

MONTABELLO

Reporter

People, Places, & Events

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VOL. 2 NO.3 MARCH 2016

MONTABELLO SOROPTIMIST "RED WALK" AGAINST HEART DISEASE



Photo by Ernest Peralta

Heart Disease; the number one killer of women in America. That may sound like a negative statement, but at the same time, it's an inspiration to many, such as the Montebello Soroptimist to do something positive about it.

For the past eight years now, the Soroptimist of Montebello has taken the fight out into the streets, literally. On February 18th, Soroptimist of Montebello hosted the "Red Walk", a walk for awareness for women's heart health. The walk began at Montebello City Hall with local dignitaries such as our Honorable Mayor Art Barajas and city council member Vanessa Delgado, greeting and welcoming one and all.

"I have always been a huge supporter of the Soroptimist events", said Mayor Barajas

Once the walk began, heading east on Beverly Blvd, the horn's started honking and passersbys cheering could be heard throughout the city. Along the way, for those who needed it, the Daily Brew offered "pit-stop" services.

The walk ended at the Senior Center, which was a reward for all. The program was geared to promote awareness, with such tools as a video about heart disease prevention. Healthy refreshments were in abundance as well as raffle prizes.

Soroptimist dignitaries such as President Nancy Valdez and Chairwoman Christina Alatorre thanked all who participated and encouraged everyone to continue the fight.

See photos on page 21



Mesrobian School celebrates its 50th anniversary Gala at Armenian Apostolic Holy Cross Cathedral's Bagramian Hall
Story Page 5












MARCH 5
2016



March

Women's History Month National Nutrition Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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6 GARAGE SALE	7	8  International Women's Day	9 City Council Meeting 6:30pm	10	11	12 LIONS CLUB PANCAKE & MENU DO BREAKFAST 8:30AM TO 11:30AM SEE PAGE 19
13 	14	15	16	17 	18	19 Sanchez Adobe 1pm - 4pm
20 1st Day of Spring 	21	22	23 City Council Meeting 6:30pm	24	25 	26 Sanchez Adobe 1pm - 4pm
27 Happy Easter! 	28	29	30	31 		

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IN MEMORIAM - FORMER FIRE CHIEF ROBERT METZ

by Anne Donofrio-Holter
Contributing Writer

The Montebello community mourns the loss of one of its former fire chiefs, Robert Eugene Metz, who passed away last month at the age of 90.

Born in Youngstown, Ohio, Metz, a World War II veteran, attended boot camp in San Diego and trained as an electrician. He was assigned to the USS Goshen, where he saw action at Okinawa and Iwo Jima.

Upon discharge from the Navy, Metz served as an apprentice machinist and, along with a friend, opened a used car lot in East Los Angeles. In 1950, he joined the Montebello Fire Department (MFD) where he rose through the ranks, obtaining the position of fire chief in 1973.



According to one MFD retiree, it was Metz who first introduced the paramedic program to the Department.

"Robert Metz not only served this community's fire service for many years, but also proudly served our country in the military," said Montebello Fire Chief Dan Amador. "Following retirement, he did not stop providing service to this community and was actively involved in many projects that pertained to the betterment of Montebello. His dedication was the epitome of service over self."

Upon retirement from the fire service in 1979, Metz worked as a field representative for former State Assemblyman Jack Fenton. He also worked for the Montebello Beverly Towers Retirement Apartments' Living Opportunities Management Company before finally retiring in 2002.

Metz, and his late wife Mary, enjoyed travelling, golfing, boating and spending time with family.

Metz was involved with many organizations including the International Fire Chiefs Association, the East Los Angeles College Fire Science Advisory Board, the Montebello-Commerce YMCA and Boy Scout Troup #308.

"Chief Metz hired me in 1978," said retired MFD Battalion Chief Dennis Wiskus. "It was the beginning of a very long friendship."

"Bob was a close friend and great neighbor," said former Montebello Mayor William Nighswonger. "I will miss him."

Metz is survived by son Eric, daughter Erin and two grandchildren.



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Small Business Recognition is a monthly acknowledgment in which M.Y.L.C. picks a small local business in the community to recognize. Our goal is to help bring awareness of our small businesses in Montebello to the residents.

Small Business Recognition for the month of January was China Boy Bakery, located at 1509 W. Olympic Blvd. Montebello, CA 90640.

Stay updated with M.Y.L.C. and Community events at www.montebelloyouthleadership.com

GARAGE



Section 17.10.230 of the Montebello Municipal Code allows garages sales in residential zones four weekends per year. No permits or fees are required of residents wishing to have a garage sale on the permitted weekends.

March 4th, 5th & 6th

Garage sales are only allowed in the City of Montebello on the dates specified above, and are subject to the following regulations.

- Sales may be conducted only during the hours of 9:00 a.m. and 6:00 p.m.
- All items for sale and all items utilized in conjunction with the sale must be kept on private property and not encroaching onto neighboring property or the public right-of-way.
- Not more than one sign may be displayed on the premises for the purposes of advertising the sale.
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OVER \$300,000 RAISED AS OVER 760 PEOPLE CELEBRATE MESROBIAN'S 50TH



Receiving the "Mesrobian Dedication Award" was Goharik Gabriel, who carries her father's vision to the present, not only through her dedication to the Ron and Goharik Gabriel Pre-School, but also by inspiring countless others to action for Mesrobian's Golden Anniversary.



Renowned artist and lead singer of Capital Cities Sebu Simonian performed two of his hit singles, One Minute More and Safe and Sound. A proud member of the Mesrobian family, Simonian attended Mesrobian School when his family lived in the San Gabriel Valley.



Sona Movsesian, Class of 2000, from Conan O'Brien Presents: Team Coco, received the "Mesrobian Spirit Award" for her role in bringing Conan

Over \$300,000 were raised for Armenian Mesrobian School at its 50th anniversary Gala at Armenian Apostolic Holy Cross Cathedral's Bagramian Hall on Saturday, February 20th, where over 760 gathered to celebrate Mesrobian's half-century legacy of education and service to the community, honor the present, and build toward the future.

"To see so many graduates and families of Mesrobian gathered under one roof is very heartwarming. We accomplished something very positive, much like the direction the school is headed in. Bravo to all our Gala Committee, Benefactors and Sponsors. Without their help none of this would be possible," said Goharik Gabriel, daughter of one of the school's founders Mgrditch Mosikian and chair of Mesrobian's 50th Anniversary Gala Steering Committee.

Mesrobian School Principal David Ghoogasian, Class of 1982, commenced the Gala with an historic artifact: the ringing of Mesrobian Kindergarten's first school bell, which was followed by his welcome and then opening remarks from Gabriel.

"The outpouring of love and support for the school was overwhelming. Five decades of Mesrobian faces converged that evening as a testament not only to the past, but to the vibrant, present, and promising future and ongoing legacy of the school," said Principal Ghoogasian.

The Gala's Mistress of Ceremonies was well-known weekday anchor of FOX 11's Good Day LA, Araksya Karapetyan. She is the grandniece of the late George Tumanjan, who was a pillar of the Mesrobian School and Holy Cross Armenian Apostolic Cathedral Community.

His Eminence Archbishop Moushegh Mardirosian, Prelate of the Western Prelacy of the Armenian Apostolic Church of America, began the evening with an invocation and message. Words of congratulation from His Holiness Aram I of the Great House of Cilicia were also read.

