CITY ROLLS OUT MY MONTEBELLO SMARTPHONE APP

By Anne Donofrio-Holter  
Contributing Writer

With the recent debut of the My Montebello Smartphone App, the City of Montebello rolled out a new way to better connect residents to city services, resources and information.

“The City wanted a way for residents to easily obtain city information, stay up-to-date with the latest news, and report any issues all in one place,” said Recreation and Community Services Director David Sosnowski. “Similar apps are being used in surrounding cities and the City thought this would be a great resource to provide to our community as well.”

“The My Montebello Smartphone App will be able to provide more accountability and transparency to our residents,” said Mayor Salvador Melendez. “Further, the data obtained from the app will help us understand where we need more help. I’m excited for what the My Montebello Smartphone App will offer to our residents.”

Residents will be able to report problems such as potholes, park maintenance issues, graffiti, or fallen trees. The appropriate department will receive the report and be able to provide the resident with status updates. The app also gives the City a more efficient way to track internal and external work orders.

Residents can find information and links on how to request city records, apply for a business license, view city council meeting agendas, upcoming yard sale dates, and FAQ’s. While the app cannot be used to contact the police or fire departments directly, it does provide users with a number to call in non-emergency situations and directs users to call 911 in case of emergency.

“The My Montebello Smartphone App will make it easier for the community to connect and interact with the City,” said Sosnowski. “The City wants to provide its residents with the best service possible and we believe this app is a step in the right direction.”

Those interested can download the app from the Apple App Store and the Google Play Store free of charge.

“Those of you interested can download the app from the Apple App Store and the Google Play Store for free. It was created for the community and we hope it makes a positive impact.”

PROGRAM TO ADDRESS RESIDENTS’ COYOTE SIGHTING CONCERNS

By Anne Donofrio-Holter  
Contributing Writer

As local coyote sightings increase, the City of Montebello, in partnership with the San Gabriel Valley Council of Governments (SGVCOG) Neighborhood Coyote Program, is working to monitor, track, and respond to residents’ questions and concerns. The Program “is a regional approach aimed to address, educate, and report safety issues caused by coyotes within the San Gabriel Valley.”

“To keep residents and pets safe, the program includes public outreach efforts such as workshops, town hall meetings, and social media outreach to the Montebello community, along with a coyote hotline to report sightings,” said Recreation and Community Services Director David Sosnowski.

While coyotes play a vital role in the ecosystem, it is important to remember that they are wild animals. Never feed or attempt to domesticate them. Remove items that may attract them around your home such as food or water, or sheltered areas where they can take refuge.

According to the SGVCOG website, hazing “is a method of scaring a coyote away from you, your yard, or your neighborhood.” Just as we train our dogs, “it is possible to reinforce a coyote’s natural instinct to avoid people without harming them.” Hazing can include making loud noises, throwing rocks in the coyote’s direction, spraying it with a garden hose, rapidly opening and closing an umbrella in its direction, or use of an air horn.

For additional information, visit https://www.sgvcog.org/coyotes. The program includes a hotline, reporting tools, resource referrals, pet safety planning, crisis intervention, workshops, and training.

Residents are encouraged to report coyote activity to the Neighborhood Coyote Hotline at 626-278-2039. In case of emergency, call 911.

Yard Sale 2020

Yard sales are only allowed during the first weekend of March, June, September, and December beginning Friday morning (9:00 a.m.) and end on Sunday evening (6:00 p.m.). This year’s yard sales will be on:

March 6th, 7th, & 8th  
June 5th, 6th, & 7th  
September 4th, 5th, & 6th  
December 4th, 5th, & 6th

For more questions about having a yard or garage sale, contact the Code Enforcement Division Monday through Thursday at (323) 887-1490.

Photo by Ernest Peralta
March 2019

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<th>SUNDAY</th>
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**THE LIONS CLUB OF MONTEBELLO**

**PANCAKE BREAKFAST FUNDRAISER**

**MONTEBELLO SENIOR CENTER**

115 South Taylor Avenue, Montebello, CA 90640

**SATURDAY - MARCH 7, 2020**

8:30 A.M. TO 11:30 A.M.

MONTEBELLO SENIOR CENTER

115 South Taylor Avenue, Montebello, CA 90640

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

PANCAKE BREAKFAST FUNDRAISER

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

$6.00 per person

Includes:

- Pancakes, Sausages, Eggs
- Coffee, Milk, Orange Juice

Donations of:

- Used Eyeglasses
- Used Cell Phones
- Used Ink Jet Cartridges are requested and welcomed.

**15% OFF**

Hydro Servicing/Hydro Jetting

Coupon Must Be Shown AT Time Of Estimate

Valid with this coupon only.

(323) 721-1243

Serving the Montebello Community and surrounding cities for over 25 years!

(323) 721-1243
CAL WATER AWARDS GRANT TO MFD

By Anne Donofrio-Holter
Contributing Writer

The Montebello Fire Department has been awarded a $15,000 Cal Water Firefighter Grant for the purchase of five complete sets of turnouts for department firefighters. Each set will include coat, pants and boots.

“Turnouts are the protective equipment that protects firefighters from the high temperatures they encounter inside a structure fire and are vital in allowing us to make entry in order to perform vital tasks such as victim rescue and firefighting,” said Battalion Chief Ryan Webb. “Turnouts weigh approximately 25 to 35 pounds dry, but once they become saturated, can weigh up to 45 pounds.”

According to Ryan, industry standards recommend turnouts be replaced every ten years from the date of manufacture.

