On December 11th, 2019, the Montebello City Council unanimously voted Salvador Melendez as its newest mayor. Family and friends in attendance witnessed Melendez, with his parents Salvador R. and Guadalupe “Lupita” Melendez by his side, City Clerk Irma Barajas administered the oath of office.

Mayor Melendez was born and raised in Montebello, attended Washington Elementary, Montebello Intermediate, and Montebello High School.

He is currently in his third year in Law School. He is also a member of the Lions Club in Montebello.

Mayor Melendez said, “I am honored and humbled to be Mayor of this fine city and I look forward in working with my colleagues to move this city in the right direction.”

Former Mayor Jack Hadjinian nominated Kimberly Cobos Cawthorne to be Mayor Pro Tem, which was solidified by an unanimous decision.

A reception was held at Angry Horse Brewery in Montebello after the swearing-in ceremonies to celebrate the evening.

CITY PARK HOSTS WINTER FUN

By Anne Donofrio-Holter
Contributing Writer

For the past 15 years, on one special day, snow has “fallen” in Montebello. To the delight of young and old alike, City Park was transformed into a winter wonderland December 21st with over 60 tons of freshly blown snow.

With live music provided by the Wise Guys, the Swinging Eight Balls, and a performance by the Montebello Cheer program kids, those in attendance enjoyed face painting, jumpers, craft and food vendors, raffles and games, along with a ride on a special train that took visitors around the park.

Children and adults alike, including City Manager Rene Bobadilla, Mayor Sal Melendez, Mayor Pro Tem Kimberly Ann Cobos-Cawthorne, and Councilmembers Angie Jimenez and David Torres, along with Recreation and Community Services Director David Sosnowski, enjoyed the special snow slides as they slid from the top of the snow-covered hillside racing towards the bottom.

Continued on page 13
### Calendar

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### National Milk Day
- **Date:** November 11
- **Event:** National Milk Day

### City Council Meeting
- **Dates:** Various
- **Time:** 6:30 PM

### Montebello 100 Years

### Happy New Year Montebello

### Ford of Montebello
- **Location:** Montebello, CA
- **Phone:** (888) 852-8565
- **Website:** www.fordofmontebello.com

### Guerra Gutierrez Mortuaries
- **Location:** Montebello, Whittier
- **Website:** www.guerragutierrez.com

### Ad
- **Text:** "Family Owned - Family Focused"
RESIDENTS TURN OUT FOR CITY TREE LIGHTING

By Anne Donofrio-Holter
Contributing Writer

City Hall was brimming with activity the first of
December as several hundred residents showed up
to enjoy the official lighting of the City’s Christmas
tree.

“Thank you for being here tonight to celebrate the
start of the Christmas season with us as we bring
you the lighting of the City Christmas tree,” said City
Manager Rene Bobadilla.

Just before 7 pm, the lights in the City Hall foyer
dimmed, followed a few seconds later, to the delight
of the crowd, by the glow of hundreds of lights from
the 18-foot tree.

Those in attendance enjoyed holiday crafts and
cookie decorating stations, music
by the all-female Colibri Entertainment Mariachi
band, a performance by kids from the Montebello
Play School Program, and of course, a visit from
Santa Claus.

“Tonight’s event is a great opportunity for us to
come out and get to know each other and share the
warm Christmas spirit,” said then Montebello Mayor
Jack Hadjinian. “I hope from this point forward until
New Year’s Eve, you continue to surround yourself
with everyone you feel is important to you. Family
and friends. That’s what it’s all about.”

The City’s tree lighting ceremony typically takes
place prior to the first
December city council meeting.

“It was the idea of our city manager and assistant city manager to make the
tree lighting an individual event,” added Hadjinian.

“This is a perfect way to get into the Christmas spirit,” said one resident.

“This is a nice event to share with our neighbors and bring the community
together,” said another.

The evening ended with “snow” falling on the City Hall front landing.

“Thank you to everyone here tonight for joining in our holiday celebration.
The purpose of the event is to bring the community together for a few hours
of holiday-themed fun, seasonal music, and the official lighting of our Christ-
mas tree,” said Director of Recreation and Community Services David
Sosnowski. “A big thank you to staff for working so hard to make this event a
success.”
MFD PERSONNEL LEARN NEW AUTO EXTRICATION TECHNIQUES

By Anne Donofrio-Holter
Contributing Writer

In order to better prepare first responders, Montebello Fire Department personnel were afforded an opportunity to learn new auto extrication cutting and spreading techniques on newer model hybrid vehicles equipped with multiple airbag safety systems.

Montebello Fire Captains Charles Wells, Steve Cox, Vernon Creswell, and Robert Aminay, along with Firefighter/Paramedics Donald Cadena, Paul Luna, Sam Sabella, Jeffrey Salinas, and Nick Truelove, attended eight hours of training at the Rio Hondo Fire Academy in Santa Fe Springs where they were given the opportunity to operate different battery operated extrication tools and vehicle stabilization devices through a variety of manipulative scenarios.

“The training was very well organized,” said Creswell. “The size of the class was perfect in the sense that it allowed all of the students to receive plenty of hands-on training throughout the course.”

Topics covered included stabilizing vehicles in various traffic collision positions, review of tool use and safety measures, and the removal of vehicle doors, dashboards, and roofs.

“We learned how to identify the airbag canisters on newer-model vehicles and the safety concerns that come with them,” added Creswell. “Along with the physical challenges that come with cutting through these newer framed vehicles made safer for drivers and passengers.”

