and overcame many obstacles and through many iterations of their SeaPerch underwater Remotely Operated Vehicle (ROV) achieved great success at each competition. They did an exceptional job working as a team and placing 6th overall in the world!"

Team GTK had a fantastic time at the international competition, interacting with student teams from all over the world and networking with professionals in science, engineering math and technology. Along with their stellar performance at the International Competition, Team GTK also had a

great showing at the Los Angeles Regional SeaPerch Competition in February, earning three 1st place trophies at the competition including 1st Place Obstacle Course, 1st Place Mission Course and Overall 1st Place Middle School. Team GTK and two other teams from Parkview's club also excelled at the Inland Empire Regional Competition at UC Riverside in March, coming away with six trophies including 1st Place in the Obstacle Course and Parkview swept the Mission Course category, taking 1st through 3rd place. They also took 1st and 3rd place in the Overall Winner category.

**SEA PERCH >> PAGE 7**



## The Enduring Legacy of Doris Dann in El Monte



Doris B. Dann was born on February 3, 1933, in Gaylord, Michigan. A figure of remarkable dedication, she left an indelible mark on the City of El Monte through her tireless community service, particularly with Our Saviour Center.

In 1985, the Church of Our Saviour in San Gabriel founded Our Saviour Center, initially a modest food bank. Doris Dann, deeply committed to serving those in need, expanded this initiative into a multifaceted community resource. She understood the profound challenges faced by the residents of El Monte, an area grappling with poverty, crime, and limited opportunities.

Under Dann's leadership, Our Saviour Center broadened its scope to include vital services beyond food distribution.

In 1989, she spearheaded the establishment of youth development programs to provide academic support and enrichment activities for local children.

Her efforts culminated in the opening of the Dorris Dann Kids

Campus (DDKC) in 2006. This 18,000 square foot facility features a gymnasium, tutoring and performing arena, computer lab, art studio, and classrooms. The DDKC offers after-school and summer programs designed to enhance academic and social development through sports, arts, and community engagement.

Doris Dann's vision and dedication to the community were further evidenced by her ability to secure grants and donations to support these initiatives.

The programs she developed have significantly impacted the lives of countless children, providing them with a safe and nurturing environment to learn and grow.

Sadly, Doris Dann passed away on January 9, 2002, in a hospital in San Gabriel, California, due to natural causes.

Her legacy, however, continues to thrive through the ongoing work of the Our Saviour Center and the Dorris Dann Kids Campus, which remain pivotal in supporting the youth and families of El Monte.

Doris Dann's commitment to community service and her profound impact on El Monte highlight the power of dedicated individuals to create lasting positive change.

Her life's work stands as a testament to her unwavering belief in the potential of every child and the importance of providing opportunities for growth and development.

## Activities and Support of Local Senior Centers



In the bustling communities of El Monte, South El Monte, and Baldwin Park, senior centers play a pivotal role in enhancing the quality of life for older adults. These centers are more than just places to gather; they are vibrant hubs of activity, offering a range of services and programs tailored to the needs of seniors.

Located in the heart of El Monte, the El Monte Senior Center is a beacon of support and engagement for local seniors. The center offers a variety of programs, including fitness classes, educational workshops, and social activities that cater to the diverse interests of the community. The center is particularly noted for its health and wellness programs, which include regular exercise classes, health screenings, and nutrition counseling. These initiatives aim to promote a healthy and active lifestyle among seniors, helping them maintain their independence and well-being.

The South El Monte Senior Center stands out for its strong sense of community and inclusion. The center provides a welcoming environment

where seniors can participate in a wide array of activities, from arts and crafts to dance classes and group outings. One of the standout features of this center is its emphasis on cultural programs that celebrate the rich heritage of the local population. The center also offers valuable resources such as transportation services, meal programs, and assistance with social services, ensuring that seniors have access to the support they need.

The Baldwin Park Senior Center is dedicated to fostering personal growth and lifelong learning among its members. The center offers an impressive lineup of educational programs, including computer classes, language courses, and guest lectures on various topics of interest. Additionally, the center promotes physical activity through its extensive fitness program, which includes tai chi, yoga, and aerobics classes. The Baldwin Park Senior Center also places a strong emphasis on volunteerism, encouraging seniors to give back to their community through various service projects and initiatives.

Senior centers in El Monte, South El Monte, and Baldwin Park are essential pillars of support for the elderly community, offering a wealth of programs and services that cater to their physical, emotional, and social needs. These centers not only provide

**SENIORS >> PAGE 7**



## A Brief History of Rosemead



Rush of 1849 and the completion of the transcontinental railroad in the 1860s brought an influx of settlers to the region. The area began to see more structured development, with agriculture playing a central role.

By the late 19th and early 20th centuries, Rosemead's agricultural landscape was dotted with citrus groves, walnut trees, and other crops. The arrival of the railroad further boosted the area's economy, allowing local farmers to transport their produce to larger markets.

