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El Monte Union Celebrated for Academic and Community Achievements

For the second consecutive year, El Monte Union High School District (EMUHSD) has been selected as a San Gabriel Valley Tribune Readers' Choice Top Three School District, reflecting the District's unwavering commitment to academic success in the classroom and providing healthier outcomes for the communities it serves.

El Monte Union, which was also cited in the Tribune's 2023 Readers' Choice poll, has experienced another banner year, as it works toward maintaining positive school culture and academic rigor for its students by providing career technical education pathways and innovative technology, as well as social and emotional support through its wellness centers.

The San Gabriel Valley Tribune Readers' Choice Awards celebrate excellence in education and acknowledge institutions that have demonstrated extraordinary academic programs, innovative teaching practices, and a profound impact on the lives of students.

"We are grateful to the El Monte Union community, without its



continued support we could not complete our mission to provide equity in education for every student," Superintendent Dr. Edward Zuniga said. "The true winners of this poll are our dedicated and hard-working faculty and staff, who work tirelessly to ensure

our students will be able to fulfill their academic potential, on their way to becoming lifelong learners and leaders in their communities."

El Monte Union's Class of 2024 graduates will be attending some of
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SoCalGas Urges Customers to Stay Alert Against Scams



Southern California Gas Company (SoCalGas) is issuing an important reminder to its customers to remain vigilant against scams that are becoming increasingly prevalent. These scams range from impersonators showing up at customers' homes to sophisticated online frauds. The company encourages everyone to question anyone claiming to be a SoCalGas representative and to take specific steps to verify their authenticity.

For in-person interactions, it is crucial to know that SoCalGas typically visits customers' homes only in response to specific service requests. If a customer has not requested any service, they should call SoCalGas before allowing anyone inside. Occasionally, the company does conduct maintenance or safety inspections that require access to customer properties. In these cases, employees will be in uniform, driving a company vehicle, and carrying a SoCalGas photo ID badge.

Customers are always advised to

ask to see this badge and to contact SoCalGas directly at 1-800-427-2200 or 1-800-342-4545 for Spanish-language service to verify the representative's identity. Importantly, SoCalGas employees will never ask for payments during home visits.

Additionally, SoCalGas collaborates with authorized contractors for the Energy Savings Assistance Program. These contractors must also present a valid photo ID badge. If customers have any concerns about a contractor's identity, they should call 1-800-331-7593 to speak with a SoCalGas representative, who can verify the contractor's legitimacy and answer any general questions.

Beyond in-person scams, online search engine scams are also a growing concern. Customers seeking to pay their utility bills online may encounter unofficial SoCalGas websites or unofficial partner sites that appear at the top of search results. These fake websites are designed to mislead customers into providing personal and payment information, which is

SCAMS >> PAGE 7

Guests Support Students at 'A Taste of Río' Event



Río Hondo College's (RHC) campus transformed into a vibrant festival featuring exquisite flavors, captivating entertainment, stunning original art pieces and a silent auction for the 11th edition of "A Taste of Río," the Río Hondo College Foundation's marquee annual fundraiser on June 7.

More than 375 attendees enjoyed a selection of culinary delights, fine wines and craft beers during "A Taste of Río." The event raised approximately \$105,000 for scholarships, programs and equipment to support Río Hondo College students throughout their educational journey.

It marked the first time in the history of "A Taste of Río," which was first launched in 2012 to raise additional financial support for students, that the event has drawn more than 350 guests and raised more than \$103,000 in consecutive years.

"A Taste of Río' treats hundreds of guests to a great time for a good cause each year," Superintendent/President Dr. Marilyn Flores said. "This year's installment was another tremendous success for the Río Hondo College community and I cannot thank our

generous group of sponsors and guests for making a profound difference in the lives of our students."

Among the esteemed dignitaries who attended "A Taste of Río" were South El Monte Mayor Gloria Olmos, Mayor Pro Tem Rudy Bojorquez and City Councilmembers Manuel Acosta and Richard Angel; Whittier Mayor Joe Vinatieri, Mayor Pro Tem Cathy Warner and Councilmember Mary Ann Pacheco; City of Pico Rivera Councilmember Dr. Monica Sanchez; Foundation for California Community Colleges Board of Trustees Director Dr. Manuel Baca and representatives from the offices of California State Assemblymember Lisa Calderon and Los Angeles County Supervisor Hilda Solis, as well as a host of representatives and elected officials from the Río Hondo College Community College District and its K-12 partner districts.

Artist, author and activist Simón Silva and his wife Maria also attended "A Taste of Río," which showcased art from former RHC Dean of Arts and Vice President Yoshio "Yosh" Nakamura and his daughter, Linda Nakamura Oberholtzer. Yoshio Nakamura will donate a piece for permanent display at the Río Hondo College Library, with guests providing feedback on which piece they would most like to see installed.

