

The Mid Valley News

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Río Hondo College Honors Congresswoman Napolitano

Río Hondo College (RHC) ensured Congresswoman Grace Napolitano's legacy of public service and advocacy for education and workforce development lives on forever on its campus as it officially dedicated the Grace F. Napolitano Quad with a ceremony on Aug. 14.

Students, staff, community members and elected officials, including Congresswoman Napolitano, attended the ceremony at what was once known as Río Hondo College's Career and Technical Education (CTE) Quad. The ceremony unveiled the new "Grace F. Napolitano Quad" signage and gave a sneak peek at a rendering showcasing the future changes planned for the area, including the installation of new signage, turf, tables and umbrellas for student use.

A bright red Tesla welcomed guests to the quad – a nod to Río Hondo College's distinctive bachelor's degree in automotive technology. Superintendent/President Dr. Marilyn Flores and Board of Trustees President Anais Medina Diaz addressed those in attendance, along with Congresswoman Napolitano, who was first elected to



Congress in 1998 and has served 13 terms in the House.

During her speech, Congresswoman Napolitano expressed her gratitude to Río Hondo College and explained her intention to work as hard as possible in Congress so she could bring federal resources to organizations like Río Hondo.

"Río Hondo College has always been engaged in doing good work and I

know that the College will continue to serve the needs of our students and our community in the years to come," Congresswoman Napolitano said.

The Río Hondo College Board of Trustees unanimously approved renaming the quad after Congresswoman Napolitano, who is set to retire from public service later

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Historic Start to School Year in El Monte



The El Monte Union High School District (EMUHSD) marked the beginning of the 2024-2025 school year with a sense of pride and excitement, as more than 7,000 students returned to significantly upgraded campuses on Monday, August 19. This historic start was highlighted by major improvements across the district's five comprehensive high schools, a key milestone in the ongoing Modernization Program aimed at enhancing educational facilities.

Among the most notable upgrades are the revamped landscapes and quads at Mountain View High School and South El Monte High School. These improvements provide students with enhanced spaces for activities and events, reflecting the district's commitment to creating a conducive learning environment. At Mountain View High School, student leaders played an active role in welcoming their peers, guiding them through the updated campus and festivities, fostering a strong sense of school pride.

The district's focus on modernization is not just about aesthetics; it is part of a broader

strategy to support student success. The improved facilities are designed to encourage greater student engagement, promote school spirit, and provide spaces that meet the diverse needs of the student body. The upgrades at Mountain View and South El Monte High Schools are just the beginning, as EMUHSD continues to roll out its Modernization Program across all campuses.

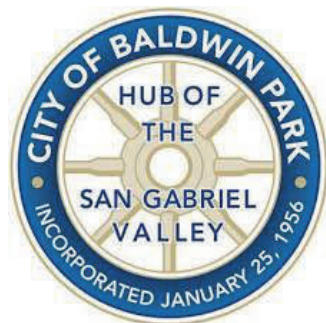
The El Monte Union High School District has a long and storied history, serving the communities of El Monte, South El Monte, Baldwin Park, Rosemead, and Irwindale for over a century. Established in 1901, the district has consistently adapted to the changing educational landscape, ensuring that its schools provide high-quality education to generations of students. The district's commitment to modernization reflects its understanding that quality facilities are crucial to student achievement and community well-being.

In the early 20th century, the district began with a single school, El Monte High School, which opened its doors in 1901. Over the years, as the population grew and the demand for education increased, the district expanded to include additional schools. Today, EMUHSD encompasses five comprehensive high schools—El Monte, Mountain View, South El Monte, Rosemead, and Arroyo—as well as several alternative and continuation schools.

As EMUHSD continues to implement its Modernization Program,

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Did You Know Baldwin Park has Rent Control?



Baldwin Park has introduced a new rent control law aimed at addressing housing affordability concerns in the city. The law, effective from January 1, 2024, brings significant changes for both tenants and landlords. Under this new legislation, certain residential rental units are now required to be registered with the city, and landlords must adhere to strict guidelines regarding rent increases and compliance measures.

The law applies specifically to multi-family rental units built before January 1, 1995. These units must be registered with the city's Rent Control Program, and failure to do so can result in penalties for landlords. Registration is a key step in ensuring that landlords are complying with the new regulations and allows the city to monitor and enforce rent control measures effectively.

One of the critical aspects of the new law is the limitation on rent increases. For registered units, landlords are permitted to raise rent annually, but the increase is capped at 4% of the current rent or 60% of the Consumer Price Index (CPI), whichever is lower. This

cap is intended to protect tenants from excessive rent hikes while still allowing landlords to adjust rents to keep up with inflation.

To maintain compliance with the Rent Control Program, landlords must not only register their units but also follow the stipulated rent increase limits. Additionally, they are required to provide tenants with written notices of any rent increases or changes in terms, in accordance with state law. Landlords must also maintain their properties in habitable condition, addressing necessary repairs and maintenance issues promptly to avoid potential legal disputes.

As Baldwin Park implements this rent control law, it is crucial for landlords to familiarize themselves with the specific requirements and deadlines associated with registration and rent adjustments. Staying informed and proactive will help landlords avoid penalties and ensure that they remain compliant with the new regulations, ultimately contributing to the stability and affordability of housing within the city.