### Incorporation and Modern Growth

Rosemead continued to grow, and on August 4, 1959, it was officially incorporated as a city. The post-World War II era saw significant suburban development, as families moved out of Los Angeles in search of quieter, more spacious living conditions. Rosemead's strategic location, close to major highways and the city of Los Angeles, made it an attractive destination for new residents.

### Indigenous Beginnings

Nestled in the San Gabriel Valley, the city of Rosemead, California, boasts a rich history that traces back to the early days of Spanish exploration and the subsequent growth of the state. From its indigenous roots to its incorporation as a city, Rosemead has undergone significant transformations that reflect the broader narrative of California's development.

Before the arrival of European settlers, the area now known as Rosemead was inhabited by the Tongva people. These Native Americans thrived in the region, making use of its rich natural resources. The Tongva had established villages and traded with neighboring tribes, living in harmony with the land.

### Spanish Exploration

The first Europeans to explore the region were Spanish missionaries and soldiers in the late 18th century. With the establishment of the San Gabriel Mission in 1771, the Spanish began to exert their influence over the area. The mission became a focal point for converting the indigenous population to Christianity and integrating them into the Spanish colonial economy.

During the Mexican era, following Mexico's independence from Spain in 1821, the mission lands were secularized. In 1834, the Rancho Period began, and the land that would become Rosemead was granted to Juan Matias Sanchez and his wife, Maria de la Luz Linares. They established Rancho Potrero Grande, which spanned several thousand acres.

### Early Development

The signing of the Treaty of Guadalupe Hidalgo in 1848 marked the end of the Mexican-American War and the beginning of American governance in California. The Gold

The latter half of the 20th century brought increased diversity to Rosemead. The city saw an influx of Asian immigrants, particularly from China, Vietnam, and Taiwan, contributing to its rich cultural tapestry. Today, Rosemead is known for its vibrant community, diverse population, and thriving local businesses.

### Rosemead Today

Present-day Rosemead is a blend of its historic roots and modern development. The city is home to several landmarks that reflect its past, such as the Dinsmoor Heritage House and Museum, which offers a glimpse into life in the early 20th century. Additionally, the city boasts numerous parks, schools, and community centers that serve its residents.

Rosemead's economy has evolved from its agricultural origins to a more diverse mix of industries, including retail, manufacturing, and services. The city remains a testament to the dynamic history of Southern California, continually adapting to the changing times while honoring its heritage.

As Rosemead moves forward, it remains committed to preserving its historical legacy while fostering a community that embraces diversity and growth. Whether you're a longtime resident or a visitor, the city's rich history and vibrant present offer a unique glimpse into the heart of the San Gabriel Valley.

## Afterschool Activities in the San Gabriel Valley



Afterschool activities play a crucial role in the lives of young people in our community. These programs offer a safe and structured environment where students can explore interests, develop skills, and build relationships. Small businesses and nonprofit organizations in El Monte, South El Monte, and Baldwin Park provide diverse opportunities for students to engage in meaningful activities after school hours.

### Fostering Academic Success

Afterschool programs often include academic support, such as tutoring and homework help, which reinforces what students learn during the school day. The El Monte Promise Foundation offers tutoring sessions and college preparation workshops that help students stay on track academically. By providing resources and guidance, these programs support students' academic achievement and boost their confidence.

### Developing Social Skills

Participation in afterschool activities allows students to interact with peers in a positive and collaborative setting. Team sports, for instance, teach valuable lessons about teamwork, leadership, and communication. The Boys & Girls Club of the West San Gabriel Valley offers sports leagues and recreational activities that promote physical fitness and social interaction. These programs help students develop the social skills necessary for success in school and beyond.

### Encouraging Healthy Lifestyles

Physical activity is a cornerstone of many afterschool programs, helping students stay active and healthy. The South El Monte Community Center hosts various fitness classes and sports programs designed to keep kids moving. These activities provide an outlet for energy and stress, promoting overall well-being and reducing the risk of obesity and related health issues.

### Cultivating Creativity

Arts and crafts, music, and drama are common components of afterschool programs that nurture creativity and self-expression. The Baldwin Park Arts and Recreation Center offers workshops in painting, music, and theater, allowing students to explore

their artistic talents. These creative outlets encourage self-discovery and provide a sense of accomplishment, boosting self-esteem and confidence.

### Building Career Skills

Afterschool activities can also introduce students to potential career paths and develop essential job skills. The San Gabriel Valley Conservation Corps provides job training and internships in environmental conservation and community service. These programs equip students with practical skills and experience, preparing them for future employment opportunities.

### Strengthening Community Ties

Engaging in afterschool programs fosters a sense of community and belonging. Students who participate in these activities often form strong bonds with their peers, mentors, and program leaders. This sense of connection extends beyond the individual, as families and community members come together to support these initiatives. Organizations like the El Monte/South El Monte Chamber of Commerce host events and workshops that bring the community together and celebrate the achievements of local youth.

