

AROUND ALHAMBRA



JUNE 2024 | GATEWAY TO THE SAN GABRIEL VALLEY

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Six Great Alhambra Hikes and the Perfect Sandwich Pairings

By Jaimie Ding, Editor

Southern California is a hiker's paradise. With its proximity to the San Gabriel Mountains, Alhambra in particular offers a wealth of scenic trails that cater to all skill levels, from leisurely strolls to steep, heart-pumping ascents. But what's a hike without the perfect lunch companion? Enter the unsung hero of the trail: the humble sandwich.

In this article, we'll explore six of the best hiking trails around Alhambra, each paired with a mouthwatering sandwich that will give you motivation to finish the hike.

Imagine biting into the soft baguette

of a banh mi sandwich while gazing at a glittering waterfall. Or resting at a picnic table and basking in the sun while diving into a pastrami dip.

Whether you're a seasoned hiker or just getting started, make a goal this summer to hike a new area and push yourself out of your comfort zone. There is so much to be explored, from the panoramic vistas of the Puente Hills to the peaks and canyons within the Angeles National Forest. So lace up your hiking boots and get ready to discover the best that Alhambra's great outdoors has to offer! **Continues on page 6 >>>**



STEAM Night was a huge success for AUSD's Student Support Services division, who oversaw the event. There were over 50 organizations/vendors with booths and over 1,200 in attendance. Families are already asking for part two!

Full STEAM Ahead: An Evening of Innovation for AUSD Students in Grades 3-5 and Their Families

The Alhambra Unified School District hosted an exciting evening at their highly-anticipated STEAM (Science, Technology, Engineering, Art, and Math) Night for grades three to five. Originally scheduled for early March but delayed due to rain, the event finally took place on April 24th and provided the community with an enriching experience for students and their families.

This event sparked students' curiosity and creativity through hands-on activities, interactive displays, and engaging presentations, while also providing an opportunity for parents to be involved in their child's learning. Attendees enjoyed a resource fair featuring over 50 local organizations, vendors, high school clubs, and AUSD departments – each one

showcasing STEAM-related opportunities and activities.

"My team was thrilled with the positive response to our STEAM Night and for the opportunity to connect our families to our school campuses," explains 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."

STEAM Night was more than just an event; it was a celebration of innovation, creativity, and community. It brought the community together united by a shared fascination with the wonders of science, technology, engineering, arts, and mathematics.

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

Articles submitted 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



Mayor Ross J. Maza

Thank You for the Honor to Serve as Alhambra's Mayor

By Mayor Ross J. Maza

My time as Mayor of Alhambra comes to a close this month. I want to thank you all for allowing me the tremendous honor and privilege to serve our beautiful city as your mayor for a second time.

The work performed with my council colleagues and our city staff over the past year truly makes me proud. But with everything we have accomplished over the past year, come other important goals and the hard work necessary to achieve them. I would like to thank every one of our Alhambra staff members who make up the multiple city departments. Every one of

them plays a vital role in making our city what it is. From keeping our water on, our parks clean and operating, to keeping our streets safe, the work simply doesn't stop.

Since I moved to the city of Alhambra as a child in 1979, many things have changed, some for the better, others not as much; however, the planning and the goals to make Alhambra a city we are proud of are in place, and we will not stop the work until all of those short- and long-term goals are achieved. I ask that we work together as a community to show pride in the city we all love. Let's show pride by keeping our

city clean, by reporting any illegal activity around your neighborhoods, and by simply being neighborly to those around you.

As always, I invite and encourage you all to attend city council meetings, whether online or in-person. Get involved and share your thoughts of what you would like Alhambra to be. I am available to you at any time for questions, opinions, and concerns.

Thank you to all who have shown me support and encouragement during my time as mayor. Wishing you all blessings and a wonderful summer. I look forward to continuing to meet many more of you around town.

City of Alhambra to Host Summer Food Service Program for Kids

By Jaimie Ding, Editor

This summer, the City of Alhambra is bringing back its annual Summer Food Service Program, aimed at ensuring that children aged 1 to 18 have access to nutritious meals during summer break. The program is funded by the United States Department of Agriculture and administered by Alhambra's Parks & Recreation Department.

"We are excited to once again offer the Summer Food Service Program to the children of Alhambra," said Mayor Ross J. Maza in a news release. "This program

plays a vital role in our community by providing nutritious meals to children who may otherwise go without during the summer break. We are committed to ensuring that all children have access to healthy food options year-round."

The Summer Food Service Program will provide lunch and snacks on a first come, first served basis Monday through Friday at the following sites and times from May 28, 2024 to August 2, 2024.

Almanson Park
Lunch: 11:30 a.m. - 1:30 p.m.

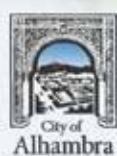
Snack: 3 p.m. - 4 p.m.
Alhambra Park
Lunch: 12 p.m. - 2 p.m.
Snack: 3 p.m. - 4 p.m.
Granada Park
Lunch: 12 p.m. - 2 p.m.
Snack: 3 p.m. - 4 p.m.

The program will also incorporate recreational activities including free weekly raffles, games and activities. For more information, call the Parks and Recreation Department at (626) 570-5081.



City of Alhambra Parks & Recreation Department SUMMER FOOD SERVICE PROGRAM

Location	Lunch Times	Snack Times
Almanson Park	11:30 AM-1:30 PM	3:00 PM-4:00 PM
Alhambra Park	12:00 PM-2:00 PM	3:00 PM-4:00 PM
Granada Park	12:00 PM-2:00 PM	3:00 PM-4:00 PM



New Businesses Slated to Open in Alhambra

By Jaimie Ding, Editor

As downtown Alhambra continues to innovate and thrive, summer is the time for new businesses to open their doors. New leases have been signed and many of these businesses have been hard at work on their buildouts for several months.

“This flurry of new businesses is a reflection of the city of Alhambra and the Alhambra Chamber of Commerce’s partnership to bring new and exciting businesses to the area,” said Chamber CEO John Bwarie. “We welcome these new additions and continue to work with additional businesses to help them find their homes in Alhambra.”

Here are some businesses to look out for this summer and in the coming year:

Happy Humble Hub

117 E Main St. Unit A & B
On Main Street, Happy Humble Hub is only a few months away from opening. They hope to provide a bustling marketplace for artisans, craftspeople, and local entrepreneurs to sell their wares.

Boiling Crab

129 W Main St.
This popular Alhambra seafood place is opening a new takeout window right next door, making it easier than ever to pick up your next dinner!

World of Music

555 W Main St. Suite C
A new music store will be open soon on Main Street, offering vocal and instrument lessons to the community.

Pinecone Bakeshop + Cafe

116 W Main St.
This spot will be the new brick-and-mortar space for The Hangry Bakery, a popular microbakery known for its beautiful tarts topped with organically grown farmer’s market produce. Its tarts used to be available via pre-order and at Yang’s Kitchen, but now they’ll be taking the spot next door at the former Skateshop Pizza.

New Concept from Wokcano

201 W Main St.
Wokcano is a local chain serving modern Chinese and Japanese food across the LA region. The company will be opening a new restaurant concept at the old Diner on Main, which closed its doors two years ago.

For the Win

19 E Main St.
This local chain known for their smashburger will take over the space left by Grill ‘Em All in Renaissance Plaza, an Alhambra establishment that

NEWS & NOTES

> City Hall Features Local Artist John Kenan in Lobby Exhibition

The Alhambra City Hall lobby will feature an exhibition by local artist John Kenan for the month of June, with an artist reception open to the public on Wednesday June 19, 2024 5:00 p.m. to 7:00 p.m. An Alhambra High School alumnus, Kenan began watercolor painting about 15 years ago. He has been an artist his entire life, most recently drawing cars and airplanes for his grandkids. Now that he is retired, he enjoys painting things he sees during his travels, both near and far.

> Summer Reading Challenge to Begin at Alhambra Library

The 2024 Summer Reading Challenge will run from June 3rd to July 14th this year. Read 100 minutes weekly and make sure to visit the library to pick up your prize each week! If you complete all six weeks of reading, you’ll receive the completion prize. Get started by registering in the Beanstack Tracker app or online at the Alhambra Library Beanstack page starting June 1st.

> Fried Music Opens Applications for Pre-College Program

Ready to take your classical music playing to the next level? Fried Music is opening applications for its pre-college program, a year-long Saturday academy for students up to age 18 to play chamber music, practice their instruments, and learn from world-class faculty. Find more information at friedmusic.com.

closed in January after a 10-year run.

Jumping Lobster

118 W Main St.
A new seafood boil restaurant called Jumping Lobster has signed a lease at the location of the former La Chuperia restaurant, next to Yang’s Kitchen on Main Street.

Three Fields Coffee

12 W Main St.
A new coffee shop will be opening at the location of the former Magik Milk boba shop, which closed in March.

Kue’s Restaurant

118 W Main St.

This modern Chinese bistro and bar is busy and under construction. Look out for it later this year!

Wushiland

100 E Main St. (Alhambra Place)
Alhambra will finally have its own branch of popular boba chain Wushiland, which has signed a lease inside the Alhambra Place retail center.

Dollar Tree

69 E Main St.
A new Dollar Tree location recently received its permits from the fire department at this location, though construction has yet to begin.

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High Schoolers Tackle Mental Health Stigma Through ‘Therapicasso’ Art Nonprofit

By Jaimie Ding, Editor

For Mark Keppel High School juniors Gabrielle Wong and Joshua Ferriere, deciding to start a nonprofit together was a no-brainer.

In the aftermath of the Monterey Park shooting last January, the two identified mental health as a major issue for the community to grapple with.

Together, they founded Therapicasso, an organization focused on using art to better mental health and promoting mental health literacy through programs and workshops.

They have organized a youth board consisting of members from all around the San Gabriel Valley and even one from Orange County, but their focus is Alhambra. The local Alhambra community is just the first step to reaching communities beyond the region.

“Joshua and I, we knew that something had to be done about this especially with intergenerational stigma,” Wong said. “We realized that our unique role as high school students, especially as community members and advocates, was that we could touch the hearts and minds of the younger generation or even the older generations.”

The two have been best friends since freshman year of high school, when they sat at the same table and discovered they had similar birthdays, interests, and music tastes. From that very first conversation, they discussed questions like: “What do we want to do together for our community?” said Ferriere.

They both interned for Assemblymember Mike Fong and participated in his Young Leaders Program, where they were able to get the

resources they needed to learn how to form a nonprofit.

Their biggest struggle? Paperwork.

The teens had to navigate figuring out IRS tax forms, filing articles of incorporation with the state, creating a bank account for a nonprofit, and more.

“We called the IRS for the first time then, right?” said Ferriere. “Oh yeah, you can imagine we never got a call back,” quipped Wong.

Both are also immensely busy with school and other extracurriculars, competing in speech and debate tournaments, Wong participating in Get Lit slam poetry competitions, and Ferriere on the tech theater team, but Therapicasso is a huge priority for them.

“I found that having a passion and doing something for the community is very fulfilling for yourself,” said Ferriere.

Wong and Ferriere have a partnership that makes sense – Wong is more focused on the art side, with their slam poetry background, while Ferriere focuses on the psychology side. He’s on the California Teen Advisory board for Bring Change to Mind, a nonprofit focused on shining a light on stigmas surrounding mental health.

“Art is just a great way to express your emotions, your feelings, and just whatever you’re thinking without actually necessarily using common words,” Ferriere said.

Wong added: “Because oftentimes people don’t have the tools to express how they feel about their mental health and art is a tool that doesn’t require verbalizing.”

“Especially in a community that’s heavy on taboos and stigma such as our own. It’s

just good to give younger generations the tools, coping mechanisms, and just ways to express themselves that they might not get in their households or learn at school,” finished Ferriere.

They often finish each other’s sentences and thoughts, but make sure the other has the chance to speak. They’re also able to disagree and frequently challenge each other’s ideas, which might look like arguing but more closely resembles siblings’ bickering.