Mr. Razmik Stepanyan, recently appointed Counsellor of the Consulate General of Armenia in Los Angeles, congratulated the school on this historic occasion on behalf of the Republic of Armenia.

Student art was displayed in the foyer, depicting representations of popular Armenian works of art.

City of Montebello Councilmember Jack Hadjinian, who is a Mesrobian alumnus and the first Armenian-American mayor of the City of Montebello, presented proclamations recognizing Mesrobian school from the following representatives and civic institutions: Congressional certificates from Congresswoman Linda Sanchez and Congresswoman Grace Napolitano; California State Legislature certificates from California Assemblywoman Cristina Garcia, California Assemblyman Ian Calderon, Outgoing Speaker of the Assembly Toni Atkins, California Senate President Kevin De Leon, and California Senator Tony Mendoza; Scroll from the Sheriffs Department L.A. County Sheriff Jim McDonnell; County Supervisor Hilda Solis; Montebello City Council; and a special proclamation in both English AND Armenian from Pico Rivera City Council.

The Gala program featured multiple musical performances by Mesrobian faculty and alumni.

Siranoush Sandaldjian-Modrek, concert pianist and Mesrobian First Grade teacher, joined in a duo piano performance with alumnus Greg Hosharian, who is Mesrobian's instrumental music teacher and a musician, composer, conductor, pianist, and orchestrator.

Renowned artist and lead singer of Capital Cities Sebu Simonian performed two of his hit singles, One Minute More and Safe and Sound. A proud member of the Mesrobian family, Simonian attended Mesrobian School when his family lived in the San Gabriel Valley.

The evening honored select organizations and individuals who have had a major role in the development of the school.

"Mesrobian School stands upon the shoulders of giants," said Mesrobian School Principal David Ghoogasian, "The dedication and sacrifices of countless individuals and organizations form the legacy upon which the school builds its bright future."

Receiving the "Mesrobian Legacy Awards" were Mesrobian's first principal, Torkom Postajian, whose leadership guided Mesrobian and set it on track to amassing the legacy it has today; and the Armenian Educational Foundation which made foundational contributions to the school in its formative years. Receiving the "Mesrobian Dedication Award" was Goharik Gabriel, who carries her father's vision to the present, not only through her dedication to the Ron and Goharik Gabriel Pre-School, but also by inspiring countless others to action for Mesrobian's Golden Anniversary.

The Armenian Revolutionary Federation (ARF) Dro Gomideh received the "Mesrobian Commitment Award" for their vigilant readiness to serve the school and community.

30 year Mesrobian teacher Nairy Ghoogasian, Class of 1982, received the evening's "Mesrobian Impact Award" for her role in inspiring and educating generations of Mesrobian students.

Sona Movsesian, Class of 2000, from Conan O'Brien Presents: Team Coco, received the "Mesrobian Spirit Award" for her role in bringing Conan O'Brien (and his millions of viewers) to Armenia, in turn educating countless people about the Armenian people's rich heritage and culture.

Receiving the "Alumni Achievement Award" was Dr. Katherine Fundukian Thorossian, who is the Superintendent of the Monrovia Unified School District and graduated from Armenian Mesrobian School in 1980.

Principal Ghoogasian explained that the Gala marks the beginning of a tradition, which will recognize individuals and organizations annually for their roles in the life of Mesrobian School.

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MEET YOUR LOCAL BUSINESS - MONTEBELLO AUTOCRAFT

by Alyssa Martinez
Contributing Writer

Montebello's very own Autocraft is one of the best body shops this town has to offer. Aside from their extra attention to quality and detail, there is much more to what gives them a flawless 5 star rating on both Yelp and Facebook.

Owners John Geloian and Varouj Mahserejian have been dedicated since day one to give the best auto service around.

"Our goal when we first started was to be the best body shop in Montebello" says Geloian.

After migrating to the United States back in 1980, John being from Lebanon and Varouj from Syria, they immediately began working in body shops across Southern California. After 27 years, they partnered together to achieve the "American Dream", by opening their own shop.

In the beginning they struggled to learn the ropes of running a small business, however, they made the best of the opportunity given to them resulting in the successful body shop they have today.

No matter what make or model, John and Varouj never sacrifice customer service for profits, always taking the effort to use only the highest quality equipment for their services. The shop portfolio is available for review in the foyer, showing the state of the art machinery they use on all customer's vehicles.



Another important factor that John and Varouj focus on tremendously is customer service.

"There is always someone here ready to help the customer. If I am not here, then Varouj is here or vice-versa." Geloian proudly mentions.

When it comes to repairing your vehicle, the

auto body repair specialists at Montebello Autocraft have a professional eye for what needs to be fixed and or replaced.

"When a customer comes in with their damaged vehicle, all they ask is for us to fix it" Mahserejian says.

It is up to the collision center to know what should be fixed and or replaced and how to do it right the first time.

"We never cheat anyone...by doing work that is unnecessary. We are very trusted here." John also mentions how important it is to understand what the customer is looking for in an auto shop.

"The customer always looks for honesty, good customer service, quality work, and we have all three. Our customers always leave happy", said Geloian.

They also encourage customers to come and check up on their vehicle at any time during the repair process so they may feel better at ease with the work being done to their car.

Whether it is collision repair or advice on work done to your vehicle, John Geloian and Varouj Mahserejian will be available at Montebello Autocraft body shop to deliver high quality service. "When we see a customer smile, it brings us joy" says Varouj.

Autocraft is open Monday – Saturday 7:00 am to 6:00 pm and located at 1635 W. Whittier Blvd.

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EASTER BUNNY PHOTO EXPERIENCE IS COMING SOON TO THE SHOPS AT MONTEBELLO TO DELIGHT FAMILIES

Simon®, a global leader in retail real estate, is hosting its annual Easter celebration festivities at The Shops at Montebello, offering families the chance to participate in traditional and unique seasonal events.

The Bunny Photo Experience begins on February 26 at 10 a.m. and runs through March 26 at 9 p.m. in Center Court on the lower level. Kids will have the chance to visit with the Bunny and take home a treasured snapshot of the fun occasion.

The popular Pet Photo Night returns for the Easter season at The Shops at Montebello this year on Sunday, March 6 and March 13, from 7:30 p.m. to 8:30 p.m. in Center Court. Many pet owners view their pet as an integral member of the family and are just as committed in caring for their pets as their “human” family members. Pet Photo nights

are hosted after regular mall closing and the set gets an extensive cleaning following the event to remove any potential risk to allergy sufferers.

The presenting sponsor for the 2016 Bunny Photo Experience is The Gymboree Corporation – including its Gymboree and Crazy 8 clothing brands.

“We love to hold family-friendly events and we always look forward to watching children interact with the Bunny at Easter,” said Marida Petitjean, Director of Marketing and Business Development at The Shops at Montebello.

The Shops at Montebello will also host a Kidgits Easter event on Saturday, March 19, from noon to 1:30 p.m. in Center Court. Children will be able to enjoy arts and crafts and decorate Easter baskets

to fill with candy, and families can interact with participating retailers like JCPenney Portrait Studio and Yogurtland.

Visit The Shops at Montebello on Facebook, Twitter or Instagram at www.facebook.com/shopsatmontebello, www.twitter.com/shopsmontebello or www.instagram.com/shopsmontebello to stay up-to-date on the latest events, trends and news.