### Providing Safe Environments

One of the primary benefits of afterschool programs is the safe and supervised environment they offer. These programs keep students engaged and out of trouble during the critical hours after school. The Doris Dann Kids Kampus in El Monte provides a range of afterschool activities in a secure setting, giving parents peace of mind knowing their children are in good hands.

Afterschool activities offered by small businesses and nonprofit organizations in El Monte, South El Monte, and Baldwin Park play a vital role in the development of our youth. These programs support academic success, social skills, healthy lifestyles, creativity, career readiness, and community engagement. By investing in afterschool activities, we invest in the future of our community, ensuring that our young people have the opportunities and support they need to thrive.

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# Health & Fitness

## Exploring Aquatic Centers in the Central San Gabriel Valley



The cities of El Monte, Rosemead, Baldwin Park, and Irwindale are home to several outstanding aquatic centers that offer a refreshing and enjoyable escape from the summer heat.

These family-friendly destinations throughout the Central San Gabriel Valley provide a range of water activities and amenities, making them the perfect spots for summer aquatic fun.

Let's take a closer look at these aquatic centers, including their locations, addresses, and hours of operation.

**El Monte Aquatic Center:**  
**Location:** 11001 Mildred St, El Monte, CA

**Hours of Operation:** Monday-Friday: 1:00 pm - 5:00 pm, Saturday-Sunday: 12:00 pm - 5:00 pm

The El Monte Aquatic Center, situated at 11001 Mildred St in El Monte, offers an impressive array of aquatic delights.

The center's spacious deck area, shaded seating, and convenient snack bar make it an ideal destination for families seeking a fun-filled day of aquatic adventures.

**Rosemead Aquatic Center:**  
**Location:** 9155 Mission Dr, Rosemead, CA  
**Hours of Operation:** Monday-Friday: 1:00 pm - 5:00 pm, Saturday-Sunday: 12:00 pm - 5:00 pm

The Rosemead Aquatic Center, found at 9155 Mission Dr in Rosemead, offers a delightful aquatic experience for visitors of all ages.

The center's well-maintained facilities, friendly staff, and ample parking make it a popular choice among locals and visitors alike.

**Baldwin Park Aquatic Center:**  
**Location:** 4100 Baldwin Park Blvd, Baldwin Park, CA

**Hours of Operation:** Monday-Friday: 1:00 pm - 5:00 pm, Saturday-Sunday: 12:00 pm - 5:00 pm

The Baldwin Park Aquatic Center, located at 4100 Baldwin Park Blvd in Baldwin Park, is a premier destination for aquatic enthusiasts.

This center houses a sizable swimming pool equipped with diving boards, water slides, and ample space for recreational swimming.

Additionally, the center offers swimming lessons suitable for individuals of all ages and skill levels, making it an ideal location for both beginners and experienced swimmers.

**Irwindale Aquatic Center:**  
**Location:** 3110 Santa Anita Ave, El Monte, CA

**Hours of Operation:** Monday-Friday: 1:00 pm - 5:00 pm, Saturday-Sunday: 12:00 pm - 5:00 pm

The Irwindale Aquatic Center, nestled at 3110 Santa Anita Ave in El Monte, is a hidden gem for water enthusiasts.

This facility houses an Olympic-sized swimming pool, a splash pad for children, and a water play area designed specifically for the little ones.

Whether you're seeking to swim laps, cool off in the water features, or simply relax on the pool deck, the Irwindale Aquatic Center offers a serene and enjoyable environment.

The aquatic centers in El Monte, Rosemead, Baldwin Park, and Irwindale provide exceptional opportunities for individuals and families to enjoy aquatic adventures.

Offering a range of amenities such as swimming pools, water slides, and water play structures, these centers guarantee a memorable and refreshing experience.

So, grab your swimsuits, sunscreen, and towels, and head over to these aquatic centers to make the most of your summer days.



## Understanding the Causes of Diabetes



Diabetes is a complex and multifaceted condition influenced by various factors, both genetic and lifestyle-related.

Heredity plays a significant role in the development of diabetes. The genetic predisposition to diabetes has been recognized for centuries, although the exact pattern of inheritance remains unclear.

Statistics indicate that individuals with a family history of diabetes have a 25 to 33 percent higher risk of developing the disease compared to those without such a background. The presence of a "diabetes gene" is a contributing factor, particularly for type-2 diabetes, which often runs in families.

Diet is a critical factor in the development of diabetes, often referred to as a "prosperity disease" due to its association with overeating. Consuming excessive amounts of sugar, refined carbohydrates, proteins, and fats can lead to diabetes.

Conversely, diabetes is almost unknown in poorer countries where overeating is less common.

In the United States, approximately 80 percent of type-2 non-insulin-dependent diabetics are overweight. Excess fat impedes insulin function, as fatty tissue increases the body's resistance to insulin.

Weight loss can significantly improve blood sugar control, especially in older individuals who tend to gain weight and develop mild forms of diabetes.

Stress and tension are closely linked to diabetes mellitus. High levels of stress can disrupt metabolism and cause sugar to appear in the urine.