“The new turnouts will be distributed based on a replacement schedule which identifies those firefighters currently using the oldest turnouts,” he added.

“Our firefighters work tirelessly to protect our communities and ensure the safety of Californians every single day,” said a Cal Water spokesperson. “While most people run from danger, these brave men and women run toward it. As part of our gratitude for everything our local heroes do, Cal Water has established our Firefighter Grant Program to support and recognize local fire departments.”

“The Montebello Fire Department would like to thank and commend Cal Water for caring so much about the men and women of the fire service that they would offer grant funding opportunities to local fire departments,” said Webb. “Our firefighters put themselves in harm’s way every day. These new, state-of-the-art turnouts will help keep them safe as they enter into the harsh conditions that exist inside of a structure fire.”
GERRY MONROE CELEBRATES 95TH BIRTHDAY

Family, friends, business owners, and fellow employees gathered at Broaster Kitchen on February 23, to celebrate one of the original owners 95th Birthday, Gerry Monroe. Gerry was born in Homer, Nebraska. The other original owner Bernad married Gerry in 1943. They raised six children and came to California in 1958, where they moved to Monterey Park.

Gerry, along with her husband Bernard of 60 years, opened Broaster Kitchen in 1970. In 2007, Bernard passed away and Gerry, with her son Mike continued to run the business. In 2017 Gerry retired because of health reasons. Gerry now enjoys walking, crossword puzzles, local casinos and still enjoys visiting Broaster Kitchen to see old customers and to keep an eye on the business.

Broaster Kitchen is now run by her son Mike and his wife Trish and their two kids. Mike said, “It’s an honor to continue running the family business. My parents worked so hard to make it the success it is today. It was nice seeing some of my mom’s old employees from the seventies stop by and wish her a happy birthday.”

Broaster Kitchen is located at 1440 W. Beverly Blvd on the corner of Beverly and Maple. They take phone orders to go and also catering is available. They are open seven days a week from 10:30am to 9pm.

To Advertise Call 323-513-7581 or 626-319-1620
MBL SEEKS MEMBERS FOR TRANSPORTATION CITIZEN ADVISORY COMMITTEE
By Anne Donofrio-Holter
Contributing Writer

Montebello Bus Lines (MBL) is interested in the opinions of its riders, and as such is seeking individuals interested in serving on its Transportation Citizen Advisory Committee (TCAC).

“MBL is interested in topics of importance to our riders,” said Director of Transportation Tom Barrio. “The goal of the TCAC is to improve the quality of public transportation for the residents of Montebello and surrounding communities, and to discuss transportation service issues from the perspective of the passenger.”

Through the formation of this committee, MBL strives to improve rider relations, identify the strengths of its service, and find ways to better serve the community.

Applications are available online at http://www.ridembl.com/Citizen-Advisory or by calling 323-558-1625. Completed forms can be emailed to RideMBL@cityofmontebello.com or mailed to MBL Transportation Facility, 400 S. Taylor Avenue, Montebello, CA 90640. Attn: TCAC.

Committee members will be selected by the Montebello City Council and must be 18 years of age or older, current users of either the dial-a-taxi or fixed route system, and be available for quarterly meetings at the MBL Transportation Facility on the first Wednesday of April, June, September and December. Meeting time TBD.

“If you want a voice in the discussion of transportation issues that affect you and the community, we urge you to consider becoming a TCAC committee member,” added Barrio.

Applications are due no later than March 5, 2020.

MPD/RITE AID INTRODUCE COOL KID PROGRAM
By Anne Donofrio-Holter
Contributing Writer

The Montebello Police Department (MPD) has partnered with the Rite Aid Foundation in a new program called “Cool Kid” which aims to recognize kids in the community for the performance of a good deed and to help build positive relationships between those kids and the MPD. First rolled out in the City of Los Angeles, the program has now come to Montebello.

According to Rite Aid, when a police officer comes across a kid doing something positive in the community, he/she will have the opportunity to present the kid with a coupon for a free Thrifty ice cream cone at Rite Aid. Officers can also distribute the coupons to kids that just need something to brighten their day. Some coupons enable the officer to join the kid at Rite Aid for a free cone for both of them.

“We’d like to thank Rite Aid for this partnership and are looking forward to working with you on this great program,” said MPD Community Relations Unit Corporal Rick Ruiz. “Thank you for the ice cream. We are certainly going to enjoy it.”

“This is a great program which gives our officers an opportunity to recognize kids doing good in the community and to build positive relationships between them and the Department,” added Captain Luis Lopez.

The program is funded by the Rite Aid Foundation.
CALIFORNIA’S TENANT PROTECTION ACT

Property owners and managers alike should be aware that there have been some sweeping reforms to California’s landlord tenant laws. The Tenant Protection Act of 2019 was signed into law and became effective on January 1, 2020. The legislators enacted this law in response to the “current housing crisis require a statewide response to address rent gouging by establishing statewide limitations on gross rental rate increases.” (§ 1947.12(k)(1).) and the law is set to “sunset” or terminate on January 1, 2030. A basic summary of the law is this:

1) There will now be a percentage limit on annual rent increases, which are capped at 5% of the gross rental rate plus the change in cost of living, not to exceed 10%; and
2) Landlords will have to have “just cause” to terminate a tenancy if the tenant has occupied more than 12 months or more.

This month I will focus on the “just cause” portion of the Tenant Protection Act for guidelines on notice to terminate a tenancy. There are certain

What is Just Cause?