THE SHOPS AT MONTEBELLO CELEBRATED ‘YEAR OF THE MONKEY’



Chinese New Year was celebrated at The Shops at Montebello with a traditional lion dance, lucky gift bags and cultural performances on Sunday, February 21.

Hundreds gathered to honor the most important festival in China, “Chinese New Year.” The schedule of performances was meant to ring in the Year of

the Monkey.

Those in attendance enjoyed a traditional Chinese lion dance, in which performers mimic a lion’s movements in a lion’s costume. The entertainment lineup also includes Sichuan Face Change Art, a Children’s Traditional Dance, Chinese Acrobat and Techno of 3 Princes.



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CSHM WELCOMES NEW FOOTBALL COACH



by Anne Donofrio-Holter
Contributing Writer

Cantwell-Sacred Heart of Mary (CSHM) announced the appointment of Travis Brown as its new head football coach for the 2016 season.

"The buzz has been high from both players and parents since announcing Coach Brown's hiring," said Omar Villalta, CSHM athletic director. "There is a lot of excitement as we start preparing for the upcoming season."

"The CSHM football program is comprised of a great group of young men that are eager to get better," said Brown. "There are many positive program components already in place. The support from those who have been and want to be involved in the program is tremendous. Our program is on the cusp of something great!"

Brown attended Los Altos High School in Hacienda Heights. As a player there, Brown was a standout All-League and All-Area Wide Receiver on a

team that won back-to-back CIF championships in 2002-03.

After high school, Brown accepted a full scholarship to the University of New Mexico where he was a four-year starter under head coach Rocky Long. The school's second wide receiver to be named to back-to-back First Team All-Conference honors (Mountain West), Brown was part of a 2007 team that won nine games including the school's first bowl game victory in 46 years.

Following college, Brown spent a few years in the NFL, in Seattle, Cincinnati, Chicago and St. Louis before retiring and beginning his career as a coach. He spent several years as a wide receivers coach and offensive coordinator, including a brief stop at CSHM before taking his first head coaching position at Duarte High School.

Brown is confident that his playing and coaching experience will help him guide the CSHM program to new heights.

"My short term goal is to lay a foundation for the program that promotes continuous growth as we move forward," said Brown. "Long term, my goal is to build a consistently successful football program. One that wins championships, promotes great values and assists in helping my student-athletes earn scholarships to four year universities."

"While the CSHM football program has been pretty successful the past few years, we feel Coach Brown's experience and energy will help the program grow even more successful," said Villalta.

"I hope to contribute a sense of pride and a culture that includes winning as an expectation," said Brown. "My job as head coach is to bring value to my players' lives, both on and off the field."

Brown holds a Bachelor's degree in University Studies and is currently working on his Master's degree in Education. He enjoys spending time with his fiancé, Courtnie and son, Travis, Jr. He volunteers as a youth basketball coach and enjoys reading.

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LOCAL YOUNG MAN RECIEVES HIGHEST AWARD AT JOHN BOSCO HIGH SCHOOL



John Bosco High School recognized a local resident by the name of Jakob Fierro. Jakob is a recent graduate of St. Benedict Catholic School in Montebello and is now attending St. John Bosco in the neighboring city of Downey.

His most recent merit is making the "Principal's Honor Award", by maintaining a 4.0 GPA, during which time he was involved in extra curricular activities. One such feat being the Nose Guard on the Freshman Gold Football Team.

He has a personal goal to one day attend the University of Southern California and major in Cinematography. In his spare time, he enjoys video games, but doesn't get caught up in it, as he also produces and edits short movies for family and friends.

Jakob's positive attitude to succeed may very well be in large part to his supportive and dedicated parents, Joseph and Darlene Fierro. Jakob is on the high road that will lead him to success.

WINTER GARDENS ELEMENTARY SCHOOL -AVID SHOWCASE



On January 20, 2016, Winter Gardens Elementary School had over forty educators from across Los Angeles and Orange counties visit the school to observe their AVID Program. Winter Gardens School was selected as an Elementary Showcase Site by the Advancement Via Individual Determination (AVID) organization. AVID is dedicated to providing research-based strategies focused on preparing college- and career-ready students.

Guests visited the school's fourth and fifth grade classrooms, where the signs on the doors read "The Door to College Opens Here", to observe the key components of AVID implementation. A panel discussion followed, with students and parents sharing examples how these strategies have increased student success. WGE retired educator, Sylvia Villabisceno, assisted the school to organize this successful event, in collaboration with the teachers and students.

Montebello Unified School District Superintendent Susana Contreras-Smith and Deputy Superintendent Art Revueltas, welcomed the guests who toured the classrooms to learn how starting an AVID program at the elementary level sets the stage for greater success at the intermediate level, high school and beyond.

Parents, students, and staff find this AVID focus strongly supports the district's mission of preparing and educating graduates to be critical thinkers, communicators, collaborators, and creators. Winter Gardens Elementary was honored to participate as an AVID Elementary Showcase Site.

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MONTEBELLO LIONS CLUB SUPPORT HIGH SCHOOL STUDENT SPEAKERS



The Montebello Lions Club held their Annual Student Speaker Contest. For the 79th consecutive year, the Lions Clubs of California holds speech contests in local communities beginning in February 2016. Over \$103,500.00 will be paid out in scholarships to the winning students. Participating students must write their own speech on the subject given.

This year's club contest winner is Jonathan Rivera, a Junior at Applied Technology Center High School (ATC) in Montebello, CA. Jonathan will now compete in the Zone Contest in March. The distinguished Judges included Montebello Police Chief Kevin McClure, City of Montebello Mayor Pro Tem Vivian Romero, City of Montebello Culture & Recreation Commissioner Shannon Calland and Judge Lance Miller. The 2015-2016 topic is "Liberty and

Justice for All" - What does it mean to you? This topic was selected for the Student Speaker Contest by the Multiple District Four Lions Clubs of California.

For more information and to support this annual contest, we welcome you to visit the Lions Fourth District Student Speakers Foundation, Inc. at <http://ssf.md4lions.org/>.

In addition to addressing needs in the community, the on-going Youth projects is an opportunity for Montebello Lions Club to support the Lions Clubs International goal of helping 100 million people by its 100th anniversary in 2017.

To learn more about the event, the Montebello Lions Club or its service projects, contact Past District Governor and Club President Bill Walters at lionbill412@sbcglobal.net.

MONTEBELLO CHRISTIAN SCHOOL CELEBRATES INTERNATIONAL DAY



On Friday, February 5, the Montebello Christian School community of teachers, students and parents came together to celebrate International Day.

This gala celebration is the culmination of Montebello Christian School efforts to raise funds in support of missions on an international level.

Montebello Christian School parents prepared a delicious international buffet for the eating enjoyment of teachers and parents. Menu selections included rice, spaghetti and meat balls, taquitos, beans, sauerkraut and a variety of meat dishes. Following the International buffet, the Garfield High School ROTC'S Honor Guard presented the American Flag to open the ceremonies.

The school's gym was over-flowing with parents, grandparents, family and friends who were treated to an amazing spectacular assortment of international folk dances performed by the students in colorful costumes. The choreography was evidence of the student's many hours of rehearsals and preparation. The folk dances represented such countries as Germany, Israel, Italy, Philippines and Mexico.