Guests sampled an array of delicious food and beverages from
TASTE >> PAGE 7



A Pawsome Adventure: Safe Camping with Your Furry Friend



Camping is a wonderful way to connect with nature, and what better way to enjoy the great outdoors than with your four-legged companion by your side?

Camping with your dog can create unforgettable memories, but it's crucial to prioritize their safety while exploring the wilderness.

In this guide, we'll cover essential equipment that dog owners should use to ensure a safe and enjoyable camping experience for both you and your furry friend.

A Sturdy and Secure Leash:

When camping, it's important to keep your dog leashed at all times, even if they are well-behaved off-leash. This not only prevents them from wandering into potentially dangerous situations but also helps you maintain control in unfamiliar surroundings.

Invest in a sturdy and reliable leash that is long enough to allow your dog some freedom, yet short enough to keep them close by your side. Opt for a leash made of durable materials, such as nylon or leather, that can withstand outdoor elements.

A Comfortable and Secure Dog Collar or Harness:

A properly fitted collar or harness is essential for your dog's safety during camping trips. Ensure that the collar fits snugly but comfortably around their neck, allowing enough space to insert two fingers between the collar and their skin. Alternatively, harnesses distribute the pulling force across the chest and back, reducing strain on the neck.

Choose a collar or harness with reflective features to enhance visibility during nighttime walks or activities.

Dog Identification Tags and Microchipping:

In the event that your dog gets lost during the camping trip, proper identification is crucial for a safe reunion.

Attach an identification tag to your dog's collar with your contact information, including your name and phone number. Additionally, consider microchipping your dog, which involves implanting a small chip under their skin that can be scanned by a veterinarian or animal shelter.

Keep your contact details updated with the microchip registry to ensure a swift reunion if your dog goes missing.

Portable Dog Bed or Sleeping Pad:

Just like humans, dogs need a comfortable place to rest after a day filled with outdoor adventures. Invest in a portable dog bed or sleeping pad that is lightweight, easy to clean, and provides insulation from the ground.

This not only keeps your dog cozy but also protects them from potential insects, dampness, and uneven terrain. Place the bed or pad inside your tent or near your camping area to create a designated space for your dog to relax.

Dog-Friendly First Aid Kit:

Accidents can happen, even during a camping trip. Be prepared by packing a dog-friendly first aid kit that includes items such as bandages, antiseptic wipes, tweezers for removing ticks, and any necessary medications specific to your dog's needs.

Familiarize yourself with basic first aid techniques for pets, and consult your veterinarian for any specific recommendations based on your destination and your dog's health.

Camping with your dog can be a rewarding and enjoyable experience, and with the right equipment, you can ensure their safety while exploring the great outdoors.

By using a sturdy leash, a comfortable collar or harness, proper identification, a portable dog bed, and a dog-friendly first aid kit, you'll be well-prepared to embark on a safe and memorable camping adventure with your furry friend.

Remember to always prioritize your dog's well-being, and enjoy the bonding time and shared adventures that camping brings.

Small, Smart, and Misunderstood



Are you looking for a unique and lovable pet companion? Look no further than the humble rat! Despite their reputation, rats make wonderful pets, offering a surprising array of qualities that are sure to win you over.

First and foremost, rats are incredibly intelligent creatures. They can be easily trained to perform tricks, navigate mazes, and even respond to their names. Their playful and curious nature makes them highly interactive pets that will keep you entertained for hours on end.

Rats are also incredibly affectionate. Once they bond with their human caregivers, they will shower you with love and loyalty. They enjoy snuggling up, grooming you, and even giving gentle little kisses. Their small size makes them perfect for cuddling and carrying around, making them great companions for people of all ages.

One of the best things about rats as

pets is their low maintenance. They are clean animals that groom themselves regularly, and they rarely require bathing. Additionally, their small size means they don't need a lot of space, making them suitable for apartment dwellers or those with limited living areas.

Now that you're convinced that rats make amazing pets, you may be wondering where to find them. Here are three pet stores in the El Monte, South El Monte, Baldwin Park, and Rosemead areas that are known for their quality and variety of pet rats:

El Monte Pets and Supplies - Located on Main Street, this store offers a wide selection of rats, along with all the supplies you'll need to keep them happy and healthy.

South El Monte Pet Center - With a dedicated small animal section, this store is a great place to find well-socialized and healthy rats.

Baldwin Park Exotic Pets - Known for their expertise in exotic pets, this store often has unique rat breeds and colors that you won't find elsewhere.

So, if you're ready for a pet that's intelligent, affectionate, and low maintenance, consider giving a rat a loving home. You'll be amazed at the joy and companionship they can bring into your life!