“The training allowed our personnel to refresh its skills, learn new techniques by way of interacting as a team with members from other fire departments, and build team camaraderie with members of our own department as they learned together,” said Battalion Chief Ryan Webb.

With public safety their top priority, Montebello firefighters continually train throughout the year preparing for a variety of different scenarios.
NEW YEAR NEW LAWS FOR 2020

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

As every new year approaches, it proves to be a time where many manifest resolutions of changing or modifying a behavior. For some, a new year brings the notion of a clean slate. I personally love new year’s resolutions. I believe they allow for a self-reflection that is most important for inner growth and change. My resolution this year is to provide even more detailed information to our readers about relevant state, local and federal laws. Local, state and federal laws are changing and evolving annually, and 2020 will be no different. In 2020, we will experience many changes in California laws that promote social justice and expand on freedoms in areas such as employee and tenant rights. Here is a short list of laws that will take effect on January 1, 2020 or that will change during the year:

Minimum Wage Increase (SB-3)
California’s minimum wage will increase to $13 per hour for employers who have 26 or more employees and $12 per hour for those with fewer than 26. There will be incremental increases until 2023 where the minimum wage caps at $15 per hour.

Lactation Areas (SB-142)
Employers are now required to provide a lactation room to breastfeeding employees. Employers have to “provide access to a sink and refrigerator in close proximity to the employee’s workspace,” free of intrusion and allowance for breaks for pumping.

Sexual Harassment Training (SB-1343)
This bill would require an employer who employs 5 or more employees, including temporary or seasonal employees, to provide at least 2 hours of sexual harassment training to all supervisory employees and at least one hour of sexual harassment training to all nonsupervisory employees by January 1, 2020, and once every 2 years thereafter, as specified.

Extended Pay Leave (SB-83) Effective July 1, 2020
Paid leave for those caring for an ill relative or family member is extended from six to eight weeks with this bill. This law takes effect on July 1, 2020.

Hair Discrimination (SB-188)
Employees are protected from racial discrimination because of hairstyles such as afros, braids, or twists and locks.

School Suspension (SB-419) Effective July 1, 2020
Effective July 1, 2020, Schools, including charter schools, districts, county offices of education and charter school or at school-sponsored activities - except under certain circumstances such as emergency and doctor orders.

Childhood sexual Abuse Victims – Statute of Limitations (SB-652)
Owners are prohibited from restricting a tenant from displaying religious items on a door or door frame.

Religious Displays (SB-652)
Owners are prohibited from restricting a tenant from displaying religious items on a door or door frame.

Domestic Partnership Laws (SB-30)
A requirement for domestic partnership is that the couple be of the same sex or over 62 years of age. Heterosexual couples are now afforded an alternative to marriage. California treats both domestic partners and married partners as the same for tax purposes, however federal law does not.

No More Smoking at State Beaches (SB-8)
This bill makes it punishable by an infraction of $250 for a person to smoke within 25 feet of a playground or tot lot sandbox area. This bill makes it punishable for a person to smoke on a state beach or in the state park system, or to dispose of the cigar or cigarette waste unless it is an appropriate waste receptacle. The penalty is an infraction of up to $25.

Food Safety – Latex Gloves Ban
Prohibits the use of latex gloves and utensils in food facilities and retail food establishments, in favor of nonlatex gloves.

Tenant Protection Act of 2019 (AB-1482)
This law will be subject of another article this year. There are changes to the way you evict a tenant and caps on rent. The law now caps a rent increase at 5% each year plus inflation. An owner is also now prohibited from evicting a tenant without “just cause” which would be required in a written notice to terminate tenancy in a situation where the tenant has occupied your unit for twelve months. In Montebello, a 60-Day Notice to move did not require a justification. This law changes that and requires the owner to provide a notice of the violation and an opportunity for the tenant to cure.

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Over the course of the year, I will be expanding on some of the laws listed here. It is always wise to consult with an experienced attorney should you find yourself in violation of any of these laws. On behalf of the Law Offices of George B. Pacheco & Associates, thank you for your support and comments regarding these articles. We wish you a Happy New Year and may you always stay within the law.

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 authors not The Montebello Reporter, and have not been evaluated by The Montebello Reporter for accuracy, completeness, or changes in the law.
Join the Shops at Montebello for Lunar New Year on Saturday, February 8 in Center Court between 2pm-4pm. Celebrate the Year of the Rat with a traditional Lion dance, red envelope giveaway, learn the art of Chinese calligraphy and more!

Shop local vendors during our Mamacita Market (10am-9pm) before!
On Tuesday, December 24, 2019, Christmas at the Cannon provided holiday meals to thousands of members of our community, and toys were gifted to every child. This year, in collaboration with the YMCA, Royal Paper Box, Montebello Police Department, Montebello Fire Department, Pacific Premier Bank and The Shops at Montebello and many more kind hearted organizations and individuals, Planet LifeForce, a 501(c)3 nonprofit organization and Quiet Cannon, a Montebello community staple, hosted the 36th Annual Christmas at the Cannon, an event serving the community during the season of giving.

At this year’s event, families enjoyed a brunch menu, live music and carolers, clowns, photo opportunities with Santa Claus and surprise visitors from the North Pole.

For many Montebello families, Christmas at the Cannon has become a treasured holiday tradition and highlight of the season. Over the past 35 years, an estimated 100,000 families have enjoyed the goodwill and holiday cheer found at Christmas at the Cannon.

Christmas at the Cannon is organized, operated, and funded solely by benevolent volunteers and generous contributors.
BEARBINGTON POST INTERVIEWS ARTIST MARIO LOPEZ.

