



2023 Lunar New Year Festival adds new components

On January 29, the City of Alhambra and the Alhambra Chamber will host the Lunar New Year Festival presented by Kia of Alhambra. The free, multiblock festival will take place on Main Street from Garfield to 2nd Street. From 9am to 6pm, you can enjoy two stages with entertainment and more than 100 booths providing giveaways and activities.

The Main Stage will feature cultural performances and demonstrations including a dragon dance, calligraphy instruction, cultural dances, the Candy Man, and more. Back again will be Asian Arts Talents Foundation with various performances from China, Korea, Vietnam, Japan, and other locales. The amazing Candy Man will sculpt unique animals, including dragons, live on stage.

New this year will be a dedicated Culinary Stage, sponsored by SoCal Edison, where chefs will demonstrate traditional dishes from across Asia, with samples available for attendees. This stage will also feature special guests with surprise cooking demonstrations. Another new feature of this year's festival is the Wellness Pavilion sponsored by Optum and Wells Fargo, where attendees can get complimentary tests and information to increase their health and longevity in the new year!

Throughout the festival, booths will offer activities and giveaways, including children's activities and games, a wishing tree from Asian Youth Center and LA vs. Hate, commemorative piggy banks from Wells Fargo, free samples from Raising Cane's, and so much more! Food trucks and vendors will be spread through the festival, and until 1pm, visitors can also visit the adjacent Alhambra Certified Farmers Market. For a complete list of vendors, activities, and entertainment, visit www.alhambralunarnewyear.com.

Produced by the Alhambra Chamber of Commerce in partnership with the City of Alhambra, the Alhambra Lunar New Year Festival is presented by Kia of Alhambra, along with support from the following sponsors: San Gabriel Valley Municipal Water District, Alhambra Hospital Medical Center, East Los Angeles College, Cathay Bank, US Bank, Republic Services, China Airlines, and Raising Cane's.



Alhambra welcomes new Mayor Andrade-Stadler

At its December 12, 2022, meeting, the Alhambra City Council voted in Vice-Mayor Adele Andrade-Stadler to the position of mayor and Councilman Ross Maza to the position of vice-mayor. This reorganization of leadership takes place

every 9 months to allow each elected member of the City Council the opportunity to serve as mayor, as it has since 1984 when the charter was amended.

Just re-elected to represent the city's 5th District this November, Mayor Andrade-Stadler

>> see **NEW MAYOR** Page 10



In a history-making wild ride, the fierce underdog Matadors football team defied expectations, unleashed their power game, and harnessed their familia spirit to win two championship titles and praise, win or lose.

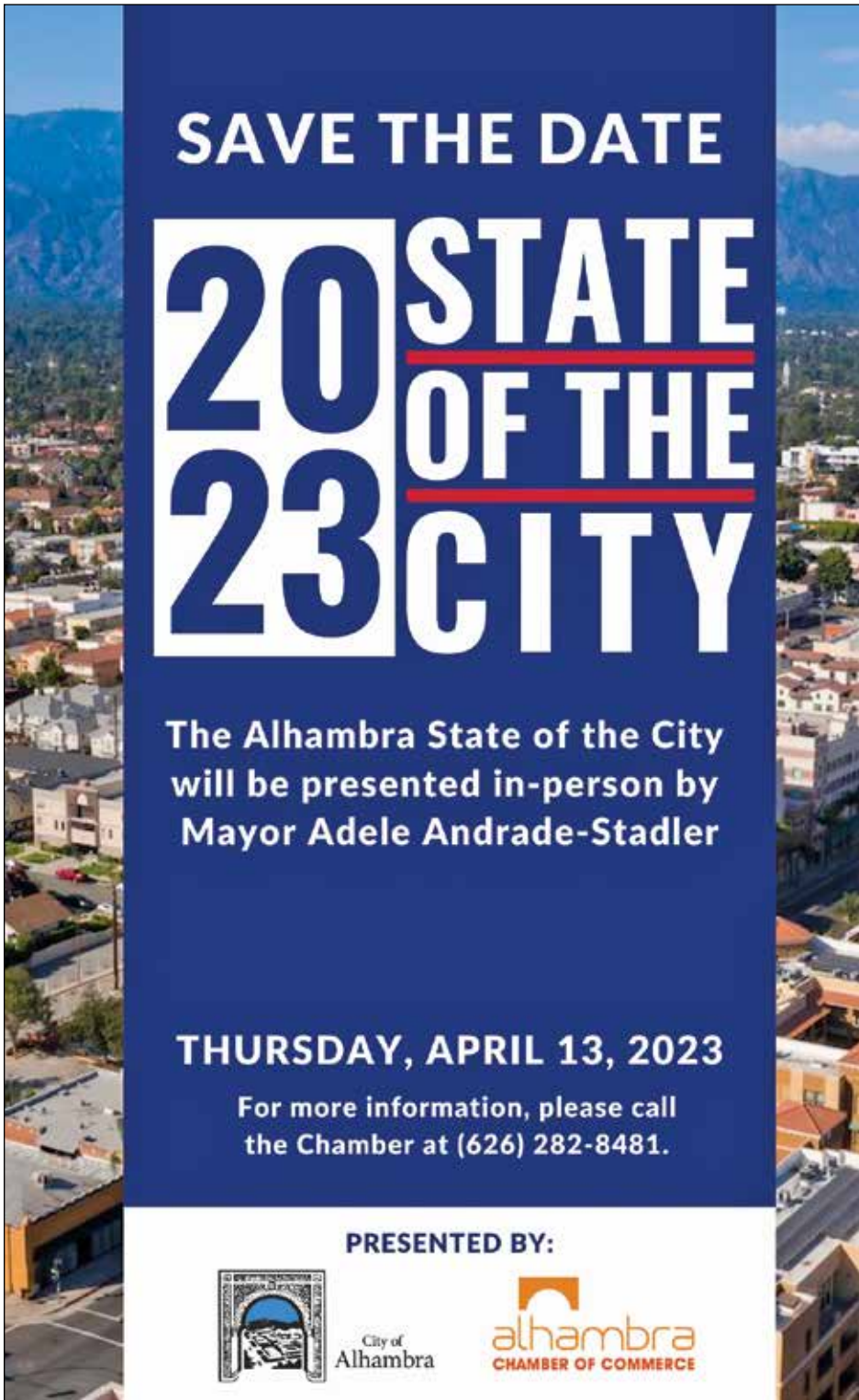
Top: SGHS Matadors win the first championship in 67 years CIF Division Champs in 52-27 win over Bishop Montgomery.

Middle: The team wins a second championship title CIF Regional Champs by defeating Granada Hills Kennedy 46-34.

Bottom: The team lost to Atascadero in the State Finals 41-0 and won this praise from Atascadero radio announcer for 30 years, Roger Bland, who tweeted this post to Coach Encinas: "I have never seen the type of class displayed by the Matadors in Saturday's 6A State Championship game. During the game and under unbearable conditions, the team never gave up. Sometimes the scoreboard is not the best indicator of a true Champion. The actions displayed by your team on a wet, muddy, windy night says a tremendous amount you, your team, and your community. You are Champions!" #Respect

Photo Credits: Jocelyn Castro, Kristen Nielsen, Jesse Toribio

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SAVE THE DATE



20 STATE OF THE 23 CITY

The Alhambra State of the City will be presented in-person by Mayor Adele Andrade-Stadler

THURSDAY, APRIL 13, 2023

For more information, please call the Chamber at (626) 282-8481.

PRESENTED BY:

Mayor's Corner

By Mayor Adele Andrade-Stadler

Happy New Year, Alhambra!

I hope you all had an opportunity to spend time with your loved ones during the holidays, and I hope for all of us: a healthier new year in 2023.

Let me begin by thanking the voters in District 5 for overwhelmingly re-electing me to the council for another four years. For those that didn't, I will work hard to earn your trust. Earning the public's trust was and remains paramount to my leadership.

Now, as your Mayor, I pledge to lead with the following core leadership values: Respect, Inspiration, Commitment, Passion, and Collaboration.

I am enthusiastic about the future of Alhambra and all the possibilities it holds. We have the opportunity to create sustainable, healthier, and equitable neighborhoods. We will make a safer, walkable Alhambra for all pedestrians, and create a plan to support bicycling throughout the city. We will encourage our families to use our existing transportation options to visit their local park or our fabulous farmers market. We will evaluate our strategic plan, and make it so we have the community in mind when making decisions about future activities and services.

That being said, we need an economic recovery plan based on assessment of our city in a post-COVID19 environment. This can help us move forward helping our small businesses to recover with new ideas and support. We need a plan to address vacant storefronts, as well as our affordable housing needs. We need to streamline permitting and not take years for plans



Mayor Adele Andrade-Stadler

to be approved. Workforce housing for our teachers and public safety officers is an example. We know if you live, work and shop here you will be invested in our city.

As our workforce shifts to more sustained hybrid working, we need to consider having businesses that cater to our emerging professionals in the way they live their lives today. We need more, not less, green space, and I want to support our most vulnerable population by continuing to help them reduce their food insecurities by making sure they have resources and opportunities to thrive.

I look forward to representing the 5th district to the best of my ability and to supporting the efforts of my fellow council members in their districts.

Stay warm and engaged Alhambra; the best is yet to come.



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We welcome comments, press releases, and community interest stories and will make every effort to include all appropriate information. Articles submitted and printed in Around Alhambra do not necessarily reflect the opinion of the Alhambra Chamber of Commerce or its Board of Directors. Please e-mail submissions to AA@alhambrachamber.org

For advertising rates and other information, contact **Alhambra Chamber of Commerce**
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The Chamber View

New Year Celebrations and Reflections

By *John Bwarie*
CEO, Alhambra Chamber of Commerce

Make sure to put the Lunar New Year Festival on your calendar for January 29! Starting at Main Street in downtown Alhambra, you'll find a blocks-long event with two stages, dozens of booths, entertainment, cooking demonstrations, a wellness pavilion, and lots of giveaways. Join the entire community and visitors from all around Southern California as we celebrate the beginning of the year of the rabbit. In the Chinese culture, the rabbit is considered the luckiest out of all the twelve animals in the zodiac. It symbolizes mercy, elegance, and beauty which is a wonderful way to imagine the possibilities of this new year.

As we look to a prosperous future, we can look back at 2022 with pride as a community. The year started out with an omicron surge that delayed the promised "opening up" of our community, and we used that time to continue to retool how we could support our business community. We focused on small business growth and

sustainability, with a focus on those unique only-in-Alhambra businesses. We began last year with a successful Lunar New Year Festival, the only public lunar new year festival in the San Gabriel Valley in 2022. We also launched our restaurant support initiative, including Restaurant of the Week, AlhambraEats.com food website, our restaurant relief grant program sponsored by Wells Fargo, and Alhambra Eats Discovery Weekend.

We also launched our Asian Business Leadership Council to support AAPI business growth and entrepreneurship, as well as our Nonprofit Council, which developed the Alhambra Cares campaign and continues to find ways to support the service sector in Alhambra. We continued to host mixers via Alhambra Connects, provide technical training online and in person, and developed one-on-one support to help businesses start or grow in Alhambra.

While often we share news of grand openings (or in the case of



John Bwarie
CEO Alhambra Chamber of Commerce

Target this year, grand RE-openings), the Chamber is about building a stronger, resilient community in Alhambra. When we celebrated our President's awards in March and installed our new board in September, our community came together to celebrate what makes us able to thrive in the face of pandemic, inflation, regulation, and other disasters. We are stronger as a connected community, as a group of diverse individuals and businesses working to be the best City for future generations.