Three Simple Ways to Stop Cats from Scratching



We all love our furry feline friends, but their natural instinct to scratch can sometimes wreak havoc on our furniture. However, with a little understanding and these three simple strategies, you can redirect your cat's scratching behavior and save your beloved couch from further damage.

Provide Appropriate Scratching Surfaces:

Cats scratch for various reasons, including stretching their muscles, sharpening their claws, and marking their territory. To prevent them from using your furniture as a scratching post, it's important to offer suitable alternatives. Invest in a sturdy and tall scratching post covered in sisal or a similar material that your cat can sink their claws into. Encourage your feline friend to use it by sprinkling catnip on the post or using a wand toy to guide their paws towards it. With a tempting

scratching surface of their own, they'll be less inclined to scratch your furniture.

Use Deterrents and Protective Coverings:

While training your cat to use a scratching post, it's helpful to make your furniture less appealing and protect it at the same time. Cover the areas your cat frequently scratches with double-sided tape, aluminum foil, or plastic sheeting. Cats dislike the texture and will be discouraged from scratching those surfaces. Be sure to provide enticing alternatives nearby as a positive reinforcement.

Trim and Maintain Your Cat's Claws:

Regular nail trims can significantly reduce the impact of scratching on your furniture. Get your cat accustomed to having their paws handled from a young age, and use specialized cat nail clippers to trim the sharp tips of their claws. If you're not confident in doing it yourself, consult a professional groomer or your veterinarian for assistance.

Remember, patience and consistency are key when redirecting your cat's scratching behavior. With a little effort, you can preserve your furniture while keeping your furry friend content and entertained.

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Health & Fitness

Squeeze in Some Exercise



In today's fast-paced world, finding time for exercise can be a challenge. However, it is essential for our physical and mental well-being. For residents of the central San Gabriel Valley, here are 10 practical ways to incorporate exercise into your busy day, ensuring a healthier lifestyle.

Morning Walk: Start your day off right with a brisk morning walk. Wake up 30 minutes earlier and explore your neighborhood or local park. Walking not only helps burn calories but also provides a refreshing start to the day.

Lunchtime Strolls: Make the most of your lunch break by taking a stroll around your office building or nearby green spaces. Encourage your coworkers to join you, as walking with others can be a great way to socialize and build camaraderie.

Desk Exercises: Even if you have a sedentary job, there are exercises you can do right at your desk. Stretch your legs, rotate your ankles, and do wrist and neck exercises to keep your muscles engaged. These simple movements can help improve circulation and prevent stiffness.

Take the Stairs: Instead of taking the elevator or escalator, opt for the stairs whenever possible. Climbing stairs is a fantastic cardiovascular workout that engages several muscle groups, helping you burn calories and improve overall fitness.

Active Breaks: During long work hours, take short active breaks every hour or so. Stand up, stretch, and do some quick exercises like squats, lunges, or jumping jacks. These mini-workouts will increase blood flow, boost your energy levels, and enhance productivity.

Family Fitness Time: Involve your family in your exercise routine. Plan weekend activities such as hiking, biking, or playing outdoor games together. Not only will you bond with your loved ones, but you'll also instill healthy habits in your children.

Active Hobbies: Engage in hobbies that keep you physically active. Join a local sports league, take up gardening, or participate in community events like charity runs. These activities not only provide exercise but also allow you to connect with like-minded individuals.

Remember, even small bursts of physical activity can make a significant difference in your overall fitness level and quality of life.

So, let's make exercise a non-negotiable part of our daily routine and embrace a healthier and more active lifestyle.

Walking Towards Wellness



In this article, we will explore how many steps a person should aim for each day and highlight three fantastic locations in the central San Gabriel Valley where readers can enjoy invigorating walks.

According to health experts, aiming for a daily step count of 10,000 is a good goal for most individuals. However, it's important to note that this number may vary depending on factors such as age, fitness level, and personal health conditions. The key is to gradually increase your step count over time and strive for consistency in your walking routine.

Walking offers a myriad of benefits for both physical and mental well-being. Regular walking can improve cardiovascular health, help manage weight, strengthen muscles and bones, and boost immune function. Moreover, walking stimulates the release of endorphins, which elevate mood and reduce stress levels.

Whittier Narrows Recreation Area: Located in South El Monte, this expansive park offers picturesque walking trails amidst beautiful natural surroundings. Enjoy a serene walk around the lake, observing the local wildlife and soaking in the tranquility of nature.

Santa Fe Dam Recreation Area: Situated in Baldwin Park, this recreational gem features miles of trails perfect for walking enthusiasts. Explore the vast greenery, breathe in the fresh air, and enjoy the scenic views of the Santa Fe Dam. It's an ideal destination for those seeking a peaceful and rejuvenating walk.

