

AROUND ALHAMBRA



AUGUST 2023 | GATEWAY TO SAN GABRIEL VALLEY

www.alhambrachamber.org



Image courtesy of facebook.com/FosselmansIceCream

8 Ways to Beat the Heat in Alhambra

If there's one hot topic this summer it's, well, the heat. Discussing the weather may be one of the most basic forms of entertainment there is, but with temperatures this suffocating, it can be challenging to focus on anything else.

Luckily, Alhambra is home to numer-

ous distractions, especially when it comes to food and beverage (remember our Boba Guide from June's issue?). Whether you want to relax with an icy slushie or lean in by indulging in something spicy, our city has you covered. >> **See Ways to Beat the Summer Heat, p 11**



Board of Education members were thrilled to have Justin Wang (student board member) and Kaitlyn Cao (student BOE member alternate -- pictured with her parents) present in the Alhambra USD Board Room to formally congratulate them and welcome them to the team. (Photo Credit: Freddy Perez)

AUSD's First-Ever Student Board Member Appointed

In June, the Alhambra Unified School District proudly announced the appointment of Justin Wang, a senior at Alhambra High School, as the first-ever student board of education member. In this influential role, Justin will not only represent the student voices in board decisions, but will also assume the position of chairperson of the Superintendent's Student Advisory Council (SAC). Kaitlyn Cao, a senior from Mark Keppel High School, has been appointed as the student board member alternate and SAC vice-chairperson.

Justin's appointment marks a significant milestone in the district's commitment to promoting student voice and involvement in decision-making processes. As the stu-

dent board member, he will bring a fresh perspective and firsthand understanding of the challenges and aspirations faced by the students within AUSD.

The Superintendent's Student Advisory Council will play a crucial role in shaping policies and programs that impact the student community. Under Justin's and Kaitlyn's leadership, the council will foster open dialogue, collaboration, and innovative solutions to address the needs of students across the district.

Justin had had significant leadership experience at his own school site. At AHS, Justin held various roles of increasing responsibility in the Mathematics Engineering Science Achievement Club

(MESA), starting as a representative and working his way up to president. He now oversees a thriving club of approximately 180 members. He has also been an active member of the Student Council and has represented the Interact Service Club as an ICC representative. In April, Justin won the 4th Annual New York Times Learning Network STEM Writing Contest out of 3000 submissions with his essay entitled "Nature's Solution to Plastic Pollution: The Amazing Power of the Wax Worm."

Kaitlyn also has impressive leadership and public speaking experience. In keeping with her deep commitment to student advocacy, she is co-facilitator on the AUSD's Equity, Diversity, and Inclusion

(EDI) Taskforce. She has served as vice president and president of MKHS's school site council.

Justin's first official board meeting will be on August 8th, but he and Kaitlyn were officially introduced to the community at the June 20th board meeting. Superintendent Dr. Denise Jaramillo said, "This has been a priority for the board and district for a long time. We are thrilled that the student board member and student alternate board member positions have finally become a reality."

At the June board meeting, Justin thanked Dr. Jaramillo... >> **AUSD's First-Ever Student Board Member Appointed, p 14**

Chamber Board Welcomes New Members, Thanks Long-time Leaders

On July 1st, the Alhambra Chamber of Commerce seated a new set of board members, replacing many long-serving board members. The new Directors include President-Elect Maria Gao (Evike.com), Melissa Demirci (Transtech), Wing Ho (Tag Design), Rhiley Gomez (Wells Fargo), Raymond Ho (GE Properties), Pilar

Almeida (Republic Services), Susan Pilcher (Wondries Automotive Group), Earl Miller Jr. (The Granada LA), and Daniel Lin (New Century BMW). These new members will serve up to three years, offering their insight, expertise... >> **Chamber Board Welcomes New Members, Thanks Long-time Leaders, p 5**



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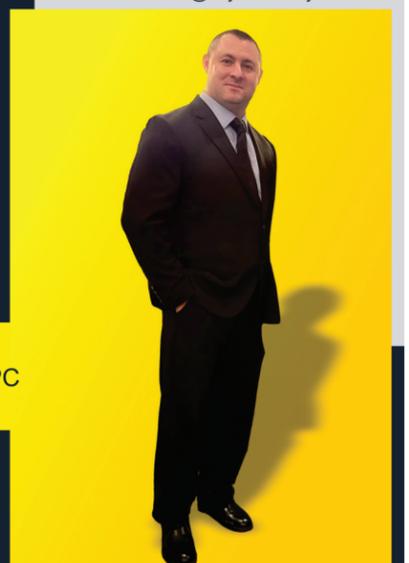
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Mayor's Corner

By Mayor Adele Andrade-Stadler

Greetings, Alhambra!

It is with mixed emotions that I write these lines which will be my last as your mayor for 2023.

It has been an honor to serve in this role, and I certainly hope that I have been accessible.

Recently we celebrated Alhambra's 120th year as an incorporated city. I thanked our employees for their commitment to our residents and their expertise in their respective fields.

We also established objectives for our Capital Improvement Plan that will carry us through 2028. Those City plans have objectives that include the city's departments, boards, and commissions in planning for the future to evaluate and to affirm our city council to authorize projects to be funded.

With respect to Parks and Recreation, we are excited about our community center and all improvements made to our parks. With respect to our affordable housing goal, we just broke ground on our first supportive housing project. Our major street projects will include rehabilitation of our streets throughout the city as well as our annual sidewalk replacement projects and our ADA handicap ramps.

We will continue with our project for



Mayor Adele Andrade-Stadler

the Stormwater Master Plan for the city and do our part to conserve water as we await a climate bond slated for our ballots in 2024. Protecting green space and supporting tree canopies are a priority.

Alhambra will continue to address the rising costs of rents and encourage our businesses to hire local. Our schools are a wonderful partner, and we will continue to support their important efforts in educating our most important assets.

Thank you once again for giving me the opportunity to serve.

Sincerely,

Your Mayor Adele



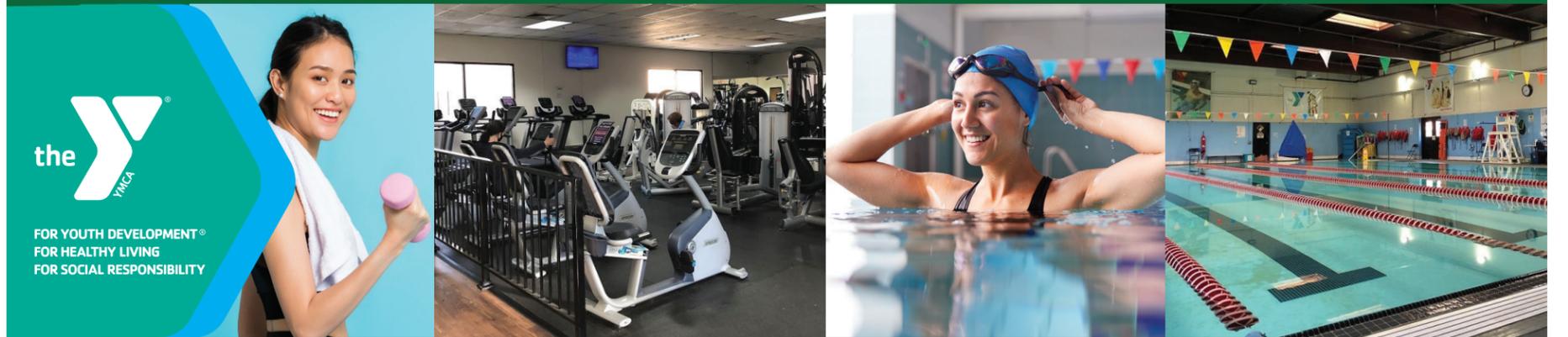

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AROUND ALHAMBRA

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Please e-mail submissions to AA@alhambrachamber.org

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News & Notes



> Nicolas Kiet Quach Becomes State Chair of California High School Democrats

On July 1, 2023, Nicolas Kiet Quach assumed the position of State Chair of the California High School Democrats (CAHSD). CAHSD is a statewide organization affiliated with the California Democratic Party serving thousands of high school students.

For the 2023-2024 term, Nicolas will lead as the organization's first Vietnamese American Chair. Quach's passion for politics stems from his background as the son of Vietnamese refugees who worked hard to raise their family in the US. Speaking of the election, CYD President Giovanni Chavez expressed his support for Library Trustee Quach's election as CAHSD Chair.

> CEMALA Performs at Carnegie Hall in NYC

CEMALA (Classical European Music Academy Los Angeles), under the direction of Magdolna Berezvai, recently gave a sensational performance at Carnegie Hall in New York. The setting was the renowned Stern Auditorium/Perelman Stage, where countless artists such as Tchaikovsky, Billie Holiday, and The Beatles have performed since its opening night in 1891.

CEMALA is a violin school in Alhambra committed to nurturing young extraordinary musical talents. The Academy is under the leadership of the Hungarian-born violinist Magdolna Berezvai. Magdolna said, "I am so proud. The children played the challenging pieces in a very professional manner." This also was the first debut premiere of CEMALA's arrangement of The Butterfly.

CEMALA is currently preparing for its next concert tour, which will take place in Spain next year. For more information, contact Magdolna Berezvai, CEMALA's Artistic Director, at 323-678-3239 or visit www.cemala.com.

> City and Community Leaders Focus on Downtown Businesses

On July 20, 2023, the Chamber and the Downtown Alhambra Business Association hosted a Downtown Alhambra Walking Tour for City staff and local community members. Participants got to peek behind the curtain and see how these companies thrive. Some stops included Ohana Brewing Company, House of CBD, and Vitacane. Attendees spoke to the owners about what it's like for them to work in Alhambra and the challenges of operating in Downtown Alhambra. As they walked down the street, the attendees discussed opportunities for activating public space, property owner engagement, and ways the city and community can support the downtown businesses.

> Fried Music Students & Faculty Use Music to Combat Hunger on August 19th!