This new law reflects Baldwin Park's efforts to balance the needs of tenants and landlords while addressing the ongoing housing crisis. By capping rent increases and requiring unit registration, the city aims to provide a fair and predictable rental market for all its residents.



Paws & claws



Saving Lives, One Paw at a Time



In the heart of the San Gabriel Valley, where the communities of El Monte, South El Monte, Rosemead, Baldwin Park, and Irwindale come together, a quiet but powerful movement is underway. Animal shelters across the region are not just providing temporary homes for abandoned and stray animals—they are saving lives and transforming communities.

At the core of this movement are the dedicated staff and volunteers who run local animal shelters. These shelters serve as sanctuaries for animals that have been lost, abandoned, or surrendered by their owners. The work is relentless, but the impact is profound.

One of the most prominent shelters in the area, the San Gabriel Valley Humane Society, has been a beacon of hope for animals in need for over 90 years. It operates with the mission of providing compassionate care to animals while actively working to reduce the population of unwanted pets through education, spaying, and neutering services.

To increase the chances of finding homes for their animals, many shelters regularly host adoption events. These events are not only opportunities for families to meet potential new pets, but they also serve as community gatherings where people can learn about responsible pet ownership.

Behind every successful shelter and adoption event are the volunteers who give their time and energy to support the cause. Volunteering at a shelter is a rewarding experience that offers a chance to directly impact the lives of animals.

Opportunities range from walking dogs and socializing cats to helping with administrative tasks or organizing events. For those who want to make a difference but can't commit to regular volunteering, many shelters also welcome donations of supplies or funds.

The work of saving lives is ongoing, and local shelters are always in need of support from the community. Whether through adoption, volunteering, or donations, every little bit helps.

For more information on how you can get involved, visit the websites of local shelters like the San Gabriel Valley Humane Society, Baldwin Park Animal Care Center, and the Pasadena Humane Society. Your contribution, big or small, could be the difference between life and death for an animal in need.

The Importance of Proper Pet Nutrition



For pet owners in the Mid Valley, the well-being of their furry friends is a top priority. Just like humans, pets thrive when they receive the right nutrition. Proper pet nutrition is crucial not only for maintaining their health but also for enhancing their quality of life. As more pet owners become aware of the importance of what goes into their pets' bowls, local pet stores are stepping up to provide high-quality food options that cater to the diverse needs of pets in the region.

Why Proper Pet Nutrition Matters

Good nutrition is the cornerstone of a pet's overall health. The right balance of proteins, fats, carbohydrates, vitamins, and minerals helps pets maintain a healthy weight, supports their immune system, and ensures that they have the energy to play, explore, and enjoy life. Poor nutrition, on the other hand, can lead to a range of health issues, from obesity and dental problems to more serious conditions like diabetes and heart disease.

Every pet is unique, and their nutritional needs can vary based on factors like age, breed, size, and activity level. For example, puppies and kittens require nutrient-dense foods to support their rapid growth, while senior pets may need diets that focus on joint health and digestive support. Similarly, a highly active dog might benefit from a diet rich in protein, while a less active pet might need fewer calories to maintain a healthy weight.

Local pet stores in the Mid Valley are aware of these needs and offer a wide range of high-quality food options to meet them. These stores are not just about selling pet food; they're about providing pet owners with the knowledge and resources they need to make informed choices.

Several local pet stores in El Monte, South El Monte, Rosemead, and Baldwin Park are dedicated to offering the best in pet nutrition. Sorry

Irwindale, couldn't find one in your area.

Here are a few that stand out:

Wes's Pets & Feed - El Monte

Located in El Monte, Wes's Pets & Feed is known for its selection of high-quality pet foods. The store specializes in natural and organic brands friendly advice that deliver the nutrients your pet needs. The knowledgeable staff is always on hand to help pet owners choose the best food based on their pet's specific needs.

Super Pets - Temple City & Rosemead

Super Pets is a one-stop shop for everything related to pet wellness. In addition to a wide range of premium pet foods, the store offers supplements and special diet options for pets with specific health conditions. Whether your pet requires grain-free, gluten-free, or hypoallergenic food, Super Pets has you covered.

Breeders Choice - Baldwin Park

Breeders Choice prides itself on carrying top-tier brands that prioritize quality ingredients. The store offers a variety of food options. The staff is also passionate about educating customers on the benefits of different feeding styles, from traditional kibble to raw diets.

With so many options available, it can be overwhelming for pet owners to decide what's best for their pets. This is where local pet stores can be invaluable. Unlike big-box retailers, these stores offer personalized service and expert advice, helping pet owners navigate the sometimes confusing world of pet nutrition.

Proper nutrition is the foundation of a long, healthy life for your pet. By choosing high-quality food from trusted local pet stores, you're not just feeding your pet—you're investing in their future. As the awareness of the importance of pet nutrition continues to grow, so does the commitment of local stores in the Mid Valley to providing the best possible options for our beloved companions.

Whether you're a new pet owner or looking to improve your pet's diet, these local pet stores are ready to help you make informed decisions that will keep your pet healthy, happy, and thriving.