Many of their workshops teach fellow students how to reflect on their emotions and check in on their mental health.

One event, called “Rise, Reclaim, Restore,” featured tea bags representing different emotions and conversations about those emotions. Another event taught students how to use origami stars as a way to keep track of their general moods over time by filling up a jar and putting in a different color star everyday, a “physical manifestation” of journaling, Wong said.

Wong’s favorite event has been an open mic program where they helped students think more about their own identities through poetry prompts. Most recently, they held a tote bag painting event, hosted with the Monterey Park Hope Resiliency Center, where they had discussions about destigmatizing mental health and the harmful effects of masking your true feelings.

They’ve received funding from the Alhambra Educational Foundation, the Grip Tape youth program, and other local organizations.

Wong and Ferriere also see Mark Keppel as a place with particularly

high mental health needs due to how competitive the school is. One reason could be the school’s large concentration of students who have parents from immigrant backgrounds that hold high aspirations for their children’s futures, Wong said.

Students compete over how many extracurriculars they are involved in and how many AP classes they’re taking, which they see as critical to getting into a good college.

Both Wong and Ferriere felt this immense pressure when selecting courses sophomore year; there’s a strong stigma against people taking “regular” classes rather than AP classes.

The bigger issue, however, is how students are dealing with these pressures.

“A lot of times, we talk to our peers and they’ve shared a common metaphor of shoving all these emotions into a small little box, just putting it away in the corner of your mind,” Ferriere said.

Particularly in the Asian American community, mental health can be an even more difficult conversation to have. And the model minority myth continues to place pressure on what careers kids are expected to pursue, said Wong.

Wong’s parents are ethnically Chinese and immigrated from the Philippines, while Ferriere was born in France to French and Chinese parents.

“Currently in our generation, it’s really hard to change the mindset of our peers,” Ferriere said. “But if we can change the mindset of the future generation that sets up for change, it will be for the betterment of the community.”



Save Water and Save Money Outdoors This Summer!

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

We are drought-free and our water supplies are much improved compared to a year ago thanks to recent above average precipitation. History and factors such as population growth, business and economic growth, and climate change assure us that drought is normal and drought will return, so we need to conserve water all year long. In a typical Alhambra residence, more than 50% of water use occurs outside, rising to as much as 75% during the warm summer and fall months.

I've highlighted a variety of "outdoor" water saving tips below and call your attention to the fact that California native plants, which use one-seventh the water of other plants, thrive in Alhambra. I recommend visiting our website (<https://sgvwd.com/water-conservation/#gardening-guide>) and learning more about California native



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

plants and landscaping suppliers suited for Alhambra. Thank you and enjoy the summer months!

- USE A BROOM OR LEAF BLOWER TO CLEAN OUTDOOR AREAS**
saves 6 gallons every minute you're not running the hose
- REIMAGINE YOUR YARD WITH WATER WISE PLANTS**
saves 30-60 gallons per 1000 sq. ft. each time you water gardens that use drought-resistant and California Native plants
- ADJUST SPRINKLER HEADS & FIX LEAKS**
saves 12-15 gallons each time you water
Water Saving Fact: A leak as small as a ballpoint pen tip can waste 6,300 gallons of water per month!
- SET LAWMOWER BLADES TO 3"**
saves 16-50 gallons per day by encouraging deeper roots
- USE HOSE NOZZLE AND BUCKET TO WASH YOUR CAR**
saves 25-50 gallons each time you wash your car
- USE MULCH**
saves 20-30 gallons of water per 1,000 sq. ft. each time you water
- WATER EARLY MORNING OR LATE EVENING**
saves 50% of sprinkler water otherwise lost to wind and evaporation
- INSTALL DRIP IRRIGATION & ADD A SMART CONTROLLER**
saves 15 gallons each time you water; saves more than 50 gallons a day by turning off sprinklers when it rains and reducing watering amounts and frequency in fall and winter
- COVER POOLS AND SPAS**
saves 25-50 gallons per day by reducing evaporation and over-flows

For more water-saving information, contact info@sgvwd.com, call (626) 969-7911, or visit sgvwd.com with this QR code

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SAN GABRIEL VALLEY MUNICIPAL WATER DISTRICT

All Around the Town

The O.J. Simpson Saga and the Alhambra Connection

By Glenn Barnett



Glenn Barnett



Some time in the early 80's I found myself in a movie theater in Santa Monica. As I was standing in line at the concession stand, I idly watched the people entering the lobby. Among them I recognized O.J. Simpson. He was easily recognizable as a football player and actor. With him was a stunningly beautiful blond woman who I and the world would later know as Nicole Brown Simpson. They were just dating at that time. O.J. looked over at me and I nodded to him and he nodded back. Then they disappeared into the screening room that was showing the movie they came to see, which was not the one I was there to see, so I did not see them again.

Going back a few years before that, when I was a student at Martha Baldwin School and Mark Keppel High School here in Alhambra, there was a boy named Ronny Phillips who was a year ahead of me from the second grade until he graduated from Keppel in 1963. Like me, Ronny grew up in the Airport Tract. His brother was in my class so I went to their house a couple of times.

When I graduated the next year, he invited me over to his house and asked if I wanted to buy a used police cruiser. The black and white had been painted over, but it was clearly a police car. I declined. It was the last time I saw him. I did not know that he became Los Angeles Police

Detective Ron Phillips.

One night in 1994, he and his detective partner, Mark Furman rolled up on the murder scene of Nicole and her unfortunate boyfriend Ron Goldman (O.J. and Nicole were living separately at that time). From there, they and two other detectives went over to Simpson's house to inform him that his wife had been killed. While Furman was finding the famous bloody glove, Phillips phoned O.J. in Chicago to inform him of the murder of his wife. Phillips would later testify at the trial. Under questioning, he testified that he called Simpson to notify him that his wife had been killed and that O.J. had not asked any questions about how, where, or when the murder took place, which most people would in similar circumstances. Ron had made dozens of such calls, so Simpson's response was suspicious.

Another participant in that trial came to my attention some years later when I was on jury duty. Sitting outside a courtroom, I saw one of O.J.'s lawyers, Carl E. Douglas, heavily burdened with case materials and entering a courtroom for a different trial.

That brings us to the present. On April 10th of this year, I attended an event in Pasadena where sitting at my table was retired judge Lance Ito, who had presided over Simpson's murder trial. I told him my story about Detective Phillips, and then dropped the subject as other people came up to talk to him about that "trial of the century."

The very next day, I was shocked when I learned that O.J. had died. I felt like I had witnessed the whole saga from beginning to end. A sports and cultural hero's fall from grace, all in the public eye. A cautionary tale to be sure.

WE WANT YOUR FEEDBACK

Do you have comments for Around Alhambra? Is there a mistake or typo in the paper?

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EATON CANYON TRAIL

Trail Length: 3.5 miles
Drive from Alhambra: 22 min (approx.)

One of the most popular trails in the area, this trail takes you through the woods to a small but gorgeous waterfall. It's 3.5 miles with minimal elevation gain and great for beginners. Multiple stream crossings when you enter the canyon add an element of adventure – those with poor balance might find themselves with wet shoes. The start of the trail will pass through a relatively flat area rich with wildflowers. At a three-way junction partway into the trail, stay left to follow a clearly marked sign for the waterfall. Once you pass under a concrete bridge, you'll enter Eaton Canyon, where the terrain will become more rugged. It was named after Judge Benjamin S. Eaton, a Harvard Law School graduate who came to California in 1850 to prospect unsuccessfully for gold. Conservationist John Muir wrote about his hike into the canyon in his book, *Steep Trails*, describing the waterfall as "a charming little thing, with a voice sweet as a songbird's." He continued: "It is the Yosemite of San Gabriel."



WHAT TO EAT:

Pastrami Dip from The Hat

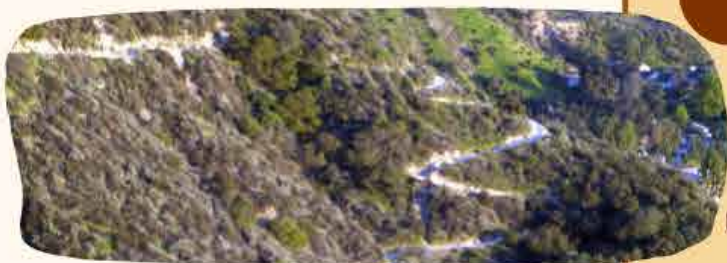
For this classic hike, go for the classic pastrami dip sandwich from The Hat! This trail has a picnic area perfect for sandwich consumption, so feel free to dip away or get your sandwich pre-dipped.



ECHO MOUNTAIN VIA SAM MERRILL TRAIL

Trail Length: 5.3 miles
Drive from Alhambra: 25 min (approx.)

This is a great trail for those interested in learning more about the history of Echo Mountain. Along the way, you'll encounter several remnants and artifacts from the old Mount Lowe Railway, originally created as a tourist attraction between Echo Mountain and Mount Lowe. Take a holler through the "Echo Phone" to hear your voice echo through the mountains or check out the Echo Mountain Service Pit, built in 1914 to maintain the cars that ran between Echo Mountain and Alpine Tavern. You can even see the foundations of the Echo Mountain House, which opened in 1894 and included a social hall, bowling alley, and more. At its peak, the Mount Lowe Railway was dubbed the "Railway in the Clouds" and was one of the top tourist attractions in Southern California. The trail takes you up narrow switchbacks along the side of the mountain, which may be difficult for those with a fear of heights. Make sure to bring plenty of water, as there is not much shade along this route.



WHAT TO EAT:

Milanese Torta from Spanglish Kitchen

This torta sandwich is a crowd favorite, featuring chicken breast, fresh avocado, tomato, queso fresco, and more in between a toasted telera bun.



DAWN MINE AND SUNSET TRAIL LOOP

Trail Length: 5.5 miles
Drive from Alhambra: 27 min (approx.)

This trail is in the same area as Echo Mountain but goes down into Millard Canyon instead. Your end destination is the Dawn Mine, which was built in 1895 and turned a modest profit with a few lucky strikes of gold during its time in operation. Today, it is boarded up with slats to prevent nosy hikers from wandering too far in. The trail isn't too difficult, but you'll feel it in your legs as you climb over and around large boulders along the route. When you get close to the mine, you'll see the remnants of a rusted century-old mining engine. While you might be tempted to walk on the paved Mount Lowe motorway for the return part of the loop, stay on the Sunset Trail for a more interesting hike. Since there are different paths that take you to Dawn Mine, a navigation app like AllTrails may be helpful so you avoid getting lost.



WHAT TO EAT:

Vermont Turkey Sandwich from Lovebirds Cafe

For the longest trail recommendation of the bunch, you'll want a hefty sandwich for energy. Look no further than the Vermont Turkey, a Lovebirds specialty featuring turkey with apple slices, cheddar, dijon mustard, lettuce and mayo.





TRAIL CANYON FALLS

Trail Length: 4.6 miles
Drive from Alhambra: 37 min (approx.)

WHAT TO EAT:

BBQ Pork/Beef from Ba Le (cash only)

A long-time banh mi icon, Ba Le doesn't miss with any of their sandwiches. However, the BBQ pork or beef banh mi features juicy marinated meat with peanuts along with its usual additions of pickled daikon, carrots, jalapeños, cilantro, cucumber and onions.

Pro tip: Add a fried egg for some extra protein!



This is a relatively short trail with a refreshing payoff – a watering hole with a waterfall to dunk your head under, perfect for cooling off on a hot summer day. The route consists of multiple small stream crossings, where you can test your balance on rocks and log bridges. If you're not afraid of getting your hiking shoes wet, you can also choose to wade across as the water is shallow. At the end, you'll have to carefully navigate a steep rocky descent with a fixed rope to help you get down to the base of the waterfall. You can also choose to follow a separate path to cool off by the top of the waterfall instead. Along the way, you'll see plentiful critters like lizards and butterflies, and colorful splashes of yellow Spanish broom flowers and purple lupine. Just remember to stay on the path, as poison oak is plentiful this time of year and can leave you with a nasty rash.