BMP: Mario, how did you receive inspiration for being an artist?

Mario Lopez: In second grade I watched cartoons like Tom and Jerry, Mighty Mouse, and Looney Tunes. Cartoon drawings inspired me to draw pictures.

BMP: What is your favorite piece of art that you painted?

Mario: I’d have to say El Ultimo Trago, which translates to The Last Drink. Because it features the famous Spanish singer, Pedro Infante, and I painted this picture as a tribute to him.

BMP: How do you make such masterpieces?

Mario: Well, I only paint with oils because it is easier to blend colors with oils and oils take time to dry.

BMP: How long have you been doing this? How long does it take to make a painting?

Mario: Well, professionally, I have only been painting for 10 years. But I started drawing pictures back in the 2nd grade. Takes about 2 weeks to complete a painting.

BMP: Do you have any other interests?

Mario: I’d have to say chef or architect.

BMP: Do you have any thoughts you would like to share with our readers?

Mario: Follow your dreams. If you want to be an artist when you grow up, don’t become attached to your work, because the whole point of making art is to share your work with other people.
My name is Mia Salaiz and I am the December Student of the Month from Schurr High School where I am a senior. I am truly honored to have been selected for this award.

For the past four years I have been involved with our student government, USB, and each year I have taken on more and bigger projects. During my junior and senior years I have also been involved with Renaissance which acknowledges student academic achievements. There are festive activities and we help plan school social events.

This year was my first on the AVID Board whose goal is to encourage students to attend college. Additionally, we work with special ed students spending time with them and getting to know them better, helping with many needed activities. One common thread these projects share is strong leadership which we had with Activity Director, Peter Murashige, and teachers Ken Seto, and Carlos Avila, who lead their students by example.

When after school time allows I enjoy giving back to our community with my time in Potrero Heights PTA, Family Night, and student dances. Recently I started volunteering with the City Parks and Recreation departments helping with some of their holiday events. I have worked with the Shops at Montebello helping plan their annual prom fashion show.

Upon graduation I plan to attend a four year university and study International Business. My top school choice is Pitzer College while at the same time I have visited Cal State's.

Throughout this my Mom, Catherine, has worked closely with me and has shown me to make something happen, we have to work to make it happen. I am truly blessed.

L/R: Peter Murashige; Mia Salaiz; Sam Ortiz, PM #323; Mother, Catherine.

Bella Vista Optimist Club of Montebello celebrated its Defensive Player Award program. This is one of Bella Vista’s oldest programs, and it is to recognize outstanding defensive football players from Montebello High School.

Selection is done by the coaches of the football team, congratulations to Elijah Martines, this year’s defensive player of the year.

Pictures L/R: President Mitch Sakado, Coach Dajuawn Jones, Elijah Martinez, Head Coach Pete Gonzalez, Coach Frank Gonzalez, Program Chair Constantino Gabre.

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**CLASS SCHEDULE**

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**Homebuyers Education Classes**

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) 721-1243**

1619 Paramount Blvd. Montebello, CA 90640
www.mhdcca.org
Now in its 5th year, 13 foster children from the County of Los Angeles Department of Children and Family Services enjoyed a few hours of holiday-themed fun when they visited Montebello Fire Department headquarters December 22nd.

Spearheaded by Fire Captain Steve Cox, and the Teague Foundation, according to Chief Fernando Pelaez, this is an event the firefighters look forward to each year.

The kids, ranging in age from eight to 11, helped decorate the station tree with ornaments they made on-site, had fun trying on the firefighters' turnout uniforms and gear, asked firefighters questions about their job, and took turns sliding down the fire pole. And under the watchful eye of Cox, helped bar-be-que hamburgers for lunch.

“The kids really seem to like being here,” said Cox. “I really like kids and I think I enjoy this event even more than they do.”

A highlight of the day came as each child was presented with a gift selected especially for them by firefighters. By the joy exhibited on their faces, it appeared firefighters knew exactly what each child had hoped for.

“We select each gift specifically for each child,” said Cox. “We do our best to get them something they really want.”

“I had so much fun here today,” said one child. “I think I might like to be a fireman someday.”

“I really like my gift,” said another. “Santa must have told them what I wanted.”

“It’s incredible to see our Montebello firefighters saving our community during emergencies one minute, then making Christmas special for these children. It’s wonderful to see the kids’ eyes light up over trying on turnouts and having lunch together. The gift exchange was an incredibly heartwarming experience for all,” said Mayor Pro Tem Kimberly Ann Cobos-Cawthorne. “Thank you Montebello firefighters for all you do.”

At the conclusion of the event, Children and Family Services personnel thanked the Department for giving the kids such a nice day.

# Quality Early Education For Everyone

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

- Bell Gardens - Clara St.
- Downey
- El Monte Valley
- East Los Angeles
- Hawaiian Gardens
- Huntington Park
- Pico Rivera
- Los Angeles
- Norwalk
- Boyle Heights
- Commerce Area
- Boyle Heights
- Commerce Area

Web: www.maof.org Email: earlyed@maof.org
Recreation & Community Services Events and Information

CITY OF MONTEBELLO

YOUTH & ADULT CLASSES Winter 2020

Gymnastics hosted by, Lighthouse Sports Center, (Every Monday)

Toddler Gymnastics: Ages 1-2 (walking) 5:40 p.m. - 6:05 p.m.
Session 1: Jan. 6th - Jan. 27th (closed 1/20)
Session 2: Feb. 3rd - Mar. 20th (closed 2/23)

Preschool Gymnastics: Ages 3-5 5:55 p.m. - 6:15 p.m.
Session 1: Jan. 6th - Feb. 3rd

Beginning Gymnastics: Ages 5-12 6:25 p.m. - 7:05 p.m.
Session 1: Jan. 6th - Feb. 3rd (closed 1/20)
Session 2: Feb. 10th - Mar. 17th (closed 2/23)

Classes hosted by, Dream Pillar.