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MONTEBELLO ROTARY CLUB TO HOLD GOLF TOURNAMENT

by Anne Donofrio-Holter
Contributing Writer

On Friday, May 6, 2016, the Montebello Rotary Club will host its 22nd annual fund raising golf tournament at the Montebello Country Club. The tournament has a well-deserved reputation as a quality event and every year the Rotarians strive to make it even better. Serving the community for the past 92 years, proceeds from the tournament fund the Club's many charitable programs.

The Montebello Rotary Club sponsors community and educational programs that promote literacy, provide student scholarships and youth leadership training, and food baskets for needy families at Thanksgiving. The Club's charitable arm is long-reaching - from raising funds to help eradicate polio, to donating wheelchairs to those who cannot afford them, to collecting and distributing clothing to children in Mexican orphanages. In celebration of 100 years of Rotary International in 2005, club members adopt-

ed Montebello's Sanchez Adobe as their centennial project and has since helped enhance the City's oldest standing structure by improving the grounds and interior of the historical landmark which was built in 1845.

Current cutbacks at every level of government make the need for the charitable work Rotary does greater than ever and the community's support of this event is vital to the Club's success in providing service to the Montebello community.

Tournament will feature a scramble format, early bird drawing, awards luncheon, gifts and prizes, a brand new car for hole-in-one prize, and bonus prizes throughout the course.

The Club is asking for the community's support in securing golfers as well as sponsorships, which are available at several monetary levels.

For additional information, contact Edgar Morales, (562) 658-2041 or Edgar.morales@bankofthewest.com.



TITLE: PROPER TERMINATION NOTICE(S)



By Paulina Ramirez-Martignon
MT Evictions (323) 697-3077

It is important for the landlord and tenant to be informed of the different required Notices of Termination. In the event an eviction is needed, an invalid or improper Notice of Termination is not enforceable and may result in losing your case.

To choose the proper termination notice, the landlord must correctly determine whether the property is subject to a rent control ordinance:

If your property is subject to rent control, you must serve the notice with a copy of the current registration permit. Additionally, if the tenant is current with rent and the property is within Los Angeles City (subject to rent control), the landlord must pay tenant relocation fees in order to evict.

If your property is not under a rent control ordinance; is not under a fixed lease but on a month to month tenancy, and tenant is current with rent, (under CCP 1946) you have the following options:

(1) If tenancy has been under one (1) year, a

THIRTY (30) DAY notice of termination can be issued.

(2) If tenancy has been over one (1) year, a SIXTY (60) DAY notice of termination must be issued.

(3) If your tenant is under Section 8, a NINETY (90) DAY notice of termination must be issued.

If the tenant is delinquent with rent a THREE (3) DAY notice "To Pay Rent or Quit" may be issued regardless if tenant is in a rent control area, lease, or month to month tenancy (unless your rental agreement states otherwise).

The law constantly changes. MT Evictions stays up to date with these laws and is available to answer your questions in the gamut of Landlord-Tenant issues. If there are any doubts you can count on the MT Evictions team to assist you.



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NUTRITION MONTH



Shushma Patel
RPh, CDE, MBA.
The Prescription Shop, Montebello.

The Academy of Nutrition and Dietetics has dedicated March to National Nutrition Month. This year, Registered Dietitian Nutritionist Day will also take place on March 9th. Nutrition and a healthy lifestyle is essential to the functioning of the human body. It is important at every stage of life beginning at pregnancy, moving to infancy, through teenage years and puberty, during adulthood, and ending at older age.

When a woman is pregnant, the food she puts in her body not only affects her, but also her child. There are a few nutrients that deserve special attention during pregnancy: Folic Acid, Calcium, and Vitamin D. Folic Acid derives from Folate, which is a vitamin B that helps prevent neural tube defects and serious anomalies of the brain and spinal cord. Such anomalies include spina bifida, anencephaly, and many studies have shown a link between folic acid intake and cleft lips or cleft palates. A recommended dose is **400-800 micrograms** of folic acid daily before conception and throughout pregnancy. It can be found in pill form as well as in leafy greens, beans, oranges, nuts, and whole grains. Calcium plays a key factor in forming strong bones, strong teeth, and running the circulatory, muscular, and nervous systems. A recommended dose is **1,000 milligrams** of Calcium a day and for pregnant women **1,300 milligrams** of Calcium a day. The best source of Calcium is in dairy products or Calcium-fortified foods such as cereals. Vitamin D also promotes bone strength for the baby and a recommended dose is **600 international units (IU)** a day. This vitamin comes from fatty fish such as salmon, and also eggs and milk. The easiest and most efficient way for pregnant women to consume all the vitamins and minerals they need for a healthy pregnancy is through Prenatal Vitamins. **Make sure to speak to your primary care physician before starting any supplements regimen.**

Infant and teenage nutrition play a key role in future health. It is best to instill healthy habits at a young age because it will become a lifestyle in the future. A

balanced diet and exercise during these stages of life helps to prevent chronic diseases such as obesity and diabetes. A typical plate should consist of $\frac{1}{2}$ **vegetables**, $\frac{1}{4}$ **lean meats** such as chicken, fish, or low fat steak, and $\frac{1}{4}$ **grains** such as brown rice and whole wheat bread. Sugar is the biggest contributor to both diabetes and obesity and the best way to visualize how much sugar you are putting into your body is by looking at the back of a food product and dividing the grams of sugar by four. This is the amount of sugar in teaspoons in the product. For example, a 12 OZ can of Mountain Dew contains 47 grams of sugar. 47 grams divided by 4 results in approximately 12 teaspoons of sugar! It is best to drink **8 – 12 glasses of water** a day to clean out your systems and hydrate your body.

During adulthood and old age, it is extremely important to watch food intake. At this stage, a body is less forgiving and the metabolism begins to slow down. That being said, drinking a full can of coke and eating ice cream often is dangerous to health. It is still best to stick to the same ratio of foods on a plate ($\frac{1}{2}$ vegetables, $\frac{1}{4}$ lean meat, and $\frac{1}{4}$ whole grains) and treat yourself once a week to a desert.

Nutrition can be very simple and here are some tips: First, when shopping in the grocery store, stay away from the tempting center aisles and focus on the outside perimeters. This is where you will get all the fresh foods you need for your body. Second, if you choose to shop in the center aisles, always read the food labels at the back of the package. Any words on the label you are unable to pronounce is a chemical. Also, if the ingredients list is very long, stay away from it. Third, try not to be fooled by false advertising on the front of food labels and always read the ingredient list. Last, fast food is not a meal. It is thought that fast food is cheap to feed a whole family, but that is false. A study conducted by Oakton Community College has shown that when three meals per day per person were purchased from a fast-food restaurant, the total cost came out to be \$87.00 per week. In comparison, purchasing all whole ingredients from grocery stores for three meals a day per person came out to \$43.00. Eating healthy is not expensive, it is about making the right choices. Stay healthy, and stay wealthy.

References:

<http://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-nutrition/art-20045082>

HOW TO JUMPSTART A FIT & HEALTHY LIFESTYLE

by Christine Tarpinian
Personal Trainer | Fit From The Ground Up

Daily, thousands of people make the decision to start eating better and lose weight with no idea on where to begin.

1. Goals, Goals, Goals!

Think of your end goal. Why do you want to make a change? Is it because you want to be fit? Is it to improve your health? Or because you want to lose weight & fit into the size you used to be? Knowing the exact reason why YOU want to do it will motivate you to start.