Budgeting Tips for New Pet Parents



Owning a pet brings immense joy, but it also comes with significant financial responsibilities. From the moment you bring your new companion home, there are initial expenses like adoption fees, vaccinations, spaying or neutering, and supplies such as food, bowls, a bed, and toys. These initial costs can quickly add up, with adoption fees ranging from \$50 to \$300, depending on the type and breed of the pet.

Beyond these one-time expenses, pet owners must also budget for ongoing costs like food, veterinary care, grooming, pet insurance, and licensing.

The cost of food alone can range from \$20 to \$100 per month, while regular veterinary visits and preventive care can total \$200 to \$500 annually. Grooming services, especially for pets that require frequent care, add to the recurring expenses, as do pet insurance premiums, which range from \$20 to \$50 per month.

Unexpected costs are a common part of pet ownership. Emergencies, like sudden illnesses or accidents, can result in hefty vet bills, sometimes reaching thousands of dollars.

Behavioral issues might necessitate professional training, and traveling often requires paying for boarding or pet-sitting services. Pets can also cause household damage, leading to additional repair or replacement costs.

To manage these expenses, it's wise to create a pet-specific budget and set up an emergency fund to cover unexpected costs. Regular vet visits can help catch potential health issues early, avoiding more expensive treatments later on.

Pet insurance can be a valuable investment, helping to offset the costs of major medical issues. Shopping smart by looking for deals and buying in bulk can also help save money on pet supplies.

For those who can, learning to groom your pet at home can reduce grooming costs. Adopting a pet from a shelter instead of buying one is not only more affordable but also supports the important work of animal rescues.

Owning a pet is a long-term commitment, with costs that can span over a decade or more. However, with careful planning and budgeting, you can ensure that your pet remains healthy and happy throughout their life, making the financial investment well worth the love and companionship they bring.

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Health & Fitness

Exercise Your Brain Too



In today's society, brain exercises have become popular as a way to keep our mental faculties sharp. These activities—ranging from games to various mental challenges—are designed to help maintain optimal brain function. Whether you're a senior citizen or part of the younger generation, these exercises can help you stay mentally fit.

Studies have shown that people who engage in brain exercises regularly experience improvements in memory and focus. Simple brain exercises can enhance the functioning of both hemispheres of the brain, contributing to overall mental health.

Cross crawls are a type of exercise based on the principle that our nervous system works in a cross-patterned way: the left side of the brain controls the right side of the body, and vice versa. This exercise incorporates principles of kinesiology, which involve rhythmic movements to improve the brain's ability to coordinate its hemispheres. To perform this exercise, simply touch your right hand or elbow to your left knee repeatedly, then switch to the other side.

For babies, this exercise is believed to help align the brain's circuits, allowing the left side of the brain to connect with the left side of the body, and the right side to connect with the right. For adults, cross crawls help integrate various brain functions and tasks, making this exercise particularly beneficial for people with dyslexia.

Another exercise that benefits both hemispheres of the brain is called "lazy eights." To do this, draw the number "8" on a piece of paper with your right hand for two minutes, then repeat with your left hand. Performing this exercise daily can improve concentration, enhance hand-eye coordination, reduce stress, and lift your mood.

A variation of this exercise is "rhythmic eights," where instead of using paper and pencil, you draw an imaginary eight in the air with your hands. This is also effective in coordinating both sides of the brain.

By varying your mental workouts, you can stimulate different parts of your brain and prevent it from getting too accustomed to a single routine. There are plenty of puzzles, crosswords, and brain games to choose from, so find the ones that suit you best. Regularly exercising your brain will help improve its performance and keep it healthy.

The Health Benefits of Fishing



Fishing is more than just a relaxing way to spend your day—it's also great for your health. Whether you're a seasoned angler or new to the sport, fishing offers a variety of benefits for both your body and mind.

Physical Benefits

Fishing might seem low-key, but it's actually a good workout. Casting your line, reeling in fish, and moving around all work your muscles, especially in your arms, shoulders, and back. Even just standing by the water or walking along a riverbank gets you moving, which is great for your heart and helps burn calories.

Mental Health Boost

One of the biggest perks of fishing is how it helps your mental health. Being near water, surrounded by nature, helps reduce stress and anxiety. The peaceful environment and the repetitive motions of fishing can calm your mind, lower stress hormones, and boost your mood. It's like a natural therapy session, allowing you to disconnect from daily pressures and focus on the moment.

Cognitive and Social Benefits

Fishing also sharpens your mind. It requires concentration, problem-solving, and patience, which help keep your brain active. This is especially important as we age. Plus, fishing can be a social activity, bringing friends and family together. Whether you're fishing alone or with others, it's a great way to connect, relax, and create memories.

Local Fishing Spots

If you're in the area and looking to try fishing, here are three great spots:

Legg Lake in South El Monte offers a serene setting with plenty of space to cast your line and relax by the water.

Santa Fe Dam Recreation Area in Irwindale is another popular spot with a large lake, perfect for both beginners and experienced anglers.

Peck Road Water Conservation Park in Arcadia is a hidden gem where you can enjoy a peaceful fishing experience surrounded by nature.

Fishing is an easy way to enjoy the outdoors while taking care of your physical and mental health. So grab your fishing gear, head to one of these local spots, and experience the many benefits fishing has to offer.

