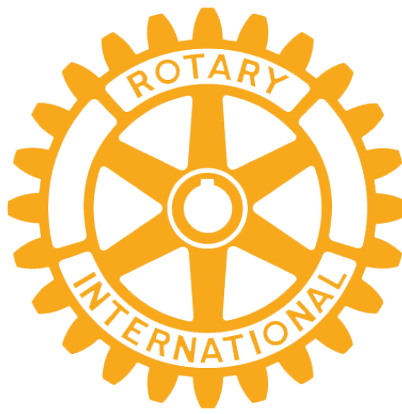


# Rotary

## Club of Montebello



Rotary Opens Opportunities

### Events

- June 15th  
[Board Meeting](#)
- June 15th  
[In-Person Meeting at the Quiet Cannon](#)
- June 26th  
[Aloha Party for President Eddie Franco](#)
- June 26th  
[Demotion Dinner](#)
- June 30th  
[After Hours Social](#)
- July 7th  
[Montebello Weekly Club Meeting at the Quiet Cannon](#)

### Club Leaders



[Edward L. Franco](#)  
President



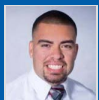
[Lester Fujimoto](#)  
President-Elect



[Manuel L. Franco](#)  
iPast President



[Helen Meltzer](#)  
Secretary



[Christopher G. Medina](#)  
Treasurer



[Nathaniel McCusker](#)  
Sergeant-at-Arms



[Kathy Schlotz](#)  
Social Media/Bulletin Editor



[Edward C. Vasquez](#)  
Club Service Chair

[Richard R. Reyes](#)  
Community

# Prevent Digital Eye Strain

Thursday, June 10, 2021



## Dr. Esther Salado & Dr. Fabian Corona Offer Tips on Reducing Eye Strain

- When working at your desk focus on proper positioning and ergonomics.
- Practice the 20-20-20 Rule.
- Wear glasses if necessary.

## Make Your WorkStation Seat-Friendly

Sitting properly at one's desk relies on the arrangement of the workstation. Before getting started with the work day, ask yourself these questions:

- Are my eyes in line with the area of the screen that I focus on most?
- Is what I need most within arm's reach?
- Is my keyboard adjusted to assure maximum comfort for my wrists, shoulders and neck?



Service Chair



[Elizabeth Pacheco](#)  
International Service Chair



[George B. Pacheco](#)  
International Service Chair



[Edgar A. Morales](#)  
Projects Chair



[Barbara Risher Welch](#)  
Membership Chair



[Gilbert Espino](#)  
Public Image Chair



[Martin V. Castro](#)  
Rotary Foundation Chair



[Shushma Patel](#)  
Fundraising Chair



[Richard L. Adams II](#)  
Vocational Service Chair



[David H. Hornback](#)  
ARM, CPFI Youth Service Chair



[Manuel L. Franco](#)  
Assistant Governor

# The 20-20-20 Rule Will Prevent Eye Strain

??

- Take a 20 second break;
- Every 20 minutes;
- And, look 20 feet away.



And, Visit Your Eye Doctor to See if You Need Glasses  
[True Vision Optometry](#) is located at 1818 W. Beverly Blvd. in Montebello.

## Birthdays



[Nicholas Reischl](#)  
June 15th



[Gabriel Garza](#)  
July 3rd