



Chicken Koop Alhambra is back with all new cocktail menu.

Alhambra businesses reopen as California restrictions are lifted

Effective June 15, most of the COVID 19 safety restrictions that were required in California and Los Angeles County were lifted or reversed. This includes pandemic guidelines for masks, capacity, events, and travel.

Updated guidelines for bars, restaurants, retail stores, and businesses include:

- No more capacity limits required indoors or outdoors.
- No more physical distancing required.
- No more masks required for fully vaccinated people in most places, except for hospitals, public transportation, prisons, homeless shelters, indoors for K-12 schools, and during travel.
 - Masks are required indoors for unvaccinated people; enforcement is dependent on the discretion of businesses.
 - Masks and physical distancing were still required for employees per CAL/OSHA Workplace Guidelines as of June 15, but this was later reversed and is no longer required as of June 17.

For complete L.A. County Guidelines, go to http://bit.ly/LA_ReopeningGuide.

The lifting of restrictions is extremely welcome news for all businesses in Alhambra, as some had to adjust to survive the economic burdens that resulted. Some restaurants closed down

>> see **REOPENING BUSINESSES** Page 6



Movies and concerts in the park are back

The dog days of summer are here, but there is a great way to cool off in the evenings by attending the Friday concerts and Saturday movies at the bandstand at Alhambra Park, 500 N. Palm Ave. Here is what is in store for those cool twilight hours.

Each concert will feature a different style of music. All concerts will take place between 7 p.m. and 8:30 p.m. on Friday evenings. First up will be The Band Fresh on July 2. They will play Top 40's and R&B and maybe a few other favorites will be added by these experienced musicians.

They are followed on July 9 by the Hodads Band playing the oldies but goodies of rock and roll. On July 16, the Mark Easterday Band covers the sounds of good ole' toe tappin' country music. On July 23, its Bumpdown with a Latin influenced sound. They want the audience to know, "Bring your lawn chair and dancing shoes because this is going to be hot!"

Finally, on July 30, it's OC3, the primer Orange County cover band featuring classic rock. Stay cool in July with some great sounds in the park.

On Saturday evenings, the city offers movies at dusk. This year it is an animation lineup with a popular pre-show beginning at 7 p.m. First up on July 3 will be the box office hit *Frozen II* with Anna and Elsa in a pre-show appearance. On July 10 watch the urban fantasy by Pixar/Disney titled *Onward* preceded by a magic show. On July 17, Princess Poppy will make an appearance before the DreamWorks animated film, *Trolls: World Tour*. On July 4, a bubble show will be the opening act for the hugely popular Disney Pixar film *Toy Story 4*. To round out the month of movies in the park on the 31, there will be a kids' dance party before the DreamWorks film, *The Croods: A New Age*.

The fun is back. Enjoy the evening cool off outdoors with the whole family.

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ALHAMBRA CHAMBER OF COMMERCE
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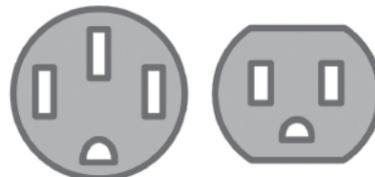
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Congratulations, Class of 2021!

Mayor's Corner

Infrastructure: Alhambra power supply updates, concerns



By Mayor Katherine Lee

It is important that our residents and businesses have uninterrupted delivery of electricity year-round. In response to concerns over power outages in the city, I requested an update from Southern California Edison during the May 24 public meeting. During the meeting with the SCE representative, I questioned how SCE has been handling the increase in customers due to Alhambra's overall continued growth in population.

The response was that electrical circuits were upgraded instead of installing new ones to support the increase.

Since last November, I have been urging SCE to upgrade its equipment routinely as they age to reduce the chance of urgent maintenance. Urgent maintenance provides no advance notice and leaves the affected residents and/or businesses unprepared. A rare example of urgent maintenance occurred last

September. Three Alhambra residents from the same homeowner's association contacted me about multiple interruptions of power supply caused by a generator failure that lasted approximately three weeks.

The electricity was on and off in their homes during that period. As a result, 15 residents in the same complex each filed a claim with SCE for food loss due to no refrigeration. Their claims were denied. After reviewing the details provided by the three residents, I decided to advocate for them by contacting our SCE representative. At the end, at least nine residents were compensated for their food loss.

This type of claim is rare, but I am glad that SCE decided to take responsibility for the incident. Alhambra currently has 61,783 SCE customers and 42 electrical circuits in the city. The largest circuit Mercer services 4,194 customers, and the smallest circuit Cordova services 184 customers. For more details, please use the link:

<https://library.sce.com/content/dam/sce-doclub/public/reliability/Alhambra.pdf>

Special mention and thanks

Toni A. Livingston was awarded the Joslyn Center Volunteer of the Year award recipient. She served as volunteer

coordinator for AARP Tax Services and provided free tax services for over 200 seniors from the community.

Dr. Carrie Fuller, outgoing principal of Alhambra All Souls World Language Catholic School, has worked hard with all the students in this school so that they have progressed in academics and their fluency in a second language. Under her leadership, the school is a welcoming and inclusive environment for the students and parents. I was honored to meet her in person and had an opportunity to visit the charming school campus, which had a chicken coop for the students. Thank you for everything you have done for the students. Our best wishes to you.

Gracias por todo lo que ha hecho por los estudiantes. Nuestros mejores deseos para usted.

我向你致以最美好的祝愿。感谢你为学生所做的一切。

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2021 SUMMER PROGRAMMING LEARNING BEYOND COVID-19 THROUGHOUT SUMMER

Grades K-8th Grade: 7:30a.m – 5:30p.m

Full Day: \$700/month • Half Day: \$500/month

Full Day Includes All Activities From 7:30am to 5:30pm

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer Program Learning Beyond COVID-19

When?
Summer 2021
Monday – Friday K-8th Grade
7:30am – 12:30pm

What We Offer?
Breakfast and Lunch, and Snack
Online Access All Day
Homework Assistance with Projects
Educational Enrichments (STEM)

Your Peace of Mind is Our Priority

- Licensed Registered Nurse on Staff
- Daily Entrance and Exit Temperature and Well Check of Children
- Mandatory Mask Worn
- Same Daily Staff Assignment
- Fingerprinted Live Scan
- All Staff trained and certified in CPR/First Aid, Child Abuse Prevention, and Mental Health.

Afternoon Half Day Program

When?
Summer 2021
Monday – Friday K-8th Grade
Half Day 1:30pm – 5:30pm

What We Offer?
Snack
Swimming Lessons/Club
Cooking Classes/Club
Art Projects
No Refunds

Field Trips *extra charge
Playground Activities
Exercise Programs
Reading Club
Ratio 1-10










Site: YMCA 401 E. Corto St. Alhambra, CA 91801 Contact: Valarie R. Gomez
Cell: 626-660-6681 or E-Mail: Val.ymca@gmail.com • Visit Us At www.wsgvymca.org

WE ARE ALHAMBRA SUPPORT OUR LOCAL BUSINESSES



REOPENING

GUIDELINES FOR BARS, RESTAURANTS, RETAIL STORES & BUSINESSES

- No more capacity limits required (indoors or outdoors)
- No more physical distancing required
- No more masks required for fully vaccinated people in most places, (except for hospitals, public transportation, prisons, homeless shelters, indoors for K-12 schools, and during travel).
- Masks are required indoors for unvaccinated people, and enforcement is dependent on discretion of businesses
- Masks and physical distancing still required for employees, per current CAL/OSHA Workplace Guidelines until further notice

For complete L.A. County Guidelines go to: http://bit.ly/LA_ReopeningGuide

FOR CURRENT LISTS OF ALHAMBRA RESTAURANTS AND BUSINESSES THAT ARE OPEN, SCAN QR CODES:

You can download any free QR Code reader from your phone's App Store.

Follow us on Instagram  @downtownalhambra for updates.

ALHAMBRA RESTAURANTS:



SCAN ME

OPEN ALHAMBRA BUSINESSES AND SERVICES



SCAN ME



Alhambra expands smoking restrictions

On May 10, the City Council adopted Ordinance O2M21-4785. It updates Chapter 9.18 of the Alhambra Municipal Code to identify additional areas where smoking is prohibited. The ordinance went

into effect on June 20. The ordinance prohibits smoking in all public places, including outdoor dining areas, parks or public grounds, public event areas, service areas, sidewalks, common

areas of multi-unit housing, and within 20 feet of any vent or enclosed area and any outdoor job or work sites. The ordinance is further intended to ensure a cleaner and more hygienic environment for the

city, its residents and visitors, and its natural resources. Visit <http://bit.ly/AlhambraTRL> for a list of frequently asked questions regarding this ordinance.




HOME IMPROVEMENT ASSISTANCE PROGRAM

ASSISTANCE AVAILABLE FOR:

- Roofing
- Exterior paint
- Windows
- Weatherization
- Enhanced ADA accessibility and more!

Help is available for qualified homeowners with home repairs. Loans available include:

- **Minor Rehabilitation Deferred Loan:** property improvements are less than \$50,000
- **Major Rehabilitation Deferred Loan:** property improvements exceed \$50,000

SCHEDULE AN APPOINTMENT AT 626-570-3238 OR EMAIL HOLLY CHENH AT HOLLYC@CITYOFALHAMBRA.ORG

[HTTPS://WWW.CITYOFALHAMBRA.ORG/RESOURCES/HOUSING-PROGRAMS](https://www.cityofalhambra.org/resources/housing-programs)

Movies IN THE PARK

SATURDAY NIGHTS FREE ADMISSION

JULY 3 FROZEN 2 (2019) RATED: PG	JULY 24 TOY STORY 4 (2019) RATED: PG
JULY 10 ONWARD (2020) RATED: PG	JULY 31 THE CROODS: A NEW AGE (2020) RATED: PG
JULY 17 TROLLS WORLD TOUR (2020) RATED: PG	

ALL ACTIVITIES START AT 7:00 PM

FOR MORE INFORMATION VISIT WWW.CITYOFALHAMBRA.ORG CALL 626-570-3242

Concerts in the Park

5 FRIDAY NIGHTS - 7:00 - 8:30 PM

ALHAMBRA PARK BANDSHELL - 500 NORTH PALM AVENUE

FOR MORE INFORMATION VISIT WWW.CITYOFALHAMBRA.ORG CALL 626-570-3242

July 2	The Band Fresh (Top 40's & R&B)
July 9	The Hodads (Oldies)
July 16	Mark Easterday Band (Country)
July 23	Bumptown (Latin)
July 30	The OC3 (Classic Rock)

REBATE SAVINGS: \$25 BONUS FOR WASHING MACHINES AND RAIN BARRELS

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- WATER-EFFICIENT WASHING MACHINE:** UP TO \$85 REBATE. Total savings: \$110.
- HIGH-EFFICIENCY TOILET:** UP TO \$40 REBATE.
- IRRIGATION CONTROLLER:** UP TO \$80 REBATE.
- ROTATING SPRINKLERS:** UP TO \$2 REBATE.

APPLY FOR REBATES AT WWW.SGVMWD.ORG

LIMITED TIME ONLY FROM MARCH 1, 2021 THROUGH JUNE 30, 2021


**AROUND
ALHAMBRA**

Published by the Alhambra Chamber of Commerce.

A monthly publication with a circulation of 40,000, Around Alhambra is mailed to every business and residence in the City of Alhambra and to all interested local, state, and county officials.

We welcome comments, press releases, and community interest stories and will make every effort to include all appropriate information. Articles submitted 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 djenkins@alhambrachamber.org.

For advertising rates and other information, contact

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alhambrachamber.org**

Alhambra launches Mobile Library to further connect with community

The Alhambra Civic Center Library has debuted its new Mobile Library, bringing literacy and fun to all corners of the community.

This new library on wheels will make stops at local parks and Summer Camp at Granada Park.

“For some residents, finding the time or transportation to get to the library building can be difficult or inconvenient,” said Mayor Katherine Lee. “This Mobile Library will roll into different neighborhoods, allowing us to make library materials accessible to people in all parts of town.”

“The van will grant us the capacity to provide programming and services outside the confines of our building,” said Hilda LohGuan, library director. “We can now pop up in different parks, schools, and neighborhoods to meet our patrons where they are. While we are focused on families with children this summer, we are working on plans to visit venues where seniors gather this fall.”

The library has ordered a special collection for mobile services — primarily some of the most popular titles requested by children and their families. Staff will bring easy ups, tables, and books to the parks they're visiting. The public will not be able to go inside the vehicle, but they'll be able to browse the new materials as well as make requests.

Library staff will issue library cards,



Library staff will issue library cards, circulate materials, answer simple reference questions, and share upcoming programming and digital resources.

circulate materials, answer simple reference questions, and share upcoming programming and digital resources. During the Summer Reading Program, staff will also give away project/craft kits for community members to enjoy.

The Mobile Library project was the result of a multi-departmental collaboration. The Alhambra Police Department donated the van to the library. Staff from the Public Works Department cleaned the vehicle and helped design and wrap the exterior

with graphics. Parks and Recreation staff assisted in coordinating park visits, and Human Resources staff provided safety and risk management training.

The library is working on securing additional funding to procure mobile hotspots and Chromebooks so that future visits into the community will include light tech hours and enhanced connectivity.

Visit the city's website, cityofalhambra.org, to see the Mobile Library Summer Schedule.

Solid waste billing systems change with new contract

In the past, residents have paid for solid waste (trash and recycling) services through a fee on their city utility bill. Businesses were charged for services by the hauler monthly. Under the new contract, all customers — residential and commercial — will pay for services directly to Republic Services.

Residential rates will not increase. The only change is where the bill comes from and who residents pay. Instead of seeing the solid waste fee on the utility bill, residents will receive a quarterly invoice from Republic Services. The first bill will arrive in July, covering service fees for July through September. The next bill will arrive in October and cover

services for October through December, and so on. If a resident was not enrolled to receive solid waste services through their water bill, please e-mail alhambra@republicservices.com, or call the Customer Service team at 800-299-4898.

Customers will have the ability to enroll in automatic payments or make one-time payments upon receipt of each invoice. Residents can pay by personal or business check, make payments online at RepublicServices.com/Account, or pay through the Republic Services mobile app, which is available for Apple and Android devices.

Collection days will not change, so please continue to set the carts at

the curb on the regular pickup day. Please be sure to place all waste, organics, and recycling inside the correct cart and close all lids flat. Items placed outside the cart will not be picked up. Carts must be placed with wheels against the curb by 5 a.m. on collection day, with the lid opening facing toward the street. Place carts in a visible location at least three feet apart and six feet away from cars and other objects.

Learn more about the new services at RepublicServices.com/municipality/alhambra-ca. For more information, please call Connie Gonzalez at 747-292-7096, or e-mail alhambra@republicservices.com.

Memorial Day observed in Alhambra

For the second year in a row, the City of Alhambra's Memorial Day observance at Alhambra Park was canceled due to concerns over the COVID pandemic. Though a traditional ceremony was not held this year or last, the Parks and Recreation Department presented Memorial Day observances as best they could. Last year they created a video montage of past Memorial Day gatherings and posted the tribute on social media.

This year a new video tribute was created underscored by the message, “Today, we honor the men and women who died while

serving in the U.S. military. Due to COVID restrictions, we could not have a Memorial Day ceremony this year, but Mayor Lee and other city officials share their gratitude in this video tribute.” That message was also posted to social media at <https://www.facebook.com/cityofalhambra/videos/309605447377813>.