PUENTE HILLS PRESERVE

Trail Length: varies
Drive from Alhambra: 20 min (approx.)

Just 20 minutes from Alhambra is the Puente Hills Preserve, which contains nearly 4,000 acres of protected land managed by the Puente Hills Landfill Native Habitat Preservation Authority. There are seven main access points to the area: Hacienda Hills (Hacienda Heights), Turnbull Canyon, Arroyo Pescadero, and Hellman Park (Whittier), Sycamore Canyon and Schabarum Park (L.A. County), and Powder Canyon (La Habra Heights). You can grab maps of the trails at any of the entrances. There are more than two dozen trails to choose from, but one you might try is the Ahwingna and Native Oak Loop on AllTrails, which starts from the Hacienda Hills entrance. The canyons are shady and green with coastal live oak and chaparral.



WHAT TO EAT:

Classic Philly Cheesesteak from Philly Jay's Steaks

You can't go wrong with a popular mashup of cheese, fried onion, and paper-thin slices of steak on soft, fresh Amoroso's rolls – the key to an authentic Philly cheesesteak sandwich.



ERNEST E. DEBS REGIONAL PARK

Trail Length: varies
Drive from Alhambra: 16 min (approx.)

There are plentiful trail options that take you all around this nature reserve, so you can choose your own adventure. For a trail that takes you past a peaceful lake with turtles, fish, and expansive views of downtown LA, you might try the City, Lake, and Valley View, Summit Ridge and Scrub Jay Loop on AllTrails. You could even visit the Audubon Center and learn more about the 140 species of birds that can be found at the park. It's free admission and open to the public Thursdays to Sundays from 8 a.m. to 4 p.m. There are picnic areas all over the park and plentiful free parking.

WHAT TO EAT:

BBQ Brisket Sandwich from Burnt Belly

This park is perfect for a picnic, so you can afford to eat something a little messier. Try Burnt Belly's famous tender brisket sandwiched in between fresh buns, aioli, coleslaw, pickles, and pickled onions – just remember to bring lots of napkins!





Image courtesy of Nature for All

COLUMN: Biden is Expanding Protections for the San Gabriel Mountains. Here's Why It's Important

By Jaimie Ding, Editor

Just a short drive north of Alhambra is a sweeping expanse of pristine wilderness: the San Gabriel Mountains.

From Los Angeles, they tower dramatically up close over the downtown skyline, but the bustling sounds and lights of the city all but disappear once you begin your trek into the forest. Among the Douglas firs and ponderosa pines, you almost forget that you live in one of the most densely populated areas in the entire country.



I had the opportunity to see these mountains from up high when I boarded a six-seater plane and took off from the San Gabriel Valley Airport in April as part of efforts by Nature4All, a coalition of local organizations, to gain support for the expansion of the San Gabriel National Monument.

On May 2, President Joe Biden signed a proclamation to expand the monument, along with the Berryessa Snow Mountain National Monument in Sacramento.

This move comes as part of his “America the Beautiful” initiative, launched in 2021, which supports local conservation efforts around the country with a goal to conserve 30% of public lands and waters by 2030. The expansion of the two monuments is also part of the Biden administration’s commitment to honor areas of cultural significance to Tribal Nations and Indigenous peoples and expand access to nature, the White House said in a news release.

The monument, which encompasses parts of the Angeles and San Bernardino National Forests, was first established in 2014 by President Barack Obama after decades of advocacy from local groups demanding greater environmental protections for the region.

Supporters say the preservation of these public lands is an important part of

increasing equitable access to nature and improving public health in Los Angeles County, which lacks parks and open space.



This was apparent when I looked down from the plane and saw the endless suburban landscape dotted with the occasional reservoir and a surprisingly large number of backyard pools and tennis courts.

The cities of the San Gabriel Valley have beautiful parks for residents to enjoy, but the mountains are the true escape. From the sky, you can’t help but marvel at the roads carving their way through rugged rock and miles and miles of tan-colored dirt trails that snake through the trees. How did we get there to build those communication towers and concrete structures in the middle of nowhere?

It’s an impressive feat, to force our way into otherwise untouched wilderness and make a statement: man and nature must learn to co-exist. To truly appreciate nature, we must venture into it. Smell the crushed pine needles under your feet. Wipe your sweat under the blistering sun. Hear the animals that peer curiously at your presence before disappearing without a trace. Only then do you realize the importance of preserving this resource for generations to come.

I landed back on the ground with newfound appreciation for the San Gabriel Mountains. That same weekend, I hiked to Josephine Peak through Colby Canyon – a beautiful 8.3 mile out-and-back trail, one of the hundreds of trails available to us in the region. Recently, I hiked the beautiful Trail Canyon Falls to a waterfall oasis nestled in the mountains. But I also realized how much of the mountains lay beyond our reach that are just as important

to protect.

In May 2023, Senator Alex Padilla and Representative Judy Chu introduced legislation to expand the 346,177-acre San Gabriel Mountains National Monument by an additional 109,000 acres, which contains some of the most visited parts of the Angeles National Forest. The forest received 4.6 million visitors in 2021, according to the U.S. Forest Service, which is more than the Grand Canyon or Yosemite National Park received in the same year.

They also urged President Joe Biden to use the Antiquities Act to expand the national monument, just as Obama did. The 1906 law gives U.S. presidents the ability to designate federal public lands as national monuments with a presidential proclamation. Padilla and Chu’s legislation has been stuck in Congress.



“The Biden administration knows the value of protecting our public lands to combat climate change and ensure our communities have access to the outdoors,” Padilla said in an earlier statement. “I look forward to working with them to safeguard some of California’s most treasured natural landscapes and ensure they are around for future generations to enjoy.”

This expansion would also place sacred sites for Native American tribes, including an ancient site tied to the Fernandefio Tataviam Band of Mission Indians, under federal protection. More than 18 million people live within a 90-mile radius of the San Gabriel Mountains, and the Angeles National Forest provides one-third of the county’s drinking water.

The White House also mentioned the San Gabriel Mountains National Monument expansion area’s diversity

of wildlife, including many sensitive, threatened, and endangered species. Its canyons, scrub lands, and forests provide homes to several iconic California birds, including the endangered California condor, and contains key habitats for sensitive fish and amphibians.

With Biden’s designation on May 2, the U.S. Forest Service will establish a Federal Advisory Committee to advise the development of the management plan and management of the expansion. The committee will include state agencies and local governments; Tribal nations and Indigenous communities with cultural, traditional, or ancestral ties to the area; conservation organizations; and more.

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Your Insurance

Obtaining an Electronic Proof of Insurance Card

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



Regina Talbot
Talbot Insurance Agency
regina@reginatalbot.com

You can keep rummaging through your glove compartment. Or you can choose a better option: a digital insurance card.

Proof of auto insurance — that small, usually perforated ID card that arrives in the mail along with your insurance declaration — is designed to be slipped into your car's glove compartment. But it can just as easily slip your mind. If it does, and you're stopped for even the most minor infraction, the consequences could run up to hundreds of dollars in fines. As a State Farm customer, you may easily get your auto ID card emailed to you by providing your phone number and date of birth.

Who needs to see my insurance ID card?

There will be times when an insurance ID card is needed — whether in paper or digital form.

DMV: You'll need to provide it every time you renew your license plate.

Police: No matter the reason, if stopped you need to show license, registration — and that little ID card. Without it, you're likely to receive a stiff fine.

Claimants: After an accident, both the other person involved and the officer on the scene will want to see your insurance

How can I get my insurance ID card?

The State Farm Mobile App, which provides an electronic insurance card, was created especially for those who are prone to file away insurance ID cards along with their insurance declaration — or else overlook them both in the mail pile by the front door. It gives you instant access to electronic insurance ID cards, along with many other helpful and convenient functions. You can even add your electronic insurance card to your Apple Wallet.

In addition to our State Farm mobile app, there are two additional ways to obtain your State Farm auto ID card.

- Download or access the insurance ID card on the My Accounts site.
- Have a copy of your ID card emailed to you by simply providing your phone number and date of birth.

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

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Tax Tips

Tax Tips: Standard vs. Itemized Deductions

By Michael Aston EA

One of the first decisions taxpayers must make when completing a tax return is whether to take the standard deduction or itemize their deductions. There are several factors that can influence a taxpayer's choice, including changes to their tax situation, any changes to the standard deduction amount and recent tax law changes.

Generally, most taxpayers use the option that gives them the lowest overall tax.

As taxpayers begin to think about filing their tax return, here are some things they should know about standard and itemized deductions.

Standard deduction

The standard deduction amount increases slightly every year. The standard deduction amount depends on the taxpayer's filing status, whether they are 65 or older or blind, and whether another taxpayer can claim them as a dependent. Taxpayers who are age 65 or older on the last day of the year and don't itemize deductions are entitled to a higher standard deduction.

Most filers who use Form 1040 can find their standard deduction on the first page of the form. The standard deduction for most filers of Form 1040-SR, U.S. Tax Return for Seniors, is on the last page of that form.

According to the Instructions for Form 1040 and 1040-SR, not all taxpayers can take a standard deduction, including:

A married individual filing as married filing separately whose spouse itemizes deductions - if one spouse itemizes on a separate return, both must itemize.

An individual who files a tax return for a period of less than 12 months. This is uncommon and could be due to a change in their annual accounting period.

An individual who was a nonresident



Michael Aston, E.A.
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alien or a dual-status alien during the year. Nonresident aliens who are married to a U.S. citizen or resident alien, however, can take the standard deduction in certain situations.

Itemized deductions

Taxpayers who choose to itemize deductions may do so by filing Schedule A (Form 1040), Itemized Deductions. Itemized deductions that taxpayers may claim can include:

- State and local income or sales taxes.
- Real estate and personal property taxes.
- Home mortgage interest.
- Personal casualty and theft losses from a federally declared disaster.
- Gifts to a qualified charity.
- Unreimbursed medical and dental expenses exceed 7.5% of adjusted gross income.

Some itemized deductions, such as the deduction for taxes, may be limited. Taxpayers should review the instructions for Schedule A (Form 1040) for more information on limitations.

This information is from the IRS Tax Tip 2023-03.

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Managing Food Scrap Odors

By Republic Services

As the weather gets warmer, you may notice more odor from food scraps in your kitchen container or your curbside cart. Here are some tips to manage and reduce odors.

Kitchen Scraps Containers

- Store your kitchen scraps container or pail in the refrigerator, or empty it daily into your organics cart.
- Rinse your scraps container after you empty it.
- Line your scraps container with a paper bag or newspaper to absorb moisture.
- Give your scraps container a light dusting of baking soda to help eliminate odors.
- Store meat and dairy scraps in a container in the freezer, and dispose of them in your organics cart on collection day.

Organics Carts

- Absorb excess moisture with food-soiled paper, such as a pizza box.
- Wrap food scraps in newspaper, or place them into a paper bag.
- Freeze or refrigerate scraps, and place them into the cart on collection day.
- Place leaves or other yard trimmings

in the bottom of the cart, add food scraps, and then layer more yard trimmings on top.

- Clean the empty cart as needed. Simply attach an automatic shut-off spray nozzle to your hose, and use a high-pressure stream to spray the bottom and then the inside walls of the cart. Allow the water to sit for an hour. Then, drain the water out onto your lawn or another landscaped area. (Don't drain the water onto your sidewalk or driveway or into the gutter!) Let the cart air-dry in the sun.
- Sprinkle baking into the bottom of the empty cart.

Please remember — residents may not use regular plastic bags for food scraps! All food scraps should be loose, wrapped in paper, or contained in a paper bag or a certified biodegradable bag. If you use a scraps container in the kitchen, please empty it into the curbside organics cart or dumpster.

To learn more about our local services for residents and businesses, visit RepublicServices.com/municipality/Alhambra-ca.