Making A Difference In Our Community



AEF President Steve Perry, Board members Sharon Woo, Cliff Bender, and Kevin Nong presented a \$2500 donation to the Alhambra Firefighters Association to support the Spark of Love event on December 17th at Fire Station 71.

THANK YOU to the Alhambra Fire Department, City of Alhambra, Alhambra Unified School District, Alhambra Firefighters Association, donors, and volunteers, who made the **Spark of Love Toy Drive** possible.



All Around the Town

This City Works

By Glenn Barnett

Last year, I found myself talking to a consultant working for the City of Alhambra. In the course of conversation, she observed that, "This city works." She was comparing Alhambra to other cities she has worked for, noting that division and conflict are the norm. Not here. Our city government is not the playground for anyone's outsized ego. Instead, it consists of individual leaders who thrive on cooperation and a 'get it done' spirit.

When I talk to Chief of Police Kelley Fraser, she makes sure that I know how much she admires our Fire Department. The same is true when I interview Fire Chief Jeff Ragusa. He speaks highly of our Police Department. The heads of our various departments can count on cooperation from each other.

When the Alhambra Civic Center Library began an innovative program of going mobile (we used to call it a 'bookmobile') to have story time in our city parks, the team did so with the full cooperation of the Parks and Recreation Department which itself is very busy with city services for residents of all ages and abilities. They also oversee the Farmer's Market with its fresh and healthy produce from regional growers and so much more that the public never sees.

From my observation, this spirit of teamwork is directly the result of the hiring policy of our City Manager, Jessica Binnquist, who searches out team players when hiring her senior staff. The result is that we are not riven with the strife that other communities have to deal with. Which is not to say all is perfect here, one can still hear bickering, but when has this not been a part of the human condition and we don't let it get in the way of community service.

Our city works on many other levels as well. Consider the outreach to families who need some support from the West San Gabriel Valley YMCA, the First

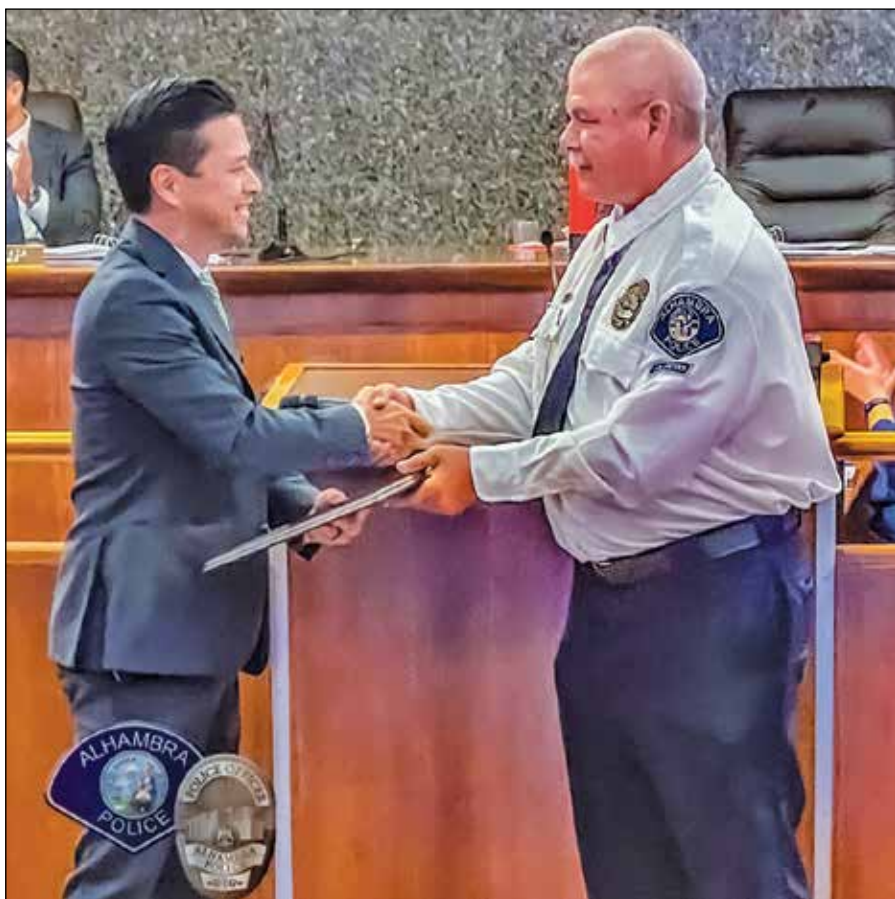


Glenn Barnett

Baptist Church, The Alhambra Unified School District, their teachers, and the Alhambra Educational Foundation. Then there are private agencies such as Tzu Chi USA including their medical center. They are a worldwide charitable organization which got its start in this country here in Alhambra.

The Alhambra Chamber of Commerce too is doing its part to maintain a healthy business community to serve the shopping and service needs of our residents and those of neighboring communities. Our service clubs, including Rotary International, Kiwanis Club, Soroptimists, and American Legion Post 139 all do their part to serve the community, especially our young people.

Importantly there are community volunteers, including those who fill our city's many commissions. Or volunteers who go above and beyond the call of duty. Frank Bodeman is a case in point. He has accumulated over 5,000 hours of volunteer time with the Alhambra Police Department and even more hours working on Alhambra's Rose Parade Float. In Alhambra, service to the community starts at the top and includes all who want to be of service. You perhaps?



Mayor Jeff Mahony commends Frank Bodeman for completing 5,000 hours of volunteer time working with the Alhambra Police Department.

Tax Tips

2023 Tax Dates

By Michael Aston, E.A.

Wishing you a happy and prosperous new year with some tax deadline information to help you start off right. Double check the dates below by visiting irs.gov and FTB.ca.gov for updates. If your entity is based on a fiscal year, please contact your tax preparer or the IRS for your due dates.

January 16 – Final 2022 estimated payment due for both Federal and State, if paying estimated individual payments.

January 24 – The estimated date the IRS will start to accept E-filed tax returns. This date may change depending on the IRS readiness.

January 31 – When your employer must either mail your Form W-2, or have the form available to you electronically.

February 15 – The earliest date the IRS can start processing refunds that include Earned Income Tax Credit (EITC), Additional Child Tax Credit (ACTC) and/or refundable portions of the American Opportunity Credit (AOC). If receiving any of these credits, your refund should be issued the first week of March. If you're not claiming any of the above tax credits and you e-file with direct deposit, 9 out of 10 taxpayers will receive their refund within 21 days after the IRS receives your tax return.

March 15 – The filing date for Partnership Income Tax Returns (Form 1065) and S-Corporation Income Tax returns (Form 1120S).

April 18 – The filing date for Individual Income Tax returns (Form 1040), Trusts (Form 1041), and C-Corporations (Form 1120).

April 18 – Due date to file a 6-month extension for individual tax returns.

April 18 – First estimated payment due for both Federal and State, if paying individual estimated payments.

May 15 – The filing date for Tax Exempt Organizations (Form 990).

June 15 – Second estimated payment due for both Federal and State, if paying



Michael Aston, E.A.
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individual estimated payments.
September 15 – The extension deadline for Partnerships and S-Corporations.
September 15 – Third estimated payment due for both Federal and State, if paying individual estimated payments.
October 16 – The extension deadline for Individual and C-Corporations.
November 15 – The extension deadline for Tax Exempt Organizations.

Do you have tax related questions you would like addressed in this column? Email them to: michael@alhambrataxcenter.com.

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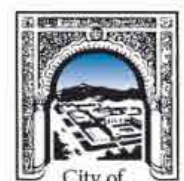


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Your Insurance

Insurance issues to consider when hosting a house party

By Regina Talbot

Hosting a party? Put insurance on the invite list and help make sure your home is covered.

Hosting a party at home

Whether you want to show off your newly redecorated apartment, you're having a small family BBQ, or you're hosting a crowd for the big game, it's important to understand if you need insurance for a house party. Take a look at your homeowners or renters insurance policy to help make sure you're covered if the unexpected happens.

Property damage to your home

If you are hosting a party at home, your homeowners and renters insurance policy may cover things like:

- Property in your home that could be damaged by fire or smoke (be sure to check your smoke detectors before guests arrive)
- Property in your home that could be broken due to vandalism
- Property in your home that could be stolen
- Home windows that could be broken

Injury to a guest

You never know when something could go wrong at a party. That's why it's important to have enough liability coverage for:

- Accidents or injuries resulting from alcohol you're serving
- Guests getting sick from the food you're serving
- Damage to equipment any vendors, like photographers, bands or caterers, might bring
- If your dog bites a guest
- Guests having a slip, trip or fall on your property

Remember, the more people you have in your home, the more potential liability. Why not consider a Personal Umbrella Policy. It kicks in when your homeowners policy runs out of coverage, which helps you protect your personal assets.

Check with your insurance company



Regina Talbot
Talbot Insurance Agency Inc.
State Farm Insurance
Regina Talbot, Agent
Insurance License #: 0G05807
(626) 357-3401

to see if they offer event liability insurance to protect your for unforeseeable events during your party. Such events may include weddings, graduations or retirement parties.

Damage to your stuff

- Some items in your home might be more valuable than what's covered under your homeowners policy. A Personal Articles Policy can help make sure you're protected.
- Create a home inventory before the party starts. If anything, like an accident or theft, happens to something you own, you'll have a record for your insurance company.

For more information, contact State Farm Agent Regina Talbot at (626) 357-3401

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Save water now when it's wet...for when it's dry!

By Mark Paulson, Board of Directors, Division I – Alhambra San Gabriel Valley Municipal Water District

With cooler and wetter weather upon us late this fall and early winter, we don't need to use as much water, and it's a great time to save water. We remain amid a severe 3-year drought, and our precious water supplies are lower than desired. It's an opportune time to make some common sense adjustments in our lifestyles and water consumption so that we "save water now when it's wet...for when it's dry."

Please consider the following actions at your home or business, with a focus on outdoor water savings:

- Turn off your outdoor irrigation systems for a few days before and after it rains.
- Adjust your watering behavior and outdoor irrigation controllers to water less frequently and for shorter periods of time.
- Replace heavy water consumption plants and install hardscapes and water-wise, California Native plants that use 1/7th the amount of water. Check our website for planting recommendations customized for the City of Alhambra (https://sgvmwd.com/wp-content/uploads/2022/05/CalScape_Alhambra_web.pdf).
- Place covers on pools and spas to further reduce evaporation.
- Purchase and utilize rain barrels to capture rainwater and use that water to refill pools and water plants. Check our website for rebates on rain barrels and other water-saving equipment (<https://sgvmwd.com/water-conservation/#rebates>).
- Visit our website (www.sgvmwd.com) to read additional water saving tips, download youth/school education materials, view educational videos, learn how to apply for community-based water conservation



Mark Paulson
Board of Directors,
Division I – Alhambra
San Gabriel Valley
Municipal Water District

grants, and link to additional water conservation websites.

Now is also a great time to plan for and to schedule a presentation from our Speakers' Bureau to your school or organization and to schedule a tour of water supply and water quality facilities in your city and the San Gabriel Valley. Contact Evelyn Reyes, External Affairs Manager, for more information (626-969-7911; info@sgvmwd.com).