Memorial Day is a national holiday of remembrance and is observed throughout the land. For many years, the City of Alhambra, in partnership with the local American Legion Post 139, have hosted

the increasingly popular Memorial Day observance at the Veteran's Corner in the northwest portion of Alhambra Park. The Police and Fire departments, Boy Scouts and Girl Scouts, the Alhambra High School band, and the area's elected representatives (city, county, and state) participated in presenting this traditional honoring of the nation's fallen heroes, especially those who lived in Alhambra before giving the last full measure of devotion on the battlefield.

It is the city's wish to be able to continue this tradition next year.



4th of July is back at Almansor Park

The return of the 4th of July community celebration at Almansor Park will help open up residents' lives again after over a year of shut down, but due to the COVID protocols it will not be business as usual.

Outdoor group activities were opened up June 15. But be aware that state and L.A. County Department of Health Guidelines in effect on that date will be followed.

To keep tabs on the numbers of people in attendance, 9,000 wristbands will be given to attendees when they enter Almansor Park. First come, first served. After the wristbands are all handed out, no more people will be admitted to the park grounds. Further, there will be no vendors

or carnival style games this year. This will be an observation event only. No coolers, alcohol, weapons, smoking, or barbecuing will be allowed in the park. Back packs are subject to search.

Entrance to the park will be for the fireworks show only, which will take place at the usual time, 9 p.m. As plans stand now, Parks and Recreation staff will open the park between 5 p.m. and 10 p.m. for the fireworks extravaganza.

There could be some last minute changes, and the COVID protocols that apply on that date will be adhered to. So be flexible, patient, and tolerant to have the best Fourth of July experience.

Grant program to help Alhambra residents pay delinquent water bills

The City of Alhambra's Residential Utility Assistance Grant Program provides financial assistance to low – moderate income residents with an emphasis on those negatively impacted by COVID-19.

This program offers a one-time grant up to \$500 to pay delinquent water bills on a first-come first-served basis. Grant awards will only cover water charges for accounts that are 90 days or more past due. Payments will be applied to the applicant's outstanding balance. Applicants are not

expected to pay back this assistance. Awards will be based on the availability of funding. Residents will need to submit an application and documentation proving eligibility. Applications are now available and must be received or postmarked by 5 p.m. on July 29 to the Customer Service Center at 68 S. First St., Alhambra, CA 91801.

For more information on the application and program guidelines, visit <https://bit.ly/UtilityGrant>.



City of Alhambra's
4th of July
Fireworks Celebration
 Almansor Park - 800 S. Almansor Street

Sunday, July 4th, 2021
GATES OPEN: 5:00 pm
FIREWORKS BEGIN: 9:00 pm
 First come first serve.
 Space is limited!
VIEWING EVENT ONLY!

State & LA County Department of Health Guidelines will be followed.

Prohibited items (Include but not limited to): Coolers, Alcohol, Smoking items, BBQ'ing items, Weapons of any kind.
 BAGS WILL BE SUBJECT TO SEARCH.
 For more information please call: 626-570-3242



City of Alhambra
Residential Utility Assistance Grant Program

Low-moderate income households negatively impacted by COVID can apply for a one-time grant to receive \$500 to pay delinquent water bills.

Submit application and documentation by July 29th.

More info:
<http://bit.ly/UtilityGrant>



Havana House Cigar Lounge is "smoke'n" with reopening!

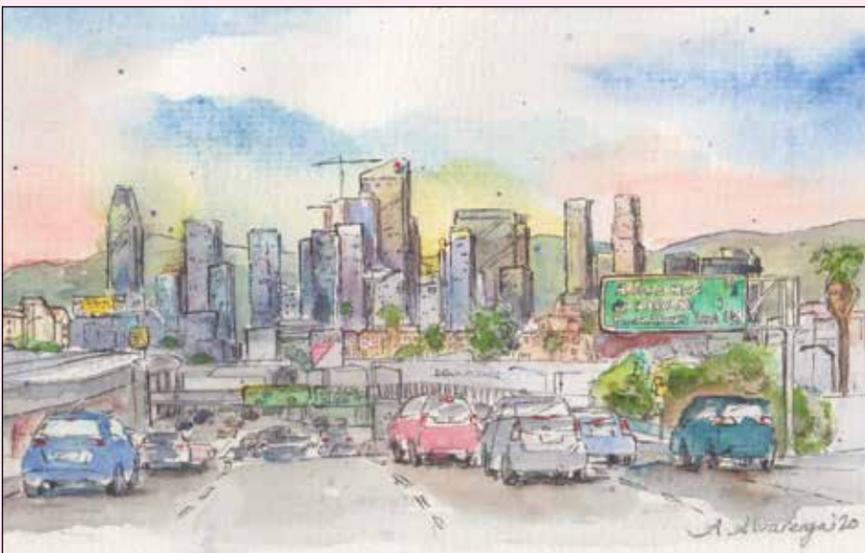
REOPENING BUSINESSES From Page 1A

temporarily or permanently, while others only did takeout and delivery or participated in the city's alfresco dining program. Some retail stores could only rely on very limited capacity, curbside pickup, or online shopping to serve their customers safely, according to guidelines that were mandated at the time. Gyms and hair salons had to close unless they had space to provide their services outdoors.

Now that the previous requirements are reversed, some businesses have reopened with excitement after being closed during the pandemic. This includes the recent reopenings of popular spots like The Chicken Koop Alhambra

and Havana House Cigar Lounge. The Granada Nightclub also announced it would reopen its doors on July 23. Other establishments like The Boiling Crab, Yang's Kitchen, Rabbit Hole Bar, 28 West Sports Bar, Diner on Main, and Limericks Tavern were open previous to June 15, but now can have full capacity (indoors or outdoors) without masks and social distancing requirements.

With all this great news, the city hopes everyone will come out and support all who are open for business in Alhambra. Keep practicing all common sense things like staying home if feeling sick and washing hands.



City Hall Art Gallery presents 'The Colors in Our City' in July
 Alhambra resident Angela Alvarenga is the featured artist exhibiting in the lobby of Alhambra City Hall this month. She is best known for her rich use of color in floral and urban paintings. "The Colors in Our City" is a collection of her recent paintings that were inspired during drives she took during the 2020 pandemic.

Save More Pharmacy: A new choice for Alhambra

Brian Thai has been in the pharmacy business since he was 16. His brother-in-law was a pharmacist at a Savon store and asked young Brian to help do chores in his pharmacy. Growing up in nearby Rosemead, Brian enrolled at Cal Poly Pomona after graduating from Rosemead High School. He made sure he took all the prerequisites for pharmacy school, researched the different pharmacy programs, and landed at USC.



The Chamber of Commerce welcomes Brian Thai and Save More Pharmacy to Alhambra.

After graduation, he worked in local pharmacies for several years until 2019 when he was ready to open his own business. He found a location he liked in Alhambra, but negotiations stalled with the onset of COVID. When things settled down, he was able to move in and open Save More Pharmacy at 349 E. Main St., Alhambra 91801, in the shopping center anchored by Ranch 99 Market.

During the worst of the pandemic, Save More Pharmacy began home delivery of medication for seniors. The delivery driver hung the bags containing medication on the recipient's door and called them on the phone to tell them the medications had arrived. The driver then waited for the door to open and the medications to be retrieved before leaving.

Since Mr. Thai moved in he began offering flu shots and, wanting to be of service to his community, he made arrangements with the Center for Disease Control (CDC) to administer a batch of 2,700 COVID shots as well. When that was announced over social media, thousands of people signed up for appointments.

A tent was set up in the parking lot and outfitted with chairs and tables. For the new vaccination site, Mr. Thai called on his brother-in-law and his sister, also a pharmacist, to help him. The CDC requires stringent records of who is receiving shots, so record keeping was an important component of the shots. He soon ran out of doses, and the CDC was happy to supply another batch of 2,700 shots. Save More Pharmacy is now on its fourth batch of 2,700 shots, but the daily tempo has slowed to 20 to 30 recipients. The number is expected to rise now that children are out of school. All of this work to keep everyone healthy is being done at no charge. Now that is community service.

Make an appointment to get a COVID shot at Save More Pharmacy. Go to their website at <https://www.mygnp.com/pharmacies/save-more-pharmacy-alhambra-ca-91801>.

For more information, call 626-282-8633.

The Chamber of Commerce welcomes Brian Thai and Save More Pharmacy to Alhambra. The Chamber held a grand opening ribbon cutting ceremony at Save More Pharmacy on June 30.



Tax Tips

Certain returns need to be filed after death of a taxpayer

When a taxpayer dies, there are certain returns that still need to be filed, a responsibility that falls onto the personal representative.

Duties of personal representative

Duties include collecting all of the decedent's property, paying any creditors, and distributing assets to beneficiaries. In addition, the representative is responsible for filing various tax returns and seeing that the taxes owed are properly paid.

No court-appointed representative

When there is no probate and no appointed representative, the IRS will allow a "person charged with property of the decedent" to file the decedent's income tax returns and claim refunds. IRS written guidance does not specify who this person should be. If there is a surviving spouse, he or she usually files a joint final Form 1040 and any other required returns. If there is no surviving spouse, the person who files commonly:

- The trustee of the decedent's revocable trust.
- The personal representative nominated in the will who would have been appointed if probate was required.
- A beneficiary receiving non-probate assets who undertakes the work.

The IRS uses the term "personal representative" to refer to anyone filing for a decedent, whether or not court appointed.

Decedent's tax returns

The personal representative is responsible for the following returns when required:

- Form 1040. Final return for the year of death. Gross income of a decedent from Jan. 1 until the date of death is reported on the decedent's final income tax return.
- Form 1041. Income tax return for a trust or other probate activities. Required if income greater than \$600 is received after death by the decedent's estate.
- Form 706. Estate tax return. Required if the decedent's estate exceeds the estate tax exclusion, currently



Michael Aston is an Enrolled Agent engaged in his family business at Alhambra Tax Center, 1009 E. Main St., Alhambra. Alhambra Tax Center has served Alhambra residents since 1970. He can be reached at 626-282-1084. Tax questions, or any other questions, can be e-mailed to michael@alhambratatxcenter.com. To view previous topics, read his blogs at www.alhambratatxcenter.com.

- Form 709. Gift tax for year of death. Required if the decedent gave more than the annual exclusion to any one person in the year of death or failed to file any prior year gift tax returns.
- Returns not filed by decedent for prior years — Form 1040, Form 1040-X, or Form 706.
- State income tax and estate tax return. Some states do not have an estate tax, but several states have annual state tax exclusions that are significantly less than the federal exclusion.

A personal representative may be personally liable for unpaid tax if he or she distributed assets, the estate is solvent as a result, and the personal representative had notice of the tax claim.

For more information, contact your tax preparer or irs.gov or ftb.ca.gov. This information is from Tax Material, Inc.

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*In the same plaza of 99 Ranch Market

MySaveMorePharmacy@gmail.com

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South Bay Safety staffing agency now in Alhambra

In any business it is important to hire enough people for the work that is to be done. Placing help wanted ads, interviewing, and selection of new hires can take time and effort needed for other projects. That is where a staffing agency like South Bay Safety can help.

In 2018, Sandra Romero saw this need clearly and founded her family owned and operated business in Torrance as a brand new staffing agency. She focused the company on businesses like food manufacturing, distribution, warehousing, apparel, light and heavy industry, machine operating, and computing.

She has opened a South Bay Safety office in Alhambra at 2585 W. Commonwealth Ave. Keeping in mind the family owned and operated formula, Ms. Romero's sister, Claudia Perez, and husband, Tony Perez, are running the Alhambra office. Mr. and Mrs. Perez, who live locally, are already up and running, helping to staff local businesses with needed employees.

Most staffing agencies work to place skilled and experienced workers in professional jobs. Ms. Romero takes a different approach. South Bay Safety focuses on entry level employment, the all-important first jobs. Her formula of meeting the needs of companies employing hands-on workers immediately resonated with employers. She then set up a program to teach fork lift operating skills and certification program as well as machine operation training. Even during the COVID shut down, warehousing operations for online sales needed to hire entry level and semi-skilled workers, and South Bay Safety was in the right place



Monique Garcia, staffing specialist at South Bay Safety.

at the right time.

Now, coming out of the worst pandemic in a century, more employers are hiring new workers. As a result of her success, Ms. Romero has 12 offices around Southern California to serve regional businesses.

On May 19, the new office at the northeast corner of Fremont and Commonwealth welcomed the community to a Grand Opening ribbon cutting and a rockin' party, which featured a DJ and a mariachi band, the popular Orange County group, Mariachi Los Reyes. Alhambra Mayor Sasha Renée Pérez and Vice Mayor Katherine Lee were on hand to cut the ribbon and express their welcome to a business that serves other businesses.

For more information, call 626-656-6990. Hours are 8 a.m. to 5 p.m. They are accepting applications from 8 to 11 a.m. and from 1 to 4 p.m.



Snyder Optometry is located at 22 S. Chapel Ave., Alhambra.

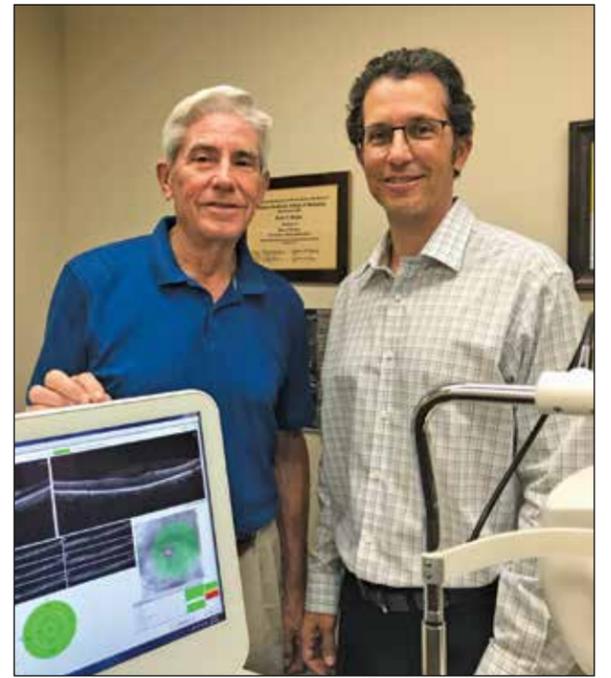
Local optometrists celebrate 92 years with Chamber

In October of 1929, Dr. George Morrison opened an optometry business on Main Street in Alhambra. No sooner had he set up shop than he joined the Alhambra Chamber of Commerce, which began a tradition that continues to this day. He even became the Chamber's president in 1935. His son Donald and his granddaughter would follow him into the business.

In July of 1971, the Morrison family sold the business to a young optometrist named David Snyder. This month, Dr. Snyder celebrates his 50th anniversary of doing business in Alhambra. During all that time he has maintained his membership in the Chamber of Commerce. Between the Morrisons and Snyders, that is 92 years of continuous membership. Like his predecessor Dr. Morrison, he served as president of the Chamber. That was in 2003, the year the Chamber celebrated its 100th anniversary.

Dr. Snyder has been very active in service to Alhambra. He has served on the board of the West San Gabriel Valley YMCA and served as chairman of the fund raising efforts to build the current "Y" building at 401 E. Corto St. He has also served as president of the Alhambra Rotary Club and supports their charitable fund raising efforts.