Smoking is a notable risk factor for diabetes. Men who smoke have double the risk of developing diabetes compared to non-smokers, while women who smoke 25 or more cigarettes a day have a 40 percent increased risk.

Modern conveniences have reduced the need for physical activity, contributing to weight gain and decreased insulin sensitivity. Regular physical activity and exercise help control weight, utilize glucose in the blood as energy, and enhance cell sensitivity to insulin.

Diabetes is influenced by a combination of genetic and lifestyle factors. Understanding the causes of diabetes is crucial for prevention and management. By making informed and healthy choices, individuals can effectively manage and prevent diabetes, leading to a healthier and more balanced life.

## Essential Gear For the San Gabriel Mountains



When planning an outdoor adventure in the beautiful San Gabriel Mountains, it is important to be well-prepared with the right gear. These towering peaks offer opportunities for hiking, camping, and exploring, but the rugged terrain and ever-changing weather conditions demand proper equipment.

Whether you are a seasoned outdoors enthusiast or a beginner, having the essential gear creates a safe and enjoyable experience in the San Gabriel Mountains.

**Hiking Boots:** A sturdy pair of hiking boots is a must-have for traversing the diverse trails of the San Gabriel Mountains. Look for boots with excellent traction, ankle support, and waterproof capabilities to tackle the rocky terrain and unpredictable weather conditions.

**Backpack:** Opt for a backpack with adjustable straps, padded back support, and multiple compartments for organized storage. Choose a size appropriate for carrying water, snacks, extra clothing layers, a first aid kit, and any other necessary supplies.

**Navigation Tools:** Carry a detailed topographic map and a compass to help you navigate the trails accurately. Additionally, consider bringing a GPS device or smartphone with a reliable navigation app to supplement your map-reading skills.

**Layered Clothing:** Dressing in layers allows you to adapt to shifting temperatures throughout the day. Start with a moisture-wicking base layer to keep you dry, add insulating layers for warmth, and top it off with a waterproof and breathable outer shell to protect against wind and rain. Don't forget to pack extra socks and a hat.

**Water and Food:** Carry an adequate supply of water. Plan your meals and pack lightweight, high-energy snacks. Pack extra food and water in case of unforeseen circumstances or longer-than-expected hikes.

**Safety Essentials:** A first aid kit should contain basic supplies such as bandages, antiseptic wipes, pain relievers, and any personal medication you may need. Additionally, carry a whistle to signal for help in case of emergencies, a multi-tool for various purposes, and a headlamp or flashlight for navigating during low-light conditions.

Remember to check weather conditions, trail conditions, and any permits or restrictions before embarking on your adventure.

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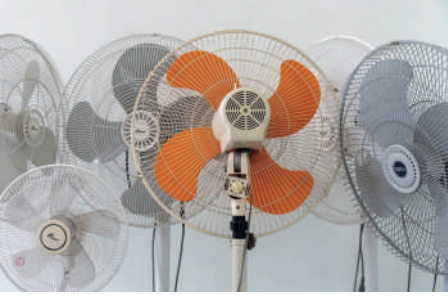




# Real estate REPORT



## Keeping Your Home Cool on a Budget in the San Gabriel Valley



The summer season in the San Gabriel Valley can bring scorching temperatures that make it challenging to keep your home cool and comfortable. However, cooling your home doesn't have to break the bank. With some simple and cost-effective strategies, you can beat the heat without straining your budget. Here are some tips on how to cool your home in the summer on a budget in the San Gabriel Valley.

### Utilize Natural Ventilation

Take advantage of the cool evening breeze in the San Gabriel Valley by opening windows and creating cross-ventilation throughout your home. Position fans strategically to draw in cooler air from one side and expel warm air from the other. This natural ventilation method will help keep your home cooler without relying heavily on air conditioning.

### Optimize Window Coverings

Invest in energy-efficient window coverings such as blinds, curtains, or shades to block out direct sunlight during the hottest parts of the day. By keeping the sun's rays out, you can significantly reduce the amount of heat that enters your home. Additionally, consider using reflective window films or shades to further prevent heat gain.

### Maintain Your Air Conditioning System

If you have an air conditioning system, ensure it is properly maintained to maximize its

efficiency. Clean or replace filters regularly to improve airflow and reduce strain on the system. Schedule periodic professional maintenance to identify and address any potential issues that could impact its performance. A well-maintained system will cool your home more efficiently and help save on energy costs.

### Use Fans Strategically

Ceiling fans and portable fans are energy-efficient alternatives to air conditioning. Use them strategically to create a comfortable airflow throughout your home. Set ceiling fans to rotate counterclockwise during the summer to create a cooling breeze. Place portable fans near windows or in areas where you spend the most time to circulate air effectively.

### Minimize Heat Sources

Identify and minimize heat sources in your home. Appliances such as ovens, stoves, and dryers generate heat when in use. Opt for outdoor cooking or use countertop appliances instead of the oven. Consider hanging laundry outside to dry or using the dryer during cooler hours. By reducing heat-generating activities, you can maintain a cooler indoor environment.

