GETTING TO THE HEART OF WOUND CARE
Beverly Hospital’s Wound Care Center recognizes American Heart Month by teaching community about cardiovascular care and wound healing

Every day, more than half a million Americans are diagnosed with cardiovascular diseases like peripheral artery disease, a condition that compromises leg circulation and results in non-healing wounds. The staff at Beverly Hospital’s Center for Advanced Wound Healing and Hyperbaric Medicine are celebrating American Heart Month by educating their community about good cardiovascular care and tips to keep hearts healthy year-round. “Diseases that disrupt or impede blood circulation will affect how long it takes for a wound to heal. Good vascular health is a vital part of the care plan for patients who have wounds,” said Maria Rios, RN and Program Director for the Center for Advanced Wound Healing and Hyperbaric Medicine, “A healthy heart and adequate blood flow means better wound healing rates and improved patient outcomes.”

Story continued
Page 25

MONTEBELLO HISTORICAL SOCIETY HOSTS THE BATTLE OF RIO SAN GABRIEL

On January 11, 2020, the Montebello Historical Society (“MHS”) hosted its 4th Anniversary of the Battle of Rio San Gabriel (fought on January 8, 1847) at the Juan Matias Sanchez Adobe. The event was well attended by our local community and some of our local City representatives. The highlights of the event included a battle reenactment between Californio militia and US military forces. A replica howitzer cannon was shot off several times. There was period music and dancing, arts and craft for children, demonstrations of leather and wool work, and historical exhibits from several historical groups that the MHS have partnerships with. In short, present day Montebello was the site of The Battle of Rio San Gabriel, which was part of the Mexican-American War (1846-1848), was fought on 8 January 1847 by American military forces led by General Stephen W. Kearny and Commodore Robert F. Stockton against the Californios led by Jose Maria Flores (at the time Alta California was a territory of the Republic of Mexico). The purpose of this military campaign by American military forces was to retake El Pueblo de Los Angeles. The United States prevailed militarily and Alta California was conquered and eventually became part of the United States of America.

We would like to extend a big thank you to all the individuals and families that attended the MHS event. History Matters.

See Photos Page 24

Photo by Byron Jackson - facebook.com/MyMontebello

REMEMBERING THE LIFE OF JORGE PACHECO Page 7

NATIONAL WEAR RED DAY
FRIDAY, FEBRUARY 7TH
6:30pm-8:30pm
Come together alongside The Shops at Montebello and Montebello Soroptimist in honor of Heart Health Month.

SEE PAGE 21
The most important thing is to try and inspire people so that they can be great in whatever they want to do.
-Kobe Bryant

- Supporting
The Shops at Montebello and Montebello Soroptimist in honor of Heart Health Month. Wear red to raise awareness about cardiovascular disease and save lives on February 7th.

Mayor Salvador Melendez
The first new Montebello Fire Department firefighter/paramedics of 2020 are now on the job.

“We are excited to welcome our newest members into the Montebello Fire Department family,” said Chief Fernando Pelaez. “As each department can be a bit different in its operations or equipment, these probationary firefighter/paramedics will spend many hours learning the specifics of how our fire department operates.”

A first-generation American, Hussakhoon’s parents were born in Thailand. Growing up in Burbank, he attended John Burroughs High School and later attended the fire academy at Glendale Community College.

“I strive to become the best firefighter/paramedic I can be and someday, move up through the ranks at my fire department,” he said.

On his days off, Hussakhoon enjoys hiking, camping, and the outdoors.

“I also love food and finding new places to eat in different cities,” he added.

Born in San Diego, Zachary Martin became a firefighter/paramedic to help people and serve the community. After graduating Chaparral High School, Martin joined the United States Army as an infantryman.

“I remained in the Army for four years, then began to pursue a career in the fire service,” he said.

Following probation, Martin would like to teach at an EMT or paramedic school and also work on his associate’s degree. In his free time, he enjoys snowboarding and camping at the beach.

“I am very excited to be part of the team serving the City of Montebello,” he added.

Since his days in elementary school, Oscar Reyes thought being a firefighter/paramedic was cool.

“I find gratitude in helping others in need, so it became clear to me that being a firefighter was my calling in life,” he said.

Growing up near downtown Los Angeles, and a graduate of St. Francis Polytechnic High School, Reyes is one of seven children. His hobbies include hiking, backpacking in Yosemite, off-roading, watching movies, and spending time with family and friends.

Long term goals include becoming a fire marshal.

“Since I have some experience in building design, I would also like to be partake in the construction of buildings, he said. “I would also like to own a restaurant some day.”

Michael Sevillano was also drawn to the fire service out of a need to help others.

Born in Downey, the Los Alamitos High School graduate strives to become the best firefighter/paramedic possible and prepare to promote through the ranks.

A huge Raiders and Dodgers fan, he enjoys surfing, golfing, and traveling to Mexico. He also collects NFL football cards.

The many different aspects of the job is what drew Tony Torres to the fire service.

“We not only deal with fires, but we help people in a variety of circumstances,” he said.

“The opportunity to bring some sense of reassurance to people is amazing.”

The Santiago High (Corona) graduate likes to hike, experience new places, and has a passion for fishing.

“Growing up I have memories of fishing with my dad, something we still experience together today.”

Torres hopes to have a successful career in the fire service and “to be a strong asset not only to the Department, but also to the Montebello community.”

Also joining the Department is Brandon Clark.
THE SHOPS AT MONTEBELLO SCHOLARSHIP

The Shops at Montebello is now accepting application for their annual Scholarship Program. The program has awarded $1000.00 scholarships to hundreds of graduating seniors of the Montebello Unified District for 36 years.

Here are the requirements:

- Submit a self-introduction video in an mp4 format to email below (60 seconds or less-be creative)**
- Must be a Senior at Applied Technology Center (ATC) High School, Bell Gardens High School, Montebello High School, or Schurr High School
- Must be graduating from high school in the spring of 2020 and entering college as a Full-Time Freshmen in the Fall of 2020
- Volunteer at (1) Center approved event at The Shops at Montebello in 2020 (will be available Jan. 1, 2020 at shopsatmontebello.com)
- Submit 1 letter of recommendation
- Submit a copy of your current school transcript
- Submit a completed application to your High School College Counselor’s Office

Due Date: No later than Tuesday, March 31, 2020 before 2PM to the High School College Counselor’s Office.

Scholarship funds will be awarded upon official verification of enrollment in a post-secondary educational program. Verification of enrollment needs to be submitted to The Shops at Montebello Management Office, 2134 Montebello Town Center Drive, during business hours Monday through Friday.

To download a copy of the application please visit shopsatmontebello.com/event/college-scholarship-applications/

If you have any questions, call Marina or Cristina at 323-722-1776 or email marketing@shopsatmontebello.com.