2. No Junk Food!

A surefire way to jump-start is to cut out your bad eating habits. Instead of going cold turkey, start cutting out the obvious bad options such as sodas, fast food and overly processed sugars. I advise you to track your food in a log or by taking pictures of what you eat throughout the day. This will give you

a clear image of exactly what you consumed that day.

3. Baby steps are better than no steps!

Start slowly & build your way up. Rome wasn't built in a day neither will your body. Incorporate movement in your everyday life. Make small goals so you don't get overwhelmed. Walk around the block then progress up to two blocks. Try doing push-ups! Even if you can only do 1 a day, that's ok! Give yourself a goal to perform at least 3 push-ups in 2 weeks. This way you feel proud & motivated by each goal you accomplish. Other ways to stay active, switch your traditional desk chair with a Physio ball, this will work your core while getting work done. Take your dog for a light jog, pick up a sport, join an adult soccer league, play tennis with a friend or even join a local Boot Camp. Anything to get you moving!

All in all, believe in yourself, be patient and never give up. Results will follow.



Photo credit Lalig Tarpinian

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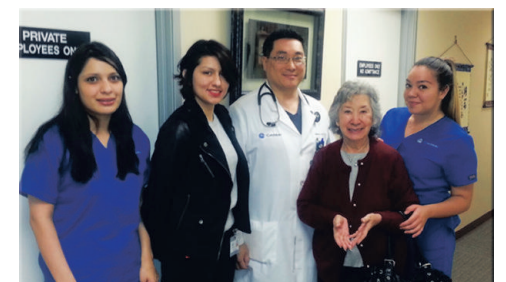
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QUINOA FOR GOOD HEALTH

By Teresa Lindmayer, CHHC
www.teresalindmayer.com

Quinoa (pronounced Keen-wah) is often described as a super-grain. This super-grain was discovered by the Incas in the Andes Mountains thousands of years ago. It is packed with vitamins, minerals, protein and fiber and is naturally gluten-free. There are many species and varieties, but the three main types of Quinoa seeds are red, white and black. Other seed colors include purple, pink, green, orange, yellow and gray. Some have found the white variety to be more flavorful, but the red is said to contain more nutrients. Quinoa can be purchased in most health food stores and many supermarkets.

Rice, wheat and most other grains are missing one or more essential amino acids, but quinoa is an impressive plant-based complete protein, which means it provides all nine essential amino acids necessary for good health. These nine essential amino acids are required by the body as building blocks for muscles and must be obtained by food. To give you an idea of its nutritional density, the quinoa plant is in the same family as Swiss chard, spinach and beets.

Quinoa can be the perfect substitute for pasta, rice or couscous and is easy to digest. It is easy to prepare and can be ready to eat in less than 20 minutes. Here is a quick and simple recipe:

- 1 1/4 cups of water
- 1 cup uncooked organic quinoa, rinsed and drained
- Dash of Celtic sea salt
- Dash of black pepper
- In a small saucepan, bring the water to a boil and then add the quinoa, salt and pepper. Cover, reduce heat, and simmer for 12 minutes. Let stand for 5 minutes before eating.

When cooked, Quinoa has a mild, nutty flavor and a slight crunch. Quinoa goes well with many foods and can be prepared in a variety of ways. For added flavor, try cooking your quinoa in a low-sodium vegetable or chicken broth instead of water. We can enjoy it year-round because it is so light and versatile. It can be used in warm winter soups or cool summer salads. Quinoa makes a great breakfast meal as well.



Quinoa Porridge Recipe

- 1/2 cup uncooked organic quinoa, rinsed
- 1 cup unsweetened almond milk
- Dash of Celtic sea salt
- 1 or 2 cinnamon sticks

Place all ingredients in a small saucepan. Bring to a high simmer, cover and reduce heat to a low simmer for 15 minutes. If it starts bubbling, turn off heat, stir and resume. After 15 minutes, remove from heat and let sit for about 5 minutes or until the milk is absorbed. Scoop the quinoa into a bowl and pour some warm almond milk over it. You can also add toppings such as seasonal or dried fruit, nuts, cinnamon, nutmeg and/or honey. Try blending cooked quinoa into your morning smoothie for added nutrition.

Disclaimer:
Please remember the content of this article is only for general information and knowledge. Always seek the advice of your professional health practitioner for any health concerns or questions.



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THROUGH THE LOOKING GLASS LEIMERT PARK & MONTEBELLO

by Veronica Diaz
Contributing Writer

On February 2nd, over 250 people attended the play, Through the Looking Glass. This special event was held at the Quiet Cannon filling the Crystal Ballroom to capacity. Playwright and poet Jerry Quickly brought together the voices of two neighborhoods. Almost 30 people from Leimert Park and Montebello participated in 6 months of writing and performance workshops sharing with each other the experiences of their lives, the drama, the deep joy and beauty that exist in both communities. The evening was a culmination of the efforts of both groups.



Photo: Jerry Quickly
<http://www.centertheatregroup.org/about/artistic-development/through-the-looking-glass/>

The Workshops: The community workshops met weekly for six months, one group in Montebello, and the other in Leimert Park. Each member was assigned a counterpart whom they would write about from the other community. Every week they would receive one true biographic detail about their counterpart and use that information to rewrite the imagined (auto) biography.

The Meeting: Six months in, the two groups finally met face to face. They spent time talking, exchanging ideas and seeing just how close they'd all been to mapping each other's lives and important moments. They helped each other see how far they had pushed themselves to imagine the complexity, drama and everyday joys of the real lives of their counterpart's community. They then all wrote one final (auto) biography of their counterpart.

The Play: The playwright then took the entire arc of the large body of work which had been generated and pulled from it to craft a play that reflects the work and lives of the workshop members and many of the people from their communities. Common ground was often found in unexpected places, and the lack of information – that had once defined and limited the community's knowledge of each other – melted away, and was replaced with real interest, artistic and cultural curiosity, and a desire to connect.

The following community members dedicated time and energy into the development of Through

the Looking Glass:

From Montebello – Mallory Covarrubias, Joseph Darby, Tom Dutcher, Margot Dayel Eiser, Jeanette Franco, Vanessa Lamas, Oswald Linares, Alex Manoukian, Manuel Marron, Maxwell Martinez, Kathleen Rabago, Libby Rego, Arlene Sandoval.

From Leimert Prk – Kay Benjamin, Michael Datcher, Brother Flagg, Tasha W. Hunter, V.Kali, Benin Lemus, John Menchion, LewaNana Pinkney, Ronieka Pinkney, Jameleah Reign, Myshell Tabu, Jaha Zainabu.

After the event, many of the community members from the play stayed to talk to their counterparts whom they had built relationships with. Jerry Quickly, Playwright and Facilitator, was available for discussions. Michael Datcher, Leimert Park Community Liason, and Circle Squared Collective, Montebello Community Liason, also remained after the event to discuss the play.

The play was presented again on February 3rd at the Regency West in Leimert Park and on February 8th at the Kirk Douglas Theatre.