### Create Shade

Utilize natural shade, such as trees or awnings, to keep your home cool. Planting trees strategically around your home can provide shade and reduce heat gain. Installing awnings or shade sails over windows and outdoor areas can also help block out direct sunlight, keeping the interior cooler.

Cooling your home in the summer on a budget in the San Gabriel Valley is achievable with these cost-effective strategies. Implement these tips and enjoy a cool and budget-friendly summer in the San Gabriel Valley.

## Essential Acronyms Every Homebuyer Needs to Know



When venturing into the world of real estate and homeownership, it's easy to become overwhelmed by the multitude of terms and acronyms that are commonly used. Understanding these acronyms is crucial for effective communication and informed decision-making throughout the homebuying process. To help you navigate this complex landscape, here are 10 essential acronyms that every homebuyer needs to know.

### 1. APR - Annual Percentage Rate:

The APR represents the total cost of borrowing, including the interest rate and additional fees. It provides a more comprehensive understanding of the overall cost of a mortgage loan.

### 2. HOA - Homeowners Association:

An HOA is an organization that manages and governs a community or neighborhood. It establishes rules, regulations, and fees to maintain common areas and enforce community standards.

### 3. PMI - Private Mortgage Insurance:

PMI is typically required for homebuyers who make a down payment of less than 20%. It protects the lender in case the borrower defaults on the loan. PMI payments are an additional cost for the homeowner.

### 4. MLS - Multiple Listing Service:

The MLS is a database that aggregates real estate listings from various brokers and agents. It allows buyers and agents to access comprehensive property information, aiding in the search for the perfect home.

### 5. FHA - Federal Housing Administration:

The FHA is a government agency that provides mortgage insurance on loans made by approved lenders. FHA loans are popular among first-time homebuyers due to their lower down payment requirements and more flexible credit criteria.

### 6. DTI - Debt-to-Income Ratio:

The DTI is a measure of a borrower's monthly debt payments relative to their gross monthly income. Lenders use this ratio to assess a borrower's ability to manage additional mortgage payments.

### 7. CMA - Comparative Market Analysis:

A CMA is a report prepared by real estate agents to estimate a property's value based on recent sales of comparable properties in the area. It helps buyers understand the market

value of a property they are interested in.

### 8. VA - Department of Veterans Affairs:

The VA provides a variety of benefits, including home loans, to eligible military veterans, active-duty service members, and their spouses. VA loans offer favorable terms and do not require a down payment or private mortgage insurance.

### 9. MLS - Master Lease Agreement:

In some situations, a master lease agreement is used to rent out individual units within a larger property, such as a condominium or apartment building. The master leaseholder is responsible for managing the property and collecting rent from subtenants.

### 10. EMD - Earnest Money Deposit:

The EMD is a deposit made by the buyer to demonstrate their serious intent to purchase a property. It is typically held in escrow until the closing of the transaction and is often credited towards the down payment.

By familiarizing yourself with these 10 essential acronyms, you will gain a solid foundation of knowledge to navigate the homebuying process confidently.

Remember, real estate transactions involve various terms and acronyms, so it's essential to seek guidance from professionals, such as real estate agents and mortgage lenders, who can provide further clarification and guidance.

Armed with this knowledge, you'll be well-equipped to make informed decisions and embark on your homeownership journey with confidence.



# SUMMER

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# 11

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# Eye On Finance

## A Guide to Professional Attire on a Budget in the San Gabriel Valley



Dressing for success doesn't have to drain your bank account. With some creativity and strategic shopping, you can achieve a professional and polished look without breaking the budget. Whether you're a job seeker, a recent graduate, or simply aiming to upgrade your professional wardrobe, here are some tips on how to dress for success on a budget in the San Gabriel Valley, along with possible locations for readers to shop.

**Start with the Basics:** Building a versatile wardrobe begins with investing in a few key items that can be mixed and matched. Look for classic pieces such as tailored blazers, dress pants, and button-down shirts. These timeless essentials form the foundation of a professional wardrobe and can be styled in various ways to create different outfits for different occasions.

**Possible Shopping Locations in the San Gabriel Valley:**

- **Westfield Santa Anita:** Located at 400 S. Baldwin Ave, Arcadia, this shopping center offers a range of stores including H&M, Forever 21, and Macy's, where you can find affordable basics.

Take some time to explore thrift stores in the San Gabriel Valley, such as Goodwill or Salvation Army, for hidden gems that perfectly fit your style.

**Possible Shopping Locations in the San Gabriel Valley:**

- **Goodwill Pasadena:** Located at 183 N Altadena Dr, Pasadena, this Goodwill store is known for its well-organized selection of clothing and accessories at affordable prices.

- **Salvation Army Family Store:** Located at 1010 E. Route 66, Glendora, this Salvation Army store offers a range of affordable options for professional attire.