**By submitting your self-introduction video, you and your legal guardian give The Shops at Montebello full rights to share on public platforms.
THE SHOPS AT MONTEBELLO PRESENTS LUNAR NEW YEAR CELEBRATION 2020

In honor of Lunar New Year join The Shops at Montebello and KAZN/KAHZ AM1300/1600 Multicultural Radio on Saturday, February 8 between 2pm-4pm in Center Court.

Guests will enjoy traditional dance performances including a Lion Dance. Shoppers are invited to learn the art of Chinese calligraphy and enter-to-win festive giveaways including a luxury Coach gift card.

Between now and February 8th, shoppers are encouraged to redeem $200+ in receipts to Center retailers for a red envelope at Guest Services. Shop the Mamacita Market before and after the Lunar New Year festivities. Mamacita Market will be in Center Court between 10am-9pm featuring local vendors. Visit shopsatmontebello.com or follow the Center on social media @ShopMontebello for the latest.

For more information, visit shopsatmontebello.com or follow us on social media at:
Facebook: facebook.com/shopmontebello
Twitter: @ShopsMontebello
Instagram: @ShopMontebello
#MontebelloMoments
TO WED OR TO REGISTER AS DOMESTIC PARTNERS? THE CHANGES TO DOMESTIC PARTNERSHIP LAWS IN CALIFORNIA

February is here and as Valentine’s Day quickly approaches, many will begin preparing and planning for a day of romance and love. Some will contemplate popping the big question this day – “Will you Marry Me?”. In 2014, American Express released its survey results from the American Express Spending & Saving Tracker and revealed that about 6 million people will receive or plan a marriage proposal on Valentine’s Day. This year, Americans have another option to legalize their marriage proposal on Valentine’s Day. This year, Californians have another option to legalize their relationship – the Domestic Partnership.

Domestic Partnerships are legal relationships that are similar to marriage and governed by California Family Code § 297. A domestic partnership was defined by the Code as, “two adults who have chosen to share one another’s lives in an intimate and committed relationship of mutual caring.” Before January 1, 2020, the domestic partnership was only available to same-sex couples or opposite-sex couples over the age of 62 years old. Governor Gavin Newsom signed Senate Bill 30, which now became the law on January 1, 2020, which now allows all couples to enter into a domestic partnership. In summary, heterosexuals now have the option to be legally recognized as domestic partners in California.

A domestic partnership is established when both persons sign, notarize and file a “Declaration of Domestic Partnership” with the Secretary of State. Some counties require formal registration as well. A valid domestic partnership must meet the following requirements:

1) Neither partner is married to someone else, nor is a member of another domestic partnership that has not been terminated, dissolved or adjudged a nullity.
2) The two persons are not related by blood.
3) Both persons are 18-years-old. Persons under 18 years will have to obtain parental or guardian consent and obtain a court order granting permission to establish a domestic partnership. A certified copy of the order must be filed with the California Secretary of State together with the Declaration of Domestic Partnership.
4) Both parties must have the capacity to consent.

In California, registered domestic partners shall have the same rights, protections and benefits, and shall be subject to the same responsibilities, obligations and duties as are granted to and imposed upon spouses. Since couples do not have “common law” marriage protections in California, the domestic partnership could protect the partners by legally recognizing couples and dictate their rights in the event of death and divorce.

The benefits of entering into a domestic partnership include: either domestic partner may take their partners last name, or both may change their names to a combination of both surnames; there are protections upon death; being a beneficiary under your domestic partners state health and or dental insurance; the ability to adopt a child of the domestic partner; and the right to own community property.

There are disadvantages as well. For example, domestic partners may encounter difficulties during various transactions such as not being recognized in other U.S. states. Also, upon death, inheriting your partner’s property may not be automatic. While you can inherit your partner’s assets through a will, you may be subject to taxation. The federal government does not recognize domestic partners as “married” for federal tax (IRS) purposes. Registered domestic partners must continue to file as unmarried individuals on their federal returns. Last, domestic partners may find it difficult to adopt a child from a foreign country.

In the event of separation, the domestic partners may dissolve their domestic partnership with the Secretary of State so long as both partners sign the Notice of Termination of Domestic Partnership and meet the requirements under the Family Code. These requirements include but are not limited to: the domestic partnership was less than 5 years; you do not have children born before or after registration of the domestic partnership or adopted after registration of the domestic partnership; and neither of the registered domestic partners, to their knowledge, is pregnant. There is an exhaustive list and because many domestic partners have acquired property together or have had children, they do not qualify. If you do not meet the Secretary of State’s criterion for a “simple dissolution”, then the partnership must be dissolved through the Superior Court in the county in which you reside. The court process would carry out much like a divorce.

It is always wise to consult with an experienced family law attorney to determine if a domestic partnership or marriage is in your best interest, or in the event of separation, if you qualify for a simple dissolution of domestic partnership.

Happy Valentine’s Day to our readers.

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. This 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.
PACHECO, JORGE

Jorge Pacheco, 87, was born on February 17, 1932 in Mexico City to his father and Mercedes Castillo. Growing up in poverty and enduring a tough childhood, Jorge knew he wanted more for his life and dreamed of the "crossover". At nineteen years old, Jorge married his wife Margarita Baez and together they had five beautiful children: George, Jose "Pepo", Genoveve "Machis", Arturo "Turi", and Norma "Chiquis". Wanting a better life for his family, Jorge finally crossed over alone at the young age of 19 years old without knowing a word of English and having only had less than a second grade education. What Jorge did possess was a serious work ethic and the drive to provide not only financially for his family but also to provide a decent childhood to his children.

Jorge initially settled in the City of Los Angeles and worked as a busboy. He learned enough English to survive and eventually was able to send for Margarita and their two sons George and Pepo. Jorge secured himself at a company known as Hoffy where he worked during the wee hours each morning as a butcher for over forty-five years. Jorge and Margarita later went on to have three more children, Genoveve, Arturo and Norma while living on 17th Street in Los Angeles. Tragedy struck the family when they lost Arturo "Turi" at 16 years old - the family was never the same. Aside from the loss of their son, the threat of gang infestation coupled with the government exercising its power of eminent domain, Jorge and Margarita were forced to find a new place for their family to call home.

In 1973, with the help of other family members, Jorge discovered the promising city of Montebello and decided to settle and establish the family roots here with the Baez Family. In the family and community, Jorge was known to help out whether it be finding a job or lending a hand. After working for 45 years, Jorge retired at 65 and spent time with his wife and became a gym regular who dedicated himself to personal fitness and his hobby for car detailing. Jorge loved to dance and hosted many Pacheco Family parties. The Pacheco’s were known to open their home to all. Jorge’s proudest moment was he and Margarita became naturalized as citizens in 1994.

Jorge came to this country with nothing and through hard work and perseverance was able to provide his family a two story home in Montebello, earn a pension, and at one point bought his wife Margarita a Mercedes. He neither bragged about these symbolic accomplishments nor boasted his successes. In fact, he was very humble and spoke about working hard and how he never missed work. Jorge never realized that he had become the epitome of the “American Dream”. He continues to be a role model to the Pacheco and Baez family.