The Benefits of Martial Arts



Martial arts offer more than just physical training—they provide a holistic approach to health and well-being. Whether you're looking to get fit, learn self-defense, or build mental resilience, martial arts can help you achieve your goals.

Physical Benefits

Martial arts training provides a full-body workout, improving strength, flexibility, and endurance. It's a great way to burn calories and build muscle while enhancing coordination and balance. Regular practice can also lead to better cardiovascular health and increased energy levels.

Mental Health and Discipline

Martial arts are as much about mental strength as they are about physical prowess. The focus and discipline required in martial arts help sharpen the mind, improve concentration, and reduce stress. The practice encourages mindfulness and self-control, promoting a sense of inner peace and confidence.

Self-Defense and Confidence

Learning martial arts equips you with practical self-defense skills, boosting your confidence in everyday situations. The sense of empowerment that comes with knowing how to protect yourself can positively impact all areas of your life.

Local Studios

If you're interested in trying martial arts, here are three local spots where you can sign up:

El Monte Jiu Jitsu on Main St in El Monte offers a range of classes for all ages and skill levels, from beginner to advanced.

Jerry Ortiz Boxing Gym trains champions and changes lives.

USA Tae Kwon Do Centers specializes in Taekwondo, offering programs for both kids and adults to develop strength, focus, and confidence.

Martial arts offer a powerful combination of physical fitness, mental strength, and practical self-defense skills. Whether you're looking to get in shape, relieve stress, or build confidence, martial arts can be a transformative experience. Visit one of these local studios to start your journey today.

Exercise and Arthritis



Your joints, where bones meet, rely on cartilage and a lubricating fluid called synovium to function smoothly. However, when cartilage deteriorates or the synovium becomes inflamed, it can lead to arthritis. Osteoarthritis, which develops over time due to wear and tear, results in the erosion of cartilage, causing bones to rub together.

This condition is quite common among people over 50, affecting nearly 16 million Americans. On the other hand, rheumatoid arthritis involves the immune system attacking joint tissues, leading to swollen and painful joints, and in severe cases, joint damage. This form of arthritis affects about 2 million people in the U.S., with women being the majority.

Engaging in regular, low-impact exercise and stretching is crucial for managing and preventing arthritis. Exercise strengthens the muscles that support and protect your joints while keeping them flexible and improving overall mobility. Despite common excuses like age or lack of energy, incorporating exercise into your routine is important, particularly if you're over 50. Regular activity helps maintain joint function and overall health, making it easier to perform daily tasks.

To prevent arthritis, one effective strategy is to manage your weight. Extra pounds put additional stress on your joints, especially the knees, which can lead to arthritis over time. Losing weight can significantly reduce this stress and lower your risk. Additionally, gentle stretching helps maintain flexibility and can prevent joint stiffness. It's beneficial to stretch before and after exercise and make it a daily habit.

Walking is an excellent low-impact exercise that supports joint health and flexibility. Aim for regular walks, ideally three times a week, or consider step-aerobics for a change. Incorporating a variety of exercises into your routine can further enhance joint resilience. Exercise is essential for keeping your body healthy and ensuring that your joints remain resilient. Even if you don't have arthritis symptoms, staying active helps your body perform at its best. Start incorporating exercise into your routine today to promote better joint health and overall well-being.

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Real estate REPORT



Homebuyers Hold Back in San Gabriel Valley



The latest release from Fannie Mae's Home Purchase Sentiment Index reveals a slight dip in consumer confidence, with only 17% of respondents believing July was a good time to buy a home—a decrease from 19% in June. This decline underscores the ongoing affordability challenges plaguing potential homebuyers, despite a modest decrease in mortgage rates last month.

The sentiment shift highlights a broader issue: near record-low affordability continues to dampen consumer optimism. While July saw some relief in borrowing costs, it wasn't enough to sway most consumers. Even as mortgage rates moderated, the anticipated seasonal drop in home prices has yet to provide a significant boost to buyer confidence.

Interestingly, there is a glimmer of hope. The percentage of consumers

who believe mortgage rates will decrease over the next 12 months rose by five percentage points, from 24% in June to 29% in July. This shift could indicate that some buyers are adopting a wait-and-see approach, anticipating that more favorable conditions might emerge in the coming months.

On the selling side, sentiment also cooled slightly. The percentage of those who believe it's a good time to sell dropped by one point, from 66% in June to 65% in July. This decline, although minimal, may be reflective of seasonal trends and the uncertainty caused by fluctuating mortgage rates.

For residents of the San Gabriel Valley, particularly in communities like El Monte, South El Monte, and Baldwin Park, these findings resonate deeply. The local housing market, already strained by limited inventory and high demand, may continue to face headwinds as affordability remains a critical barrier.

As the market transitions into the off-season, the potential for a further decline in borrowing costs could be a welcome development for homebuyers. However, the persistent affordability challenges suggest that any recovery in buyer sentiment may be slow and uneven, leaving many to wonder whether a more significant market correction is on the horizon.

Stable Inflation Outlook Masks Growing Job Market Worries



In the latest findings from the New York Fed's Survey of Consumer Expectations, consumers remain steady in their inflation outlook for the next year but have grown increasingly cautious about the job market. While the median inflation expectation for one year ahead held firm at 3.0% in July, a notable shift occurred in the medium-term outlook. The three-year ahead inflation expectation saw a sharp decline, dropping 0.6 percentage points from June to 2.3% in July, indicating that consumers may be more optimistic about price stability over the longer term.