Rosemead Park: Nestled in the heart of Rosemead, this community park boasts well-maintained paths and ample green space for walking.

Take a leisurely stroll through the park, surrounded by lush trees and vibrant flowers. It's an accessible and inviting location for individuals of all ages to enjoy a pleasant walk.

Incorporating walking into your daily routine is a simple yet effective way to improve your overall health and well-being.

Striving for a daily step count of 10,000 is a good goal to aim for, but remember that consistency and gradual progress are key.

Whether you choose to explore the scenic trails of Whittier Narrows Recreation Area, Santa Fe Dam Recreation Area, or enjoy a leisurely walk in Rosemead Park, take the opportunity to embrace the benefits of walking while immersing yourself in the natural beauty of the central San Gabriel Valley.

Overcoming the Weight Loss Plateau



In the relentless pursuit of health and fitness, many of us embark on the journey of weight loss with optimism, determination, and a clear vision of the end goal. The early stages often yield promising results—pounds shed, inches lost, and a renewed sense of vitality. Yet, for countless individuals, this journey takes an unexpected turn as progress grinds to a halt. This phenomenon, known as the weight loss plateau, is a rarely mentioned but crucial adaptation of the human body, presenting a formidable barrier to achieving maximum results. To overcome this, one must understand the intricacies of the plateau and the strategies to surmount it.

The weight loss plateau is a testament to the body's remarkable ability to adapt. When we begin a diet and exercise regimen, the initial weight loss is often rapid. This early success is largely due to a reduction in water weight, the depletion of glycogen stores, and the initial burning of fat. However, as the body adjusts to the new regimen, it becomes more efficient at conserving energy, slowing the rate of weight loss. This adaptive response is rooted in our evolutionary past when conserving energy was vital for survival during times of scarcity.

A significant factor contributing to the plateau is metabolic adaptation. As we lose weight, our basal metabolic rate (BMR)—the number of calories our bodies need to maintain basic physiological functions—decreases. This reduction in BMR means that our bodies require fewer calories than before, making it more challenging to continue losing weight at the same rate. Additionally, as we become more efficient at performing exercises, we burn fewer calories during physical activity, further contributing to the plateau.

Understanding the science behind the weight loss plateau is only half the battle. The real challenge lies in implementing effective strategies to overcome it. One of the most effective approaches is to reassess and modify both diet and exercise routines.

Firstly, revisiting dietary intake is crucial. As weight decreases, caloric needs diminish, necessitating a recalibration of daily calorie consumption. This doesn't mean drastic cuts but rather thoughtful adjustments to ensure a continued caloric deficit. Incorporating a variety of nutrient-dense, low-calorie foods can help manage hunger and maintain energy levels. Increasing protein intake is particularly beneficial, as protein promotes satiety and preserves lean muscle mass, which is vital for

sustaining a higher metabolic rate.

Secondly, the role of exercise cannot be overstated. Introducing variability in workouts can reignite progress. This might involve increasing the intensity, frequency, or duration of exercise sessions. High-intensity interval training (HIIT), for instance, has been shown to boost metabolism and burn more calories in a shorter period. Additionally, incorporating strength training is essential. Building muscle not only enhances physical strength and appearance but also increases BMR, aiding in long-term weight management.

Moreover, the psychological aspect of overcoming a plateau is equally important. The frustration and demotivation that accompany a stall in progress can derail even the most committed individuals. Setting realistic goals, tracking progress meticulously, and celebrating small victories can help maintain motivation. Seeking support from a community or a fitness professional can provide encouragement and accountability, making the journey less daunting.

Another often overlooked but effective strategy is ensuring adequate rest and recovery. Chronic stress and insufficient sleep can elevate cortisol levels, a hormone linked to weight gain, particularly around the abdominal area. Prioritizing quality sleep and incorporating stress-reducing activities such as yoga, meditation, or leisurely walks can significantly impact overall well-being and weight loss efforts.

In conclusion, the weight loss plateau is a natural and inevitable part of the weight loss journey, reflecting the body's sophisticated adaptive mechanisms. While it may seem like an insurmountable obstacle, understanding its causes and implementing strategic changes can reignite progress. Through careful adjustments in diet and exercise, combined with a focus on mental well-being and recovery, one can break through the plateau and continue on the path to achieving their health and fitness goals.

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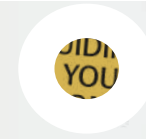
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Real estate REPORT



Understanding the Essentials of Commercial Leases

Replacing a Roof Before Selling Your Home



Commercial leases play a pivotal role in the business landscape, facilitating the relationship between landlords and tenants in the realm of office space. Understanding the key terms and provisions within commercial leases is crucial for both parties to navigate these agreements successfully.