Jorge is survived by his loving family: George and Elizabeth Pacheco of Montebello, Ca., Jose "Pepo" and Ana Pacheco of La Verne, Ca., Genoveve and Don Henchel of Montebello, Ca., and Norma and Raymundo "Gabby" Serrato of Montebello, Ca. His Grandchildren: Gia L. Pacheco, Jennifer Pacheco (Joshua) Villalobos, Marc Pacheco, Don Henchel, Arthur Pacheco, David Pacheco, Amanda Pacheco and Jose Luis Pacheco. Jorge was blessed to have known his great-grandchildren: Gemma, Joshua, Noah, Giana, Arturo Valentín and Leo. He is also survived by other family and friends in the community who will miss him dearly. Jorge is now resting in paradise with his wife Margarita and their Son, Turi in heaven. The family thanks everyone for their outpouring of support and words of comfort during this difficult time.
MPD RECOGNIZED FOR NATIONAL NIGHT OUT EFFORTS

By Anne Donofrio-Holter
Contributing Writer

For its efforts in growing positive police-community relationships, the Montebello Police Department has been recognized by the National Association of Town Watch as an outstanding participant of the annual National Night Out campaign in the category of cities with a population of 50,000-100,000.

The National Association of Town Watch is a non-profit organization dedicated to build safer and more caring communities by police-community partnerships through strategic crime prevention programs such as Neighborhood Watch and National Night Out.

As a registered community participant of last August’s National Night Out, following the event, the Montebello Police Department submitted a report, including photographs, to the National Association of Town Watch documenting the evening’s many successes.

Along with K-9 and drone demonstrations, and vendor booths, a highlight of the evening was a dunk tank which featured Police Chief Brad Keller and then-Mayor Jack Hadjinian. Montebello’s National Night Out also sparked the interest of Channel 7 News which sent a crew to cover the event for their evening broadcast.

“National Night Out has become a much anticipated event in our community. Our committee of city, department, and community volunteers work tirelessly to make the event informative, fun and relevant,” said Captain Luis Lopez. “We are humbled to receive this award, but more importantly we are committed to providing a yearly event where we can showcase our department and community partners while having fun with the community at the same time. We are much appreciative of the positive relationship we have with the community.”
Community

MPD CELEBRATES CENTENNIAL WITH COMMEMORATIVE BADGE AND PATCH

By Anne Donofrio-Holter
Contributing Writer

Proud to carry on the tradition of superior service to the community first started 100 years ago, Montebello police officers will be wearing commemorative shoulder patches on their uniforms and carrying badges similar in design to those worn by the City’s first law enforcement officers in celebration of the Department’s centennial.

According to Police Chief Brad Keller, the badge will be in the shape of a six-pointed star representing the original six townships in Los Angeles. The badge will include the letters “L.A. CO” for Los Angeles County. The word “Constable” appears representing the official title of law enforcement officers of the various townships in the County in the 1900s. A grizzly bear, the state animal of California, is shown with “1920 Centennial 2020” written below. The words “Montebello TWP,” an abbreviation of township, represents what is now the City of Montebello. The officer’s rank and serial number appears underneath.

The patch, with the words “1920 2020 Centennial,” will sport oil derricks, fruit trees, and a palm tree, all common sights in Montebello in 1920.

No tax dollars were used for the purchase of the commemorative badge or patch and if unsure of its validity, Keller encourages residents to request to see an officer’s identification card.

“It is an honor to pay respect to our predecessors and be part of an unbroken chain of men and women that have served as Montebello police officers,” said Captain Luis Lopez. “We will proudly wear the commemorative patch and badge as a symbol of solidarity with our past and as we embark on the next century of Dedication to Superior Service.”
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*While supplies last.

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MONTEBELLO REPORTER

Order Your Heart Shaped Pizza for Valentine’s Day!

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**323-722-4002**

Order Your Heart Shaped Pizza for Valentine’s Day!

**Watch The Game With US**

On February 2nd

Happy Hour Prices During The Game!

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LEMON PEPPER & MANGO HABANERO

**PIZZA DEAL**

2 LARGE ONE-TOPPING PIZZA

**PIZZA & WINGS**

2 LARGE ONE-TOPPING PIZZA

$27.99

+ $10

*While supplies last.

(Attractions are subject to close without notice.)

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Where the original Karate Kid movie was filmed!
In the December column we looked at the importance of attending meetings and events, listening, and adapting if we wanted our ideas to succeed.

You have heard that necessity is the mother of invention? I see a necessity in educating idealists, whether on the right or the left, to better consider the human condition. Why? So as to avoid frustration leading to paroxysms of horror, as happened in Nazi Germany, the Soviet Union, Pol Pot's Cambodia, and the People's Republic of China. (Yes, greed is part of the picture. Worse than immoderate idealism is that idealism acting as a veil for greed.)

This article is worth a look, because it leads to a possible innovation:

“Richard Jewell,” Clint Eastwood’s drama about the security guard falsely accused of bombing the 1996 Olympics … Eastwood and his gifted veteran screenwriter Billy Ray rely heavily on Marie Brenner’s 16,000-word Vanity Fair profile of Jewell, “American Nightmare: The Ballad of Richard Jewell.” They also draw on The Suspect, a 2019 book coauthored by former U.S. Attorney Kent Alexander, who was involved in the investigation, and former Wall Street Journal editor Kevin Salwen, who helped cover the bombing. Published in February 1997, Brenner’s article savaged Louis Freeh’s FBI for running roughshod over a suspect’s civil rights and privacy, and the print and broadcast media that rushed to judgment and generated a frenzy that nearly destroyed him. Several dialogue scenes from her famous story appear almost verbatim in the film. … “Destroying a Life,” https://www.city-journal.org/richard-jewell-movie

What innovation? In order to nurture understanding leading to respect, in order to avoid the frustration leading to unspeakable horror, could schools, municipalities, and nonprofit organizations have movie nights open to the public with no admission charge? Yes, movie nights, where movies, fictional or factual, with timely messages would be shown and discussed. Yes, free popcorn, too.

“Richard Jewell” seems like a movie which everyone should see. Ditto “The Ox-Bow Incident,” “The Learning Tree,” and the original “Twelve Angry Men.” There are a number of movies which can teach, even if the stories were fiction, as long as the background were factual. What would you add to the list?
Recreation & Community Services Events and Information

**CITY OF MONTEBELLO**

**YOUTH & ADULT CLASSES**

**Winter 2020**

**Gymnastics hosted by Lighthouse Sports Center**

(Mondays)
- Toddler Gymnastics: Ages 1-2 (walking) 5:00 p.m. - 5:30 p.m.
- Preschool Gymnastics: Ages 3-5 5:35 p.m. - 6:15 p.m.
- Beginning Gymnastics: Ages 6-13 6:15 p.m. - 7:00 p.m.