**Sales, Discounts, and Outlets:** Keep an eye out for sales, discounts, and outlet stores where you can find quality clothing at reduced prices. Sign up for newsletters and loyalty programs of your favorite brands to stay informed about upcoming sales and promotions. Outlet malls in the San Gabriel Valley, such as Citadel

Outlets, often have deals on high-end brands.

**Possible Shopping Locations in the San Gabriel Valley:**

- **Citadel Outlets:** Located at 100 Citadel Dr, Los Angeles, this outlet mall offers discounts on various brands including Banana Republic, Calvin Klein, and H&M.

**Accessorize Smartly:** Accessories can elevate any outfit and add a touch of sophistication. Look for affordable accessories such as belts, scarves, and statement jewelry to enhance your professional look. These small details can make a big difference in your overall appearance.

**Tailoring and Alterations:** Don't underestimate the power of a good tailor. Purchasing budget-friendly clothes and having them professionally tailored can give them a custom fit, making you look more polished and put together.

**Possible Tailoring Locations in the San Gabriel Valley:**

- **Ace Custom Tailoring:** Located at 1101 S San Gabriel Blvd, San Gabriel, this tailoring shop offers professional alterations to ensure your clothing fits perfectly.

Remember, dressing for success is not about wearing expensive designer labels; it's about presenting yourself in a professional and confident manner.



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## The Digital Office



In today's digital age, the transformation of traditional offices into digital workspaces has become increasingly prevalent.

The process of digitizing your office involves converting physical documents and processes into electronic formats, utilizing digital tools and technologies to streamline operations.

One significant advantage of digitizing your office is improved accessibility to information.

With digital documents, employees can access files and data from anywhere at any time, eliminating the need for physical storage and reducing the reliance on paper-based documents. This increased accessibility allows for greater collaboration, as team members can easily share and collaborate on digital files, leading to faster decision-making and enhanced productivity.

Additionally, digitizing your office minimizes the risk of document loss or damage. Physical documents are susceptible to various risks, such as fire, theft, or natural disasters.

This not only enhances data security but also provides peace of mind, knowing that critical documents are safe and easily recoverable.

Automation tools, such as electronic signatures, document management systems, and workflow software, can streamline processes, eliminating the need for time-consuming paperwork and manual data entry.

Another notable benefit of digitization is cost savings. Maintaining a traditional office with physical documents can be expensive in terms of storage space, printing supplies, and administrative overhead.

Digitizing your office also enables businesses to adopt flexible and remote work arrangements. With digital documents and cloud-based collaboration tools, employees can work from anywhere, reducing the need for physical office space and allowing for greater work-life balance. The flexibility can also expand talent pools by enabling businesses to hire remote employees or tap into global markets.

From improved accessibility and collaboration to enhanced data security and cost savings, the transition from physical to digital workspaces offers a multitude of advantages.

Embracing the digital revolution is not only a strategic move but a necessary one to thrive in today's fast-paced and technologically advanced business landscape.

## Benefits of Local Business Outsourcing



In today's competitive environment, businesses in El Monte, South El Monte, Baldwin Park, Irwindale, and Rosemead are turning to outsourcing to enhance efficiency and competitiveness. But what is outsourcing, and how does it benefit local businesses?

Outsourcing involves contracting external companies or individuals to handle tasks traditionally performed internally, such as administrative duties, customer service, marketing, IT support, and accounting. This strategy offers numerous advantages.

A primary benefit of outsourcing is cost savings. By outsourcing non-core activities, businesses reduce overhead costs related to salaries, benefits, and office space, allowing them to allocate resources more effectively.

Additionally, outsourcing provides access to specialized expertise that may not be available in-house. For instance, a small business might not afford a full-time IT specialist but can access top-notch IT services as needed through outsourcing.

Outsourcing also increases efficiency and allows for scalability. By delegating routine and time-consuming tasks, business owners and employees can focus on core activities that drive growth and innovation, leading to improved productivity.

While offshore outsourcing is common, there are compelling reasons to consider local outsourcing within El Monte and surrounding areas. Supporting the local economy is a significant advantage.

Businesses contribute to the local unity, strengthening local business networks. Proximity allows for better communication and coordination between businesses and service providers. Face-to-face meetings, site visits, and quicker response times enhance service quality and ensure smoother operations.

Local businesses are more likely to be accountable, more responsive, and know the environment. There's something to be said for working in your backyard.

For businesses in El Monte, South El Monte, Baldwin Park, Irwindale, and Rosemead, outsourcing is a practical solution to enhance efficiency, reduce costs, and access specialized expertise.

Whether it's administrative tasks, IT support, or marketing, local outsourcing is a strategy worth considering for businesses looking to thrive in today's competitive landscape.



# Three Dot Lounge...

## Cracker Barrel

by Mike McClure



...so the other day I heard a dumb idea. But first, most of you know that I try not to discuss politics in this column. I don't want to offend either side. I stay away from religion too. There are too many people out there waiting on something to be offended by and I don't want to give them a forum. That being said, the other day I heard that the House Republicans are thinking about passing a law that you would have to show proof of citizenship to vote.