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		1	2 Toddler Storytime 10:30 AM Ages 1-3	3 Teen Tech Thursday 4:00 PM Ages 12-18	4 Preschool Storytime 11:00 AM Ages 3-5	5
6	7 Adult Book Club "Code Talker" 3:00 PM	8 Catapult Making Contest for Teens 4:00 PM Ages 12-18 Good Night Storytime 6:00 PM Ages 2-5	9 Toddler Storytime 10:30 AM Ages 1-3 Teen Art Activity 4:00 PM Ages 12-18	10 Floppy Disk Notebooks for Teens 4:00 PM Ages 12-18	11	12 Mad Science "Fire and Ice" 2:00 PM Ages 5-12
13	14	15	16 Toddler Storytime 10:30 AM Ages 1-3	17 POV Film "True Whispers: The Story of the Navajo Code Talkers" 2:00 PM Adults	18 Preschool Storytime 11:00 AM Ages 3-5	19 Teen Advisory Board 1:00 PM Ages 12-18 Teen Game Day 2:00 PM Ages 12-18
20	21	22	23 Teen Art Activity 4:00 PM Ages 12-18	24	25	26
27	28	29 Spring Break Chair Aerobics 3:00 PM Adults and Teens ages 12-18	30 Adult Coloring 11:00 AM	31 Adult Coloring 3:00 PM		

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ARTIST OF THE MONTH · NATALIE PUGA

by Veronica Diaz
Contributing Writer

This month we feature Performance Artist Natalie Puga. Natalie is 12 years old and started dancing at the age of 10 when her mother told her about a dance studio near her home. A few weeks later she enrolled at Montebello Performing Art Center and discovered her passion for dance.

Natalie has lived in Montebello all her young life; she attended Greenwood Elementary and is currently attending La Merced Intermediate where she works hard and is determined to achieve high grades through high school. She was recognized for this by receiving an award for being accepted in the Honors Society. She has also received Student of the Month continuously for the past 5 years. Natalie was also invited to participate in the "People to People" ambassador program at her school.

After school she attends the Montebello Performing Art Center dance studio and applies her determination and hard work to her dance lessons. "She works hard and never gives up, no matter what the task is that is given to her. She has only been with us one and a half years, but has managed to progress very quickly"

said Michelle Hernandez, Artistic Director of the studio. After only training at the studio for one year, Natalie qualified for the Elite Level classes and was one of the few dancers chosen to work with and be part of a current competition routine.

When asked "who influenced you the most?" Natalie said, "I have a dear friend named Melanie Perez. I would always see her dance hip hop. To me she always went full out. She had this sass that I wanted to have, but not only that, she had confidence. That is how she influenced me."

Although only 12 years old, Natalie has set goals for herself and has a vision for her future. She wants to maintain the highest grades all through high school and college. She would like to be a choreographer and designer of clothing for dancers. Natalie wants to be an inspiring dancer, not just to other dancers, but to everyone.

Her vision for the future; Natalie sees herself with a bachelor's degree in clothing design and even having her own dance studio for kids of all ages. "Being a successful person but most of all loving life" said Natalie.



MONTEBELLO HISTORICAL SOCIETY INSTALLS NEW BOARD OF DIRECTORS

by Veronica Diaz
Contributing Writer

On January 14th the new Board of Directors was installed to the Montebello Historical Society during their Annual General Membership meeting. New officers for 2016 installed were Chris Vargas President, Jon Reed 1st Vice President, Kathleen Rabago 2nd Vice President, Esabel Reed Secretary and Veronica Diaz Treasurer.

Outgoing President Rosie Vasquez presented certificates and thanked the board and committee chairs for their support during her term as Presi-

dent. Outgoing President Vasquez was presented with a plaque in recognition for her time and dedication to the Montebello Historical Society and the Juan Matias Sanchez adobe.

Newly elected President Chris Vargas acknowledged outgoing president Vasquez's dedication and went on to share his vision about the future of the Montebello Historical Society and the preservation of the adobe.

President Vargas is a Senior Paralegal at Morgan Lewis. He lives in Montebello with his son who is attending Cal State Fullerton. President Vargas

has had a passion for history and for the last 15 years has focused on California history. Since joining the Montebello Historical society over a year ago, he has become particularly focused on early California history (1769 – 1860). He has lectured and exhibited African-American history in the Montebello School District and other venues. For the past year Vargas has served as a docent at the Juan Matias Sanchez adobe. When Vargas is not working or giving tours at the adobe on Saturday afternoons, he can be found at home in his personal library where he conducts historical research.

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By: Ken Robledo, CPO, USN (Ret.)
Contributing Writer

The DAV National Mobile Service Van is scheduled to visit our city bringing news and updates pertaining to Veterans Claims and Information. This valued resource will be available exclusively on Wednesday, March 23rd, from 8:00 am to 4:00 pm at the Chapter 22 parking lot located at 1316 W. Whittier Blvd. across from Montebello City Park.

The Van is manned by trained DAV Service

Officers and travels throughout California seeking out Veterans from all service branches for the purpose of answering questions about their existing VA claims or, if needed, to initiate new ones on their behalf.

If you have any problems or questions (And, who doesn't?) regarding your military benefits or claims, they can probably be resolved or appropriately answered just for visiting. For further information, please call Cmdr. Max at 714.732.0914. Otherwise, they'll be happy to see you there on the 23rd!

TAPS: FORMER ARMY PRIVATE RIOS

By: Ken Robledo, CPO, USN (Ret.)
Contributing Writer

Former Army Private (PVT) Rudolph Rios was born on February 9th, 1943, and passed away to his everlasting post on February 1st, 2016. He served honorably while assigned to Headquarters Company, Army Training Command, at Fort Ord, California. Consequently, PVT Rios qualified as an M-1 Rifle Sharpshooter. He leaves behind his devoted spouse of 55 years, 2 children, 4 grandchildren; and 3 great grandchildren. Mission accomplished, PVT Rios



MILITARY VETERANS SERVE IN MONTEBELLO PUBLIC SAFETY AGENCIES

by Anne Donofrio-Holter
Contributing Writer

The City of Montebello is proud to employ many military veterans in both the police and fire departments. The following are some of those employees:

Police Corporal Brandon Contreras enlisted into the US Army as an infantryman. As a National Guard Reservist, during nine years of service he achieved the rank of sergeant. Deployed three times, his duties consisted of base patrols and sentry duties during Operation Noble Eagle, peacekeeping operations and patrols during Operation Enduring Freedom, and combat patrols/detainee operations during Operation Iraqi Freedom.

"My military service had a direct impact on my decision to become a police officer. Military service fundamentals of leadership, honor, and duty to serve mankind correlate closely with those in law enforcement," said Brandon. "My military training pertaining to combat patrols, my direct contact with armed insurgents in Iraq, and the rigorous physical and mental tests that I endured have benefited me in my duties as an officer."

Brandon hopes to make a positive difference in as many lives as he can.

"My reward is running into someone I made contact with prior and learning that I helped them or gave them a wakeup call that led to a better life," he said. "As long as I can impact just one person in a positive way, I am doing my part to make the world a better place."

During eight years of active duty in the Marine

Corps, Police Officer Daniel Contreras (no relation) served as a radio operator for an artillery battalion. During two combat deployments, he served as a squad leader, conducting security escort missions in Iraq.

"While stationed at Camp Pendleton, I coached local police departments on the fundamentals of rifle marksmanship, giving me a better understanding of police work," said Daniel. "This inspired me to become a police officer."

According to Daniel, his parents instilled in him a "strong foundation and the Marine Corps made him a better person."