Tiny Bitty Ballet/Liter: Ages 3-7
Tuesdays 6:30 p.m. - 6:50 p.m.
Session 1: Jan. 6th - Jan. 27th
Session 2: Feb. 3rd - Feb. 24th
Session 3: Mar. 3rd - Mar. 24th

Dance for the Stage: Ages 6 & up
Tuesdays 6:45 p.m. - 7:30 p.m.
Session 1: Jan. 6th - Jan. 27th
Session 2: Feb. 3rd - Feb. 24th
Session 3: Mar. 3rd - Mar. 24th

Musical Theater Skills: Ages 7-17
Thursdays 5:30 p.m. - 6:30 p.m.
Session 1: Jan. 9th - Jan. 23rd
Session 2: Feb. 6th - Feb. 20th
Session 3: Mar. 5th - March 26th

Introduction to Keyboarding
Thursdays 6:30 p.m. - 7:15 p.m.
Session 1: Jan. 9th - Jan. 23rd
Session 2: Feb. 6th - Feb. 20th
Session 3: Mar. 5th - Mar. 27th

Zumba w/ Maria: Ages 16 yrs. & up Monday - Friday 7:00 p.m. - 7:30 p.m.
Session 1: Jan. 6th - Jan. 27th (closed 1/20)
Session 2: Feb. 3rd - Feb. 20th (closed 2/23)

Zumba w/ Letty: Ages 16 & up
Mondays & Wednesdays 6:30 p.m. - 7:00 p.m.
Tuesdays & Thursdays 7:00 p.m. - 7:30 p.m.

Salsa, Cha-Cha, Merengue, Bachata: Ages 16 yrs. & up Monday & Tuesday 8:15 - 9:30 p.m.
Session 1: Jan. 6th - Jan. 27th (closed 1/20)
Session 2: Feb. 3rd - Feb. 20th (closed 2/23)

Hip Hop Hosted by Young Champions
Ages 8 - 10
Thursdays 8:30 p.m. - 9:10 p.m.
Ages 9 - 11
Thursdays 9:15 p.m. - 10:10 p.m.
Session 1: Jan. 9th - Jan. 23rd
Session 2: Feb. 6th - Feb. 20th
Session 3: Mar. 5th - Mar. 27th

Karate Classes
Little Samurai: Ages 4 - 7 yrs.
Mondays & Wednesdays 6:00 p.m. - 6:55 p.m.
Session 1: Jan. 9th - Jan. 23rd (closed 1/20)
Session 2: Feb. 6th - Feb. 20th (closed 2/23)

Kicks Cooking Class: Ages 7-16
Fridays 6:00 p.m. - 7:00 p.m.
Session 1: Jan. 9th - Jan. 23rd
Session 2: Feb. 6th - Feb. 27th

REGISTER NOW!
Recreation & Community Services, 1195 S. Taylor Ave, Montebello CA, 90640
(323) 887-4000 (weekdays 8:00 a.m. - 5:00 p.m.)
Www.CityofMontebello.com

COED YOUTH BASKETBALL
REGISTRATION BEGINS NOVEMBER 25, 2019
REGISTRATION ENDS JANUARY 18, 2020
$60

TINY TOTS 2016
* MUST BE 3 YEARS OLD
ROOKIE 2017-2019
DIVISION 2017-2020
C DIVISION 2015-2016
D DIVISION 2014-2015
B DIVISION 2013-2014
A DIVISION 2012-2013
AA DIVISION - 2004-2005

RECREATION & COMMUNITY SERVICES
MONTEBELLO CHEERLEADING 2020
REG. FEE: $55.00
REGISTRATION OPENS DECEMBER 2ND 2019

MONTEBELLO CHEERLEADING 2020
REGISTRATION OPENS DECEMBER 2ND 2019

Uniform Fee: $37.00
(regular price $40.00)

Important Dates:
Practice: January - April

Competition:
March

Cathy Moriak Youth Center
144 George Rensel Dr., Montebello CA, 90640
(323) 887-4570 / (323) 887-4572

*Classes are held at our Montebello Senior Center 1195 S. Taylor Ave, Montebello CA, 90640 (unless noted otherwise)
"We are really excited to be able to put this event on for the community," said Bobadilla. "We are blessed that the city council authorizes us to do this and that the community came out today to enjoy the snow and other festivities."

"Thank you to everyone for joining us here today. I hope you are all having a good time and enjoying yourself," said Melendez. "A big thank you to our city staff and everyone who worked so hard to make this event happen."

"This is my children’s favorite event of the year. It’s so nice to see the community enjoying the holiday season with their families," said one parent. "And what better way than with snow in the park."

"The City, along with Recreation and Community Services, enjoy bringing this event to the community," said Sosnowski. "A big thank you to sponsors Toll Brothers, Sentinel Peak, and West Coast Arborists. We would also like to thank the police and fire departments and their Explorer units for volunteering at the snow areas. The train was from the Montebello Barnyard Zoo with services donated by the petting zoo operator at Grant Rea Park, WRW, Inc. And a big thank you to our recreation staff who always work so hard to make these events a success."
WEIGHT LOSS STRATEGIES FOR ADULTS LIVING WITH OBESITY

by Emily Kieu
Pharmacy Student
West Coast University School of Pharmacy

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

Obesity is a medical condition where the body has excess amount of body fat. It may be diagnosed when a person has a body mass index (BMI) of 30 or higher. More than physical appearances, obesity can increase a person’s risk of developing diabetes, heart disease and stroke. It can also interfere with a person’s quality of life, preventing them from doing the things and activities they enjoy.