This month, Fried Music is collaborating with Music For Food, a national musician-led nonprofit dedicated to fighting hunger, for an evening of music and community. At 6 pm on Saturday, August 19th, the musical event will take place at Fried Music II on 226 W Main St. The benefit concert will feature Fried Music faculty and students performing a diverse and dazzling program of Schubert, Ravel, and Piazzolla, among others. Admission is free, but donations are encouraged. All proceeds will go directly towards the Midnight Mission, a Los Angeles nonprofit founded in 1914 focused on offering a path to self-sufficiency to those experiencing homelessness. More details can be found on the Fried Music website: friedmusic.com.

> Soroptimist Jane Burtis Recognized for 5 Decades of Service

Soroptimist Jane Burtis was recently presented with a beautiful pin commemorating 50 years of service. Jane accepted the pin at the 2023-2024 Installation of Officers on Friday, June 23, 2023, with her daughter Anne Riffenburgh by her side. The 50-year pin was presented to Jane by Ginger Cole, who is currently the Treasurer of the Camino Real Region and a long-time member of the Soroptimist Los Angeles Club.

> Zoning Code Update

This past month, the Planning Commission held its final meeting in its series of presentations on the Comprehensive Zoning Code Update. As you may recall, the presentation series began last August. After various meetings on different topics covered in the Zoning Code Update, the project has moved on to the next phase, in which the Planning Commission will hold a public

hearing on Zoning Code Update on Monday, August 7. Following the August 7 meeting, this item is anticipated to go to council in mid-August or early September.

> Housing Rights Clinic

The Alhambra Library, in sponsorship with nonprofit Asian Americans Advancing Justice, holds a monthly Housing Rights Clinic from 12:30 PM - 5:00 PM on the 4th Thursday of the month. This month the clinic will be on August 24th, and reservations are required. If you'd like to have a one-on-one consultation with a licensed attorney, please make a reservation by calling (888) 349-9695.





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CHAMBER BOARD WELCOMES NEW MEMBERS, THANKS LONG-TIME LEADERS

from page 1

...and leadership to set the direction for the 119-year-old business organization.

These new members fill the board seats of outgoing board members who have combined decades of experience serving on the board of the Chamber. These include Francella Aguilar, former Municipal Relationship Manager of Republic Services in Alhambra, who has since moved to Orange County, where she holds the same role. The current chair of the Chamber Ambassadors, Nickie Chan of LifeWave, spent many years on the Board of Directors and continues to support the mission of the organization as the lead Ambassador. Retiring Alhambra Hospital Medical Center CEO Iris Lai and Dr. Harlan Snyder of Snyder Optometry join the following former Board Presidents in completing their service to the board this year: Joe Pavon (2006) of Al's Towing, author and business consultant Robert Fukui (2015), and Joanna Vargas of the Alhambra Pumpkin Run, DABA, and Jayvee Empire (2017).

Robert Fukui joined the Chamber board when he was new to working in business. "I've been part of the Chamber for over 10 years, and one of the first things I noticed was how business-friendly the city is," he said. During his tenure, he has enjoyed making new connections and advocat-

ing for the local business community. He continued, "There is so much that the Chamber does behind the scenes to advocate for businesses and the community at large. We realize that business needs the community just as much as the community needs good business."

In 2009, two years after joining the Chamber and creating initiatives such as the Ambassador Team and the successful Business to Business Networking Breakfast, Nickie Chan became a board member. "I love Alhambra because I feel the connection and friendliness in people," she says, having served on the board for 14 years!

Reflecting on her own time on the board, Joanna Vargas shared that joining the Alhambra Chamber Board enriched her life in myriad ways, such as supporting her business and personal growth. "We have a great community, and I enjoy creating here in my hometown," she said. While she leaves the board after more than 15 years of service, Joanna continues to support the business community as Director of the Downtown Alhambra Business Association (DABA).

This annual transition is a time of celebration of the service of so many and an opportunity for new leaders to also make their mark on the community.

Tax Tips

Regarding Dependents

By Michael Aston EA

Kids are expensive. Whether someone just brought a bundle of joy home from the hospital, adopted a teen from foster care, or is raising their grandchild, there are several tax breaks that can help. **Here are some tax tips for new parents.**

Get the child a Social Security or Individual Tax Identification number

To claim parental tax breaks, the taxpayer must have their child or dependent's Social Security number, Adoption Tax Identification Number, or Individual Tax Identification number.

Check withholding

A new family member might make taxpayers eligible for new credits and deductions, which can significantly change their tax liability. They can use the IRS Withholding Estimator to check their withholding.

Check eligibility for these tax credits and deductions:

Child Tax Credit

Taxpayers who claim at least one child as their dependent on their tax return may be eligible for the Child Tax Credit.

Child and Dependent Care Credit

Suppose a taxpayer paid someone to take care of their children or another member of their household while they work. In that case, they may qualify for the Child and Dependent Care Credit regardless of their income.

Adoption Tax Credit

This credit lets families in the adoption process during the tax-year claim eligible



Michael Aston, E.A.
Alhambra Tax Center
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adoption expenses for each eligible child.

Earned Income Tax Credit

The Earned Income Tax Credit helps low-to moderate-income families get a tax break. If they qualify, taxpayers can use the credit to reduce the taxes they owe—and maybe increase their tax refund.

Credit for Other Dependents

Taxpayers with dependents who don't qualify for the Child Tax Credit may be able to claim the Credit for Other Dependents. Taxpayers can use the Does My Child/Dependent Qualify for the Child Tax Credit or the Credit for Other Dependents tool on IRS.gov to help determine if they are eligible to claim the credit. They can claim this credit in addition to the Child and Dependent Care Credit and the Earned Income Credit.

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Your Insurance

What Happens If Your Car Is Totaled?

By Regina Talbot

Following a car accident (for example, a collision, vehicle fire, or flood damage), an insurance company may declare your vehicle a total loss for several reasons. Often, this occurs because repairs are estimated to cost more than what the vehicle is worth—vehicle worth being the actual cash value determined by its year, make, model, and major options, as well as mileage and overall condition. Though the damage may not look bad, the repairs can cost more than you'd think. Other reasons for totaling a vehicle include when the damage makes the car irreparably unsafe or if your state's regulations require it for your vehicle's damage severity.

What happens when your car is totaled and you still owe money?

You'll be responsible for satisfying your loan agreement whether or not the money you receive from the insurance claim covers it all. For this reason, you might consider GAP (Guaranteed Asset Protection) insurance, so-called because it covers the gap between what you owe on the vehicle and its current market value.

Can you keep your car if it's totaled?

Talk to your auto insurance company or, if you have State Farm auto insurance, speak

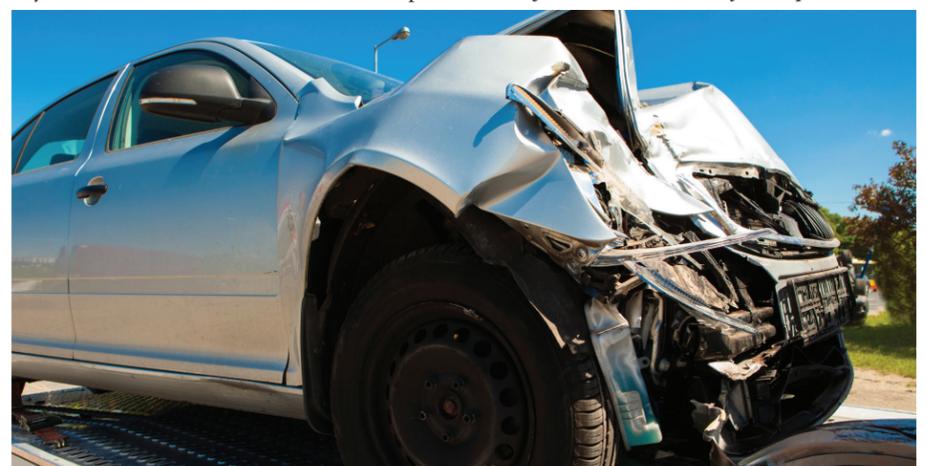


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All Around the Town

Regent Café: A Taste of Home

By Glenn Barnett

Westernized Chinese dishes have been a mainstay in the U.S. for as long as people have come here from China. In a new wave of Chinese immigration from Hong Kong in the 1980s and 90s, a growing number of people wanted food that reminded them of home. It was not long before a new restaurant on Garfield south of Valley took over from a closed pizza place. It was Regent Café, where the specialties included a variety of Western dishes adapted to the Chinese palate. A Hong-Kong style coffee shop had come to Alhambra.

A large menu included Osaka prawn tempura and salt-and-pepper squid as appetizers, cream of corn soup, cod with chicken, wonton mein, prime rib and hen, fish and kalbi, shrimp and chicken, rotisserie chicken, and, of course, noodle dishes, a variety of pastries, and much more. Popular Western dishes included such favorites as German-style pork knuckle with sauerkraut, grilled orange roughly, lobster Thermidor, and rotisserie chicken—all with an Asian twist. The addition of Portuguese-style chicken was a nod to the Portuguese-influenced culture in Macau, across the bay from Hong Kong.

The Regent staff was mostly young people from Hong Kong or Taiwan who could assist the Cantonese and Manda-



Glenn Barnett

rin-speaking diners. Entering the café, guests passed a tempting pastry case that beckoned with a variety of cakes and other sweets. It almost felt like home.

When Ellen Liu moved to Alhambra from Hong Kong, she and her husband Peter enjoyed visiting Regent Café for their reasonable prices and the familiar food items they had known while growing up. Her favorite dishes were baked pork chop, chicken steak, and baked salmon filet.

