



JUNE 2010

Volume 10, Issue 8



East San Gabriel Valley ROP/TC
1501 West Del Norte Street
West Covina, CA 91790

Superintendent: Dr. Laurel Adler
Deputy Superintendent: Dr. David French
Deputy Superintendent: Colleen Crawford

09/10 Outstanding Students

Category : Health Occupations

Student	High School	Instructor
Adriana Espinoza	Adult	C. Higuera
Rene Hernandez	Northview	B. Hazen
Michelle Lin	Walnut	B. Hazen
Margaret O'Shea	Covina	B. Hazen
Jacob Pablo	Walnut	B. Hazen
Summer Recksiek	West Covina	B. Hazen
Robert A. Saldivar Jr.	Covina	B. Hazen
Brenda Sanchez	Covina	B. Hazen
Sasanna Shubin	Walnut	C. Higuera
Mirna Srinivasan	Walnut	B. Hazen
Ashley Taylor-WINNER!	South Hills	C. Higuera
Felisha Watkins	Covina	B. Hazen
Candice Weir	Azusa	B. Hazen

Category : Family Consumer Science

Student	High School	Instructor
Cynthia Carrillo	Baldwin Park	A. Marquez
Lorena Clark	Glendora	R. Fabela
Dora Cortez	Sierra Vista	A. Marquez
Savannah De Moss	Charter Oak	L. Olivas
Mariel Enrique	Walnut	D. Sandoval
Sabrina Gabriel	Charter Oak	L. Olivas
Danielle Martinez	Glendora	R. Fabela
Alexandria McDonald-WINNER!	Whitcomb	A. Marquez
De'Ja McReynolds	Charter Oak	L. Olivas
Roger Morales	Glendora	R. Fabela
Kaley Olson	Glendora	R. Fabela
Gessell Ramirez	Walnut	D. Sandoval
Melissa Sanchez	South Hills	A. Marquez
Stephanie Swanson	Glendora	R. Fabela
Norelle Wiley	Adult	D. Peterson

Category : Business Education

Student	High School	Instructor
Armand Bujanda	Gladstone	C. Akioka
Jacqueline Hernandez	Gladstone	C. Akioka
Lisa Lin Honda	Diamond Bar	D. Gorden
Stefanie Morales	Azusa	P. Dorsey
Nazanin Sattari	Azusa	P. Dorsey
Nicole Torres	Diamond Bar	D. Gorden
Priscilla Ulloa-WINNER!	Azusa	P. Salgado
Melissa Wilson	Diamond Bar	D. Gorden

Category : Marketing & Distributive Ed.

Student	High School	Instructor
Elizabeth Garcia-WINNER!	Sierra Vista	A. Perez
Matthew Perez	Diamond Bar	A. Perez
Alvaro Perez	Baldwin Park	A. Perez
Vanessa Rios	West Covina	A. Peez
Cheryl Vuong	Walnut	A. Perez



Congratulations to all!



09/10 Outstanding Students

Category : Industrial & Technology

Student	High School	Instructor
Don Appleby	Adult	L. Harrington
Michael Beserra	Adult	L. Harrington
Eirene Capinia	West Covina	G. Beleno
Emily Chea	West Covina	G. Beleno
Andrew Davidson	Covina	S. Richardson
Alexis Garcia	Northview	C. Grinnell
Patricia Louise H. Garcia	West Covina	L. Pitts
America Guzman	Opportunities For Learning	R. Williams
Kevin Herrera	Northview	C. Grinnell
Hannah Huynh	West Covina	G. Beleno
Ashley Leung	West Covina	L. Pitts
Jasmin Miranda	Charter Oak	N. Holguin
Rosa Montanez	Charter Oak	N. Holguin
Khanh Pham	West Covina	L. Pitts
Brenda Renner	Charter Oak	N. Holguin
Chelsea Rongavilla	West Covina	G. Beleno
Naomi Ruiz	Northview	C. Grinnell
Vincent Sanchez	Baldwin Park	S. Richardson
Mauricio Sanchez	Baldwin Park	G. Casburn
Rachel Scott-WINNER!	South Hills	J. Johnson
Lena Serna	Fairvalley	L. Harrington
Santiago Velasquez	West Covina	L. Harrington