In 1984, Dr. Snyder bought a duplex at 22 S. Chapel Ave. and converted it into the office where he still practices. In 2006, he



Dr. David Snyder, left, and his son, Dr. Harlan Snyder, provide a variety of vision care services at Snyder Optometry.

welcomed his son Harlan into the business, and they now share the office. Dr. Harlan Snyder also works part time at the VA hospital.

Reach them at 626-282-8493. Check out their 5-Star YELP reviews at <https://www.yelp.com/biz/snyder-optometry-alhambra>.

Their hours are:
 Monday 9 a.m. to noon.
 Tuesday 8:30 a.m. to 4:45 p.m.
 Wednesday 8:30 a.m. to 4:45 a.m.
 Thursday 8:30 a.m. to 4:45 p.m.
 Friday 8:30 a.m. to 4:45 p.m.
 Saturday 8:30 a.m. to 2:45 p.m. (every first and third Saturday)
 Sunday closed.



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Safety tips to help prevent home fire

Protect your home with smoke alarms and carbon monoxide detectors

What are the different types of fire alarms?

- Battery-powered alarms may use a nine-volt battery or 10-year lithium battery.
- Hard-wired smoke alarms operate on the home's electrical system and include a battery backup in case of power failure.
- Combination smoke and carbon monoxide detectors may be a good choice for certain locations such as the garage and near heat sources such as furnaces, water heaters, dryers, and fireplaces.
- Make sure your alarm is listed or approved by an independent testing laboratory, such as Underwriters Laboratories (UL).
- Follow manufacturers' recommendations on when to replace smoke alarms.

How do you install smoke alarms?

- To install a battery-powered alarm, all you need is a drill and screwdriver. Always follow the manufacturer's installation instructions.
- Hard-wired alarms should be installed by a qualified electrician. All hard-wired smoke alarms should be interconnected: If one alarm is activated, all alarms will sound.
- Install a smoke alarm in each bedroom.
- Never install a smoke alarm too close to windows, doors, vents, or ceiling fans where drafts could blow smoke away from an alarm.

When should I test the smoke alarms and carbon monoxide detectors?

- If you have standalone battery-powered alarms, test them once a month, and replace the batteries once a year.
- Never paint any part of a smoke alarm.
- Follow the manufacturer's instructions when cleaning your alarms. Dust and debris can usually be removed by using a vacuum cleaner attachment.

Have a fire extinguisher handy

To operate a fire extinguisher, remember the word PASS: **P**ull the pin and release the locking mechanism. **A**im the nozzle low and at the base of the fire. **S**queeze the lever slowly and evenly. **S**weep the nozzle from side to side.

- Select a multi-purpose class ABC extinguisher that is large enough to put out a small fire but not so heavy as to be difficult to handle.
- Keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.
- Remember that each extinguisher must be serviced annually and may need to be recharged.

Consider a home fire sprinkler system

- Residential fire sprinkler systems provide added protection above smoke alarms and fire extinguishers.
- Fire sprinklers immediately respond to a fire while it is still small — controlling the spread of deadly heat, flames, and toxic smoke whether or not the occupants have appropriately responded to the signaling smoke alarm.
- During home construction or remodeling, a home fire sprinkler system can be cost effective.

Review your home for potential fire hazards

Just by being aware of common fire hazards and keeping an eye out for problems, you could save your home and possessions from serious damage.

- **Examine the electrical cords:** Look for any fraying of the cord. If you see any, replace the cord or appliance immediately. And always remember to grasp the plug, not the cord to prevent future fraying.

- **Review your extension cords:** Avoid using "octopus plugs," which allow many extension cords to be plugged into a single receptacle and don't plug many extension cords together.

- **Examine the light switches:** Replace buzzing or sparking switches. Also, have an electrician review your wiring as these may be signs your home needs to be rewired.

- **Review your light bulbs:** Do not use light bulbs with a higher wattage rating than recommended on the fixture.

- **Examine the clothes dryer:** Cleaning the lint trap should be part of your regular laundry routine. Left untouched, lint can build up in your dryer duct with every load of laundry. Have a professional inspection and clean your dryer at least once a year to help eliminate a fire hazard.

- **Loose batteries:** Nine-volt batteries, which power smoke detectors, are designed with both posts on the top. Bits of metal, including other batteries and loose change, can create a bridge between the posts that causes a heat-creating charge. To prevent this, keep unused batteries in their original packaging, and cover the posts of expired batteries with the black electrical tape before properly disposing of the batteries.

And finally, practice fire safety

- Talk to your children about fire safety.
- Plan at least two ways to get out of any room.
- Agree on a meeting place outside where everyone can gather.
- Practice your fire safety plan yearly.

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

Good Day Alhambra

alhabra CHAMBER OF COMMERCE

Wednesday, 7/14/2021 • 9-10 a.m.

Hosted by
Alhambra Chamber of Commerce
104 S. First Street
Alhambra 91801

Please RSVP:
626-282-8481
ihernandez@alhambrachamber.org

Cost: Free (coffee & pastries)

Join the Alhambra Chamber and local businesses for a fun business networking event that enables you to connect with fellow Chamber members. It's a great opportunity to meet new business contacts.

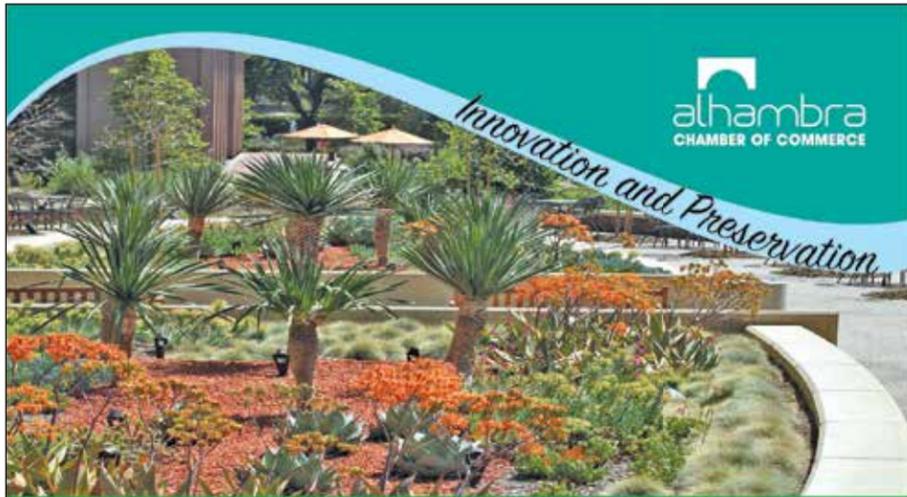
Raffles!

The Alhambra Chamber of Commerce thanks these members for renewing their memberships and for their continued support:

1234 Ortho-K Vision Care 1234 S. Garfield Ave., #105 Alhambra, CA 91801 626-282-5388 Member since 2016	Carroll's Brake Service 2360 W. Main St. Alhambra, CA 91801 626-281-0993 Member since 2009	Lo & Lo LLP 401 N. Garfield Ave., Suite 2 Alhambra, CA 91801 626-282-2955 Member since 2006
Academy of Special Dreams 115 W. California Blvd., Suite 326 Pasadena, CA 91105 323-253-7380 Member since 2012	Chen, Pinki Member since 2001	Metro Home Healthcare Equip/Supply 1430 W. Valley Blvd. Alhambra, CA 91803 626-282-2200 Member since 2002
Alhambra Alumni Athletics Foundation P.O. Box 6133 Alhambra, CA 91802 626-674-3160 Member since 2017	First United Methodist Church 9 N. Almansor St. Alhambra, CA 91801 626-289-4258 Member since 2000	Paychex 550 N. Brand Blvd., #1960 Glendale, CA 91203 626-428-1310 Member since 2010
Alhambra Educational Foundation 1603 Chestnut St. Alhambra, CA 91803 626-943-3080 Member since 2001	Fosselman's Ice Cream 1824 W. Main St. Alhambra, CA 91801 626-282-6533 Member since 2006	Planet Fitness 610 E. Valley Blvd. Alhambra, CA 91801 626-576-8800 Member since 2015
Alhambra Golf Course 630 S. Almansor St. Alhambra, CA 91801 626-570-5059 Member since 1987	G.E. Property Development, Inc. 407 W. Valley Blvd., #4 Alhambra, CA 91803 626-282-9200 Member since 2003	Planned Parenthood Alhambra Health Center 330 S. Garfield Ave. Suite 300 Alhambra, CA 91801 626-798-0706 Member since 2008
Allied Pacific IPA 1668 S. Garfield Ave. 2nd Floor Alhambra, CA 91801 626-282-0288 Member since 2010	Gilbert Motor Service 2100 W. Valley Blvd. Alhambra, CA 91803 626-282-0644 Member since 2020	Royal Vista San Gabriel 901 W. Santa Anita St. San Gabriel, CA 91776 626-289-8889 Member since 1998
Allied Waste/ Republic Services 9200 Glenoaks Blvd. Sun Valley, CA 91352 818-974-5136 Member since 1995	Keller Williams Realty Suzi Dunkel-Soto 488 E. Santa Clara St., Suite 101 Arcadia, CA 91006 626-354-7498 Member since 2018	Simpson & Simpson Mgt. Consulting, Inc. 1000 S. Fremont Ave. Unit 64, Bldg. A1, Suite 1100 Alhambra, CA 91803 626-282-4000 Member since 2010
Big T Mini Mart 240 S. Atlantic Blvd. Alhambra, CA 91801 626-289-3591 Member since 2015	L.A. County Development Authority 700 W. Main St. Alhambra, CA 91801 626-586-1762 Member since 2019	Sterling Bank and Trust 711 W. Valley Blvd. Alhambra, CA 91803 626-576-8810 Member since 2015

Thank You!

To renew your membership with a credit card, please phone the Chamber at 626-282-8481.



Alhambra Beautiful

Recognition and Mixer

**Wednesday, July 28, 2021
5:30 – 7:00 p.m.**



Hosted by
The Alhambra
1000 S. Fremont Ave – Courtyard
Alhambra, 91803

*Validated parking
Open to the public – free event*



Groomer Leslie Moraga and her latest customer.

McCormick's Pet Emporium has everything for pets

This month, Mayor Katherine Lee would like to feature a business located in Alhambra's First Council District. McCormick's Pet Emporium is conveniently located at the corner of Main Street and Hidalgo. It is an established pet and pet supply store that has served Alhambra and surrounding cities for many years, offering both in-store and online shopping for popular pets and top rated pet care products.

McCormick's Pet Emporium is a family-owned business that is a big part of the Alhambra pet loving community. In October of 2016, new owners took over the operation of running the store, with the intention of restoring and improving this well-known full line pet store to keep it current with trends and practices in the pet world.

With 20+ years of experience in the pet industry, McCormick's is offering the community and its pets the best in customer service, the largest selection of available pets, all natural and holistic products, and every service necessary to keep dogs, cats, birds, fish, or other small animal well cared for.

Their online virtual store sells the same premium products so that customers will receive the best available merchandise as well as temporary or limited edition products. The virtual store is synonymous with quality, so McCormick's guarantees customers receive the greatest variety of goods and merchandise as well as temporary or limited edition products that adapt to any budget.

Beyond just products, the in-store services include a grooming salon open every day, which can include a bath; brush; nail trim; sanitary trim; ear, face, and paws cleaning; gland expression; and full body haircut. McCormick's also offers pet day care seven days a week 8 a.m. to 5 p.m. and longer term boarding.

Take a look at their web site at <https://www.mccormickspets.com>, or come on down to the store located at 644 E. Main St. in Alhambra, or give them a call to discuss needs for a pet or pet care at 626-289-4393.

McCormick's business hours are 10 a.m. to 6 p.m. Monday through Friday and 9 a.m. to 5 p.m. Saturday and Sunday.

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by The Sporting News

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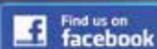
**8-10 AM (Advanced classs)
10-12 PM**
Temple City Immanuel Church
of the Nazarene (TCICON)
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Temple City, CA 91780

2-4 PM
Emmaus Lutheran Church
& School
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Alhambra, CA 91801

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Salutatorian Lauren Knapp, center, stops for a quick photo with classmates Grace Fruto, Kiara Blanco, Stacy Giu, and Erica Rodriguez before addressing the Class of 2021 to kick off the commencement ceremony.

Ramona Convent celebrates class of 2021

Ramona Convent Secondary School celebrated the Class of 2021 with a more intimate gathering of immediate family members following COVID-19 restrictions. In a mostly traditional fashion, the students wore long white dresses or fitted white pantsuits and carried bouquets of yellow roses as they walked the red carpet and took their places on stage. The graduates were radiant and delighted that they were able to have an in-person graduation. Representing the senior class, Salutatorian Lauren Knapp connected Ramona's history and core values when addressing her class:

"Although our journey at Ramona ends here, we take inspiration from the words of Mother Marie-Rose, who reminds us that, as long as we 'tread along the same way,' we might as well 'lend a hand to one another.' Don't forget to reach out to one another and care about each other. While this chapter ends here, another begins. I know you will be going on to do amazing things, and this is certainly not the last time we will hear your names in celebration."

Denise Valadez, Ed.D '96, associate superintendent of Catholic Schools in the Diocese of Orange, shared some of her school experiences with the graduates and challenged them to seize the moment and make the most of opportunities offered to

them to achieve their fullest potential. The graduates have been accepted to a variety of colleges including all campuses of the University of California and California State University, as well as private and out-of-state universities including Loyola Marymount, University of San Diego, University of La Verne, Mount St. Mary's, Barnard, Fordham, Cottey College, Lasell College, Mount Holyoke, Grand Canyon University, and more. The list of scholarships awarded to the graduates speaks to their academic excellence as does the fact that 64% earned Life Membership in the California Scholarship Federation (CSF), and 51% are members of the National Honor Society (NHS).

Ramona is a welcoming Catholic college-prep high school for girls in grades nine through 12. Ramona graduates face the future with an extraordinary education, a global vision fueled by Catholic values, an independent spirit, confident leadership skills, the support of their Ramona sisters, and the strength of a legacy of more than 130 years of excellence.

Ramona Convent Secondary School is located at 1701 W. Ramona Road, Alhambra 91803. For more information, call 626-282-4151, or visit www.ramona-convent.org.

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Home for Sale

Alhambra - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away

altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved. To order a FREE Special Report, call toll-free 1-888-300-4632 and enter 1003. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

This report is courtesy of Rudy L. Kusuma Real Estate Broker Lic# 01820322. Not intended to solicit buyers or sellers currently under contract. Copyright © 2012



2021 recipients of the Veronica Thee Service Awards are Arianna Gomez, top left; Isabelle Mix-Vachon, top right; Hritika Chaturvedi, bottom left; and Milan Cambon Ledesma; bottom right. Insert: SI Camino Real Region District 2 Director Cynthia Jarvis presents certificates to the first- and second-place winners at Ramona Convent Secondary School's end of year awards ceremony.

Soroptimist Alhambra honors 4 high school students with Veronica Thee Service Awards

Every year, Soroptimist International Alhambra, San Gabriel, San Marino honors female senior high school students who volunteer with the Veronica Thee Service Award. This year, four local teens received the distinction and a monetary award, including a donation to their volunteer organizations.

The first-place recipient was Arianna Gomez of Ramona Convent Secondary School. Arianna volunteered with Building Healthy Communities in Boyle Heights. The organization "addresses challenges like access to affordable health care, quality education and punitive discipline practices, and the need for additional support for youth and their families."