Session Fee: $70.00 per session or $50.00 per class.

**Classes hosted by Dream Pillar**

- Tiny Tally Ballerinas: Ages 3-7 Tuesdays 6:00 p.m. - 6:30 p.m.
  *CLASS BEGINS Tuesday, May 5th, 2020.*
- Dance for the Stage: Ages 8 & up Tuesdays 8:45 p.m. - 9:30 p.m.
- Musical Theater Skills: Ages 7-17 Thursdays 5:30 p.m. - 6:30 p.m.
  *CLASS BEGINS Monday, May 4th, 2020.*
- Intro to Keyboarding: Ages 7-17 Thursdays 6:30 p.m. - 7:15 p.m.

**Zumba w/ Maria**
- Ages: 16 & up Monday - Friday 9:30 a.m. - 12:00 p.m.
- Session Fee: $35.00 per class (maximum of 12 classes)
- Session 1: Jan. 6th - Jan. 31st (excluding Feb. 22nd)
- Session 2: Feb. 3rd - Feb. 28th (excluding March 1st)

**SalTa, Cha-Cha, Merengue, Bachata**
- Ages: 16 & up Tuesdays & Thursdays 8:15 p.m. - 9:00 p.m.
- Session Fee: $40.00 per class (maximum of 12 classes)
- Session 1: Jan. 6th - Jan. 31st (excluding Feb. 22nd)
- Session 2: Feb. 3rd - Feb. 28th (excluding March 1st)

**Hip Hop Hosted by Young Champions**
- Ages: 5 - 8 Thursdays 5:00 p.m. - 6:10 p.m.
- Ages: 9 - 15 Thursdays 6:15 p.m. - 7:25 p.m.
- Session Fee: $70.00 per session
- Session 1: Jan. 30th - Mar. 26th (excluding class 2/13)

**Karate Classes**
- Little Samurai: Ages 4 - 7 Mondays & Wednesdays 5:00 p.m. - 5:55 p.m.
- *Classes with a "/" are age-appropriate classes.

**Kids Cooking Class**
- Ages 7 - 12 Fridays 6:00 p.m. - 6:30 p.m.
- Session Fee: $50.00 per class, includes material fee
- Session 1: Jan. 10th - Jan. 31st
- Session 2: Feb. 7th - Feb. 28th

**City of Montebello AARP Tax-Aide**

**Free Tax Return Preparation**
- February 5th - April 9th, 2020
- Wednesday and Thursday 9:00 a.m. - 12:00 p.m.
- Free individual tax return assistance for low income taxpayers. Call (323) 887-4575 to schedule an appointment.

**Requirements**
- Copy of 2018 Tax Returns
- California Picture I.D.
- Social Security Card/Proof
- 2019 Tax Statements/W-2 Forms
- Health Insurance info.

**Montebello Senior Center**
- 115 S. Taylor Ave.
- Montebello, CA 90640

**MONTEBELLO REPORTER**

FEBRUARY 2020

CATHY HENSEL YOUTH CENTER
236 GEORGE HENSEL DR.
MONTEBELLO CA 90640
(323) 887-4570

For More Information please contact Montebello Sports Office (323) 887-4570

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in any activity, please contact the City of Montebello, Department of Recreation & Community Services, at (323) 887-4570. Twenty-four (24) hours prior to meeting will enable the City to make reasonable arrangements to ensure accessibility.

This new decade was introduced with multiple MUSD band and pageantry members in the Tournament of Roses Parade on January 1.

Being a part of an honor band such as this is a lot of hard work that happens around the holidays, such as Christmas and New Year’s Day. Every day after Christmas until the day of the long-awaited Rose Parade, we are practicing and performing alongside many students from other schools.

Members of the PCC Honor Band practice all through the weekends of November and December. From December 26 to January 1, the students were practicing at Dodger Stadium and the Santa Anita Race Track to do anywhere from three to five miles a day, as preparation for the Rose Parade on New Year’s Day.

Performances of the band’s four songs began with their parade down Main Street in Disneyland on December 27. As practices continue, more performances, such as our three appearances at the 2020 Band Fest in Pasadena, came up in our schedules.

This year’s theme for the Tournament of Roses Parade centered around the idea of hope. “Hope” inspired our band to play four arrangements called Seize the Day from the film Newsies, It is a Small World, Everything is Coming up Roses, and Eagle Squadron.

For the multiple high school and college students taking part in the Pasadena City College Honor Band, completing the 5.5-mile parade is a once-in-a-lifetime experience. Many individuals use this experience to meet new friends from different schools.

As part of the 2020 Pasadena City College Pageantry team, my personal experience felt like a sense of accomplishment as a performer. Turning onto Colorado Boulevard, looking up to the smiling, crowded audience, as a performer I wanted to tear up from the joy that overcame me and the fact that I proved myself to be a true performer.

Along with the many students that participated in this honor band, I will never forget the memories we made and the people we met during this short season.
On January 11, 2020, the Adobe House on Adobe Avenue reenacted the Battle of Rio San Gabriel which was part of the Mexican-American war. The battle spread into parts of Montebello, Pico Rivera, and Whittier, and was won by the American forces.

The reenactment battle featured several people who reenacted and reflected upon what life was like near the time that the battle occurred, which included but was not limited to leather stamping, wooden toys, and a sewing wheel. The battle was reenacted with guns that shot bluffs and a cannon that was very loud (and also shot bluffs). It was a truly amazing experience, and I would recommend you visit next year. Families with small children may want to consider the reenactment’s use of the cannon, which as I mentioned before was very, very loud.

I have personally been to the reenactment and liked it a lot. We also were able to meet Andrew Campa, our counterpart from the Los Angeles Times.

MAOF offers Infant & Toddler Care, Preschool, and Child Care & Development Services for children ages 6 weeks to 5 years

Program Highlights

- Free or low cost
- Bilingual staff
- Year-Round Program
- Nutritious meals served daily

Twelve Centers in Los Angeles County

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<tr>
<th>Center</th>
<th>LIC#</th>
<th>Phone</th>
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<tr>
<td>Bell Gardens - Class St.</td>
<td>198001022</td>
<td>(323) 585-6181</td>
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<tr>
<td>Bell Gardens - Florence AVE.</td>
<td>198001024</td>
<td>(562) 484-9700</td>
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<tr>
<td>Downey</td>
<td>191592403</td>
<td>(562) 806-3524</td>
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<td>Pico Rivera</td>
<td>191592400</td>
<td>(562) 949-3189</td>
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<tr>
<td>Rosemead</td>
<td>192005239</td>
<td>(323) 585-6181</td>
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<tr>
<td>South Gate</td>
<td>191592400</td>
<td>(323) 264-1907</td>
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<tr>
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<td>191592403</td>
<td>(562) 806-3524</td>
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<tr>
<td>Norwalk</td>
<td>191592403</td>
<td>(562) 484-9700</td>
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<tr>
<td>Boyle Heights</td>
<td>198006456/198006455</td>
<td>(323) 881-8877</td>
</tr>
</tbody>
</table>

Web: www.maof.org Email: eearlyed@maof.org
On January 10, 2020, First Fundamental Bible Church gave its creation seminar that God created the universe and everything in it. Here are some things they mentioned: scientists say that the universe is made up of time, space, and matter, but Genesis 1:1 states that In the beginning (time) God created (space) the heavens and the earth (matter)! Also, the seminar stated that scientists are puzzled by the evolutionary history of dogs and cats, yet claim to know the origins of us humans; that doesn’t make any sense at all!

