

AROUND ALHAMBRA



APRIL 2024 | GATEWAY TO THE SAN GABRIEL VALLEY

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Alhambra Vice-Mayor Pérez Advances to General Election in Local State Senate Race

Following the primary elections on March 5, Alhambra City Vice-Mayor Sasha Renée Pérez has moved forward as the Democratic candidate for State Senate District 25. Pérez won more votes than Democratic opponents Yvonne Yiu, Sandra Armenta, and Teddy Choi in the fight for one of the most highly contested positions this election cycle — the District 25 race has drawn attention throughout SoCal since it became poised to set a spending record far above any legislative seat in California history.

This all means that come November, our very own Vice-Mayor will be running against Republican candidate Elizabeth Wong Ahlers for the Senate seat currently held by Anthony Portantino, Jr. (D). But is it really possible we'll see someone from Alhambra take the coveted seat in 2025?

Sasha Renée Pérez is a Democrat, educator, and civil rights advocate who has built her career around a commitment to advancing equitable access to higher education and

supporting California's working families. She was raised in Glendora with her parents, a union electrician and a Los Angeles County social worker, and in Alhambra with her grandmother. She attended Mark Keppel High School and was the first in her family to graduate college, earning degrees in Political Science and Economics from California State University, Los Angeles.

In 2020, Sasha was elected to the Alhambra City Council and immediately sworn in as Mayor, notably making her the youngest woman Mayor in SGV history and the youngest Latina Mayor in CA to lead a mid-sized city. She immediately showed her abilities in how she navigated the COVID-19 pandemic, implementing ordinances to support small businesses and essential workers while also championing policies to improve the city's quality of life.

Pérez's dedication to improving the economic vitality of Alhambra is also evident... >> **Vice-Mayor Pérez Advances to General Election, p3**

ALHAMBRA USD - READ ACROSS AMERICA



A snapshot of some of the Read Across America Day festivities at our various school campuses.

AUSD Inspires a Love of Reading Through *Read Across America* Events

The Alhambra Unified School District turned the page on another successful *Read Across America* through site-hosted events at multiple AUSD elementary schools. From community read-ins to author visits to outdoor booth rotations — and even a special culinary treat of green eggs and ham in the cafeteria! — schools found unique ways to remind students about the joys of reading.

“The enthusiasm and excitement surrounding *Read Across America* in our

district are truly inspiring,” remarked Superintendent Dr. Denise Jaramillo. “It's heartwarming to see our school communities come together in so many creative and innovative ways to celebrate the magic of storytelling.”

The festivities not only celebrated the love of reading but also highlighted the importance of community engagement and partnerships. By embracing the spirit of *Read Across America*, AUSD reaffirmed its commitment to fostering a culture of literacy and lifelong learning.

Making Waves: Alhambra HS and Garfield Elementary Dive into Underwater Musical Adventures this Spring

In a tale as old as time, Alhambra High School's thespians — in the final stages of rehearsals for their spring musical, Disney's *The Little Mermaid* — extended a helping fin to Garfield Elementary's budding performers as they prepare for their own musical production of Disney's *Finding Nemo Jr.* With both shows having a similar underwater setting, the schools saw an ocean of opportunities for their

students to collaborate.

On Tuesday, March 19, AHS cast members took a walking field trip from their school to Garfield's auditorium for an afternoon of performances, theater games, and mentorship. The auditorium echoed with laughter as the high school cast shared snacks they brought while bonding with their younger counterparts...

>> **Making Waves of Mentorship, p 17**

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Published by the Alhambra Chamber of Commerce, *Around Alhambra* is a monthly publication with a circulation of 34,000. *Around Alhambra* is mailed to every business and residence in the City of Alhambra and to all interested local, state, and county officials.

We welcome comments, press releases, and community interest stories and will make every effort to include all appropriate information.

Articles submitted to 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

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Mayor's Corner

By Mayor Ross J. Maza

And just like that spring is here! The now longer days seem to give us all a boost of energy, which is evident all around Alhambra. The parks are full and Main Street is busy as we lead into summer.

Things are also busy at Alhambra city hall, as work to improve our beautiful city continues. Much of the planning and goal setting for the future of Alhambra happens once a year at the Strategic Planning Session which took place on March 13th. This important meeting was attended by local residents, all city department directors, the police chief, the fire chief, the city manager, and of course the city council. This session allows us all to discuss and prioritize Alhambra's short and long term goals. Many of the goals set in previous years remained unchanged. Much of the focus was centered on areas like public safety, improving infrastructure, economic development, and sustainability. The important meeting also served as a reminder to our city council of the many

accomplishments during recent years. We are grateful to the incredible staff which makes up the City of Alhambra. As always, I encourage you to get involved, and reach out to any of your city council members to share your thoughts and opinions about issues in your Alhambra.

On Saturday March 9th I attended the Alhambra Fire Academy graduation ceremony, which saw the graduation of 5 fire cadets. These cadets are now proudly serving our community as Alhambra Firefighters. The ceremony included a number of incredible demonstrations, highlighting some of the skills and abilities of these brave men. We welcome each of these firefighters to the Alhambra family and appreciate their efforts in keep us all safe.

As the weather warms up, I look forward to re-connecting with many of you around the city, and meeting many more of you. I encourage you to get out and enjoy the many services Alhambra has to offer, like park activities,



Mayor Ross J. Maza

excursions, senior services, youth sports, diverse clinics, trainings at the library, the ACT Bus, Senior Dial-A-Ride, and so much more! As always, please know that I am available to you to discuss our Alhambra. Hope to see you around.

ALHAMBRA DAY OF SERVICE

SAT, APR 13, 2024 8:00 AM - 11:00 AM

<div style="background-color: #f08080; padding: 5px; margin-bottom: 10px;">Alhambra Park Clean Up</div> <p><i>Meet up:</i> Intersection of Alhambra Rd. and Palm Ave.</p>	<div style="background-color: #f08080; padding: 5px; margin-bottom: 10px;">Almanson Park Clean Up</div> <p><i>Meet up:</i> 762 S Almanson St, Alhambra, CA 91801</p>
<div style="background-color: #f08080; padding: 5px; margin-bottom: 10px;">Granada Park Clean Up</div> <p><i>Meet up:</i> Intersection of S Palm Ave and Montezuma Ave</p>	<div style="background-color: #f08080; padding: 5px; margin-bottom: 10px;">Main Street Clean Up</div> <p><i>Meet up:</i> 68 S 1st St, Alhambra, CA 91801</p>
<div style="background-color: #f08080; padding: 5px; margin-bottom: 10px;">Valley Blvd and 9th St</div> <p><i>Meet up:</i> BMO at 855 W Valley Blvd, Alhambra, CA 91803</p>	<div style="background-color: #f08080; padding: 5px; margin-bottom: 10px;">Marguerita Garden</div> <p><i>Meet up:</i> Marguerita Elementary School 1512 Benito Ave, Alhambra, CA 91803</p>
<div style="background-color: #f08080; padding: 5px; margin-bottom: 10px;">Alhambra Community Garden on Mission</div> <p><i>Meet up:</i> 1006 Clay Ct, Alhambra, CA 91801</p>	<div style="background-color: #f08080; padding: 5px; margin-bottom: 10px;">Summer Send Off Kits for Unhoused Students</div> <p><i>Meet up:</i> Alhambra Chamber of Commerce</p>
<div style="background-color: #f08080; padding: 5px; margin-bottom: 10px;">Story Park</div> <p><i>Meet up:</i> 210 N Chapel Ave, Alhambra, CA 91801</p>	<div style="background-color: #f08080; padding: 5px; margin-bottom: 10px;">NAPAFASA*</div> <p><i>Meet up:</i> 1500 Alhambra Rd Suite #4, Alhambra, CA 91801</p>

*NAPAFASA is a national organization dedicated to health justice through education, civic engagement, cultural responsiveness and enrichment, advocacy through the arts, youth leadership, and community organizing. For this Alhambra Day of Service, NAPAFASA is seeking volunteers to help us prepare for the 2024 Healing HeARTS Art Fest, taking place on May 4th. Volunteers will be making venue signs and stuffing goody bags at the NAPAFASA office.

To register, visit bit.ly/AlhambraDoS24

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Sustainable Alhambra Advances

As we celebrate Earth Day this month, it's the perfect time to get involved with the City of Alhambra as it continues to develop and refine its first Comprehensive Environmental Sustainability Plan, titled Sustainable Alhambra. This plan will look at an abundance of factors affecting the local environment. The plan will also assess the impact on environment sustainability on the lives of everyone who is part of the Alhambra community, including residents, employees of businesses, city workers, and visitors. At its core, the plan will identify projects and programs to enhance the sustainability of Alhambra for current and future generations.

The City wants to hear what sustainability means to members of the Alhambra community, the type of sustainability efforts you already incorporate into your daily life, and your perspective on projects and programs for the future. It's the right time to consider what you want for Alhambra, not just for yourself and your family now, but what you want for generations to come. To create a plan that will benefit all communities in Alhambra, the city is asking residents and stakeholders to complete their "Community Questionnaire" to share your ideas and vision for a Sustainable Alhambra. Those who complete the short, 7-question survey can be entered in an opportunity drawing for one of four \$25 Visa gift cards. Visit www.cityofalhambra.org/sustainability for more information and to complete the Community Questionnaire. Remember, you can win two ways: first, by sharing your perspective and influencing the future. And second, by getting the chance to win a gift card!

The Chamber View

Connection, Achievement, and Belonging Creates Positive Change

By John Bwarie

What drives our Alhambra community forward is our ability to collectively achieve our goals as a city. From small projects like clearing a blocked storm drain to allow rainwater to not flood your home to large efforts like the city's newly adopted Bike and Pedestrian Plan, it's the work of all of us together that makes our community better.

As they say (and it's true!): Teamwork makes the dreamwork. The power of people working together is always greater than the sum of what individuals produce when they are alone. Of course, working with a group may not always feel like smooth sailing; however, the secret sauce to making fast and meaningful progress is leadership.

Nowhere is leadership more important than in committee meetings. Committees are made up of people who may not work together regularly, so the committee leader is responsible for creating and driving an agenda. Even more important, leaders are uniquely poised to help people relate to each other and then get a job done together. Relationships make goals happen and keep progress on track.

No matter if you're the current chair of a volunteer committee or a rising head of a working group or even assigned the lead of a business task force – you can start getting the most out of being together and leading other people by being aware of how to build and keep momentum going.

I have led hundreds and hundreds of meetings, in almost every setting, with every type of attendee - volunteer, employees, and boards. One thing is always true. No one wants to be in a meeting - at least the first time. Leadership can take the sting out of the time and energy it takes to meet by amplifying the feelings of connection and sense of achievement. That's why participants want to keep coming back. Connection, achievement, and creating place to belong have fused together to become the backbone of the



John Bwarie
CEO Alhambra Chamber of Commerce

Alhambra Chamber's success.

Currently, the Chamber has nine active committees where members are gathering, connecting, collaborating, and building bonds to propel them and our community forward. Our Non-profit Council is a committee of more than two dozen nonprofit organizations located or working in Alhambra to strengthen our community. This group is the driving force behind the annual Alhambra Day of Service as well as the Alhambra Cares efforts to drive support to these many essential organizations. Our newly formed International Business Affairs Committee is working to support businesses access overseas markets while at the same time attracting investment to our community from across the Pacific. Our Economic Development Committee is actively working to improve the downtown, by talking to property owners about the best use of their properties and talking to businesses across LA about making Alhambra their next location. These are a few examples of the work that reflect the efforts of dozens of volunteers who have come together as strangers, literally and metaphorically rolled up their sleeves, and now are working to make Alhambra the best it can be.

Alhambra Vice-Mayor Pérez Advances to General Election in Local State Senate Race

from page 1

...in her efforts to secure funding for critical infrastructure projects, such as the construction of the city's first-ever community center at the former Shorb Clinic.