The good news for adults living with obesity is that even a small amount of weight loss can improve and even prevent some of the health problems that are associated with obesity. Changes to the foods that you eat, your physical activity and lifestyle can help you lose weight safely and maintain that weight loss for the long term.

Once you are ready to make the necessary changes to your lifestyle, make a plan to eat healthier. Set realistic goals. What is your target weight? Many physicians suggest a target weight loss of 10% of your current weight. The rate of weight loss should be no more than 1-2 pounds a week.

Below, you will find a short list of some helpful tips and strategies for healthy weight loss.

1. Set realistic goals. Many people decide to lose more weight than possible and are then discouraged when they are unable to achieve their goals. Be kind to yourself. Set smaller, realistic goals that once they are achieved, celebrate these victories. What is your motivation to lose the weight? Also, be prepared for lapses in will power and forgive yourself when these moments occur.

2. Recruit family and friends to help you. Tell them about your struggles with weight loss. Ask them to hold you accountable for your food choices.


4. Be careful of portion sizes. A single serving size is often a lot smaller than you think.

Tips for maintaining the weight loss:

1. Keep a detailed food journal. Write down all the things you had to eat or drink. Study show that people who have more success with weight loss when all the foods and/or drinks were recorded every day.

2. Be careful of portion sizes. A single serving size is often a lot smaller than you think.

There are a lot of weight loss programs, “diets” and products available for weight loss. The results, however, may vary. Some programs can improve and even prevent some of the health problems that are associated with obesity.
I share a great memory of standing next to you, my Beautiful Daughter Vanessa Rodrigues. You left our world yesterday a world of which you impacted so many people with your sincerest friendship, with your words of love and kindness which not one of us will ever forget. We of all ages from kids to adults including your Kids Angela, Jalynn and Grandkids Marley and Ozais will cherish the memory of your universal love, the strength you gave to others, your unique laugh, your sharing and giving of yourself, your belief in true social justice and your golden smile that shined and brightened to uplift our spirit. I miss you dearly and will love you always and forever my Beautiful Daughter.

Jaime Rodriguez

Family members, loved ones, friends and acquaintances whose lives had been touched, graced and enriched for having known her are saddened to announce that Vanessa Noemi Rodriguez has sadly left our world on Dec. 11th, 2019.

Ever the blessing to her parents Jaime Rodriguez and Sandra Aguirre, Vanessa entered the world as an infant on February 13th, 1978. Over time, many more would come to regard her with similar gratitude and sincere affection, and they will grieve deeply for the loss her departure represents.

A hard working single mother most of her adult life always took time to participate in her daughter’s school activities and for that she was recognized as dedicated parent volunteer.

Vanessa made her home in Montebello and was also a former resident of East Los Angeles, Whittier, and Monterey Park.

She is survived by her parents Sandra and Jaime, daughters Angela, Jalynn and Rayanna, her grandchildren Marley and Ozias, her brother Jaime, her fiancé George Zavala, her godsons, her nieces, nephews, cousins and her entire family who remained at her side until the end. Vanessa’s absence will be mourned far and wide by many, but she will be eternally remembered for her generosity of spirit, her passion for social justice and the purity of her radiant soul.

IN LOVING MEMORY

SMOKING CESSATION
Break The Chain This New Year

With the new year, now is the time to take charge and end old smoking habits.

Join us for a highly structured 7-week program designed to help you lead a smoke free life. Take a logical approach on how to “break the chain, and kick the habit”. Learn effective ways to stop nicotine addiction, strategies to have a smoke free environment & more.

Upcoming 7-week Programs:
Every Tuesday | 5:00pm – 6:30pm | Beverly Hospital Classroom C&D
• January 14 – February 25
• March 10 – April 21

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

Take The 1st Step Today!
(800) 618-6664
By Lucy Ta
Registered Dietician at Beverly Hospital

“New year, new me.” How many times have you heard a family member, a coworker, a friend, or an acquaintance make this comment? Each year, millions of people make New Year’s resolution. Many of these resolutions are wellness-related, such as losing weight, eating healthier, or exercising more. Here are a few wellness guidelines that we suggest for the new year:

1. Practice Mindful Eating
   - Try to keep your eyes off of the TV or phone while eating, distracted eating often leads to overeating
   - Slow down, pay attention to the food you are eating, pause between bites
   - Listen to your body for hunger and fullness cues (eat when you are hungry, stop when you are full)
   - Through mindful eating, you will more than likely enjoy the foods that you eat

2. Aim to eat the color of the rainbow daily
   - Fruit and vegetable are packed full of nutrients, such as vitamins and minerals
   - Try incorporating a serving of fruit or vegetable into meals and snacks
   - Meal prep ahead of time to know exactly what you are eating
   - Visit the farmer’s market to see what is fresh and in season
   - Ethnic markets usually sell fruits and vegetables at a cheaper price

3. Drink more water
   - Drinking enough water prevents dehydration, which can lead to fatigue
   - Many health benefits of drinking water, such as regulating body temperature, getting rid of waste, cushioning joints, and helping to protect organs and tissues
   - Drink water if you are hungry as thirst is often confused with hunger
   - Try replacing sweetened beverages with water
   - Bring a water bottle when you’re out, leave one on your desk or car to remind yourself to drink more water

4. Find different ways to be active
   - Use your breaks to take a quick walk around the building, block, parking lot, etc.
   - Use the stairs instead of the elevator
   - Park further away to encourage walking
   - Moving and lifting objects count as physical activity
   - Find time to walk 30 minutes throughout your day (breaks, walking the dog, park, etc.)
   - Find a family member, friend, or coworker to do a physical activity with
   - Sign up for a class or gym membership

At the end of the day, it matters what we do and what we put into our bodies. While we tend to set some unrealistic goals, it is important remember that developing healthier habits is what will help us reach our goals.
WHAT IS A DIABETIC FOOT ULCER?