The most common question I receive from landlords and tenants is, “What is considered just cause?” A landlord would have to provide a notice to terminate the vacancy to the tenant with a declaration stating the reasons for termination. There are two types of legal reasons you can terminate a tenancy – “Just cause” – “At fault Just Cause” and “No-Fault Just Cause”.

At-Fault Just Cause

Per Section 1946.2(b)(1), “At-fault just cause” includes, but not limited to situations involving non-payment of rent, major breaches of the lease agreement by the tenant, criminal activity criminal threats against the owner or his or her agent, allowing others to live and collecting rent (Sub-leasing), the tenant refuses the landlord entry to inspect the unit, and when the tenant gives formal notice to move but fails to move.

If the violation of the agreement by the tenant is a curable breach, the landlord must give the tenant notice and an opportunity to cure the violation. If the violation is not cured within the time specified in the notice (Usually 3 days), then the owner may serve a notice to quit for “at fault just cause”. The owner must specify the reason in the notice to quit.

No-Fault Just Cause

Per Section 1946.2(b)(2), “No-fault just cause” includes the following codified circumstances: An owner wants to allow family members to live in the unit. The lease agreement must contain a provision that allows for this arrangement if it was signed after July 1, 2020. The property is withdrawn from the rental market. The landlord needs to comply with a government order or local ordinance that requires the tenant to vacate, or the owner intends to demolish or substantially remodel the property.

In order to terminate a tenant based on no-fault just cause, the owner must either pay the tenant an amount equal to their monthly rent within 15 days after they give notice OR waive the rent for the final month. If neither happens, the landlord has voided the notice of termination. The notice must include a notice to the tenant regarding their ability to be paid.

There are situations where a unit may be exempt from rent control but not just cause, and vice versa, exempt from just cause, but not rent control. Next month I will review the rental caps that were imposed by the Act. The new requirements of landlords appear very confusing, therefore it is wise to consult with an experienced attorney to review the new procedures for landlord tenant 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 on individual situations and if used as such, The Montebello Reporter, and have not been evaluated by The Montebello Reporter for accuracy, completeness, or changes in the law.
The California State Commanders Veterans Council (CSCVC) is honored to announce that Senator Bob Archuleta has been selected as the recipient of the Council’s 2019 Legislator of the Year Award.

The CSCVC Legislator of the Year Award is given in recognition for leadership and efforts on behalf of California’s veterans, active duty military, reserves, and the California National Guard.

Senator Archuleta was presented with the award during the CSCVC’s Day at the Capitol event on April 22, 2020.

Senator Archuleta has been a champion for veterans and active duty military troops in California from the moment he took office. From his time in the U.S. Army to his public sector work he has demonstrated tremendous support for the military and veterans community. On his first day in the Senate, he took the time to talk with the CSCVC legislative advocate about the current issues facing veterans and service members. The Senator made it clear, in the first Senate Veterans committee hearing that all hearings will start with acknowledging all veterans and service member in the audience.

“It is an honor for me to receive this recognition from the California State Commanders Veterans Council. I will continue to work with all veterans and active military in the state of California to represent them to the best of my ability. I will continue working with my colleagues and the governor’s office on veterans’ homelessness, as well as issues pertaining to our active military and our 22 armed force bases in California,” Senator Archuleta said.

Senator Archuleta authored Senate Bill 289 in 2019, home and community-based services (HCBS); which was signed by Governor Newsom. SB 289 allows active duty service members, upon receiving orders to transfer out of state, to maintain their eligibility status or their place on the waiting list for services. This bill would also allow military personnel and their families to apply for the Medicaid HCBS waiver program when they receive notification of their pending transfer into the state.

Frederick Romero, Chairman of the CSCVC, said, “When Senator Archuleta was appointed as the Chairman of Senate Committee on Veterans Affairs, we instinctively knew he would be the right person for the job. He has captivated us with his intimate knowledge, and unique ability to understand and relate to the active duty military and California veterans. He has also shown, through action in his first year, his desire to tackle the tough issues such as the California Veterans Homes and the Disabled Veterans Business Enterprise program.”

The Senator was elected in 2018 to the California State Senate. Archuleta is an Army veteran and was a combat paratrooper with the 82nd Airborne Division. Senator Archuleta is the current Chair of the Senate Committee on Veterans Affairs.

The California State Commanders Veterans Council is a group of 20 veterans service organizations and other military service-related organizations, whose mission is to evaluate pending state legislation affecting California’s veterans, whether active, reserve, National Guard, or retired. The Council was founded in 1966 and meets regularly to coordinate legislative strategies to advance matters relating to the academy, and he was immediately elected as co-chair. He also served on the Los Angeles County Military Veterans Affairs Commission and the United States Army Advisory Board for Military Recruitment.
Sunday, March 8th, 2:30-4:30pm

A $25 donation gets you access to paint, wine, and a flower crown!

Special appearances in honor of International Women's Day.

Visit SoroptimistMontebello.org to reserve your seat!

#MONTEBELLOMOMENTS
Montebello Soroptimist is a community service organization bringing awareness to women’s needs as well as its Dream Programs which include Dream It, Be It (workshops for high school girls) and Live Your Dream (educational cash awards for single moms to improve their lives).

This Fashion Show for heart health awareness featured fifteen prominent women leaders from the community and surrounding communities. One of the evening highlights was special guest speaker Senator Bob Archuleta. The Senator congratulated the organizers of this event - Greg Millap, General Manager of the Shops at Montebello and Marina Satilofaiga, Director of Marketing, Katty Juarez, Macy’s Store Manager, Betty Peralta and Janine Andrade, chairs and Montebello Soroptimist members. The Senator expressed his appreciation of this event as part of the community’s commitment to support women’s causes.