In this article, we will delve into important lease terms while exploring the benefits of leasing commercial office space in the vibrant Central San Gabriel Valley.

Rent: Rent serves as the financial cornerstone of any commercial lease agreement. It represents the monetary consideration paid by the tenant to the landlord for the privilege of occupying the commercial office space. Understanding the terms of rent, including any escalation clauses, payment frequency, and calculation methods, empowers businesses to budget effectively and plan for long-term financial stability.

Lease Term: The lease term defines the duration of the lease agreement, encompassing the agreed-upon start and end dates. A clear understanding of the lease term allows businesses to plan for the future, including potential expansions or relocations. Additionally, exploring provisions related to renewal options and early termination clauses ensures flexibility and adaptability to changing business needs.

Common Area Maintenance (CAM): Many commercial leases incorporate Common Area Maintenance (CAM) charges, which cover the costs associated with maintaining and managing shared

spaces within the commercial property. This includes expenses for cleaning, security, landscaping, and repairs in common areas such as lobbies, parking lots, and hallways. By understanding CAM charges, businesses can anticipate additional costs and ensure the upkeep of a professional and inviting environment.

Security Deposit: The security deposit acts as a form of financial protection for landlords against potential damages or breaches of lease obligations. It is crucial for businesses to comprehend the terms of the security deposit, including the conditions under which it may be utilized and the process for its return. This knowledge fosters a transparent and fair relationship between landlords and tenants.

Use Clause: The use clause establishes the permitted activities and purposes for which the commercial office space can be utilized. It outlines the specific business operations allowed and any restrictions or exclusions. Understanding the use clause enables businesses to ensure that the space aligns with their intended activities, facilitating smooth operations and avoiding potential conflicts.

By familiarizing themselves with important lease terms such as rent, lease term, CAM charges, security deposit, and use clause, businesses can confidently pursue commercial office space in the Central San Gabriel Valley.

With its strategic location, thriving business environment, abundant amenities, and cultural diversity, the Central San Gabriel Valley offers businesses a fertile ground for growth and success.

desired timeline for selling the home.

Buyer Preferences

While some buyers may value a new roof, others may have different priorities or preferences. It is crucial to research the local real estate market and understand buyer expectations in the San Gabriel Valley. Consulting with a real estate professional can provide valuable insights into buyer preferences and market trends.

Impact of San Gabriel Valley Weather on Roofing Materials:

The San Gabriel Valley experiences a Mediterranean climate with hot, dry summers and mild, wet winters. This climate can have varying effects on different roofing materials:

Asphalt Shingles: Asphalt shingles are commonly used in the San Gabriel Valley due to their affordability and versatility. They perform well in dry and moderate climates, but prolonged exposure to intense sun and heat can cause premature aging and deterioration.

Tile: Tile roofs are popular in the region for their durability and aesthetic appeal. They provide excellent protection against heat and UV rays. However, they can be susceptible to cracking or damage from heavy rainfall, so proper installation and maintenance are crucial.

Metal: Metal roofs offer durability, energy efficiency, and resistance to extreme weather conditions. They can withstand high temperatures, strong winds, and heavy rain, making them well-suited for the San Gabriel Valley's climate. But they do get hot under the intense summer sun.

Deciding whether to replace a roof before selling a home in the San Gabriel Valley requires careful evaluation of the pros and cons.

While a new roof can enhance the curb appeal and increase the resale value of a home, homeowners must consider the costs, time constraints, and buyer preferences.

Additionally, understanding the impact of the region's weather on different roofing materials is crucial.

By considering these factors and seeking professional guidance, homeowners can make an informed decision that aligns with their goals and maximizes the potential return on investment when selling their home in the San Gabriel Valley.

When preparing to sell a home, homeowners often face the dilemma of whether to replace the roof before listing it on the market. While a new roof can enhance the curb appeal and potentially increase the resale value, the decision should be weighed against the costs and potential benefits.

In the context of the San Gabriel Valley, it is crucial to consider the impact of the region's weather on different roofing materials.

This article aims to provide an academic analysis of the pros and cons of replacing a roof before selling a home, taking into account the climatic conditions of the San Gabriel Valley.

Pros

A new roof can significantly enhance the overall appearance and curb appeal of a home. It can create a positive first impression for potential buyers, boosting interest and competition.

A well-maintained roof can also convey a sense of longevity and reliability, instilling confidence in prospective buyers.

Replacing an aging or damaged roof can increase the resale value of a home. Buyers often perceive a new roof as a valuable asset that reduces the need for immediate repair or replacement expenses. This can justify a higher asking price and potentially attract more offers.