Alhambra has activated "Level 2" of its drought contingency plan, so please follow the guidance of the City Council and Alhambra's water utility (<https://www.cityofalhambra.org/575/Water-Conservation>). Every drop of water we save is one that does not need to be pumped, stored, treated, imported, transported, recycled, desalinated...or paid for!

In Their Own Words with Merisa Camacho

When you listen to Merisa Camacho, you'll hear her express excitement and joy over the work that the team at the Alhambra Latino Association has done to support the educational and cultural growth of our community members in Alhambra. The Alhambra Latino Association started back in 1995 with a group of educators that worked for the Alhambra Unified School District. Just this past summer, Merisa became president of the Alhambra Latino Association but has been a member of the organization since 2016.

The goals of the organization are to provide scholarships and financial support to Latinx students attending Alhambra Unified schools, motivate youth through educational and cultural programs, and work with other organizations that share the same purpose. When asked about her volunteer work, Merisa mentions that one of her proudest accomplishments occurred during her time with the Alhambra Latino organization. During the pandemic, the organization was able to continue

fundraising so they could continue their programming and provide scholarships to Alhambra Unified students.

Nonprofits do a lot of hard work for the community. To those who in this new year are thinking of participating and getting involved in a non-profit cause, Merisa says the following, "I think that the key is to find a cause that you're passionate about, a cause that really resonates with yourself, your experiences, and the way that you would like to give back."

If you would like to learn more about the Alhambra Latino Association and ways in which you can support them, please visit www.alhambralatinoassociation.com.

If you have a story you would like us to consider for our "In Their Own Words" series, please submit (with a photo if you like) to aa@alhambrachamber.org. We reserve the sole right to approve it for publication, as well as edit it and make revisions. Publication does not reflect endorsement.



Mark Keppel Varsity Boys Basketball Team

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Local Sports News from AUSD High Schools

By Mike Koski, President
Alhambra High School Sports
Hall of Fame Committee

2022 San Gabriel Varsity Football Team

The San Gabriel Matadors Varsity Football season finally came to an end as they lost their bid for a CIF State Championship with a loss to Atascadero 41-0. Despite the loss, the Matadors had a magical season finishing with a record of 12-4 and won their first CIF Southern Section Championship.

San Gabriel Head Coach Kevin Encinas took over a struggling Matador football program in 2017. After his first four seasons with a total of 10 wins, his team won 10 in 2021 and 12 this year. Their success was due in large part to quarterback Jacob Muniz and running back Robert Lucero, who have led the Matadors over the last two seasons.

This season the Matadors started off strong with 5 straight wins in non-league games. After consecutive losses to Schurr and Montebello, they beat Mark Keppel, lost to Bell Gardens, and beat Alhambra in overtime to close out the regular season at 7-3. They received an at-large berth in the CIF-SS Division 13 playoffs and defeated Alhambra, Miller, Maranatha, and Bishop Montgomery to capture the first CIF-Southern Section Football Championship in Matador history.

It was on to the State Regionals where they were victorious over Kennedy HS from Granada Hills before facing a tough Atascadero team in the CIF State Division

6-A Championship game. The Matadors had to travel to Atascadero for the game, which was played in the rain and mud on December 10. This season was one for the history books... one that the Matador players, coaches, and fans will never forget. Congratulations to the 2022 San Gabriel Matador Varsity Football Team!

2022-23 Varsity Basketball Preview

The High School Basketball season is upon us, and here's a look at what we can expect from the local AUSD teams:

After two seasons off, Hung Duong is back as coach for the Mark Keppel Varsity Boys Basketball Team, and it looks like the Aztecs are back, as well. They are off to a 10-2 start after winning the Pasadena Poly Tournament and are currently ranked 8th by the Pasadena Star News. San Gabriel Varsity Boys coached by Jason Meador are also off to a good start with a record of 8-4 while the Alhambra Moors are 4-3 and are coached by Bryan Gonzalez.

On the girls side, the Mark Keppel Aztecs coached by Jose Herrera are 9-4 and are currently ranked 8th by the Pasadena Star News. Alhambra, coached by Sean Black, is currently 5-3, while San Gabriel coached by Alejandro Canizal is 3-6.

All of these teams will open Almont League play on Tuesday, January 3rd. Both the Mark Keppel Boys and Girls teams will play San Gabriel while Alhambra plays Bell Gardens. Come out and support your local high school basketball teams. Game schedules can be found on each school's website and on MaxPreps.

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Soroptimist rock n' roll for a cause

By Julie Carlson

Soroptimist International of Alhambra, San Gabriel, San Marino celebrated the Fabulous Fifties at their major fundraiser of the year on December 3 at the Hilton Los Angeles/San Gabriel. Josephine Yang and Sophia Tsoi once again helmed the event as co-chairs. Professional dancers and students, including Yang and Tsoi, from Lai Lai Ballroom Studio in Alhambra, took to the floor to entertain the 200 guests.

"Elvis Presley" and "Marilyn Monroe" were also on hand to celebrate the evening with song, dance, and photographs. 2015 Live Your Dream Award recipient, Savannah Sunez, and her daughter were also in attendance. Sunez spoke about the importance of Soroptimist in her life and how

the organization has helped her achieve her dream of working as a mechanical engineer at NASA JPL.

The annual gala raises essential funds for Soroptimist's programs that benefit women and girls of our community. Soroptimist is a community of diverse, dynamic, and dedicated leaders who empower women and girls to achieve their full potential and have an equal global voice.

Over the next ten years, Soroptimist International's Dream Big Campaign hopes to raise funds for 500,000 women and girls worldwide through access to education. If you would like to know about Soroptimist, its programs, and how to become a member, visit <https://soroptimistalhabra.org/>.

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Christmas Shoppers set out to help Santa at Target.



Santa's elves (aka Rotarians) at the toy distribution. Denise Jaramillo, Janet Lees (both AUSD), Sister Kathleen Callaway and Edgar Garcia-Mora.

Alhambra Rotary and partners bring holiday gifts to kids

Once again the Alhambra Rotary partnered with the Alhambra School District and the Ratkovich Company, Spark After-school Program and Alhambra Target to bring Christmas to 115 children from 49 families. Shoppers from the four groups met at Target early on December 5 to start filling their carts with clothing and toys from the families' wish lists, which were as varied as the children themselves. With Rotary funds and Spark funds enhanced by a generous \$10,000 gift from the Rat-

kovich Company, the delighted children and their families met Santa Claus on December 13 to receive their gifts and an assurance from Santa that the spirit of Christmas is alive and well in Alhambra. Santa was assisted in his work by generous elves from AUSD, Spark Afterschool Program, and Rotary who loaded each of the cars with the bags of gifts. Additionally, the Rotary Club supported the Spark of Love Toy drive with a monetary gift and elves to help distribute the gifts.

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Keeping Organics Carts Clean

If you live or work in Alhambra, food scraps, as well as other organic materials, are now accepted in your green organics cart or dumpster. To prevent stinky smells, rodents, and contamination, follow these tips:

- Regularly wash your kitchen compost pail with soap and water.
- Rinse your green organics cart with a spray nozzle on a garden hose and then empty the water onto your lawn or landscape.
- Line the bottom of your kitchen pail and green organics cart with newspaper, cardboard or paper towels to absorb moisture.
- Freeze meat scraps in a reusable container and only put them into your green organics cart on collection day.
- Lightly sprinkle baking soda into your kitchen pail and green organics cart to absorb odors.
- Layer wet materials (food scraps) and dry materials (leaves, clippings and branches) in your green organics cart to keep materials from sticking to the bottom of your cart.
- Place wet materials (food scraps) into a paper bag or certified biodegradable bag



before placing into your green organics cart.

- Keep your cart lids tightly closed to keep out rodents.

To learn more about organics, recycling and waste disposal programs offered by Republic Services to residents and businesses in Alhambra, visit RepublicServices.com/municipality/alhambra-ca.



Academy of Special Dreams Foundation

The Academy of Special Dreams Foundation brings mobility to more than 50 families in Mexico in 2022

More than 50 families benefited from the support of sponsors who believe in inclusion in the arts and accessibility for all. Thanks to the generosity and collaboration of the Alhambra Rotary Club, The Alhambra, and supporters like Centro Cultural BAUPRES, Cultura Mazatlan, Sonryee, Mrs. Helen Woo, Mazatlan Norte Rotary Club, and DIF Mazatlan, access and participation was extended to people regardless of disabilities. Special thanks was earned by Director General de Cultura Mazatlan Raul Rico, Artistic Director Abril Márquez, Zoila Fernandez and Dory Perdon, as the Academy of Special Dreams exceeded their goal of bringing mobility to many families

in Mexico. The Academy of Special Dreams Foundation believes that all persons, regardless of their disabilities, should have equal opportunities to express their talents and to be successful in the Arts. As a tax-exempt 501(c)(3) nonprofit corporation, the Special Academy's mission is to increase public awareness, appreciation and recognition of the creative talents of people with disabilities by providing opportunities that encourage, promote and showcase their artistic expressions. From more information on the work of the Academy of Special Dreams Foundation, visit www.specialacademy.org.

The Alhambra Woman's Club to meet January 6

The Alhambra Woman's Club invites you to start the new year by joining us at Almansor Court on Friday, January 6, 2023 at 11:00 AM, to enjoy a lovely view, excellent food, friendly talk, and live entertainment, which will be pro-

vided by an Elvis impersonator. The price for the luncheon is \$20 for members and \$25 for non-members. Please call 626-289-9307 for a reservation by January 3, 2023.

NEW MAYOR From Page 1

was then selected mayor by her fellow councilmembers for the second time (the first time was in 2019). As mayor, she presides over council meetings and serves as the council member overseeing the Department of Public Affairs. According to the City Charter, in her role she has "charge and supervision of the relations of the city with the government of the United States, and the states of the union, counties, and other municipalities; all civic functions, celebrations, receptions and courtesies; and all matters pertaining to the public library."

"As your mayor, I plan to ensure all policies are carried out and that no challenge is too big to take on," explained the new mayor. "Alhambra is worth the effort and so are our residents!" The mayor pledged to continue working with others to ensure she gets the resources needed to keep the city vibrant and living up to its potential.

In addition to regular duties at coun-

cil meetings as the spokesperson for the City, Mayor Andrade-Stadler also serves as the Chairperson of the City's Disaster Council, "a standing committee whose duty shall be to review and recommend for adoption by the City Council, emergency and mutual aid plans and agreements and such ordinances and resolutions and rules and regulations as are necessary to implement such plans and agreements and to advise the City Council in connection therewith."

Mayor Andrade-Stadler has spent a lifetime in service to others, having worked for the then-congress member Hilda Solis, LA Unified School District, and other nonprofits. She previously served as an Alhambra Unified School Board member from 2004 until she was first elected to the city council in 2018. She continues to volunteer in service of the community with various nonprofits including the Alhambra Latino Association.

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Alhambra Historical Society to present “Off the Wall in Alhambra: The History of Alhambra’s Vans Store” on January 26

Are you ready to go off the wall, Alhambra?

On Thursday, January 26, 2023, the Alhambra Historical Society will host an event entitled “Off The Wall in Alhambra: The History of Alhambra’s Vans Store,” which will feature a presentation by Catherine Acosta, Vans’ Archivist and Brand Historian and Steve Van Doren, Vans’ Vice President of Promotions and Events and son of Vans co-founder Paul Van Doren.