The second-place recipient was Isabelle Mix-Vachon, also a student at Ramona Convent Secondary School. She volunteered with Union Station Homeless Services, which provides homeless shelter services, housing, and family programs in the San Gabriel Valley.

Two recipients of the Veronica Thee Service Awards tied for third place. Hritika

Chaturvedi, a student at San Gabriel High School, donated her time to the Alzheimer's Association CA Southland Chapter. The organization fights to end the disease and provides research and advocacy. June is Alzheimer's & Brain Awareness Month. Milan Cambon Ledesma, from Alhambra High School, volunteered with the Environmental Resource Awareness Society at her school. ERAS hosts the school's annual Eco Fair.

A celebration was held on Zoom. Members of Soroptimist, school representatives, and family members were in attendance, including Camino Real Region Gov. Lola Abrahamian and Becky Cheng, district director to U.S. Rep. Judy Chu. The Veronica Thee Service Award is named after a former member of Soroptimist who passed away in 2013. Ms. Thee was a member of the Soroptimist Alhambra for over 40 years. She enjoyed attending meetings, making friends, and making a difference.

To learn more about Soroptimist Alhambra or becoming a member, visit www.soroptimistalhambra.org.

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Shannon is excited to be a new member of the Alhambra Chamber of Commerce!!

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shannon@fdi-sangabrielvalley.com



On hand at the ribbon cutting were, from left, Kevin Houser, Erika Deacon, and Edgar Garcia-Mora, The Ratkovich Company/The Alhambra; Savannah Moore, field representative of Los Angeles County Supervisor Kathryn Barger; Suzi Dunkel-Soto, Alhambra Chamber president; Mayor Katherine Lee; Martin Vogel and Basilio Alonzo, Academy of Special Dreams artists; Councilmember Adele Andrade-Stadler; Michael Dergar, Academy of Special Dreams CEO; Megan Moloughney, The Ratkovich Company/The Alhambra; Jerry Ruiz, the Academy of Special Dreams; Ana Guardado and Kathleen Juarez, The Ratkovich Company/The Alhambra; Sharon Gibbs, CEO Alhambra Chamber of Commerce; and Henrique Horta, The Ratkovich Company/The Alhambra.

The Alhambra features artworks by Academy of Special Dreams

The Alhambra Chamber of Commerce held a ribbon cutting celebration May 28 for the inclusive WHEELS UP! art exhibition at The Alhambra, 1000 S. Fremont Ave. The exhibit features the work of local and international disabled artists, including Mandeep Singh Manu, Maru Pombo, Ramit Chopra, Noel Gomez, Martin Vogel, Raymundo Rafael Barajas Moreno, Tom Doyle, Diego Romero, Samuel Jimenez Diaz, Deborah Gallardo, and Basilio Alonzo. The Alhambra exhibition will go through October. In September, a virtual WHEELS UP! exhibition will be held at the Los Angeles City Hall Bridge Gallery. This display has become an annual event.

The disabled artists in the exhibit use unique and creative styles of painting. Mr. Moreno, a quadriplegic, paints with his mouth, incorporating perspective and attention to textures and colors. Mr. Doyle is a working photographer taking pictures from his wheelchair. Mr. Vogel uses his wheelchair to create pleasing symmetric designs on canvas.

The work of these artists with diverse backgrounds, specialties, and personal

challenges has been exhibited at the Alhambra City Hall, the Los Angeles City Hall, and now at The Alhambra at Fremont and Mission thanks to the generous offer by The Alhambra to provide space for the exhibition.

There is more to the Academy of Special Dreams than art exhibitions. The non-profit organization, founded by CEO Michael Dergar, is also supportive of writers, filmmakers, and other creative expressions. A small but growing scholarship program is also available to these artists to pursue their education. The academy supports artists and the arts in Mexico and the United States.

"The Special Academy's mission is to increase public awareness, recognition, and appreciation of the creative talents of people with disabilities by providing opportunities that encourage, promote, and showcase their artistic expressions," Mr. Dergar said.

Support the work of the Academy of Special Dreams with a donation, the purchase of art work, and other activities by e-mailing specialacademy@gmail.com. The mailing address is 115 W. California Blvd., Pasadena 91105.



Mayor Katherine Lee, right, visited All Souls School on June 10 to present a commendation to Principal Dr. Carrie Fuller for her leadership and positive impact to the City of Alhambra. Photo credit: Aaron Manza | Bescene Inc.

Mayor Lee honors principal of groundbreaking Mandarin and Spanish dual language elementary school

As the "hybrid" school year wraps up, students, parents, and teachers celebrated All Souls World Language School for its unprecedented growth and success. At the center of this achievement is All Souls' principal, Dr. Carrie Fuller. Mayor Katherine Lee visited the school on June 10 to present a commendation to Dr. Fuller for her leadership and positive impact to the City of Alhambra. Watch the video at <https://www.youtube.com/watch?v=k7eQj0pyFXA>.

Over 300 students attended this school year through a distance learning program and later a hybrid in-school "Roomer" and at-home "Zoomer" format. Despite the challenges presented by the COVID-19 pandemic, the school's enrollment continues to grow. "We find that, as the first two-track (Mandarin/English and Spanish/English) dual language Catholic School in the United States, parents are eager to find a welcoming and inclusive learning environment that values the diversity of cultures and languages that reflect our own Alhambra community," explained Dr. Fuller. "We also have families who travel from as far as West Covina, Pasadena, and Los Angeles."

Initially established in 1921, All Souls has a long history in Alhambra. It closed temporarily and re-opened in 2012 with a unique 50/50 dual language curriculum that includes transitional-kindergarteners (TK) who start at age 4 all the way up to eighth grade. The exponential growth of the

school enrollment in recent years prompted a capital campaign to add two additional buildings that will include state-of-the-art science and technology labs. The Alhambra City Council recently approved the plans, and groundbreaking is scheduled for this fall.

As a former teacher herself, Mayor Lee congratulated Dr. Fuller on the progressive learning environment she has developed at All Souls that includes sports and drama programs, a pollinator garden, and even a chicken coop for students to experience nature as they learn about it in the classroom. The graduating eighth-grade students have been accepted to competitive high schools and received accolades for their fluency in foreign language.

The All Souls campus is located at 29 S. Electric Ave., Alhambra 91801. For information on All Souls' dual language programs or to support its capital campaign, visit allsouls.org, or call 626-282-5695.

All Souls World Language Catholic School is part of the Los Angeles Archdiocese and is the only two-track dual language elementary school in the United States. Based in Alhambra on the site of a Catholic school by the same name that existed for 100 years, the new school offers both English and Spanish and English and Mandarin tracks for students in transitional kindergarten to eighth grade. For more information, visit www.allsouls.org.



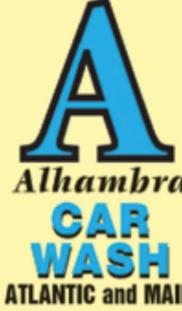
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07/2021

MEMBERSHIP GUIDE PULLOUT SECTION

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(213) 787-4809

**Tompkins & Parrington,
Attorney Law**
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Alhambra, CA 91801
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Douglas Auto Body & Paint
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Pasadena, CA 91107
(626) 795-7577

Hi-Quality Auto Body
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Alhambra, CA 91803
(626) 457-9114

Seidner's Collision Center
15 N. Curtis Avenue
Alhambra, CA 91801
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328 S. Marengo Avenue
Alhambra, CA 91803
(626) 282-5496

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1100 W. Main Street
Alhambra, CA 91801
(626) 537-2400

Goudy Honda
1400 W. Main Street
Alhambra, CA 91801
(626) 576-1114

KIA of Alhambra
1247 W. Main Street
Alhambra, CA 91801
(626) 289-0000

New Century BMW
1139 W. Main Street
Alhambra, CA 91801
(626) 570-8444

Nissan of Alhambra
1811 W. Main Street
Alhambra, CA 91081
(626) 281-4000

Wondries Toyota
1439 W. Main Street
Alhambra, CA 91801
(626) 289-8000

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Alhambra, CA 91801
(626) 281-0993

Gilbert Motor Service
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Alhambra, CA 91803
(626) 282-0644

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Alhambra, CA 91801
626-872-0705

Shepard's Automotive
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Alhambra, CA 91801
(626) 208-3677

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The Shredded Carrot
2428 W. Valley Blvd., Suite D
Alhambra, CA 91803
(626) 660-6071

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43 E. Valley Blvd.
Alhambra, CA 91801
(626) 576-7600

East West Bank - Alhambra Main
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Alhambra, CA 91801
(626) 308-2012

East West Bank - Valley
403 W. Valley Blvd.
Alhambra, CA 91803
(626) 576-7447

Golden Bank, N.A.
105 E. Valley Blvd.
Alhambra, CA 91801
(626) 300-1938

Sterling Bank and Trust
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Alhambra, CA 91803
(626) 576-8810

U.S. Bank
2400 W. Commonwealth Ave.
Alhambra, CA 91803
(626) 349-3748

Wells Fargo Bank - Alhambra Main
701 E. Main Street
Alhambra, CA 91801
(626) 293-7324

Wells Fargo Bank Corporate
333 S. Grand Avenue, 11th Floor
Los Angeles, CA 90071
(213) 253-7134

Wells Fargo Bank
Alhambra Marketplace
726 E. Valley Blvd.
Alhambra, CA 91801
(626) 457-3340

Wells Fargo Bank/North Alhambra
1910 W. Main Street
Alhambra, CA 91801
(626) 356-8235

BARBERSHOPS

Sam's Barber Shop
1103 E. Main Street
Alhambra, CA 91801
(626) 570-1230

BEAUTY AND NAIL SALONS

Carol's Nails
106 S. First Street
Alhambra, CA 91801
(626) 576-5512

BUSINESS SERVICES

Braindom, LLC
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Alhambra, CA 91801
(626) 841-3792

National Builders Control
1110 E. Main Street, #202
Alhambra, CA 91801
(626) 281-8883

CAR WASH

Alhambra Car Wash
707 W. Main Street
Alhambra, CA 91801
(626) 282-5666

CHURCHES

**Alhambra SDA Church
The Grace Place**
220 S. Chapel Avenue
Alhambra, CA 91801
(626) 289-6137

Bethany Church of Alhambra
21 N. Olive Avenue
Alhambra, CA 91801
(626) 282-9124

Chinese Bible Missions Church
200 W. Commonwealth Avenue
Alhambra, CA 91801
(626) 570-9044

Emmaus Lutheran Church & School
840 S. Almanson Street
Alhambra, CA 91801
(626) 289-3664

First Baptist Church
101 S. Atlantic Blvd.
Alhambra, CA 91801
(626) 570-1511

First United Methodist Church
9 N. Almanson Street
Alhambra, CA 91801
(626) 289-4258

**Mandarin Baptist Church of
Los Angeles**
110 W. Woodward Avenue
Alhambra, CA 91801
(626) 282-2467

**Sage Granada Park
United Methodist Church**
1850 W. Hellman Avenue
Alhambra, CA 91803
(626) 284-3229

Saint Therese Church
510 N. El Molino Street
Alhambra, CA 91801
(626) 282-2744

San Gabriel Mission
428 South Mission Drive
San Gabriel, CA 91776
(626) 457-3035

CIGAR LOUNGES

Havana House Cigars & Lounge
133 W. Main Street
Alhambra, CA 91801
(626) 576-0547

CLUBS & ORGANIZATIONS

**Academy of Special Dreams
Foundation**
115 W. California Blvd., Suite 326
Pasadena, CA 91105
(323) 253-7380

**Alhambra Alumni Athletic
Foundation**
P.O. Box 6133
Alhambra, CA 91802
(626) 674-3160

Alhambra Educational Foundation
1603 Chestnut Street
Alhambra, CA 91803
(626) 943-3080

Alhambra Firefighters Association
P.O. Box 7110
Alhambra, CA 91802-7110
(562) 822-0868

Alhambra Historical Society
1550 W. Alhambra Road
Alhambra, CA 91801
(626) 300-8845

Alhambra Latino Association
P.O. Box 6062
Alhambra, CA 91802
(626) 864-4460

Alhambra Police Foundation
2801 W. Mission Road
Alhambra, CA 91803
(626) 407-0559

**Alhambra Police Officers
Association**
P.O. Box 7339
Alhambra, CA 91802-7499
(626) 376-3253

Alhambra Public Library Foundation
101 S. First Street
Alhambra, CA 91801-3704
(626) 570-5079

American Legion Post - 139
24 N. Stoneman Avenue
Alhambra, CA 91801
(626) 576-9584

**Asian American Economic
Development Enterprise**
216 W. Garvey Avenue, Suite E
Monterey Park, CA 91754
(626) 572-7021

Asian Business Association
767 N. Hill Street, #308
Los Angeles, CA 90012
(213) 628-1222

Asian Youth Center
100 W. Clary Avenue
San Gabriel, CA 91776
(626) 309-0425 x116

AYSO Region 60
P.O. Box 7817
Alhambra, CA 91802
626-244-7374

**Boys & Girls Club of
West San Gabriel Valley**
328 S. Ramona Avenue
Monterey Park, CA 91754
(626) 573-2831

Knights of Columbus #2431
P.O. Box 1027
Alhambra, CA 91801
(562) 843-0770

**Rebound USA/Play Smarter
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5949 N. Walnut Grove Avenue
San Gabriel, CA 91775
(626) 482-8267

Rotary Club of Alhambra
P.O. Box 142
Alhambra, CA 91802
(626) 660-6681

**Rotary Club of San Gabriel Valley
New Generation**
560 W. Main Street, Suite C-243
Alhambra, CA 91801
(201) NEWGEN-1

**San Gabriel Valley Economic
Partnership**
4900 Rivergrade Road, Suite B130
Irwindale, CA 91706
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Alhambra, CA 91802
(626) 286-3066

The Alhambra Woman's Club
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Alhambra, CA 91802
(626) 289-9307

West San Gabriel Valley Realtors
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San Gabriel, CA 91776
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401 E. Corto Street
Alhambra, CA 91801
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COIN COMPANY

Alhambra Coin Center
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(626) 282-1151

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Alhambra, CA 91803
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Austin, TX 78731
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Sanz Construction, Inc.

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Smart International Service

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Alhambra, CA 91803
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Alhambra, CA 91801
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DAY CARE/PRESCHOOL CENTERS

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Alhambra, CA 91801
(626) 457-5927

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ADA Advanced Dentistry of Alhambra
70 S. Palm Avenue
Alhambra, CA 91801
(626) 289-6131

Alhambra Dental Group

100 S. First Street
Alhambra, CA 91801
(626) 308-9104

Arlen Vartanian, DDS

100 E. Huntington Drive, Suite 211
Alhambra, CA 91801
(626) 282-4195

Lieberg, Beggis DDS

401 N. Garfield Avenue, Suite 2
Alhambra, CA 91801
(626) 282-2855

M & M Dental

1711 W. Main Street
Alhambra, CA 91801
(626) 308-1711

Steven T. Placido, DDS

420 N. Garfield Avenue
Alhambra, CA 91801
(626) 289-9281

DEVELOPERS

Iona Work Spaces
1500 W. Alhambra Road
Alhambra, CA 91801
(323) 496-3539

LENNAR

15131 Alton Parkway, #365
Irvine, CA 92618
(949) 349-8130

Pacific Plaza Premier Development Group

1611 S. Garfield Avenue
Alhambra, CA 91801
(626) 788-1671

Shea Properties

130 Vantis Drive, Suite 200
Aliso Viejo, CA 92656
(949) 389-7040

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2207 W. Commonwealth Avenue
Alhambra, CA 91803
(626) 289-7164

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Los Angeles, CA 90033
(323) 264-6000

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Alhambra, CA 91803
(562) 888-2742

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Sloan's Dry Cleaners
5061 N. Huntington Drive
Los Angeles, CA 90032
(323) 222-1259

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2801 W. Mission Road
Alhambra, CA 91803
(626) 286-0360

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www.shopvidorra.com
Alhambra, CA 91801

EDUCATION COUNSELING

Laura Tellez-Gagliano Educational Consultant
Alhambra, CA 91801
(626) 483-2066

Total Education Solutions

625 S. Fair Oaks Avenue, Suite 300
So. Pasadena, CA 91030
(323) 341-5580

EMPLOYMENT SERVICES

Alhambra America's Job Center
2550 W. Main Street, Suite 101
Alhambra, CA 91801
(323) 832-1274

East SGV-America Job Center of CA - Goodwill

14101 E. Nelson Avenue
La Puente, CA 91746
(626) 934-5700

South Bay Safety, Inc.