Sadly, Regent Café closed in 2008, but many other Hong Kong-style restaurants have opened since then, including the Garden Café, Baccali Café & Rotisserie, A-Me Kitchen, Henry's Cuisine, Sunday Bistro, Sam Woo BBQ, Happy Harbor Cuisine, and U2 Café & BBQ on Valley. On Main Street, there is Lunasia Dim Sum House and Bay Café. All of them cater to Alhambra and nearby residents, who appreciate the Hong Kong and Cantonese style of cooking as well as the social aspects of dining. We have many other Asian eatery choices as well, but we will leave that to your own voyage of discovery of Alhambra's great restaurants.



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What Happened to All the Stormwater? How Did We Get It Into the Ground?

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

I get asked these questions often. And I've got answers!

We live in the purple-colored San Gabriel River "watershed," one of several watersheds in Los Angeles County. But we also live in the Los Angeles media market, so much of the water news we are exposed to relates to the city of Los Angeles. In reality, different watersheds manage their stormwater differently.

One such region is our very own. The San Gabriel Valley "water story" will help you understand how we are unique (80% of the water we use is local groundwater) and how we accomplished great things during the recent storms.

Each watershed is formed by distinct topography, geology, and hydrology. Decades ago, as reservoirs, dams, flood control channels, and spreading grounds were being planned—and as public works and flood management personnel grappled with saving life and property—some watersheds went in the direction of building infrastructure and operating programs that "flushed" water to the ocean via storm drains as fast as possible to reduce the risk of flooding, thus, saving life and property.

Our San Gabriel River watershed was different. We, too, had to protect life and property. However, we also embraced saving water for beneficial use. We intended to retain and channel as much stormwater within the San Gabriel Valley as possible so it could percolate down and recharge our groundwater supplies.

Overall, the greater San Gabriel Valley captures more than 95% of stormwater, even during massive storms like we experienced earlier this year, to supplement local groundwater supplies. Data from Watermaster reveals that of the more than 500,000 acre-feet of stormwater captured this year in Los Angeles County, about 300,000 AF came from the San Gabriel



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

River watershed.

Our water management agencies and infrastructure have positioned us well for the future. Plus, our District and other state water contractors will receive 100% of their imported water allocations this year to supplement our local groundwater supply. This means imported water will replace more of the water we use than in recent years, helping to preserve our improved water supplies.

Our water supplies are not fully sustainable yet, because in the long-term we will use more water than Mother Nature provides. So, the final piece of the puzzle is conservation. Statewide, conservation levels need to increase—we did not achieve the voluntary 15% conservation level called for by the State during the recent drought. If we can increase our water saving, we can make our precious groundwater supply last even longer!

Our region built its water infrastructure differently, yet another reason we are fortunate to live in the San Gabriel Valley!



This battery most likely sparked the fire in a Republic Services collection truck last December.

Reduce the Risk of Fire in Garbage Disposal Bins & Trucks

On a sunny day in Fountain Valley last December, a Republic Services driver noticed smoke rolling out of the back of his collection truck. He immediately contacted his dispatcher, who alerted the fire department. Knowing that the situation could quickly get out of control, the

driver moved away from overhanging trees, parked cars, and other objects. The truck wasn't near a parking lot or open space, so the driver had to empty the load onto a neighborhood street where the fire could be put out. After the fire was extinguished, additional crews came out to haul away

the material for disposal. The driver's rapid response prevented injuries, as well as damage to the truck or neighboring properties.

It appeared that a small lithium-ion battery pack was to blame for this truck fire in Fountain Valley. Batteries and other ignitable materials can start fires inside curbside carts, collection trucks, and waste facilities. Lithium-ion batteries, which are found in many rechargeable devices like cell phones, laptops, and headphones, are the most common cause of man-made fires.

Lithium-ion batteries can easily ignite when damaged, and in the process of collecting and processing curbside trash, they are likely to be mangled. Mechanized trucks typically crush waste when picking it up. At materials recovery facilities (MRFs), items travel across conveyors and tumble through a series of sorting machines. At landfills, waste is compacted by heavy equipment.

The fires sparked by lithium-ion batteries not only cause damage to vehicles or facilities but also result in injuries to firefighters, monetary loss, and service disruptions in the community. In addition to posing fire hazards, when we trash our portable devices and their batteries, we cannot reuse the beneficial and often rare materials they contain in new products.

We can all do our part to ensure we properly dispose of these batteries to keep our community safe. Household battery recycling is free and easy at these drop-off locations: Alhambra City Hall, Alhambra Civic Center Library, Joslyn Center at Story Park, and Almansor Park Office.

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

Beware of that Dangerous Left Turn!



Alexander Tsao, Esq.
Venerable Law
 atsao@venerablelaw.com

If you have had your driver's license for a while, you may have experienced the shock of another vehicle turning left directly in your path while traveling through an intersection. Whether entering the intersection on a green or yellow light—which is perfectly legal as long as you are within the speed limit—this can lead to a collision.

Whatever your intention when taking a left turn, it doesn't matter when it comes to the law. Under the California Vehicle Code, a vehicle intending to make a left turn must "yield the right-of-way to all vehicles approaching from the opposite direction" and continue to wait "until the left turn... can be made with reasonable safety" Cal. Veh. Code Section 21801. Note that the code does not mention the color of the traffic light. A driver waiting to make a left turn must yield to all traffic until their intended path of travel is clear, regardless of the traffic light's color.

The problem for many drivers is the failure to realize that sometimes vehicles

traveling in the opposite direction run a yellow or even a red light. Upon entering the intersection to make a left turn, drivers tend to fixate on the traffic light, waiting for it to turn red so that they can make a left. The resulting accident can be tremendously costly to life and property. So next time you are getting ready to make that left turn in the intersection, remember that you can only proceed when the cars in front of you stop or prepare to stop. It doesn't matter what the color of a traffic light is at that point.

Stay safe out there, and drive like your life depends on it because it does!

This column is provided to Around Alhambra by Alexander Tsao, Esq., 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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In Their Own Words: Christian Yang

Christian Yang owns **Yang's Kitchen** in Downtown Alhambra on Main Street along with his wife, Maggie Ho. Since opening in 2019, the eatery has made waves throughout the SGV for its hip ambiance and modern, playful take on traditional Chinese dishes. Using locally sourced, organic ingredients when possible and creating unique dishes from scratch drive Chris and his team—and has led to Yang's Kitchen receiving high praise from critics and customers alike.

Chris, like so many entrepreneurs, recently looked for motivation himself as he considered whether a difficult task was worth the effort. His insights provided a lesson that anyone can benefit from.



Every year, there comes that time when fruit suddenly appears on trees and practically begs you to pick them.

But ah, it takes effort to pick them. And then it takes effort to even think about what you might do with the fruit. And ahh... it takes even more effort to clean and process the fruit. Most people give up after this quick self-boxing match. Who wants to put in all that work?

Even though we run a restaurant, I found myself thinking the same things. What are we gonna do with loquats? And with these fuzzy, inedible sour green plums (ume)?

In this case, the fruit came from Maggie's grandpa's trees, and we felt obligated to do something with it.

So we handpicked, peeled, deseeded, and puréed the loquat—it took Maggie and me two to three hours to get about four quarts of purée.

It wasn't very much, and it was definitely frustrating. How are we supposed to justify the time we spent just on the loquat? How are we supposed to quantify that number in sales?

Then, a lesson appeared, and calmness ensued. Instead of seeing it as an annoying obligation, or a monotonous chore, it became an honor—an act of honoring the fruit, the land, the hard work, the time, the people, and Mother Nature herself.

It made me realize that we're so wired to think of time in dollars and cents nowadays. What happened to appreciating the slower aspect of things?

There's no answer for this. We're all struggling in our own ways, and are guilty of this mentality. As a business, we need to operate with ruthless efficiency in order to survive; as people, we're being taught to demand to get paid as much as possible for every single second of our time (or, on the flip side, complain that things are too expensive).

But as I sat there processing the loquat and ume alone on our day off, I thought to myself, doing this can't be quantified in dollars. It's an act of service and an appreciation of nature that goes beyond a tangible dollar amount. It's something that will disappear one day if we don't carry on the traditions.

And what is that worth to you?



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August 7 to
August 13



Ipoh Kopitiam is a cafe that brings popular Malaysian (and Singaporean) dishes to your neighborhood. The dishes are all Ipoh-style—Ipoh is a region in Malaysia, and kopitiam means cafe. Options include Hainan Chicken Rice, Bak Kut Teh, Nasi Lemak, and Kaya Toast. Many of their ingredients are imported directly from Malaysia! A great spot for breakfast, lunch, or dinner.
Visit them at 1411 South Garfield Avenue Suite 104, Alhambra



August 14 to
August 20



Hailing from South Louisiana, **Raising Cane's** marinates its signature chicken fingers in a blend of secret spices before frying them to juicy perfection. Side dishes like crinkle-cut fries and Texas toast are always served fresh. Don't forget the tangy secret sauce that comes with every meal! Cane's is a must-visit when you're craving the flavors of the South.
Visit them at 1300 E Valley Blvd, Alhambra



August 21 to
August 27



Eating at this Japanese-style joint will make you feel almost as if you've traveled abroad in record time. Established in Japan in 1994, **Pepper Lunch** features staples like beef and rice cooked teppanyaki-style on an iron griddle. This casual spot also features curry, rice bowls, and more Japanese dishes. Vegan and vegetarian options are also available.
Visit them at 6 W Main St, Alhambra



August 28 to
September 3



Boba Craft Cafe offers a wide selection of colorful, flavorful drinks and treats. Try famous Uji matcha or fresh fruit tea. They also serve wheel cakes, popcorn chicken, and other dishes to enjoy in a sweet cafe setting. The women-owned establishment provides outdoor seating for when you feel like braving the heat. Luckily, the drinks will keep you refreshed!
Visit them at 410 W Main St, Alhambra



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



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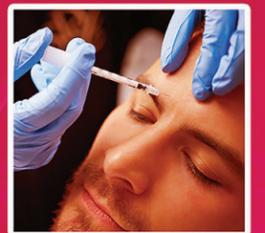
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INDEPENDENTLY OWNED AND OPERATED FRANCHISE

Local Sports News from AUSD High Schools

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

2022-23 Baseball Awards

- Frosh/Soph Team**
Most Valuable Player - Gabriel Anguiano
Pitcher of the Year - Dylan Rico
Most Inspirational - Devin Martinez
- Junior Varsity Team**
Most Valuable Player - Jacob Rodriguez
Pitcher of the Year - Aiden Kim
Most Inspirational - Camila Chacon
- Varsity Team**
Most Improved Player - Matt Gilmore
Gold Glove - Ethan Ayala
Maynard Horst Most Inspirational Player - Walter Rodriguez
Dan Larson Pitcher of the Year - Damian Chacon
Max West Power Hitter - Jackson Akers
Ralph Kiner Most Valuable Player - Josh Soto
SGV All Stars (Underclassmen) - Jackson Akers and Matt Garcia
SGV All Stars (Seniors) - Josh Soto and Damian Chacon
All CIF - Josh Soto

Soto is one of only five Alhambra athletes since 1955 to have been named All CIF in both Baseball and Football. The others are Aryn Hart in 1995, Pete Costantino in 1973, Dan Larson in 1972, and Owen Guenthard in 1955, and all four of those players have been inducted into the AHS Sports Hall of Fame.