As she is running to represent Alhambra in Sacramento, she remains dedicated to improving her hometown of Alhambra. For instance, one of her main projects if elected, she says, is to make Alhambra more accessible via public transit.

"There are very limited options in Alhambra. Things like the gold line and everything, you have to connect to that up in the foothills or in South Pasadena," she recently told StreetsBlog LA. "So creating more connectivity down here and more rail options down here in Alhambra would be really important to me," she added, noting that many locals commute to LA on a regular basis for work and other activities.

Pérez is also deeply invested in housing. She decided to run for office in part because she witnessed close members of

her own family suffer from the consequences of homelessness — an aunt and a cousin died while living on the streets. She herself worked her way through getting an education and a career, a feat that came as a major first in her family.

"I feel like my role is to really narrate the issue from a personal level," Pérez told StreetsBlog LA. "Because I'm 30 years old, I'm not a homeowner. I wish I were a homeowner. I would like to buy a home."

Because this is a partisan seat, meaning party affiliation is a leading indicator of support, Pérez is expected by many political experts to win the general election because the district is overwhelmingly Democrat. Spanning parts of Los Angeles and San Bernardino counties, from Glendale in the west to parts of Rancho Cucamonga and Upland in the east, voter registration is 46.2% Democrat and only 22.4% Republican (with about 25% indicating no party preference). In the primary election, less than 30% of registered voters cast a ballot in the election in LA County.



Alhambra Moves Forward with New Bike and Walk Plan

The City of Alhambra's Walk, Bike, Move Alhambra! initiative, a comprehensive citywide bicycle and pedestrian plan, was recently approved by the City Council. After a two-month delay to incorporate additional community feedback, the plan garnered support in a vote last month, with four council members voting in favor and Councilmember Katherine Lee abstaining.

The approved plan encompasses ambitious goals, including establishing 58 miles of bike facilities and creating eight "Pedestrian Priority Zones." These zones will feature various enhancements to improve pedestrian safety and accessibility, such as high-visibility crosswalks, flashing beacons, leading pedestrian intervals, curb extensions, protective landscaping, and traffic circles.

In response to input from the Transportation Commission, modifications were made to the original plan in order to receive City approval. Notably, changes to Commonwealth Avenue will prioritize designated bikeway facilities over "3B

neighborhood Greenway elements" which intent to beautify neighborhoods and calm residents. Additionally, Hellman Avenue is slated to receive more striped bike lanes, enhancing safety and convenience for cyclists.

The latest version of the plan also includes enhancements to the existing "Backbone Network," which spans 17 miles. New features, such as a neighborhood greenway on Meridian Avenue and a bike lane on Westmont Drive, will further bolster connectivity and accessibility for pedestrians and cyclists. For the future, the plan outlines additional facilities for the "Full Network," encompassing over 20 miles, with proposed improvements to Marengo Avenue and the introduction of a neighborhood greenway on Story Place, pending future funding allocations.

With the approval of the Walk, Bike, Move Alhambra! plan, the City has taken a significant step forward in realizing its vision of a more walkable, bike-friendly future. View the full plan online at the City of Alhambra's website, cityofalhambra.org.

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CHAMBER OF COMMERCE

NEWS & NOTES



> Call for Exhibitors for Eco Fair 2024

Eco Fair 2024 will take place on April 28 in conjunction with the Active Streets (formerly 626 Golden Street) Mission-to-Mission event. The event is seeking exhibitors who will provide information and activities to help the community learn more about improving our environment. The Eco Fair will take place on Main Street, between Garfield Ave and Fourth Street, and there is no fee for exhibitors. If you are interested in being an exhibitor at the fair, please submit an application as soon as possible.

> Cloistered Carmelite Nuns Auxiliary Celebrates 100 Years

The Cloistered Carmelite Nuns Auxiliary will celebrate its 100th anniversary on April 24 at the San Gabriel Country Club. The organization was formed in 1923 as a fundraising organization to help provide for the daily financial needs of the cloistered nuns at the Carmel of Saint Teresa Monastery and to maintain the monastery building, which was completed at its present site on 215 E. Alhambra Road.

> Alhambra Police CarFit Checks

This program is designed to help older drivers determine how well they currently fit into their personal vehicles, highlight actions they can take to improve their fit, and promote conversations about driver safety and community mobility. For questions or to make an appointment, contact Traffic Analyst Carmen Lascano at clascano@alhambrapd.org or call 626-308-4816.

> Alhambra Resident Chef Appointed to the Board of Trustees for the Honorable Marie Antonin Careme

Robert Phillips has been appointed to a five-year term as a Careme Board Trustee by the American Culinary Federations San Francisco Chapter.

> SkyZone Alhambra Celebrates Grand Opening

SkyZone Alhambra is now open! On March 9, the trampoline park celebrated by hosting a ribbon-cutting ceremony. This exciting venue is not just for kids but also for the young at heart, so pay a visit soon if you haven't already.



Ms. Susana Martinez, current president of the Cloistered Carmelite Nuns Auxiliary, with the nuns of the Carmel of St. Teresa Monastery



Alhambra Events Calendar

April 2024

Apr 6	Alhambra Recycles Event Granada Park, 2000 West Hellman Ave, Alhambra
Apr 6	Alhambra Modern Dentistry Ribbon Cutting 100 E Main St #130, Alhambra
Apr 7, 14, 21, & 28	Alhambra Certified Farmers Market 100 S Second Street from 8:30 AM - 1 PM
Apr 8 & 22	City Council Meetings City Hall
Apr 12-20	Spring Musical - In The Heights San Gabriel High School
Apr 13	"Barrio Block Party" San Gabriel High School
Apr 16	Free COVID-19 & Flu Vaccines Arroyo Vista Highland Park Health Center
Apr 19-20 26-27	AHS's The Little Mermaid Alhambra High School Auditorium
Apr 24	Alhambra Unified School District Career Fair Virtual
Apr 25	Postcards From Alhambra's Past Alhambra Masonic Center
Apr 28	SGV's Active Streets Mission-to-Mission Main St, Alhambra



Sustainable Spring Cleaning

As the birds chirp and flowers bloom, the arrival of spring signals a time of renewal. Along with clearing out clutter and dusting off the cobwebs, why not make this year's spring cleaning a sustainable affair? By incorporating eco-friendly practices into your cleaning routine, you can not only spruce up your space but also contribute to a healthier planet.

One key principle of sustainable spring cleaning is to minimize waste by recycling, repurposing, or donating items you no longer need. Instead of relegating unwanted belongings to the landfill, consider giving them a new lease on life.

Begin by sorting through your belongings and identifying items that can be recycled. Many materials, from paper and cardboard to glass and plastics, can be recycled and transformed into new products. By recycling, you not only divert waste from landfills but also conserve valuable resources and reduce energy consumption.

Get creative with repurposing items that no longer serve their original purpose. Old T-shirts can be turned into cleaning rags, glass jars can be used as storage containers, and older furniture can be upcycled with a fresh coat of

paint. By giving old items a new purpose, you can breathe new life into them while reducing the demand for new products.

Instead of tossing out gently used clothing, shoes, furniture, and household items, consider donating them to local charities or thrift stores. Before donating, ensure the items are clean and in good condition to maximize their usefulness.

In addition to recycling, repurposing, and donating, there are other eco-friendly practices you can incorporate into your spring cleaning routine. When purchasing cleaning supplies or organizing products, look for items with minimal packaging or packaging that is recyclable. Buying in bulk can also help reduce packaging waste and save you money in the long run.

By embracing sustainable spring-cleaning practices, you can declutter your space, lighten your environmental footprint, and usher in the season of renewal. So, grab your reusable cleaning supplies, and let's make this spring-cleaning season one that's as good for the planet as it is for your home.

Visit [RepublicServices.com/municipality/alhambra-ca](https://www.RepublicServices.com/municipality/alhambra-ca) for more recycling and sustainability tips.

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As Earth Day Nears, Let's Look at How the Local Water Supply is Doing

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

When it comes to our water supplies, things can change fast. In the past few months, I made the case that the dry start to the rain and snow season might fizzle out as El Niño and the series of “atmospheric river” storms arrived. As productive as recent storms have been, and as much as our snowpack, reservoirs, and groundwater supplies have improved, we are left at this point with a slightly above average “rain year,” having received about 19.5 inches of rain (average is 17.83 inches) or half of what we received last year.

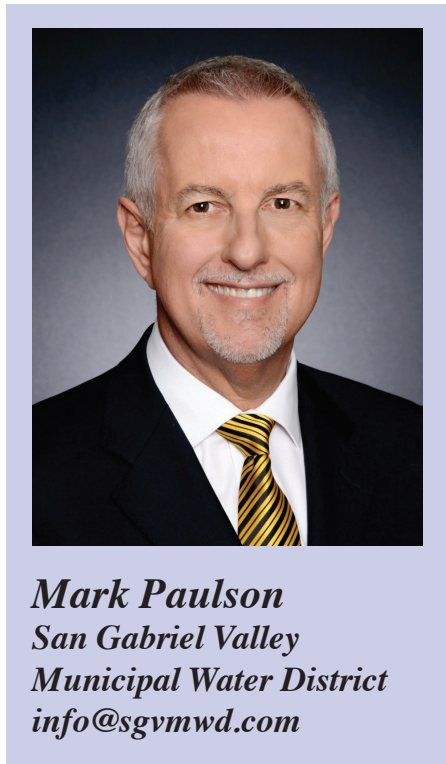
As the next few weeks will likely conclude our “wet” season, it’s important to remember that we use more water than Mother Nature provides and that we live in a region where drought is the norm. We must use water wisely, as history shows that drought conditions will almost certainly return. So, if we all increase our conservation “ethic” and make water-saving as natural as wearing a seat belt and other good habits, we can help sustain our improved water conditions.

As we celebrate Earth Day on April 22, here are some basic ideas to help make conservation a year-round practice.

First, set your irrigation controllers and systems to water less frequently and in smaller amounts during cool weather. When it rains, turn off your watering system for a few days.

Second, the District’s rebate program will help you save money when you save water. We have funds available to reward your purchase of water-efficient clothes washers, smart irrigation controllers, high-efficiency toilets, water flow monitors, and more. To learn more and to apply for a rebate, visit sgvmwd.com/water-conservation/#rebates.

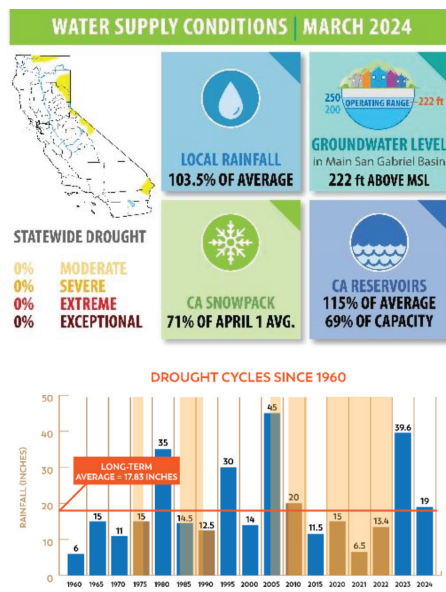
Third, there is still time to plant California Native Plants and other drought-resistant vegetation to give plants and their roots a head start before warmer months arrive



Mark Paulson
San Gabriel Valley
Municipal Water District
info@sgvmwd.com

(sgvmwd.com/wp-content/uploads/2022/05/CalScape_Alhambra_web.pdf).

Visit the San Gabriel Valley Municipal Water District’s website for more information. To schedule an educational presentation, contact Evelyn Reyes or Albert Lu, External Affairs staff, at 626-969-7911 or info@sgvmwd.com.



