



June 1, 2009

Volume 9, Issue 10

## FUTURE STARS! Congratulations!



Congratulations to Natasha Ang, who is this year's Grand Champion winner at the Long Beach Imprinted Sportswear show. Under the direction of her instructor, Jon Haprov, Ang took top honors for her design, "Royalty," which was an abstract portrait combined with an edgy type solution in a multicolor direct screen print.

### Best Special Effects Printed Design

Third Place: "Squid-O" by Brandon Chu, Diamond Bar High School, Diamond Bar, Calif., Jon Haprov, instructor.

### Best Screen Printed Design: An Artist's Award

Second Place: "Monsterrrr!" by Victor Caballero, Diamond Bar High School/ESGVROP, Diamond Bar, Calif., Jon Haprov, instructor.

-April 2009, [www.impressionsmag.com](http://www.impressionsmag.com)



### A NOTE FROM MYRNA DECKER

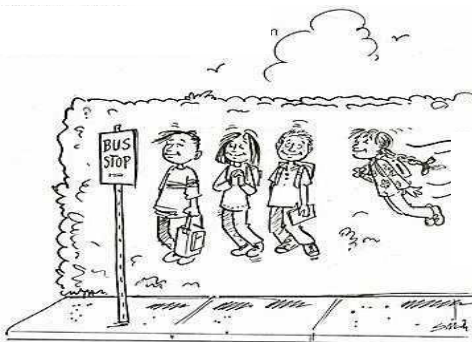
Instructors of Adult students must turn in their CDE 101 E-1 reports by Thursday, June 25, 2009. Thank you!

### Who knew?



When making a peanut butter-and-jelly sandwich, 96 percent of people put the peanut butter on first.

# FUNNIES



LAST DAY OF SCHOOL

Cindy Medal of West Covina High School and BriAnna Taylor of Northview High School both received a Los Angeles County Industrial Technology Education Scholarship. Overall four scholarships were awarded for a thousand dollars each.

### TURN OFF THE TUBE!

151-The number of hours per month the average American spends watching TV

60-The number of hours per month of TV watching associated with a 23 higher risk of obesity

60-The number of hours per month of TV watching associated with a 14 increased risk of diabetes

30-The maximum number of hours per month of TV watching recommended for ideal health.

Sources: Nielson; *Journal of the American Medical Association*; David Katz, MD

Storing emergency contact information in your cell phone

**IN 2003, NEARLY 900,000 EMERGENCY VICTIMS IN THE US WERE NOT ABLE TO PROVIDE CONTACT INFORMATION TO EMERGENCY WORKERS. STORING IMPORTANT CONTACT PHONE NUMBERS IN YOUR CELL PHONE CAN ASSIST EMERGENCY SERVICES IF YOU ARE UNABLE. UNFORTUNATELY LIKE MOST PEOPLE, WE STORE OUR PHONE NUMBERS ON OUR CELL PHONE USING FIRST NAMES. WE KNOW WHO EVERYONE IS, BUT A PARAMEDIC, DOCTOR, POLICE OFFICER OR NURSE HAS NO IDEA WHO TO**


CALENDAR  
DISTRICT SCHOOLS - ROP/TC  
June 2009

DATE	REASON	SCHOOL/SITE	DATE	REASON	SCHOOL/SITE
6/2/09	Reverse Minimum Day	Charter Oak HS	6/11/09	Last Day of School	BPUSD/GUSD
6/4/09	Last Day of School	WVUSD	6/12/09	Last Day of School	COUSD/WCUSD
	Minimum Day	Diamond Bar HS	6/17/09	Last Day of School	CVUSD
6/5/09	Last Day of School	ROP/TC	6/19/09	Last Day of School	AUSD

**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.

**June Birthdays**

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

**Quote**

We cannot choose how many years we will live, but we can choose how much life those years will have. We cannot control the beauty of our face, but we can control the expression on it. We cannot control life's difficult moments, but we can choose to make life less difficult. We cannot control the negative atmosphere of the world, but we can control the atmosphere of our minds. Too often we try to control things we cannot. Too seldom we choose not to control what we can...our attitude.

**Don't Stand For Problems**

Workers who stand for long periods of time can often experience muscle fatigue, low back pain, neck and shoulder stiffness and sore or swollen feet and legs. But, because some jobs require workers to maintain a standing posture, there are some ways to prevent or ease potentially negative physical conditions. Encourage workers to:

- ◆ Do some gentle stretching exercises before beginning work to warm and loosen muscles
- ◆ Face the work area and keep the task close to the body
- ◆ Organize work so it's within easy reach; avoid extreme bending, stretching and twisting
- ◆ Adjust the height of the work area; elbow height is most comfortable
- ◆ Stand on rubber, cork or wooden surfaces rather than on concrete or metal floors
- ◆ Use a footrest or footrail to shift body weight from one leg to another to take pressure off the lower back
- ◆ Change working positions often
- ◆ Relax shoulder and arm muscles when they become tense or stiff

It's important for workers to use their rest periods to relax or exercise other muscles. And, when returning to work after a vacation or illness, workers should give their body a change to readjust to the standing activities their job requires.

**Board Members**

Helen Hall, President  
Walnut Valley Unified School District  
  
Brian Akers, Vice President/Clerk  
Charter Oak Unified School District

Doris Blum, Member  
Glendora Unified School District  
  
Christina Lucero, Member  
Baldwin Park Unified School District



Rosemary Garcia, Member  
Azusa Unified School District  
  
Jessica Shewmaker, Member  
West Covina Unified School District

Darrell Myrick, Member  
Covina Valley Unified School District