The Senator presented Betty Peralta with a Certificate of Recognition in honor of her leadership within the community and as president of Montebello Soroptimist.
WINTERGUARD SEASON HAS STARTED FOR SPARTANS AND OILERS

by Sophie Vega
Contributing Student Writer

Winter guard season begins for the colorguard teams of Schurr High School and Montebello High School with shows entitled “Praying” and “See the Love.”

Both teams began their official winterguard seasons at the Bellflower Classification show on February 8th. Schurr High School performed their show “Praying,” where the team of 18 young girls and boys tell a story about how the best direction to move is forward. Montebello High School performed their amazing show, “See the Love.”

Although both schools were placed in different divisions, they still continue to contribute to each other’s success. At the competition sites, both Spartans and Oilers applauded for each other’s performance and supported everyone with the occasional “Good Skill!”

To prepare for their first judged competition, Schurr High School hosted a showcase with the Elan percussion team. This was the perfect way to practice performing in front of huge crowds.

At the official first competition of the season, Schurr and Montebello performed at the La Serna winterguard competition on February 22nd. Even through rain and shine, both teams have their smiles on and are ready to perform.

Speaking as captain of the Schurr High School colorguard team, I felt that our team improved an abundance amount in such a short amount of time. I congratulate not only my wonderful team but all the colorguard teams that had to practice and struggle in the rainy weather during our first competition of the season. We all worked hard and did our best, which is better than anyone could ever ask for.

The winterguard teams will continue their seasons until the month of April. The Spartans’ next competition is at Arcadia High School on March 14th and the Oilers’ next performance will take place at Valencia High School.

Both teams will continue to compete to become a Winter Guard Association of Southern California (WGASC) champion by the end of April. Both Spartans and Oilers work extremely hard to uphold the high reputation they have built to represent their teams.

MONTEBELLO CHRISTIAN SCHOOL

THE MOST RECENT SURVEY SHOWS THAT PARENTS SELECT MONTEBELLO CHRISTIAN SCHOOL FOR ITS
* ACADEMIC EXCELLENCE * CHRISTIAN EMPHASIS * STUDENT SAFETY

THE SCHOOL OFFERS:
• Before and after school Day Care
• Electives for 5th through 8th graders
  o Including Robotics, Computers, Spanish, Art, Cooking, Sports, and Musical Instruments
• Study Hall and tutoring are available
• Extra academic enrichment
• Computers in the classroom
• Competitive after school sports
• A marine biology experience
• Nature Camp
• Trip to Washington, DC including
  o Philadelphia, Virginia & New York
• Participation in academic competitions that include
  o Spelling Bee, Math Olympics, Science Fair, Art Festival and Speech Meet

THE MISSION OF THE SCHOOL
Is to prepare students to
Grow Spiritually,
Pursue Knowledge and to
Develop Socially and Physically.

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TK, TRANSITIONAL KINDERGARTEN,
FOR 4/5 YEAR OLD

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CONTACT US WITH ANY QUESTIONS

Montebello Christian School is located at
136 So. 7th Street in Montebello.
We are accepting applications for enrollment for the 2020-2021 school year.
My name is Katherine Wang, and I am your February Junior Citizen of the Month. I am a senior at Schurr High School. I have made many memories and accomplish- ments here throughout the years.

I have been a member of our student body organization, United Student Body (USB), since my freshman year. In USB, I have been responsible for organizing school activi- ties. Currently, I hold the position of Pep Commissioner where it is my duty to convey important announcements and to find ways to help make school a fun place to be. As one of the founders of our school news network, hosting the position of the anchor, I have excelled academically, while making it into the top 10% of my class.

Enjoying sports is part of who I am. As a freshman, I joined the water polo team. Our team has been the Almont League Champs all of my four years! This is a major accomplishment for our school while gaining great school name recognition. Same year, I joined the swim team and continue to do my best as a teammate.

This year I was selected to participate in the LA County Academy. I trained as a lifeguard and have been ranked #1 female candidate in the Academy. Now I am a lifeguard working in Belvedere Park, part time.

As an avid student since my sophomore year, I was able to focus and determine my career path. I hope to attend Cal Poly Pomona and major in civil engineering. I am glad to have been a student at Schurr. I sincerely appreciate everyone that has helped shape me into the person I am today. Having been honored by the Montebello-Whittier Masonic Lodge in this way is another step in my process of moving forward.

This is a program of the Lodge, financed by the Lodge. Administered by the Montebello Masonic High Twelve Club. Led by members of #323: Robert Risher, PP, President; Donald E. Travis, PP, Secty.-Treas.; Donald G. McLaurin Jr., PM, 2020 WM, Worshipful Master of #323; and other members of #323 and their wives.