Vans Archivist, Catherine Acosta, holds a pair of early '80s custom Vans' Era sneakers from the archive. This pair shows a California license plate inspired design on the rubber sidewall, which was a custom design offered by Vans in the early '80s. Photo credit: Courtesy of Vans Archive

Vans, the globally-recognized sneaker and action sports brand, has been operating its Alhambra retail store at 420 South Garfield Avenue for almost 56 years. “The Alhambra store is Vans’ oldest and longest operating store in Southern California. No other Vans’ store has survived at its original location,” stated Catherine Acosta, Vans’ archivist. “We know the Alhambra store has been in operation since 1968, but there is a possibility that it originally opened as early as 1966—the year that Vans was founded 23 miles south of Alhambra in the city of Anaheim,” continued Acosta.

Since the early 1980s, Vans has owned and operated the Alhambra store. Prior to that, Vans rented the building. The Alhambra Vans store is a relatively unknown and unassuming structure that could be historically noteworthy. With Vans creating its official archive in 2019 at its global headquarters in Costa Mesa, CA, more information is coming to light about the Alhambra store, its role and the overall history of Vans retail operations throughout Southern California in the 1960s and 1970s.

“We are excited to present this program and give Alhambra the opportunity to

learn more about the significance Alhambra plays in Vans’ history,” said Chris Olson, President of the Alhambra Historical Society. “We encourage everyone attending the presentation on January 26 to arrive sporting their Vans sneakers, hats and/or t-shirts. We’ll go ‘off the wall together’ and take a photo of everyone in their Vans attire.”

The presentation will take place at 7:00 p.m. at Alhambra’s Masonic Lodge, 9 West Woodward Avenue, Alhambra, CA 91801. The event will be free to the general public, light refreshments will be served and parking is free and available at the Masonic Lodge. To register for the event, please visit <https://offthewallinAlhambra.eventbrite.com>.

If you’d like to learn more about the Alhambra Historical Society, the museum or future programming, visit www.alhambrahistoricalsociety.org, call (626) 300-8845, or email alhambrahistoc@att.net. The Alhambra Historical Society Museum, located at 1550 West Alhambra Road, Alhambra, CA 91801, is free to visitors and is open between 1:00 p.m. and 4:00 p.m. on the first and third Saturdays of every month.

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La Casa Preschoolers



Top Row, left to right- Jackie Fisher, Betty Morin, Denisse Santana, Elena Velazquez, Joe Des Barres Bottom Row, La Casa Preschoolers.

La Casa de San Gabriel preschoolers regale members of American Association of University Women Alhambra San Gabriel

The preschoolers of La Casa de San Gabriel rang in the holidays as they performed for their guests, members of AAUW Alhambra-San Gabriel Branch, this past December 13th. Directed by their teacher, Erica Fuentes, the kids chimed "Jingle Bells" with gusto. They sang "Copa de Nieve" in a softer tone and ended with dancing to "Santa Rock."

The children were very enthusiastic about receiving gifts of books and scarves that were packaged in book bags hand-painted with inspiring phrases by Denisse Santana like, "Reading will take you everywhere" and "I read past my bedtime." Denisse, a retired teacher, volunteers in the library at La Casa and is the AAUW Alhambra-San Gabriel Branch's Liaison with the preschool.

Located at 203 East Mission Road in

San Gabriel, La Casa de San Gabriel Community Center supports over two hundred families with Preschool, Adult Education, Social Services, Health and Dental Screening, and other programs. Founded in 1946 by the Reverend César Lizárraga and his wife Angelita, the community center is now directed by Julietta Perez and serves as a family resource center.

Over the years, AAUW Alhambra-San Gabriel has connected with La Casa, gifting the students with books and blankets at holiday time. For the last two years, this community service project has been spearheaded by Betty Morin and the Brave Resilient Women Committee. For information about the Branch, please visit the website <http://alhsangab-ca.aauw.net/> or contact the Branch by email at alhsangab44@gmail.com.

Getting Through It

"Why Fear Fails You"

By Dr. Lucy Jones

People confidently and proudly confess that they are afraid of earthquakes. They do not just say that they are afraid of dying in an earthquake, but that they are afraid of the concept of earthquakes. This is due to our human inability to manage risk: things that seem uncertain or unknown heighten our fear. For those immersed in disasters – scientists, emergency managers, and other disaster experts -- their fear is lessened because they have worked to understand the risk. They know that much of the damage is preventable if people are motivated to act. Unfortunately, the experts often turn to fear to evoke action.

Fear is our fundamental response to danger. It is the instinct that triggers quick action: fight or flight. So, it seems obvious that fear is how to engage people regarding risk. Social scientist Paul Slovic has shown that we have parallel processing systems to approach risk: the analytical and emotional systems. The analytical system takes time to calculate risk with numerical assessments and comparisons of one risk versus another. The emotional or affective processing system is this fundamental response to risk that uses experience to respond to immediate danger. Because everyone has both processing systems, emotions must be engaged to move from slower analysis into action. Emotions are necessary for action. However, while fear is a driver of action, it is a negative emotion that is unpleasant to experience and may not drive the right responses to risk.

For long-term risks, there are more options than turning to fear for the immediate fight or flight response. One option is to reduce or eliminate the risk. For example, you may retrofit your home to respond to your fear of earthquakes, but that only works if retrofitting makes you feel less afraid. You have to believe in the efficacy of your retrofit in order to lessen your fear. There are other ways to avoid fear as well. You can refuse to think about the long-term threat and convince yourself that the risk is not real. This seems to be a common method for some in confronting the risk of COVID-19, for example. Refusing to confront the risk may be an effective way to feel safer but can have negative consequences. Fear results in avoidance; this is an action, but not an action that leads to managing the risk. Fear also leads to a feeling of powerlessness and that there is no point in



Dr. Lucy Jones

doing anything. Fear is a good response to short-term risks but in the long term does not lead to effective action.

There is also a natural response to turn fear into anger. People start blaming others out of fear of not being in control. That uncertainty breeds fear-turned-anger. To compare the psychological impacts of fear and anger, both are negative emotions, but anger makes you feel more in control. Anger gives the feeling of taking power and changing the outcome. People then turn to blame to focus their anger. In addition to blaming someone for causing the disaster, sometimes the victims are blamed. In Hurricane Katrina, for example, people blamed the victims for not evacuating despite there being no method to evacuate except by personal car and many did not own cars. If you can blame others for being wrong, you can feel that you would not make the same mistake and the danger would not happen to you. Thinking that someone caused their own problems gives a false sense of control.

Emotions may drive action, but there are many negative emotions that drive ineffective action. Instead, we tend to see more success from positive emotions such as pride and hope. Fear and anger do not help build resilience or manage the risks we face in the long-term, such as drought, climate change, or the impending earthquake.

Dr. Lucy Jones is a seismologist and founder of the Dr. Lucy Jones Center for Science and Society. She is the author of the book, *The Big Ones* (Doubleday, April 2018) and is also a Research Associate at the Seismological Laboratory of Caltech, a post she has held since 1984.



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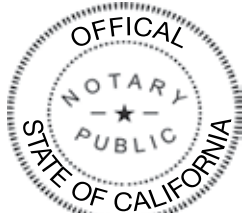
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Open House at Saint Therese Carmelite School on January 22

On Sunday, January 22nd, Saint Therese Carmelite School (STCS) will be holding an open house at 1106 East Alhambra Road in Alhambra. It will begin shortly after 10am and run until 3pm.

The program will include an address by the principal, student and parent testimonials, as well as student performances. Afterwards, attendees will be able to speak to teachers, visit classrooms, and explore the rich school curriculum.

Saint Therese Carmelite School was founded in 1926 and serves students in TK through eighth grade. The school educates students through the Catholic classical model to equip them with the logic, critical thinking, and language skills necessary to succeed throughout their lives.

As an alternative to Common Core, this model is developmentally appropriate and aims to provide a well-rounded education, including classic books, math up to Euclidean geometry, science, Catholic catechesis, Latin, music, art, and P.E. Standardized test score averages are above the 75th percentile in Math

and above the 65th percentile in Reading, not excluding any outliers.

Each of the staff members is a practicing Catholic, and the school is fully accredited by the Western Association of Schools and Colleges (WASC) and the Western Catholic Educational Association (WCEA). STCS is also a premier member of the Institute for Catholic Liberal Education (ICLE).

STCS graduates have been admitted to all local high schools, many with high commendations, honors at entrance, and merit-based scholarships.

For more information, please visit <https://sainttheresecarmeliteschool.com/> and the school's Facebook page.



Ramona Convent music department Christmas performance

The Ramona Convent Music Department once again hosted a successful Christmas concert full of beautiful choir and handbell performances. The heart-warming, festive event was a wonderful way to begin the holiday season. Musical artists from the Estribilla Choral, the Brillante Ringers, the Grandiosa Choral, the Ancora Ringers, and the Chamber Singers presented a diverse program that also included members of the Ramona community such as Ms. Judy Ballenger, Accompanist, and Mr. Oliver Truong, Ramona Convent Director of Facilities, who gave a beautiful violin rendition of "Candlelight Carol." The concert also included a special debut performance by Fantastic Sprinkle Ringers (aka Ramona faculty and staff), who also had an encore requested by audience

members.

The arts are a vital part of a Ramona education. It's important that every student be able to nurture an intimate connection between her creative spirit and its expression in the arts.

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Beloved AUSD retired teacher and administrator Marsha Gilbert's signature exuberance, impressive service as an educator, and continuing support of the district won her an invitation to be a guest on *The Kelly Clarkson Show*.

AUSD retired teacher administrator Marsha

Gilbert wins hearts + spot on The Kelly Clarkson Show

When a producer for *The Kelly Clarkson Show* needed help in a hurry on a December Saturday night, he called Alhambra USD to find a high energy retired teacher for a big holiday giveaway episode on Tuesday.

Could the district find someone fabulous to send a 45-second audition video to Kelly on Sunday afternoon, and if chosen, could that teacher be available 48 hours later to spend December 6th afternoon at Universal Studios taping the show?

The answer was yes! AUSD retired teacher and administrator Marsha Gilbert won the hearts of the show's producers with her signature exuberance and impressive educator resume that included starting out

as a playground noon duty supervisor, becoming a third grade teacher, principal of Northrup Elementary and San Gabriel High School, and multiple roles as assistant superintendent.

Marsha is one of three generations of AUSD educators — her daughter Lindsay Gilbert is now principal of Northrup. Marsha's ongoing support for the district includes acting as a contract tracer on the COVID buster team during the height of the pandemic, coaching administrators, writing grants, and filling in at school sites.

Invited to be one of Kelly's guests on a coveted annual holiday giveaway episode featuring Amy Poehler, Marsha was recognized for her inspiring service as an educator

and then her job was "to throw the show to commercial" at the end of the segment. In the clip, Marsha delivers her teleprompter lines with such poise and contagious enthusiasm, she looks like she's been in television for years. "It was a fantastic treat to be on the show," Marsha said. "When Kelly said, 'Marsha, take us to break' I just hoped I read my teleprompter correctly!"

Kelly Clarkson honors teachers throughout the year because she saw how hard her mom worked as an elementary school teacher. The whole Kelly Team fell in love with 18 elated AUSD teachers selected to be in the audience of teachers for the taping of her annual World Teachers Day show which aired October 5th on NBC.

Alhambra High School Dream Resource Center wins prestigious 2022 Golden Bell Award

For innovation in a time of crisis, Alhambra High School's Dream Resource Center won California's leading educational honor, the CSBA 2022 Golden Bell Award, for its championship of recent immigrant and undocumented communities through leadership, advocacy, and support. The inclusive student-centered safe space grew out of the work of two campus clubs, VISA (Voice of Immigrant Students of Alhambra) and IDEAS (Dreams, Equity Assess and Success).