2585 W. Commonwealth Avenue
Alhambra, CA 91803
626-656-6990

ENGINEERING

Transtech Engineers, Inc.
13367 Benson Avenue
Chino, CA 91710
(909) 595-8599

ENTERTAINMENT

Alhambra Performing Arts Center
1850 W. Hellman Avenue
Alhambra, CA 91803
(626) 230-5435

Luckman Fine Arts Complex

California State University
5151 State University Drive
Los Angeles, CA 90032
(323) 343-6616

ESCROW

Dynasty Escrow
205 S. Chapel Avenue, Suite D
Alhambra, CA 91801
(626) 281-5491

EVENT PRODUCTION

Auntie M Creative Consultants, Inc.
614 S. Date Street
Alhambra, CA 91803
(626) 308-9774

Wife of the Party

318 S. Date Avenue
Alhambra, CA 91803
626-872-6810

FINANCIAL SERVICES

Grand Pacific Financing Corp.
901 Corporate Center Drive, #300
Monterey Park, CA 91754
323-780-8881 x194

Primerica Financial Services

Sam Yue
San Gabriel, CA 91776
(626) 230-7192

FLORISTS

Fanny's Flowers
5947 Oak Avenue
Temple City, CA 91780
(626) 287-1653

FOUNDRY

Alhambra Foundry Co., Ltd.
1147 Meridian Avenue
Alhambra, CA 91803
(626) 289-4294

GOLF

Alhambra Golf Course
630 S. Almansor Street
Alhambra, CA 91801
(626) 570-5059

GOVERNMENT/NON-PROFIT

County of L.A. Department of Public Works
900 S. Fremont Avenue, 9th Floor
Alhambra, CA 91803
(626) 300-3296

Esperanza Services

2510 W. Main Street
Alhambra, CA 91801
(626) 457-5242

Home of Angels

1000 S. Granada Avenue
Alhambra, CA 91801
(626) 872-2162

L.A. County Development Authority

700 W. Main Street
Alhambra, CA 91801
(626) 586-1762

Taiwanese American Professionals LA

3001 Walnut Grove Avenue
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(626) 319-1966

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Alhambra Fit Body Boot Camp
43 E. Main Street
Alhambra, CA 91801
(626) 765-1336

The Live Fully Academy

Online Fitness Membership
thefitfactorstudio.com
Alhambra, CA 91801

Planet Fitness

610 E. Valley Blvd.
Alhambra, CA 91801
(626) 576-8800

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GLC Compassionate Care
1749 W. Townsend Street
Rialto, CA 92377
323-572-8737

HOME IMPROVEMENT - RETAIL

Home Depot
500 S. Marengo Avenue
Alhambra, CA 91803
(626) 458-9800 x 100

Lowe's

2000 Empire Avenue
Burbank, CA 91504
(818) 557-2373

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AHMC Healthcare, Inc.
1000 S. Fremont Avenue
Building A-9
Alhambra, CA 91803
(626) 457-7450

Alhambra Hospital Medical Center

100 S. Raymond Avenue
Alhambra, CA 91801
(626) 570-1606

San Gabriel Valley Medical Center

438 W. Las Tunas Drive
San Gabriel, CA 91776-1507
(626) 289-5454

HOTELS/MOTELS

Days Inn
15 N. First Street
Alhambra, CA 91801
(626) 308-0014

San Gabriel Hilton

225 W. Valley Blvd.
San Gabriel, CA 91776
(626) 270-2700

ICE CREAM STORES

Fosselman's Ice Cream
1824 W. Main Street
Alhambra, CA 91801
(626) 282-6533

IMPORT/EXPORT

W. Y. International Inc.
2000 S. Garfield Avenue
Los Angeles, CA 90040
(323) 726-8733

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Automobile Club of So. California
401 E. Main Street, Suite 101
Alhambra, CA 91801
(626) 289-4491

Bolton & Company

3475 E. Foothill Blvd., Suite 100
Pasadena, CA 91107
(626) 535-1497

Family First Life Royalty

P.O. Box 7488
Alhambra, CA 91803
(310) 254-6908

Farmers Insurance

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1122 W. Valley Blvd.
Alhambra, CA 91803
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401 S. Mission Drive
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1230 E. Main Street
Alhambra, CA 91801
(626) 576-1078

Medicare Insurance Consultant

Katherine Yu Simms
P.O. Box 3344
Alhambra, CA 91803
(323) 854-2868

NFP Corporate Benefits

Alhambra, CA 91801
(858) 349-9140

State Farm Insurance

Talbot Ins. Agency
315 S. Primrose Avenue
Monrovia, CA 91016
(626) 357-3401

State Farm Insurance

Tom Romano
1226 E. Main Street
Alhambra, CA 91801
(626) 576-1040

JEWELRY

Alhambra Jewelry and Gold
1105 W. Mission Road
Alhambra, CA 91803
(626) 703-4002

LIQUOR STORES

Mega Liquor #8
2020 W. Valley Blvd.
Alhambra, CA 91801
(626) 282-7070

Superstore #2

320 W. Alhambra Road
Alhambra, CA 91801
(626) 284-3258

MANUFACTURER & REPAIR

EMCORE Corporation
2015 Chestnut Street
Alhambra, CA 91803
(626) 293-3400

F. F. Gomez, Inc.

12301 Wardman Street
Whittier, CA 90602
(562) 693-3500

MARKETING

SendOutCards Marketing
Alhambra, CA 91803
(626) 319-2535

MARKETS & CONVENIENCE STORES

Big T Mini Mart
240 W. Main Street
Alhambra, CA 91801
(626) 289-2448

Cali Mart

1000 E. Valley Blvd.
Alhambra, CA 91801
(626) 284-8819

Sprouts Farmers Market

150 E. Main Street
Alhambra, CA 91801
(626) 863-1096

MEDICAL CLINICS**OPTUM**

55 S. Raymond Avenue, #200
Alhambra, CA 91801
(626) 570-8005

Pacific Medical Imaging & Oncology Center

707 S. Garfield Avenue
Suite B-001
Alhambra, CA 91801
(626) 227-2727

Planned Parenthood Alhambra Health Center

330 S. Garfield Avenue, Suite 300
Alhambra, CA 91801
(626) 798-0706

Pregnancy Help Center of SGV, Inc.

902-904 E. Main Street
Alhambra, CA 91801
(626) 309-0768

MEDICAL DOCTORS**Allied Pacific IPA**

1668 S. Garfield Avenue, 2nd Floor
Alhambra, CA 91801
(626) 282-0288

Francisco G. Rodriguez, D.O.

330 W. Las Tunas Drive, Suite 1
San Gabriel, CA 91776
(626) 284-3300

MEDICAL EQUIPMENT**Metro Home Healthcare Equipment & Supply Inc.**

1430 W. Valley Blvd.
Alhambra, CA 91803
(626) 282-2200

MEDICAL SERVICES**Arroyo Vista Family Health Center**

6000 N. Figueroa Street
Los Angeles, CA 90042
(323) 987-2000 x2007

Plushderma Laser Clinic

11008 Valley Mall, Suite 201
El Monte, CA 91731
(626) 448-7587

MORTUARIES/CEMETERIES**Rose Hills Mortuary**

550 E. Main Street
Alhambra, CA 91801
(626) 299-3000

MUSIC - RETAIL AND INSTRUCTION**Classical European Music Academy Los Angeles**

P.O. Box 3994
Los Angeles, CA 90078
(323) 678-3239

Lansum Music International Corp.

745 E. Valley Blvd. #821
San Gabriel, CA 91776
(909) 629-0017

Poprock Academy

Alhambra, CA 91801
(626) 282-ROCK

NURSERY-LANDSCAPING**Flora Clay**

1100 E. Main Street
Alhambra, CA 91801
(626) 703-4633

OFFICE FURNITURE**Indoff Solutions Unlimited**

Alhambra, CA 91801
(626) 308-3420

OPTOMETRISTS**1234 Ortho-K Vision Care**

1234 S. Garfield Avenue, #105
Alhambra, CA 91801
(626) 282-5388

Snyder Optometry

22 S. Chapel Avenue
Alhambra, CA 91801
(626) 282-8493

ORTHODONTISTS**Tina Marie & Annie Siu, DDS**

2585 Huntington Drive
San Marino, CA 91108
(626) 796-0615

PARTY RENTALS**Partyline Event Rentals**

9674 Telstar Avenue, Unit J
El Monte, CA 91731
(626) 289-1799

Piñata Jakstand

2819 W. Ramona Road, Suite B
Alhambra, CA 91803
(323) 225-4453

PAYROLL SERVICES**Paychex**

550 N. Brand Blvd. #1960
Glendale, CA 91203
(818) 241-3800

PET STORES**McCormick's Pet Emporium**

644 E. Main Street
Alhambra, CA 91801
(626) 289-4393

PHARMACIES**Save More Pharmacy**

349 E. Main Street, Suite 101
Alhambra, CA 91801
(626) 282-8633

PHOTOGRAPHY**Toyo Miyatake Studio**

235 W. Fairview Avenue
San Gabriel, CA 91776
(626) 289-5674

PHYSICAL THERAPY**B & C Physical Therapy**

41 N. Garfield Avenue, Suite #102
Alhambra, CA 91801
(626) 782-7611

Yonemoto Physical Therapy

55 S. Raymond Avenue, Suite 100
Alhambra, CA 91801
(626) 576-0591

PLUMBERS**Alhambra Backflow****Lue Plumbing Service**

2011 S. Fremont Avenue
Alhambra, CA 91803
(626) 281-6736

Mr. Rooter Plumbing

221 W. Pomona Blvd.
Monterey Park, CA 91754
(323) 721-1243

PRINTERS**Davis Blue Print Company**

3205 N. Main Street
Los Angeles, CA 90031
(323) 225-4703

Plaza Printing

126 E. Valley Blvd.
Alhambra, CA 91801
(626) 576-0209

PRINTERS - 3D SERVICE**CoKreerate**

1019 E. Main Street, Unit B
Alhambra, CA 91801
(626) 313-7885

PROPERTY MANAGEMENT**InveServe Corp.**

123 S. Chapel Avenue
Alhambra, CA 91801
(626) 458-3435

JCC Venture LLC

160 W. Valley Blvd., Suite B
San Gabriel, CA 91776
562-335-3531

The Huntington Professional Bldg.

3010 San Pasqual Street
Pasadena, CA 91107
(626) 289-1819

REAL ESTATE**G.E. Property Development, Inc.**

407 W. Valley Blvd. #4
Alhambra, CA 91803
(626) 282-9200

Gary A. Frueholz**Dilbeck Real Estate**

2486 Huntington Drive
San Marino, CA 91108
(626) 403-5220

H.M.E. Realtors

248 E. Main Street, Suite 100
Alhambra, CA 91801
(626) 281-3400 Ext.125

Keller Williams Realty

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(626) 940-5549

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2001 W. Valley Blvd.
Alhambra, CA 91803
(626) 872-0479

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2 S. Garfield Avenue
Alhambra, CA 91801
(626) 282-8590

Bun 'N Burger

1000 E. Main Street
Alhambra, CA 91801
(626) 281-6777

Denny's Restaurant

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Alhambra, CA 91801
(626) 281-6701

Diner on Main

201 W. Main Street
Alhambra, CA 91801
(626) 281-3488

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Alhambra, CA 91801
(626) 300-9320

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228 W. Valley Blvd. Suite 101
Alhambra, CA 91801
(626) 289-1833

Genovese's Italian Kitchen

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Alhambra, CA 91801
(626) 289-5667

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J. J. Gourmet Food Corp.
150 E. Main Street, #100
Alhambra, CA 91801
(626) 741-5388

La Chuperia Cantina

118 W. Main Street
Alhambra, CA 91801
(626) 537-1082

Limericks Tavern

300 W. Main Street, Suite 110
Alhambra, CA 91801
(626) 872-1504

Mahan Indian Restaurant

110 W. Main Street
Alhambra, CA 91801
(626) 458-6299

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240 W. Main Street, Unit A
Alhambra, CA 91801
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2310 W. Commonwealth Avenue
Alhambra, CA 91803
(626) 281-1603

McDonald's - Main

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Alhambra, CA 91801
(626) 289-4541

McDonald's - Valley

1520 W. Valley Blvd.
Alhambra, CA 91803
(626) 458-8113

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208 E. Valley Blvd.
Alhambra, CA 91801
(626) 299-1238

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1800 W. Valley Blvd.
Alhambra, CA 91803
(626) 872-6464

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Alhambra, CA 91801
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2234 W. Valley Blvd.
Alhambra, CA 91803
(626) 576-7851

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1900 W. Valley Blvd.
Alhambra, CA 91803
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5332 Stevens Place
Commerce, CA 90040
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Alhambra, CA 91801
(626) 289-8886

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1 W. Valley Blvd.
Alhambra, CA 91801
(626) 282-0140

The Thai Paradise

909 W. Las Tunas Drive
San Gabriel, CA 91776
(626) 570-8887

Twohey's Restaurant

424 Fair Oaks Avenue
South Pasadena, CA 91030
(626) 284-7387

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245 S. Atlantic Blvd.
Alhambra, CA 91801
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112 W. Main Street
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(626) 281-1035

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(626) 282-2038

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Alhambra, CA 91801
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Monterey Park, CA 91754
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Alhambra, CA 91801
(626) 282-2337

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Alhambra, CA 91801
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Alhambra, CA 91801
(626) 458-1505

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San Gabriel, CA 91776
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All Souls World Language Catholic School
29 S. Electric Avenue
Alhambra, CA 91801
(626) 282-5695

California Institute of Advanced Mgt.
1000 S. Fremont Avenue, Unit 45
Bldg. A-10, 4th Floor, Suite 10402
Alhambra, CA 91803
(626) 350-1500

East Los Angeles College
1301 Avenida Cesar Chavez
Monterey Park, CA 91754
(323) 265-8663

Oneonta Montessori School
2221 Poplar Blvd.
Alhambra, CA 91801
(626) 284-0840

Options For Learning State Preschool
18455 Railroad Street
City of Industry, CA 91748
(626) 854-3449

Platt College
1000 S. Fremont Avenue
Building A10
Alhambra, CA 91803
(626) 300-5444

Ramona Convent Secondary School
1701 W. Ramona Road
Alhambra, CA 91803-3099
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St. Thomas More School
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Alhambra, CA 91803
(626) 284-5778

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San Gabriel, CA 91776
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San Gabriel, CA 91775
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Alhambra Tax Center

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Alhambra, CA 91801
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Alhambra, CA 91801
(626) 300-8312

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906 Westminster Avenue
Alhambra, CA 91803
(626) 289-7277

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2168 S. Atlantic Blvd. #222
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Sun Valley, CA 91352
(818) 974-5136

Athens Services
5355 S. Vincent Avenue
Irwindale, CA 91706
(888) 336-6100

San Gabriel Valley Water District
P.O. Box 1299
Azusa, CA 91702
(626) 969-7911

So. California Edison Co.
1000 E. Potrero Grande Drive
Monterey Park, CA 91754
(800) 990-7788

So. California Gas Company
11912-B Valley Blvd.
El Monte, CA 91732
(800) 427-2200

Valley Vista Services, Inc.
17445 East Railroad Street
City of Industry, CA 91748
(626) 233-8726

VETERINARIANS

Alhambra Veterinary Hospital
1501 W. Mission Road
Alhambra, CA 91803
(626) 289-9227

West Main Animal Hospital
2216 W. Main Street
Alhambra, CA 91801
(626) 282-2179

WELLNESS & HEALTH

LifeWave Alhambra
P.O. Box 560 W. Main Street, #C206
Alhambra, CA 91801
(626) 616-0669



Alhambra Woman's Club to meet July 9

The Alhambra Woman's Club will resume its monthly meetings at 11 a.m. Friday, July 9, at Almansor Court, 700 Almansor St., Alhambra.

reside in Alhambra and surrounding communities to join them for good food, friendship, a scenic view, and great entertainment.