A new roof can minimize potential concerns during the home inspection process. Buyers may feel more comfortable knowing that the roof has been recently replaced, reducing the likelihood of negotiation on repair credits or price reductions due to roof-related issues.

Cons

Roof replacement can be a significant financial investment. Homeowners must carefully analyze the potential return on investment (ROI) and consider their budget constraints.

Roof replacement is a time-consuming process that can delay the listing of the property.

Homeowners should consider the time it takes to complete the project and the impact it may have on their

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Eye On Finance

Securing Government Grants for Your Projects



In the vast digital landscape, a quick search for online grants reveals the staggering amount of financial support available to the American public. Grants exist for virtually every type of business, field of study, or artistic endeavor, offering a lifeline to those who dare to dream and create.

The beauty of these grants lies not only in their availability but also in their accessibility. In many cases, local organizations cater specifically to individuals in particular situations. This localization of support can significantly limit the competition for grant money, increasing your chances of success. Moreover, these organizations often provide an opportunity to connect with groups dedicated to helping develop your project, offering both financial aid and valuable mentorship.

Applying for a government grant is much easier than most people think. Although there are specific steps to follow, most agencies clearly outline these procedures, making the process straightforward. A critical first step for many grant applications is registering with the Central Contractor Registry (CCR). This database keeps track of all entities working with the federal government and is an essential part of the application process.

The subsequent steps vary depending on the type of grant you are applying for. Artistic grants often require you to submit examples of past work, details of your current project, or proposals for future

pieces. This submission process allows grantors to assess the quality and potential impact of your work. For new businesses, grant applications typically require a detailed business plan. This plan should outline your business model, market analysis, financial projections, and the organization's commitment to community development.

Each grant has its own set of requirements, reflecting the diverse nature of the grants themselves. It is crucial to fully understand the specific agency and its expectations before applying. Thorough research and preparation can significantly enhance your chances of securing the grant.

Identifying the right grant is a critical first step. Start by pinpointing grants that align with your project's goals and objectives. Look for grants that cater specifically to your field or demographic to increase your chances of success. Understanding the requirements of each grant is essential. Carefully read the application guidelines and ensure you meet all the criteria before applying. Preparation is key; gather all necessary documentation, such as business plans, financial statements, and previous work samples.

Seeking local support can be immensely beneficial. Look for local organizations that offer support and mentorship. These groups can provide valuable insights and increase your chances of securing the grant.

After submitting your application, it is important to follow up with the grantor to confirm receipt and address any additional questions they may have.

Government grants offer a wealth of opportunities for individuals and organizations across various fields. By following the outlined steps and thoroughly preparing your application, you can unlock the financial support needed to bring your project to fruition. With determination and careful planning, the possibilities are endless.

Essential Tips for Home Emergency Readiness



Emergencies are unpredictable, and when they strike, they can turn our lives upside down. While we cannot foresee the specific challenges that may arise during a major emergency, we can certainly prepare for them. Taking the necessary steps today can make all the difference in ensuring the safety and well-being of our families. The California Office of the Red Cross has provided valuable tips and recommendations to help us prepare for any potential emergency. Here are some crucial guidelines to consider:

Water is Life

Water is essential for survival. The Red Cross advises maintaining a water supply of at least one gallon per person per day, with enough to last three to seven days. Store water in plastic containers, and keep water purification tablets and filters on hand to ensure you have access to clean water in case of contamination.

Stock Up on Non-Perishable Food

Store non-perishable food items that can sustain you, your family, and your pets for three days to one week. Canned goods, powdered juices, and boxed foods are excellent choices. These items have a long shelf life and can be easily stored.

Alternative Cooking Methods

In the event of a power outage or gas shortage, having an alternative cooking source is crucial. A barbecue or propane stove can be invaluable. Ensure that your propane tank is full and that you have an extra tank available. This preparedness step will help you continue to cook meals even when conventional methods are unavailable.

Clothing and Sleeping

Prepare a supply of clothing and sleeping bags for your family. Emergencies can sometimes lead to displacement, and having these essentials ready will ensure that you and your loved ones remain comfortable and warm.

Wood for Heating and Cooking

If you have a fireplace or a wood-burning stove, stock up on good-quality wood. This can serve as an additional heat source and a means for cooking if other options fail.

Lighting

Flashlights are indispensable during emergencies. Consider using solar-powered or hand-crank flashlights to

avoid dependency on batteries. This way, you'll have a reliable light source even if batteries run out.

Medications

Keep a ready supply of prescription medications and over-the-counter drugs that your family may need. Contact your healthcare provider for advance refills to ensure that you do not run out of essential medications during an emergency.

Cash and Fuel

During emergencies, electronic payment systems may fail. It's wise to keep cash on hand in case ATMs and bank systems are down. Additionally, maintain at least a half-full gas tank in your car to avoid long lines at gas stations and to ensure you have enough fuel for evacuation if necessary.