"The anti-immigrant climate unleashed in the 2016 Presidential election fueled an urgency to create a Dream Resource Center as a haven for our immigrant students and families to receive social emotional, academic, and legal assistance," said Javier Gutierrez, AHS Civics Chair and one of the Center's advisors. "In the five years since we opened our doors in an unused AHS classroom, the Center's sign-in log shows more than 25,000 student visitations — evidence of the overwhelming need on our campus for inclusive, student-centered safe spaces."

The Center gives AHS immigrant and international students a place to belong, to gather at lunchtime and after school to talk, share ideas, and build community. An



On behalf of the many people and organizations who work together to make the Dream Center a model for success, leadership representatives from AHS, AUSD, and members of the Board were on hand at the California School Board Association's annual December conference in San Diego to accept the prestigious 2022 Golden Bell Award for Alhambra High School's Dream Resource Center. In addition to winning the award, AHS was surprised with a \$1000 check to further the mission of the Dream Center.

AHS 17-year-old

Dream Center student newly arrived from Colombia said, "Everyone there made me feel so welcome. The Dream Center became my new home on campus."

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with a counselor, attend legal clinics and citizenship workshops, and share their stories of migration and identity.

The goal of the AHS Dream Resource Center has always been to listen, to learn what students need, and to find a way to provide the space, resources, and supplies to meet those needs through creative programming and a wide-ranging network of partnerships, nonprofits, elected officials, funding from grants and private donations, and an army of supporters, including the Board of Education and district administration.

"Tributaries of AHS Dream Center's impact flow out across the district, altering the community ecosystem," AUSD Superintendent Denise Jaramillo said. "Our most vulnerable students and families are embraced, supported, connected to one another, empowered to believe in themselves and their capacity for greatness. In the process, the Dream Resource Center has made us all better human beings and created a culture of belonging."

A second Dream Center launched at San Gabriel High in 2021, with a third Dream Center opening at Mark Keppel High this year.

with available academic and scholarship resources and a community cupboard for those who may not get enough to eat at home, students come the Dream Center to do homework, hang out with friends, celebrate cultural events, get after-school tutoring from peer and adult tutors, meet



SGHS Cheer to lead 2023 Rose Parade atop first float, energizing crowd

From atop the first float of the 134th Rose Parade, the San Gabriel High Cheer team will be energizing the crowd along the 5 1/2 mile parade route, beginning at 8:00 am. The iconic annual New Year's tradition viewed by millions is set for Monday, January 2, 2023, because January 1st falls on a Sunday. Watch the parade on KTLA Channel 5 or in-person along Colorado Boulevard to see the SGHS Cheer leading the Rose Parade amid elaborate floral-covered floats, marching bands, and equestrian units.



Top left, recently re-elected board member Mr. Bob Gin with three generations of family members and special guests after being sworn-in by Assemblymember Mike Fong; top right, recently elected board member Mr. Fred Chang with his family and Assemblymember Fong at the December 13 swearing-in ceremony. Bottom, the 2023 AUSD Board of Education, left to right, Mr. Gin, vice-president, Mr. Chang, clerk, Dr. Marcia Wilson, board member, Mrs. Kaysa Moreno, board president, Mr. Ken Tang, board member.

Recently elected AUSD board members sworn-in at December meeting, 2023 officers chosen

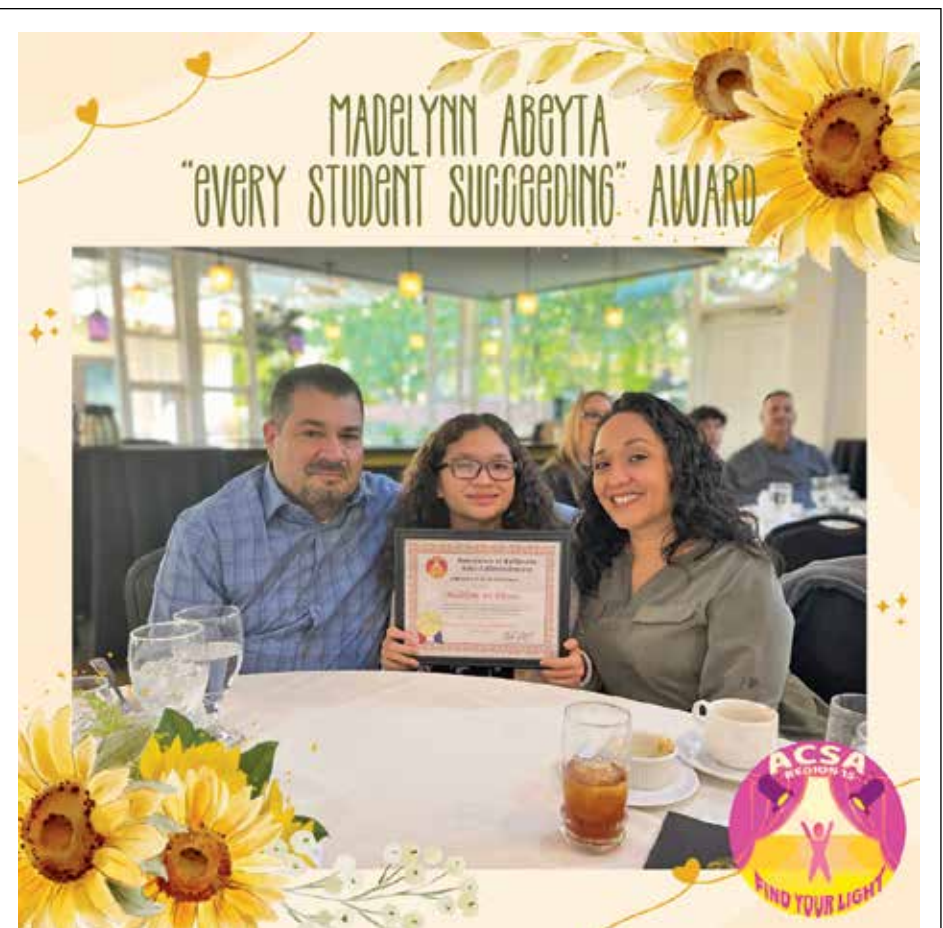
At the AUSD Board of Education's annual reorganization meeting on December 13th, California Assemblymember Mike Fong (49th District) administered the Oaths of Office to newly elected board member Mr. Fred Chang and newly re-elected board member Mr. Bob Gin.

Several elected officials, including Alhambra Mayor Adele Andrade Stadler, Monterey Park Councilmember Thomas Wong, and Garvey board member Bobbi Bruesch,

were on hand to welcome and recognize Alhambra USD's newly sworn-in board members. Alhambra Management Association president Jim Schofield and Alhambra Teachers Association president Ralph Hernandez joined in welcoming Mr. Gin and Mr. Chang, thanking them for their willingness to serve the community, and expressed how much they looked forward to working together with them for the betterment of AUSD.

Dr. Marcia Wilson was also thanked for her tenure as 2022 board president. She passed the gavel to Mrs. Kaysa Moreno, who will serve as 2023 board president. Mr. Gin will serve as 2023 board vice president and Mr. Chang will serve as clerk of the board.

Several special guests were also in attendance, including retired AUSD superintendent Donna Perez and former AUSD board member Joanne Russell-Chavez.



With the support of the Park School family and her teachers, Paola Juarez, Jennifer Santos, and Cynthia Kwok, Madelynn "Maddie" Abeyta's courage and persistence in overcoming big challenges won her AUSD's 2022-23 ACSA Every Student Succeeding Scholarship Award. Maddie is pictured here at the ACSA Every Student Succeeds awards luncheon with her parents Billy Abeyta and Ameelyn Abeyta.

Park School 8th grader Madelynn Abeyta inspires, wins "Every Student Succeeding" scholarship award

Park School eighth grader Madelynn "Maddie" Abeyta won Alhambra United School District's 2022-2023 ACSA Every Student Succeeding Scholarship Award for her determined efforts to flourish by surmounting big hurdles with courage and grace.

The Association of California School Administrators award celebrates students who have succeeded against great odds to blossom academically and socially — and in the process touched the hearts of the administrators and educators who helped them achieve their goals. On November 15, Maddie joined other ACSA Region 15 award winners at a special awards luncheon to honor their successes and highlight their moving stories of heroic persistence.

Visually impaired, Maddie has been learning to adapt from the time she started school at Park Elementary through her sixth grade year of distance learning. As she experienced the isolation, frustration and fear that can accompany visual impairment and dealt with pandemic despair and sadness, Maddie persisted — and she grew. After a seventh grade year at a new school, Maddie returned to Park for eighth grade.

Principal Carin Gasca marveled at Maddie's resiliency. She watched as Maddie adapted quickly to a setting that was

drastically different from March 2020, when she had last attended in-person school with her Park classmates. Maddie developed the flexibility to adapt to changes, faced emotional challenges head on, and learned to communicate effectively with multiple teachers to convey what she needed.

"Maddie's strength in advocating for herself — whether in academics or for her social emotional wellbeing — stands out," Park principal Gasca said. "Maddie speaks up when she needs to be moved to a better seat. She tells her teachers when she needs more support or extra time for her assignments. She checks her understanding by repeating the instructions or her understanding, all of which is building her confidence in her learning."

It's been a long journey for Maddie, filled with the ups and downs. Maddie never gives up. She refuses to allow life's challenges to keep her down or let anything stand in the way of her getting back up again to accomplish what she needs to do to succeed. Maddie's determination and drive to succeed have become the light that shines for her peers and for the adults working alongside her.

"Maddie's submission was the easiest award nomination I've ever written," principal Gasca said. "Maddie is just so deserving of this recognition."

NOVEMBER 2022 **GAME CHANGERS**




CATHERINE CHIANG
KINDERGARTEN TEACHER
BALDWIN SCHOOL

DAETON RUCKER
CAMPUS SUPERVISOR
REPETTO SCHOOL



www.ausd.us @alhambrausd



IHS students from left to right: Omar Vela, Jay Brown, Priscilla Curiel, Vincent Reyes, Emily Morrugares, and Rex Siu.

ALHAMBRA UNIFIED SCHOOL DISTRICT

Dual Immersion Tours

FOR 2023-24 SCHOOL YEAR

Spanish
January 24th 10:00am Virtual

FREMONT ELEMENTARY SCHOOL

Mandarin
January 19th 8:15am In-Person
* February 23rd 8:15am Virtual
* REVISED

WILLIAM NORTHRUP ELEMENTARY SCHOOL

FOR MORE INFORMATION OR TO REGISTER FOR A TOUR, PLEASE VISIT:
[HTTPS://TINYURL.COM/AUSD-DUALIMMERSION](https://tinyurl.com/AUSD-DUALIMMERSION)
ACCEPTING APPLICATIONS NOW!

AUSD now accepting applications for Dual Language Immersion programs

Applications for Spanish and Mandarin Dual Language Immersion programs at Alhambra USD. are being accepted. There is still time to give your child the gift of bilingualism. Learn more and register for one of the few remaining tours: <https://tinyurl.com/AUSD-DualImmersion>

2022-2023 Parent Webinar Series VI

Mental Health Awareness



- Learn about Mental Health
- The importance of Self-Care
- Coping strategies for students and parents

Wednesday, January 18, 2022 @ 6 p.m.