Scientists are also having trouble understanding our sun and how it works; and if they can’t figure that out, then how can they say that they know the origin of our universe. Earth’s iron core can deflect solar winds through an electric field, and solar winds can have horrible effects on the earth because they are so powerful.

Our planet couldn’t have just been created by chance and be able to protect itself from solar winds, and this is proof that earth was created by a Creator- God!

By Lourdes Rodriguez - 3rd Grade, Greenwood Elementary

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Homes for Heroes® is Dedicated to Serving and Giving Back to Firefighters, Law Enforcement, Military (Active, Reserves and Veterans), Healthcare Workers, EMS and Teachers When You Buy or Refinance a Home.

It's our way to say Thank You.

Reduced Lending Fees and Local Business Deals

Homes for Heroes, Inc., donates a portion of its earnings to the Homes for Heroes Foundation, and every time a hero buys or sells a home using the Homes for Heroes program, they are helping heroes in need.

“This is one of the best programs that I have seen since retiring from the U.S. Navy in 2006, where something is done to help veterans from start to finish. Thank you.” - Bobby

“Great experience! Would definitely recommend! I will always go to Homes for Heroes for all my real estate needs!” - Patricia

“The Homes for Heroes program made me feel like my sacrifices to my community and my country were worth it. That there was somebody there, to tell me, thank you for your service and shaking my hand.” - Cinda

Call today for more mortgage information!
My name is Alina Rubio. I am the Junior Citizen of the Month for January 2020. I am a senior at Montebello High. With five older siblings, all whom have attended and graduated from Montebello, including my father, Eliel Rubio, a teacher at Montebello, makes us a total of seven Rubio graduates. He is a social studies teacher and coaches’ baseball. Go Oilers!

Although I have a strong family foundation now, it was not always this way for me. At age 12 ½ I was adopted by my godparents. It was hard for me to overcome certain hardships related to my adoption. Throughout my journey though, my family has been by my side. They have shown me how to turn to the love of faith when times get hard. I continue to practice this in my daily life.

My name is Brianna Ontiveros. I am the Select Student of the Month for January 2020 from Vail High. I live with my Mom, Grandmother, and four younger siblings. Schurr friends. I am grateful for the opportunity in attending Vail to dental assistant. My thanks go to all at Vail to regain my steps and to return to Schurr. Why? and Schurr as well as the Montebello-Whittier I started becoming lazy and not showing up at Masonic Lodge #323 and Montebello Mason-school. As a consequence, I fell behind in my ic High Twelve Luncheon Club #422 for the credits. At Vail I have had a great experience. I have met so many amazing people and I grew strong bonds with Vail teachers such as Mr. Munoz, Ms. Huerta, and many more.

At Vail, I was elected Associated Student Body President (ASB). At first it was hard to keep up with my regular classes along with ASB activities. However, I worked really hard to stay focused. It was wasn’t impossible as I passed all my classes.

My plan is to attend California State University, Montebello-Whittier Masonic Lodge #323, and the Montebello Masonic High Twelve Club #422 for this honor.

My English is definitely my favorite subject. I really love reading and writing. I am super excited at being able to graduate with all my mother, and four younger siblings. At Schurr I was president of the Bible Club. That led me to create my own club, GL.E.E.M, an acronym that stands for "God Loves Everyone, Even Me." The purpose of these clubs is to create a safe space for students so that they can share their love of faith and fellowship with each other. This has allowed me to forge strong friendships with my peers and long-lasting relationships with teachers too.

During my senior year I serve as president of the aforementioned clubs as well as being elected Assistant Secretary of Clubs and of our Associated Student Body (ASB). My goal is to make this school year memorable and to provide inspiration for a better tomorrow using the power of love.

My plan is to attend California State University, Montebello-Whittier Masonic Lodge #323, and the Montebello Masonic High Twelve Club #422 for this honor.
MEET THE NEW OLMM PRINCIPAL

Dominique Preciado is proud to enter the 2019-2020 school year as the new Principal of Our Lady of the Miraculous Medal Parish School in Montebello.

She has been a Viking for the past 10 years and has served the school community in many capacities. She began her journey as a 2nd grade teacher’s aide in 2009 and substituted grades kindergarten through 8th grade. In 2014 she became the Jr. High Social Studies and Science teacher. She loved to bring history to life in the classroom and worked hard to create an interactive Science space for her students.

Dominique is alumni of California State University of Los Angeles and Loyola Marymount University. She is dedicated to inspiring and encouraging all students that enter Our Lady of the Miraculous Medal. She plans to strengthen relationships between students, families, parish, and community.

Our Lady of the Miraculous Medal Parish School will be hosting an Open House on Sunday, February 9th, from 10:30-2:30 PM. She warmly welcomes anyone who would like to meet her and see all that this amazing school has to offer.

THINKING ON BUYING A HOME?

Classes are held at MHDC’s Office on Saturdays from 9:00 AM to 5:00 pm
Cost per class $50
REGISTER TODAY BY CALLING (323)722-3955
1619 Paramount Blvd. Montebello, CA 90640
www.mhdcca.org
Heart disease is a general term that includes all illnesses that affect the heart. The most common heart disease is coronary heart disease or coronary artery disease, which happens due to build-up of plaque in the arteries causing clogged arteries. As a result, this blockage of arteries can lead to serious conditions such as heart attacks and strokes. Other types of heart disease include abnormal heart beats, heart failure, and heart infections.

Who is generally more at risk?

- Males, especially African American males
- Women’s risk increases after menopause
- Younger people, depending on their lifestyle choices
- Patients undergoing certain chemotherapies and radiation therapies

How can I prevent heart disease?

There are 6 main ways that you can protect your heart, and you can start these today!