At Fried Music, Music Is All About Community

By Jaimie Ding, Editor



If you talk to Fried Music owners Connie and Ben for five minutes, you'll see just how much they cared about their students.

They run a pre-college program every Saturday for students to have the opportunity to play chamber music with each other. They hold monthly recitals for students to practice their performance and listening skills. They create custom schedules for each student in their Summer Intensive program tailored to their skill level and age. They hold ear training and music theory classes and bring in outside experts to speak to students. And, to keep things fun, they even host video game nights.

The two opened their music school in September 2022, taking over a space on Main and Second Street. Now, they've grown to nearly 100 students with 11 other faculty members teaching piano, violin, viola, cello and classical guitar.

"It's a huge risk to take on this kind of overhead, but we wanted to do it because we wanted our kids to have community," Connie said. "We wanted them to be able to meet the other students, make friends, play for each other, things like that. Because private lessons are just private lessons, you know, and it's a universal struggle with practice."

For Connie Kim-Sheng Fried, music runs deeply in her blood. She started piano at age three, taught by her mother — who had a masters in music and piano performance — in their La Crescenta home. She studied with teachers at USC, the Colburn School, and eventually went to the Glenn Gould School in Toronto, one of the top music conservatories in the world. Her father is a respected violinist

and luthier in Los Angeles and comes from an entire family of violinists in China.



Ben Fried also began piano and cello at a very young age. Originally from Chicago, he began studying with celebrated cello teacher Hans Jensen from Northwestern University at age 11 and eventually attended Eastman School of Music.

The two met in 2017 during their doctoral studies at USC's Thornton School of Music and now have a seven-month-old toddler — whose music education will begin when he turns two-and-a-half.

"They are both so dedicated to teaching the students," said Lucy Liao, whose daughter and son both take piano lessons at Fried. "The kids love going to their lessons. They don't love practicing but most kids don't; they love going to the lessons because the teachers, they can feel that dedication and that they care for them."

Both Liao's kids — age 11 and 13 — also participate in Fried's pre-college program, with Liao making the long drive from Santa Monica every Saturday.

"They never complain about going, and that's 10 a.m. - 5:30 p.m. for these young kids," Liao said. "That's rare, for them to not complain. 'Ugh I don't want to go today,' they never say that, they just go. And trust me, my kids complain about things."



The culmination of the pre-college program was a concert at Alhambra High School on May 18, where students of all ages performed pieces from Beethoven to Mendelssohn. Audience members were also treated to the world premiere of faculty member Wesley Chu's piano concerto, and a performance by concert competition winner Kailey Yun, who flew in to perform.

Connie and Ben's vision for their music school has been years in the making, however. They began teaching while graduate students at USC, sometimes at music schools and other times traveling to do home lessons. At one point, Connie herself was taking Ubers from USC to Alhambra for a student.

During the pandemic, they were thrown out of their apartment due to noise complaints even during the day — despite the fact that practicing their instruments was a key part of their doctorate education

and livelihoods. That was the impetus for renting a house in Alhambra, where their home studio grew and grew until it was simply too crowded to hold performance classes there. They found the perfect space for Fried Music only a few minutes walk away.

"Over the years, we'd always talk, 'Oh, we wish we could have a chamber music program. We wish we could have a pre-college program. We wish we could have this and that and we wish we could have a summer program and we'd sort of tried to work out these ideas," Ben said. "Once we opened here, it was like all of those ideas that we had before started to flood in for us and then we were able to sort of bring them to fruition."

Now, they've even leased a second location at 226 W Main St. for recitals and performances, which can be rented by the public for events.

The youngest student at Fried Music is only four years old, learning piano from Connie. They also have a separate program for adults. Students travel from as far as Manhattan Beach and Orange County for their lessons.

"The way we function here is that the values have to come first," said Ben. "And the education has to come first and then we always work it out how to make that happen."

The two put immense care into their programs, from the pieces the kids are playing to the ages of the kids assigned to a chamber group. The younger kids need more breaks in their practice schedules, but do better in the vicinity of older students, while older students will take on more responsibility when they're with younger ones.



"I think a lot of this is about us kind of extrapolating from our own lives things that we felt were really meaningful, trying to sort of bring that to the kids," Ben said. "The network you build in this small classical music world as a youngster is something that ends up following you the rest of your life."

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Wendy's



Kona Ice truck owner Gary Sunda poses with "Crazy Rich Asians" soundtrack singer Katherine Ho.

Kona Ice Hawaiian Shaved Ice Truck Fundraises for Schools

By Jaimie Ding, Editor

Gary Sunda is the most popular dad at school.

He drives a brightly colored tropical-themed truck with a penguin in a Hawaiian shirt on the side, a sight that draws elated cheers from the kids that see it arrive.

He's owned this Kona Ice Hawaiian shaved ice truck since 2021, but it hasn't gotten old.

"Our main initiative these days is fundraising and donating," said Sunda, 50. He donates up to 25% of proceeds to local schools and churches and has given back thousands of dollars over the years. "We're more impact-motivated these days rather than money-motivated."

Founded in Kentucky, Kona Ice is the largest shaved ice franchise in the country, with more than 1000 trucks across 49 states and even some in Canada. There are several in Los Angeles County, each with their own zip codes that they can operate in.

"It just made sense; it's an easy food truck to run," Sunda said. "It's branded already so people know what it is, especially in the Arcadia area."

Gary's truck also serves Alhambra, vending at events and often supporting local businesses as they treat their employees to a special treat.

Sunda was born and raised in Monterey Park and has lived in Arcadia for six years. His wife, Vanessa, is an office manager at a law firm. His oldest son has graduated college already and is an environmental geologist, while his younger son is 15 and daughter is 11.

Whenever he has free time, he'll park the truck at a school for an hour or so

after school, giving a percentage of money generated to the school. If they have a theater program, he'll request that the money goes to that department specifically.

"My son was in theater and he was heavily impacted by the elementary and middle schools around here," Sunda said. He brought his truck to his son's 8th grade graduation party last year. Now in high school, his son loves to participate in theater productions.

He also works with local churches and other non-profit organizations – 80% of the events he brings his truck to are for fundraising, he said.

Sunda's other passion is Brazilian jiu jitsu, which he says is the most effective form of self-defense over other kinds of mainstream martial arts like taekwondo.

He is currently training and volunteers with jiu jitsu classes on the weekend, but hopes to open his own studio one day.

"I've seen people grow, I've seen their confidence increase," Sunda said. They learn "how to remain calm under pressure."



Moo Tea's New Owners Want to Hold Space for Community

By Jaimie Ding, Editor

Husband-wife duo Alan and Sam Fang took over boba shop Moo Tea only a few months ago, but they have big plans for the shop's future.

"For me, I really want it to be a place where people feel like they can come and connect with other people, not just grab a boba and go," said Sam Fang. "When I was a kid growing up there were a lot of public spaces where kids could hang out and be comfortable and not be called loitering."

Alan works full-time as an embryologist and Sam as a high school teacher, but the two saw their opportunity to make a foray into entrepreneurship when the previous owner of Moo Tea was moving back to China. Now, Sam is taking a hiatus from teaching while taking care of their seven-month-old baby and helping out around the shop, three-year-old daughter in tow.

Located in the same plaza as 168 Market on Valley Boulevard, Moo Tea offers a variety of milk teas, fruit teas, smoothies, and purple yam drinks.

Alan said his daughter already knows everything on the menu and loves to greet customers that enter the store.

"She'll go up with the menu, like 'What would you like to order?'," Alan said. "She plays host very well."

Alan and Sam are focusing on improving the space to turn it into a "hangout" spot, potentially even making a small play area for children to make it more family friendly. They also plan to update the menu down the line.

"My mom has a vision of how she wants the shop to look and how she wants it to function," Alan said.

As a high school teacher, Sam is often involved with community outreach and school fundraisers with local businesses.

"We'd love to work with schools and do fundraisers," Sam said. "We're hoping to maybe even feature artwork; I'd love to have young artists feature work at the cafe."

A SoCal native, Sam grew up in the San Fernando Valley and Glendale areas, while Alan came from Taiwan. The two met at UC Davis on their first day of college and quickly started dating. After graduating and living in the Bay, they moved back south and lived in Reseda for a few years before moving to Altadena.

Though this is their first time owning a business, Alan worked at a boba shop when he was in high school in Taiwan. Their first few months running Moo Tea hasn't been without hiccups however; their store was broken into after just three weeks.

It's "going better now," Alan said, with both him and his wife closely involved with the businesses and working shifts on the weekends. Many of the employees are extended family members in the area.

Overall, the flavors at Moo Tea – and the food in the San Gabriel Valley – remind Alan of home.

"Trying to recreate my childhood tastes, if you will," Alan said.

They strive to keep the toppings and drink ingredients hand-made and as natural as possible, such as their signature purple yam paste, with tea leaves imported from Taiwan. Since they have young children, they want parents to be able to give the drinks as healthy options to their kids.

Go Back In Time This Summer With Downtown Alhambra's 3rd Annual Downtown Decades Celebration



Downtown Alhambra proudly brings back their annual Downtown Decades celebration this summer on Saturday, July 13th.

Downtown Decades celebrates the iconic eras of the 70s, 80s, 90s, and the

unforgettable 2000's period throughout the Downtown Alhambra businesses. Participating businesses will have decorations, music and themed special features representing their favorite decade.

Join the big celebration party at its hub based at 28 West Bar located at 28 W. Main St. from 5pm to 11pm. There will be a costume contest, goodies will be given out and you will have the opportunity to listen to all of

your favorite flashback tunes. Save the date for Saturday, July 13th and RSVP at downtownalhambra.com or visit Instagram at [@downtownalhambra](https://www.instagram.com/downtownalhambra) for more information.



A statue of Alhambra's founder, Benjamin Davis Wilson, is one of three bronze statues that can be found in Alhambra and which commemorate early Alhambrians.

Photo credit: Alhambra Historical Society

Hidden in Plain Sight: Discover Alhambra's History

By Joyce Amaro, Alhambra Historical Society

As summer beckons, why not spend a June day outside in Alhambra learning about three people in our town's history through the statues that honor them? Hidden in plain sight, you've probably walked past one of these sculptures a few times but never stopped. But here's your chance—a fun and interesting way to spend a day, exploring Alhambra and learning about three men who played important roles in our city's history.

Start your morning at Almansor Court with breakfast at Birdie's Grill (700 S Almansor Street) and then stroll around Almansor Park's walking track. Along the way, you'll enjoy the beautiful lake and fellow Alhambrians playing basketball or a pick-up game of hackysack. Take a moment to pause at the small circular seating area named Kiner's Korner located west of the baseball fields. You'll notice a bronze statue honoring Ralph Kiner in the middle. Kiner grew up in Alhambra, graduated from Alhambra High School in 1940, and played major league baseball for 10 seasons with the Pittsburgh Pirates, Chicago Cubs and Cleveland Indians. He led Major League Baseball in home runs for six consecutive seasons and the National League for seven consecutive seasons. He was inducted into the Baseball Hall of Fame in 1975. Fun fact: Kiner was a baseball broadcaster for 53 seasons and is the third longest-tenured broadcaster in baseball history behind Vin Scully and Jaime Jarrin.

After your morning walk, you'll be ready for lunch in downtown Alhambra at Lovebirds Café and Bakery (10 S 1st Street). Before enjoying a favorite sandwich and pastry, visit the courtyard just to the south of the restaurant. There, you'll find another statue and a mural commemorating James deBarth Shorb, an early Alhambra influencer. Shorb was the son-in-law of Benjamin Davis Wilson, Alhambra's founder. He had a big impact on

the San Gabriel Valley and is credited with helping establish the cities of Alhambra and San Marino. At one point in the late 1800s, he owned and operated the world's largest winery, the San Gabriel Wine Co., which was located at the site of present-day Target. He also donated the 15 acres of land upon which Alhambra's Ramona Convent Secondary School now resides, served as president of the Los Angeles and San Gabriel Valley Railroad Company and was elected LA County Treasurer in 1892. Fun fact: At its most productive stage, Shorb's San Gabriel Wine Co. had a capacity of 1.5 million gallons and could crush 500,000 pounds of grapes daily.