Category : Service Industries

Student	High School	Instructor
Sonia Araujo	Coronado	C. Ruiz
Camille Crowell	Azusa	T. Rhiner
Jenelle Dagues	Diamond Bar	T. Rhiner
Erika Freeman	Charter Oak	T. Rhiner
Blanca Gonzalez	Coronado	C. Ruiz
Lorraine Goytia	Ron Hockwalt	R. Williams
Brooke Hines	Glendora	K. Ruth
Andrea O. Ibarra	Sierra Vista	L. Mooror
Michael Lopez	Northview	L. Mooror
Jacqueline Mazon	Charter Oak	L. Garcia
Shannon Nguyen	Glendora	K. Ruth
Kathryn B. Perez	Glendora	K. Ruth
Adrie Ruiz	Charter Oak	L. Mooror
Ariana Sanchez-WINNER!	South Hills	L. Garcia
Erika Silvestre	Baldwin Park	R. Williams
Mary Kate Tasker	Glendora	L. Garcia
Maria Villela	Northview	L. Mooror
Veronika Wong	Covina	T. Rhiner

CRATES NEEDED

If you have a spare crate that the Summer Youth Program (Del Norte Campus, Room 21) could use, please send it to Nabrina at the Del Norte Main Office. Please make sure the crates are labeled with your information. Crates will be returned back to you.



If you have any questions, please contact Nabrina at 626-472-5102. Thank you!

Distinguished Student

Jessica Ortega, a senior at Charter Oak High School was honored on Friday, May 14th as a distinguished student in the Child Development program at the 3rd Annual Mount San Antonio College Child Development Student Recognition Reception and Tea.

Jessica has articulated into the Mt. SAC Child Development program and desires to work with children. Jessica is enrolled in Dianna DiOssi's Early Childhood Education class.

Congratulations, Jessica!

June Birthdays

Carol Higuera	-6
John Distlerath	-8
Sam Khemalaap	-9
Kevin Ruth	-15
Helen Jenkins	-21
Daniel Gorden	-25
Tanya Rhiner	-27

July Birthdays

Bernard Hsu	-1
Ariana Marquez	-7
Joe De Leon	-11
Carmen Ruiz	-16
Lisa Harrington	-17
Cindy Nguyen	-17
Cynthia Garcia	-22
Chris Leon	-27
Martha Green	-28
Roberta Floyd	-29
Serena Cryar	-30
Frances Garcia	31

August Birthdays

Lupe Alvarez	-3
Debbie La Corte	-6
Robert Bailey	-8
Denise Sandoval	-9
Betty Williams	-9
Mike Harden	-12
Paula Franden	-13
Patricia Morris	-13
Neil Mercado	-16
Jon Haprov	-18
Norma Luansing	-23
Lisa Pitts	-27
Kathleen Wells	-28
Jeanett Kerr	-29
Brian Akers	-31

Digital Photography News @ Charter Oak HS

On May 24th, Mr. Holquin's photography students were awarded 8 awards; in three categories at Citrus College 20th Annual Photography competition show case.

Digital Art:

Breanna Sustayta - 1st place
 Monique Fitch - 2nd place
 Jasmin Miranda- 3rd place

Scenic Photography:

Maritza Ramirez- 2 Honorable Mention
 Mitchell Aleman- 2 Honorable Mention

Campus Life:

Breanna Sustayta- Honorable Mention

With great pride and honor, May we recognize these students at charter Oak High School.