Registration:
<https://forms.gle/3xMhv1MLLZJbRtHu9>



www.ausd.us/gateway/

Independence HS students turn empty water bottles into cash for toys for children in need

Throughout December, all Alhambra USD schools joined in the annual Spark of Love Toy Drive to help brighten the holidays for struggling families in the community. Holding a donation drive has additional challenges when your school only has about 100 students. Independence High School students found a creative solution to help them contribute to this worthy cause. The students collected water bottles to recycle and cashed them in. They received a generous matching donation, and all together were able to donate over \$200 worth of toys. Thank you to these generous and caring students for helping families have a joyful holiday season.



Alhambra Latino Association

invites Latinx high school seniors furthering their education to apply for a \$1000 ALA Scholarship.

Application Deadline March 17, 2023

Apply today at www.alhambralatinoassociation.com







On January 26 the entire school will gather on the playground to witness the toppling of the boxes for the culmination of the Ynez Cereal Box-Chain Challenge. Afterward, students are donating the cereal to the Alhambra Teachers Association Food Bank. Pictured here, fifth graders in Tammy Scorcia's and Francine Santamaria's class are counting, moving, and stacking the first 222 boxes of cereal donated. In creating their box-chain students are developing math and physics knowledge, while also building empathy through kindness-in-action. Community members can help by dropping off sealed, unopened boxes of cereal at the school by January 20. Photo Credit: Tammy Scorcia

Ynez Cereal Box Domino Chain Challenge is CEREA-LOUSLY fun: You can help!

You've seen complex domino chain challenges — where people line up thousands of standing dominos and knock over the first one to see if the entire chain can topple. It's a fun and creative physics challenge because the dominos must be spaced correctly — especially during the turns and splits — for the next one to be knocked over.

Ynez School is borrowing the idea, but for their challenge they are collecting boxes of cereal in place of dominos. Their school-wide Cereal Box Chain Challenge adds a twist that brings a kindness aspect to connect lessons in math and physics lessons with community service and outreach. At the end of the challenge, all the cereal is donated to the Alhambra Teachers Association's food pantry.

Did you know that one of the biggest demands for food pantries is dry goods and one staple is cereal? Cereal can be eaten any time of the day, with or without milk. The ATA food pantry is always in

urgent need of donations to resupply dry goods like cereal, so this educational and entertaining school-wide project will end up feeding hungry children and families throughout the community.

Ynez kicked-off this project at the end of November at their monthly awards assembly. They are accepting donations of unopened boxes of cereal through January 20. Ynez families can send cereal boxes to school with their child. Community members can drop off cereal box donations at the Ynez school office—and can designate the boxes for a particular class/grade level for awards in their friendly school-wide competition.

On January 26, Ynez holds their School Cereal Box Challenge Day when the entire school gathers on the playground to witness the toppling of the boxes. The world record is for a cereal box-chain is 6, 877 boxes. Ynez aims to collect enough cereal boxes to build the longest box-chain in school history. Will you help them reach their goal?

SGHS Matadors football team showcases grit, class, familia spirit in history-making twin championship wins

San Gabriel High School waited 67 years to win a football championship. In 2022, the fierce underdog Matadors team defied expectations, unleashed their power game, and harnessed their familia spirit to win TWO championships: the 2022 CIF-Southern Section Division 13 Championship AND the CIF State Regional Championship.

The team, hit hard by COVID deaths, illness, and economic loss, and a long losing streak, was on no one's list of champions. Led by Coach Kevin Encinas, the players were grateful to be back on the field together after pandemic hardships, a band of brothers who believed in themselves when few did. They followed the process Encinas put in place, "We leaned on each other to get us through and sometimes our strategy meetings became support sessions." In the process, Encinas says, they became familia, family.

Their belief and that process, delivered with determination, heart and unwavering positivity, paid off. The Matadors beat Bishop Montgomery 52-27 with a bruising running game to win the Division 13 Championship — the first CIF Championship in school history.

This was feel-good story of the year. The whole San Gabriel Valley was believing and cheering for the Matadors as they headed to the CIF Division 6-A Regional against Granada Hills Kennedy.

For the first half, Kennedy ran over the Matadors running game. Coach Encinas asked the team to change things up. In the third quarter, Jacob Muniz threw two touchdown passes and ran for two scores and the team rallied for a 46-34 victory for their second championship win.

On December 9, the team Matadors left for the State 6-A State Finals for the December 10 game against Atascadero, a Spanish word for "a muddy place." Encinas called the five-hour journey to San Luis Obispo "a Christmas present for our team." Many players had never traveled out of San Gabriel Valley, most had not stayed in a

hotel.

Waving banners and cheering wildly, SGHS classmates celebrated the Matadors players and coaches as they boarded two buses for Atascadero. The SGHS band and cheer joined the players along with families, school and district leaders. Rain was predicted. It arrived. The game was played in freezing torrential rain, with winds gusting in all directions and shin-deep mud. Matadors lost 41-0. Through it all, their championship spirit never faltered.

Philip Bland, the radio announcer for the Atascadero Greyhounds for 30 years, was so moved by the Matadors on that that long losing night, he tweeted Coach Encinas about what he saw:

During the game and under unbearable conditions, your team never gave up. Your fanbase and support was impressive — considering the distance traveled and what they had to endure from the weather. Sometimes the score board is not the best indicator of a true Champion.

If life, I believe it's our actions that count the most. And the actions displayed by your team on a wet, muddy and windy night say a tremendous amount about you, your team and your community. You are Champions! #respect"

Philip Bland witnessed Matadors familia spirit in action. It drives the team's signature integrity, character and class — on view on the field and off, in victory and in loss, toward fellow players, opponents, and officials.

"I'll remember this game most. It's so easy to stick together when you are winning and it's a beautiful night," said Encinas. "You find out real quick where people stand when times are tough. The conditions and the loss are teachable moments and that's always been the goal for us."

We have a lot to learn from the Matadors football team, Coach Encinas and his incredible assistant coaches Marcus Galan, Roger Palomino, and Shane Purkiss, and the families who gave their all to support these champions.

CEREAL BOX DOMINO CHALLENGE

Collection Dates
11/30-1/20

Drop Off
Drop off sealed boxes of cereal to teachers. ASB will pick up from classrooms weekly.

Donations
Will go to the Alhambra Teacher's Association Food Pantry!

World Record
The current world record for Cereal Box-Chain is 6,877 boxes

THE GOAL
Collect enough cereal boxes to create the longest box-chain in Ynez History!

TK-8TH

YNEZ **ATA**
Elementary School

ALHAMBRA UNIFIED SCHOOL DISTRICT

PARENT COMMUNITY CONVERSATIONS

Thursday, January 19, 2023
Thursday, February 16, 2023
Thursday, April 27, 2023

All meetings held 6:30pm - 7:30 via Zoom!

The Board of Education and the Superintendent have enjoyed meeting with community members during these informal chat sessions. Please join us at a Community Conversations this year, and share what is on your mind.

Sign up at:
<https://tinyurl.com/AUSD-ParentConversations23>

**Alhambra Teachers Association
Food Pantry**
3030 W. Main Street, Alhambra

**Here's when the ATA Food Pantry
will be open:**
January 11th & 25th
February 8th & 22nd
9:00am - 12:00pm

IF YOU NEED TO SET UP AN ALTERNATE
DATE/TIME OR IF YOU WOULD LIKE TO
MAKE A DONATION TO THE PANTRY,
PLEASE CALL 626-289-1933

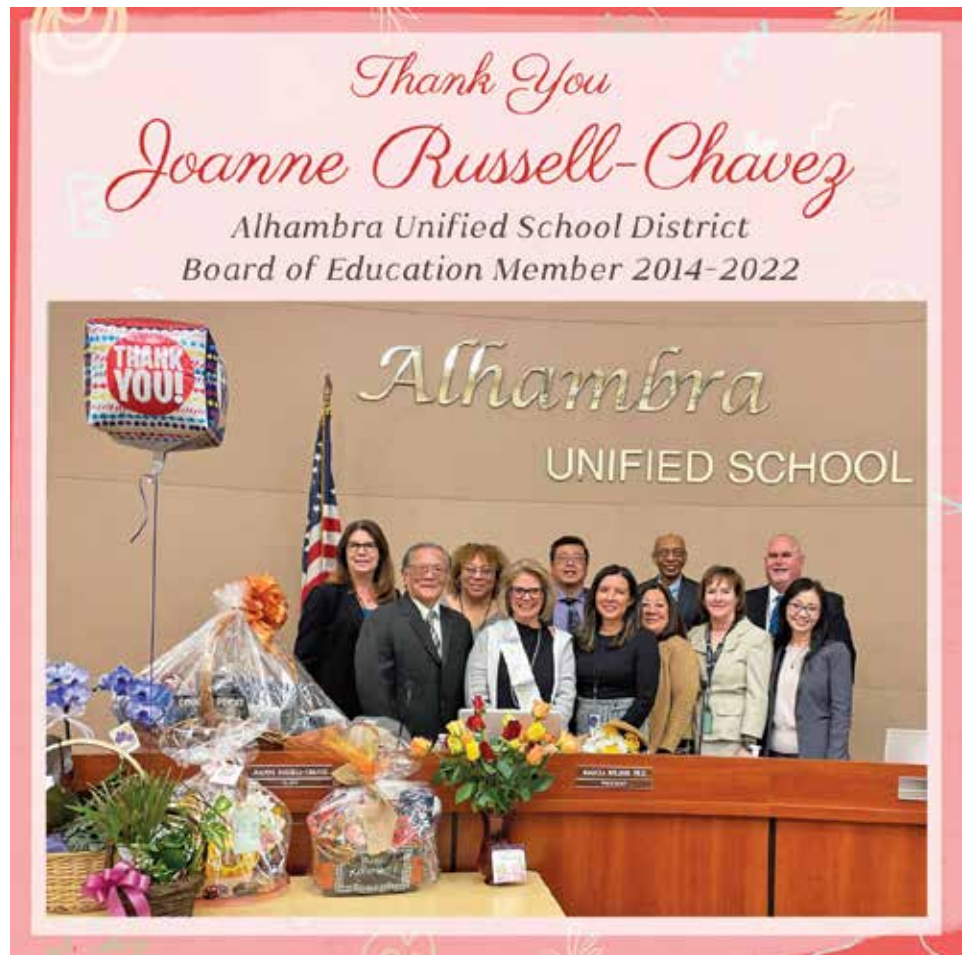
More than two-and-a-half years later, ATA food pantry still a lifeline for hungry families

When the pandemic first hit, the Alhambra Teachers Association (ATA) quickly mobilized to support families facing food insecurity. Launched in April 2020, the ATA food pantry continues to feed the community at least twice a month. This month, community members can stop by the ATA office at 3030 West Main Street in Alhambra on January 11th and 25th between 9:00 am and noon. No appointments or identification are needed, but they ask that you please sign in and only take what you need. If you cannot make it on the scheduled date/time, call 626-289-1933 to make alternate arrangements. The ATA food pantry depends entirely on donations. Your contribution of food or funding will make a real difference in the lives of hungry children and families.



Park School parents love bonding with their children at school wide breakfast event

When Park School parents gathered in the school cafeteria on November 15 for the school wide Giving Thanks Together event, they began their day in community by having breakfast with their children. Instead of the usual rush, parents and guardians had a chance to slow down and savor a weekday day morning meal with their children minus distractions from televisions and cell phones. Families could choose a book to read from a special selection on hand and students got to keep their book. Park principal Carin Gasca said, "Families loved starting the day together with a communal breakfast. The event was so well-received it is likely the first of many to come."