All Around the Town



By Glenn Barnett

It turns out that Alhambra is a music town. The Parks and Recreation Department hosts summer concerts at Alhambra Park, while versatile chef Bill Yee hosts monthly concerts at Sage Granada Park Methodist Church. In February, the Alhambra Latino Association promoted young musical talent at our three high schools in their Celebrating Our Cultures Festival.

Long-time residents of Alhambra will remember the all-inclusive Pedrini Music Store. For 63 years, it served Alhambra’s music needs, selling instruments and accessories, sheet music, lessons, and LPs. When it closed in 2001, the Pedrini family continued serving our community as a place for lessons until 2018.

That brings us to today. A Google search of nearby music stores reveals several outlets selling instruments, lessons, professional support, music, and dance studios.

This month, let’s focus on one such store, a successor to Pedrini. The Vez Guitar Academy and Music Store at 34 W. Main Street continues to serve music lovers in their Alhambra store and across the country with online shopping.



The Vez experience is like Pedrini for the guitar. Owner David Vez, who grew up shopping at Pedrini’s, emulates that fabled store with full service for guitars and their owners. Customers include beginners and well-known musicians. They sell acoustic, electric, and bass guitars, banjos, ukuleles, accessories, sheet music,



Glenn Barnett

and amps. Before they put instruments on their shelves, they conduct thorough inspections by their staff, who are all trained musicians.



Before you purchase an instrument, you are encouraged to “try before you buy.” They also offer repairs for your guitar, plus lessons for individuals and for musicians who want to form their own bands. They can even build custom guitars from scratch.

Vez Guitar is always looking for venues where its newly formed bands can play. Most recently, they were represented at Alhambra’s Lunar New Year Festival. They will be seen again on stage at the Alhambra Police Department’s Night Out Against Crime.



Do you want your guitar customized? They can personalize your instrument! Each instrument purchased comes with an introductory first lesson.

David Vez holds regular events at the store to demo products, musician meet-and-greets, and workshops. He sees all of his services as a “part of our commitment to making music accessible and fostering a vibrant music community in Alhambra.” Drop in at the store and see for yourself.

WE WANT YOUR FEEDBACK

Do you have comments for Around Alhambra? Is there a mistake or typo in the paper? We want to hear from you!

Email AA@alhambrachamber.org to let us know.

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Alhambra Historical Society
presents

April 25, 2024
7:00 pm

Postcards from Alhambra's Past

Postcards were a popular way to communicate with loved ones in the early 20th century.

Postcards From Alhambra's Past

Join the Alhambra Historical Society on Thursday, April 25, at the Alhambra Masonic Center for a presentation entitled “Postcards From Alhambra's Past.”

The evening's presenter will be Bruce Risher. Mr. Risher serves both as a director on the Alhambra Historical Society Board and as its Museum Director. He is the author of the book *Alhambra - 100 Years in Words & Pictures* and is an expert on local history. Mr. Risher grew up on South Cordova Street in Alhambra and has been collecting Alhambra memorabilia and ephemera for the past 55 years—he boasts an impressive collection of 200 Alhambra postcards.

Back before the Internet and social media, written, mailed postcards provided one of the easiest, fastest ways to communicate with friends and family. Folks from “back east” who relocated to California in the early 20th century sent postcards to friends and family members

back home. Such postcards often featured a picture of a building in the community where the writer was living and/or visiting. Some people even had postcards printed that included a photo of their family and new home, providing family and friends with a glimpse of life in Southern California.

See historic postcards and learn more at *Postcards From Alhambra's Past*. Light refreshments will be served, and parking will be available at the Alhambra Masonic Center and on surrounding city streets. The event is free to the general public, and all are welcome. To reserve your spot, visit alhambrapostcards.eventbrite.com.

The Alhambra Historical Society Museum is open to the general public from 1 - 4 PM on the first and third Saturday of every month. If you would like to learn more about the Alhambra Historical Society and Museum, please visit alhambrahistoricalsociety.org.



Support the Alhambra Foundation Young Entrepreneurs Program

Support the future business leaders of Alhambra

The Alhambra Foundation is dedicated to empowering youth to reach their full potential. Our Young Entrepreneurs Program accomplishes this through our Scholarship Program, which is launching in the Fall of 2024. This will offer a chance for emerging business leaders in our community to receive funding for their business or business ideas.

Invest in the future business leaders by supporting this special fund that will be offered to the winners of an Alhambra Pitchfest in 2024. Donors will be recognized as foundational to what could be the next game-changing business. Invest in the future with your donation today!



To make a donation, scan the QR code below or visit alhambrachamber.org/foundation. Join us in empowering the next generation of leaders in Alhambra!

The Alhambra Achieves Sustainability Through Innovation

The Alhambra campus is designed to reflect its commitment to long-term sustainability.

The Alhambra campus is home to 19 species of drought-tolerant California native plants and trees, maintained with a water-saving irrigation system. This beautifully lush yet environmentally friendly landscaping has decreased irrigation water usage by 85 percent and provides a natural habitat for birds and other wildlife.

In March 2020, The Alhambra installed EV charging stations in the parking garage. Based on the number of charging sessions so far, the campus has avoided 78,865 kg of greenhouse gas emissions, which is like planting 2,022 trees and letting them grow for 10 years.

By continually reducing its eco-footprint, members of The Alhambra community enjoy the benefits of a healthy environment with minimal impact on the surrounding neighborhood.



Flowering Pear tree showing off its white blossoms.



Coral Aloe with dazzling orange flowers.



Euphorbia rigida showcases bright yellow flowers in late spring. This plant is commonly used as an ornamental accent in temperate gardens where it is valued for its drought-resistant disposition.



EV charging station in The Alhambra parking garage.



Ramona Convent Welcomed Michal Dawson Connor for a Special Visit and Performance

As part of the Black History Month speaker series, Ramona sophomores enjoyed a guest lecture and performance by Mr. Michal Dawson Connor during their Cultural Studies class.

Mr. Connor is an accomplished performer and composer of choral, chamber, and solo vocal works, with a particular emphasis on slave songs created before the Civil War, and is the author of *The Slave Letters*. His Broadway credits include featured performances in the Tony-Award-winning productions of *Ragtime* and *Showboat* and starring roles in productions of *The Most Happy Fella*, *Big River*, and *Porgy and Bess*. In addition to soloing for President Ronald Reagan on multiple occasions, he's immensely proud of performing for Archbishop Desmond Tutu, Reverend Billy Graham, Elizabeth Dole, and Admiral Michael Mullen.

During his performance at Ramona, he adapted spiritual songs and hymns along with historical accounts to share a powerful story about life in slavery in the American South. Students took turns reading pieces of some letters featured in his book. The presentation ended in song with students

harmoniously singing "He's Got the Whole World in His Hands" alongside Mr. Connor.

Social Studies Department Chair, Mr. Matt Marshall, shared, "This is Mr. Connor's second visit since we've started offering this course to sophomores. His performance is stunning, and his ability to connect with the students makes it incredibly powerful and unforgettable."

Ramona's Cultural Studies course is designed to instruct students in the history and experience of four different cultural groups: African Americans, Latinx Americans, Asian Americans, and Indigenous Americans. The course utilizes guests to bring expertise and unique perspectives into the classroom. By studying the histories of race, ethnicity, nationality, and culture, students will cultivate respect and empathy for individuals and solidarity with groups of people locally, nationally, and globally to foster active social engagement and community building.

Ramona is a Catholic college-prep high school for young women committed to excellence in education. Learn more at ramonaconvent.org.



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SGV's Active Streets Mission-to-Mission Returns to Alhambra

Active Streets' Mission-to-Mission, an event produced by ActiveSGV (formerly 626 Golden Streets), is returning to Alhambra on Sunday, April 28!

This month, Active Streets: Mission-to-Mission, presented by Metro Los Angeles and hosted by SGVCOG, will take place on Sunday, April 28, 2024, in Alhambra, San Gabriel, and South Pasadena. The event promises to be full of fun, energy, and active things to do

as these events feature unique Activity Hubs with a diverse array of community groups, vendors, performing and visual artists, games, and other activities. The Alhambra Hub will be located on Main Street between 3rd Street and Garfield Avenue.

Active Streets is only possible with the help of community volunteers, so consider volunteering your time. Find out more at activestreets.org.

Tax Tips

Tax Tips: Unclaimed Refunds

By Michael Aston EA

According to a new IRS bulletin, roughly 1 million people are owed over \$1 billion in refunds for the 2020 tax year. If you haven't filed your 2020 income tax return, your statute expires on April 15, 2024, and you will lose the refund.

Below are some more useful facts about unclaimed refunds:

Unclaimed refunds apply to people who did not file a federal income tax return for 2020.

Some people, such as students and part-time workers, may not have filed because their income was too low to require them to file a tax return. However, if they have taxes withheld or if they qualify for certain tax credits, they may have a refund waiting.

The law generally provides a three-year window to claim a tax refund. For 2020 returns, the window closes on April 15, 2024.

The IRS must have your tax return by April 15, 2024. Proof of delivery is suggested.

Unclaimed refunds become the property of the U.S. Treasury after three years. If the taxpayer is due a refund, there is no penalty for filing a late return.

The IRS may hold 2020 refunds if taxpayers have not filed tax returns for 2021 and 2022. The U.S. Treasury will apply the refund to any federal or state tax owed. Refunds may also be held to offset unpaid child support or past-due federal debts such as student loans.

Taxpayers who are missing forms W-2,



Michael Aston, E.A.
Alhambra Tax Center
michael@alhambrataxcenter.com

1098, 1099, or 5498 for prior years should ask for copies from employers, banks, or other payers. If they can't get these copies, they can request a wage and income transcript either at irs.gov or by mail. Taxpayers can also file Form 4506-T to get a transcript.

The three-year window usually applies to a refund from an amended return. In general, you must file a Form 1040X Amended U.S. Individual Income Tax Return within three years from the due date you filed the original return. That means the deadline for most people to amend their 2020 tax return and claim a refund will expire on April 15, 2024.

The State of California has a four-year statute (and the IRS has a three-year statute). The deadline to file for a refund for your 2019 California return is April 15, 2024. Just like the IRS — use it or lose it.

For more information, go to irs.gov for the federal return, ftb.ca.gov for the California return, or speak to your tax professional.

This column is provided to Around Alhambra by Michael Aston, E.A., who is solely responsible for the content. Around Alhambra does not endorse the advice from this author or any other provider.



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Michael Aston, EA



2023
Federal Tax
Filing Deadline
4/15/2024

Your Insurance

How Much Liability Insurance Do I Need?

By Regina Talbot
State Farm Insurance Agent,
Insurance License # 0G05807



Regina Talbot
Talbot Insurance Agency
regina@reginatalbot.com

Liability insurance covers expenses when you're at fault in a crash. The coverage extends to other vehicle(s) and people who sustain damages in the crash as a result of your negligence.

Most states require you to carry a minimum amount of liability coverage on your vehicle.

No one can predict exactly how much you'd have to pay if you caused a crash. But the key question to ask is: Can you afford to cover any damages exceeding your coverage limits? The higher your liability coverage limits, the more damages your policy might cover.

To get an idea of how much liability coverage you might need, add up the value of your home, cars, savings, and investments. Then subtract your debts (what you owe). For example, if the total "net worth" was \$220,000, you could consider \$250,000 liability for injuries per accident. If you feel you need additional coverage, you can typically increase it in \$50,000 increments up to \$500,000. If you feel you need coverage beyond that, consider an umbrella policy.

Keep in mind that liability insurance is usually shown as a series of three numbers, for example, 100/300/100. Each number in this series represents a dollar amount — read in thousands — of coverage in different categories.

100: The first number represents the maximum amount of coverage for each individual bodily injury claim. In this example, up to \$100,000 is available for each injured person.