Pictured L/R: Peter Murashige, Activities Director; Francisca Frigerio, Grandmother; student Wang; Carmen Frigerio, Mother; Donald G. McLaurin, Jr., PM, Worshipful Master of #323

MONTEBELLO REPORTER
RECREATION & COMMUNITY SERVICES EVENTS AND INFORMATION

CITY OF MONTEBELLO
Recreation and Community Services

YOUTH TRACK AND FIELD

Sign-Ups Start: February 7, 2020
Registration Fee: $50
Ages: 7-14
Practices begin week of March 16, 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 require special assistance to participate in our activity, please contact the City of Montebello Department of Recreation & Community Services at (323) 887-4570. Notification 48 hours prior to meeting will enable the City & Recreation to make reasonable accommodations to ensure accessibility. (See Sec. 12132 of Gov. Code Title 11)

City of Montebello
AARP Tax-Aide
Free Tax Return Preparation
February 5th - April 9th
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

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 5:05 p.m. - 5:35 p.m.
Beginning Gymnastics: Ages 5-10 6:15 p.m. - 7:00 p.m.
Session Fee: 4 weeks $55.00 with exception to Toddler Gymnastics $90.00.
Session 1: Feb 3rd - Mar 9th (no class 2/21) | Session 2: Mar 16th - Apr 6th

Classes hosted by Dream Pillar
Itty Bitty Ballet/ Moz: Ages 3-7 Tuesdays 6:00 p.m. - 6:30 p.m.
Session Fee: 4 weeks $55.00

Dance for the Stiges: Ages 8 & up Tuesdays 6:45 p.m. - 7:30 p.m.
Learn all methods of dance from Ballet, Jazz, Urban and much more!
Session Fee: 4 weeks $55.00

Musical Theater Skills: Ages 7-7
Thursday 5:30 p.m. - 6:30 p.m.
Session Fee: 4 weeks $48.00 plus $10.00 Material fee paid to instructor
Session 1: Jan 9th - Jan 30th | Session 2: Feb 6th - Feb 25th

Intro to Keyboarding: Ages 7-17
Thursday 6:30 p.m. - 7:15 p.m.
Session Fee: 4 weeks $48.00 plus $10.00 Material fee paid to instructor
Session 1: Jan 9th - Jan 30th | Session 2: Feb 6th - Feb 25th | Session 3: Mar 6th - Mar 27th

*Classes are held at the Montebello Senior Center
115 S. Taylor Ave. (unless noted otherwise)

REGISTER NOW!
Recreation & Community Services | Monday - Thursday: 8:00 a.m. - 5:00 p.m.
WWW.CITYOFMONTEBELLO.COM | (323) 887 - 4575 or (323) 887 - 4540

MONTEBELLO REPORTER
VOTERS WILL HAVE THE OPPORTUNITY TO DECIDE MONTEBELLO’S FINANCIAL FUTURE

VOTANTES TENDRAN LA OPPORTUNIDAD DE DECIDER EL FUTURO FINANCIERO DE LA CIUDAD DE MONTEBELLO

Did You Know Montebello Receives Just 1% of Current Sales Tax? ¿Sabia Usted Que Montebello Recibe Solo 1% Del Impuesto de Venta?

LOCAL CONTROL OF MEASURE H FUNDS:

Measure H funds are subject to strict fiscal accountability provisions, including:

- A Transparency and Accountability Committee is required to ensure all funds are spent as promised.
- All funds would be used to benefit Montebello residents only - no funds could be taken by the State, the County or other cities.
- All funds are subject to mandatory annual independent audit and reports to the community.

EL CONTROL LOCAL DE LOS FONDOS DE LA MEDIDA H:

La Medida H está sujeta a estrictas disposiciones de responsabilidad fiscal, incluyendo:

- Se require un Comité de Transparencia y Rendición de Cuentas para asegurar que todos los fondos se gasten según lo prometido.
- Todos los fondos se usarían para beneficiar a residentes de Montebello solamente - fondos no podrían ser tomados por el Estado, el Condado u otras ciudades.
- Todos los fondos están sujetos a auditoria obligatoria anual y reportes a la comunidad.

HOW WILL MEASURE H FUNDS BE USED?

- Maintaining our parks and open spaces
- Public safety Services
- School Safety Programs
- Programming for seniors and youths
- Repairing potholes, aging streets and other infrastructure

¿CÓMOSERÁN USADOS LOS FONDOS DE LA MEDIDA H?

¿SABÍA USTED QUE MONTEBELLO RECIBE SOLO 1% DEL IMPUESTO DE VENTA?

VOTE FROM FEBRUARY 18 TO MARCH 3

YES ON MEASURE H

KEEP YOUR DOLLARS IN MONTEBELLO

VOTAR DEL 18 DE FEBRERO AL 3 DE MARZO

SI A LA MEDIDA

MANTENGA SUS DÓLARES EN MONTEBELLO

Paid for by Committee for Yes on H to Keep Montebello Safe FPPC #1424940
RAISING AWARENESS FOR NATIONAL NUTRITION MONTH

By Sean Pappa
Pharm.D. Candidate, 2023
USC School of Pharmacy
Shushma Patel
Rph, CDE, MBA.
The Prescription Shop, Montebello

Happy March! March is National Nutrition Month and the perfect time to raise awareness on the importance of nutrition. Nutrition is very important because the food we eat can have a big impact on our health. With proper nutrition it will provide energy for the day and minimize development of chronic and degenerative diseases such as diabetes, cancers, and high blood pressure.

The proper nutrition for adults consists of a balance between carbohydrates, proteins, healthy fats, vitamins, and minerals. Some of the foods we eat will be more nutritious than others. It is our job to make sure we know what we are putting into our body! Also, to ensure we have the proper nutrition and a healthy diet it is very important to consume a wide variety of foods with different colors.

Many of the foods we consume on a daily basis might not be the best for us. Typically, anything processed such as foods that come in a box or bag can be detrimental to our health if eaten excessively. This includes chips, cookies, processed meats, and sugary granola bars. Substituting fruits or a salad for these snacks can be more beneficial. Also, contrary to popular belief, we need fats! Specifically, we need healthy fats such as omega 9 and omega 3 fatty acids. The table provides examples of products with good fats. Proteins are another essential component of nutrition. Incorporating lots of fish and lean mean is ideal. You want to limit the amount of processed meats consumed such as bacon, sausage, and hot dogs. Lastly, carbohydrates are another vital part of nutrition. For the most nutritious value, you want to consume products that have whole grain. There is a difference between whole grain, multi grain, and 100% wheat. Be sure to read labels carefully to ensure we are eating right. Other carbohydrates that should be consumed regular are brown rice and fruits.