"Experiencing teamwork, respect, honor, integrity and courage in the military has benefitted me in law enforcement," said Daniel. "The most rewarding part of the job is helping the community and putting bad guys in jail."

While on active duty for over seven years in the Marine Corps, Montebello Fire Department Captain Frank Osorio worked in construction as a combat engineer.

"I learned discipline, responsibility and Esprit de Corps," he said. "During the Gulf War, I spent many nights wondering what I wanted to do after I got out. I wanted a career that made a difference, was exciting and challenging. I decided I wanted to be a firefighter."

According to Osorio, no two fire calls are ever the same.

"We can go from a fire, to a medical call, to delivering a baby," he said. "I find it very rewarding

to help someone in their time of need."

Firefighter/Paramedic Gene Unruh joined the Marines right out of high school. A hydraulic mechanic on CH-53E helicopters and serving in Desert Storm, Unruh was also stationed in Okinawa, Japan and on board the USS Bellau Wood.

"Serving in the military gives you a good foundation for any job," he said. "It teaches teamwork, discipline and an understanding of the chain of command."

For Unruh, one of the most difficult challenges of fire service is the time spent away from family.

Before becoming a firefighter/paramedic, Michael Age served in the Army National Guard as a medic for six years.

While in Iraq in 2008, Age met two infantry sergeants, Brandon Contreras and Johnny Paxton. After his deployment, and as a new hire for the City of Montebello, one day Age ran into a Montebello police officer who looked very familiar.

"It was Brandon Contreras. What a small world! I was told Johnny Paxton was a Montebello officer as well. I ran into him on a call a month later," said Age. "It is good to be working alongside two military brothers who have my greatest respect."

In total, 18 military veterans serve as Montebello police officers or firefighters.

Whether it be on a battlefield in a foreign land, or on the streets of Montebello, Montebello police and fire personnel are ready to serve.

COMMUNITY COUNSELING CENTER



Rapid Advancement Community Counseling Center is a burgeoning non-profit organization dedicated to providing quality counseling in Montebello and beyond.

From family counseling, vocational rehabilitation and mental health services, Rapid Advancement is poised to become an overarching leader in reconstructing lives and enriching the community.

Founded in 2005 by Phillip M. Ramos, a cornerstone in Montebello city government for over 30 years, Rapid Advancement seeks to embolden individuals to take the steps necessary to lead fulfilling and productive lives through counseling, community outreach, and education.

Revitalized in 2015, the organization's mission is to fight for families, one family at a time. By understanding the road blocks set forth by life, Rapid Advancement hopes to educate individuals and prepare a plan of attack to eradicate those road blocks in a safe and judgment-free environment.

For more information and a complete list of services, please visit www.rapidadvancement.com.

INSPIRING MONTEBELLO



by Van Ajemian
Contributing Writer

Do we think that we, the adults and youth of Montebello, have what it takes to play on the world stage? To come up with ideas creating jobs in Montebello and raising the quality of life for us and others around the world? The short answer from this corner is "yes".

For us to create jobs in Montebello and inspire our community, including youth, to be innovative, there is a large, recurring resource within reach. Are we aware and availing ourselves of it?

On February 6, I attended a biotech competition at USC, organized by a friend who teaches electrical engineering at Cal State Long Beach. The technical talk by college students was a bit beyond me, but I enjoyed the innovations which they proposed to address health challenges.

Soon there will be a business competition at Cal State Los Angeles. Generally, every four-year college and university within an hour's drive of Montebello—and that means at least a dozen colleges and universities—has one or more competition for students to present innovations.

And if inspiration from college students is not enough, we do have a national competition for high and middle schoolers, First Robotics. When you have a moment, take a look at their Web site, <http://www.firstinspires.org/>. I attended a regional competition a few years ago and was impressed by the energy of the competing teams.

It would seem easy for our chamber members, city staff, service-club members, students, and ourselves to join the audience at these competitions. We would do so not only to receive inspiration, but, also, to see whether there were an innovator or two whom we could invite to Montebello to set up shop. Imagine if an innovator could go to investors and lenders and say, "I have office space waiting for me in Montebello".

What would it take to organize and operate trips from Montebello to area competitions? Imagine if such trips became as routine as the turn-around trips to casinos. Please e-mail me if you have an idea as to how we might make competition trips happen: vanajemian@hotmail.com.

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CALIFORNIA JUDGE ORDERS DATA RELEASE OF STUDENT INFORMATION



by Gia L. Pacheco, Esq.
The Law Offices of
George B. Pacheco & Associates

A lawsuit entitled Morgan Hill Concerned Parents Association and the Concerned Parent Association v. California Department of Education (See case # 2:11-cv-03471-KJM-AC.) alleges that the State of California Department of Education (CDE) has violated the Individuals with Disabilities Education Act by failing to ensure that special education needs are not being provided to children violating their legal entitlement to those services. The CDE denies the allegations.

In order to perform a statistical analysis of the information, Morgan Hill, who was later joined by the California Concerned Parents Association as a Plaintiff, requested an order for the CDE to release student records that contain personal information which could include social security numbers, Individual Education Programs (IEPs) information on attendance, demographic information, disciplinary records, special education records, suspension and expulsion information, and mental health records.

The Family Educational Rights and Privacy Act and the Individuals with Disabilities Education Act ("IDEA"), are federal laws that protect the privacy of student records. These laws permit the disclosure of these records to comply with a Court order.

In a controversial decision, Judge Kimberly Mueller granted Morgan Hill's request to release records of every student who has attended public school since 2008. In order to protect the information, she has issued a protective order that would prevent disclosure

of confidential information by anyone involved in the case. The records are to be returned or destroyed at the conclusion of the case. She has appointed a 'special master' to oversee the collection of the data and a team of no more than 10 people to be able to access information which includes attorneys and consultants. There will be another judge to monitor the data transfer process.

According to the Notice of Disclosure of Student Records written by the Court, the records include and "apply to you if you are: the parent or guardian of a child (including an infant) with disabilities; the parent or guardian of a student who is attending or attended a California school at any time since January 1, 2008; or a person over the age of eighteen who is attending or attended a California school at any time since January 1, 2008."

The judge stated that she would accept opt out letters and forms until April 1, 2016, however it is unclear whether she will block the release of your child's individual data automatically if an opt out form is submitted. If you do not submit a waiver then it "will be deemed a waiver of your right to object to the disclosure of your or your child's protected personal information and records." The CDE strongly suggests submitting an objection form.

This ruling has caused a huge controversy and worry for many parents who do not want their children's data revealed. There are many arguments for and against the release. Morgan Hill says the information is necessary to see if California withheld special needs services to qualifying students. The Vice President of the Concerned Parent Association says it is not interested in the social security numbers. The datasets requested are to see if students were disproportionately placed in special education classes. Certain politicians have said that the form provided by the CDE is not sufficient enough in that it only states an 'objection' and not an 'opt out'. There are certain school districts that do not require social security numbers and use a different identification system when forwarding information to the CDE.

Many school districts have posted the objec-

tion form on their websites, however many do not have access to the internet. If you do not agree with the release and want to object you must do so by April 1, 2016. There are two ways:

1) Visit the California Department of Education Website and print out and complete the "Objection to Disclosure of Student Information and Records Case No. 2:11-CV-03471" form <http://www.cde.ca.gov/re/di/ws/morganhillcase.asp>

2) Write a confidential letter to Judge Kimberly Mueller, include

Name of Student, name and relationship to the student, the student's date of birth, county, school district, and school, and, if you wish, the basis of your objection. If you are the parent or guardian, you must state in the objection the relationship that you have with the affected child or student.