Didn't they learn their lesson when they tried that in Arizona? Don't get me wrong I believe we should be able to provide proper I.D. to register to vote. But to be honest I was born in Kearney Nebraska, both of my parents were born in Nebraska, my three brothers were born in Nebraska and my dear sister also was born in Nebraska but I don't have anything to prove it. Oh I have a driver's license, and a bank account, my Social Security card is about 60 years old. But I lost my birth certificate years ago. Actually that isn't what this idea/law is about. In my life I

have only had to prove that I was a citizen 2 times. In 1968 when I registered for the draft and in 1996 when I applied for a PassPort.

I think everyone knows, or should know, laws like this are only used against Hispanics. White people aren't asked for proof, African-Americans aren't usually asked, primarily it is Hispanics who are asked to show proof of citizenship.

The backlash turned Arizona from predominantly Republican to now a toss-up state and Pete Wilson's antics along this line resulted in there not being one statewide office in California being held by a Republican. So guys, proceed at your own risk, you may find out that immigrant bashing can backfire!

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## Working OverTime

by Cynthia Huizar



So much to do! First of all, for those who aren't familiar with what I am referring to. "Natalie's XV" refers to her 15th birthday which is commonly celebrated in Catholic families, particularly Hispanic, and is known as their Quincenara. Often a Mass is held and then a party afterwards. Natalie's mother, Helen, and I are old friends. We worked together almost 20 years ago and in fact I attended Natali's baby shower so you can guess how pleased I was when I got the Quincenara announcement.

The Mass was held at St. Gertrude The Great Catholic Church in Bell Gardens. The church is beautiful and the celebration was touching. Another of my old work friends was there, Denise, who I hadn't seen for years and of course Helen's husband Javier was there beaming!. Later at the dinner Araceli, another old friend from work came by. The dinner was wonderful, Profe and I enjoyed ourselves, we even got a chance to dance.

All of the guests looked wonderful, dressed to the 9's, especially the young people. This was the first Quincenara that I have been to so I can't name all the titles but everyone I met were so

nice and they had all been so helpful to Helen. Norma, Johanna, Brenda, Aron, LeeAnn, Sandra & Angel, you are all great and anyone who I left out please forgive me. Thanks for a wonderful time. Congratulations to Natali and of course Helen & Javier, you can be proud of such a nice person Natali has become.

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- 43. West African country
- 45. \*Chuck \_\_\_\_, first to break speed of sound
- 47. Genetic info carrier, act.
- 48. City near Düsseldorf
- 50. Short for Dorothea
- 52. \*First artificial satellite (2 words)
- 55. Clay and silt deposit
- 56. Marine eagle
- 57. Mercantile establishment
- 59. Singer Piaf
- 60. Concert series
- 61. Indian nursemaid
- 62. Craggy peak
- 63. Little troublemaker
- 64. Solitary
- "Millennium \_\_\_\_"
- 13. Prenatal test, for short
- 14. \*The first one helped combat smallpox
- 19. Tedium
- 22. 120 mins.
- 23. #8 Down, pl.
- 24. Martini garnish
- 25. Pine product
- 26. Midterm, e.g.
- 27. a.k.a. Tibetan wild ass
- 28. Feel the same
- 29. Timider
- 32. Deadly challenge
- 33. Military moves
- 36. \*Mount first conquered by Hillary and Norgay
- 38. 10 to 12-year-old
- 40. Ewe's cry
- 41. Half-shell delicacy
- 44. Grind with teeth
- 46. Fauna member
- 48. Erasable programmable read only memory
- 49. Break of day
- 50. List of chores
- 51. Prince of Wales to King
- 52. Searching for E.T. org.
- 53. Boxer's last blow
- 54. Azerbaijan's southern neighbor
- 55. "\_\_\_\_ the wild rumpus begin!"
- 58. "\_\_\_\_ one and only"

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- THEME: FAMOUS FIRSTS**
- ACROSS**
- 1. Croat or Moravian, e.g.
  - 5. Paid player
  - 8. Not Miss or Ms.
  - 11. First-rate
  - 12. Mattress with memory?
  - 13. Be of use
  - 15. "It's time!" signal
  - 16. \_\_\_\_-de-camp
  - 17. Like an unhealthy dog
  - 18. \*First one to circumnavigate globe, almost
  - 20. March Madness
  - 21. Bring upon
  - 22. Orange Lavaburst drink
  - 23. \*Rita \_\_\_\_, first Latina to win Academy Award
  - 26. Winter rides, in Russia
  - 30. Brewery order
  - 31. Unties or unbuttons
  - 34. Nearly
  - 35. One born to Japanese immigrants
  - 37. Good times
  - 38. Rheumy
  - 39. Tel \_\_\_\_, Israel
  - 40. Bequeath
  - 42. Once known as
- DOWN**
- 1. Give in to gravity
  - 2. Weaver's apparatus
  - 3. The "I" in "The King and I"
  - 4. Carrots or peas, slangily
  - 5. French soldier in WWI
  - 6. Speed gun
  - 7. \*First horror film about Damien Thorn, with The
  - 8. Supernatural life force
  - 9. Capital of Latvia
  - 10. Canny
  - 12. Han Solo's

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## Riddles

What has to be broken before you can use it?