300: The second number represents the maximum amount of liability insurance coverage for bodily injury claims for the entire accident. In this case, up to \$300,000 is available for all injured persons. It is worth noting that, even though the policy may have \$300,000 in total coverage, the insured could have personal exposure beyond their policy limits if the damages of any one individual exceeds \$100,000.

100: The third and final number represents the maximum amount of property

damage liability coverage. In this example, there is \$100,000 available to pay for property damage for which an insured is liable.

Do I Need Comprehensive and/or Collision Insurance?

It depends. Collision coverage covers repairs to your car if you're in an accident. Comprehensive coverage covers your car if it's stolen or damaged by something other than a collision or rolling over. You might not have a choice to not carry this coverage if your car is leased or financed; most lenders will require you to carry enough coverage to cover the cost of repairs to your car.

If you own the vehicle, you could consider whether the savings from dropping collision and/or comprehensive coverage is enough to offset the risk of having to pay the entire cost of repairing or replacing your car. For example, if your car is totaled from an accident in which the other driver is at fault and has no insurance, hit in a parking lot while you are in the store shopping, or stolen while you were hiking at a park, do you have the means to replace it without any help from the insurance company?

If your car is older and not an antique, it might be time to drop the collision and comprehensive coverage and put that money into savings. You can take the cost of collision and comprehensive coverage and see if the insurance policy costs more or the same as the worth of your vehicle. If so, it might be time to drop the coverage. For example, if your car is worth \$1,000 and your coverage costs \$500 a year plus a \$500 deductible, you're not really getting anything for your money.

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

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Alhambra Pumpkin Run Presents Alhambra Educational Foundation with Donation

The Alhambra Pumpkin Run team recently made a significant contribution to the Alhambra Educational Foundation, presenting them with a donation check from proceeds raised during last year's fundraising event. This annual run/walk event is a cornerstone of community support for Alhambra schools, with all proceeds dedicated to enhancing educational opportunities for students.

Sponsored by the Wondries Automotive Group and proudly produced by the Downtown Alhambra Business Association and the City of Alhambra, the event showcased the power of community spirit and collaboration. Representatives from these organizations met with the Alhambra

Educational Foundation, demonstrating the collective effort behind the successful fundraising campaign.

For those interested in learning more about the Alhambra Pumpkin Run and how they can contribute to future endeavors, visit alhambrapumpkinrun.com. Additionally, follow their Instagram account @alhambrapumpkinrun to stay updated on upcoming events and initiatives.

This partnership between local businesses, community organizations, and educational institutions exemplifies the vibrant and supportive spirit of Alhambra, ensuring continued growth and success for our schools and students.



Downtown Alhambra Celebrated St. Patrick's Day With 13th Annual Pub Crawl

DABA (Downtown Alhambra Business Association) celebrated on Sunday, March 17, as the community gathered for the 13th Annual St. Patrick's Day Pub Crawl along Main Street. With over 300 participants joining the festivities, six local businesses, including The Granada LA, Ohana Brewing

Co., SideBar Grill, Havana House, Rabbit Hole, and 28 West, welcomed patrons with open arms, offering a lively atmosphere led by a professional bagpipe player.

For more information about future events, visit downtownalhambra.com or visit Instagram at @downtownalhambra.

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Image source: [yelp.com/biz/you-kitchen-alhambra](https://www.yelp.com/biz/you-kitchen-alhambra)



Image source: [yelp.com/biz/101-noodle-express-alhambra](https://www.yelp.com/biz/101-noodle-express-alhambra)

Two Alhambra Restaurants Named in *LA Times* Top 10 Beef Rolls List

Delicious, authentically prepared niu rou jian bing, or beef rolls, are easy to find throughout LA County. Jenn Harris, the writer of a recent *LA Times* article titled “Who makes the best beef roll in L.A.? Here are eight to try now,” narrowed down her favorites, two of which are located right here in Alhambra! In fact, both eateries can be found in the same shopping center on

Valley Boulevard. You Kitchen (1402 E Valley Blvd) and 101 Noodle Express (1408 E Valley Blvd) are separated by a single hair salon, making it easy to try both of their beef rolls in the same trip if so desired. These excellent local restaurants have much more to offer on their menus than just the beef rolls, however. Pay them a visit to find out for yourself.



Formosa Aroma Elevates Alhambra's Boba Scene

Step inside Formosa Aroma, and the fragrance of delicate tea wafts over you with a wave of delight. In 2023, Formosa Aroma brought upgraded standards of authenticity and artisanal craftsmanship to Alhambra's flourishing Taiwanese boba tea scene.

Stepping into the bright café immediately invites you to take your time pondering your choice of beverages as the fragrant scent of tea leaves floods the senses. All drinks are brewed fresh for maximum flavor, and every beverage is customizable. Plus, all of Formosa Aroma's teas are imported directly from

Taiwan, with each tea coming from a different city in Taiwan. If not impressed by this point, the beautifully blended drinks are truly a sight to behold. Of note is the blue ombre colors of their Formosa Ocean.

Beverages may be the primary feature of the café, but it's not all there is on offer—Formosa Aroma takes tea to the next level by offering popcorn snacks infused with unique tea flavors. If you've ever wanted to munch as well as smell tea flavors such as jasmine, oriental beauty, or hibiscus, this is your chance. Formosa Aroma is located at 560 W Main Street.



Enjoy delicious, local cuisine!

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

April 1 to April 7



Burnt Belly is a leader in the art of low and slow wood-burning BBQ. The eatery originated as a stall within San Gabriel's Blossom Market Hall; in 2023, its popularity pushed the establishment to secure a more spacious location in Alhambra. Inspired by travel and passion for different cultures, Burnt Belly BBQ has a vast menu with the freshest ingredients. Closed on Sundays.
Visit them at 129 S Fremont Ave, Alhambra



April 8 to April 14



7 Leaves Cafe offers a unique blend of Vietnamese-inspired drinks and delectable pastries. Founded in 2011 by friends with a passion for quality beverages and heartfelt hospitality, 7 Leaves quickly gained popularity for its signature drink, the House Special Milk Tea. With complimentary Wi-Fi and convenient printer services, patrons can immerse themselves in a seamless blend of comfort and functionality.
Visit them at 151 N Garfield Ave, Alhambra



April 15 to April 21



Luyixian, located on Valley Boulevard, is the spot for Northern Chinese comfort food. From savory braised dishes to crispy fried noodles to classic stir-fries, they've got it all. Whether you're after a hearty meal, quick noodles, or simply looking for some familiar Mandarin flavors, Luyixian's got you covered with its welcoming atmosphere and hearty meals. It is open daily from 11 AM to 11 PM, except on Wednesdays.
Visit them at 2 E Valley Blvd Ste 1E, Alhambra



April 22 to April 28



Road to Seoul is a prime destination for All-You-Can-Eat Korean BBQ. While the restaurant isn't a newcomer to the city, the establishment recently introduced new ownership and management to its Alhambra location. Since July 2023, the team has been dedicated to elevating the already exceptional dining experience, emphasizing not only a great array of grilled meats but also a heightened focus on quality service.
Visit them at 1 W Main St, Alhambra



April 29 to May 5



Min Min Pie House is a cozy spot loved for its tasty dumplings and drinks. Despite its small size and a mere handful of tables, Min Min keeps things easy with app and QR code ordering. Try favorites like their housemade beef noodle soup, scallion pancakes, and pan-fried buns. Quick, coincident, and affordable, this is a great spot for any meal, though bear in mind they may be packed at peak times. Closed Wednesdays.
Visit them at 405 W Main St, Alhambra





From left to right: Joe Des Barres, Elena Velarde, Dennisse Santana, Tiffany White, Rozanne Child, and Jackie Fisher with hygiene kits

AAUW Hygiene Kit Collection Project a Success

AAUW Alhambra-San Gabriel branch members recently demonstrated their generosity and compassion in donating 32 hygiene kits for teens and tweens in foster care. Toothpaste, a toothbrush, shampoo, conditioner, a sturdy hairbrush, deodorant, hygiene pads, lip gloss, and, most important of all, a note of support and humor, filled the colorful toiletry bags that will be packed in new suitcases filled with clothes and shoes. Girls in foster care receive these from Hope in a Suitcase, a volunteer project based in Los Angeles.

Tiffany White, branch Treasurer, presented the Hygiene Kit Collection project at the January Board meeting. Tiffany demonstrated her technical expertise in creating an Amazon Hygiene Kit Registry, where donors shopped for articles that the committee suggested and then sent them to her home.

On Saturday morning, February 24, the Hygiene Kit Collection Committee met at Tiffany's, assembled the kits, collaborated on writing supportive, encouraging notes for each girl, and slipped them into the hygiene kits. There

was plenty of time afterward to mix and mingle. Committee Members included Joe Des Barres, Elena Velarde, Dennisse Santana, Rozanne Child, and Jackie Fisher.

The Branch supports the community with projects that vary in volunteer time and scope. The Hygiene Kit Project took place over two months and required less than ten volunteer hours. In contrast, the Brave Resilient Women (BRW) project required writing, technical skills, and rehearsals over many months. Betty Morin, BRW Founder, was named "Gift Honoree" for the branch.

Alhambra-San Gabriel/ELAC Scholarship and "Colorful Stories" are projects that collect donations. "Colorful Stories," created by Kathleen Doty, was awarded "Activity of the Year" by AAUW-CA in 2023.

These are just a few of the exciting initiatives at the AAUW. For more information, join a monthly meet-up on the third Thursday of each month from 6 to 7:30 PM at Limericks Tavern (300 W. Main Street, Alhambra, CA 91801). Visit the website at alhsangab-ca.aauw.net.



Fun and Learning Come Together at Emmaus Lutheran School and Preschool Spirit Week

During the first week of March, Emmaus Lutheran School and Preschool celebrated "Emmaus Spirit Week" with a flurry of activities that left students feeling grateful, energized, and enthusiastic about learning. The week-long event was a testament to the vibrant community and innovative learning environment at Emmaus.

The festivities kicked off with "Mahalo Monday," where students adorned themselves in tropical attire and learned that "Mahalo" means grateful in Hawaiian. It was a day filled with appreciation and positivity as students embraced the spirit of gratitude.

"Tired Tuesday" brought a cozy twist. Students arrived in their pajamas, ready to dive into a day of exploration at the STEAM museum in the gym. The museum showcased various aspects of science, technology, engineering, art, and math through hands-on activities, sparking curiosity and excitement among the students.

"Wacky Wednesday" took the fun to another level with students donning crazy socks and engaging in a Spelling Bee for grades 4-8. Friendly competition filled the air as students showcased their spelling prowess.

"Throwback Thursday" was nostalgic, as students dressed in costumes from various decades. The afternoon was packed with field day relay games, parachute fun, and water balloons, creating unforgettable

memories.

"Flying Friday" had students flying through the day dressed as superheroes. The afternoon was particularly exciting for lower-grade students, who had the opportunity to visit the Science Fair presented by 6th-8th graders. The fair featured impressive projects ranging from a Plasma Ball experiment to bacteria growth and a student-made infinity mirror.

The Science Fair winners were recognized for outstanding projects in Life Science, Physical Science, and the Engineering Design Process. It was a testament to the creativity and dedication of Emmaus students.

The week concluded on a high note, with all Preschool through 8th-grade students coming together to sing in church on Sunday. It was a beautiful moment of praise and gratitude as students thanked the Lord for the opportunity to learn and grow at Emmaus Lutheran School and Preschool.

Emmaus Spirit Week was more than just a series of events; it was a celebration of community, learning, and the joy of discovery. It showcased the vibrant spirit and commitment to excellence that defines Emmaus Lutheran School and Preschool, making it a truly exceptional place to learn and grow.

For more information about Emmaus Lutheran School & Preschool, go to EmmausAlhambra.org or call 626-289-3664.