After lunch, it'll be time for a matinee at Alhambra's Regal Edwards Theater (1 E Main St). Before going into the theater, take a minute to look at the courtyard statue that honors Alhambra's founder, Benjamin "Don Benito" Davis Wilson. Born in Tennessee in 1811, Wilson came to California in 1841. In 1844, he married his first wife Ramona Yorba whose father, Bernardo Yorba, had land holdings including present-day Santa Ana and Yorba Linda. Wilson would go on to be the second mayor of Los Angeles and also serve as an LA County supervisor and a state senator. He and his second wife, Margaret Hereford, would have four children. His daughter Ruth married George Smith Patton; their son was World War II General George S. Patton, Jr. Fun fact: Wilson named Big Bear Lake, and Mt. Wilson is named after him.

Interested in discovering more about Alhambra's dynamic and robust history? The Alhambra Historical Society Museum (1550 W Alhambra Road) is open from 1:00 p.m. - 4:00 p.m. on the first and third Saturday of every month. You can also learn more online at alhambrahistoricalsociety.org or follow the Alhambra Historical Society on Instagram @alhambrahistory.



Alhambra Rotary Club Celebrates 100 Years of "Transcendence"

By Gary Frueholz, Engel & Volkers Real Estate

Transcendence allows a person to extend themselves beyond what they normally could experience as an individual. Transcendence transports an individual to a place where they can be part of something greater than one's self. Rotary allows Alhambrians to experience transcendence. And the Rotary Club of Alhambra is celebrating its Centennial Anniversary this June.

"We are celebrating 100 years of service above self," said Greg Cheng, President of the Rotary Club of Alhambra. Rotary is a global network of 1.2 million neighbors, business leaders, and problem-solvers who unite to create lasting change on the international and local levels. Rotary International groups clubs into districts throughout 160 countries with a range of 45 to 60 clubs in each district. There are nearly 27,000 clubs worldwide.

Rotary takes action on persistent global issues such as eradicating polio, water purification projects with lasting maintenance and logistical support, and treatment of children with cleft lips. On the international stage, Rotary partners with state of art institutions such as UNICEF, the International Red Cross, and the Stanford University Medical School.

The Rotary Club of Alhambra was chartered in 1924 and has organized hundreds of local projects to benefit our city and the San Gabriel Valley. Alhambra's Rotary Club has touched lives with projects that provided scholarships for local aspiring students, wheelchairs and crutches for polio victims in foreign countries, eyeglasses for Haiti, teacher mini-grants for teachers in the Alhambra

Unified School District, and Christmas and Thanksgiving food baskets and gift cards for needy Alhambra residents. Our city's Rotary Club has teamed up with organizations such as Target, the Ratkovich Company, the Children's Hospital, Alhambra Fire Department, Alhambra Police Department, YMCA, the Ronald McDonald House, and the Doctor Tim Siu family on various service projects. And the club has sponsored international student programs along with projects in Thailand, Mexico, Ghana, Ukraine, and Turkey.

To commemorate this centennial event and service to the community, the Rotary Club of Alhambra has dedicated a brass sculpture depicting two children sitting on a bench reading a book by the entrance to the Alhambra Library. Also, to celebrate Alhambra Rotary's 100 years of service, the club is having a banquet at Almansor Court on June 28 at 6:00 p.m. to honor its century of service, the demotion of Cheng, installation of new president Ayla Jefferson, and the upcoming merger with the Rotary Club of Monterey Park. The event is open to the public and tickets for \$100 can be purchased by contacting Cheng at 626-757-1274. The theme for the banquet is Polynesian with casual dress. Weekly meetings are held the first, second, and third Tuesdays of each month at noon in Vino's Back Alley, 10 N. 1st Street here in Alhambra. Everyone is welcome to these luncheons.

Rotary allows its members to reach for a higher level of fulfillment and happiness through their service to others. And as Cheng said, "Service above self, fuels our minds, bodies, and souls."

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AAUW Alhambra San Gabriel Celebrates Incoming Board

By Jackie Fisher

The AAUW Alhambra-San Gabriel branch met to authorize the installation of its 2024-2025 board in Kathleen Doty's beautiful backyard on Saturday, May 11. This board will preside during the Alhambra-San Gabriel branch's 80th year. It was founded in 1944.

Marilee Wood, incoming president, heartily thanked Joe Des Barres, outgoing president, for his excellent leadership these past three years, and presented him with members' gratitude and a Vroman's gift card. In an article thanking Joe for "exemplifying strength and perseverance in fighting for justice and humanity," Wood quoted Rachel Daly, British Soccer Star, newly retired... "Don't cry because it's over, smile because it happened."

Kathleen Doty, the branch's Installation Chair, installed Marilee and the new board. They are Tiffany White and Cyndy Ramos, Co-Treasurers, Betty Morin, Secretary, Deanna Arthur and Lovey Sherman,

Co Program Vice Presidents, Veronica Alvarez, Membership Vice President, Jane Anderson, AAUW Fund Vice President.

As part of her induction speech, Wood shared her personal vision which includes inspiring and embracing her audience, emboldening our commitment to our community and initiating pathways to support girls' achievement in science and math. She urged members to stay informed about Title IX and other legislation, to vote on lifting the education bar to joining AAUW, and to renew our membership, online if possible. She is excited to "work with smart, talented, committed leaders with years of experience," she said. "I am new, but I remain willing to learn."

For more information about this long-standing group that seeks to bring people together for the common goal of breaking through educational and economic barriers for women and girls, please visit <https://alhsangab-ca.aauw.net/about-us/>.

Alhambra Pumpkin Run Presents Wondries Automotive Group With Gratitude

The Alhambra Pumpkin Run team recently honored the Alhambra Wondries Automotive Group with a well-deserved plaque for their pivotal role as the title sponsor of the 2023 event. This beloved annual run/walk extravaganza not only fosters community camaraderie but also serves as a crucial pillar of support for Alhambra schools. The proceeds from this event are channeled towards the Alhambra Educational Foundation, aiming to enrich educational experiences for students across the district.

To delve deeper into the Alhambra Pumpkin Run and explore avenues for contributing to its future endeavors,

interested individuals can visit their website at www.alhambrapumpkinrun.com. For those keen on staying in the loop regarding upcoming events and initiatives, the Alhambra Pumpkin Run's Instagram account, @alhambrapumpkinrun, is the go-to destination.

This collaborative partnership between local businesses, community organizations, and educational institutions epitomizes the vibrant and supportive ethos of Alhambra. It serves as a testament to the unwavering commitment towards the growth and prosperity of our schools and students, ensuring a promising future for generations to come.



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Ramona Convent Music Students Attend Disney Workshop

By Veronica Fernandez

Ruth Ballenger, Ramona Convent Music Director, and her choir students were recently invited to Disney's Imagination Campus for the opportunity to attend a workshop led by vocal industry professional and vocal contractor, Vangie Gunn-Goodwin. Gunn-Goodwin is known for Zootopia (2016), Spider-Man: No Way Home (2021) and Family Guy (1999). Under her guidance, Ramona Convent singers unlocked the magic of storytelling through iconic soundtracks from Disney films. They were immersed in a recording studio environment where they sight-read music and learned how to analyze their own performances. They even recorded two successful tracks: "The Muppet Show Theme Song" and "True Love's Kiss" from the movie "Enchanted." Singers also had time to visit "The Happiest Place On Earth" to enjoy the park's amazing food, attractions, and entertainment. And

yes, their excited screams from rides like the Matterhorn, Big Thunder Mountain Railroad, Space Mountain, and more were joyous and in perfect harmony.

The arts are a vital part of a Ramona education. The music department believes that every student should be able to nurture an intimate connection between her creative spirit through expression in the arts, including the performing arts.

Ramona, celebrating a legacy of 134 years of distinction, is a welcoming Catholic college-prep high school for young women committed to excellence in education. Graduates are empowered, resilient, socially conscious leaders well prepared to meet the challenges of life as contributive members of the global community.

Ramona Convent Secondary School, 1701 W. Ramona Rd., Alhambra, CA 91803, (626) 282-4151 or visit www.ramonaconvent.org.



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Emmaus Lutheran School Takes Education on the Road

By Rebecca Marousek

At Emmaus Lutheran School, education extends beyond the classroom walls. Through diverse and immersive experiences, students enhance their academic knowledge and develop a deeper appreciation for the world around them.

Emmaus Lutheran School's students recently embarked on a couple of memorable educational field trips.

Some of our 7th and 8th graders traveled to Washington, D.C. and New York where they delved into our nation's history, visited monuments, paid respects at memorial sites, and even attended a Broadway show. This trip offered students a comprehensive educational experience, blending historical knowledge and our Christian heritage with cultural enrichment.

The junior high students also attended a four-day outdoor education camp at Palomar Christian Camp. This annual trip offers students a unique opportunity to learn, grow, and connect with nature in a hands-on setting.

During their time at camp, students participated in hands-on science classes where they learned essential outdoor skills. Beyond academic subjects, students also engaged in leadership and teamwork activities. The low ropes course challenged students to work together, communicate

effectively, and develop their leadership skills in a fun and supportive environment. Each afternoon, students had the opportunity to enjoy a range of outdoor activities, including paintball, horseback riding, zip-lining, and archery.

A highlight of the trip for many students was the chance to draw closer to the Lord through devotions and campfire worship. Singing praise songs under the stars and sharing in meaningful discussions helped students to dive deeper in their faith and create lasting memories with friends.

But the adventure doesn't stop there. Emmaus Lutheran School extends its outdoor and off-campus learning opportunities to other grades as well. Recently, students in grades three and four took the train to visit the mission in San Juan Capistrano. In addition, the fifth and sixth graders enjoyed an overnight trip to the Safari Wild Animal Park in San Diego, where they learned about animals and experienced the fun of camping.

Whether it was across the country, or in the heart of southern California, these educational experiences and memories will last a lifetime. For more information about Emmaus Lutheran School please visit www.EmmausAlhambra.org or call (626) 289-3664.



Katie Livadary was surprised when the Helpful Honda People started wheeling out multiple carts full of school supplies – and announced it was all for her and her students. Colleague Amy Walsh was the one who nominated Livadary for recognition. She helped select the supplies and was one of the few people who was privy to the secret ahead of time.

Helpful Honda People Celebrate Garfield's Katie Livadary during Teacher Appreciation Week

Most Garfield teachers, including Katie Livadary, thought the May Pat-on-the-Back assembly would be just like the previous months, but at the end of the student celebration, principal Dr. Stephanie Richardson welcomed several representatives from Southern California Honda Dealers. Wearing their familiar blue Helpful Honda shirts, they announced they were surprising Mrs. Livadary with \$5,000 worth of classroom supplies as part of their celebration of Teacher Appreciation Week.

The crowd of K-3 students, staff members, and parents erupted into loud applause, emphasizing their agreement that Mrs. Livadary was deserving of this and many other accolades. It was Livadary's friend and colleague Amy Walsh, who nominated her for this recognition. Walsh, principal Richardson, and assistant principal Jennifer Alcala were among the handful of Garfield staff members charged with keeping the announcement a surprise. The supplies were carefully selected by Richardson and Walsh, based on Livadary's unique strengths and academic efforts, and included art supplies, a voice amplification system, floor cushions, storage units, LCD drawing tablets, a bluetooth speaker, STEM toys, and much more. Livadary and her students were delighted by the huge, unexpected haul of new surprises, and are looking forward to using them.

Livadary, who has taught 12 years at Garfield (and a total of 23 in AUSD), is a teacher who is adored and admired by parents, students, and colleagues. They refer to her as a "one in a million teacher" who bleeds "Garfield spirit." They also point out that she puts her whole heart into all of Garfield's school-wide activities, dresses

all out for spirit days, and greets every kid she sees in the hallway. If Garfield has a fundraising activity, you are guaranteed to see Mrs. Livadary there. She has been referred to as "the epitome of school spirit."