1. 60 minutes a week of moderate-intensity aerobic activity. You can start by trying 10 minutes a few times a day! Few ideas can be dancing to 3 of your favorite songs, parking a little bit further away from your destination to walk, and taking a stroll with friends and family.
2. Eating healthier by controlling portions and eating wisely. More fruits and vegetables with less salty foods.
3. Maintaining your weight loss can keep your heart healthy.
4. No smoking is always the best option. If you do smoke, there are many resources available to help you quit. You can also talk to your healthcare provider about other strategies for quitting that may be right for you.
5. More sleep, less stress! Stress and lack of sleep can both be contributors to high blood pressure and put you more at risk for heart disease. A good amount of sleep for most adults is around 7 to 8 hours of sleep a night.
6. Tracking your blood pressure, blood sugar, and cholesterol will help keep your heart healthy. Your doctor and local pharmacist are good people to talk to about getting the right tools to maintain a healthy lifestyle.

Debunking some Common Myths

Myth: Women’s real concern is cancer, not heart disease. Mainly men are diagnosed with heart disease.

Even with all the forms of cancer combined, heart disease causes more deaths in women than men.

Myth: Healthy and fit people do not need to worry about heart disease.

There are many different factors, such as smoking and eating cholesterol-heavy foods that can counter healthy habits.

Myth: Since I do not have symptoms, I will be fine.

Symptoms of heart disease are greatly overlooked due to the wide variety of forms that it can come in. In most cases, the main symptom is thought to be chest pain. However, heart disease can present itself as extreme fatigue, nausea/vomiting, feeling lightheaded, and shortness of breath.

Myth: Heart disease runs in my family, so there is nothing I can do to prevent it anymore.

Given with the right tools, information, and support, you can keep your heart healthy and happy! If you want to know more about how to be proactive about maintaining your heart health, feel free to come and talk to our staff or pharmacist, Shushma Patel at The Prescription Shop.

Resources:

5. Is the Heart a Muscle or an Organ? Healthline. https://www.healthline.com/health/is-the-heart-a-muscle#heart-conditions
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Since 2004, Dr. Jackson Ma has called Montebello home for his Medical office. Before becoming a Doctor he started as a materials scientist and an Engineer building lithium ion batteries for various industries.

His last job prior to going to medical school was working at Hughes Space and Communications on satellite battery for geosynchronous earth orbit satellite.

Dr. Ma decided to do something more personal and that directly impact other people’s lives.

Dr. Ma attend the University of Wisconsin-Madison and graduated Medical School in 2001. And received his Ph.D. In Chemistry in 1991.

Dr. Ma did his internship and Residency in internal medicine at the University of Southern California/Los Angeles County Hospital and was completed in 2004.

Dr. Ma became Board Certified In Internal Medicine in 2014.

Over 90% of Dr. Ma patients are over 65 years and older. Dr. Ma specializes in Adult and Geriatric practice in clinic, hospitals, nursing homes and home visits.

Dr. Ma office is located at 101 E. Beverly Blvd, Suite 100A in Montebello and can be contacted at 866-802-3192 and by Email at jma@ahcusa.com

Dr. Ma has four children and in his off time enjoys swimming, hiking.
### Calendar of events

<table>
<thead>
<tr>
<th>Monday</th>
<th>February 2020</th>
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</thead>
<tbody>
<tr>
<td><strong>TUESDAY</strong></td>
<td></td>
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<tr>
<td>3</td>
<td>Zumba! 5:30pm - 6:30pm</td>
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<tr>
<td>4</td>
<td>How Sweet Are You? HbA1c &amp; Diabetes Education 10:00am - 12:00pm</td>
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<tr>
<td>5</td>
<td>AARP Driver Safety Program 2-Days</td>
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<td>6</td>
<td>Members: $15</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
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<tr>
<td>7</td>
<td>National Wear Red Day For Heart Health Month</td>
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<tr>
<td>8</td>
<td>New Time! Rock &amp; Roll Chair Aerobics 3:00pm - 4:00pm</td>
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<tr>
<td><strong>THURSDAY</strong></td>
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<tr>
<td>9</td>
<td>Glucose Screening 9:30am - 10:30am</td>
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<tr>
<td>10</td>
<td>How Sweet Are You? HbA1c &amp; Diabetes Education 11:00am - 1:00pm</td>
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<tr>
<td><strong>FRIDAY</strong></td>
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<tr>
<td>11</td>
<td>How Sweet Are You? HbA1c &amp; Diabetes Education 11:00am - 1:00pm</td>
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<tr>
<td><strong>SATURDAY</strong></td>
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<tr>
<td>12</td>
<td>How Sweet Are You? HbA1c &amp; Diabetes Education 11:00am - 1:00pm</td>
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</tbody>
</table>

**Upcoming Wellness Lectures**

All lectures will take place in Beverly Hospital Tower Basement Rooms. 309 W. Beverly Blvd., Montebello, CA 90640

**Save Your Limbs! How To Avoid Amputations**

February is known as American Heart Health month! Join Mazen Hashisho, Cardiothorasic Surgeon, as he discusses ways you and your loved ones can care for your heart and vascular health to avoid an amputation, even if you’ve already had one.

**Tuesday, February 18 | 230pm - 3:30pm**

**Advancements In Prostate Health Technology**

Join Urologist Jonathan Perley and learn how minimally invasive procedures can allow men to live a Benign Prostatic Hyperplasia (BPH) medication-free life. A light dinner shall be served.

**Thursday, February 20 | 5:30pm - 7:00pm**

**Prevent Taking A Tumble**

As we age, the risk of fall accidents rises but there are ways to counter it. See how environmental modifications, strengthening movement training, and more can help prevent or minimize falls.

**Tuesday, March 3 | 11:00am - 12:00pm**

Class registration is highly recommended. Class size of less than 4 is subject to cancellation on the day prior to class.

**Register Today! (800) 568-0110**

**Beverly Hospital**

Fully Accredited by DNV-GL and ISO 9001 Certified

**www.beverly.org**

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**Healthcare**

**Montebello**

- Beverly Hospital, Tower Basement Rooms 309 W. Beverly Blvd., Montebello, CA 323-725-1122
- Beverly Hospital, Wound Care Center 413 W. Beverly Blvd., Montebello, CA
- Beverly Hospital, Senior Care 323-882-6375
- Montebello Senior Villas 1151 W. Whittier Blvd., Montebello, CA 90640 323-779-4555
- Beverly Towers 1151 W. Beverly Blvd., Montebello, CA 90640 323-779-5111

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**Beverly Hospital**

**Quality HealthCare**

**Compassionate Care**

**Healthcare**
BEVERLY HOSPITAL RECEIVES $1M CONTRIBUTION
Introducing the Joseph & Helen Koo Emergency Care Center

On January 31, 2020, Beverly Hospital held the naming of its Emergency Care Center after Mr. Joseph and Dr. Helen Koo, who donated $1M to the Hospital. Dr. Helen Koo, Pediatrician, has been a Beverly Hospital Physician since 1982 and has been caring for the community’s infants and children for nearly 4 decades. The Koo’s contribution will help Beverly Hospital continue to make important improvements to its facilities. These improvements result in a higher level of quality and compassionate care for every patient.