Joanne Russell-Chavez, surrounded by members of AUSD's executive cabinet and her fellow Board of Education members, concluded her second term of office. She called her time on the board "one of my greatest journeys."

AUSD community says thank you to outgoing board member Joanne Russell-Chavez

After serving eight years on the Alhambra Unified School District Board of Education, Joanne Russell-Chavez opted not to run for a third term. On November 15, 2022, at her last official meeting, Mrs. Russell-Chavez was recognized for her service to AUSD students, families, and staff.

Members of the community, the district, and board colleagues were on hand to say thank you for her dedication to AUSD since 2014. To commemorate the contributions of Mrs. Russell-Chavez, school sites, community guests, and the district presented her with special tokens of appreciation.

Addressing the large group, she said,

"I am honored because I learned so much during these eight years." She reminded everyone, "It's bigger than me and it's always been bigger than me, and it's bigger than all five of us on the board."

"There are a couple of things that we remember in our lives: the birth of our children, the deaths of those we have lost, and we remember some of our journeys — being on this board is one of my greatest journeys," she said. "AUSD gave me so much during my years at San Gabriel High School, I just hope that in these last eight years I gave as much as I have received."

Mrs. Russell-Chavez's heartfelt — and often humorous — speech was followed by small reception in her honor.

ALHAMBRA UNIFIED SCHOOL DISTRICT

STUDENT COMMUNITY CONVERSATIONS

February 9, 2023 (High School) **NEW!**
March 9, 2023 (Middle School)
March 23, 2023 (High School)

All meetings held 6:30pm - 7:30 via Zoom!

The Board of Education and the Superintendent have enjoyed meeting with community members during these informal chat sessions. Please join us at a Community Conversations this year, and share what is on your mind.

Sign up at:
<https://tinyurl.com/AUSD-StudentConversations23>

From the Desk of Rev. Craig Statton



A new day!

By Rev. Craig Statton, CEO, Atherton, 214 S. Atlantic Blvd. Alhambra

As a child, I remember the start of a new year in school. For our family it meant some new clothes plus new crayons, pencils, and notepads. I felt both excitement and anxiety as I entered a new grade, wondering which of my friends would be in my class, how I would get along with my new teachers, and if the subjects would be easy or difficult. The start of school was always a new beginning for me.

Since becoming an adult, I haven't experienced "newness," on a regular basis as we all did during our school years. However, I find the same feelings of excitement and anxiety when I start a new job or move to a new home. When I was younger, the birth of a new child, signaled a stage of life was upon us and how our family would manage the addition to our family created both excitement and anxiety. But each year as I grow older, there are not as many remarkable changes in my life. The result is getting trapped in routines, some of which are life-giving, but also some are not helpful.

A new year represents a season of beginning. As the calendar changes to January, we have an opportunity to make those famous "New Year's Resolutions." Most of us make these resolutions around losing weight or getting exercise because of our guilt from overindulging during the holidays. Perhaps we can think about making a few more changes which will challenge us with both

excitement and yes, a little bit of anxiety. Here are a few ideas...

- Get in touch with someone you haven't talked with for a while. Do you ever wonder what some of your former neighbors, coworkers or school friends are doing? See if you can find someone and give them a call, email or even send them a letter. They'll be happy to hear from you and catching up will bring a smile to your face.
- Buy an article of clothing you'd never think about buying. How about a bright colored jacket or sweater? Some new wool socks with a wild print? A new dress in a new style, or the most comfortable shoes you can find?
- Read a different kind of book or watch a television series you wouldn't normally choose. Do you have children or grandchildren who watch different shows than you do? Ask them for a recommendation and give it a go. It will give you something new to talk about with them.
- Listen to new music or a new radio station. New sounds can bring back memories or even cause us to have new, creative thoughts – worth a try!
- For those who use the internet, consider taking an online course. Look into the classes yourself or ask a friend or family member to assist you.
- Some seniors find it rewarding to set aside time to write letters to family members. It's an opportunity to let you tell them how much you love them, and you can include photos or other mementos in the letters. Not

only is this enjoyable, but it will be a lasting, priceless keepsake for your loved ones.

- Try a new activity. This may sound like exercise, but we're talking about something fun. Try to increase the number of steps you take each day by walking more, doing leg exercises while watching TV or sitting in your comfortable chair, or get out of the house more often to explore new sights. How about trying something like drawing, painting, knitting, crafting or doing jigsaw puzzles? How about singing or playing a musical instrument? Many towns or churches have choirs who are always looking for a good voice. You may have done these activities years ago, so picking them up now will be a fun challenge.
 - How about creating a year long goal? A friend of mine decided to try to read one book a week. Some people adopt a reading plan to read through the Bible in a year.
 - How about writing your history? Even though our memories are sometimes spotty, I have found that our friends and family members love to hear the details of your life. You can inspire them to think, "My, hasn't the world changed since we first started out in life!"
- These are just a few ways to ignite some newness in your life; you can probably think of some others on your own. The important point is taking advantage of a moment when a new beginning can be created. There is not a better way to start a new year. Happy New Year!

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Ask Dr. Dara, D.D.S.

How technology helps dental implant placement

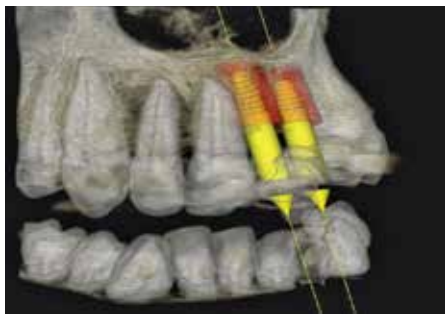
by Dr. Krasnodara Gashparova, DDS (also known as Dr. Dara)

Dental implants are the preferred solution to replace missing teeth. They have been routinely used with a very high success rate. Yet worries about the procedure, such as possible risk of infections, nerve damage, prolonged bleeding, and sinus infection can stop people from having the procedure done. Fortunately, with the development of computer-guided surgery, a patient can have accurate and predictable treatment without worry.

What exactly is computer-guided implant placement?

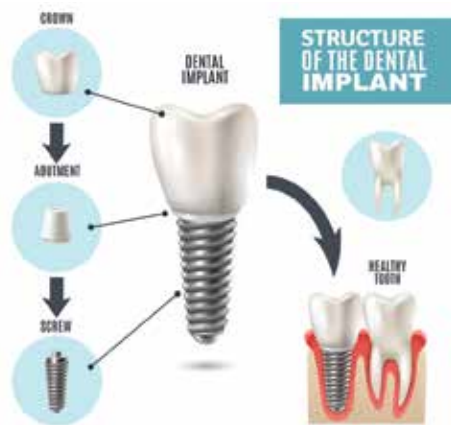
The 3D X-ray

Computer-guided procedures use a type of 3D x-ray, also called a CT scan, to plan precisely where the implant should be placed in order to avoid complications. CT scans show the thickness and density of the jaw bone with exact locations of blood vessels, nerves, sinus cavities and adjacent roots. Based on that information, your dentist can plan with precision and pinpoint accuracy the best possible location for the implant.



The 3D digital image

In combination with x-rays, a digital scan/impression is taken and a 3D model is created. Software lines up the model with the x-ray and visualizes how the smile will look after the treatment, even before it starts. With the final restoration in mind, the dentist can try several size and length implants in various positions to best fit the space without causing damage to blood vessels and nerves. To clarify, the implant is the part that sits inside the bone and is invisible for the eye, the part that we see is the porcelain crown attached to the implant.



The 3D printer

Once the final crown and implant position is established, a surgical guide is created to transfer the digital information accurately inside the mouth. It is designed digitally and manufactured by using a 3D printer in conjunction with the 3D x-ray and digital scan.



Reducing possible complications is especially useful in situations like:

- Placing multiple implants that are parallel to each other at the same time.
- Thin bone and a scarcity of space. Knowing the exact proximity to adjacent roots and other implants in this situation is essential.
- Placing implants in close proximity to the sinus cavity or other important anatomical structures.
- Implants in a visible anterior area, where restoration size and alignment is critical for the final outcome.

Despite the advantages, guided implant surgeries is not mandatory. There are straight forward, routine implant placements that can be done freehand. While the computer guided surgery may be quicker for the patient, it takes expensive equipment and training, and is more time-consuming planning for your dentist.

As you look forward to managing your dental health, consider that comput-



Dr. Dara, D.D.S.
(626) 289-6131

Dr. Dara Gashparova, D.D.S. is located at 70 S. Palm Ave., Alhambra 91801. Readers with dental questions or concerns should contact her at (626) 289-6131, or e-mail daradds@yahoo.com

er-guided implant surgery provides more accuracy and a better outcome, as well as reducing possible complications in more complex implant cases.

This column is provided to Around Alhambra by Dr. Krasnodara Gashparova, DDS, (also known as Dr. Dara), who is responsible for the content. Around Alhambra does not endorse medical advice or any remedies recommended by this author or any other provider.



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Your Insurance

Did you miss the deadline for Medicare enrollment?

By Katherine Yu Simms



The 2022 Fall Medicare annual enrollment period is over, with the sign up period having run its course from October 15 to December 7. Do you have a Medicare Advantage Plan, which is sometimes called Medicare Part C? If your answer is yes, it's not too late to go over your coverage for 2023. There is another enrollment period coming up, from January 1 to March 31. That's the Medicare Advantage Open Enrollment period (MA OEP).

If you're eligible, I am here to help you determine if a change will benefit you. Each member is unique. Your medical conditions and prescriptions are likely different from almost everyone else. There are many, many plans out there, and although their coverage is similar there are clear differences. You will get better coverage by choosing the best plan to fit your situation.

During the MA OEP you must have a Medicare Advantage Plan with or without a Part D Drug plan, to be eligible to switch plans. People with Original Medicare cannot switch during this enrollment period, however, if you are in this group there are special circumstances that allow changes outside the Fall enrollment period. This is called a Special Enrollment Period (SEP).

I have been helping seniors just like you, sort out the complicated factors together. So, whatever your circumstance is, I can help you decide which plan is best for you in 2023. Call me now. Katherine at 323-854-2868.

This column is provided to Around Alhambra by Katherine Yu Simms, who is responsible for the content. Around Alhambra does not endorse financial advice recommended by this author or any other provider. For more information and to contact Katherine, email her at kyusimms@rey-top.com.

Your Health

Gratitude

By Sheila Yonemoto, P.T.

As an avid reader of books on how to change your mindset and improve your life, I recommend *Biology of Belief* by Bruce Lipton, a scientist and former Stanford professor. Lipton's point of view is that your thoughts manifest in your life. Positive thoughts bring more positivity into your life and negative thoughts increase negativity. In this philosophy, your body aligns with your thoughts, in essence following the orders you give it. He also wrote "The Honeymoon Effect," which helps reprogram your subconscious mind to live your life to its optimum best. Norman Cousins wrote "Anatomy of an Illness" and alleviated his pancreatic condition, using laughter and positive thinking. He also wrote "Head First: The Biology of Hope," which includes stories that show how a change in attitude can make a change for the better in one's life.

Sometimes it is easier to change your mind, rather than trying to change someone else's behavior, or changing the conditions in your life. My friend, Dan Kuramoto, band leader of Hiroshima, once told me he was working on improving his life by focusing on increasing his attitude of gratitude. When I asked him to give me an example, he said that when he was stuck in traffic, rather than getting upset, he would say he was grateful he was in a car and not walking. How's that for changing a potentially upsetting situation into a positive one?