Livadary believes school should be fun, so she created an annual friendly competition called the Garfield Games – an Olympic-style monthly competition where a lower grade and an upper grade classroom work as a team to earn points. Competitions include academics, sports, games, and the arts. Livadary has taken over key site leadership roles and frequently leads the whole staff in engaging warm-up activities that expand thinking and motivate others to try new things in their classrooms.

Garfield, a Turnaround Arts School, has a strong emphasis on visual and performing arts. Livadary is a leader in the Arts Program at Garfield. She volunteers countless hours and has been a key component to the success of the outstanding musicals the school puts on every year. Additionally, this year she even created a new club associated with drama and the musical, while leading a group of middle school students in set creation and design. She serves on the School leadership/Arts committee, Drama stage crew, and is the PTA liaison.

Katie Livadary was instrumental in the resurgence of the school PTA. What began as a parent group she formed soon turned into a full fledged PTA with Livadary's guidance and know-how. She now attends all of the PTA meetings and contributes valuable insight and ideas. Perhaps PTA leader Sophia Torres summed it up best, "Mrs. Livadary is the heartbeat of Garfield, and there is no one more deserving."



State Superintendent of Public Instruction Tony Thurmond officially presented the California Distinguished School Award to Mark Keppel on May 3rd. (photo credit: California Department of Education)

Mark Keppel Receives Prestigious California Distinguished School Designation

Mark Keppel High School was one of 293 middle and high schools selected for the prestigious 2024 California Distinguished School Program, one of the state's most important ways to celebrate exceptional schools for their innovation, talent, and success in supporting students.

To select California Distinguished Schools, the California Department of Education (CDE) uses multiple measures to identify eligible schools based on their performance on the state indicators as specified on the California School Dashboard (Dashboard). Specifically, 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.

"This recognition is a testament to the hard work and dedication of the entire school community, including students, teachers, staff, and parents," declared MKHS principal Jeannie Gutierrez. "Again and again, our team proves its commitment to excellence in education and doing what's

best for students. I am thrilled California has recognized us as a Distinguished School and am so extremely proud to be Keppel's principal."

Mark Keppel received their official award on May 3rd at a special ceremony at the Disneyland Hotel. MKHS was proudly represented at the event by Principal Gutierrez, assistant principal of instruction Amy Wu, and teachers Danielle Acuna, Juvaliet Lopez, and Kendra Bradford.

"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," said State Superintendent of Public Instruction Tony 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."



What an amazing night for AUSD at the annual LACITEA banquet: three scholarship recipients, two professional awards, and over 20 friends, colleagues, and family members to cheer them on!

Alhambra USD Shines at 2024 LACITEA Awards

At the recent Los Angeles County Industrial and Technology Education Association (LACITEA) Annual Awards Banquet, there was much to celebrate as five members of Team AUSD were honored!

These three high school students, all from Mark Keppel High School, each won \$3,000 scholarships: Elvin Yang (engineering), Dominic Salazar (woodworking), and Jodee To (graphic design). Additionally, two faculty members were recognized with professional awards. Mr. Ademar Saccone, MKHS engineering teacher, was named the LACITEA teacher of the year.

"I'm incredibly proud of the accomplishments of Mr. Saccone and these three outstanding Career Technical Education students," stated Dr. Leann Huang, Coordinator of College and Career Preparation. "CTE does not always get showcased, so it's exciting to see so many members of our program get the recognition they deserve."

Dr. Huang almost neglected to mention that she was the other AUSD member to receive an award as she was named the LACITEA administrator of the year. Congratulations to these outstanding AUSD CTE students and educators, and thank you to Mr. Saccone, Dr. Huang, and the rest of the CTE teachers and staff members who work tirelessly to help our students become life-and-future ready.



PLUS students worked with their site teams, and with peers from across the district, to develop their leadership skills and plan for implementation at their individual schools.

PLUS Leadership Summit Empowers AUSD Students to Be Leaders on Their Campus

Creating a supportive and inclusive school environment requires the collaborative effort of both the students and the adults on campus. Each AUSD campus has a strong group of students who have taken on this responsibility by partnering with their advisory and administrators through the PLUS program at their schools.

PLUS (Peer Leaders Uniting Students) is the student voice component of

Alhambra USD's PBIS (Positive Behavior Interventions and Supports) system. These PLUS students meet weekly with their PLUS teacher advisor, with a common goal of building inclusive schools alongside their educators.

During the recent PLUS Student Forum on April 30th, middle school and high school PLUS members engaged in a series of activities (led by presenter John Vandenburg) including: Back in

the Day, Get on the Bus, Three Things you Value, and High Five. Through these group activities and team-building exercises, students learned the value of working together with other students who shared their passion for making a positive impact in their communities to reach their common goals. Students were inspired to take their learning from this fun, but intensive, day of learning and replicate the activities at their sites.

"As I watched these PLUS leaders engaging with each other and developing their leadership skills, it made me excited about the potential next steps they will take at their schools," explained Dr. Wendy Molina-Solis, Director of Multi-Tiered Systems of Success. "I am looking forward to seeing how they will implement what they've learned during the Leadership Summit to build relations and create a positive school climate."



Everyone agreed that Granada's car show was a resounding success for the school and the community. Pictured here are Board of Education clerk Ken Tang, principal Rosa Soria, and campus supervisors Agustin Ramos and Raul Ramirez. (Photo Credit: Ken Tang)

Granada Community Bonds Over Classic Cars

The playground at Granada School was packed with 160 vehicles, as Granada hosted a classic vintage car show for the first time. This was not just a school event, as its purpose was to connect the school with the local neighborhood and the greater community.

Granada opened their gates and welcomed students, families, neighbors, and car enthusiasts from all over the San Gabriel Valley and beyond. As one of AUSD's six Community Schools, Granada is working to unite its campus with educational and community partners and services to support the "whole" child and their families.

In addition to the classic vintage cars on display, the family-friendly event featured free vision screenings, arts and craft activities for the children, dental informational booths, live music,

folklorico performances, free books, food vendors, and much more! Students also served as informal judges and voted for their favorite vehicle.

Although the main focus of the event was to bring the community together, the car show event coordinator agreed to donate the vehicle entrance fees to the school, so they were able to raise \$3,500 to support academic programs and enrichment activities for the students.

"This was a brand new event for us, so we were a bit nervous during the planning stages," explained Granada principal Dr. Rosa Soria. "But it turned out even better than we expected. We had a tremendous turnout and it was an incredible day of fun and connection. We may have just found a new annual tradition for our school!"



This strong and powerful team of Mark Keppel High School poets passionately shared their original pieces of poetry and ended up winning the Get Lit Poetry Slam – the third time (and likely not the last time) the team from MKHS ended up on top. (photo credit: Dottie Burkhardt)

MKHS' SNAP Team Triumphs Again as the Get Lit Poetry Slam Champs for the Third Consecutive Year

Mark Keppel's SNAP (Speak Now All Poets) team of Zenina Adao, Abby Gong, Samantha Rios, Maryam Tall, and Gabby/Lex Wong were a force to be reckoned with as they demonstrated the power of the spoken word.

During April, National Poetry Month, the team competed in the Get Lit Classic Slam Poetry Slam. For the third time, the MKHS team made it to the competition finals and then – once again – emerged victorious. Their powerful original poetry included deeply personal pieces that represented tough topics and difficult struggles. "I got into some really personal parts of stuff that's happened, and I think that's really the key of it; not being afraid of our darkest hours– embracing it, and using the competition to turn it into something new," explained senior Samantha Rios.

The Classic Slam is the culmination

of Get Lit's in-school programming and one of the largest Spoken Word events in the country. Now in its 13th year, the Classic Slam has grown into a multiple-day event and brings together some of Los Angeles' best young poets to compete at the highest level. Competitors perform classic/contemporary poems as well as original Spoken Word responses in front of a panel of judges.

MKHS' advisor Dottie Burkhardt was extremely proud of the vulnerability and resiliency the students showed through their personal pieces. "What I love about this year's poems is that they are so diverse in subject matter," reflected Burkhardt. "We run the spectrum of what I think teenagers are confronting, trying to manage, and grapple with. I think for that reason, I'm particularly impressed with this year's poets."



Over 300 attendees participated in the AUSD's first Parent and Community Empowerment Summit. Through strong on-going partnerships with community-based agencies like the ones pictured here, the district is able to connect students and their families with much-needed programs and services.

AUSD Hosts Successful Parent and Caregiver Empowerment Summit

AUSD's Student Support Services hosted its first ever PACES (Parent and Caregiver Empowerment Summit) event, drawing a large crowd of parents and caregivers eager to strengthen their family and community connections. The event, themed "Fostering Connectedness and Belonging," featured a strong lineup of workshops and activities designed to provide valuable tools and insights to help families at school and at home.

The summit kicked off with a welcome breakfast, followed by a series of workshops covering essential topics. Among the highlights were sessions on digital parenting, where participants learned strategies for managing their children's screen time and online safety and a workshop focused on mental health that provided parents with techniques to support their children's emotional well-being.

A favorite portion of the morning was the "Empower Hour," which included interactive stations promoting self-regulation and mindfulness. These activities allowed parents and caregivers to experience hands-on techniques for managing stress and modeling these practices for their children.

The Resource Fair was another key component, featuring booths from various community partners. Attendees had the opportunity to gather information on local services and programs available to support their families.

Lindsey Ma, assistant superintendent of Student Support Services, praised the event's impact, stating, "PACES was a vital initiative for our community. It provided parents and caregivers with the tools they needed to create supportive home environments and build stronger, more supportive relationships with their children. I am grateful for my team's hard work to pull together this event, the amazing turnout, and the positive feedback we've received."

The summit concluded with a luncheon, allowing attendees to network and discuss their experiences. The event's success underscores the district's commitment to fostering a supportive and connected community. Everything at this event – sessions, breakfast, lunch, and resource materials – were provided to the attendees at no cost, eliminating yet another barrier that might have prevented families from reaching out and seeking support.



There was much to celebrate at Northrup School as the Mandarin Dual Language Immersion students were celebrated for reaching a significant milestone as they worked to become biliterate in both English and Mandarin.

Mandarin Dual Language Immersion Students Recognized at Biliteracy Pathways Ceremony

AUSD's Mandarin Dual Language Immersion program celebrated a significant milestone as students moved closer to becoming literate in TWO languages. The California Department of Education recognizes the dedication and extra efforts put forth by students in Dual Language Immersion programs and gives them the opportunity to be recognized by graduating high school with the prestigious California Seal of Biliteracy on their diploma.

At key checkpoints along the way (at the end of grades three, five, and eight), students are recognized for meeting their milestones on their journey to being bilingual and biliterate. Students, parents, and district officials gathered at Northrup School at the end of April to acknowledge students' progress, highlighted by student speeches, delivered in both English and

Mandarin. Students received certificates commemorating their achievement and then enjoyed opportunities to memorialize the day at a special photo station.

"I'm so proud of our Mandarin DI students, and the amazing staff members who teach and support them," said Northrup principal Lindsay Gilbert. "Being bilingual is a gift, but it's a gift that requires hard work and practice to achieve. I'm impressed by how much these students have already learned and how much further they will progress in the years to come."

Students who meet all required criteria at the end of high school will have the Seal of Biliteracy affixed to their diplomas, signifying their proficiency in multiple languages and setting them on the path to becoming global citizens.



The annual woodworking banquet gave an opportunity for the CTE program to present about 50 awards and certificates, with the most prestigious one, the Richard Nicholson Award, going to Avian Thai (center) from MKHS. (photo credit: Chloe Cheung)

Star Woodworking Students Honored at District's Annual Banquet

AUSD's sixth annual Student Woodworking Awards Banquet took place last month on May 8th. This event recognizes students for their technical competence, creativity, motivation, and dedication in woodworking.