A diabetic foot ulcer is an open sore or wound that occurs in approximately 15 percent of patients with diabetes and is commonly located on the bottom of the foot. Of those who develop a foot ulcer, 6 percent will be hospitalized due to infection or other ulcer-related complication.

Diabetes is the leading cause of non-traumatic lower extremity amputations in the United States, and approximately 14-24 percent of patients with diabetes who develop a foot ulcer will require an amputation. Foot ulceration precedes 85 percent of diabetes-related amputations. Research has shown, however, that development of a foot ulcer is preventable.

CAUSES

Anyone who has diabetes can develop a foot ulcer. Native Americans, African Americans, Hispanics, and older men are more likely to develop ulcers. People who use insulin are at higher risk of developing a foot ulcer, as are patients with diabetes-related kidney, eye, and heart disease. Being overweight and using alcohol and tobacco also play a role in the development of foot ulcers.

Ulcers form due to a combination of factors, such as lack of feeling in the foot, poor circulation, foot deformities, irritation (such as friction or pressure), and trauma, as well as duration of diabetes. Patients who have diabetes for many years can develop neuropathy, a reduced or complete lack of ability to feel pain in the feet due to nerve damage caused by elevated blood glucose levels over time. The nerve damage often can occur without pain, and one may not even be aware of the problem. Your podiatrist can test feet for neuropathy with a simple, painless tool called a monofilament. Vascular disease can complicate a foot ulcer, reducing the body’s ability to heal and increasing the risk for an infection. Elevations in blood glucose can reduce the body’s ability to fight off a potential infection and also slow healing.

SYMPTOMS

Because many people who develop foot ulcers have lost the ability to feel pain, pain is not a common symptom. Many times, the first thing you may notice is some drainage on your socks. Redness and swelling may also be associated with the ulceration and, if it has progressed significantly, odor may be present.

WHEN TO VISIT A PODIATRIST

Once an ulcer is noticed, seek podiatric medical care immediately. Foot ulcers in patients with diabetes should be treated to reduce the risk of infection and amputation, improve function and quality of life, and reduce health-care costs.

DIAGNOSIS AND TREATMENT

The primary goal in the treatment of foot ulcers is to obtain healing as soon as possible. The faster the healing, the less chance for an infection.

There are several key factors in the appropriate treatment of a diabetic foot ulcer:

- Prevention of infection
- Taking the pressure off the area, called “off-loading”
- Removing dead skin and tissue, called “debridement”
- Applying medication or dressings to the ulcer
- Managing blood glucose and other health problems

Not all ulcers are infected; however, if your podiatrist diagnoses an infection, a treatment program of antibiotics, wound care, and possibly hospitalization will be necessary. For more information please contact West Beverly Podiatry Group at 323-721-6026.

West Beverly Podiatry Group, Inc

DISEASES AND SURGERY OF THE FOOT AND ANKLE

Our team of well trained doctors are skilled in complicated wound care treatment, as well as reconstructive foot surgery. Each patient is given individual attention tailored to their specific condition.

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1417 WEST BEVERLY BLVD., STE.104

626-447-5122
DUARTE
931 BUENA VISTA ST., STE 305
START 2020 AT YMCA

YOUR RESOLUTION SOLUTION!
The YMCA has been helping people and families with their healthy lifestyles goals through programs and classes longer than anyone in the modern fitness world, and continues to do so. Because the Y is a non-profit agency, financial assistance is available to struggling families so that everyone may benefit! Your hometown Y here in Montebello has something for all ages and abilities.

Here’s what a Y member recently posted to the Y’s social media: “Everything at the Y is new and well maintained… the pool is clean and all the classes are great. All the staff are courteous and the best part is they have affordable, budget friendly membership fees. My husband, myself and our son and daughter all are members and my daughter attends diverse abilities, one-on-one swimming class... her trainer is so wonderful, patient and so aware of my daughter’s needs…”

From boot camp to TRX and Zumba, and including youth dance and karate, and lap swimming and swim lessons are available year-round in the Y’s heated, enclosed pool. There’s tons to do at the Y to be active and healthy, and the Y is ready to help you meet your New Year’s resolutions and goals to be healthy in 2020. Stop by to learn more of call: (323) 887-YMCA (9622).

YMCA CAMPAIGN LAUNCHES IN FEBRUARY
The Montebello-Commerce YMCA provides $400,000 in financial assistance annually to financially distressed 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 membership enrollment. 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. Now enrolling at the Y on Beverly & 20th.
Saluting Our Veterans

EDUARDO “EDDIE” TORRES 07.30.36 • 10.17.19

Sergeant, United States Marine Corps. (USMC) 1953-1958. Meritoriously promoted 3 times, Marine of the Month 4 times at 3 duty stations. Eddie was an Attaché to a Colonel by age 20, a rare ascension for a Marine with a Spanish surname in the 1950s when racism was more prevalent.