If you write a letter, on the first page of your letter, write in large or underlined letters: "TO BE FILED UNDER SEAL" and "OBJECTION TO DISCLOSURE OF STUDENT INFORMATION AND RECORDS, CASE NO. 2:11-CV-03471."

Mail to:

The Honorable Kimberly J. Mueller
c/o Clerk of the Court
U. S. District Court for the Eastern District of California
501 I Street, Room 4-200
Sacramento, CA 95814
Attn: DOCUMENT FILED UNDER SEAL

If you have multiple children Fill one form for each child or write separate letters for each child.

Disclaimer: This article is offered only for general informational and educational purposes. While every effort has been made to ensure the accuracy of this article, it is not intended to provide legal advice as individual situations will differ. You should not act or rely on any information contained in this article without first seeking the advice of an attorney. The statements are the expression of author, not The Montebello Reporter, and have not been evaluated by The Montebello Reporter for accuracy, completeness, or changes in the law.



If you have a legal topic you would like to see discussed please email info@montebelloreporter.com with "Ask an Attorney in the subject line."



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Gia & George Pacheco
Attorneys at Law

CHILD CARE OPENINGS AVAILABLE PARENTS MUST QUALIFY UNDER STATE INCOME GUIDELINES



The Mexican American Opportunity Foundation (MAOF) is pleased to announce openings in its part-day and full-day licensed early education centers for income eligible families. Families qualifying may receive part-day or full-day care for their pre-school child aged 1 1/2 to 4 years of age. There are centers located in Pico Rivera, Downey, and East Los Angeles. In addition to these centers, MAOF has other centers in nearby communities, including Bell Gardens, Maywood, and Boyle Heights.

MAOF teaching staff implement the High Scope Educational Approach. We believe that children learn best through their interaction with others

and when they are actively involved in their environment. We believe in providing a learning environment that is inviting to children - we do this by observing, understanding, and supporting what children do. The High Scope Approach provides teachers with a framework for organizing the learning environment, creating a consistent daily routine, and interacting with children in a warm and supportive manner.

High Scope Goals for Young Children:

- To learn through active involvement with people, materials, events, and ideas.
- To become independent, responsible, and confident- ready for school and ready for life.
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- To gain knowledge and skills in important academic, social-emotional, and physical areas of development including: language and literacy; logical thinking in the areas of number, classification, separation, space and time; initiative and social relations; creative representation; movement and music.

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PDG Bill Walters (323) 724-3104

City of Montebello

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(28CRF 35.102 - 35.104 ADA Title II)

MONTEBELLO BASEBALL OPENING DAY MARCH 5TH



<https://www.facebook.com/montebellobaseballassociation/photos/pb.179060809830..2207520000.1456602111./10153811123559831/?type=3&theater>

This year's Opening Day for the Montebello Baseball Association's season will be March 5, 2016, with 52 teams and approximately 572 players, ranging from ages 4-14. The Divisions will include T-Ball, Shetland, Pinto, Mustang, Bronco & Pony.

For the first time, MBA created a Family Day one week prior to opening day. On this day players had the opportunity to give back to their community by cleaning the park and fulfilling service hours. To thank families, MBA board members barbecued for the teams after the cleaning of the park and the night ended with a FREE movie, The Sandlot.

The goal behind these activities was to entice families and teams to come together and enjoy the season and

promote community work in youth athletics.

On Sunday, February 28th, MBA conducted group sessions with professionals to help youth athletes develop and enjoy the game. Professionals included, sport psychologist (Dr. Melinda Houston, Sport Psychologist, Occidental College), athletic training Gary Dyogi, Assistant Athletic Trainer, Loyola Marymount University and nutritionist, (Judith Dunaway, Certified Nutritionist and Dietitian). This is the first time in the organization's history that a program like this has been offered FREE of cost to MBA players and other sport leagues within the city.

Both activities were made possible by our sponsors Realtors Ray and Betty Duran and Hearts of Compassion.

PLAY BALL!



The Montebello Ponytail Girls Softball League celebrated the start of the 2016 season on Saturday February 27, at Grant Rea Park. During their Opening Day ceremonies, over 275 young girls from 23 teams, ranging in ages of 3 ½ up to 14, celebrated the annual event with the presentation of the teams to parents, family and friends, and to city officials.

A good time was at hand with the teams enjoying the day at the park with arcade style games, jumpers, team barbecues, fundraisers, and of course, softball games.

Representatives from various community businesses and organizations came out to support the grand occasion.

The Montebello Ponytail Board of Directors would like to pay a special thank you to Cook Hill Properties and Chevrolet of Montebello for their generous sponsorship.

Going on 45 years, Montebello Ponytail strives to provide a positive atmosphere in which a girl at any age and skill level can participate and find out how much fun softball can be while learning how to work together as a team. This event was a prime example of the community coming together in supporting its youth. Good luck girls, have a great season!

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Photos by Ernest Peralta

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AS DAYLIGHT SAVING APPROACHES, TIME TO CHANGE SMOKE DETECTOR BATTERIES



by Anne Donofrio-Holter
Contributing Writer

This year, Daylight Saving Time begins at 2 am on Sunday, March 13, as we "spring ahead," setting our clocks ahead one hour to make better use of daylight. The idea of daylight saving was first conceived in 1784 by Benjamin Franklin in his essay "An Economical Project." It is also the time when the Montebello Fire Department encourages everyone to change the batteries in their smoke detectors.

"Montebello firefighters know firsthand that smoke detectors save lives," said Montebello Fire Chief Dan Amador. "This is especially true of home fires that occur at night, when people tell us they were awakened by their smoke detectors."

"When responding to a home on a medical call, there have been countless times we hear a smoke detector chirping, meaning the battery needs to be replaced," said Firefighter/Paramedic Drew

DiPaola. "If the medical call isn't life threatening, we try and take the time to educate the resident who has not realized the chirping is the smoke detector."

Statistics show 60% of fire deaths occurred in homes without smoke detectors or with smoke detectors that were not working properly. Montebello firefighters have some tips that can help prevent a house fire from turning into a fatality fire:

- 1) Install smoke detectors in every bedroom, outside each sleeping area and on every level of your home.
- 2) Replace smoke detector batteries twice a year when you change your clocks.
- 3) Replace all smoke detectors in your home every 10 years.

"Given that smoke rises, a smoke detector should be on the ceiling or mounted high on a wall," said DiPaola. "Keeping smoke detectors away from the kitchen and at least 10 feet away from the stove will help reduce false alarms."

Smoke detectors should never be painted.

"Paint, stickers, or other decorations could keep the detector from working," said DiPaola. "To ensure detectors are working properly, press the button until the alarm sounds."

Montebello firefighters are more than happy to answer any questions regarding smoke detectors.

"Remember, if your smoke detector goes off and you smell smoke, get out of the house and call 911," added DiPaola.

For additional safety tips, go to the National Fire Protection Association website, www.nfpa.org.



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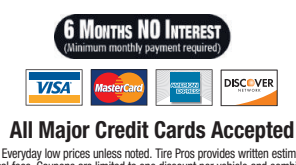
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