2023 Varsity Football

- The season begins August 18th. All games begin at 7:00 p.m. as follows:
- Alhambra Moors**
8/18 - vs. South El Monte at Moor Field
8/25 - at Hacienda Heights Wilson
9/1 - vs. Temple City at Moor Field
9/8 - vs. La Salle at Moor Field
9/15 - at South Pasadena
9/29 - vs. Bell Gardens at Moor Field
10/6 - vs. Mark Keppel at Moor Field
10/13 - at Schurr
10/20 - at Montebello
10/27 - at San Gabriel
- Mark Keppel Aztecs**
8/18 - vs. Mountain View
8/25 - at Artesia
9/1 - vs. Glendale
9/8 - at Azusa
9/15 - vs. Glenn
9/29 - at Montebello
10/6 - at Alhambra
10/13 - vs. San Gabriel
10/20 - vs. Schurr
10/27 - at Bell Gardens
- San Gabriel Matadors**
8/25 - vs. Rosemead
8/31 - at LA Franklin
9/8 - at Cantwell
9/15 - vs. Whittier
9/22 - vs. Temple City
9/29 - vs. Schurr
10/6 - vs. Montebello
10/13 - at Mark Keppel
10/20 - at Bell Gardens
10/27 - vs. Alhambra

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 - 社區經濟發展 - 低收入戶免費報稅服務(VITA)、小型企業輔導
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8 WAYS TO BEAT THE HEAT IN ALHAMBRA

Cool down with these drinks and dishes next time you find yourself seeking refuge from the heat.

1. Ice Box Pie - The Shredded Carrot, 2428 West Valley Boulevard, Unit D

Is your sweet tooth just as persistent as your need to cool off? Try a slice of ice box pie from The Shredded Carrot, a locally-owned, woman-run artisanal bakery. Each icy slice of heaven is created from scratch and in small batches to guarantee freshness and quality.



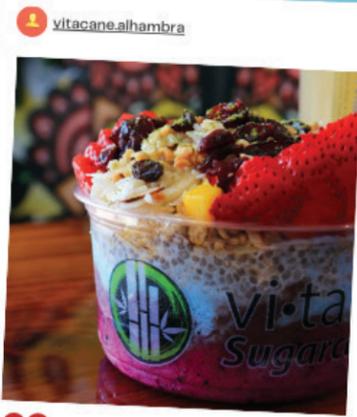
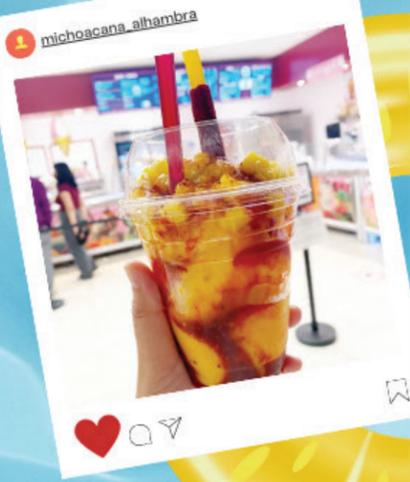
5. Ice Cream - Fosselman's Ice Cream, 1824 West Main Street

Nothing is more classic than indulging in ice cream on a summer's day. Where better to get your fix than Fosselman's Ice Cream, a local favorite since 1919? For over 100 years, the Fosselman family has offered unique, fresh, and delicious icy treats to keep the San Gabriel Valley cool. Flavor choices range from classic vanilla and lemon custard to Oaxaca Chocolate and Black Sesame.



2. Mangonada - Michoacana, 2130 South Fremont Avenue

Mangonada is a sweet, refreshing Mexican street beverage staple this time of year. Made with frozen mango, lime juice, and chili lime spice—among other tasty ingredients depending on the maker—mangonada can satisfy a wide range of cravings. One of the best around is served here in Alhambra at Michoacana, a lively, street food-inspired joint specializing in tacos and ice cream. You can't go wrong spending a summer's day getting acquainted with the diversity of flavors featured on their menu.

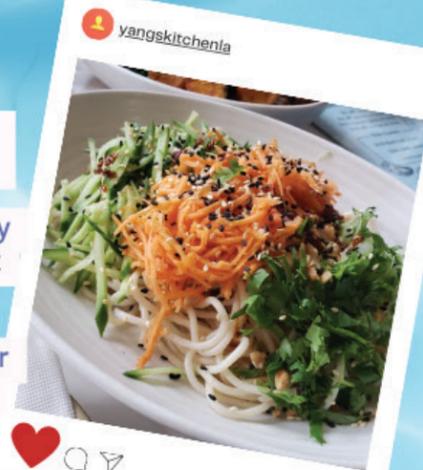


6. Açai Bowl - Vita Cane Sugarcane Juicery & Açai, 9 West Main Street

For a healthier sweet treat, head to Vita Cane Sugarcane Juicery & Açai for a tasty açai bowl. Incorporating frozen fruit, granola, seeds, nuts, and other toppings, the build-your-own bowls available at Vita Cane offer a range of possibilities—and unlimited toppings. Not only will a meal here chase the heat away, but it'll also make you feel good about yourself.

3. Cold Sesame Noodles - Yang's Kitchen, 112 West Main Street

If you're looking for something more savory, a cold noodle dish is the way to go. The inviting and diverse combination of flavors possible in any other noodle dish are present, except the dish is cool and refreshing. The Cold Sesame Noodles at Yang's Kitchen is a dish that will satisfy your taste buds and sweat glands. All the ingredients are locally sourced, and the noodles are made from scratch.



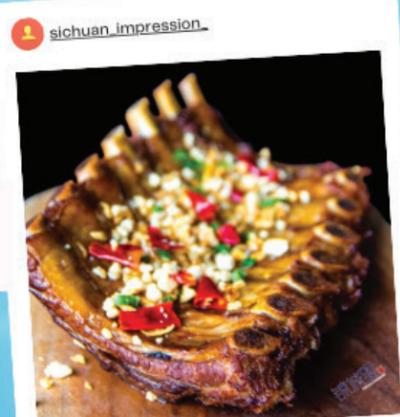
7. Mango or Rose Lassi - Delhi Belly, 8 West Main Street

For a non-alcoholic beverage that will cool you down this season, try the lassi at our Restaurant of the Year winner Delhi Belly on West Main St. The modern Indian restaurant serves many versions of the yogurty beverage, including mango and rose lassi. Lassi is perfect on its own or accompanying a spicy dish. Speaking of which...



4. Cocktail Essentials - Allocated Liquor & Cigar, 2639 Valley Boulevard

Another way to forget the heat is to drown your woes in an ice-cold drink. At Allocated Liquor & Cigar on Valley Blvd., a vast selection of spirits, beers, and other beverages beckons. Head into the air-conditioned space and spend your time perusing the wide selection of drinks—and cigars—from around the world.



8. Spicy Dishes - Sichuan Impression, 235 West Main Street, Suite B

Have you noticed that the closer a country gets to the equator, the spicier its cuisine tends to be? That's because, for many, spicy food actually helps beat the heat! Test out this topsy-turvy-sounding theory by visiting Sichuan Impression. Founded by Chinese expats who wanted to bring the flavors of Chengdu to the US, there are a number of both hot and cold spicy dishes to try, including the Tea Smoked Pork Ribs (pictured). With sweat pouring down your face, you'll be so focused on your internal temperature you'll forget about the outdoors for a while.



Congrats to the East Alhambra Little League Boys & Girls Champions!

We are excited to share that the East Alhambra Little League (EALL) secured not one but two historic wins over the summer season.

First, the East Alhambra Little League All-Star team composed of boys aged six to eight won the District 18 All-Star Tournament Championship! They went undefeated (4-0) this season and outscored their opponents 47-10 in the final match. This is the first All-Star championship for EALL in the 6-8 Minors division and the first AS championship for any under 12 boys team from Almansor Park since the tournament began in 1958, 65 years ago! Coaches Danny Macias, Jr., Ralph Hernandez, Jr., Joey De La Torre, and Ish Chavarria helped lead the team to victory with support from the families and fans of the players.

Second, the EALL girls 8-10 softball team also won the District 18 All-Star tournament! They advanced to the Southern California State Softball Championship tournament in July,

where they achieved third place. Their coaches are Danny Macias Sr., Danny Macias Jr., Francine Macias, and Joleen Macias.

Ralph Hernandez, the president of EALL, is thrilled about the teams' recent success. "As the second-year president, I'm extremely proud of both these teams for bringing their district banners home. Especially our girls for placing as high as they did in the State Championship, third in southern California! This program is rebuilding and rebuilding strong. And the future is very bright for East Alhambra Little League."

Founded in 1954, the EALL is a volunteer organization that teaches baseball and softball to roughly 400 young community members from Alhambra's beautiful Almansor Park.