The club, founded over 100 years ago, invites new and former members who

Please call 626-289-9307 to make a reservation by July 2.

CITY OF ALHAMBRA
PARKS & RECREATION DEPARTMENT

SUMMER FOOD SERVICE PROGRAM

Free lunches and snacks are served to children 1 to 18 years of age, Monday through Friday, June 1 - August 6, 2021. The Grab 'n' Go meals are served daily on a first come first served basis. The City of Alhambra through the United States Department of Agriculture administers the Summer Food Service Program.

FREE LUNCH & SNACK

LOCATIONS AND TIMES

Story Park - Lunch 11:00 AM - 1:00 PM
Almansor Park - Lunch 11:30 AM - 1:30 PM
Alhambra Park - Lunch 12:00 PM - 2:00 PM
Granada Park - Lunch 12:00 PM - 2:00 PM

Call us today for more information: 626-570-5081
Monday - Friday 7:30 AM - 6:00 PM or visit www.cityofalhabra.org

MEALS FOR EMERGENCY FEEDING (SUMMER 2021)
Please complete the required "Meals for Emergency Feeding" form and have available each time you pick up meals. Random verification checks will be conducted. If you are selected, you will need to provide verification to ensure the meals are for children 18 years or younger. Acceptable forms for verifications are: School ID, Report Card or child being present.

SCHOOL _____ CHILD'S NAME: _____ GRADE: _____
SCHOOL _____ CHILD'S NAME: _____ GRADE: _____

*This program/activity is not sponsored or endorsed by the Alhambra Unified School District.

Alhambra
FIT BODY BOOT CAMP

28 DAYS for \$28

- WEIGHT TRAINING
- NUTRITION ADVICE
- CARDIOVASCULAR TRAINING
- GUARANTEED RESULTS

COACH

CLASS SCHEDULE
Monday-Friday: 5am, 5:45am, 6:30am, 7:15am, 8am, 8:45am, 11:15am, 12pm, 3:15pm, 4pm, 4:45pm, 5:30pm, 6:15pm, 7pm, 7:45pm
Saturday: 7am, 7:45am, 8:30am, 8:15am, 10am
Sunday: Closed

Coach Charles
(626) 765-1336
CharlesG@FitBodyAlhambra.com

43 E Main St Suite 101
Alhambra, CA 91801



Congratulations to the Class of 2021



PREPARED. FOR LIFE.

"Although our journey at Ramona ends here, we take inspiration from the words of Mother Marie-Rose, who reminds us that, as long as we "tread along the same way," we might as well "lend a hand to one another." Don't forget to reach out to one another, and care about each other. While this chapter ends here, another begins. I know you will be going on to do amazing things, and this is certainly not the last time we will hear your names in celebration."

- Lauren Knapp '21, Salutatorian, Cal State University, Monterey Bay



HAPPY RETIREMENT!

Congratulations to these certificated staff members and administrators who retired in 2020 and 2021!

- | | | |
|----------------------|------------------------|-------------------|
| June Ashburn | Jennifer Hoey | Thomas Riley |
| Karen Bell | Barbara Hunt | Susan Rose |
| Mary Bennett | Keith Jones | Dennisse Santana |
| Catherine Brooks | Eileen Kaiser | Andrew Shapiro |
| Beth Brown | Alice Lee | Katharine Sprague |
| Karen Caddel | Katherine Lee | Jan Stas |
| Nathalie Carr | Marina Lerique | Scott Stechel |
| Florence Chan | Jennie Malonek | Debbie Struthers |
| Yuen Yee So Chau | Kathleen McNish Wright | Valerie Sumi |
| Li Min Cheng | Sheila McCullough | Patricia Synegard |
| Rosalyn Collier | Kathleen McGinley | Lisa Tang |
| Colin Danielsen | Robin McQuay | Sunita Tharayil |
| Janet Dodson | Jennifer Miranda | Louie Torres |
| Ana Escobedo | Leland Myrick | John Martin Ulloa |
| Carla Fujimoto | John Ochetti | Brad Walsh |
| Teresa Gorman Akkari | David Pampu | Joni Wong |
| Florence Goh | Margaret Purdy | Mary Joe Wu |
| Rosann Gray | Gloria Ramirez | Shirley Yamagata |
| Anthony Grbac | David Reynolds | Dan Zhu |
| Thomas Hall | | Roberta Zubiate |



Gloria Rivas Ramirez, center, retires from Emery Park School after 40 years of teaching. From left are Bob Gin, AUSD board member; Superintendent Denise Jaramillo; Gloria Rivas Ramirez; Tammy Scorgia, ATA president; and Kenneth Tang, AUSD board president. Ms. Ramirez has the greatest number of years of service of any certificated retiree in 2021.

HAPPY RETIREMENT!

Congratulations to these classified staff members who retired in 2021!

- | | |
|----------------------------|-----------------------|
| Denise Acosta | Thomas K. Kohout |
| Richard Brown | Cathy M. Lee |
| Danny G. Cardenas | Hian Lie Liong |
| Javier Carrillo | Jesus Martinez |
| Ray Anthony Castillo | Gilbert Miranda |
| Anita R. Celis | Toshiko Mora |
| Patricia A. Cerros | Elizabeth Ann Parocua |
| Christine Cobine | Lau Man Shum |
| Joseph Contreras | Daniel Snyder |
| Otis Dixon | Joy Fong Soh |
| Johnny Doster | Mariana Street |
| Darlene Antoinette D'Silva | Janet V. Tran |
| Edward Francis Foley | Sandra Villanueva |
| Luci M. Gonzales | Joy A. Wabuke |
| Elkie Yin Fong Ilo | Patty Welch |
| Rosa Ibarra | Jacqueline Y. Yee |



CONGRATULATIONS TO THE 2021 AUSD EMPLOYEES OF THE YEAR!

ROXANNE VENEGAS, CLASSIFIED EMPLOYEE OF THE YEAR
Cafeteria Manager, San Gabriel High School

VIRGINIA VASQUEZ, TEACHER OF THE YEAR
English Teacher, San Gabriel High School

LINDSEY MA, MANAGER OF THE YEAR
Director, Student/Employee Welfare TK-8

VACCINATION PARTNERS MARK KEPPEL HIGH SCHOOL CLINICS

*Azusa Pacific University Student Nurses
California State University Los Angeles Student Nurses
Chinatown Service Center
Herald Christian Health Center
Mark Keppel High School
&
The City of Monterey Park*

IT TAKES TEAMWORK TO VACCINATE OVER 2,000 PEOPLE!

Thank you to everyone who helped with the multiple vaccination clinics at Mark Keppel High School.

AUSD celebrates those who have given a lifetime of service to education

The end of any school year always brings changes to school personnel. No change evokes as many mixed feelings as those who are leaving due to retirement. Although the district and colleagues are sad to lose these veteran staff members, they are so happy for them to enter this next chapter in their lives and thank them for their many dedicated years to the Alhambra USD students and families.



AUSD's hard-working technology team moves swiftly to ensure students have access during the pandemic and are continuing to move forward with their one-to-one Student Device Initiative.

AUSD One-to-One Student Device Initiative accelerates

When the COVID-19 pandemic compelled Alhambra USD students and teachers to transition to Distance Learning in March 2020, pressure immediately fell on the shoulders of the district's technology department staff. They had to get computers swiftly into the hands of students, provide hot spots for families without internet access, and troubleshoot the transition to a completely new way of teaching and learning.

"We have always had a goal of expanding the use of technology and increasing access throughout the district," explained Alhambra USD Director of Technology Ashton Potter. "One of the few silver linings of this past year is that it forced us to go into overdrive and speed up our initial plans."

As the district moves forward with a return to in-person learning, the technology team isn't slowing down. Every student who does not already have a Chromebook

issued to them will receive one for the 2021-22 school year as part of the district's One-to-One Student Device Initiative, which is intended to ensure equitable access to devices to all students.

Students will be able to check out a device once they are enrolled in an AUSD school and assigned to a homeroom. Each school will reach out to families to arrange check-out dates and times. After the device is issued, the technology department will continue to support the schools and families. If a technical issue arises once the student has been issued a device, families can contact the school site to make arrangements for a replacement if needed.

According to Potter, "We want to ensure that lack of technology access will never be a barrier to student learning." For more information about the District's One-to-One Student Device Initiative, please visit <https://sites.google.com/ausd.us/distancelearning>.

Summer school brings students back to AUSD campuses

BY NATALIE TEE-GAITHER

All Alhambra USD campuses are welcoming back students to campus for July summer school classes after 14 months of Distance Learning and a partial return in April to afternoon in-person instruction.

School staff customized the summer offerings most needed by their students. Programs include academic enrichment, intervention/remediation, learning acceleration, and targeted assistance. Districtwide offerings include supports for English learners and



Giselle Gonzalez and Kelley Xiao, Ynez School fourth-graders in Tiffany Ng's summer school class, practice writing skills through written reflections of their artwork.

Extended School Year for special education students. Hands-on activities and direct instruction are giving students an interactive experience. High school students have several options to support credit recovery and course acceleration.

Summer school students on campus receive daily lunch and breakfast for the next morning. Teachers, administrators, and staff are delighted to have students back on campus each day and look forward to the day they can have all students return.

AMERICAN YOUTH SOCCER ORGANIZATION

2021 Core Program Registration is Open

- To register visit: www.ayso60.org
- To volunteer, please contact:
 - David@ayso60.org (Coaches)
 - Manny@ayso60.org (Referees)
 - Janet@ayso60.org (Team Managers)

Follow us: <https://www.facebook.com/aysoregion60>

Hope to see you on the fields soon

100% Volunteer-run Organization

Everyone Plays®

Balanced Teams

Open Registration

Positive Coaching

Good Sportsmanship

Player Development

Enrollment is Open NOW
for the 2021-22 School Year!

ALHAMBRA

UNIFIED SCHOOL DISTRICT

ACCEPTING:

New Enrollments

Permit Applications

Returning Registrations

SCAN ME

Visit www.ausd.us or scan the QR code

Student Calendar 2021-2022

ALHAMBRA

UNIFIED SCHOOL DISTRICT

1515 W. Mission Road
Alhambra, CA 91803

Month	Date	Day	Event
August	11, 2021	Wednesday	SCHOOLS OPEN
September	6	Monday	Labor Day – Holiday
October	8	Friday	End of 1st Quarter Grading Period (Secondary School)
October	28	Thursday	End of 1 st Trimester (Elementary School)
October	29	Friday	Pupil Free Day
November	1	Monday	Elementary Pupil Free Day (TK-8 th)
November	11	Thursday	Veterans Day – Holiday
November	22-26	Monday-Friday	THANKSGIVING BREAK
December	17	Friday	Secondary School Pupil Free Day (9 th -12 th & Lift)
December	20-31		End of 1st Semester (Secondary School) WINTER BREAK
January	3, 2022	Monday	SCHOOL REOPENS
January	17	Monday	Martin Luther King Day – Holiday
January	24	Monday	Pupil Free Day
February	14	Monday	Lincoln's Birthday – Holiday
February	18	Friday	End of 2 nd Trimester (Elementary School)
February	21	Monday	President's Day – Holiday
March	11	Friday	End of 3 rd Quarter Grading Period (Secondary School)
March	28, 2022 – April 1, 2022		SPRING BREAK
May	27	Friday	LAST DAY OF SCHOOL End of 3 rd Trimester (Elementary School) End of 2 nd Semester (Secondary School)

Board Approved 2/23/2021



ONEONTA MONTESSORI SCHOOL
Est. 1981

Preschool - 6th Grade (2 - 12 years)
6:30 a.m. - 6:00 p.m.

ADVANCED MONTESSORI CURRICULUM
INCLUDES: PE, ART, MUSIC, STEAM, MANDARIN,
SPANISH, COMPUTER LITERACY.

ACCREDITED TEACHERS
Extracurricular Activities:
Tennis, Soccer, Dance, Hapkido

OPEN ALL YEAR
EXCITING SUMMER CAMP
626-284-0840
2221 Poplar Blvd, Alhambra
(Behind Target)

Come visit our amazing School!
Check out all the fun by clicking on our
website: www.oneontamontessori.com
Tours everyday from 10:00 a.m. - 12:00 noon





The Alhambra Educational Foundation is offering its Summer High School program for incoming ninth through 12th grade students as well as its Keiki Summer Academy for first through eighth grade students.

Board of Education

Kenneth Tang, President, District 2
Dr. Marcia R. Wilson, Vice President, District 1
Kaysa Moreno, Clerk, District 3
Joanne Russell-Chavez, Member, District 5
Robert L. Gin, Member, District 4

Denise R. Jaramillo, Superintendent & Secretary to the Board

Alhambra

UNIFIED SCHOOL DISTRICT

1515 West Mission Rd.
Alhambra, CA 91803

2020 - 2021

(626) 943-3330
www.ausd.us

AEF offers High School Summer Program, Keiki Summer Academy

The Alhambra Educational Foundation's Summer High School program has a long tradition serving the students in this area. This summer, AEF Summer High School is offering a variety of online classes for incoming ninth – 12th grade students from all private and public schools. These include core academic courses such as Integrated Math I, II, III, trig/pre-calculus, biology, chemistry, U.S. Government/Economics, U.S. History, and World History. The AEF Summer High School offers a rigorous curriculum that is academically challenging during a five-week summer school (June 9 – July 13). It provides students a chance to get ahead in earning credits toward graduation and opening their regular schedules to taking other courses.

AEF's Keiki Summer Academy offers a wonderful blend of academic and fun enrichment for first through eighth grades (June 7 – July 9). This summer, all the classes focus on preparing students academically for the upcoming school year in a fun, stress-free environment. Courses include Bridge to First Grade, Jumpstart to Second Grade, Third Grade – Here I Come, and Getting Ready classes for fourth through eighth grades. The classes help students think creatively, become problem-solvers, learn new social skills, and get a jump on curriculum for the coming school year.