The district's most prestigious honor, the Richard Nicholson Award, is a coveted award that goes to only one student in the district who demonstrates the qualities of ALL the other awards and is selected by AUSD's industry partners and members of our advisory committee. This year, the recipient of the Richard Nicholson Award will also receive a Lie Nielson block plane and a \$350 gift certificate from Bohnhoff Lumber. AUSD is proud to congratulate the 2024 recipient of the Richard

Nicholson Award: Avian Thai from Mark Keppel High School.

Our Career Technology Education (CTE) department would like to give special thanks to our generous sponsors Bohnhoff Lumber, Bessey, Howard Products, Titebond, Lie-Nielson, AWFS and SWM. "We honestly could not hold these award banquets each year without the generosity of our long-standing sponsors and community partners," professed Dr. Leann Huang, Coordinator for College and Career Preparation. "I am sincerely appreciative of all they do for us year after year, and thank them for making this event possible!"

Visit www.ausd.us/cte to find out more about our CTE classes.

**ALHAMBRA COUNCIL
2024 SCHOLARSHIP RECIPIENTS**





Andy Taing
AHS



Justin Wang
AHS



Kaitlyn Wong
MKHS



Emilio Hernandez
SGHS



Natalia Perez
SGHS

Alhambra Council PTA Announces 2024 Scholarship Recipients

Congratulations to the 2023-2024 Alhambra Council PTA Scholarship Award winners. These young scholars have each won a \$750 Scholarship to use towards continuing their education: Andy Taing - Alhambra High School, Justin Wang - Alhambra High School, Kaitlyn Wong - Mark Keppel High School, Emilio Hernandez - San Gabriel High School, and Natalia Perez - San Gabriel High School.



AHS Students Featured Guests on LACOE's Podcast

Alhambra High School juniors (and Academic Decathlon superstars) Kenneth San and Kevin San were the special guests on a recent episode of the Los Angeles County Office of Education's (LACOE) podcast, "Let Me Add to That..." In celebration of Asian American Heritage Month, Kenneth and Kevin were invited to join Dr. Yvonne Chan (LACOE Board President) and host Elizabeth Graswich (LACOE Executive Director of Public Affairs & Communication) to discuss traditions, expectations, and celebrating their Asian identities in America. Listen to the full podcast by visiting <https://bit.ly/lmattpod>.



Local Sports News from AUSD High Schools

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

2024 Moors Alumni Baseball Game

Over 25 former Moors, including former MLB pitcher Noe Ramirez, put on their gloves and cleats to participate in the Annual Moors Alumni Baseball Game held April 20th at Moor Field. Five of the new AHS Sports Hall of Fame Inductees were present and threw out the first pitch: Erik Daniels, Scott Mena, Arath De La Torre, Mike Macias, and Louis Gomez. The current Varsity team won the game, 7-3, keeping their win streak alive.

2024 Varsity Baseball

Of the three AUSD High Schools, only Alhambra qualified for the CIF-SS Baseball Playoffs. The Moors finished the regular season with a record of 20-7 and finished second in the Almont League. They hosted a first round playoff game and beat de Toledo from West Hills, 13-0. They had to travel to Grand Terrace High School in San Bernardino County for a second round game and came away with a 6-4 come from behind victory to advance to the quarterfinals for only the third time since 2004. The season ended in a 4-3 loss against Diamond Bar.

2024 Varsity Softball

Of the three AUSD High Schools, only Mark Keppel qualified for the CIF-SS Softball Playoffs. The Aztecs finished the regular season at 17-7-1 and finished second in the Almont League. They beat Anaheim 3-1 in the first round before losing to Liberty High School 10-3 in the second round.

2024 Moors Baseball Awards

The Alhambra Moors Baseball Pro-

gram recently held their awards banquet recognizing players from all three teams as follows:

- Varsity Most Valuable Player – Carlos Hernandez
- Varsity Power Hitter Award – Jackson Akers
- Varsity Pitcher of the Year – Matt Garcia
- Varsity Heart & Hustle Award – Jacob Rodriguez
- Varsity Most Improved Player – George Jimenez
- Varsity Gold Glove Award – Marc Hernandez
- Junior Varsity Most Valuable Player – Calogero Duran
- Junior Varsity Pitcher of the Year – Connor Feng
- Junior Varsity Heart & Hustle Award – Marcus Barajas
- Frosh/Soph Most Valuable Player – Enicio Torres
- Frosh/Soph Pitcher of the Year – Devin Martinez
- Frosh/Soph Heart & Hustle Award – Jacob Rojas
- Almont League First Team – Carlos Hernandez, Matt Garcia & Jackson Akers
- Almont League 2nd Team – Marc Hernandez, Ethan Ayala & Jacob Rodriguez
- Almont League Honorable Mention – Aidan Alvarez & Aiden Kim



*Excellence
in
Leadership*





Janice Phan
Ynez School Principal



Shining the spotlight on Ynez Principal Dr. Janice Phan

AUSD's *Excellence in Leadership* award program provides a way for principals to recognize an outstanding colleague. Emery Park's principal Linh Ly was the recipient in April, and when it came time to select the next awardee, Mrs. Ly felt Ynez's principal Dr. Janice Phan was the obvious choice. Dr. Phan is a strong, dedicated site leader, but Mrs. Ly's decision to recognize her was based on her mentorship of others. "I wanted to recognize Janice for supporting new fellow school administrators," explains Ly. "She is not only a shoulder to lean on, but is always willing to help and listen to others' challenges." AUSD is pleased to spotlight Dr. Janice Phan this month and to continue with our peer-to-peer recognition program. Congratulations, Dr. Phan!

Ask Dr. Dara, D.D.S.



Best Material For Dental Crowns

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

“What is the best material?” is the most common question my patients ask when presented with a treatment plan for dental crowns.

A dental crown is a tooth-like cap that is designed to restore broken or decayed teeth or a tooth that has undergone a root canal. It fits over the tooth like a snug helmet.

The best material for a dental crown depends on many factors such as the location of the tooth, aesthetic preferences, and functional requirements. It's best to discuss with your dentist to determine the most suitable option for your specific case.

Here are several materials commonly used for dental crowns, which each have their own advantages and drawbacks.

1. Metal crowns: Lab technicians use metals like nickel, gold, palladium, and chromium to create strong alloys. The drawback is the metallic look.

2. Porcelain-fused-to-metal (PFM): These types of crowns have a metal frame and porcelain layer on top for aesthetics. However, the porcelain coating may chip off or wear down over time, exposing the metal underneath.

3. All-ceramic or all-porcelain: These crowns provide the most natural look. They are strong and a good choice for people with metal allergies.

They can be fabricated from zirconium dioxide (Zirconia) for patients that grind or clench their teeth and require the most superior strength or Lithium disilicate is for patients that require the most superior aesthetic.

All-ceramic crowns can be made on the same day with the help of CAD/CAM (computer-aided design and manufacturing) technology. Many dentists use CEREC to fabricate crowns in their office while the patient waits on the chair. This software allows the dentist to scan and create a digital dental model of the teeth, from which they can design a custom crown. The image file of the designed crown is sent to an on-site milling machine/printer. The mill



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then crafts the crown from a solid block of ceramic. The whole process is done on the same appointment and takes a couple of hours.

Although materials matter when it comes to dental crowns, the fit is always the most important aspect to consider over which material is used.

Done right, a dental crown should look natural and fit correctly.

What are the criteria for a well-fitting crown?

Sealed margin: This is detectable by an x-ray taken with the crown on to see if the margin of the crown is closed completely all around.

Comfortable bite: Usually, dental crown procedures are done under local anesthetic and the patient may still be numb when the dentist is checking the bite. Once the anesthetic wears off, it is easy to tell if the tooth feels taller than the rest. Don't wait for it to settle on its own; go back for an adjustment. Crowns are made of strong material and will take long to self-adjust.

Good contact with the adjacent teeth: This is very important; the crown should be touching adjacent teeth without applying much pressure. If there is a space between the crown and the adjacent teeth, it may cause food impaction, gum irritation and decay under the crown.

Caring for your crown

The crown is not susceptible to decay, but the tooth under the crown can still get cavities. To prevent it from happening, you should continue brushing at least twice a day and floss every night.

Be sure to see your dentist for regular exams and professional teeth cleanings.

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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Pelican Cove Brings Mental Health Treatment to Underserved Communities

By Jaimie Ding, Editor



When Pelican Cove Counseling Centers first opened their doors in March 2020, they had to close them just a month later.

While the COVID pandemic had a devastating impact on many economies and industries, it also had a silver lining – the growth of telemedicine.

“Wow, we can help anyone in California,” realized Pelican Cove executive director Paula Cook. “You think of therapy as in-person, but that is one thing the pandemic has really illustrated is, a lot can be done virtually.”



Pelican Cove is a mental health treatment facility that offers quality services to low-income individuals while also training the next generation of therapists. They are funded by events, donors, grants, while taking in a nominal fee for the treatments. It was founded by Dr. Soni Monroe, a licensed clinical psychologist who worked at Harbor-UCLA and taught at USC.

Dr. Monroe wanted to make sure anyone who needed mental health services had access to it, and also saw a disconnect between the academic learning for therapists and the actual practice of it, said Cook.



Pelican Cove seeks to provide an “environment for them to have more training and be in a room with clients, to be able to put all their education to use while they’re earning their hours for their masters and Phd,” Cook said.

They started with USC and now partner with Pacifica Graduate Institute, Alliant International University, and more, to train students in masters and doctoral programs. Their first cohort had just three trainees, but they’ve grown to 19 in the most recent cohort. Seven new trainees are starting right now, with five staying on from the previous year.

“They’re all graduate students, that’s why we’re able to offer a sliding scale,” Cook said. While typical psychotherapy is anywhere from \$100-250 an hour, Pelican Cove asks for a fraction of that depending

on the individual and their situation.

Cook’s own background is in art and psychology, and she has experience working with other nonprofits doing art therapy in hospitals. She moved to Pasadena more than a decade ago from San Diego.

Her personal journey with cancer also highlighted the importance of therapy, which she was able to access through the City of Hope treatment center.



“I couldn’t have imagined going through that without [therapy],” Cook said. Her experience eventually brought her to Pelican Cove, where she continues to incorporate her art background in their programming by leading art therapy workshops.



In 2023, Cook launched a wellness and therapeutic workshop program as a way to introduce therapy to community partners. One is the Young Eisner Scholars program, which supports high-potential students from low-income communities in the area.



They also offer services to students at Pasadena City College, Cal State LA, and Long Beach College, who struggled especially during the pandemic.

“Everyone deserves access to quality mental health,” Cook said.

SIGN UP FOR MEDICARE COVERAGE!

- 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?

I speak Mandarin and Cantonese

Katherine Yu Simms
Medicare Insurance Agent
License #0M21975

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Your Insurance

When to Sign Up for Medicare Part B

By Katherine Yu Simms

Katherine Yu Simms
Medicare Insurance Agent
lovemygoldenyears@gmail.com

If you’re planning to work past 65, or plan to remain on your spouse’s employer plan, you may be considering whether or not you should still enroll in Medicare. You will still have an Initial Enrollment Period when you turn 65, but depending on the health coverage you currently have, you may also be able to delay enrollment.

Many people turning 65 who have employer coverage through an employer or spouse often choose to still enroll in Medicare Part A at 65 as it’s usually premium-free. It is important to note, however, that enrolling in Part A impacts your health savings account (HSA) if you have one. Part B is different. Unlike Part A, Medicare Part B has a monthly premium, which can cost \$174.70 to \$594.00 depending on income. It has a late enrollment penalty for anybody who enrolls without qualifying for a Special Enrollment Period. That penalty is an additional 10 percent of the Part B premium for each 12-month period you delay enrollment.

When you must enroll in Medicare Part B

You may be required to get Medicare Part B even when you’re still working. There are two situations in which you must get Part B when you turn 65:

- If your employer has fewer than 20 employees.
- If you’re covered by a spouse’s employer, and the employer requires covered dependents to enroll in Medicare when they turn 65.