Entertainment

Power outages can be long and tedious. Having books and board games can provide much-needed entertainment and help pass the time.

Community Connections

Get to know your neighbors. In emergencies, mutual aid can be a lifesaver. Establishing a rapport with those around you can lead to shared resources and support during critical times.

The Best Defense is Preparation

Emergencies can strike without warning, but being prepared can mitigate the impact on your family. By following these guidelines from the California Office of the Red Cross, you can face unexpected situations with confidence and resilience.

Preparing now is not just a precaution—it's a responsibility we owe to ourselves and our loved ones. Stay safe and be prepared.

Three Dot Lounge...

Cracker Barrel

by Mike McClure



...so the other day the Los Angeles County Board of Supervisors unanimously approved a motion by Supervisor Solis to support U.S. representative Jimmy Gomez's proposed legislation to rename the Los Angeles U.S. courthouse in honor of California school desegregation pioneers Felicitas and Gonzalo Mendez, who helped paved the way for the landmark Brown v. Board of Education ruling that ended racial segregation in the United States.

Several years ago I had the opportunity to meet the Mendez family when we were lobbying to have the new high school in Boyle Heights named in their honor. For those of you who aren't familiar with their story what was so egregious was that the schools in Westminster wanted to let their light skin children attend the schools but the darker one were to be excluded. In the 40's this was common and minority families were expected to go along with it Felicitas

& Gonzalo said NO! The court case and final verdict in 1948 paved the way for similar cases across the country. Finally Thurgood Marshall, a Black civil rights attorney, used the case as a predicate for Brown v. Board of Education which eventually outlawed racial segregation throughout the country. Felicitas and Gonzalo Mendez's fearless pursuit of justice for every child living in this country changed the course of American history.

I can't think of any reason that the Congress won't pass Congressman Gomez's bill, I know there is always a resistance to naming buildings after someone, but this should be a no brainer. It is "A Good Idea!"

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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 at 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 were 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 guest 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, acr.
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?

**EMUHSD
From Page 1**

the top colleges and universities in the country, including USC, UCLA, Middlebury College, Amherst College, University of Pennsylvania, Washington University, and Pomona College, after receiving a wealth of prestigious scholarships, among them a Dell Foundation scholarship, a Posse Foundation scholarship, and five QuestBridge National Match scholarships. Additionally, El Monte High School graduate Nathalie Trigo Lopez received a full-ride scholarship to attend Georgetown University.

El Monte Union's commitment to fostering a greener and healthier future was recognized by the Southern California Regional Energy Network in October 2023 with its Sustainable Trailblazer Award, highlighting the continued progress of the District's Clean Mobility in Schools Pilot Project and its fleet of 11 electric school buses, 11 electric

utility maintenance carts, and four electric ride-share vehicles.

The 2023-24 school year saw El Monte Union complete a number of modernization projects generated by the District's \$190 million Measure HS Bond, passed by voters in October 2018. Arroyo and Mountain View high schools both held ribbon-cutting ceremonies celebrating new, state-of-the-art athletic stadiums, which include new rubberized tracks, modern bleachers, concession stands, upgraded parking facilities, and grand stadium entrances.

EMUHSD celebrated a number of accolades in the just-completed school year, including Arroyo High School's 2024 California Distinguished School status, El Monte-Rosemead Adult School being named a 2024 Exemplary Model Adult Education program, and Fernando R. Ledesma High School's 2024 Model Continuation School recognition.

**SCAMS
From Page 1**

then stolen by scammers.

To avoid falling victim to these online scams, customers should rely on the official SoCalGas "Ways to Pay" webpage or their printed bill for payment instructions. Additionally, saving the company's contact information in a cell phone or keeping it near the phone can help ensure customers are using the correct contact details. Customers should remember that SoCalGas will never request credit card or banking information over the phone.

SoCalGas is dedicated to the safety and security of its customers and employees. The company is actively working to educate the public on how

to recognize and avoid scams. For more detailed information on how to protect oneself from these fraudulent activities, customers are encouraged to visit the SoCalGas Scam Alert webpage at socialgas.com/ScamAlert.

In summary, whether it is someone at your door or an online interaction, vigilance is key. Always verify the identity of anyone claiming to represent SoCalGas and use official channels for any transactions. By staying informed and cautious, customers can protect themselves from falling victim to these scams. SoCalGas remains committed to supporting its community and ensuring a safe and reliable service experience for all.