"One Moment In Time," a luncheon at Almansor Court on Friday, February 16, 2024. Almost 150 people were in attendance: members of the local club, board members from The Camino Real Region (including President-Elect of Soroptimist International, Gloria "Ginger" Cole), many community leaders, business owners, and Soroptimist members from other clubs all came to have a good time and learn the history this organization.

Soroptimist International of the Americas was founded in 1921 in Oakland, California, and came to the SGV in 1933. Soroptimist means "best for women," and that is just what this organization has been doing for over 100 years. Such efforts include the "Live Your Dream" and "Dream It, Be It" programs and the Veronica Thee Service Awards, which honor high school senior girls for outstanding community service.

At the anniversary party, participants learned what Soroptimist has done in the community and internationally over the past 90 years and how it has played a huge part in world history—today, Soroptimist is a consultant on women's issues at the

United Nations. Videos were shown on a large ten by eight foot HD screen and featured the sounds of music from 90 years.

The audience was entertained by Alhambra Rotary member and Realtor Mark Paulson, who was a big hit as the emcee. Seven Cal State women students were volunteers. The music of the 23-piece Alhambra High School Jazz band, under the direction of Mark Trulson, performed tunes from the early 1930s to 2024. Costumed models, including Paulson, showed off the fashions from the last 90 decades.

The raffle was an excellent addition to the event. Prizes included tickets to museums, concerts, and plays and vouchers at local restaurants. One prize was a giant board filled to the brim with lottery tickets.

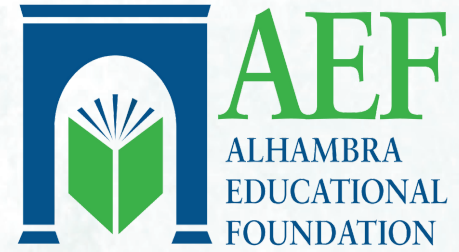
Soroptimist's 90th Anniversary was an afternoon to remember!

To learn more about Soroptimist of Alhambra, San Gabriel, San Marino, or if you want to donate or become a member, visit soroptimistalhambra.org or email soroptimistofalhambra@gmail.com.

One Moment In Time: Local Soroptimists Celebrate 90th Anniversary

Soroptimist International of Alhambra, San Gabriel, San Marino, under the leadership of President Barbara Messina, celebrated its 90th Anniversary with

Thank you



Thank you, AEF, Alhambra Unified School District, parent chaperones, teachers, classified staff, and administrators for giving us the opportunity to venture out of our school to Outdoor Science Camp!



A special THANK YOU to the Boy Scouts of America Greater Los Angeles Area Council for a wonderful experience.

“A great way to connect and get to know your students away from the classroom. I cannot wait until next year.” - 6th Grade Teacher

*“Our chaperones and teachers helped us explore the outdoors.”
- Emery Park 6th Grader*

“The food at camp was great and we got seconds!” - Gariel 6th Grader

“I saw it snow for the first time, and it was real!” - Brightwood 6th Grader

*“It was great to be in the mountains with no technology!”
- Ynez 6th Grader*

“This is such an amazing opportunity for our students. Thank you AEF and everyone in the District for making this experience happen!” - 6th Grade Parent Chaperone



Local Sports News from AUSD High Schools

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

2023-2024 Varsity Basketball

The Almont All League Teams have been announced! See this season's teams' lineups below.

The Boys' selections, with League Champion Mark Keppel dominating:

Most Valuable Player:

- Ethan Ly (Mark Keppel)
- Defensive Player of the Year:
Chris Contreras (Mark Keppel)
- First Team All League:
Landon Winslow (Alhambra)
- Kyle Tam (Mark Keppel)
- Maddux Hang (Mark Keppel)
- Diego Olvera (San Gabriel)

Second Team All League:

- Ethan Thai (Alhambra)
- Alex Benitez (Mark Keppel)
- Reese Song (Mark Keppel)

Honorable Mention:

- Jimmy Osorio (Mark Keppel)
- Nathan Lu (San Gabriel)

Almont League Champion Mark Keppel also dominated the Girls' selections:

Most Valuable Player:

- Kylie Ng (Mark Keppel)
- Defensive Player of the Year:
Kathleen Rachmat (Mark Keppel)

First Team All League:

- Annie Ye (Mark Keppel)
- Sarah Wong (Mark Keppel)
- Keira Kamida (Mark Keppel)
- Second Team All League:
Maile Tamaki (Mark Keppel)
- Maddie Kobayashi (Mark Keppel)
- Megan Lai (Alhambra)
- Ashley Wong (San Gabriel)

Honorable Mention:

- Samantha Du (Alhambra)
- Kennedy Jackson (Alhambra)
- Angelina Martinez (San Gabriel)

Congratulations to this year's team members, and good luck!



EMMAUS Lutheran School & Preschool

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SATURDAY, APRIL 27, 2024

7-11 PM

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LAFETE24.GIVESMART.COM

Proceeds from La Fête benefit the Ramona Fund, which supports the Mission of Ramona Convent to educate and empower resilient, socially conscious leaders well prepared to meet the challenges of life as contributive members of our community.

Brightwood Elementary PTA and Drama Club

Present the Musical

Into the Woods Jr.

Music & Lyrics by STEPHEN SONDHEIM
Book by JAMES LAPINE

Thursday, April 25 & Friday, April 26 @ 6pm
Brightwood Auditorium
\$2 Admission at the Door (Cash Only)

...FULL STEAM AHEAD...

1ST ANNUAL FAMILY STEAM NIGHT
(SCIENCE, TECHNOLOGY, ENGINEERING, ART, & MATH)
3RD - 5TH GRADE
RESOURCE FAIR & INTERVIEW PANEL

FOOD, FUN, AND A GREAT LEARNING EXPERIENCE FOR ALL!
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TIME: **5:00 P.M. - 7:00 P.M.**

NEW DATE: **WEDNESDAY, APRIL 24, 2024**

5:00 PM - 7:00 PM - RESOURCE FAIR
6:15 PM - 7:00 PM - STEAM INTERVIEW PANEL

SCAN QR CODE OR CLICK [HERE](#) TO RSVP

SCIENCE TECHNOLOGY ENGINEERING ARTS MATH

Scan the QR code for more information and to RSVP. The deadline to RSVP for Family STEAM Night has been extended to Friday, April 12.

Full STEAM Ahead: AUSD to Host an Evening of Innovation for Grades 3-5

The Alhambra Unified School District is gearing up for an electrifying evening of education and excitement as it hosts its highly anticipated STEAM (Science, Technology, Engineering, Art, and Math) Night for grades 3-5. Originally scheduled for early March but delayed due to rain, the event is now set to take place on Wednesday, April 24, and promises enriching experiences for students and families alike.

This event aims to ignite the curiosity and creativity of young minds through hands-on activities, interactive displays, and engaging presentations. Attendees will enjoy a resource fair featuring local organizations and AUSD departments showcasing STEAM-related opportunities.

“My team is thrilled to host STEAM night and to connect our families to our school campuses,” explains Mr. Lindsey Ma, assistant superintendent of Student Support Services. “Events like these not only reinforce the importance of STEAM education but also foster a love for learning and discovery.”

AUSD hopes to see a big turnout at this fun-filled evening of exploration and inspiration. The event will take place at Marguerita School (1603 Marguerita Avenue in Alhambra) from 5 to 7 PM and is open to all AUSD students in grades 3-5. Please RSVP by April 12 if you are planning to join.



The beautiful collective efforts of the community to come together to honor students, raise funds, and celebrate cultural traditions at AAA's 34th annual Lunar New Year banquet.

AAA Ushers in the Year of the Dragon

By Madison Kang
MKHS Junior and Member of AUSD Student Advisory Council

On February 23, the Asian American Association (AAA) of Alhambra welcomed the Year of the Dragon with their 34th annual Lunar New Year banquet. Attendees enjoyed a delicious ten-course Chinese banquet while celebrating student scholars and raising funds for future scholarships.

During the event, this year's scholarship recipients were spotlighted — three exemplary seniors were honored for their academic achievements and school/community involvement: Vivian Nguyen (San Gabriel HS), Alton Zhang (Alhambra HS), and Eva Wong (Mark Keppel HS). Each student was awarded \$1,000 to support them in pursuing their post-secondary educational endeavors.

“This event gives us the opportunity to unite with many different representatives in the community, all with the goal of supporting and celebrating our students,” remarked Dr. Leann Huang, AAA president. “It is my privilege to be part of an organization that has had such a long-standing dedication to providing opportunities for students in the Alhambra Unified School District.”

Central to the celebration was the collective effort to raise scholarship funds, done mostly through the selling of opportunity drawing tickets for prizes donated by generous organizations,

businesses, schools, and individuals.

A favorite moment was when the Immortal Lion Dancers took the stage, captivating the audience with their mesmerizing performance as they weaved through the tables to the beat of drumming. The lion dance, a symbol of luck and prosperity in Asian cultures, left the attendees in awe and added an extra layer of excitement and festivities to the event.

New to this year's banquet was the involvement of the District's Student Advisory Council, who played important roles as they escorted guests to tables, called out numbers, and ran prizes to the winners, along with student media assistants who memorialized the night's festivities through writing, photography, and video. Additionally, Student Board Member Justin Wang shared MC duties with Dr. Huang, exemplifying the collaborative spirit between students and community leaders in the event's success.

As the banquet drew to a close, attendees departed with cherished memories and a sense of fulfillment, knowing their participation contributed to educational advancement. The event epitomized the spirit of giving and solidarity, highlighting the collaborative efforts of AAA and its partners in shaping a better tomorrow through education.

Experience the Spirit of In the Heights at San Gabriel High School's Barrio Block Party

iNO PARE.

in The Heights

THEATER PRESENTS

BOOK BY QUIARA ALEGRIA HUDES

CONCEIVED BY LIN-MANUEL MIRANDA

SIGUE SIGUE!

DATES APRIL 12 - 20

BARRIO BLOCK PARTY
SATURDAY APRIL 13TH
12PM - 2PM

WHERE: 801 S. RAMONA ST. SAN GABRIEL, CA, 91776

WHEN: SATURDAY APRIL 13TH 12PM - 2PM

HOW TO PARTICIPATE: SHOW UP AND HAVE FUN BEFORE THE SHOW!

TO BE A COMMUNITY PARTNER OR TABLE PLEASE EMAIL: SANGABRIELTHEATER@GMAIL.COM

See “In the Heights” on Fridays April 12 and 19 at 6:30 pm, Saturdays April 14 and 20 at 2:00 pm, or Wednesday, April 17 at 4:00 pm.

San Gabriel High School is gearing up for an electrifying performance of the Tony Award-winning musical In the Heights. Set to run from April 12 to April 20, the production promises to captivate audiences with its vibrant storytelling and infectious Latin rhythms.

As a special highlight, the school will host a community “Barrio Block Party” on Saturday, April 13, from noon to 2 pm. Aimed at celebrating Latinx culture and fostering community engagement, the event will feature the participation of the Alhambra Latino Association, a live graffiti artist, delicious food truck offerings, a collaborative community art piece, and much more.

Following the Barrio Block Party festivities, at 2:00 pm, attendees will have the opportunity to experience a special pay-what-you-can performance of In the Heights. “I imagine this as a big community-building festival with an emphasis on making live theater performances accessible regardless of financial circumstances,” explains SGHS drama director Kelsey McNeilly. “This


show is very much a celebration of Latino culture and the importance of building community.”

The Barrio Block Party is more than just a prelude to the performance; it embodies the spirit of inclusivity and accessibility. By providing a platform for cultural celebration and artistic expression, the event seeks to break down barriers and ensure equitable access to theater in the San Gabriel Valley.

In the Heights is a commemoration of heritage, identity, and the bonds that unite us. Through its dynamic storytelling and pulsating music, the musical explores themes of belonging and aspiration within the vibrant backdrop of a tight-knit Latinx community in New York City. You won't want to miss being part of this unforgettable theatrical experience that celebrates diversity and builds bridges within our community.