---

What is red and smells like blue paint?

---

Which bow can't be tied?

---

Arnold Schwarzenegger has a big one, Michael J Fox has a small one, Madonna doesn't have one, The pope has one but he never uses it, Bill Clinton has one and he uses it all the time! What is it?

---

There is a man in a 4 story building. He jumps out of the window and is unharmed. He used no padding, and had no harm done. How?



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

After the two-day international competition, the students enjoyed a few days exploring the east coast for a study trip, taking in historical monuments and museums in Washington DC, Virginia and Philadelphia. "It was great for our students to experience first-hand historical places around Washington DC like the White House, the Washington Monument, and Vietnam Memorial just to name a few," said Ruvalcaba. "They also were able to visit Mt. Vernon and historical sites in Philadelphia which included the Liberty Bell. Overall, the students

had an exceptional time competing at the SeaPerch International Competition and being able to visit sites that they read about in history books. It was a fantastic life experience for the five GTK team members." "We are extremely proud of the Aquatic Robotics students and their coaches, Arlene LeGaspé and Herman Ruvlacaba along with apprentice coaches, Jose Davila and Olga Gallegos," said Dr. Raymond Andry, Superintendent. "They worked hard all year perfecting their skills in robotics and coding and excelled at each competition. They did exceptionally well at the International Competition, making a name for their school, our District and El Monte."

**SENIORS**  
**From Page 7**

opportunities for seniors to stay active and engaged but also foster a sense of belonging and community. As the senior population continues to

grow, the role of these centers will undoubtedly become even more crucial in ensuring the well-being and vitality of older adults in the region. Photo Courtesy of the City of South El Monte Website (<https://www.cityofsouthelmonte.org/>).

# The Top Activities for Seniors

Seniors should not be taken away from the scenes as they still have a lot of strength and tenacity to indulge in the things as they used to when they were younger. You can provide a wide array of activities, depending on their personal preferences and capacity. You may be surprised on how the elderly can boost endurance and strength with just a few routines.

that you can always do it with a group or partner. Feel free to bring your own musical instrument and begin making beautiful melodies together.

There are a variety of hobbies and crafts that seniors can indulge in to improve their physical and mental capacities. A good example is drawing, sketching or painting where they can freely express themselves in art and color.

Form a band of senior musicians and introduce some fun genres like modern, jazz, hip hop or even techno.

Ask the senior what type of platform he or she is most interested in working on, then provide the materials such as a charcoal or pencil and paper, a canvas and paint or some markers. You may teach them how to make cartoons too, which can be very entertaining and fun.

Singing and dancing are also essential activities for seniors that are good for boosting morale and confidence and improving relationships among individuals. If they can get better in these, they can always gain a renewed sense of fulfillment and continue to progress, thereby sharpening their mental and physical skills.

Female senior citizens enjoy sewing and working on cross stitch patterns. You can provide the right materials like embroidery kits, t-shirts, dresses, caps, socks, etc. and let them start getting creative. Some even enjoy fixing loose buttons, holes and putting patches, so feel free to ask and let them start on their way to occupational therapy.

Even though seniors are well into their retirement age, it is still important that they stay capable of performing various tasks and functions that will maintain independence and enhance self-confidence.

Other senior citizens are highly adept and never lose their touch on music. Try to ask their specific instrument of interest or type of music, then provide them the right tools like a pen and paper, music book, speakers, amplifiers and the particular tool like a guitar, violin, flute, trombone or drums maybe.

Allow them to perform activities of daily living or ADL like eating, brushing their teeth, bathing, getting dressed, etc. Also introduce them to certain minor tasks like cleaning their room, fixing their bed, creating works of art like pottery or sculpture, reading books and staying updated via the internet.

One of the best things about music is

Occupational therapy is good also for older individuals to encourage them to stay independent for the rest of their days. You can accomplish this by forming a buddy system, so they always have someone to rely on, during cases of emergency and difficulty. Activities for seniors can be done both indoor and outdoors.

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**City of Irwindale List of Events JULY 8 - 12, 2024**

Upcoming Events/Meetings

JULY 8	SUMMER SUNSET CINEMA - ELEMENTAL MEMORIAL GARDEN LAWN @ DUSK
JULY 9	IRWINDALE PARK REDEDICATION CEREMONY IRWINDALE PARK 6 PM
JULY 10	ROCKABILITIES BINGO BASH IRWINDALE PARK 10 AM - 12 PM
JULY 11	MUSIC IN THE PARK - COLD DUCK IRWINDALE PARK 7 PM - 9 PM
JULY 12	DIVE-IN CINEMA - MATILDA IRWINDALE AQUATICS CENTER 7 PM

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