Interested in Little League for your little ones? Check out EALL on Facebook at @eastalhambra and on Instagram at @eastalhambra11 for updates and enrollment details.



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AUSD'S FIRST-EVER STUDENT BOARD MEMBER APPOINTED
from page 1

...and the board of education, saying he was both honored and grateful for the opportunity to serve as the student board member and as the chairperson of the student advisory council. The board members expressed their excitement to work alongside him in 2023-24, saying they look forward to having him represent student voices in

the board decision-making process. Board president, Kaysa Moreno said, "AUSD congratulates Justin Wang and Kaitlyn Cao on their new leadership roles with the district. Their dedication, experiences, and commitment to serving the student community will have a positive impact on the future of education in AUSD."



Elizabeth Graswich, left, LACOE's Executive Director of Public Affairs & Communications discussed "Then and Now: Things We Wish We Had" with San Gabriel High School's Principal Debbie Stone, center, and math teacher Amanda Blackwood, right, in the latest episode of the podcast, "Let Me Add to That..."

San Gabriel High School Staff Spotlighted on LACOE's Podcast, "Let Me Add to That..."

The Los Angeles County of Education's (LACOE's) podcast, "Let Me Add to That..." recently spotlighted the formidable efforts of SGHS staff members to address the pressing challenges that all schools are now facing. Hosted by Elizabeth Graswich, LACOE's Executive Director of Public Affairs & Communications, the monthly podcast brings together education experts to discuss issues that school districts are tackling daily. With nearly 2 million students and 80 school districts in LACOE, the podcast is designed to share the different perspectives, experiences, and challenges of those districts.

The July 5th podcast episode featured an insightful conversation with Debbie Stone, SGHS principal, and Amanda Blackwood, SGHS math teacher. The topic was "Then and Now: Things We Wish We Had" and their discussion centered on the biggest changes schools are facing. Ms. Blackwood noted the profound influence of technology on education. She explained how technological advancements are revolutionizing the learning landscape to provide students with new tools, resources, and opportunities for engagement.

Principal Stone emphasized the importance of mental health support services that are now available at AUSD schools. Recognizing the current challenges faced by students, she shared her school's commitment to nurturing the overall well-being of students. SGHS offers comprehensive mental health programs, counseling services, emotional support, and a calming room — all to create a safe environment where students can openly address their mental health needs. Ms. Stone stressed that by prioritizing mental health, schools can create a positive atmosphere that en-

hances academic achievement and personal growth.

The episode was packed with discussions of change, including support for marginalized populations, students being more confident and recognizing the need to be more inclusive and supportive, student-centered collaborative instructional methods, and changes to bell schedules to embed intervention into the school day. They also discussed some negative aspects students are dealing with, including the heavy pressure of constant social media with its excessive photos/videos, and the stress, anxiety, and depression this relentless exposure causes.

Each episode of LACOE's podcast provides a fascinating glimpse into the transformative efforts by local educators and those across the nation. To tap into this wisdom, and learn from their experiences and perspectives, tune into LACOE's podcast: <https://bit.ly/LetMeAddToThat>. These discussions offer insights for educators, parents, communities, and anyone interested in the evolving educational landscape and the steps being taken to enhance student well-being.

"San Gabriel staff's appearance on LACOE's "Let Me Add to That..." podcast is a testament to their dedication and innovative approaches in navigating the challenges of modern education," said Superintendent Denise Jaramillo. "We are grateful to LACOE for inviting the SGHS team to be part of this podcast edition, and we commend Debbie Stone and Amanda Blackwood for their insightful comments and contributions to the important discussions on topics that impact schools throughout the county."



Ramona School's Project Based Learning Exhibit in May drew a crowd of a thousand. Top, TK-K students proudly explain to board member Bob Gin their Superheroes of the Earth PBL legacy project. Bottom, 7th graders choose Genome Odyssey as their PBL to help raise awareness for genetic diseases.

Ramona Project Based Learning 2023 Student Exhibition Draws Crowd Of A Thousand

Ramona School's signature TK-8th grade Project Based Learning (PBL) initiative celebrated its third year of overwhelming success among students, extended families, educators, neighbors, and community members with a crowd of over a thousand who attended the May 2023 PBL Exhibition to cheer the student achievements.

Principal Dr. Debbie Kotani challenged her teachers and students to focus on the theme of Legacy with each grade selecting a project to answer the question: How do we foster a community of diverse learners that are self-motivated to explore their passion as a path to building their legacy? Learn more about the remarkable Ramona PBL projects at every grade level: <https://drive.google.com/drive/folders/11IYzF8kIaZS-RNfAOKWST6RzcHjxembt3>

With the multi-year PBL professional development and an unwavering commitment, enthusiasm, and collaborative vision, Ramona TK-8th grade teachers, instructional specialist Denise DiConti, and Dr. Kotani transformed in-person teaching and learning. Together they unleashed the power of school-wide, whole child

PBL, fully integrating the program across all grade levels and embedding it in the English Language Arts, math, and science curriculum.

The lifeline PBL practice helped students bridge learning gaps and prepare for college and careers by bringing students back into connection and participatory learning, igniting a passion for inquiry based, self-directed exploration of real-world challenges and immersive student-centered learning experiences. In the process, students found new ways to discover their strengths and use their creativity and unique backgrounds to make a positive impact on the world.

When principal Dr. Kotani asked students at a whole school assembly if they were enjoying PBL, the students raised their arms, shouted yes, stood, and cheered. Parents reported that their "children blossomed before their eyes" with PBL. Teachers and families were excited by the devotion that students brought to their PBL.

"Every school needs this PBL program!" said board of education president, Kaysa Moreno, when she visited the PBL Student Exhibition.

hazel

- Struggling with change?
- Experiencing academic stress?
- Feeling lonely or depressed?

Timely access to mental health support for every student

Hazel Health therapists help children and teens with what they're feeling

Hazel can help!

hazel

AUSD families can now benefit from the convenience and accessibility of telehealth mental health services provided by Hazel Health at no cost to families.

AUSD Students Can Access No Cost Hazel Health Telehealth Mental Health Support At Home

As part of Alhambra Unified School District's commitment to student well-being, the district collaborates with Hazel Health, a national leader in school-based telehealth to offer telehealth mental health services. This family school partnership gives AUSD students access to licensed mental health professionals from the comfort of home. AUSD parents can easily arrange online for these crucial services for their children. The best part? These services

are provided at no cost to families, making it even more accessible to all students.

By addressing mental health concerns promptly, students can receive the necessary support to thrive academically and emotionally. School sites are also setting up access to Hazel Health telehealth services on campus.

Enrolling in the telehealth mental health services offered by Hazel Health is a straightforward process. Parents can reach

out directly to Hazel Health by visiting <https://my.hazel.co/alhambrausd/info> to sign the e-consent and make arrangements for their child's services. Hazel Health will collect insurance information or verify uninsured status, but families will not be billed for the services provided.

"AUSD is grateful for the partnership with Hazel Health and for their dedication to supporting the well-being of students. By eliminating barriers to access, such as

transportation or scheduling difficulties, telehealth mental health services ensure that students receive the care they need when they need it," said Superintendent Dr. Denise Jaramillo. "The availability of these services at no cost helps remove financial concerns that might prevent families from seeking help for their children's mental health."

Park School Celebrates 100 Years On October 27, Invites Community To Share Memories, Photos, Artwork

Park School turns 100 in October 2023 and wants the whole community to join in making it a memorable Panther Pride occasion.

Are you a former Park School student or employee? The school invites you to add to the festivities by sharing photos and memories of your time at the school, including the years you attended or worked there. Use this link to submit memories, photos:

https://drive.google.com/file/d/1BEpiKqMDXaRqPezT_hOARNZNtAPQn9tr/view?usp=sharing

Each Park family is asked to create a piece of artwork using the number 100 and drop it off before school begins on August 8th. The artwork will be posted around campus to welcome students back to school and jumpstart the 100th birthday party decorations.

PARK SCHOOL CELEBRATES 100 PANTHER PRIDE 1923-2023

On October 29, 2023, Park School celebrates 100 years!!!

We want to open our 2023-2024 school year, ready to celebrate our 100th birthday and want our families to help us prepare our school for our celebration on October 27, 2023.

During the summer, we ask all our families to prepare a piece of artwork incorporating the number "100". We want to post your family's artwork around our campus.

You can drop off your artwork starting July 26th.

Save the Date: On October 27, Park School 1923-2023 celebrates 100 years of Panther Pride. [parkelementary.org](https://drive.google.com/file/d/1BEpiKqMDXaRqPezT_hOARNZNtAPQn9tr/view?usp=sharing). Share your photos and memories: https://drive.google.com/file/d/1BEpiKqMDXaRqPezT_hOARNZNtAPQn9tr/view?usp=sharing

Send us your First Day Photos!

Submit your photos at: <https://tinyurl.com/FirstDayPics2023>

By participating in First Day Photos project, you will contribute to a collective celebration of the AUSD community. Your photos will inspire others, and foster a sense of togetherness and shared experiences.

Say Cheese...AUSD Wants You To Share Your Photos Of The Magic Of First Day Of School

The opening of the AUSD 2023-24 school year is right around the corner and visitors can feel the excitement as the district prepares to welcome back students on Tuesday, August 8th. The first day of

school is always a momentous occasion, filled with anticipation, nervous energy, and the promise of new beginnings. Once again, Alhambra Unified School District >> **Share Your Photos, p 16**

SAY CHEESE...AUSD WANTS YOU TO SHARE YOUR PHOTOS OF THE MAGIC OF FIRST DAY OF SCHOOL

from page 15

is inviting staff and families to be part of a special project that celebrates this milestone — and asks that you share your amazing first day of school photos!

Capturing precious moments of the start of a school year is a tradition, allowing us to preserve memories and relive them in the years to come. Every family and staff member has a unique story to tell. Sharing these first day of school pho-

tos helps create a collective digital photo album of what makes AUSD students, families, and staff so special.