- If you’re not married but living in a domestic partnership and are covered by your partner’s employer health insurance.

In each of the above cases, you won’t qualify for a Special Enrollment Period and cannot delay enrolling without incurring late enrollment penalties.

Additionally, some employer plans will automatically become secondary to Medicare when you become eligible. In this case, Medicare becomes your primary insurance and would pay first. If you do not have Medicare and need health care, you would essentially have almost no coverage from your employer plan. One such plan that operates like this is the military’s TriCare for Life.

If you need assistance in evaluating your current plan, please reach out to me for a free consultation as I’m here to help you navigate and find the most appropriate plan which fits your needs

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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Mental Health Awareness Month, Every Day

By Happy Humble Hub

Mental health is an evolving subject and covers a wide range of diagnoses concerning the mind which can directly and indirectly impact your physical body.

Every day, we are busy with work, friends, and family – so when is there time to take care of ourselves? We wake up, work all day, and go to sleep.

When we keep procrastinating in taking care of our body and mind, we unknowingly accumulate stress that comes in different forms. We find ourselves getting more annoyed, easily frustrated, becoming more passive aggressive, and letting our frustration out on people we care about inadvertently hurting them and ourselves.

Most insurance covers mental and behavioral health physician office visits and/or telehealth options.

What you can do yourself is to start focusing on preventative measures to protect your body and mind from accumulating stress. We forget that physical and mental stress isn't something that happens over night; it's a gradual process.

Here are some quick and simple activities under five minutes we can all do together every day:

Morning Belly Breathing: When you wake up, lie on your back or remain sitting on your bed/couch.

- Inhale slowly through your nose while counting to 4 in your head and simultaneously, slowly push your belly out as far as possible.
- Breathe out slowly through your mouth while counting to 7 in your head.
- Repeat this for 5 more times

Day break: Take a walk around your neighborhood block or circle around inside your living space. While you're walking, clear your head space and describe the shape of a cloud you see.

Night time language learning before sleep: When you're on your bed/couch, learn another language for five minutes.

We hope these activities can help you in some small ways. In order to be there for our loved ones, we need to be there for ourselves as well. Starting now and starting small goes a long way.

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- Build your dream primary ensuite

Option 3:

Add an ADU

- Garage conversion
- Build separate ADU
- Recent comparable sold for \$2.4 million

Real Estate

Escrow and Real Estate

The word “escrow” is associated with buying and selling real estate. An escrow is a contractual arrangement, and an escrow company performs this arrangement or function. Unless you have recently done a real estate transaction or work in this area, a closer look at these terms may be beneficial.

The contractual arrangement of an escrow is when an independent, neutral third party, the escrow company, receives and disburses money or documents for the primary transacting parties. Funds and documents are disbursed following the terms and conditions agreed to by the transacting parties. The escrow company verifies that the parties have performed their roles in the transaction.

California operates with escrow companies performing this neutral third-party function. But other states such as Alabama and New York allow attorneys or title companies to serve the role that escrow companies perform here in California. Alaska, Arizona, Hawaii, Idaho, Nevada, New Mexico, Oregon, and Washington also utilize the escrow approach.

Escrow companies are a depository where funds and documents for the purchase of your home are held. This includes your down payment, your lender funds, along with documents for the mortgage, homeowner association CC&R's (covenants, conditions, and restrictions), title insurance, hazard insurance, and grant and trust deeds. Escrow companies coordinate

the delivery of these documents to the parties of the transaction at the proper time.

In California, the terms and conditions are generally contained in a purchase agreement. Purchase agreements can be obtained from realtors, lawyers, associations of realtors, stationary stores, and even the internet. However, understanding the intricacies of a purchase agreement generally benefits from having a professional involved.

The word escrow derives its meaning from the French word “escroue,” which means a scrap of paper or scroll of parchment.

The escrow is created shortly after the executed purchase agreement is given to them. Residential escrows frequently last between 30 and 60 days, but may take longer. More complex commercial transactions can take longer since verification of historical business records, environmental reports and requirements, along with more detailed government requirements may need to be satisfied.

One of the starting functions of an escrow company is receiving the initial good faith deposit from a buyer and placing it into the designated escrow account. Under certain circumstances where one party removes their contingencies, or in other words their “back out” clauses, the escrow company may release these funds to the other side.

Escrow companies request an initial ti-

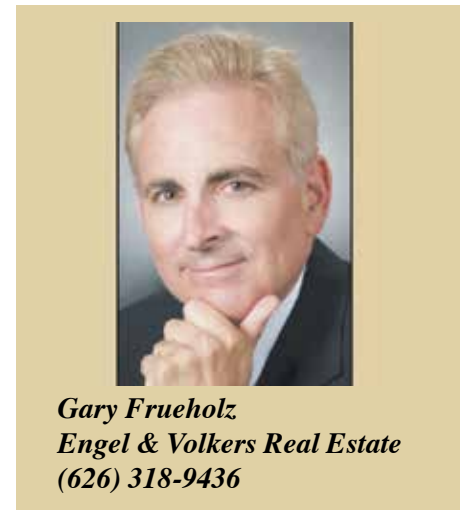
tle report to verify the status of title. They also research claims and debt obligations against the property. Escrow companies request a payoff demand from beneficiaries when the seller is paying off debts secured by the property. And the lenders involved may have unique requirements for the escrow company to fulfill.

Not only do escrow companies handle the funds of the transaction, but also the generation of key documents such as the grant deed (which transfers property from one person to another) and trust deed (which secures the lenders stake in the property being transacted).

Since most escrows do not close on the last day of the month, escrow companies prorate the taxes, interest on mortgages, insurance, and rents. Escrow companies calculate all months on a 30 day basis and this can be confusing for clients trying to follow the numerical calculations.

Escrow companies verify signatures which they notarize, but make it clear they are not responsible for signatures not notarized. Also, they handle the transaction in a manner to meet the specified date of close. This can be a significant issue when buyers and sellers schedule with professional moving companies and purchase tickets to travel.

At the close of escrow, funds are acquired from lending institutions and buyers down payment, and then distributed to the appropriate parties such as the sellers. Escrow companies are the quarterback that directs the title company to send their “runner” to the County Recorder's Office to formally record the



change of title and close escrow.

As a neutral third party, the escrow company may even take custody of the keys to the property and then give them to the new owners upon the close of escrow.

This may not be as complicated as writing differential equations, but if you do not work with this on a frequent basis, it produces dividends to employ professionals who are competent and experienced in this profession.

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 www.garysstories.com.

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Alhambra Events Calendar

June 2024

JUN 1

Fourth Annual SGV Pride Parade & Festival
 Saturday, June 1st from 9:30 a.m. - 1 p.m.
 Barnes Park, 350 S McPherrin Ave, Monterey Park
 Presented by the Alhambra Teachers Association, the City of Monterey Park and the Boys and Girls Club SGV with the University of the West and Keep the Culture Alive, the Fourth Annual Pride Parade will kick-off at 9:30 a.m., starting at Mark Keppel High School. The festival will take place at Barnes Park and feature live music, giveaways, food, art, resources, and more!

JUN 1

Alhambra Library Summer Reading Challenge Kick-Off
 Saturday, June 1st from 10 a.m. - 12 p.m.
 Alhambra Library, 101 S 1st St.
 Kick off the 2024 Summer Reading Challenge and "Grow Your Story" at the Alhambra Library! There will be oodles of fun with games, live music, food trucks, face painting, and more. You can register for the reading challenge and pick up your Grow Your Story registration tote.

JUN 7

Jazz on Main Street: Alhambra Jazz Quintet
 Friday, June 7th at 7:30 p.m.
 226 W Main St.
 Enjoy performances by emerging jazz talents James Geng, Raul Rivera, K'ly Carey, Ryan Embola, and Yumi Koshima at this night of performances organized by Alhambra High School alumnus Alex Deng. This will be a monthly recurring concert series. Tickets can be purchased at the door for \$25 general admission and \$15 for students, cash or venmo.

JUN 8

Thor's Reptile Family Show
 Saturday, June 8th at 11 a.m. and 12 p.m.
 Alhambra Library, 101 S 1st St.
 Enjoy an entertaining and educational show featuring arthropods, amphibians, and reptiles of all sizes! You will learn about various aspects of the animals presented with an emphasis on who, how, and what their feeding habits are. There will be one show at 11 a.m. and one at 12 p.m.

JUN 15

Guitar Masterclass with TY Zhang
 Saturday, June 15th from 10 a.m. to 12:30 p.m.
 11 S 2nd St.
 Join Fried Music for a masterclass with acclaimed classical guitarist, TY (Tengyue) Zhang. Performances and repertoire to be announced; the public is welcome to attend and enjoy the music!

JUN 19

Garfield Health Center Blood Drive
 Wednesday, June 19th from 1 p.m. to 7 p.m.
 7740 Garvey Ave.
 Help make a difference in someone's life and donate blood at the Garfield Health Center at a blood drive in partnership with the American Red Cross! Please schedule your donation time online, as it is by appointment only. Donors must be at least 16 years old and 110 lbs. All donors will receive a \$15 gift card.

JUN 22

Marc Griffiths Ventriloquist
 Saturday, June 22nd at 11 a.m. and 12 p.m.
 Alhambra Library, 101 S 1st St.
 Join hilarious ventriloquist Marc Griffiths for a fun and uplifting show, full of puppets and humor that the whole family will enjoy! There will be one show at 11 a.m. and one at 12 p.m.

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JUNE 2024



ALHAMBRA Restaurant of the Week

PRESENTED BY THE ALHAMBRA CHAMBER OF COMMERCE

Enjoy delicious, local cuisine!

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

- | | | |
|--------------------|---|---|
| May 27 to June 2 |  <p>Kopan Sushi & Ramen offers a signature Tonkotsu broth simmered from a meticulous 16-hour process, producing a rich, full-bodied broth that takes center stage in every bowl. Crafted from pork bones, fat, and collagen, their ramen broth boasts a hearty, creamy texture that sets it apart. Their Alhambra location also offers a range of customizable styles and toppings to suit every palate.
 Visit them at 645 E Main St, Alhambra</p> |  |
| June 3 to June 9 |  <p>Moo Tea is famous for its delicious purple yam drinks. They utilize teas imported from Taiwan and strive to keep their ingredients handmade and natural. Recently under new ownership, Moo Tea strives to be a welcoming space for all visitors and is excited to get involved with the community. Stop by and check out their menu of high-quality beverages, from milk teas to yogurt smoothies to fruit teas.
 Visit them at 1457 E Valley Blvd, Alhambra</p> |  |
| June 10 to June 16 |  <p>Meow Rice Noodle, the newest eatery on Alhambra's Main Street, has quickly become a local favorite. Taking over the former location of California Hot Pot, the menu features a variety of delicious appetizers including fried squid and popcorn chicken. Its popular soup bowls and signature dishes such as Tomato Beef Shank Rice Noodles and Fish Filet rice noodles are also must-tries.
 Visit them at 555 W Main St A, Alhambra</p> |  |
| June 17 to June 23 |  <p>Coconut Jelly King offers delicious coconut jelly that comes in adorable jars that you can keep. Their menu includes a wide range of flavors, including pineapple, mango, blueberry, matcha, and more. They are committed to providing only 100% natural organic coconut jelly to their customers, and even serve boba drinks. They have several other locations around the San Gabriel Valley.
 Visit them at 29 E Valley Blvd, Alhambra</p> |  |
| June 24 to June 30 |  <p>Bánh Mì Mỹ Tho is a local favorite, famous for its variety of delicious banh mi sandwiches and broken rice plates. Their menu features options such as the special cold cuts sandwich, BBQ meatball sandwich, and grilled pork and beef sandwiches. Despite the small interior, their fast and friendly service ensures a quick and convenient dining experience for all customers.
 Visit them at 304 W Valley Blvd, Alhambra</p> |  |