If you can't make it to SGHS' Barrio Block Party, you still have several opportunities to enjoy In the Heights. Ticket prices are \$15 (\$10 for students). Purchase tickets online at sghsdrama.ludus.com.

AHS Theater Boosters and Thespians Present



Disney THE LITTLE MERMAID

MUSIC BY ALAN MENKEN LYRICS BY HOWARD ASHMAN & GLENN SLATER BOOK BY DOUG WRIGHT

Based on the Hans Christian Andersen story and the Disney film produced by Howard Ashman & John Musker and written and directed by John Musker & Ron Clements

Originally Produced by Disney Theatrical Productions

April 19, 20, 26, 27 at 6:30 pm
April 27 at 11 am

Alhambra High School Auditorium
101 S. 2nd Street, Alhambra



Tickets available at alhambratheaterboosters.ludus.com

Presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI (mtishows.com).



Alhambra Unified Mourns the Loss of Ms. Toby Gilbert, Long-Time AUSD Media Specialist

The Alhambra Unified School District community is shocked and saddened to learn of the sudden and unexpected loss of Ms. Toby Gilbert on Saturday, March 9, 2024.

Toby Gilbert had worked with the Alhambra Unified School District since 2017, outreaching to members of the media to share positive accomplishments about AUSD with the larger community. “Toby was a skilled and accomplished communicator, but more importantly, she was a devoted daughter, sister, mother, and friend,” reflected Dr. Denise R. Jaramillo, AUSD superintendent. “She will be deeply missed by her family, friends, and colleagues. AUSD will certainly feel her absence.”

AUSD is appreciative of Toby Gilbert’s outstanding work and the strong professional connections she fostered between AUSD and many local and national reporters, editors, and producers. Messages of condolence may be sent in care of the AUSD Superintendent’s Office (1515 West Mission Road, Alhambra, CA 91803). They will be forwarded to her family.



Student Advisory Council members show off the District’s two CalSPRA awards, one of which recognizes the social media campaign that helped recruit them for SAC and announced their election to the community. (Inset: close-up of awards)

AUSD Earns Statewide Communications Honors for Second Consecutive Year

The Alhambra Unified School District (AUSD) continues to shine as it clinches two prestigious awards from the California School Public Relations Association (CalSPRA). The awards, presented at the annual state conference held in Sacramento last month, highlight AUSD’s commitment to effective communication and community engagement. This year, CalSPRA recognized AUSD with an Award of Excellence in the category of “Print Newsletter” and an Award of Merit in the category of “Social Media Campaign.”

The first accolade, an Award of Excellence in the “Print Newsletter” category, celebrates the success of *Around Alhambra*, a collaborative effort between AUSD, the City of Alhambra, and the Alhambra Chamber of Commerce. This community newspaper serves as a vital link between the district, local government, businesses, and residents. AUSD’s contributions, featured in the Academic News and Community News sections, showcase the district’s achievements, initiatives, and ongoing involvement in the community.

Additionally, AUSD secured an Award of Merit in the “Social Media Campaign” category for its Student Advisory Council/First Student Board Member Launch. This campaign exemplifies AUSD’s desire to include student voices in the decision-making process and in developing students as leaders. By utilizing the power of social media, the district effectively recruited exemplary candidates, highlighted their leadership training, introduced each member to the public, and culminated in showcasing the Oaths of Office of the Student Board Member and Alternate.

“It is extremely exciting to honor Alhambra Unified School District with these awards,” said CalSPRA President Jessica Hull. “CalSPRA members across California help lead our school communities through a variety of challenges, providing effective communication in the face of uncertainty and polarization. Now, more than ever, successful communication is at the heart of public education. These award-winning examples are just a few of the ways Alhambra Unified provides excellent communication work every day.”

CalSPRA’s Excellence in Communication Awards program recognizes superior achievement in meeting strategic goals through high-quality communications and public relations programs. Each entry is evaluated by communication professionals on the overall excellence of the entry. Last year, AUSD also received an Award of Merit in the “Digital Newsletter” category for AUSD Connections.

These accolades underscore AUSD’s dedication to community outreach and reaffirm the District’s commitment to transparent communication and student-centered initiatives. AUSD is proud to be recognized by CalSPRA and will continue to work with its partners to keep staff, students, and families informed of all that is happening in the District.



This AHS AcaDec team had much to celebrate at this year’s Los Angeles County Academic Decathlon awards luncheon, held on February 15.

Alhambra High Crowned LA County Academic Decathlon Champs; Next Stop, the State Competition

Alhambra High School, led by coach Jose Sanchez, is the 2024 Los Angeles County Academic Decathlon champion. They scored a total of 43,925 points and now head to Santa Clara to compete at the State level.

The team displayed exceptional academic prowess across ten subject areas as it earned first place. It was spearheaded by Kevin San, Kenneth San, and Lyla Medina, who were three of the top five scorers in Division 1.

“Congratulations to Alhambra High School and their coach for an outstanding performance in the Academic Decathlon,” said Dr. Debra Duardo, Los Angeles County Superintendent of Schools. “Their hard work, dedication, and passion for learning have paid off, and we are incredibly proud of all the decathletes for their accomplishments.”

San Gabriel High School and Mark Keppel High School also made it into the Top 20, with San Gabriel earning a spot in the State’s virtual competition. More than 460 students in 63 teams from across the county participated in the competition, which started on January 18, 2024, and ended on February 3, 2024.



Brightwood students served as the "uneven terrain" for a demonstration of JPL's rover model.

Brightwood Showcases Exploration and Innovation at Their STEM Fair

Brightwood School recently hosted an exciting STEM Fair, showcasing the wonders of science, technology, engineering, and mathematics to students in all grade levels. Led by sixth-grade science teacher Michael Hillman and representatives from Jet Propulsion Laboratory (JPL), the event proved to be an inspiring blend of education and excitement.

The star attraction of the fair was the JPL working rover model, which captivated students with a glimpse into the world of space exploration. Students marveled at the intricacies of the rover and giggled with delight as it gently rolled over their backs to demonstrate how it navigates the uneven Martian terrain.

Complementing JPL's activity centers, Mr. Hillman and his sixth-grade students conducted a penny boat demonstration and competition during each rotation. Students engineered miniature vessels,

and tested their design for buoyancy.

The STEM Fair provided a unique opportunity for Brightwood students to engage with real-world science and technology. Students' excitement and curiosity reinforced the importance of hands-on learning experiences and emphasized the importance of nurturing a passion for STEM from an early age.

"Events like these form the foundation for future scientists, engineers, and innovators," Superintendent Dr. Denise Jaramillo remarked. "It's inspiring to witness the creativity and enthusiasm our students and staff bring to the table."

As the curtains closed on Brightwood Elementary's STEM Fair, one thing became abundantly clear: the future is bright with possibility, and the young minds of today are poised to shape the world of tomorrow through the boundless realms of science and technology.



All California Distinguished Schools, including Mark Keppel High School, will be recognized at the Disneyland Hotel in Anaheim on May 3, 2024.

Mark Keppel Named a 2024 California Distinguished School

Last month, Mark Keppel High School was excited to learn they received one of the state's most prestigious recognitions when State Superintendent Tony Thurmond announced MKHS as a 2024 California Distinguished Schools program.

"It is my pleasure to honor and recognize these 293 secondary schools for their efforts to provide exemplary public education to all students. Excellent middle schools and high schools play a critical role in the life outcomes of our young people," shared Superintendent Thurmond. "This year's California Distinguished Schools celebration provides us with an opportunity to recognize the hard work of our secondary educators and school staff who help our young adults discover passions and access

college- and career-ready experiences that will propel them through life."

The California Department of Education selected schools based on multiple measures of the state indicators specified on the California School Dashboard. Schools were selected by analyzing data reported through the 2023 Dashboard, with a focus on demonstrating excellence and growth in academic achievement and ensuring a positive school climate.

"I'm so proud of the MKHS team!" declared MKHS principal Jeannie Gutierrez. "This award is a reflection of the hard work and dedication of all our educational partners, and shows what we can accomplish when we work together and focus on doing what's right for all students."



SGHS Principal Debbie Stone Exemplifies Excellence in Leadership

San Gabriel High School principal Debbie Stone is the most recent recipient of AUSD's "Excellence in Leadership" award, a rotating honor for a principal who has gone above and beyond for their school and AUSD.

Mrs. Stone will display the award in her office until the next principals meeting, where she will then honor a colleague with the recognition.

Skilled leaders set the tone for the success of their school campus, but because managers are not eligible for the District's monthly Game Changer program, this award provides a way for AUSD to acknowledge the hard work and dedication of those at the helm of our school sites.



This photo was taken at the February 27 AUSD Board of Education meeting, during which members of the Rotary presented checks to the 2024 mini-grant recipients listed at the top.

Alhambra Rotary Continues Support of AUSD Teachers

In a continuing display of commitment to education, the Rotary Club of Alhambra has once again extended its support of AUSD educators by awarding 29 teacher mini-grants, totaling \$6,000 to elementary and high school teachers, counselors, and school psychologists for their innovative and creative proposals.

This is the 33rd year of the Rotary Club's partnership with AUSD schools and brings their total donation to \$244,330 in funding for teacher mini-grants. The mini-grants encourage staff to explore new methodologies and incorporate cutting-edge projects and activities into their classrooms.

Dr. David Snyder (Rotary Teacher Mini-Grant chairperson) and other members of the Rotary Club were on hand at the February 27 Board meeting to personally present mini-grant checks directly to the teacher recipients. AUSD is appreciative of the longstanding partnership with the Rotary Club of Alhambra, which has been instrumental in enabling our teachers to bring their creative visions to life.

Making Waves of Mentorship: Alhambra High School and Garfield Elementary School Dive into Underwater Musical Adventures this Spring

from page 1

...over discussions of the value of participating in theater, the opportunities the elementary students would have when they got to AHS, and their shared love of performing. AHS students provided suggestions and words of wisdom and encouraged the younger students to continue to be involved in theater and the performing arts.

They closed the afternoon with some shared theater games — which focused on creativity and improvisation. By the end of the afternoon, new friendships and mentorships were formed through waves of joy and inspiration. The students invited each other to watch both schools' upcoming enchanting performances.

Community members are also invited to join in both aquatic adventures with

AHS's *The Little Mermaid* set to hit the stage later this month, on **April 19-20** and **26-27**. More information is available at alhambratheaterboosters.ludus.com. Garfield's *Finding Nemo Jr.* will follow in May. (Information about Garfield's production will be shared on their school website garfieldelementary.org when details are finalized.)

In the heart of this sea of creativity, Alhambra High School and Garfield Elementary School found pearls of wisdom, a shared love of theater, and a bond as enduring as the ocean itself. As they continue to inspire and uplift each other, they prove that when schools come together, the currents of possibilities are endless.



Alhambra High School and Garfield Elementary School will both showcase underwater-themed Disney musicals this spring.



Scholarship Awards Dinner & Dance
Honoring Janet Lees and AUSD High School Scholarship Recipients

Save the Date

Friday, May 3, 2024
5:30 pm
Almanson Court

More information and tickets for the scholarship dinner/dance are available at alhambralatinoassociation.com.

Alhambra Latino Association Hosts Annual Dinner / Dance, Honoring Janet Lees and Student Scholars

Mark your calendars for an evening of celebration and support as the Alhambra Latino Association (ALA) presents its annual scholarship dinner/dance on Friday, May 3, starting at 5:30 pm. The event will take place at Almanson Court in Alhambra, setting the stage for a memorable gathering to honor academic achievement and community leadership.

This year, ALA is proud to recognize Janet Lees, AUSD's Assistant Superintendent of Educational Services, as the year's honoree. Ms. Lee's dedication to student success and her tireless advocacy for educational excellence have left an indelible mark on the community, making her a deserving recipient of this

prestigious acknowledgment.