Whether it's a wide grin of a kindergartener embarking on their educational journey, a proud teacher standing at the classroom door, or a heartwarming snapshot of a family sending their child off to school, the district wants to see it all! Share the joy, enthusiasm, and emotions

that encompass this milestone day.

Submitting your photos is easy... Capture that special first day of school moment and share it with AUSD through this form: <https://tinyurl.com/FirstDayPhotos2023>. Staff and family members may submit up to five First Day photos for possible publishing / posting in local publications, websites, and/or social media. The submission form will remain open

through Tuesday, August 15th at 5:00 pm.

Make sure to follow Alhambra Unified School District on Facebook, Instagram, and Twitter @AlhambraUSD. AUSD will be posting Back-to-School Shout-Outs on social media platforms during the next few weeks. Share your amazing photos and let the world witness the magic of our Alhambra Unified School District community.

JOIN PTA

<http://jointotem.org/>

Visit this site and then search for your preferred PTA!

AUSD SCHOOLS WITH PTAs

- Alhambra High School
- Brightwood School
- Emery Park School
- Fremont School
- Garfield School
- Marguerita School
- Mark Keppel High School
- Martha Baldwin School
- Monterey Highlands School
- Park School
- Ramona School
- San Gabriel High School
- Wm. Northrup School
- Ynez School

Alhambra Council
PTA[®]
everychild.onevoice.[®]

Joining and supporting your child's PTA is a wonderful way to actively engage in their education and create a thriving school community.

Join Your Child's PTA: Kids Do Better When Parents Are Engaged In Their School

Parent-Teacher Associations (PTAs) play a vital role in nurturing a vibrant and caring school environment for students. Whenever parents actively support their child's school PTA, the impact on the educational journey of students and the school is powerful. Alhambra USD urges all staff members, parents/guardians, and other family members to join in their local PTA, the nation's largest volunteer-led child advocacy association working to drive improvements in the education, health, and wellbeing of children and families.

Through your PTA involvement, you can shape school policies, build meaningful connections with other parents and school staff, and make a real difference in your child's educational experience. By working together, parents and staff can cultivate an environment where every child can thrive and reach their full potential. Superintendent Dr. Denise Jaramillo said, "Connect with your child's PTA today and become an essential part of their educational success."

Alhambra Unified School District has 14 schools with active PTAs. To join one, please visit: <https://jointotem.com> and select the school you would like to support.

AUSD's Booth Returns To Alhambra Farmers Market August 20th

After taking a short summer hiatus, Alhambra Unified School District resumes its weekly booth at the Alhambra Farmers Market, beginning Sunday, August 20th. Each week, a board of education member and a district director will be at the booth from 9:00 am until 11:00 am to share valuable information and fun giveaways to community partners who stop by to chat with them.

The booth at the Farmers Market is one of many informal opportunities for parents, students, and community members to get to know school representatives, ask questions, and learn about the exciting de-

velopments taking place across the district. Board member Ken Tang and director of school operations and programs Duane Russell will be on hand on August 20th.

This year, the AUSD booth will be easy to locate, thanks to a new canopy with the district's logo and colors. The canopy not only adds to the visual appeal of the booth but also adds a shaded area for attendees to gather, engage in conversations, and learn more about the educational offerings and initiatives of Alhambra Unified School District. Mark your calendar and plan to visit us on August 20th.



Do You Know an AUSD Game Changer?

Here's how to nominate a deserving employee...

Go to www.ausd.us/badges:

- Click on "Recognition"
- Click on one of the two badges that you want to choose
- Fill out a short, fast form: your name, who you nominate and what they do, how you know them, and very briefly why you want them to be recognized.
- Submit!

THIS TWO-TIERED RECOGNITION PROGRAM ALLOWS NOMINEES FOR THE "ABOVE AND BEYOND THE CALL OF DUTY" AND "SPOTLIGHT" BADGES TO THEN BE ELIGIBLE TO BE SELECTED FOR THE "GAME CHANGER" BADGE, WHICH WILL BE AWARDED EVERY MONTH DURING THE SCHOOL YEAR TO TWO AUSD EMPLOYEES.

The two monthly Game Changer winners will each receive a \$100 award from Schools First Federal Credit Union, recognition by the AUSD Board of Education, and a feature on our District website.



By recognizing AUSD exceptional employees as "Game Changers," the district celebrates their dedication, commitment, and transformative impact.

Nominate An Outstanding Alhambra Unified School District Employee As A "Game Changer"

The Alhambra Unified School District is filled with remarkable employees who work tirelessly to create the best educational experience for students. So many staff go above and beyond their job duties, demonstrating exceptional commitment to making a profound impact on the lives of those they serve.

You can shine a spotlight on these exemplary individuals by nominating them for a 2023-24 "Game Changer" award. Starting August 11th, when nominations open, the community has a chance to thank these outstanding employees and celebrate their contributions of time, passion, and expertise to create a positive and enriching environment for students.

"We encourage our community partners

to actively participate in acknowledging exceptional employees," Superintendent Dr. Denise Jaramillo said. "This is an opportunity for students, parents, fellow educators, and community members to come forward and share their experiences with those who have made a positive impact on them. By sharing stories of dedication, passion, and transformative moments, we can uplift and celebrate these remarkable individuals and inspire others to emulate them."

To nominate a deserving employee, visit www.ausd.us/badges, click on "Recognition," select one of the two badges that you want to choose, fill out a short, fast form (indicating your name, who you nominate, what they do, and why you want them to be recognized).



AUSD's new canopy made its debut in June, and will now be part of the weekly booth at the Alhambra Farmers Market.

Student Calendar

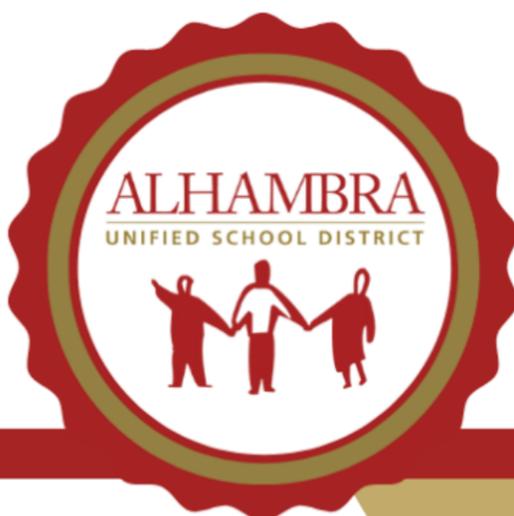
Student Calendar 2023-2024



ALHAMBRA
UNIFIED SCHOOL DISTRICT

1515 W. Mission Road
Alhambra, CA 91803

August	8, 2023	Tuesday	SCHOOLS OPEN
September	4	Monday	Labor Day – Holiday
October	6	Friday	End of 1st Quarter Grading Period (Secondary School)
October	27	Friday	End of 1 st Trimester (Elementary School)
October	30	Monday	Pupil Free Day
October	31	Tuesday	Elementary Pupil Free Day (TK-8 th)
November	10	Friday	Veterans Day – Holiday
November	20-24	Monday-Friday	THANKSGIVING BREAK
December	21	Thursday	Secondary School Pupil Free Day (9 th -12 th & Lift) End of 1st Semester (Secondary School)
December	22 - January 5, 2024		WINTER BREAK
January	8, 2024	Monday	SCHOOL REOPENS
January	15	Monday	Martin Luther King Day – Holiday
January	22	Monday	Pupil Free Day
February	12	Monday	Lincoln’s Birthday – Holiday
February	16	Friday	End of 2 nd Trimester (Elementary School)
February	19	Monday	President’s Day – Holiday
March	8	Friday	End of 3 rd Quarter Grading Period (Secondary School)
March	25-29	Monday-Friday	SPRING BREAK
May	24	Friday	LAST DAY OF SCHOOL End of 3 rd Trimester (Elementary School) End of 2 nd Semester (Secondary School)



Board Approved 2/21/2023



Emerging artists from Mexico and Colombia United to promote inclusion in the arts.

Congratulations Artists! Uniting Borders Presents “Butterflies in the Summer”

The Academy of Special Dreams is introducing a remarkable new collection at The Alhambra showcasing the extraordinary works of both local and international artists from Mexico, Colombia, and the City of Alhambra. Uniting Borders embodies the essence of inclusion in the arts, serving as a powerful testament to the beauty of diversity in schools nationally and abroad.

Sponsors include The California Arts Council, The Alhambra, Walmart, 1st Century Bank, and UAS. Their commitment has played a pivotal role in helping the Academy bring public awareness, recognition, and appreciation to the

creative talents of artists with disabilities. Their partnership has been instrumental in driving positive change and uplifting the voices of marginalized artists.

With this remarkable collection of Butterflies in the Summer, community members are invited to immerse themselves in a world of creativity, passion, and diverse perspectives. The event is a celebration of the boundless human spirit and an affirmation that art knows no limits. Join to honor the remarkable achievements of these artists, and embrace the transformative power of art in bridging gaps and uniting hearts across borders.

Ramona Convent Student Leaders Welcome Incoming Transfer Students

Members of Ramona’s Associated Student Body (ASB), Class Councils, and President’s Council recently hosted a luau and pool party for new students entering grades 10, 11, and 12. The event kicked off with icebreakers and a photo scavenger hunt across the 19-acre campus. They enjoyed a photo booth, Hawaiian BBQ, and pool games, followed by a special hula performance by seniors Kierstin Hochstim and Kiana Wong.

Appreciation and love for Hawaiian culture thrive at Ramona. For the past fifteen years, the beautiful campus has been honored to welcome back alumna Christine Aiu-Quezada ’76 and her dance students, including Kierstin and Kiana, for an annual celebration of Hawaiian chant, song, and dance. This year, Congresswoman Judy Chu, Assembly Member Michael Fong, and Alhambra City Councilwoman

Katherine Lee joined the celebration. They honored Christine for her work in raising consciousness of Asian Pacific traditions, particularly Hawaiian culture. Hālau Hula Moani’a’āla Anuhea Dance Academy is located at 1975 Potrero Grande Dr. in Monterey Park.