However, the picture was less rosy when it came to the labor market. Earnings growth expectations for the year ahead fell by 0.3 percentage points, landing at 2.7%. This dip suggests that consumers are bracing for a slowdown in wage increases, a concerning trend as living costs continue to rise.

Moreover, the likelihood of finding a new job within three months—a key indicator of consumer confidence

in the labor market—dropped by 0.9 percentage points to 52.5%. Despite this, consumers appear less worried about long-term job security, with the expected likelihood of a higher unemployment rate a year from now decreasing by one percentage point in July.

These mixed signals come at a time when debates about a potential economic recession are heating up. While concerns about the labor market are emerging, the lack of increased anxiety about unemployment suggests that, for now, consumers are cautiously optimistic about their short-term employment prospects.

As the communities of El Monte, South El Monte, Baldwin Park, Rosemead, and Irwindale keep a close eye on these economic trends, it remains to be seen how these expectations will shape local spending and job-seeking behaviors in the months ahead.

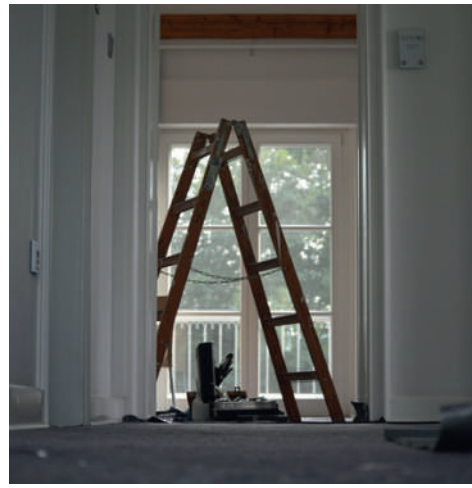
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Market Conditions Worry Multi-Family Builders



Builder confidence in the multifamily housing sector has taken a noticeable hit, according to the latest Multifamily Market Survey released by the National Association of Home Builders (NAHB). The survey, a critical gauge of sentiment among developers, reveals growing concerns about the state of the apartment and condo market, driven by high interest costs and an oversupply of units.

The survey's Multifamily Production Index (MPI), which reflects developers' outlook on current production conditions, plummeted 12 points from the previous year, settling at a concerning 44 in the second quarter of 2024. An MPI below 50 indicates that more developers view market conditions as poor rather than good, signaling a less optimistic outlook among builders compared to last year.

This decline in confidence suggests that builders are increasingly wary of the challenges facing the multifamily sector. The market has been grappling with a surge in supply over the past few years, which, coupled with high-

interest rates, has softened market fundamentals. The elevated costs of financing have further strained the outlook, making new projects less attractive and dampening enthusiasm for future developments.

Despite the dip in builder sentiment, the survey's Multifamily Occupancy Index (MOI) presents a slightly more positive picture, with a reading of 81. However, this figure also reflects a year-over-year decline of eight points, indicating a cautious outlook on occupancy levels in existing apartments. While the occupancy levels remain relatively high, the downward trend points to a market in flux, with potential implications for renters and investors alike.

Looking ahead, there is cautious optimism that builder confidence could rebound. With interest rates projected to decline in the coming months, there is hope that the cost of financing new projects will decrease, potentially revitalizing the multifamily market. However, it remains to be seen whether this potential relief will be enough to counterbalance the current challenges and restore developer confidence to previous levels.

As the market navigates these uncertain times, local communities, including El Monte, South El Monte, Baldwin Park, Rosemead, and Irwindale, may need to brace for potential shifts in housing availability and pricing. The Mid Valley News will continue to monitor these developments and provide updates on how they may impact our region.

Report as of **August 2024**

CALIFORNIA ASSOCIATION OF REALTORS®

California Latest Market Data

How the market is doing*

* Daily Average for week ending August 10, 2024

481 Closed Sales per day*	565 Pending Sales per day*	698 New Listings per day*
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How REALTORS® did in the previous week**

23.1% Closed a sale 3.6%	21.4% Entered escrow -1.9%	25.6% Listed a property 1.7%
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What REALTORS® think will happen in the week ahead**

19.5% Sales will be up -17.9%	18.6% Prices will be up -20.5%	33.9% Listings will be up -12.8%
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*Data based on weekly statistics collected from MLSs across California.
**Survey results collected at start of the current quarter.
Bigger Blue font represents share of survey respondents
Smaller font (green/red) reflects % change from previous quarter

Source: California Association of REALTORS®

Eye On Finance

LA County's Blueprint for the West San Gabriel Valley



This week, residents and stakeholders in the San Gabriel Valley have a unique opportunity to shape the future of their communities as Los Angeles County unveils its West San Gabriel Valley Area Plan (WSGVAP). This comprehensive plan aims to guide development in the region, addressing both current needs and future growth in a way that respects the area's unique characteristics.

Built around six key vision statements—harmonious and coordinated growth, a thriving business-friendly region, connected and walkable communities, strong social and cultural cohesion, a resilient and sustainable environment, and equitable decision-making—the WSGVAP is designed to create a balanced and inclusive approach to development that benefits all residents.