<table>
<thead>
<tr>
<th>Healthy Fats</th>
<th>Carbohydrates</th>
<th>Proteins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish/Salmon</td>
<td>Whole Grain Products</td>
<td>Lean Red Meats, Chicken, Fish</td>
</tr>
<tr>
<td>Extra Virgin Olive Oil</td>
<td>Brown Rice/Quinoa</td>
<td>Limit Processed Meats (bacon/hotdogs)</td>
</tr>
<tr>
<td>Avocados</td>
<td>Fruits</td>
<td>Vegetables</td>
</tr>
</tbody>
</table>

In conclusion, we need to monitor what we eat. Making sure we minimize processed foods which have high sodium, saturated/bad fats, and high sugar is very important since there is limited nutritional value. Incorporating more healthy fats, carbohydrates, and proteins will help contribute to being healthier and prevention of disease. For more information, you can go to choosemyplate.gov to see if your diet provides the proper nutrition and understand what portions of food is adequate.

References:

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For more information, visit:
- Facebook: facebook.com/theprescriptionshop
- Tel: 323-728-8127 Fax: 323-728-4917
- 1215 W. Whittier Blvd., Montebello
Are You 62+?
Use a Home Equity Conversion Mortgage loan to:

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- Make retirement savings last longer

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Bob Tapia, NMLS #459811
RTapia@aag.com

**It might be time to revisit a reserve mortgage!**

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We accept Medicare, Medicare HMO and PPO Insurance plans
HELPING WOUNDS HEAL THROUGH GOOD NUTRITION

Beverly Wound Care Center provides nutritional assessments and advises a healthy diet for patients to heal wounds more quickly

The staff at Beverly Hospital’s Center for Advanced Wound Healing and Hyperbaric Medicine are emphasizing the value of good nutrition and advising their patients to eat balanced meals to speed wound healing. Those interested in learning how to eat healthy, especially if you have been diagnosed with diabetes or prediabetes, can join Rebecca Ceballos, RN, on Diabetes Alert Day, Thursday, March 26, 2020, from 4:00pm – 5:00pm in Beverly Hospital’s Tower Basement Room. Enjoy FREE healthy food samplings while gaining more knowledge on the right food choices. All are invited to attend and can register at (800) 568-0110 or online at www.beverly.org/events.

Though often overlooked as a factor in wound healing, good nutrition is an extremely important part of the healing process. Wounds must be well-fed to heal, requiring increased amounts of calories, protein, water and specific vitamins and minerals.

“It is important to eat well to be able to heal well,” said Rebecca Ceballos, RN and Wound Care Center Diabetes Educator. “A balanced diet is essential for good wound healing to occur because it will help repair, build, and maintain new tissue. Calories provide energy to keep the body working while protein helps repair body tissue in wounds.”

Beverly Hospital’s Center for Advanced Wound Healing and Hyperbaric Medicine works in conjunction with a patient’s primary care provider to create an ongoing plan for improvement and recommend dietary plans to promote healing.

Other tips recommended for patients:

• Eat balanced meals that feature the right amount from each food group
• Include plenty of fruits and vegetables in each meal
• Stay well-hydrated with water or other unsweetened drinks throughout the day to ensure vitamin and mineral absorption

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 and is located at 413 N Poplar Ave., Montebello, CA 90640. For more information about wound care or to schedule an appointment, please call (323) 725-5066 or visit online at http://bit.ly/bhwcare1.
On Wednesday, February 19, 2020, the Montebello Rotary Club held its annual Four-way Speech Contest for high school students. The first place winner of the contest was Valerie Martinez from Montebello High School and runner-up was Queen Chiwanga from Schurr High School.

From the earliest days of Rotary, the organization has been concerned with promoting high ethical standards for the business world. The most widely printed and quoted statement of business ethics is the Four-Way Test, which was created in 1932 by Rotarian Herbert J. Taylor. The test was adopted by Rotary in 1943, and it has been translated into more than a hundred languages and has been disseminated throughout the World.

The Four-Way Speech Contest was developed to acquaint the next generation with the importance of high ethical standards. The test asks the following four questions:

"Of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?"

For the past 25 years Montebello Christian School has held its annual International Day at the school. It’s a celebration that happens at the end of the school’s Mission Month which runs through the end of January. Students sell goodies, toys, candy, and burritos or they recycle to raise money for their missions.

During Mission Month each class chooses a country to represent. They pray for the people and their country; they learn about that country then they perform a folk dance from that country on International Day. Each class displays a table of food from that country and everyone gets to taste a large variety of different cuisines.

The money that is raised goes directly to the mission they chose. The school has helped build a hospital in Guatemala, given food and clothing to orphanages in Mexico and has bought cots for orphans in Russian who were sleeping on the floor. The school has also sent backpacks, school supplies, and clothing to children in India. Montebello Christian School has also donated to two women’s crisis shelters and for the homeless.

The school this year has raised over $3800.00 for the missions.
Kevin and Erica Haddock are financial planners with 25 years of experience in business. Their family has been conducting business in Montebello for over 40 years. With hopes to help others have the same success, their efforts are focused on helping the community grow and prosper in many areas of their lives.