The recently expanded Emergency Care Center (2019) added 15 new beds (bringing the total to 32), two trauma bays, a state-of-the-art new nursing station, and a new waiting area. Alice Cheng, President & CEO, commented on the recent expansion “our community deserves the best care close to home, and we can now provide superior emergency care and shorter wait times for urgent needs.” The additional space will help meet the needs of a growing community.

The hospital has experienced various expansions since its humble origins as a maternity cottage. Prior to current renovations to the Emergency Care Center, the hospital renovated its Hensel Maternity Center into 18 private maternity suites in 2016, and retrofitted various areas of the hospital to meet earthquake standards in 2015. Funding for these and other renovations was secured with a $40 million bond from the California Statewide Communities Authority in 2015. Older renovations include a move of the original hospital building from Beverly and 4th St. to Harding and 4th St. in 1957 and the rise of its patient towers (floors 2-5) which were added in 1973.

Beverly Hospital serves Montebello, East Los Angeles, Pico Rivera, Whittier, and surrounding cities since 1949.

NATIONAL WEAR RED DAY Fashion Show Benefit
FRIDAY, FEBRUARY 7TH 6:30pm-8:30pm

Join us for the National Wear Red Day Fashion Show Event at the Shops at Montebello.

A $10 donation will get you a seat (limited to the first 200) to the REDy-towear fashion show curated by Macy’s Personal Stylist, a swag bag and a commemorative wine glass (21+). All proceeds will benefit American Heart Association.

Perfume Bar
Lip Bar
Macy’s Latest Fashions

FOR MORE INFORMATION AND TO REGISTER VISIT SOROPTIMISTMONTEBELLO.ORG

#ComeTogether
CLARITY IN REAL ESTATE® BY THE REAL ESTATE YOGI®

By Armen Mardirousi, MBA
Broker / Owner
Raven’s Rock Real Estate Services, Inc.
CalBRE 01808406

Clarity in Real Estate…?

Yes, clarity in Real Estate! My name is Armen Mardirousi (The Real Estate Yogi®) and I will be contributing to The Montebello Reporter in hopes of shedding light and bringing clarity to the whole real estate process; from buying to selling, investing and even leasing, I will publish short, monthly articles to help you, the readers navigate the process and make wise decisions. Why is this important? Well, real estate is the biggest purchase in most people’s lives, and it is my mission to ensure you have the knowledge and insight that could save you thousands (in not hundreds of thousands) of dollars. Since this is the first article, let me tell you a bit about myself and what qualifies me to dispense this future advice.

Meet the Yogi

I am Armen Mardirousi, a real estate broker licensed through the California Department of Real Estate (CalDRE) and owner of Raven’s Rock Real Estate Services, Inc. I bring a vast and varied experience to the world of real estate. As a serial entrepreneur, I have built several successful businesses since my teenage years. I am unique among my peers in that I call upon a vast knowledge base built through experience and formal education. I am known as The Real Estate Yogi® because of my soothing and conscious approach to all things real estate. A yogi is a practitioner of yoga. I am a certified Kundalini Yoga teacher and I practice daily what I teach my students during our regularly scheduled yoga classes. I also hold a Master of Business Administration (MBA) degree and have over 20 years of real-world negotiating and business experience. Additionally, I have many years of experience dealing with real estate transactions, including real estate sales, investing and management. I am known as a master negotiator - having a reputation for finding creative solutions where others see a dead-end. And since I am a Realtor®, you can rest assured that I work to a higher standard when it comes to serving the real estate needs of sellers and buyers alike.

Now that you know who I am, I will focus future articles on sharing my knowledge and expertise to bring you Clarity in Real Estate®. In the meantime, call or text me on (818) 355-2850 if you have any real estate related questions or concerns.
QUIET CANNON HOSTS GRAND RE-OPENING

Quiet Cannon, the conference and event center on the Montebello Golf Course, is proud to have hosted a Sales Office Grand Re-Opening party in December to celebrate the new re-opening of the Sales Office. Located at the front of the building with maximum street and public exposure, the Sales Office features a new, clean and modern appearance that refreshes the entire facility.

Featuring a hosted bar and hors d’oeuvres samples, the Re-Opening party in December featured both prospective guests and consistent clients of the conference events center. Marbella Ortega, Director of Event Sales, stated, "It is with great pride that we open our doors with a fresh new appearance, ready to serve and create positive guest experiences every day."

With ergonomic workspaces for team members, big screen televisions displaying photos and a clean modern design, Quiet Cannon encourages you to come in and see the brand new sales office and book your 2020 and 2021 special events with Director of Sales Marbella Ortega and her talented sales professionals.

Photo by APICUREFOREVER.COM
REENACTMENT OF THE BATTLE OF RIO SAN GABRIEL

Photo by Byron Jackson - facebook.com/MyMontebello

TAX SEASON IS HERE!
PRIMETIME PRO SERVICES
WWW.PRIMETIMEPROSERVICES.COM

INCOME TAX PREPARATION
FINANCIAL SERVICES
REAL ESTATE COUNSELING
YOUTH LEAGUE SERVICES

Phone: (323)725-7262
200 E. Beverly Blvd., Suite #102. Montebello, CA 90640
FEBRUARY 2020 “YMCA SHORTS”

FOR THE HEART, FROM THE HEART!
Isn’t the best Valentine’s gift you may give your loved ones spending more time together? The number of years we enjoy in wellness are extended through consistent exercise, and families work out together at the YMCA in growing numbers to reduce stress, provide bonding time, extend life spans, and improve functional wellness to bring increased energy and vitality. Financial assistance is available for memberships as well as for every program the Y offers, so that all may enjoy wellness together. Visit the Y at Beverly & 20th Street to learn how the Y can help support your wellness- from the heart and for the heart!

YMCA CAMPAIGN LAUNCHES IN FEBRUARY
The Montebello-Commerce YMCA provides $400,000 in financial assistance annually to struggling families to make it possible for everyone to participate in YMCA preschool, summer camp, teen leadership programs, swim lessons, youth sports, and many other services to benefit healthy lifestyles, including YMCA membership! If you are called upon by a “Y Campaigner” this February, please take a moment to learn more about the important work the Y does in our community and to consider supporting this impactful mission. The Y would not be able to be transformative in our community without the thoughtful generosity many donors, large and small, and every gift helps make a difference. If a campaigner doesn’t visit you in February, stop by the Y to learn how you can get involved in something positive in our community!

JUNIOR CLIPPERS YOUTH BASKETBALL
The YMCA partners with the Los Angeles Clippers to offer recreational, youth basketball leagues beginning in February for ages 3 to 12. Emphasis is placed upon learning fundamentals and fair play while having fun. Financial assistance is available so that all may play! Now enrolling at the Y on Beverly & 20th, or call to learn more: (323) 887-YMCA (9622).