Board Members

Doris Blum, Member
 Glendora Unified School District

Helen Hall, President
 Walnut Valley Unified School District

Christina Lucero, Member
 Baldwin Park Unified School District

Brian Akers, Vice President/Clerk
 Charter Oak Unified School District



Rosemary Garcia, Member
 Azusa Unified School District

Darrell Myrick, Member
 Covina Valley Unified School District

Jessica Shewmaker, Member
 West Covina Unified School District

ATTENTION: CURRENT & FORMER STUDENTS

Free facials will be offered on Fridays from 10 a.m.-12 p.m. (by appointment ONLY). Please call Mary Wells at 626-472-5112.

Instructors of Adult Students will receive CDE 101E-1 (Enrollment & Completion Reports) for 2009-2010 by today, June 1st. Return date will be June 25, 2010.

Call Myrna Decker at 626-472-5161 with questions.

Post Secondary Mission Statement

The East San Gabriel Valley ROP/TC provides all students with the highest quality academic and technical skills necessary to be well-educated citizens, responsible, productive employers and employees, and to be successful in obtaining high wage, high demand, continuous employment.

CALENDAR DISTRICT SCHOOLS - ROP/TC

JUNE 2010

(Subject to Change)

DATE	REASON	SCHOOL/SITE	DATE	REASON	SCHOOL/SITE
6/1/10	Finals-NO Bussing	Diamond Bar HS	6/4/10	Last Day of School	ROP/TC
	Late Start-No Bussing	South Hills HS	6/10/10	Last Day of School	GUSD/WCUSD
6/2/10	Early Release	Gladstone HS	6/11/10	Last Day of School	COUSD
	Finals-NO Bussing	Diamond Bar HS	6/17/10	Last Day of School	CVUSD
6/3/10	Last Day of School- No Bussing	WVUSD	6/18/10	Last Day of School	AUSD
	Minimum Day (12th grades will not be attending)	Sierra Vista HS	6/23/10	Last Day of School	BPUSD

the simple list

Your monthly dose of useful tidbits, timely trivia, and catchy conversation starters.

80 The approximate number of moods and activities you can choose from on stereomood.com, a free radio website that lets you “tune into your emotions” by playing songs based on how you’re feeling or what you’re doing. Click on options such as “optimistic,” “candlelit dinner,” and “dressing up” for a relevant sound track.

215 The number of Krispy Kreme stores across the country that will give out free glazed goodies on National Doughnut Day. Get yours while they’re hot on June 4. For participating stores, go to krispykreme.com

\$2 The amount it takes to save two children from malaria through MassiveGood, a global initiative movement launched by former president Bill Clinton with the United Nations Millennium Foundation. Head to travelocity.com/massivegood to donate directly. Or if you’re booking a summer getaway, you can simply add the amount to your purchase.

Written by Sharon Tanenbaum, Real Simple, June 2010



Good/Better/Best Nutritional Guide

In the SNACK aisle

GOOD: Popcorn

Why: It’s a stealth whole grain, packing 3 g of fiber and an entire serving of whole grains in each 3-cup, 90-calorie, air-popped bowl. That’s why people who snack on it get two more servings of whole grains and 22% more fiber every day than people who don’t, according to a recent study in the *Journal of the American Dietetic Association*.

BETTER: Peanuts

Why: With as much protein as 1/2 cup of black beans, a handful of peanuts also contains 7 g of heart-healthy monounsaturated fat. Women who ate peanuts and peanut butter at least 5 times a week had up to 27% less risk of developing type 2 diabetes, possibly because the healthy fats increase insulin sensitivity, according to a study from the Harvard School of Public Health. Because they’re easy to overeat, measure out your 1-ounce, 160-calorie portion (a small handful—about 40 nuts).

BEST: Almonds

Why: “They’re one of the most nutritious nuts around,” says David Katz, MD, director of the Yale Prevention Research Center. Almonds are also the go-to snack when you’re trying to drop weight. In one study, women who ate almonds had higher levels of cholecystokinin, a hunger-suppressing hormone, circulating in their systems.

Next issue: In the DRIED FRUIT bins

Prevention.com March 2009