According to the draft environmental impact report, "The proposed WSGVAP is a community-based plan that focuses on land use and policy issues that are specific to the unique characteristics and needs of the West San Gabriel Valley Planning Area." The plan serves as a framework for the region's development, ensuring that growth is well-managed and enhances the quality of life for its residents.

The goals of the plan are organized into seven key areas: land use, economic development, conservation and open space, public services and

facilities, mobility, and historic preservation. These elements work together to create a sustainable and thriving community, balancing residential, commercial, and industrial needs while preserving natural resources and open spaces.

The communities covered by the plan include Altadena, East Pasadena-East San Gabriel, Kinneloa Mesa, La Crescenta-Montrose, San Pasqual, South El Monte Island, South Monrovia Islands, South San Gabriel, and Whittier Narrows. Each of these areas will be impacted by the plan's focus on economic growth, transportation improvements, and the preservation of cultural and historical heritage.

However, the plan also raises concerns about its environmental impact. The draft report highlights potential issues related to air quality, wildlife movement within the plan area, and the effects of lighting on biological resources. These concerns will need to be carefully addressed to ensure that the plan not only promotes growth but also protects the environment.

As the WSGVAP moves forward, public input will be crucial in shaping the final version of the plan. Residents are encouraged to participate in public hearings and provide feedback to ensure the plan reflects the diverse needs and aspirations of all who live in the region. This is a critical moment for the West San Gabriel Valley, and the decisions made now will shape the region for decades to come.

The WSGVAP represents a significant step forward in planning for the future of the San Gabriel Valley, with a focus on sustainable development and community well-being, aiming to create a region that is not only economically vibrant but also socially cohesive and environmentally resilient.

County Launches \$10 Million Fund to Revitalize Commercial Spaces

In a bold move to address the economic challenges lingering from the COVID-19 pandemic, the Los Angeles County Department of Economic Opportunity (DEO), in collaboration with Supervisor Holly J. Mitchell, has announced the launch of the Commercial Acquisition Fund (CAF). This initiative, part of the county's broader Economic Mobility Initiative (EMI), is designed to support local communities by revitalizing commercial spaces, particularly in areas most affected by the pandemic.

The CAF will distribute \$10 million in American Rescue Plan Act (ARPA) funds through recoverable grants ranging from \$500,000 to \$2,000,000. These grants are available to qualifying nonprofit organizations, including community development corporations and community land trusts.

The goal is to help these entities acquire vacant or abandoned properties, transforming them into thriving commercial spaces that can host small businesses and community organizations. This initiative aims to stimulate economic growth and revitalization in areas that need it the most.

Nonprofit organizations interested in participating must first apply to become designated Qualifying Acquisition Entities (QAE). To qualify, entities must maintain active nonprofit status, be an LA County certified business or partnered with a nonprofit, and be in good standing with governmental authorities without unresolved violations in the county's contracting database.

Once designated as a QAE, organizations can propose projects for properties located in areas identified as highest and high-need according to the county's COVID-19 vulnerability and recovery index, accessible through the county's equity explorer tool.

The application process to become a QAE is currently open, and eligible organizations will be notified of their status within 30 days of submission. Following designation, QAEs can submit property acquisition proposals starting in June 2024, with all transactions required to close by December 1, 2024.

Proposals must include a financially viable plan for property rehabilitation and ongoing operation. QAEs are also required to lease spaces to qualifying businesses and nonprofits at below-market rents for a 55-year term, ensuring long-term community benefits.

To assist nonprofits with the application process, the DEO has scheduled a webinar on April 24 and an in-person training session on May 9. Both events will offer detailed guidance on applying for the fund and the requirements for a successful proposal.

This fund represents a significant investment in the future of local neighborhoods, creating spaces that foster economic mobility and long-term community benefits. For more information on how to apply or to register for the upcoming training sessions, visit the DEO's official website.

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by Cynthia Huizar



So much to do, it's hard to believe that summer is almost over. The kids are all back in school. A lot of my senior friends are able to help their children out by babysitting their grandkids. I know they enjoy being supportive and they like being around the little ones.

Profe doesn't have children so that's not something he is asked to do but I have something like 17 grandchildren and 9 great grandkids- and still counting- so that could keep me busy all of the time, plus they are spread all over the country.

Last year we went to Houston where two of my grandchildren are. Next month we are headed to Salt Lake City where my daughter Cindy lives with my granddaughter Jessica and little DJ, my latest great grandchild. I've got a granddaughter who just moved to Florida and a couple who live in Tennessee. If I flew I could really rack up the frequent flier points couldn't I?

During the summer I have tried to keep you up to date with our going ons, especially the different restaurants we go to around town and the nice people we meet who work in them.

Like Danny, our waiter at Semillas Cantina in Chino Hills, everyone around El Monte knows about the great staff at El Sombrero's and last week we met Alma at Moffit's in Temple City. If you know Temple City/ Arcadia you probably have been to Moffit's. They are famous for the Chicken Pot pies, we stopped there for lunch and to pick up a couple of pot pies for dinner last Saturday.

We were having the lunch special, grilled chicken breast with beans, and Profe asked Alma if she could have the cook grill some peppers and onion with it. Oscar, the cook, said sure and then came out to ask how we liked it. Nice touch, I find that most people are happy to be helpful and it makes the dining experience so much nicer. Good job Alma, good job Oscar.