In addition to celebrating Janet's contributions, the evening will shine a spotlight on the outstanding scholarship recipients from all three AUSD high schools, as well as special scholarship honorees of the Dora S. Padilla Memorial Arts Scholarship and the Brian N. Tatsuno Memorial Career Tech Scholarship.

Proceeds from the dinner and dance will support scholarships for four eighth-grade students at each of the 13 AUSD elementary schools and high school scholarships for future years. Don't miss this opportunity to join in the celebration of achievement and philanthropy.



2024 ROTARY MINI-GRANT RECIPIENTS



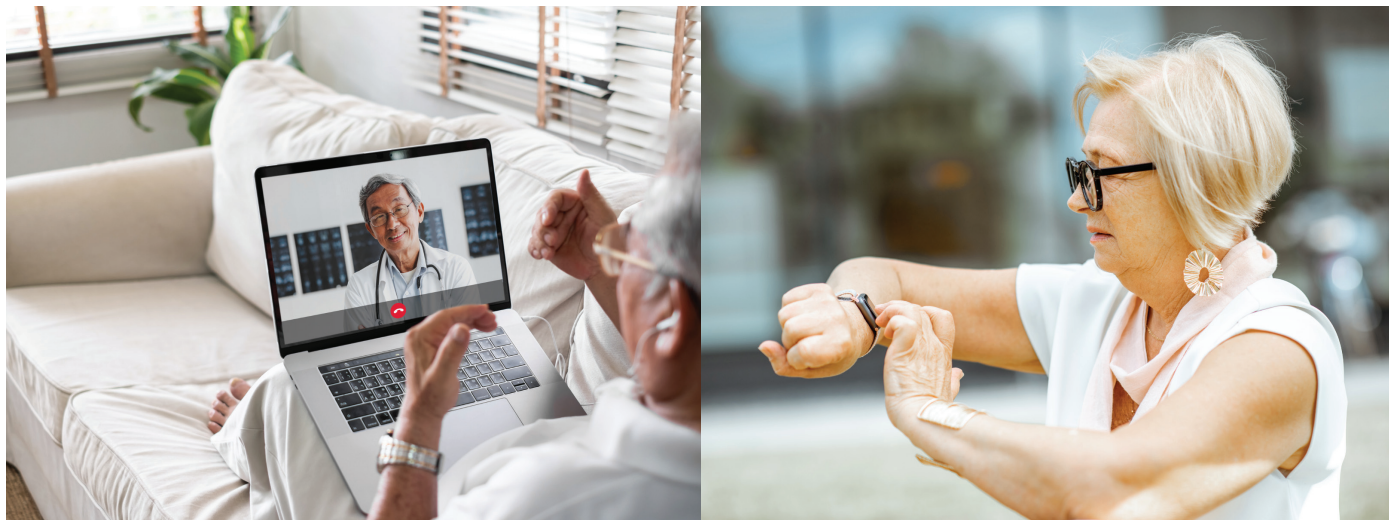
Alanna Acosta
Jesse Gamacho
Lena Chui
Benjamin Coria
Pilar Otero Cunningham
Elizabeth Downard
Julie Eyre
Sheila Diaz Guzman
Nicole Hart
Marie Ibsen
Rosella Inzunza-Madrigal

Susie Kline
Cuong Paul Lam
Francine Lam
Susan Lam
Deborah Lee
Minnie Lee
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Kristine Lu
Hoan Luong
Andrew Ly
Kathleen McKay

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Myrna Ramirez
Sandra Saavadra
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Winnie Wong

\$6,000 Awarded

THANK YOU, ALHAMBRA ROTARY!
(TOTAL DONATION: \$244,330 OVER 33 YEARS)



Better Health Through Technology for Seniors

In the quest for improved health and a better quality of life, technology plays a pivotal role, especially for older adults. The advent of digital health technologies has opened up new avenues for managing health, staying fit, and ensuring a connectedness that defies traditional boundaries of age and mobility.

Telemedicine is an extraordinarily convenient way to connect with your healthcare practitioner. For many seniors, travel to healthcare facilities can be both challenging and stressful. Telemedicine—through video calls, messaging, and digital consultations—brings the doctor's office into the home. This has been particularly beneficial for routine check-ups, medication management, and initial consultations for non-emergency issues. Moreover, it's been a boon for mental health support, providing access to therapists and support groups without the need for travel.

Wearables are a great option, too. From smartwatches that monitor heart rate and step count to more sophisticated devices that can track sleep patterns, blood pressure, and even blood glucose levels, wearable technologies are empowering older adults to keep a closer eye on their health metrics. This real-time data can be shared with healthcare providers, enabling a more dynamic and responsive approach to health management.

Your smartphone app store has bountiful options to stay on track with your health goals and challenges. There's an app for almost every aspect of health and wellness. For seniors, apps that remind them to take their medication, track their diet and water intake, or guide them through gentle exercise routines can be incredibly useful. Moreover, these apps often come with social features, allowing users to connect with friends, family, or others on similar health journeys,

fostering a sense of community and support.

While digital health technologies offer numerous benefits, there are challenges to consider. Not all seniors are comfortable or familiar with technology. Thus, education and support in using these digital tools are crucial. Privacy and security of health data are also significant concerns, requiring ongoing attention to ensure that users' information is protected.

Digital health technologies represent a promising trend for older adults striving for a better quality of life. By harnessing these tools, seniors can enjoy more control over their health, greater convenience in accessing healthcare services, and an enhanced connection with their community. As technology continues to evolve, so too will the opportunities for older adults to lead healthier, more fulfilling lives.

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AUSD 2023 Food & Wellness Fair Brings Community Together to Select New Items for School Menus

Unwrap the Magic of the Season with the 2023 Alhambra Holiday Gift Guide

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- » Sky Zone Trampoline Park Coming to Alhambra in 2024 11
- » 2023 Holiday Gift Guide 21
- » Call Caring for Seniors

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Ask Dr. Dara, D.D.S.

Benefits of Magnesium for Strong Teeth and Good Oral Health

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

It is common knowledge that the food we eat can significantly affect our general and dental health. In recent years, the benefits of calcium and vitamin D for bone and tooth health have been promoted widely. But, calcium and vitamin D are not the only nutritional factors for the structural integrity of the bone. An excess of these nutrients may even have a negative effect. It is important that calcium and vitamin D are balanced with other nutrients like zinc, vitamin K, and, most importantly, magnesium.

Magnesium is essential for many biological processes. Besides calcium absorption, magnesium activates over 300 reactions in the body. It is responsible for maintaining proper muscle relaxation, helping stabilize the rhythm of the heart, and preventing abnormal blood pressure. It also activates many of the B vitamins, which are not as effective without magnesium.

Unfortunately, half of the population doesn't consume nearly enough magnesium. Magnesium deficiency is often misdiagnosed because it does not show up in blood work — only 1% of the body's magnesium is stored outside of the cells.

Magnesium Deficiency & Teeth Decay

Enamel Formation: Enamel is the outer layer of the tooth that protects it from decay. Magnesium plays a crucial role in enamel formation. A magnesium deficiency can lead to weaker enamel, making the teeth less resistant to acids and bacteria and more susceptible to decay.

Saliva Production: Magnesium is involved in saliva production, which helps neutralize acids in the mouth that can erode the enamel and lead to tooth decay. A magnesium deficiency can result in decreased saliva production, contributing to an increased risk of decay.

Magnesium is crucial for jawbone health and is necessary to activate Vitamin D, which turns on the calcium-building process. A lot of doctors believe that the epidemic of vitamin D deficiency is an underlying magnesium deficiency.

Magnesium deficiency is also associated with periodontal (gum) disease, an inflammation of the gums and jawbone. Untreated periodontal disease can lead to tooth mobility.

Here are some ways in which magnesium deficiency can contribute to periodontal disease:

Bone Health: Magnesium is essential for maintaining bone density and strength. A deficiency in magnesium can weaken the bones supporting the teeth, making them more susceptible to periodontal issues.

Immune Function: Magnesium is important for proper immune function. A deficiency in magnesium can weaken the immune system's response to infections in the gums, allowing periodontal disease to develop.

Oxidative Stress: Magnesium deficiency can contribute to oxidative



Dr. Dara, D.D.S.
Advanced Dentistry Alhambra
daradds@yahoo.com

stress in the body, which can damage the gums and contribute to the development of periodontal disease.

What Causes Magnesium Deficiency?

Magnesium deficiency can be caused by various factors, including inadequate dietary intake of magnesium-rich foods. Processed food diet and purified drinking water are very low in magnesium. Medical conditions such as gastrointestinal diseases impair magnesium absorption. Additionally, caffeine and alcohol are both diuretics and remove magnesium from the body. Chronic stress causes increased adrenalin production, which causes the removal of magnesium from the body. Sweat from vigorous exercise removes minerals from the body. Certain health conditions, such as diabetes or kidney disease, can affect magnesium levels in the body. Finally, pregnancy increases the need for higher magnesium intake.

Solution: Eat Your Magnesium

Magnesium supplements are available but sometimes cause stomach irritation. Most vitamins or minerals are best obtained through food. The daily recommendation for an adult is 300-400mg.

The best sources of magnesium are nuts, seeds, dark green vegetables, beans, cocoa, molasses whole grains, and legumes. Magnesium is also added to some breakfast cereals and other fortified foods.

Pumpkin seeds: A 1-ounce (28-gram) serving provides 37% of the recommended daily intake.

Spinach: One cup of cooked spinach provides 39% of the recommended daily intake.

Cashews: One ounce (28 grams) of cashews contains 20% of the recommended daily intake.

Dark chocolate: One square of dark chocolate (70-85% cocoa) provides 24% of the recommended daily intake.

In conclusion, magnesium deficiency can impact various aspects of oral health, including teeth strength, gum inflammation, bone health, immune function, oxidative stress, and saliva production regulation, all of which can contribute to oral and general health.

This column is provided to Around Alhambra by Dr. Krasnodara Gashparova, DDS 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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Disclaimer: We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all your options.



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Arroyo Vista Provides Essential Healthcare Services to Alhambra and Beyond

For over four decades, Arroyo Vista Family Health Center has provided quality, accessible healthcare in the SGV and Greater Los Angeles region. “Forty-three years ago on February 7!” to be precise, notes Irene Holguin, Director of Preventative Health Services and Patient & Community Relations, with a sort of humble pride.

Established in 1981, Arroyo Vista has remained committed to its founding goal of providing comprehensive medical services to individuals and families regardless of their socioeconomic status or immigration status. From medical and obstetric care to dental, optometry, tomography, behavioral health, and pharmaceutical services, Arroyo Vista’s multiple clinics cater to many healthcare needs under one roof. This integrated approach ensures convenience for patients and creates familiarity with healthcare providers.

One of Arroyo Vista’s hallmarks is its dedication to serving marginalized and underserved communities. “We try our best to offer healthcare for all qualified,” shares Irene. Recognizing the barriers to healthcare faced by undocumented individuals and those without insurance, Arroyo Vista offers financial screening and

assistance to ensure all who qualify have access to essential healthcare services.

“People should know that even if they don’t qualify with us, they can go to any community center or local Nonprofit to potentially get health insurance and other aid,” Irene adds, stressing the importance of making people aware of all their health care options.

Arroyo Vista regularly collaborates with community centers and non-profit organizations to facilitate access to health insurance for eligible individuals, further broadening the reach of its services. Additionally, the clinic actively engages with the community through outreach initiatives and health promotion events. Offering free health screenings, blood pressure checks, CPR training, and more, Arroyo Vista empowers individuals to take charge of their health and well-being.