Ramona is a welcoming Catholic college-prep high school for young women committed to excellence in education backed by a legacy of more than 130 years of distinction. Romona graduates empowered, resilient, socially conscious leaders who are well prepared to meet life’s challenges as members of the global community.

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



Ramona seniors surprise new students with a special hula performance.



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From the Desk of Rev. Craig Statton

Summering with Seniors

Southern California has certainly delivered on its wonderful weather so far this year. The spring was mild, with cool mornings and evenings that made Dodger baseball a wonderful adventure. But summer arrived in July just like every year, and with that, some precautions are in order.

As I have gotten older, I have started to realize that I must take more precautions during this season. My older body does not respond to the sun and heat as well as it used to. According to the CDC, seniors are more susceptible to heat-related illnesses and injuries. As we age, our bodies become less efficient at

regulating temperature, and that puts us in danger of heat-related illnesses. With this in mind, here are a few tips to make summer more enjoyable by avoiding health complications.

Stay hydrated. It is recommended that we drink eight or more glasses of water every day. If you are doing a physical activity such as a walk or hike, make sure to carry plenty of water.

Stay indoors during extreme heat. In extreme heat and high humidity, evaporation slows down, and the body must work extra hard to maintain a normal temperature.

Take advantage of air-conditioned

spaces. Air conditioning is important when it is hot and humid outside. If you do not have air conditioning in your home, go to a movie theater, the mall, a friend or family member's home, or a community senior center.

Dress appropriately. The best clothing to wear in the summertime is loose-fitting and lightweight clothes in natural, breathable fabrics like cotton.

Protect your skin and eyes. Wearing sunglasses can block your eyes from harmful UV rays and protect your vision. Wearing hats and using sunscreen of SPF 30 or higher provides protection for the skin.

Know the early signs of heat-related illnesses. Signs to look for include disorientation, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness, and confusion.

Even though the sun and heat can be dangerous, outdoor activities and gathering with others are extremely important. Breathing fresh air, laughing, visiting with friends and family, and experiencing new activities not only renews the body but enriches the soul.

Having said all of this, even though it is warmer, there is still nothing better than Dodger baseball, so "Let's play ball!"

Maryvale Undertaking New Chapter in 176-Year History

With a mission to help and heal those community members who are in need, Maryvale continues to evolve its services to meet changing needs.

Founded in 1847, Maryvale helps underserved children and their families in the San Gabriel Valley secure housing, mental health services, and other resources.

Steve Gunther, President and CEO of Maryvale, joined the charity organization in February 2009. Though the 14 years since may seem short considering the institution's long history, Mr. Gunther has witnessed significant change during that time. Today, Maryvale remains in an era of major transition, with new programs starting and existing programs expanding

at a regular pace.

The most significant change came in 2020 with the closure of their Residential Treatment Program, which served the community for an impressive 167 years. The program traced its roots back to an orphanage founded by the Catholic organization Daughters of Charity in the mid-1800s. On January 6, 1856, five Daughters of Charity arrived from the American Provincial House in Maryland to open Los Angeles' first orphanage and hospital in the small wood-frame Wilson Home on the site where Union Station stands today. Though this was LA County's first and longest-serving house of charity, its closure heralded not an ending but

a beginning—new opportunities for Maryvale to serve the community were coming to light.

For instance, Maryvale has been able to focus on expanding its existing programs like Early Education and Community Mental Health. The charity is also in the process of launching a new mental health service targeting substance use among adolescents called "Connections by Maryvale."

Maryvale's 16-acre campus in Rosemead is also entering a new chapter. In August of last year, a temporary program called "Seton House" opened to house single mothers and up to two of their children under the age of 10. Residency at Seton

House includes co-occurring programs targeting issues like mental health and substance abuse. Seton House is set to expand by creating 20 additional living units, which will allow Maryvale to house up to 29 families at a time!

Maryvale's goal is to meet the community's needs while growing to serve as many people as possible. Their mission statement says it all: "With loving and compassionate hearts, we seek to heal, educate, and empower those who need us most, lifting up one individual, one family, one community at a time." Maryvale recently joined the Alhambra Chamber to connect more deeply with the community.

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or visit **www.abh.org**
214 S Atlantic Blvd, Alhambra, CA 91801

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Your Health

Qigong for Health, Eastern Exercise

By Sheila Yonemoto, P.T.

Qi (chi) is the vital life force that circulates through the body and gong (kung) means practice. Qigong has been around for at least 3,000 years—some say 10,000. There are about 100,000 different schools of qigong with various specialties, including beauty, intelligence, artistry, health, and personal development. Some forms are done as exercise and others as treatment. A qigong practice may emphasize movement or be done quietly while sitting. Some use special breathing, others don't.

In all cases, qigong uses the mind to move the chi and place healing messages along these energy channels. Movement of the chi also creates movement of the blood, bringing oxygen and nutrition to all the cells in the body. The intent of qigong is to bring better health and longevity to the individual.

Some of the benefits of qigong include improved immunity, better sleep, improved memory, improved cardiovascular and lung function, normalization of cholesterol levels, improved hearing and eyesight, improved kidney function, increased energy and endurance, softer skin, better coordination, and increased bone density.

Qigong emphasizes internal health and compliments Western exercise, which emphasizes strength, flexibility, and cardiovascular function. East meeting West could provide an awesome combination for maximizing health.



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

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

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

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Alhambradental.com

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節省時間、還省錢

馬上打給趙醫生, 我們說國、粵語

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牙齒保住了, 不用拔(只需要一次治療)
These examples show how Dr. John Chao saved a hopelessly loose tooth in ONE EASY COMFORTABLE VISIT and at a fraction of the cost of implants!

(Individual Results Vary)



趙企安醫生

John Chao, D.D.S.

Research Assoc. Prof., Post-Grad Periodontics
University at Buffalo, SUNY
Adjunct Asst. Prof., Behavior Science, USC
畢業于USC
美國紐約州立大學牙週病研究教授(SUNY)



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Ask Dr. Dara, D.D.S.



Teeth Retainers: Types and Uses

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

Getting straight teeth is only half the battle—the other half is keeping them straight, and that is where retainers come in.

No matter what method you use to align your teeth—braces, clear aligners, or others—wearing retainers is important because they help maintain the new alignment and prevent your teeth from moving back to their original positions.

Another use for retainers is to prevent front teeth from getting too crowded. For example, if your lower front teeth are already crowded, with time this will probably get worse because teeth have the ability to move forward throughout a lifetime. In this situation, if orthodontic treatment is not on the table, using retainers can prevent teeth from worsening.

There are different types of dental retainers, including:

1. Hawley retainers: These consist of a hard acrylic piece that sits against the roof or floor of the mouth and a wire that goes across the front teeth.
2. Clear retainers: These are made of clear plastic and fit snugly over the teeth, similar to Invisalign aligners.
3. Fixed retainers (Bonded Lingual Retainers): These are thin wires that are bonded to the back surfaces of the front teeth to keep them in place.

Here are some pros and cons of the different types of dental retainers:

Hawley retainers:

- Pros: Adjustable and durable.
- Cons: Can be visible, may affect speech, hard plastic covers the palate, wire can bend and cause irritation.

Clear retainers:

- Pros: Nearly invisible, comfortable to wear, easy to remove for cleaning.
- Cons: Less durable than other options, may need replacement more often.

Fixed Retainers:

- Pros: Always in place, no risk of loss or misplacement, highly effective.
- Cons: Difficult to clean, collects plaque and tartar build up, may cause inflammation and bleeding gums.

How long do you wear your retainers?

Your teeth will be straight as long as you use the correct retainers regularly.

We know that teeth shift throughout our whole life, so for many of us wearing a



retainer becomes part of the everyday hygiene routine: brush, floss, and don't forget to wear your retainer at night!

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.



Dr. Dara, D.D.S.
Advanced Dentistry Alhambra
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- 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 #OM21975

Cell 323.854.2868

Your Insurance

Things Traditional Medicare Doesn't Cover

By Katherine Yu Simms

Medicare Part A and Part B, also known as Original Medicare and Traditional Medicare, cover a large portion of your medical expenses after you turn 65. Part A (hospital) helps pay for inpatient hospital stays, stays in skilled nursing facilities, surgery, hospice care, and some home healthcare. Part B (for medical needs) helps pay for doctor visits, outpatient care, some preventive services, and certain medical equipment and supplies.

It's important to understand that Medicare Part A and Part B leave significant gaps in your healthcare coverage. This is why an increasing number of Medicare beneficiaries choose to go with Medicare Advantage plans (Part C), which help to fill some of those gaps.

Original and Traditional Medicare don't cover the following:

- Prescription Drugs
- Long-Term Care
- Deductibles and Copays
- Most Dental Care
- Routine Vision Care
- Hearing Aids
- Chiropractic and Acupuncture Services
- Medical Care Overseas
- Gym Memberships
- Over-the-Counter Benefits
- Transportation



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Medicare Advantage plans have become increasingly popular over the years. Most Medicare Advantage plans have \$0 premiums and \$0 deductibles (as most include Part D coverage), removing the need to purchase a standalone drug plan. Under most plans, copays are reasonably low for everything from doctor office visits to inpatient hospitalization.

If you have questions about your current plan or want to explore other plans which may be more suitable for you, please contact me for a free consultation.