The Keiki Summer Academy students and teachers are enjoying the small, in-person classes this summer. Everyone is so happy to have social interaction without a computer and feeling safe with the protocols in place.



EMMAUS LUTHERAN SCHOOL AND PRESCHOOL
A CHRISTIAN ACADEMY SINCE 1941

Summer school at Emmaus Lutheran School will focus on academics, particularly language arts (reading, comprehension and writing) and math. The goal is to incorporate academic status and reinforce basic concepts to achieve success while incorporating STEM related activities with sports and summer camp activities, crafts, Bible study and water play.

All activities in a safe, clean and socially-distanced facility with qualified teachers and staff.

Three two week sessions:

Session 1 June 1 - June 18
Session 2 June 21 - July 9
Session 3 July 12 - July 30

\$555/student/session
\$510 for subsequent sibling K-8

Students may be enrolled in one, two or three sessions.



Academic 8:00 am - 12:00 pm
Sports & Camp 1:00 pm - 5:00 pm
Day Care 5:00 pm - 6:30 pm Daily

Full or Part-Time Preschool is now open for enrollment for Summer 2021 and 2021-2022 school year.

Please call **(626) 289-3664 X 101** for more information
www.EmmausAlhambra.org
840 S. Almansor St., Alhambra (next to Almansor Park)



AUSD Middle School Honor Band holds musical showcase

Former Alhambra USD Teacher of the Year Dave Batti couldn't stay away from the classroom. Although he's officially retired and has a busy schedule as a professional musician, he still continues to teach the AUSD Middle School Honor Band (MSHB) every Wednesday afternoon, including throughout this pandemic year. On May 19, parents and community supporters were invited to watch highlights of the students' accomplishments during 2020-21. During the live virtual event, attendees watched five video performance while learning some background information and the extensive behind-the-scenes audio editing it took to have all students sound like they were playing together in the same room. The performances were just a small sampling of the 43 songs the MSHB learned to play during this past year.

Medication not taken properly can create additional problems

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

A few months ago, I went to the doctor. After a routine exam, he suggested I begin taking a baby aspirin every day as a step in minimizing the effects of a heart attack. There were several factors that led to this diagnosis, but this was his recommendation. I followed my doctor's orders strictly for a few weeks ... and then I began to miss a day here and there, then a couple of days, and eventually it became even more sporadic. I haven't told my doctor about my pattern, but my guess is he would say that the medicine is only as good as the administration. It cannot help you if it is not in your system.

I am sure that I am not an exception. In fact, I may be the rule, because medication management is one of the major problems for senior adults. According to the Robert Wood Johnson Foundation, nearly three out of four people aged 65 or older have multiple chronic health conditions. The treatment for many conditions associated with aging, such as high blood pressure, depression, and arthritis, includes medication. Another study says that 87% of seniors take one prescription drug, and 36% take five or more.

Add to this the issues of declining eyesight, grip strength, mobility, and memory issues that seniors face, and you have a recipe for problems. The advances in modern medicine, especially drug therapy, have been remarkable in the 20th and 21st centuries, but these drugs only work well when administered in the right amounts at the right time. In fact, when these factors are not in place, a person can have more problems and complications. With this in mind, here are a few ideas to make sure your medications, or those of a loved one, accomplish their purpose and don't cause

problems.

1. Keep all medications, vitamins, OTC meds, and supplements in one location

If they're all stored in different locations, it's easy to lose track of medications, vitamins, over-the-counter medications, or supplements that are being taken. For example, some older adults might keep certain pills in the kitchen, some on their bedside table, and others in the bathroom medicine cabinet. It's especially important to include over-the-counter medications because they could negatively interact with prescription medications. A good habit is to gather everything into one place. That way, you can see exactly what is being taken, make sure similar prescriptions aren't being prescribed for the same health condition, and dispose of expired medications.

2. Make sure medication is stored properly

In general, medication should be kept in a cool and dry place. This means the bathroom cabinet isn't a good place to keep meds — moisture and heat can affect drugs. Medications should also be kept safely away from children or pets. To stay organized and increase medication safety, keep all the pill bottles and packages in a clear plastic storage bin. You'll be able to store them more securely and make sure everything stays together.

3. Create and maintain an up-to-date medication list

To prevent negative drug interactions, it is essential to know exactly what medications are being taken. That's why it is so important to always have an up-to-date list of medications, vitamins, supplements, and over-the-counter medications. You need to be aware of the name of the medication, how often to take it, the proper dosage,

who prescribed it, the purpose of the medication, and whether it is for long-term or short-term use.

4. Pre-sort medications for the week

Staying organized is essential to good medication management for seniors. Using a pill organizer allows you to pre-sort medications for the week. The best type of pill organizer, especially for older adults, is one with enough compartments for every dose needed throughout the day. If any pills need to be split, it may be best to do this ahead of time and include those halves in the pill organizer compartments.

5. Double check for negative drug interactions

Many older adults are taking multiple medications, vitamins, over-the-counter medications, or supplements. That's why it's important to double-check to make sure none of them cause serious negative interactions. You can always consult your pharmacist about these issues. Asking questions is a great way to get information and build a relationship for future needs.

6. Make sure medication instructions are clear

With medications, it's important to follow the doctor's instructions. This minimizes the risk of negative drug interactions, side effects, and the drug losing effectiveness. Make sure you understand which medications are safe to take at the same time and which need to be spaced out to prevent negative side effects. Some medications need to be taken on a full stomach while others need an empty stomach. If there is any uncertainty, don't be afraid to ask the doctor for explanations and detailed instructions. Their job is to make sure the medications will work effectively, and the only way that can happen is if they're taken correctly.

7. Set up a medication reminder and tracking system

With so many medications, it can be tough to remember when to take each dose. A medication reminder system and tracking log can help you know that the correct meds have been taken at the right times. A simple way of tracking when medications were taken is to take notes with paper and pen. You could create a simple chart with the medication name and dose, day, and time of day. To help remember when it's time to take medicine, there are a variety of ways to set reminders. Some older adults might like to set a series of alarms on their mobile phone. Tech-savvy seniors might find a medication management app. If you aren't tech-savvy and only take a couple of doses per day, a basic alarm clock could work well. For others, a telephone-based reminder might work better and allow for more doses through the day.

8. Understand the likely side effects of medications

Knowing about potential side effects and drug interactions helps you watch out for any health changes that could happen after starting a new medication, increasing dosage, or combining medications differently. If you do notice changes, contact the doctor right away. Common side effects could increase fall risk, upset the stomach, cause pain or weakness, and more.

Modern medications can increase the quality and the longevity of one's life. But not properly taken, they can create additional problems. We will probably all take some type of medication in our lifetimes, so proper management is essential to the quality of life. I guess that means I should revisit my doctor's orders and get some new habits in place!

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Do children grind their teeth?



When we think of a sleeping child, we picture a peaceful face and soft easy breathing. We don't picture a loud sound of gashing and grinding teeth. When my daughter was younger and I heard her grind her teeth through the closed door at night, I was concerned she would break her teeth. Fortunately, her teeth survived. I can understand the concerns of the many parents who are worried about their kids grinding their teeth.

What exactly is teeth grinding? It is simply the teeth rubbing together, driven by a muscle force that in some cases is stronger than what we

use for chewing.

Teeth grinding, or "bruxism," is a very common habit among children, especially under the age of 14. It is actually more common in children than adults. However, unless it causes problems, like pain, severe tooth wearing, or sleep difficulties, kids are rarely treated for it.

What is the cause for Bruxism?

Teeth related: Teeth are in different stages of development and not in good alignment. Grinding is the natural process to even up or align the bite. A very important factor is the stage of eruption of the permanent canines. Canines are the long and pointy teeth; they appear in full length around 13 - 14 years of age to create one of the pillars of the bite. They work as natural jaw stoppers for grinding.

Oxygen deficiency: Other theories suggest that there is a connection between grinding at night and not enough oxygen intake due to airway obstructions:

- Enlarged tonsils. Removing the tonsils and adenoids has been shown to lessen teeth grinding in some children.

- Upper airway obstruction known as obstructive sleep apnea is when the tongue falls backward and blocks the airway. Sleeping on the side is



Ask
Dr. Dara,
D.D.S.

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

recommended in these cases.

Asthma and respiratory airway infections may also be factors in teeth grinding.

Pain: such as from an earache. Kids might grind their teeth as a way to ease the pain, just the way we rub a sore muscle.

Stress and anxiety: All the causes are not completely understood, though psychological stress, anger, and nervous tension appear to play an important role in the daily clenching and nightly grinding.

Some medications, such as the most commonly prescribed antidepressants and amphetamines for attention deficit hyperactivity disorder (ADHD) may contribute to grinding habits.

Genetic: Grinding has been found to run in families.

Treatment for Bruxism.

Because children gener-

ally outgrow the condition, treatment is not usually recommended unless the habit is causing troubling signs and/or symptoms, as well as excessive tooth wear.

Approaches depend on the damage caused. Severe teeth wearing may require bonding or crowns. A flexible thin night guard may be placed. A night guard is the most common solution for adults but difficult to apply for kids due to the constantly changing situation in the mouth.

Children with upper airway obstruction are best seen for additional diagnostics by their pediatrician or an ear, nose, and throat (ENT) specialist.

The next time you hear that troubling grinding sound, stay calm and remind yourself that the majority of the time the habit of teeth grinding in kids is usually harmless.

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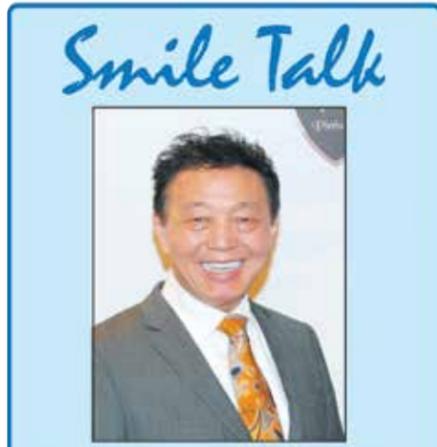
COVID-19 patients with severe gum disease 3 times more likely to experience serious complications

A new study of 568 COVID-19 diagnoses with severe gum disease (periodontitis) were at least three times more likely to experience complications including death, ICU admission, and need for assisted ventilation, according to an article published in the *Journal of the American Academy of Periodontology* (AAP). Additionally, COVID-19 patients with periodontitis showed increased levels of biomarkers associated with worsened disease outcomes including white blood cell levels, D-dimer, and reactive protein.

Conducted using the national electronic health records of the State of Qatar between February and July 2020, this study analyzed patient cases with severe COVID-19 complications (death, ICU admissions, or assisted ventilation). The control group was composed of COVID-19 patients discharged without major complications. Periodontal conditions in the two groups were analyzed using dental radiographs from the same database.

Periodontal disease, commonly known as gum disease, can cause bleeding gums, bad breath, and if left untreated lead to tooth loss. Research from the AAP and the Centers for Disease Control and Prevention suggests up to half of US adults aged 30 and older have some form of periodontal disease. Periodontal disease has been linked to several other serious conditions in addition to COVID-19, including diabetes, heart disease, and Alzheimer's.

According to the AAP, systemic inflammation is not only a symptom of



Dr. John Chao is the inventor of the Pinhole® Surgical Technique. For more information, contact Dr. Chao at 100 S. First St. Alhambra, CA 91801 or phone at 626-308-9104. Visit Dr. Chao's website, chickenswelcome.com

COVID-19 but can also be a symptom of periodontal disease. Gum disease experts (periodontologists) are alerting the medical profession and the public to maintain healthy teeth and gums to avoid developing periodontal disease amid a global pandemic like COVID-19. In other words, those with COVID-19 diagnoses with gum disease should take care of their teeth and gums and seek treatment to optimize gum health. Those without COVID-19 should maintain good gum health to avoid gum disease to minimize the risk of being more vulnerable to coming down with COVID-19 and contract severe complications if they do come down with COVID-19.

Increasing T-cell counts to boost immunity

BY SHEILA YONEMOTO, P.T.

A recent article in the *LA Times* discussed how immunity varies. Both antibodies and T-cells provide immune memory and can provide protection, but it depends on the infectious agent and if the virus has penetrated the cell. Antibodies are the first line of defense, but T-cells provide more durable protection. If the virus gets into the cells, then it is too late for the antibodies to help. Then the T-cells are required. Also, antibodies don't last as long as memory T-cells.

One way to boost T-cell count in the body is by stimulating acupuncture point Stomach 36. Scientists in Japan in the 1980s used acupuncture to stimulate these points and found the T-cells count went up by tens of thousands, making it the key way to boost immunity. On yonemoto.com, you can watch a brief video showing how you can stimulate these points easily with acupressure. No needles required!

Other ways to boost immunity include increasing your levels of vitamin D. Dr. Mercola suggests sitting in the sun at least twice a week. Exposure time can vary from two to 60 minutes, being careful not to burn. You can also take vitamin D supplements.

Another way to boost immunity is diaphragmatic breathing, which relaxes your body. When you are relaxed, digestion improves and your immune system turns on. When you are afraid, angry or in "fight or flight" mode, the immune system turns off. So be careful what you watch, read, discuss, or do.

An easy way to take the burden off your body is with intermittent fasting. It gives



Sheila Yonemoto, P.T., has been a physical therapist for more than 30 years, specializing in integrative manual therapy, using a holistic approach. She can be reached at Yonemoto Physical Therapy, 55 S. Raymond Ave, Suite 100, Alhambra 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.

your body a chance to rest from digestion so it can rebuild your gut lining, which is only one cell thick. Start with a 12-hour window of eating and then a 12-hour window of not eating. That means no snacking after your last meal. Then incorporate a longer window of fasting, up to 14 hours, with a 10-hour window of eating. You burn off fat stores, which often harbor toxins, turning on a process called autophagy that rids the body of inefficient old cells, recycles usable parts of old cells, and gets rid of unwanted viruses and bacteria. You might find yourself having more energy, less brain fog, and a smaller waistline in addition to having a more robust immune system.

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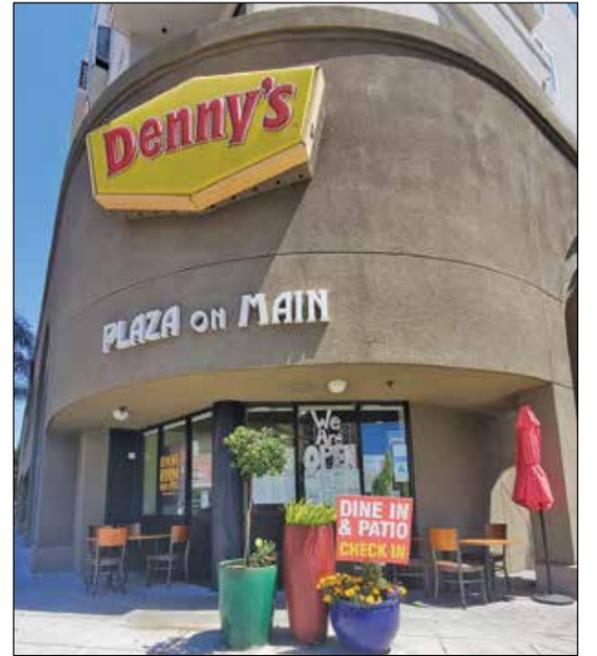
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Denny's 24-hour dine-in is back with new, innovative menu offers

BY JEWELYN CO

Denny's 24-hour service for indoor dining has returned and with new items on the menu to welcome back diners. Started in 1953 in Downey as Danny's Donuts, it served mainly coffee and donuts, expanded its menu with all American favorite dishes, and now has more than 1,700 franchised locations nationally and internationally. Denny's opened in Alhambra in 1998, and went under new management and renovation in 2016.