Today we are having lunch with a friend, Byron Hack and his wife Cathy. Byron is the President of GTi Hope, one of the ministries that our church supports. Their mission is bringing hope to the hopeless benefiting women's literacy and empowerment for impoverished women in South Asia. They are having a fundraiser this coming Sunday at the One Hope Baptist Church in Temple City. A comedy hour, Laughter for Literacy, its only \$10 a person and a good cause, sounds like fun.

Cracker Barrel

by Mike McClure



...so the other day Juan, a friend of ours, who by the way is a great photographer, sent Sunshine a photo of the "Blue Moon". What is that? Well you probably have heard the expression "Once in a Blue Moon", and figured out that it was a rare event when maybe the moon turns blue, wrong.

Sometimes because of atmospheric conditions the moon will appear blue, like after a volcanic eruption in 1883 of Krakatoa, a tremendous cloud of ash and dust was injected into the stratosphere which caused both the sun and the moon to appear blue. But there are two types of Blue Moons and neither has anything to do with color.

A seasonal Blue Moon is the traditional definition of a Blue Moon and refers to the third full moon in a season that has four full moons according to NASA.

The second definition-which arose from a misunderstanding of the original-is the monthly Blue Moon, referring to the second full moon in a single calendar month. Today, this monthly Blue Moon is accepted as an alternative definition rather than a mistake.

As the cycle of the phases of the moon last approximately one month, we typically experience 12 full moons each year. Many cultures have given distinct names to each full moon. 12 months, 12 full moons, 12 names. Simple right? Wrong.

The moon phases actually take 29.5 days to complete which means it takes just 354 days to complete 12 lunar cycles, so every 2.5 years or so a 13th full moon is observed within a calendar year. This 13th full moon doesn't conform to the normal naming scheme and is referred to as the Blue Moon.

To complicate the naming, February only has 28 days with 29 in leap years. Occasionally, February may have no full moon at all which is referred to as a Black Moon.

Here in El Monte we use to observe the Strawberry Moon, not because it looked like a strawberry but traditionally strawberries are picked-or planted, I don't remember which-in June during the full moon.

We all know from growing up that the Harvest Moon is the September full moon, and so on. Again, thank you Juan for your great photo of last night's Blue Moon.

The next monthly Blue Moon is May 31, 2026 and the next seasonal Blue Moon is August 21st, 2032.

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- 60. Oil org.
- 61. Review a service
- 62. Say "No!"
- 63. Animal's nose
- 64. Perceives with an eye

- DOWN
- 1. Jezebel's idol
 - 2. Beheaded Boleyn
 - 3. Plunder
 - 4. Certain rays
 - 5. Plural of #1 Across
 - 6. Part of an eye, pl.
 - 7. Witnessed
 - 8. *Field of education
 - 9. _____ Walker, American Girl doll
 - 10. *Inspiration for circular charts, pl.
 - 11. Acronym, abbr.
 - 13. Zimbabwe's capital
 - 14. Address to a woman
 - 19. Nail salon file
 - 22. Toothpaste type
 - 23. *Marks in English
 - 24. Hindu queen
 - 25. "Hannah and Her Sisters" director
 - 26. End of line
 - 27. Yogurt-based dip
 - 28. *Opposite side over hypotenuse, pl.
 - 29. Bald symbol
 - 32. * _____ monitor
 - 33. Bigheadedness
 - 36. *All-school get-together
 - 38. Giuseppe _____ of opera fame
 - 40. Temporary craze
 - 41. Parthenogenetic
 - 44. Recant or retract
 - 46. *English homework, pl.
 - 48. *Circle, e.g.
 - 49. Paparazzi's target
 - 50. Remote control option
 - 51. Middle Eastern sultanate
 - 52. "Follow me!"
 - 53. Genealogy plant
 - 54. Agitate
 - 55. Puppy barks
 - 56. Antonym of keep

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- THEME: BACK TO SCHOOL
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 - 5. *The Magic School ride
 - 8. Mama's husband
 - 12. Dwarf buffalo
 - 13. Moneyed one
 - 14. "M*A*S*H" extra
 - 15. Soon, to Shakespeare
 - 16. Sheltered, nautically
 - 17. *Abacus user, e.g.
 - 18. *School jacket-wearer
 - 20. TV classic "Happy _____"
 - 21. What hoarders do
 - 22. Speech-preventing measure
 - 23. *Pencil end
 - 30. Indian restaurant staple
 - 31. What cobblers often do
 - 34. Mother Earth, to Ancient Greeks
 - 35. Embedded design
 - 37. _____ Khan
 - 38. Contending
 - 39. *Don't forget to cross them
 - 40. Plural of flora
 - 42. Rolodex abbr.
 - 43. Sultry or carnal
 - 45. *Rydell High School movie
 - 47. Defensive one on the gridiron
 - 48. Oodles
 - 50. *Some PTA members?
 - 52. *It involves elements
 - 56. Cuban dance
 - 57. Burkina Faso neighbor
 - 58. Opera solo
 - 59. Boot-shaped European country

Riddles

What insect does a blacksmith manufacture?

Where do sailors take their baths?

What does a cat have that no other animal has?