Eddie was the Producer & Manager of the greatest Hispanic American band of the 1960s, Thee Midniters. He owned TorMid Whittier records. Eddie produced events throughout the Southwest, packing venues like, The L.A. and Pico Rivera Sports Arenas, Hollywood Palladium, smaller venues like The Montebello Ballroom and produced The Huggy Boy TV Show.

Born in Brownsville, Texas he adopted East Los Angeles and later Montebello as home after serving in USMC. He then studied at ELA College. He also did social work with the CYO where he taught teenagers. “Mr. Torres was our Counselor at St. Alphonsus. We learned to coordinate fundraisers like the legendary dances at the church’s hall” - Ed Elias -Royal Counts Club. “Out of respect for Eddie, rival gangs had truces so they all could attend his dances. “Paul Caflin, Grapevine Press. “Eddie is a legend, I remember being excited when we met, he was like our first music mogul” - legendary band, The Premieres. “Eddie was fearless” Lil’ Ray, renowned musician. Mr. Torres’ partners included, iconic DJs, Huggy Boy and Casey Kasem “America’s Top 40”.

Some of the legends Eddie worked with include, Linda Ronstadt, Stevie Wonder, Santana, Vicente Fernandez, Celia Cruz, The Doors, KC & The Sunshine Band, Juan Gabriel, Mary Wells, Los Bukis, Ana Gabriel, Los Lobos, Tierra, Sonny Day, Rosie & The Originals, Luis Miguel, Malo, Los Tigres Del Norte, Antonio Aguilar, Sonny & Cher.

Eddie Torres, legendary producer, father, grandfather, great grandfather, but above all, he wanted to be remembered as a patriot and outstanding Marine. Semper Fidelis!

SENATOR BOB ARCHULETA SPREADS CHRISTMAS CHEER

Senator Bob Archuleta was able to attend the annual toy giveaway at the American Legion in Montebello with over 125 young children receiving gifts from Santa Claus and various sponsors. Senator Archuleta also surprised Post 272 with a gift of his own.

On December 28, Montebello Elks Lodge # 2051 volunteers hosted their 60 annual Hoop Shoot at the Kathy Hensley Gym in Montebello.

The Montebello Elks National Hoop Shoot is a free throw contest for youth ages 8-13, for boys and girls. One toy and one gift from each division will win a national title at the National Finals and have their names inscribed in the Naismith Memorial Basketball Hall of Fame.

Participation in the Hoop Shoot encourages kids to set goals and work hard which helps develop “Grit” in kids. Grit helps kids set goals and work hard. By setting these goals it aids in succeeding in school and in life.

On hand that morning were members of Montebello Elks Lodge including Exalted Ruler Ralph De La Torre along with District Chair Tony Rivera, Chairman Ralph Ochoa, Secretary Dolores Rodriguez, club Members Gil Valeriano, Fred Perez, Mario Alvarez, Eddie Herrera, Ray Rodriguez and Fred Mantel.

Every kid that participated that morning received a Medal for their efforts and Grit. Exhausted Ruler Ralph De La Torre said, “It is an honor and a privilege to be a part of such a wonderful event and to work with the kids from Montebello.”
Montebello firefighters served up a hearty pancake breakfast all for a good cause December 7th as part of the annual Spark of Love toy drive for needy children. For $5.00 or a new toy donation, over 150 visitors to fire headquarters enjoyed breakfast with firefighters and their families, went on a tour of the station, took photos, and were given a closeup view of firefighting equipment. “Spark of Love is a wonderful opportunity for fire personnel to give back to the community and bring a bit of joy to some special children," said Fire Chief Fernando Pelaez. “Thank you to everyone here today for their donations.”

“We’d also like to thank Vons and Starbucks for supporting this event," added Battalion Chief Alan Wilkes. “Along with our city council and city manager.”

“This was a nice event to not only donate to a good cause, but for an opportunity to meet some of our firefighters in a casual setting," said one resident.

Along with both on and off duty fire personnel, also in attendance were Battalion Chiefs Ryan Webb and Rocky Lopez.

The over 300 toys collected, along with donations that were used to buy additional toys, were distributed during the annual Christmas at the Cannon program and also given to local community organizations and churches to be distributed to needy children during the holiday season.

ST. BENEDICT BRUINS DONATE TOYS

On the morning of December 5th, firefighters with Montebello Fire Department Station 55 stopped by St. Benedict School to pick up over 300 unwrapped toys donated by the Bruins for the Los Angeles County Fire Department’s “Spark of Love” 2019 Toy Drive.

The school’s donation filled two fire trucks. Bruins took photos with firefighters and were honored to do their part to help brighten the holidays for those in need.
CHIEF’S LUNCH AND TOY DRIVE BENEFITS THOSE LESS FORTUNATE
by Anne Donofrio-Holter
Contributing Writer

Over 200 people turned out on a rainy afternoon to enjoy lunch with Montebello Police Chief Brad Keller, along with members of the Montebello Police Department, and support a worthy cause at the Chief’s annual Holiday Lunch and Toy Drive held December 4th at The Ark Montebello. Now in its ninth year, each guest was asked to donate a new toy to be distributed to needy children at the Christmas at the Cannon luncheon on Christmas Eve. Other money raised will benefit the Montebello Police Activities League (PAAL) and Police Explorers.

“Your kindness and generosity from today’s event will bring a smile to a young boy or girl on Christmas Eve and it will fund programs for our police explorers and those in our PAAL program,” said Keller.