One practice that can help improve your attitude and happiness is qigong. Over the past 20 years, I have seen all my students become happier after regular qigong practice. They report sleeping better, making good friends in the classes, and their health is better. Another helpful



Sheila Yonemoto, P.T.
Yonemoto Physical Therapy
(626) 576-0591

Sheila Yonemoto, P.T., has been a physical therapist for more than 40 years, specializing in integrative manual therapy, utilizing a holistic approach. She can be reached at Yonemoto Physical Therapy, 55 S. Raymond Ave, Suite 100, Alhambra, CA 91801. Sheila also offers a Qigong "Chinese Energy" exercise class. Your first class is FREE. Call (626) 576-0591 for more information or visit www.yonemoto.com.

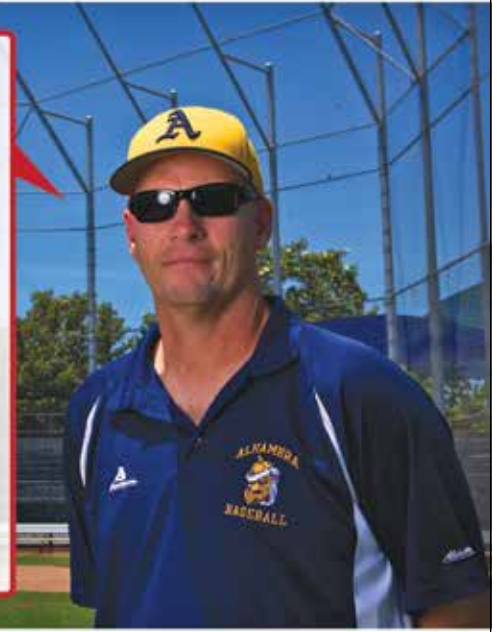
practice is keeping a daily gratitude journal and writing down everything you are grateful for. If everyone did this, think how much happier this world would be. Perhaps 2023 will be your year for expressing gratitude and turning positive thoughts into positive actions.

This column is provided to Around Alhambra by Sheila Yonemoto, P.T., who is responsible for the content. Around Alhambra does not endorse medical advice or any remedies recommended by this author or any other provider.

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"When my ball players are injured, Yonemoto Physical Therapy helps speed their recovery so they can get back into action. For my own physical rehabilitation, I just wouldn't go anywhere else."

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- 2** What are my other Medicare plan options?
- 3** What kind of changes are allowed during the Open Enrollment Period?
- 4** What is the difference between Original Medicare and Medicare Advantage?

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- Power Chair & Scooter Repair
- Sigvaris Compression Stockings
- Blood Pressure Monitoring Systems
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Photo credit: Michael Dergar / The Academy of Special Dreams

The Alhambra Kicks Off the Holiday Season with Santa Night

On December 8, 2022, The Alhambra was transformed into an outdoor Winter Wonderland for its annual Santa Night. Tenants and their families were treated to a stroll through whimsical holiday displays lighting up the Oval Mall, highlighted by a majestic, illuminated Christmas tree. Some of the evening's fun included free professional photos with

Santa, outdoor animated films, and live ice carving. Attendees were serenaded by holiday carolers while enjoying hot chocolate, apple cider, popcorn, and cookies. Kids had a chance to write letters to Santa and drop them off in a special Post Box. In all, 85 letters were collected and mailed straight to the North Pole free of charge!

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JANUARY 2023



ALHAMBRA Restaurant of the Week

PRESENTED BY THE ALHAMBRA CHAMBER OF COMMERCE

Enjoy delicious, local cuisine!

The **Alhambra Restaurant of the Week (ROTW)** highlights the unique flavors of our community. Every week, we showcase the diverse culinary offerings that represent the best of local dining in the City of Alhambra!

January 2 - January 8

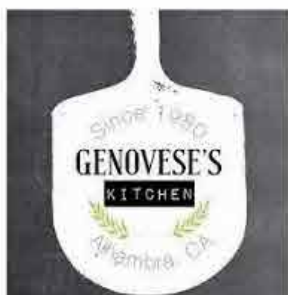


The Shredded Carrot can satisfy any sugar craving! They offer a wide range of cakes, cookies, and other baked goods all made uniquely using traditional recipes.

Visit them at 2428 W Valley Blvd, Alhambra

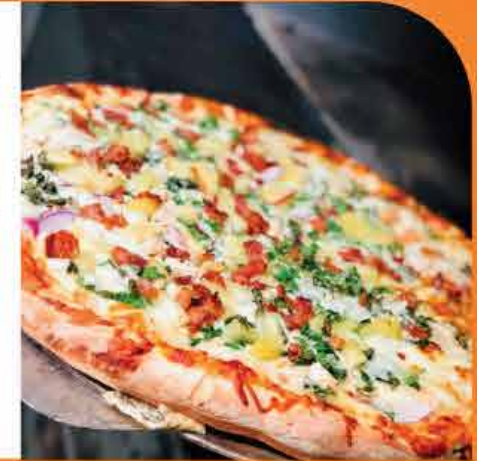


January 9 - January 15



Alhambra is home to the ever-popular **Genovese's Italian Kitchen**. Expand your horizons with delicious options like sandwiches, salads, calzones, and more!

Visit them at 2900 W Main St, Alhambra



January 16 - January 22



Alondra's Hot Wings, Pizza, and Pasta is the city's spot for mild to atomic-level wings, pizza, selection of beers, and other various hand-crafted eats!

Visit them at 515 W Main St, Alhambra



January 23 - January 29



Boat House is Alhambra's nautical-themed seafood spot serving traditional Cajun-style boiled or fried seafood goodness such as king crabs, shrimp, oysters, lobster, and more!

Visit them at 23 W Valley Blvd, Alhambra



Follow the Alhambra Chamber of Commerce on Facebook and Instagram to learn more about these restaurants or visit alhambraeats.com.



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alhambra CHAMBER OF COMMERCE

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Real Estate

Home prices showing only modest price declines

Gary Frueholz, Dilbeck Real Estate

During the last half of 2022, mortgage interest rates have nearly doubled and economic experts theorized about a looming recession in upcoming months. One would anticipate that real estate prices of homes should be significantly declining. But in popular areas such as Alhambra, this is not the case.

One year ago, a single family detached home in Alhambra sold for \$633 per square foot. This year, twelve months later, a single family detached home has been selling for \$634 per square foot. Total sales prices in Alhambra have decreased by 4%, but dollars per square foot is the more meaningful measure. And this is not just Alhambra, but in many Southern California neighborhoods.

Two key factors are influencing this situation. Supply of available homes is down. In Alhambra, single family home listings are down 46% from last year. The post-pandemic mindset along with a perception of a tenuous economy has led many owners to postpone moving. This in turn has lowered the inventory of homes for sale. Another issue reducing inventory is the decreasing available space for new homes construction combined with growing regulatory issues.

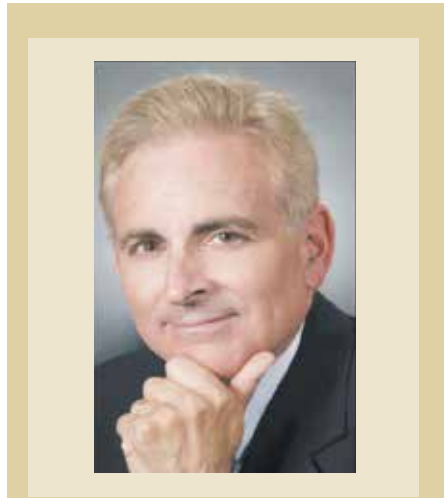
Another factor influencing prices is that demand for housing has remained strong. Demographic shifts are in play. Millennials are in their prime homebuying years, while the increasing trend of remote work leads to increasing demand.

Prices will drop when supply increases and/or demand falls. The continued increase in mortgage rates will ultimately reduce demand. As mortgage interest rates rise, a buyer's purchasing power decreases. Another term used to describe this situation is the affordability index is being reduced. Yet, as mortgage rates increase due to the Federal Reserve's reactive efforts to curb inflation, panic buying may result with buyers fearing their window of opportunity is diminishing. Some people believe they need to act now or be completely priced out of the homeowner market.

Freddie Mac, the government sponsored institution that facilitates resale of mortgages in the secondary market, predicts that home price growth will slow to 5% in 2023. There is no precision to these forecasts and prices may level off, yet major price reductions in popular cities like Alhambra are unlikely. Part of this is due to Alhambra's close proximity to Los Angeles and being an independent, incorporated city with its own school system, police department, fire department, and water system.

Buying a home now is not for the faint of heart, but by working with experienced professionals, the dream of home ownership can be obtained. A discussion with a skilled lender can include adjustable-rate mortgages. These are riskier, but can generally be refinanced as interest rates come down. Right now, they may provide buyers with lower monthly mortgage obligations.

Experienced realtors will explain the various buyer strategies to make



Gary Frueholz
Dilbeck Real Estate
(626) 318-9436

Gary Frueholz is a realtor with Dilbeck Real Estate, a past member of the Alhambra Planning Commission, a Certified Senior Real Estate Specialist, Certified International Property Specialist, and can be reached at 626-318-9436. See his stories at www.garysstories.com.

a purchase offer stand out. This will include components beyond just price. Calculated and thoughtful presentation of contingencies allow buyers to compete with all cash offers. Contingencies are "buyer back-out" clauses and always have the attention of sellers. Communication between a buyer's agent and listing agents is critical to make an offer memorable for a listing agent. Buyer agents can contact listing agents and inquire as to the specifics that a seller would like to see in the purchase agreement. Confirm this is part of your agent's approach.

Buyers need to be strong and avoid being discouraged. Among the buyers I have represented in the last half year, one of my buyers this past month was the one

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out of fifteen offers accepted. Another client during the summer was the one out of eighteen offers accepted. So, it can be done. The moral here is for buyers to be strong, patient, and operate with experienced professionals.

This column is provided to Around Alhambra by Gary Frueholz, who is responsible for the content. Around Alhambra does not endorse financial advice recommended by this author or any other provider.

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66 Linden Lane, Temple City
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224 E. Fernfield Dr, Monterey Park
3 Bed | 1 Bath | House | 936 ft²



14038 Rockenbach St, Baldwin Park
3 Bed | 1 Bath | House | 1,174 ft²



330 N. Rural Dr #205, Monterey Park
2 Bed | 2 Bath | Senior Condo | 838 ft²



210 N. Monterey St #404, Alhambra
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City	Property Type	Average Price NOV '22	Average Price NOV '21	YOY%
Monterey Park	Single Family House	\$847,139	\$925,282	-8.45%
	Condo/Townhome	\$622,389	\$694,867	-10.43%
Alhambra	Single Family House	\$843,933	\$960,954	-12.18%
	Condo/Townhome	\$637,622	\$636,126	+0.24%



"After a long, long search, we finally did it! We found the perfect house for us and Catherine helped guide us along the entire way. We started searching for a home back in June. After going to countless open houses and submitting offers after offers only to get out-bid again and again, Catherine remained patient and encouraged us that it was all part of the experience and the perfect house would soon be ours. She answered every single question and provided us with tons of suggestions and information throughout our entire process. When it came to the end and we finally got our offer accepted on a house, she made sure we were not confused at any step of the purchasing process. I can't thank Catherine enough for everything that she did for us. You won't be disappointed with Catherine and Man Realty!" -bhong139