The Haddock’s have provided hope, help, and an opportunity to be financially secure by educating the community and surrounding areas on the concepts of debt management, asset protection, estate planning, and reducing taxation. They believe that by providing financial education they can combat financial illiteracy in communities that could benefit from this information, and not only to the wealthy but to anyone and everyone in need. No family left behind!

This March they are celebrating 4 years at their Montebello branch office and would love to invite YOU down to learn and grow with them! Come join the celebration as there will be appetizers and refreshments provided by Juan Great Fiesta, a local Montebello restaurant who have been a Montebello staple for over 30 years. Juan Great Fiesta takes pride in the fact that everything cooked in their kitchens are prepared with the freshest and finest ingredients in town. (juangreatfiesta.com)

The event will be held on March 21, 2020 at 12:00pm.
1493 N. Montebello Blvd. Suite# 102, Montebello, Ca. 90640

To be added to the guest list please contact:
Erica Haddock at 626.488.9548 or wfg.ehaddock@gmail.com
wfgconnects.com/ericahaddock

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Recently Remodeled Hilton Garden Inn

Building a Better Montebello

Home2 Suites, Hilton Garden Inn, Quiet Cannon Conference & Events, and the Montebello Golf Course
Create The Cohesive Campus Environment in Montebello
ASSEMBLYWOMAN CRISTINA GARCIA HOSTED HER PRIDE OF THE 58TH CELEBRATION AND GALA AT THE BICYCLE HOTEL IN BELL GARDENS.

The opening kicked off with a vibrant Chinese Lion Dance Troupe that welcomed the Lunar New Year, and red envelopes with chocolate gold coins for good luck and good fortune.

Montebello’s Eastmont Intermediate’s Mariachi Estrellas de ICES and Little India’s Classical Youth Dancers also represented the rich cultural diversity of the 58th Assembly District. The unsung heroes, their guests, and over 20 elected officials celebrated the accomplishments and their testament to their limitless potential to give back to the community.

Montebello’s very own family-run businesses: M's Flowers, Risher Mortuary, the city’s well-known public servant, Henry Fimbres, and MUSD’s cherished educator Gabriela Casillas were among the thirteen honorees from the nine cities in the Assemblywoman’s district. M’s Flowers and owner Jay Nomura was recognized for his generous donations of floral arrangements for countless non-profits and fundraising events to benefit the community and his outstanding service for the city’s youth in basketball and theatre of arts.

Risher Mortuary created the “Caring for Others” Scholarship, where each year they award $10,000 in scholarships to local graduating seniors. Henry Fimbres, an educator, has gone beyond the call of duty to serve his community for over 25 years, and Gabriela Casillas is the first and only teacher at MUSD to include students with Down syndrome in her mainstream classroom. These outstanding unsung heroes reflect the kindness, compassion, and pride of the 58th Assembly District.

If you would like to nominate an unsung hero in the 58th Assembly District’s 2020 #Pride58 honoree, apply through this link: https://a58.asmdc.org/prideofthe58th

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Classes are held at MHDC’s Office on Saturdays from 9:00 AM to 5:00 pm

Cost per class $50

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www.mhdc.ca.org

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INTERVIEW WITH PARKS AND RECREATION DEPARTMENT’S MR. SOSNOWSKI

Bearington Post: What do you do?
Mr. Sosnowski: I am director of Recreation and Community Services. My department is divided into smaller subdivisions. We have parks department, which includes our 11 parks.

BP: Anything that you have for kids?
Mr. S: We have guitar, piano, Zumba, dance, summer and winter camp, soccer, basketball, swimming, cheerleading and track team (our sports leagues). We also have a free art class!

BP: How can we help out the parks?
Mr. S: We have a volunteer program. You must fill out an application form first. We then schedule you for as many hours as you’d like.

BP: When can we expect the Taylor Ranch project to open?
Mr. S: We are planning to open it July 2020. We will renovate the pond. We will add a cultural arts center and a basketball court (rumors that it is going to be a golf course are false)

BP: Anything you’d like to say to our many readers?
Mr. S: Montebello’s a great city, and many great things are coming soon. Montebello App is soon coming to ALL devices. We will also have summer movies and an egg-stravaganza egg hunt.

RESTAURANT OF THE MONTH: RIO’S PIZZA

Bearington Post: When was Rio’s Pizza opened?

BP: Do you have any other locations?
John: We have locations in Pico Riviera and South El Monte.

BP: Were you the first owner?
John: No. My father Ron Rio opened it. It was the family business.

BP: What is the best-selling item on the menu?
John: Well, I’d have to say that the most popular item on the menu is the Sunday Special or the Pizza and Wings combo.

BP: How does your establishment benefit the community?
John: Our restaurant helps out children and adults with special needs. My son John Jr. has autism, which is why I decided to help out. I also helped out a woman boxer as her sponsor.

The Montebello Unified School District Board of Education election is November 3, 2020. Two seats will be on the ballot.

If you are running for MUSD School Board and are interested in an MTA endorsement, please call or send an email to:
(323) 722-5005
mta-abc@montebelliteachers.org
Please contact us by Friday, March 27, 2020

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Thinking about selling your home?
The decision to sell your home requires seeing the total picture, from start to finish. You should understand what is involved in selling your home quickly and profitably. To avoid misunderstanding, let us take a look at a few things you’ll need to consider...