Following lunch and a musical presentation by the Montebello High School Choir, Keller, speaking from a stage overflowing with toys, related an incident that took place early in his career on Christmas morning almost 27 years ago and how the kindness of the Montebello community that day left such an impression on him that he knew it was his destiny to remain a police officer in this community for the rest of his career.

“Helping others is what Montebello does,” said one guest. “This is an event our city can be proud of.”

“This is a lovely event and I attend every year,” said another. “I’m glad to see the show of support it gets from businesses and residents alike.”

Keller then thanked event sponsors The Ark Montebello, Rio’s Pizza, LIFT MAX, NASA Services, The Bus/Stardust Tours, Helms & Hill Towing, Magic Laundry Services, Montebello Police Foundation, Chevrolet of Montebello, Tire Pros, The Armenian Center, Brewers Baseball Team, Golden Skewer, Bella Vista Optiumt Club, Rotary Club of Montebello, Montebello Reporter, Central Basin Municipal Water District, Act 1 Talent, and April’s Cakes. A special thank you to The Montebello Citizen Patrol, Bob Carter (Santa Claus), Wally Takata, Montebello Recreation and Community Services, Denise Hagosian, Vanessa Nava, and Corporals Scott Howard and Rick Ruiz. Raffle prizes were donated by Wing Stop, BJ’s Restaurant and Brewhouse, and Lucille’s Smokehouse BBQ.

“On behalf of the men and women of the Montebello Police Department, thank you. And thank you on behalf of the youth in this community that will benefit from this event today,” said Keller. “Thank you for always being there for us, and remaining the great community that I fell in love with 27 years ago that Christmas morning.”

Montebello Police K-9 Association
For More Information or to Contribute Contact:
George Pacheco - President or
Gia Pacheco - Secretary

www.MPDK9.com 323-726-1082

The Montebello K9 Officers Association is a CIVILIAN based group of supporters that assists the Montebello Police Department K9 Services Unit in its operation by obtaining donations from businesses and the public. We have helped the K-9 Services unit on canine selection, training and equipment and food.

The Montebello K9 Officers Association is a non-profit, 501 (c) (3) tax-exempt corporation and any donation received is tax deductible.
Last month, the Montebello-Ashiya Sister celebrated Christmas at their annual luncheon held at Home To Suites Hotel. Nick Reiashl from Home to Suites hosted all the members from Asyiha - Sister.

During the luncheon, the new Board of Directors were named for 2020. They are President Emma Delgado, Vice President Rosemary Delgado, Secretary Lorena Zepeda, Treasurer Dr. Carlos Haro, Historian Gloria Haro and Banner Coordinator Ernest Duran.

The Ashiya-Sister Association will be celebrating its 55th year and President Delgado will be serving her fifth term as President. If anyone is interested in joining or supporting the Sister City, please contact Emma Delgado at 562 477-0260.

A blue purse, a gray “Tackle” box, and a pink make-up bag with miscellaneous items has been recovered by the Montebello Police. If you believe this is your property, you will need to provide detailed documentation of ownership. Please contact the Montebello Police Department, Property and Evidence Bureau at 1(323) 887-1354 for further information.

MONTEBELLO ASHIYA -SISTER CELEBRATES THE HOLIDAYS

GO RED FOR WOMEN
SAVE-THE-DATE

FRIDAY, FEBRUARY 7TH
6:30pm-8:30pm

Come together alongside The Shops at Montebello and Montebello Soroptimist in honor of Heart Health Month on Friday, January 7th between 6:30pm-8:30pm in Center Court. Rock your red to bring awareness to Heart Disease and benefit American Heart Association.

Visit SoroptimistMontebello.org for more details!

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Found Property

A blue purse, a gray “Tackle” box, and a pink make-up bag with miscellaneous items has been recovered by the Montebello Police.

If you believe this is your property, you will need to provide detailed documentation of ownership. Please contact the Montebello Police Department, Property and Evidence Bureau at 1(323) 887-1354 for further information.”
Many people who could benefit from a hearing aid avoid it, fearing it signals infirmity. Starkey Hearing Technologies answers that fear with a device that does more than amplify sound and tone down background noise. Livio AI is embedded with sensors and artificial intelligence that allow it to stream music; verbally answer questions like a smart assistant; translate conversations into your language; detect falls (and alert loved ones); measure physical activity; and track how often you talk to other people during the day—useful for elderly users who can become isolated. Since launching in 2018, “it’s our best-selling product ever,” says Achin Bhowmik, chief technology officer at Starkey, who wears the device even though he doesn’t have hearing loss. “It’s better than normal hearing.” Livio AI is available from hearing professionals. —Mandy Oaklander

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On Saturday December 21st Heart of Compassion held its Annual Food & Toy Distribution called “Miracle on Maple Street”. Partnering with JOY (Joe’s Organization for Youth), L.A County Fire Dept., Supervisor Hilda Solis, and the Montebello Fire Dept., over 3,000 children from toddler to teens were able to select their toys. Coats from Delivering Good and Burlington Stores, One Warm Coat project were handed out to families. The ATC High School Leos Club sized the clothes on Friday afternoon and managed the clothing donation area on Saturday at ATC. Over 350 volunteers including ATC Leos, Schurr Key Club, Gabrieno Key Club, Bulldogs Honor Society of Jefferson Middle School, Montebello Intermediate, St. Benedict Parish and many other schools and ministries were represented. Over 500 families received a weeks’ supply of food and even fresh cut Christmas trees were provided by Mike and Rosemary Torres. Peter Spenuzza of Imperial Stoves and Phil Pace also came by to lend their support.

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