What is never eaten before lunch?

What follows a dog wherever it goes?

**NAPOLITANO
From Page 1**

this year, at its July 10 meeting. The Board specifically chose the CTE Quad in recognition of her extensive contributions and advocacy for RHC's CTE programs over her 26 years in Congress.

During the dedication, RHC Board President Anais Medina Diaz read from the Board's resolution detailing Congresswoman Napolitano's impact on the College over her career, including delivering the keynote speech at RHC's 2022 commencement and helping secure

more than \$2 million in federal funding to benefit RHC programs.

Río Hondo College Superintendent/President Dr. Marilyn Flores praised Congresswoman Napolitano as a role model for not only her but all Latina professionals.

"You have demonstrated 'la fuerza de la mujer' (the strength of women) through your tenacity, your compassion to help others in need and your ability to build bridges across communities," Dr. Flores said. "Your lasting contributions to our campus will be forever embedded in the history of Río Hondo."

**START
From Page 1**

students, parents, and educators alike can look forward to even more improvements in the coming years. The district's vision is to create learning environments that not only meet the academic needs of students but also inspire them to excel.

This year's back-to-school event is not just the start of another academic year; it marks a significant step forward in the district's journey to provide an exceptional educational experience for all its students. With modernized facilities, the district is better equipped to support its students in achieving their academic goals and preparing for future success.



Duarte Recognizes September as Childhood Cancer Awareness Month



their story at the City Council meeting.

Alex and Briana Rosales' son Johan was diagnosed with stage four high risk neuroblastoma in 2021 at 18 months old. He battled cancer for 15 months and unfortunately passed away in April 2022. When he passed, the Rosales family wanted to honor him and bring awareness to childhood cancer.

At its regular meeting on Tuesday, August 13, the Duarte City Council proclaimed September 2024 as Childhood Cancer Awareness Month, encouraging residents to learn and support organizations educating communities about childhood cancer. Cancer is the leading cause of death by disease among youth in the United States between infancy and age 15.

The American Cancer Fund for Children and Kids Cancer Connection both provide a variety of vital patient services to children undergoing cancer treatment at a number of participating hospitals, including the City of Hope National Medical Center in Duarte. These organizations sponsor toy distributions, educational programs, family sailing programs, pet-assisted therapy, and hospital celebrations in honor of a child's determination and bravery to fight the battle against childhood cancer.

Driven by a desire to spread awareness, the Rosales family reached out to the Parks and Recreation Commission with the request to start an awareness campaign along the Donald and Bernice Watson Recreation Trail. To kick off the campaign, the Rosales family shared

In September 2023, the Rosales family painted 80 yellow rocks, each including the name of a child who lost their life from pediatric cancer that year, and placed them along the Donald and Bernice Watson trail. They also placed signs telling their son's story and highlighting childhood cancer organizations. This year, the Rosales family will place 220 yellow rocks along the trail.

"As a family, we walked the Donald and Bernice Watson Recreation Trail a lot during the pandemic. We live right in front of it, so we thought that there's no better place to honor him than a trail that we all loved to walk on a weekly basis," said Briana Rosales. "We thank Parks and Recreation and Manuel Enriquez for allowing us to do this and we hope to continue to do it every year. Unfortunately, numbers will continue to grow, but bringing awareness to Duarte residents will be a great way to bring us together."

For more information, read the Childhood Cancer Awareness Month proclamation.

Photo Courtesy City of Duarte Facebook Page



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Upcoming Daytime Closures on Rosemead Boulevard in South El Monte and Rosemead

LOS ANGELES — The California Department of Transportation (Caltrans) announces closures on Rosemead Boulevard (SR-164) in South El Monte for electrical work and ramp construction. One lane will be closed from 7 a.m. to 3 p.m., from Wednesday, August 14 to Friday, August 23. All lanes will reopen at 3 p.m. after each day.


The construction will impact the following northbound intersections of Rosemead Boulevard:

- Rush Street
- Garvey Ave
- Whitmore Street

Closures are weather-permitting and subject to change. Motorists should expect delays and are advised to use alternate routes during construction hours. Additionally, motorists can view current traffic closures before they leave for their destination by visiting the Caltrans [Quickmap](#). Residents and businesses located near the freeway are advised to anticipate noise, vibrations, and dust associated with construction activities.


The work is part of a pedestrian enhancement project on SR-164 to upgrade curb ramps, pedestrian push buttons, sidewalks, bicycle push buttons, and pedestrian signal heads in Los Angeles County. The work zone spans nearly 3 miles on Rosemead Boulevard from Rush Street in South El Monte to Rudell Underpass in Rosemead.

Caltrans reminds motorists to "Be Work Zone Alert" and "Slow for the Cone Zone."



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Business and Editorial Offices are located:

11401 Valley Blvd, Suite 208, El Monte, CA 91731 (626) 522-1944 info@midvalleymedia.net

Publisher

Mid Valley Media Center, LLC

Editor

Kenneth Ferreira kenfer@midvalleymedia.net

Community Engagement

Michael McClure mmcclure@midvalleymedia.net

Contributing & Staff Writers

Kenneth Ferreira
Logan Ferreira
Michael McClure
Michelle Earle
Robert Dozmati
VMA Communications

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

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

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



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