- Selling your home before you are qualified to buy another – financial situations change along with loan requirements.
- Guessing your mortgage payoff – know if penalties exist.
- Underestimation of closing costs – calculate fees, taxes, and commissions that need to be paid.
- Spending of earnest money – if the sale falls through, what happens to the money?
- Befriending potential buyers – discretion is imperative when buyers want to be your friend.
- Fear of low appraisals – you have options if this happens.
- Stress of showings, remodels, cleaning, phone calls – let your agent handle the bulk of the responsibilities of selling your home.
- Facing inspection requirements – know what is expected for your home to pass.
- Being prepared for closing – your agent and title company should let you know what to expect.
- Flexibility and readiness to show your home – make preparations so showings do not interfere with your family and your life.
- Letting buyers see your home in your absence – buyers prefer to view homes without the seller present to listen to their critiques. Any questions should be fielded by your agent.
- Weeding out non-qualified buyers – you can request that only qualified buyers view your home. If they are not eligible, even for creative financing, it’s a waste of everyone’s time – especially yours.

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Free Scholarships to Attend the First Time Homebuyer Class on March 28, 2020. Please call Montebello Housing Development Corporation 323-722-3955 to register!

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200 E. Beverly Blvd., Suite #102. Montebello, CA 90640
MARCH 2020 “YMCA SHORTS”

SAFETY AROUND WATER & LA’S LARGEST FREE SWIM LESSON DAY

Safety Around Water (a.k.a. “SAW”) classes will be offered at the YMCA in Montebello from March 23rd to 27th, culminating with “LA’s safety skills that include what to look for in a safe place to swim and how to swim a short distance on their front, roll over onto their back to rest, and then roll on their front to continue swimming to safety.

Swim lessons for beginners will include focus on the skills: Swim, float, swim and Jump, push, turn, and grab. Registration in advance at the Y is required for both SAW and for the free swim lesson day on March 28th. Lessons will focus on Pre-Schoolers (ages: 3-5) and School-age children (ages: 6-12).

SUMMER ENRICHMENT CAMPS AT THE Y THIS SUMMER

Half day enrichment camps in both mornings and afternoons will be offered at the Y select weeks this summer, emphasizing sports, STEAM, and “From farm to table” around gardening and food preparation practices supportive of healthy lifestyles. Swim lessons before or after the half day camp schedules are an option. Help your children be active and more well-rounded this summer at the Y!

Visit the Y for details or to enroll your kids today.

L. A. GALAXY PARTNERS WITH THE YMCA

In February, the Major League Soccer team, the Los Angeles Galaxy, announced their new partnership with the YMCA of Metropolitan Los Angeles, of which the Montebello-Commerce YMCA is a branch. Next season of youth soccer, our kids can play wearing the uniforms of our home, MLS team, just as we currently do with the LA Clippers for youth basketball, and the LA Kings for youth ball hockey, with a new partnership also between the LA Dodgers and the Y beginning in our urban branches with a goal of matriculating out to all YMCAs.

Safety Around Water program teaches essential water safety skills to help kids learn what to do if they find themselves in the water unexpectedly. Children learn fundamental water safety skills that include what to look for in a safe place to swim and how to swim a short distance on their front, roll over onto their back to rest, and then roll on their front to continue swimming to safety.

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HEARING AIDS AND TINNITUS

Tinnitus is overwhelmingly connected to some level of hearing loss. Augmenting the reception and perception of external noise can often provide relief from the internal sound of tinnitus.

Most patients develop tinnitus as a symptom of hearing loss, caused either by age, long-term hearing damage, or acute trauma to the auditory system. According to the general scientific consensus, hearing loss causes less external sound stimuli to reach the brain. In response, the brain undergoes neuroplastic changes in how it processes different sound frequencies. Tinnitus is the product of these maladaptive neuroplastic changes.

Patients with hearing loss and tinnitus may find relief from the use of hearing aids and other sound amplification devices. Hearing aids are small electronic devices worn in or behind the ear. Using a microphone, amplifier, and speaker, hearing aids supplement the volume of outside noise and increase the amount of sound stimuli received and processed by the body’s auditory system.

In a 2007 survey of hearing health professionals, respondents self-reported that roughly 60% of their tinnitus patients experienced at least some relief when wearing hearing aids; roughly 22% patients found significant relief.

If you would like to get your hearing tested please contact our office for a free consultation and hearing test at 323-530-0223.

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Virtue Hearing Aid Center is celebrating five years serving the hearing impaired community.

We invite you to have lunch with us March 28th from 11am-2pm. Can’t wait to see you here! We thank you all for your support.

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MONTEBELLO PAAL
2020 BASKETBALL SIGN-UPS

Open to boys and girls 7-17 years
Sign-ups: April 6-22, 2020
Mon/Tues/Wed - 6pm-8pm
April 22, 2020-Last day of sign ups
Location: Montebello Intermediate (MOI) Gym
1600 W. Whittier Blvd., (Gym entrance on Maple Avenue)

Divisions
Rookies: 7-9 years old (Grades 2nd & 3rd)
Officers: 9-12 years old (Grades 4th - 6th)
Sergeants: 12-14 years old (Grades 7th & 8th)
Commanders: 14-17 years old (Grades 9th - 12th)

PRACTICES START
MAY 4, 2020
SEASON STARTS
May 30, 2020 - 8 GAMES

Registration fee: $100 (cash or check) – includes uniform, Team picture, & End of Season Picnic. FULL REGISTRATION FEE due at the time of sign ups. Must show proof of age or grade. Child must be present for uniform sizing.

Additional details or questions: rsanchez@cityofmontebello.com or (213) 610-1928 MONTEBELLO PAAL - 1600 W. Beverly Blvd., Montebello, CA 90640
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