**TASTE
From Page 1**

more than 20 local vendors, including Tepeyac Restaurant, Whittier Brewing Company, Providence Bakehouse, Sugar and Spice Cafe, Pit and Bull BBQ, and the College's own Roadrunner Brewing. VIP guests also enjoyed premium liquor tastings provided by Northgate Markets. The event was made possible by the generous support of more than 35 sponsors, in particular, the Gold Sponsor, tBP/Architecture.

Attendees bid on more than 70 items during "A Taste of Rio's" silent auction, including one-of-a-kind finds like original artwork by Silva, a Honda

Motocompacto scooter decked out in Río Hondo College's new look and a variety of sports memorabilia, including autographed gear from Los Angeles Dodgers stars Freddie Freeman and Clayton Kershaw.

"A Taste of Rio' perfectly exemplifies the spirit of community and generosity that defines Río Hondo College and serves as a fitting conclusion to this historic year," Board of Trustees President Anais Medina Diaz said.

"This is a celebration we look forward to near the end of each school year, and we cannot thank our educational partners enough for their support."

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Easy Tips on How To Care for Your Plants



Houseplants can survive in cool or warm temperatures, but drastic fluctuations of temperature may not be good for them. One thing that most plants cannot survive is gas heating. If you have a plant that likes warm conditions, don't put it near an air conditioner in the summer.

Humidity
Some houseplants require a humid environment. One tip to maximize humidity is to put the pot inside a larger pot and fill in the gaps with stones or compost to keep in the moisture. Grouping plants together often creates a microclimate that they will benefit from. If you want, you can spray them with water once or twice a day depending on the temperature.

Re-potting
Some plants require re-potting for optimum growth but there are others that resent having their roots disturbed. Or their roots system may be small enough that they don't require re-potting. One way to check if your plant needs re-potting is to turn it upside down. Tap the pot to release the plant and check its roots. If roots are all you see, then re-pot. Sometimes the roots will come out of the pot. You should either cut them off or re-pot the plant.

Feeding
Foliage plants usually have high nitrogen needs, while flowering plants, K2O is needed. Slow release fertilizers can be mixed with the compost. However, certain plants like cacti and orchids need special fertilizer. Feed plants during their most active growth period.

Lighting
Plants like Sanseveria and Aspidistra require no sun. They can be placed away from a window. Spider plants need semi-shade. You can put plants like these near a window that does or does not get sunlight. Check the label to see what your plant needs.

Temperature

Watering
Overwatering kills most houseplants. Looks can be deceptive, so to see if your soil is dry enough to water, try the finger test. Insert your index finger up to the first joint into the soil. If the soil is damp, don't water it.

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Temperature
You just need to have a little care for your plants and in turn, you'll reap the benefits. Indoor plants not only add to the beauty of your decor, but also give much pleasure to the indoor gardener.

 CITY OF
BALDWIN PARK

Fraudulent Section 8 Assistance Advertisements

SECTION 8 WAITING LIST OPEN

HUD allocates \$15 billion to tackle the economic crisis and prevent evictions.

Application Period:
May 21 - Jun 15, 2024

Section 8 program aims to expedite application reviews, reducing wait times to under 2 years.

Apply for Section 8 assistance by Jun 15, 2024, at <https://govassistance.org/apply-section8>

Need assistance applying? Contact us at <https://govassistance.org/apply-section8>

A flyer has been circulating on social media advertising assistance with applying for Section 8 funding. The flyer and website '[www.govassistance\[dot\]org](http://www.govassistance[dot]org)' are NOT legitimate. The scam aims to take advantage of Section 8 applicants to obtain their personal information to facilitate fraudulent activity.

Do not click on a hyperlink if you are unsure if it is legitimate; instead, go to a known, trusted source. For example, after seeing this ad, a user could navigate to hud.gov and research if this is a real program.

Individuals who fall victim to this or similar scams can file a complaint at the Internet Crime Compliant Center (IC3): www.ic3.gov.

SCAM

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

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

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

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

WILDLIFE SAFETY & OUTDOOR RECREATION TIPS

- Respect local wildlife. Observe animals from a distance. Do not feed wildlife.
- Respect other visitors. Keep noise levels down. Yield to others on trails. Be considerate.
- Leave no trace. Pack out all trash. Stick to marked trails. Do not disturb wildlife or plants.
- Pack plenty of food and water. Take rest and snack breaks when needed.
- Camp responsibly. Set up camp in designated areas. Store food properly to avoid attracting wildlife.
- Use insect repellent to prevent bites from ticks, mosquitoes, and other insects.
- Practice fire safety. Never leave fire unattended. Ensure fire is out before leaving campsite.
- If you encounter wildlife, remain calm and back away slowly. Make loud noises and appear large.
- Carry a first aid kit. Stay aware about hazards in the area. Communicate plans to friends or family.
- Prepare for emergencies. Carry a noise making device. Pack extra supplies. Carry a map and compass.

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