This month, Arroyo Vista, in collaboration with the Los Angeles County Department of Public Health, will offer free COVID-19 and flu vaccines at its Highland Park location on Tuesday, April 16. The offer is open to all. As an incentive, seniors aged 65 and above will receive a \$25 Visa gift card while supplies last. Learn more at arroyovista.org.

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Katherine Yu Simms
Medicare Insurance Agent
License #0M21975

- 1 How well does my current plan meet my needs?
- 2 What are my other Medicare plan options?
- 3 I'm turning 65 soon, where do I go and what do I do?
- 4 What is the difference between Original Medicare and Medicare Advantage?

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Your Insurance



Understanding the Parts of Medicare

By Katherine Yu Simms

Are you about to turn 65 and become Medicare-eligible? Before you choose a plan during your Initial Enrollment Period (IEP), it’s smart to learn all you can about Medicare’s various coverage and parts. After all, health care is one of the largest expenses you’ll need to plan for in retirement.

What are my Medicare coverage options?

Unlike traditional health plans, Medicare is made up of parts — and each part provides different types of coverage.

Part A (Hospital Insurance): Medicare Part A generally covers inpatient care, including hospital stays, skilled nursing facility care, and nursing home care.

Part B (Medical Insurance): Medicare Part B generally covers outpatient care, such as doctor visits and services, lab tests, ambulance services, and medical supplies and equipment. Together, Medicare Parts A and B are referred to as “Original Medicare.”

Part C (Medicare Advantage): Medicare Advantage (MA) plans cover everything Part A and Part B cover but are more comprehensive. These “all in one” plans may include additional coverage for prescriptions, vision care, hearing care, dental care, chiropractic/acupuncture, transportation, and an over-the-counter allowance. Some even offer extra benefits to help you stay healthy, such as fitness center memberships, nutrition support, and a healthy grocery allowance.



Katherine Yu Simms
Medicare Insurance Agent
lovemygoldenyears@gmail.com

Part D (Drug Coverage): Prescription drug coverage is not included in Original Medicare. That’s why many people choose to purchase a Part D plan to help subsidize the costs of the medications they need. Most MA plans have Part D coverage built in (these are called MAPD plans).

Medigap (Medicare Supplement): A Medigap policy is a supplemental insurance policy sold by private insurers. It can be used with Parts A and B to fill any coverage gaps and help you pay for out-of-pocket (OOP) costs like deductibles, copayments, and coinsurance.

Only some plans are available in your area. Any information provided is limited to plans offered in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all your options.

This column is provided to Around Alhambra by Katherine Yu Simms who is solely responsible for the content. Around Alhambra does not endorse the advice from this author or any other provider.

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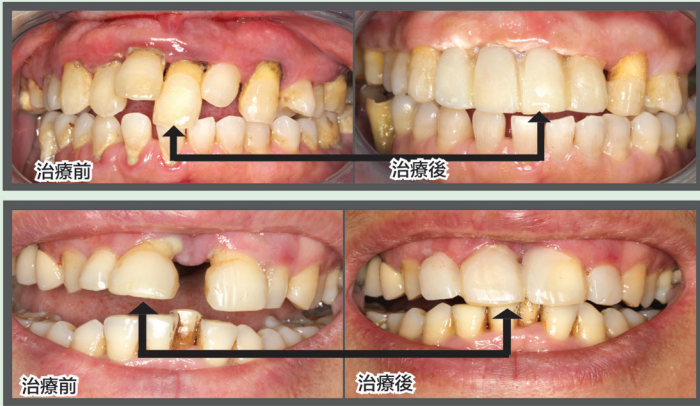


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美國紐約州立大學牙週病研究教授(SUNY)



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From the Desk of Rev. Craig Statton



Atherton: 110 Years and Counting

This year, Atherton is celebrating its 110th anniversary. Atherton Life Care Community has been in Alhambra for 100 of those years. During this time, we have seen many changes to our campus, our business, and our community.

When we first came to Alhambra, Atherton was made up of a series of small cottages on 1.7 acres, with orange trees lining Wilson St. (now Atlantic Blvd.). There were no assisted living apartments, and there was no skilled nursing facility. As the years passed, Atherton expanded to 15 acres with many more units for residents and additional services to help senior adults enrich their lives while at the same time providing opportunities for our community to find vocations and work.

Like any business, we have also had to adapt to the needs of our residents. When residents wanted more amenities, we added more remodeling options for our units. When residents wanted different food options, we added new items, fresher ingredients, and more

menu selections at every meal. When residents wanted healthier activities, we added a Fitness Center and exercise classes, including line dancing, water aerobics, Tai Chi, and table tennis. We provide weekly entertainment and shopping trips, monthly trips to local restaurants, and yearly trips outside Southern California.

We added all these things to help us remain relevant to our current and potential residents and to keep our business sustainable and thriving. In the last decade, sustainability has taken on a new meaning as we have sought to become more energy-efficient and drought-resistant while at the same time creating a well-landscaped community that is enjoyable for both residents and visitors.

For Atherton, our desire is to sustain our community by being relevant to the needs of seniors while matching the changes in our environment. We hope to maintain our community for at least another 110 years here in Alhambra.

PLAN YOUR FUTURE WITH PEACE OF MIND

For over 109 years, Atherton has been shaped by the desires and needs of seniors and has provided the care which has allowed them to flourish during this season of their lives.

Our full-service Life Plan Community offers a variety of options from Independent Living to Skilled Nursing on a 15-acre campus located in the heart of Alhambra.

We are committed to helping our residents continue their lives of independence at Atherton, with their safety and wellness as a priority.



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Real Estate

Dodger Real Estate: "The Battle of Chavez Ravine"

By Gary Frueholz
Engel & Volkers Real Estate

One of the urban legends of sports in Southern California is that the Dodgers and their owner confiscated the land of Chavez Ravine in the late 1950s to construct Dodger Stadium.

The facts are somewhat different. Long before Walter O'Malley, the owner of the Dodgers who brought them to Southern California from Brooklyn, ever considered moving west, the City of Los Angeles made its move on Chavez Ravine by exercising eminent domain to acquire this area for the construction of lost-cost housing.

The combination of new federal laws and the application of a legal process referred to as eminent domain conspired against the residents of Chavez Ravine. The National Housing Act of 1949 was designed to address the decline of urban housing resulting from the national trend of people moving to suburbs and help meet the post-World War II demand for housing. The law provided millions of dollars for the construction of affordable housing along with loans to cities. The National Housing Act of 1949 gave municipal leadership new power and flexibility in applying eminent domain to acquire land.

Eminent domain refers to the power of the government to take private property and convert it into public use. This is referred to as a taking. The Fifth Amendment provides that the government may only exercise this power if it allows for just compensation to the property owners. And here is part of the great debate. The government's idea of just compensation may not match the value a landowner places on their home. And eminent domain is so often applied against people who are less capable of fighting a government taking. Both of these issues came into play with the "Battle of Chavez Ravine."

The residents of Chavez Ravine settled there in part because they were barred from purchasing homes in many Los Angeles neighborhoods due to their Latin heritage. In all, the City of Los Angeles had approximately 300 acres of Chavez Ravine in their redevelopment sites.

In 1951, the Los Angeles Housing Authority began acquiring the land of Chavez Ravine through purchases and the exercise of eminent domain, with land owners less inclined to accept the city's offer to purchase. This process continued for the next few years, with most but not all of the land in Chavez Ravine being acquired. Ultimately, land belonging to nearly 300 families was either purchased or taken via eminent domain.

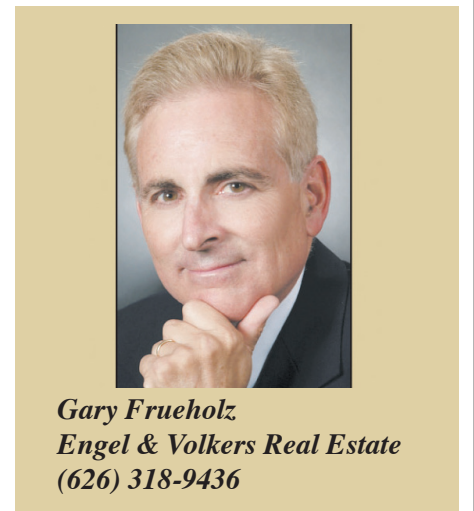
The new housing development would be called "Elysian Park Heights," and two of America's most noted architects, Richard Neutra and Robert Alexander, would design the complex of approximately 3000

affordable units. However, California was very different politically in the 1950s. The conservative element of California viewed this as socialistic overreach and gained enough signatures for a referendum to overturn the "Elysian Park Heights" project. In 1952, the referendum was approved, and the project was canceled. Now Los Angeles had nearly 300 acres of land and no project.

Los Angeles leadership heard that a Burbank-based company was looking for land to build an amusement park. However, after the idea was presented to Walt Disney, it was turned down due to excessive land relocation costs resulting from the hilly terrain.

No investors could be identified for Chavez Ravine until 1956. At this time, Walter O'Malley was frustrated with New York's obstacles in building a new stadium for the Dodgers in Brooklyn.

O'Malley was now interested, and Los Angeles leadership, led by city council members Kenneth Hahn and Rosalind Wyman, along with Mayor Norris Poulson, negotiated a land swap where the Dodgers received Chavez Ravine in trade for the site of the old Wrigley Field in South Central Los Angeles that the team had acquired. This transaction was also challenged by a referendum, but it was not overturned. Construction began on Dodger Stadium in late 1959 with the final residents being evicted in a controversial television newscast. Alhambra-based company, the Vinnell Corporation, would build Dodger Stadium.



The "Battle of Chavez Ravine" demonstrated the power of government over average citizens through laws and the application of legal maneuvers such as eminent domain. This battle also shows that the Dodgers' path to building Dodger Stadium was more complicated than most fans realize, and the "Battle of Chavez Ravine" cannot be totally blamed on the Dodgers.

Gary Frueholz is a realtor with Engel & Volkers 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 garysstories.com.

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



New Century Mazda Construction Approved by Planning Commission

The Alhambra Planning Commission has given the green light to New Century Mazda's proposal to begin construction on a new, state-of-the-art automotive dealership. At their regular meeting on March 18, the Commission approved New Century Mazda's application to build a two-story dealership on three parcels of land located at approximately 1303, 1325, and 1345 West Main Street within the local automotive district.

During last month's meeting, Bryan Mac Dennott of Wagner Architecture Group and Daniel Lin of New Century Autos addressed the Commission's inquiries regarding the proposed project. Following discussions, the Commission

and the City Council determined that the project aligns with the existing auto-related uses in the area and would be beneficial to the community. Additionally, it was noted that the dealership would contribute to the city's tax base while enhancing the overall aesthetics of the neighborhood and being mindful of adjacent residential properties.

The property is currently being utilized by New Century Mazda auto dealership in a trailer designated as the temporary business site. New Century plans to build a two-story, 19,771 square foot automotive dealership that includes a showroom, offices, service areas, rooftop parking, and indoor storage for parts and tires.



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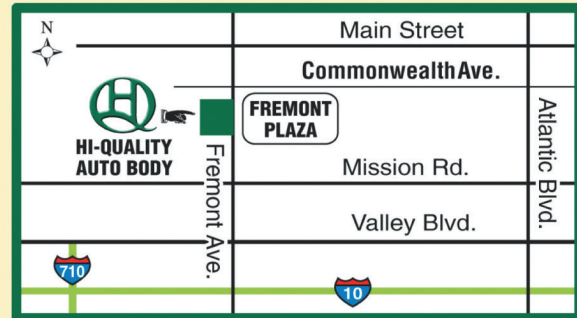
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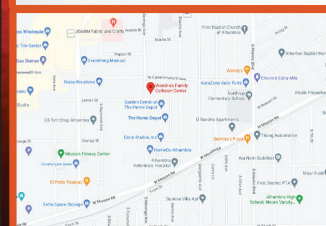
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