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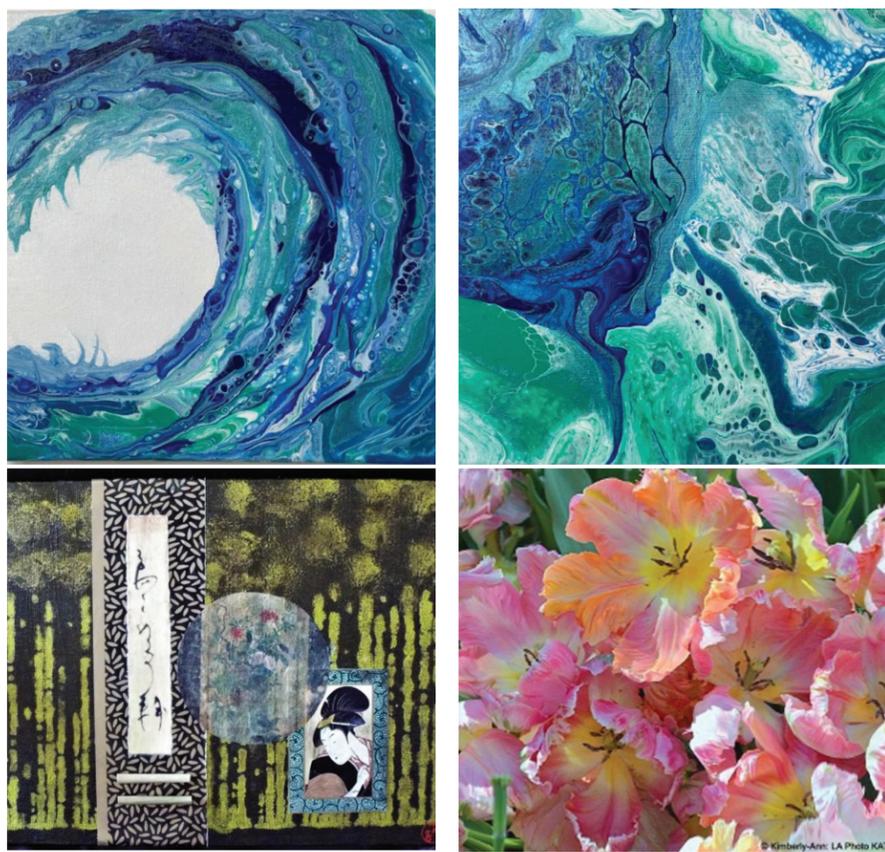
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Art at City Hall: From Traditional to Abstract

This month, the Alhambra City Hall Art Lobby will feature two artists: Joan Whitmore, a resident of Alhambra, will be sharing her new series of ocean-inspired paintings, and Kimberly-Ann Talbert of Ventura County will showcase her floral photography, watercolors, and mixed-media art.

Joan is a CalStateLA graduate with a degree in fine art. She has worked in ceramics, glass fusing, collage, photography, and more. Joan has won numerous awards for her pieces. She has chosen to share her “fluid art” at this show, a series of ocean-themed paintings that capture the nuance and diversity of waves. The

gorgeous colors and compositions make her paintings a delight to ponder.

Kimberly-Ann is also an award-winning artist who works in mixed media, though her passion is digital photography. The exhibition will display lovely floral photography and mixed-media pieces. She regularly shows her art and photography in her home in Ventura County and locally. Her purpose is to share with viewers how she interprets the everyday world using enhanced colors, thus adding a sense of awe and beauty to things one might otherwise ignore or take for granted.



The 10th Annual Alhambra Pumpkin Run & Halloween Festival Is Coming to Downtown Alhambra

What calls athletes and monsters alike to gather together in the streets of Alhambra every October?

Presented by the Downtown Alhambra Business Association and the City of Alhambra, the 10th Annual Alhambra Pumpkin Run and Halloween Festival will take place on Sunday, October 29th, 2023, in Downtown Alhambra.

The Alhambra Pumpkin Run hosts 10K, 5K, and 1K runs benefiting the Alhambra Educational Foundation. Proceeds from the walks are donated to help local Alhambra schools thrive. The event begins at 7:45 am and ends at 1:00 pm, followed by trick-or-treating on Main Street for kids. The starting line is located at the corner of 2nd Street and Main Street in front of Rick’s Burgers, and the whole

community is invited to come cheer on the runners. The run travels west on Main to El Molino Ave, loops around back on Main to Chapel, and returns to Main and 2nd Streets for the festive finish line.

The Halloween Festival features a Farmers Market, live music, a Beer Garden sponsored by Ohana Brewery, adult and kids costume contests, a “kids fun zone,” a petting zoo, and trick-or-treating on Main Street. The festival is located on 1st Street between Main Street and Commonwealth as a part of Alhambra’s weekly Farmers Market.

Register to run at www.alhambrapumpkinrun.com before September 30th for the early bird pricing. Visit @alhambrapumpkinrun on Instagram for more information.

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Real Estate

How the Federal Reserve Affects Mortgage Rates

By Gary Frueholz

Generally, home buyers do not possess the total value of a property and must rely on a mortgage. A mortgage is an agreement between a lender and a buyer that gives the lender the right to take the property if the buyer fails to repay the loan.

A critical element of a mortgage is the interest rate. Understanding interest rate changes allows the purchaser to react more effectively and benefit from a volatile interest rate.

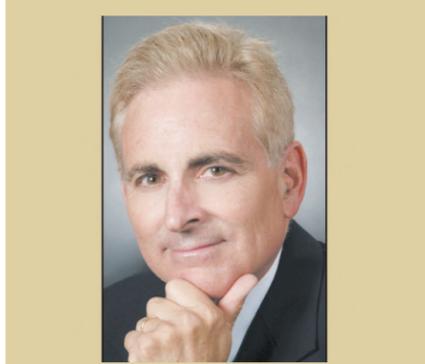
The Federal Reserve Bank, also called the Fed, is a powerful institution that regulates financial institutions to promote the stability of our economic system. The Federal Reserve comes into the picture by having a powerful influence on a mortgage's interest rate.

The Federal Reserve does not set mortgage rates but influences them through what is called the federal funds rate. Banks keep some of their reserves at the Federal Reserve and trade these funds between themselves. Since the Fed has custody of these funds, they are able to establish how much banks pay each other in interest. This transaction rate between banks is called the federal funds rate and has a trickle-down impact on other interest rates, such as mortgages, credit cards, and other lines of credit.

These actions by the Federal Reserve are what economists call monetary policy. The goal of the monetary policy is to promote maximum employment, stable prices, and moderate long-term interest rates in the U.S. economy. This creates stability in our financial system and seeks to minimize and contain systemic risks through active monitoring and engagement locally and abroad.

A major tool the Federal Reserve utilizes is the adjustment of the fed funds rate. The initial impact of fed fund rate changes may lead to short-term effects that are contrary to long-term goals. In other words, the short-term effects can be inflationary with higher unemployment. This should lead to the desired longer-term stability of moderate interest rates and healthy employment figures.

The Fed also purchases and sells debt securities, which also impacts mortgage



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rates. Other factors affecting mortgage rates are supply and demand for capital, along with the general state of the economy.

As the Fed raises the federal funds rate, the results may not be altogether bad for buyers. The changing interest rates can reduce the number of buyers who qualify for mortgage loans, thereby lessening competition and "bidding wars." This can also lead to price reductions—housing prices in Los Angeles have declined 7.5 percent during the last year.

Higher interest rates translate into higher mortgage loan costs. But as rising interest rates make homes more expensive, demand for homes reduces, and often price reductions follow. Over a longer period, interest rates may reduce and provide an opportunity for owners to refinance and extract the equity from their properties and, at the same time, keep their monthly payments relatively the same. As buyers understand the relation of federal funds rates to mortgage interest rates, they can better determine their strategy for purchasing a home.

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

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



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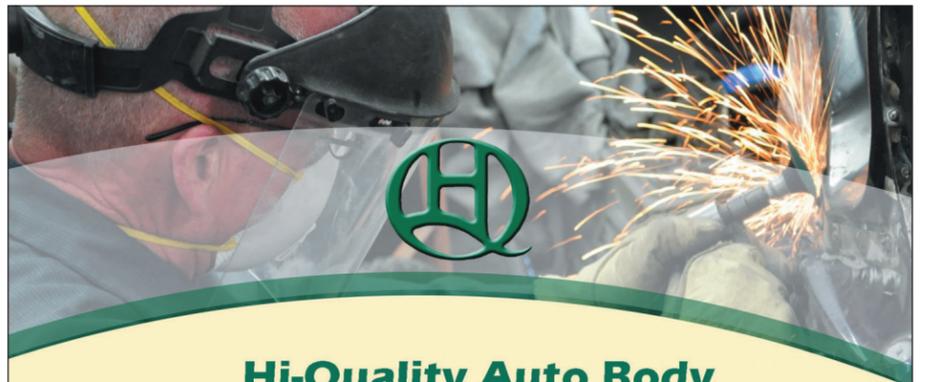
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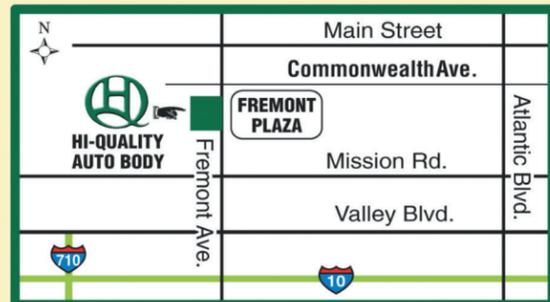
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Around Alhambra Crossword



ACROSS

- 2 What state are we in?
- 3 Known for its "bubbles," we featured this Taiwanese tea in our June issue
- 7 The most common type of business in Alhambra
- 8 This Alhambra native and former child actor recently won numerous awards for his role in Everything Everywhere All at Once

DOWN

- 1 Our city is named after this book of essays and stories by Washington Irving
- 4 This local park is home to the East Alhambra Little League
- 5 Alhambra's major thoroughfare
- 6 Our current mayor's first name, which also belongs to a famous English singer

Answer Key:
1. The Idiot of Alhambra
2. California
3. Boba
4. Alhambra Park
5. Main Street
6. Kevin
7. Car dealerships
8. Ke Huy Quan

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