HEART OF WOUND CARE CONTINUED...
Suggestions on how patients can be heart healthy:

- Exercise at least 30 minutes a day
- Eat a healthy amount of fruits and veggies instead of processed foods like potato chips
- Engage in activities to relieve stress, such as meditation
- Get adequate sleep
- Quit smoking if patient is a smoker

For American Heart Month, a heart health lecture led by Cardiothoracic Surgeon Mazen Hashisho will be on Tuesday, February 18, 2020, from 2:30pm – 3:30pm in Beverly Hospital’s Tower Basement Room. Learn ways you and your loved ones can care for your heart and vascular health to avoid an amputation, even if you’ve already had one. Dr. Hashisho has over 16 years of experience helping patients prevent limb loss and healing patients with long-term wounds. All are invited to attend and can register at (800) 568-0110.

The Center for Advanced Wound Healing and Hyperbaric Medicine at Beverly Hospital provides a comprehensive approach to treating patients with non-healing wounds. It is open Monday – Friday from 8:00am to 5:00pm. For more information about wound care, or to schedule an appointment, please call (323) 725-5066 or visit online at http://bit.ly/bhwcare1.

References:
VALENTINE’S ANNUAL FAMILY EVENT

Family Love is in the Air. Please join us for our 4th Annual Valentine’s Dance on Saturday, February 15, 7pm at the Holy Cross Armenian Cathedral 900 W. Lincoln Ave, Montebello.

Family members, friends, and guests of all ages are welcome. Surprise your loved ones with a delicious Fourteen course Mediterranean dinner, an evening of international music and entertainment plus raffles and lots of dancing.

All proceeds benefit the Armenian Youth Group’s monthly activities promoting Christian values, friendship, youth participation in community service, and becoming good citizens.

Tickets are $40.00 for adults, children $25.00. Available by calling Holy Cross Cathedral 323 727-1115.

THE LIONS CLUB OF MONTEBELLO
PANCAKE BREAKFAST FUNDRAISER
SATURDAY - MARCH 7, 2020
8:30 A.M. TO 11:30 A.M.
MONTEBELLO SENIOR CENTER
115 South Taylor Avenue Montebello, CA 90640

$6.00 pre person
Includes:
Pancakes, Sausages, Eggs, & Coffee, Milk/Orange Juice

Donations of:
Used Eyeglasses, Used Cell Phones
Used Ink Jet Cartridges are requested and welcomed.

For additional information contact
PDG Chris Ohrmund (909) 598-0554
or PDG Bill Walters (323) 724-3104

All Proceeds Benefit
The Lions Club of Montebello
Charities Foundation
in serving our communities.

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Some diseases or circumstances that can cause deafness include:

- chicken pox
- cytomegalovirus
- mumps
- meningitis
- sickle cell disease
- syphilis
- Lyme disease
- diabetes, as studies have shown that people with diabetes are more likely to have some kind of hearing loss http://www.diabetes.co.uk/diabetes-complications/hearding-loss-and-deafness.html
- a treatment for tuberculosis (TB), streptomycin, that is believed to be a key risk factor
- hypothyroidism
- arthritis
- some cancers
- teenagers exposed to second-hand smoke

The inner ear is home to some of the most delicate bones in the body, and damage to the eardrum or middle ear can cause hearing loss and deafness in a range of ways.

How does hearing work?

Sound waves enter the ear, move down the ear or auditory canal, and hit the eardrum, which vibrates. The vibrations from the eardrum pass to three bones known as the ossicles in the middle ear.

These ossicles amplify the vibrations, which are then picked up by small hair-like cells in the cochlea.

These move as the vibrations hit them, and the movement data is sent through the auditory nerve to the brain. The brain processes the data, which a person with functional hearing will interpret as sound.

Types of hearing loss

1) Conductive hearing loss

This means that the vibrations are not passing through from the outer ear to the inner ear, specifically the cochlea. This type can occur for many reasons, including:

- an excessive build-up of earwax
- glue ear
- an ear infection with inflammation and fluid buildup
- a perforated eardrum
- malfunction of the ossicles
- a defective eardrum

Ear infections can leave scar tissue, which might reduce eardrum function. The ossicles may become impaired as a result of infection, trauma, or fusing together in a condition known as ankylosis.

2) Sensorineural hearing loss

Hearing loss is caused by dysfunction of the inner ear, the cochlea, auditory nerve, or brain damage.

This kind of hearing loss is normally due to damaged hair cells in the cochlea. As humans grow older, hair cells lose some of their function, and hearing deteriorates.

Long-term exposure to loud noises, especially high-frequency sounds, is another common reason for hair cell damage. Damaged hair cells cannot be replaced. Currently, research is looking into using stem cells to grow new hair cells.

Some of the common causes of sensorineural hearing loss include:

- ear infections
- head trauma

3) Mixed hearing loss

This is a combination of conductive and sensorineural hearing loss. Long-term ear infections can damage both the eardrum and the ossicles. Sometimes, surgical intervention may restore hearing, but it is not always effective.

Four levels of deafness

There are four levels of deafness or hearing impairment. These are:

- Mild deafness or mild hearing impairment: The person can only detect sounds between 25 and 29 decibels (dB). They may find it hard to understand the words other people are saying, especially if there is a lot of background noise.
- Moderate deafness or moderate hearing impairment: The person can only detect sounds between 40 and 69 dB. Following a conversation using hearing alone is very difficult without using a hearing aid.
- Severe deafness: The person only hears sounds above 70 to 89 dB. A severely deaf person must either lip-read or use sign language in order to communicate, even if they have a hearing aid.
- Profound deafness: Anybody who cannot hear a sound below 90dB has profound deafness. Some people with profound deafness cannot hear anything at all, at any decibel level. Communication is carried out using sign language, lip-reading, or reading and writing.

Hearing aids can help to improve hearing and quality of life.

These are wearable devices that assist hearing.

There are several types of hearing aid. They come in a range of sizes, circuitries, and levels of power. Hearing aids do not cure deafness but amplify the sound that enters the ear so that the listener can hear more clearly.

Hearing aids consist of a battery, loudspeaker, amplifier, and microphone. Today, they are very small, discreet, and can fit inside the ear. Many modern versions can distinguish background noise from foreground sounds, such as speech.

A hearing aid is not suitable for a person with profound deafness.

The audiologist takes an impression of the ear to make sure the device fits well. It will be adjusted to suit auditory requirements.

Examples of hearing aids include:

- Behind-the-ear (BTE) hearing aids: These consist of a dome called an earmold and a case, with a connection linking one to the other. The case sits behind the outer ear, with the connection to the dome coming down the front of the ear. The sound from the device is either electrically or acoustically routed to the ear.
- In-the-canal (ITC) hearing aids: These fill the outer part of the ear canal and can be seen. Soft ear inserts, usually made of silicone, are used to position the loudspeaker inside the ear. These devices fit most patients straight away and have better sound quality.

Completely in the canal (CIC) hearing aids: These are tiny, discreet devices but not recommended for people with severe hearing loss.
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