Denny's has been the place diners go for 24-hour dine-in service in the area. When the COVID pandemic hit in 2020, Denny's had temporarily changed its 24-hour dine-in



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This traditional all-American diner has added more delicious innovative dishes to the menu, such as the Big Dipper Melt, eggs benedicts-inspired Denny's Bennys, and the Super Slam. Special menu items available at the Alhambra Denny's location are L.A. favorites like the chicken fajita bowl and the chorizo burrito. Customers can still enjoy their classic favorites, such as the Build Your Own Grand Slam, Sizzlin' Skillet, classic dinners, burgers, and signature slams. Dietary restrictions and gluten free options are available upon request.

For customers who want to enjoy the weather, the outdoor patio dining is available at varied hours. Orders for pickup or delivery are quick, convenient, and easy online at Denny's on Demand via Denny's app or the web. Social media, such as Facebook, can also be used for online ordering by clicking the link on posts. Customers can take advantage of special offers and promotions by signing up for the Denny's Rewards program. Memberships are free and easy to sign up for online.

The Rewards program offers members benefits such as exclusive offers, discounts, birthday treats, latest news, and updates. "Social media advertisement and our Denny's on Demand have helped during the pandemic," Ms. Lawrence said. "Our publications were able to let customers know that we are still open and serving their favorite dishes. Online orders are direct at Denny's on Demand and do not go through a third-party ordering system, which makes it more convenient and easier for our staff and customers."

Plan an event, meeting, or special gathering as banquet rooms and private rooms will soon be available for reservations. Denny's is now hiring and looking for individuals to join their team. To get information on job applications, menu, rewards program, Denny's on Demand online ordering, and other services, visit their website at www.dennys.com. Keep up to date on their social media on Facebook @dennysalhabrawmainst and Instagram @dennysdiner, and watch videos on YouTube and subscribe to Denny's.

and time of operation to delivery, takeout, and pickup only services. "We tried to find a way to get our food to customers by offering curbside pickups and third-party delivery services," said Ramis Urribarri, district manager of Seaside Denny's franchise. "When we were given the opportunity to accommodate outdoor patio dining, we quickly purchased patio tables, chairs, and umbrellas. Adjusting to what the business needs were was a challenge. Sales were low and slow, and we had to adjust to what worked and did not work."

Procedures and standards on health and safety at Denny's have been essential to their service to keep customers and staff safe. They have added a sanitation specialist team to their staffing to keep the dining area and facility clean at all times. "All of our team, and even our upper management, came together to keep services going," said Maddie Lawrence, marketing coordinator. "We are grateful for Michael Yates and Garren Grieve, who have supported and been involved in keeping Denny's coordinated and operating."

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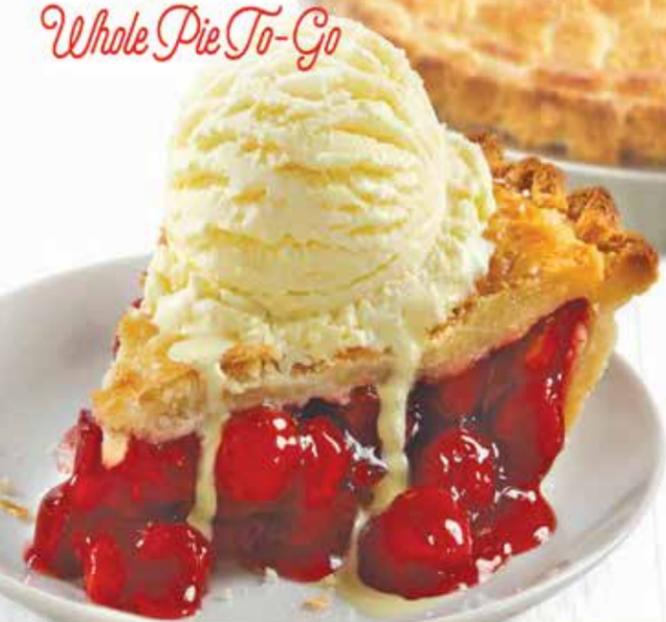
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Mark Paulson is a Realtor in Alhambra specializing in the sale and leasing of commercial real estate. He has been a real estate professional since 1976.

So long, geriatric millennials. Hello, Gen Z: Meet your new renters

For a while, every single article was about millennials. Millennials were eating too much avocado toast. They were killing the wedding industry. Apparently, millennials even destroyed mayonnaise!

Articles about millennial renters were especially common. What were they looking for in an apartment? What amenities did they want? Were they really that different from Gen X and boomers when it came to renting?

Well, as crazy as it sounds, while millennials are still renting, the people in this generation are now 25 on the young end, and 40 on the older end.

There is even a term for those millennials who were born in the early '80s: geriatric millennials.

That means that many of the "more mature" millennials are starting, or have started, families and are no longer wanting to rent. According to Forbes.com, in 2015 7.6 million millennials were homeowners. While millennials currently still make up the largest group, in 2018 Gen Z represented 6% of renters, and that number continues to grow.

All that is to say: Now is the time to turn your eye to Gen Z renters!

Welcome, Gen Z renters

The oldest members of Gen Z are currently 24. That means if Gen Zers aren't renting yet, they will be soon.

So, what do Gen Z renters want?

That's right, a taste of the medicine millennials dealt with, plus a reference to a movie from 24 years ago, plus a link to a reaction gif! Being cool is overrated.

What do Gen Z renters want?

Like, well, everyone else right now, Gen Z wants good Wi-Fi and high-speed internet access. But this generation grew up with the internet, and it is a non-negotiable for them. When they are looking for an apartment, they do Google searches and find reviews of the community — it's important that you have good reviews! But also, don't just let negative reviews sit there. Make sure they're answered and explained. And virtual tours are important as well (though the pandemic accelerated this trend for all prospective renters).

Authenticity is important. Show pictures of current apartments that are ready to rent, not just glistening pools. Though that isn't to say they don't want the bells and whistles. Make sure the units are upgraded — Gen Z will even pay for that.

Additionally, sustainability is important, as well as wellness features, such as electric car charging stations and bike storage.

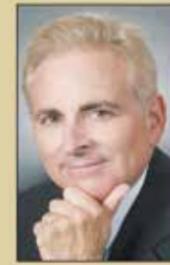
As more Gen Zers come of renting age, it'll be interesting to see what other trends they bring to the multifamily industry. And in general. But, please, leave our avocado toast alone.

Source: multihousingnews.com.

Understanding Real Estate

By **Gary Frueholz**
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All-cash offers and financed offers in real estate

Purchasing a piece of real estate with an all-cash offer can have advantages. But buying a home with the help of a mortgage can also have advantages and benefits to buyers. The value of each approach will vary for each buyer, but having a general appreciation of these benefits helps buyers become more informed consumers.

In today's competitive market, sellers sometimes prefer an all-cash offer to avoid the probing analysis and elongated schedule of bank appraisers and underwriters. Also, properties sometimes referred to as "distressed properties" are not in the condition to even be financed under a conventional mortgage, but may be transacted with all-cash offers. So, in a highly competitive market like ours today, an all-cash offer can catch the favorable attention of sellers.

But often buyers are not in the financial position to even consider using all cash to purchase a home. And in this situation buyers can also employ the use of money that is not actually their own through arranging financing through a mortgage. A mortgage is a loan that is secured by using the real estate itself as collateral (i.e., security for repayment of the loan). Financing a real estate purchase allows people to achieve a goal that otherwise is unachievable due to their lack of funds. And with current low interest rates, buyers are obtaining financing at some of the best rates in a generation.

In financing the purchase of a property, the principal is the amount of money you borrow when you originally take out your home loan. To calculate your principal, simply subtract your down payment from a property's final selling price. Interest is paid on the amount borrowed and can be a write-off on taxes. Also, in arranging a mortgage, buyers

generally pay origination fees (also known as "points") to the lender and other closing costs. A drawback on an all-cash acquisition is that it may consume a significant amount of the buyer's cash reserves.

By utilizing a mortgage, home owners tap into something called leverage. Leverage is the use of debt (i.e., borrowed capital) to undertake an investment in something such as real estate. In other words, it is borrowing money to invest. Leverage can increase an investment's return when the return on the investment is greater than the interest on the loan. Leverage increases the home owners return by using other people's money and less of their own funds to purchase the property. The difference between a home's value and what is owed on it is referred to as equity. As the value of real estate rises, the owner's equity in the property increases.

Lower down payments on mortgages often lead to buyers having to pay mortgage insurance, which is an additional cost. The larger the down payment, the lower the risk for the lender. Often down payments below 20% pay mortgage insurance. Buyers can refinance their property as they build equity in it and avoid mortgage insurance.

Some mortgage lenders offer borrowers the ability to make half-payments twice a month on their mortgages. These payments are made bi-weekly instead of a full payment once a month. This approach can significantly reduce interest paid over the life of a loan.

By not incorporating a mortgage and using an all-cash offer, buyers can avoid paying interest over the life of a loan. When the monthly principal and interest payments are added up over the life of a mortgage, the total amount paid by a buyer can be over twice the value of the initial mortgage. All-cash

purchases avoid loan origination fees and some other closing costs, but may also drain cash reserves of the buyer.

The optimal down payment percentage will vary depending on each buyer's own financial position. Larger down payments approaching 20% often receive the superior terms and avoid mortgage insurance. Larger down payments also lead to lower monthly payments and more equity in the property.

An all-cash offer can elevate a buyer's offer into a powerful position in bidding wars. One way to experience the benefits of an all-cash offer and still ultimately rely on a mortgage is to engage in delayed financing. Delayed financing allows buyers to use cash, and in some cases stocks, to buy a house and obtain a mortgage after the home is purchased. Essentially, they are enjoying the advantages of being a cash buyer while still getting the benefits of using a mortgage for leverage. Borrowers must maintain the integrity of their credit and employment status between the time they buy the house and when they get their mortgage.

All of this is a lot to absorb. But gaining a general understanding of these advantages and trade-offs helps buyers make good decisions and support meaningful discussions with trained financial professionals.

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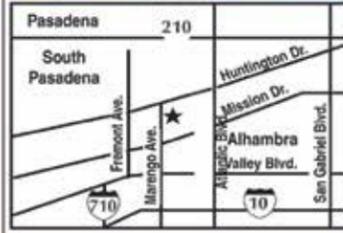
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Unique details like blackout wheels and badges give Prius an unexpected, bold look.

Toyota announces Prius Nightshade edition

The Toyota Prius is making a statement for model year 2022 with a new Nightshade special edition. Known for its wind-piercing shape, this Prius brings unexpectedly bold style to the car that made hybrid a household name. Featuring striking black exterior trim, wheels, and badges, it's a Prius that brings a smart, confident addition to the versatile, road-trip ready carline.

Available on the FWD and AWD-e grades, the Nightshade edition comes in Midnight Black Metallic, Super White, and Silver Metallic. Its unique exterior features include black headlight accents, mirror caps, door handles, color keyed rear deck spoiler, and shark fin antenna. It rides on 17-inch five-spoke alloy wheels on the FWD, and 15-inch on the AWD-e, paired with black inserts and lug nuts.

On the inside, standard SofTex®-trimmed, heated, power adjustable front seats keep both driver and passenger in toasty, customizable comfort. While a SofTex-trimmed heated steering wheel and semi-gloss black center console bring additional features to the Nightshade package.

Prius is the 11th model and the first hybrid to join the Nightshade family. Now, the lineup that gives customers a way to express themselves with unique details will boast the iconic car known for getting up to 54 miles per gallon. Prius Nightshade edition will be available this fall; pricing will be announced at a later date.

No limits to the Prius family

First introduced to the world in 1997, the Toyota Prius was the world's first mass production hybrid car. Since then, Toyota has sold more than six million Prius vehicles worldwide and more than 1.9 million in the U.S. Offered in the L Eco, LE, LE AWD-e, XLE, XLE AWD-e, and Limited grades, the Prius Nightshade Special Edition rounds out a diverse family of sleek, sporty, and well-equipped options for customers.

For 2022, the Prius Nightshade special edition brings unexpectedly bold style to

the storied, fuel efficient family. Powered by a combination of a high-efficiency 1.8-liter four-cylinder Atkinson-cycle gasoline engine and two motor-generators through an electronically controlled planetary-type continuously variable transmission (CVT), Prius Nightshade comes in both AWD-e and FWD models.

Recognized as the industry's most fuel-efficient internal combustion AWD-e model, based on U.S. Department of Energy data as of March 11, 2021, excluding all-electric vehicles, the Prius AWD-e is rated at an EPA estimated 51 city/47 highway/49 combined MPG. The AWD-e system provides the power to the rear wheels to confidently pull away from a stop, yet the on-demand system recognizes when all-wheel-drive performance is not needed to provide great fuel economy.

The Nightshade edition is also available in front-wheel-drive (FWD) which is EPA estimated at 54 city/50 highway/52 combined MPG.

Form and function inside

The Prius' iconic shape pushes the boundaries of interior space to the point that the EPA classifies it as a midsize car. Thanks to its unique liftback design, the Prius' front-wheel drive model offers 50.7 cu. ft. of cargo space with the rear seatbacks folded down, which is more than in some small SUVs.

Prius Nightshade edition comes with standard SofTex-trimmed seats throughout the cabin. On the FWD model, the driver's seat is heated and has eight-way power adjustable controls and lumbar support while the passenger seat is four-way power adjustable (AWD-e model driver's seat has six-way power adjustable controls). Additional interior features include SofTex-trimmed heated tilt/telescopic steering wheel and door armrest area; chrome accent interior door handles; extended SofTex trimmed seatback pockets; 60/40 split fold-down rear seats with center armrest; and, retractable tonneau cover for the cargo area.



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Keep it cool!

The heat is here; is your engine's cooling system ready?

220 degrees Fahrenheit. Over the years, I have seen many system components fail. The most common are upper radiator hoses, radiators, electric fans, or fan clutches.

Hoses will become brittle or spongy over time depending on the conditions that they have been exposed to under the hood. If there have been oil leaks in the past they can cause otherwise long life/mileage hoses to fail early. The engine outlet hose to the radiator will likely be the first to need attention if conditions are ideal.

Radiators these days are often made with aluminum cores and plastic end tanks. I have seen many end tanks deteriorate over time and start to crack. Eventually these tanks will split and leak coolant out in a matter of seconds. These weaknesses can be difficult to see depending on vehicle design. When visible, look for discolored tanks or hose fittings. They will start to turn dark then light brown with age. Radiator caps need to maintain system pressure and keep coolant from evaporating away.

Radiator fans will be controlled by a thermostatic clutch or an electric motor. These fans will need to pull enough air though the radiator under low speed traffic conditions or when your vehicle is working hardest climbing a grade or carrying a heavy load. If the clutch has leaked fluid or if the fan's temperature sensing or control circuit have a problem, you will notice higher than normal gauge readings or a temperature warning.

The engine cooling system is often forgotten and sometimes neglected until something goes wrong, but a professional annual inspection will help keep your car off the back of a tow truck. Dealing with weak components before failure will help you avoid an engine overheating event and costly engine repairs. Avoid an interruption in your schedule, and get your vehicle's cooling system checked by your trusted automotive service professional soon.



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