# AROUND ALHAMBRA



#### JANUARY 2024 | GATEWAY TO THE SAN GABRIEL VALLEY

www.alhambrachamber.org



# Former Mayor Mary Louise Bunker Celebrates 100 Years

#### By Glenn Barnett

It is hard to imagine that Mary Louise Bunker, a former Alhambra mayor, was born in 1923 in a log cabin. In her early years, her family used a well for water. There was no electricity or gas, so the little structure was heated in a woodburning stove.

Mary's life changed when she was in the fourth grade, and her father got a job as a policeman in the City of Alhambra. She enrolled at Garfield School and later Granada while her father worked his way up the ranks to become Chief of Police.

a few Army buddies happened to lay the groundwork for the invention and practical use of the cell phone.

Meanwhile, Mary Louise Bunker became a registered dietitian. She was active with the YMCA and the Alhambra School Board and sat on both boards.

In 1982, she was approached about running for City Council and would become only our third woman Mayor. As Mayor, she was instrumental in securing the city's finances by bringing Costco, Home Depot, and the Auto Row on She would marry the love of her Main St., all of which still contribute tax money for local amenities. >> See Former Mayor Mary Louise Bunker Celebrates 100 Years, p5

**Congratulations, Baldwin School!** 2023 National Blue Ribbon School



Principal Chris Takeshita and teacher Ann Hu had the honor of representing Martha Baldwin School at the 2023 National Blue Ribbon School award ceremony. The plaque and flag they hold in this photo is now proudly displayed at their school campus.

### Martha Baldwin Elementary School Receives the Nation's Top Educational Honor...for the Second Time!

Martha Baldwin School earned the nation's top recognition as one of only 33 California schools to be designated a 2023 National Blue Ribbon School. This prestigious award is bestowed upon schools based on their overall academic progress or progress in closing achievement gaps among student groups.

"The honorees for our 2023 National Blue Ribbon Schools Award have set a national example for what it means to raise the bar in education," explained U. S. Secretary of Education Miguel Cardona. "The leaders, educators, and staff at our National Blue Ribbon Schools continually inspire me with their dedication to fostering academic excellence and building positive school cultures that support students of all backgrounds in thriving academically, socially, and emotionally."

The November 16-17 Washington D. C. ceremony honored the collective commitment of the nation's top schools to academic excellence and their impact on student success. Baldwin Principal Chris Takeshita and teacher Ann Hu traveled to the nation's capital... >> See Martha Baldwin Elementary School, p14

life, Earl Bunker, a graduate of Cal Tech who served in the Signal Corps in World War II. After the war, he and

#### INSIDE THIS ISSUE

- > Monthly Event Calendar
- > Former Mayor Mary Louise Bunker Celebrates 100 Years
- > Emmaus Lutheran Church Celebrates 100 Years of Faith
- > Op-ed: A Call to Make Mental Health Care a Priority
- > 5 Tips for Senior Health & Wellness in Alhambra

#### ALHAMBRA CHAMBER OF COMMERCE 104 S. First Street Alhambra, CA 91801

POSTAL CUSTOMER

PRESORT STD U.S. POSTAGE PAID PERMIT #35 ALHAMBRA, CA

3

5

9

21

22

CAR-RT SORT



# Injured? Call Jimmy

your local PI attorney

#### (626) 737-0036

中英双语律师为您保驾护航 e-mail: contact@doyleattorneys.com 多優事故律师

Practice Areas (执业领域):

- Automobile Accidents (交通事故)
- Slip and Falls (意外伤害)

### AROUND **ALHAMBRA**

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

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

Articles submitted to and printed in Around Alhambra do not necessarily reflect the opinion of the Alhambra Chamber of Commerce or its Board of Directors.

Please e-mail submissions to AA@alhambrachamber.org

For advertising rates and other information, contact: Alhambra Chamber of Commerce 104 S. First St., Alhambra, CA 91801 Tel: 626-282-8481 Fax: 626-282-5596 www.alhambrachamber.org

#### **Executive Committee**

#### **President:**

Chris Teng Balmaseda, TAP-LA **Immediate Past President:** Suzi Dunkel-Soto, Century21 Treasurer: Kevin Houser, The Alhambra **President-Elect** Maria Gao, Evike.com

#### **Board of Directors:**

Pilar Almeida **Republic Services** Daniel Lin Century BMW Earl Miller Jr. The Granada LA Jeannette Soriano Southern California Edison Jewelyn Co CoKreeate Linda Wong Spark After School Academy Marc Rodgers Pacific Plaza Premier Melissa Demirci Transtech Raymond Ho GE Property Rhiley Gomez Wells Fargo Susan Pilcher Wondries Wing Ho TAG Design Works

#### Staff

C.E.O.: John Bwarie Editor: Brooke Larsen **Designer:** Chara Espaldon **Project Manager:** Kathleen Corral **Business and Community Investment Manager:** Anthony Lei **Community Relations Manager:** Hailee Reichwald Government and Public Affairs Director: Valerie Berklev Administrative Assistant: Alexandra Principe







Mayor Ross J. Maza

#### By Mayor Ross J. Maza

Happy New Year 2024, Alhambra! Wishing you and your loved ones peace, prosperity, and health. I hope you all enjoyed the holidays.

We have a lot happening around our beautiful town. Alhambra's zoning code update should be complete soon, giving our city a clearer path to economic development opportunities and more sensible building guidelines. The zoning code has not been updated in nearly 35 years.

Our city staff continues to work on the city's Historic Preservation Ordinance, which we hope will be completed by the end of 2024. The work around this ordinance will give us an opportunity to identify many of the city's structures with historic significance. It will also help inform us of the importance and benefits of preserving these structures for generations to come. A number of city-organized informational workshops will take place in 2024. I encourage you to attend these meetings and share your thoughts and feedback. This will affect us all for many years to come.

Planning for Alhambra's new community center - which we hope will be built by July 2026 at the previous site of the locally famous Shorb Clinic - continues. As I've shared in previous publications, Alhambra received a very generous grant of \$25 million from the State of California through the offices of Senator Susan Rubio and Assemblymember Mike Fong to build a new community center. The goal of this center is to provide much-needed multi-use space for all of

our residents, especially our seniors and youth, including classroom space, large meeting spaces, exercise rooms, outdoor meeting areas, and, of course, all of the latest available technology.

With everything taking place, I encourage you all to get involved and stay informed so that you can share your valuable feedback with city staff and the Council. As always, I am available to you at any time. Feel free to reach out with your comments or concerns. Whether it is a broken street light or clarification on more involved topics, I am always available to you.

Again, best wishes for a wonderful 2024. I look forward to meeting many more of you around town in the coming months.



Remembering

utive Board, Alhambra Historical Society, Alhambra Hospital Governing Board, West San Gabriel Valley YMCA board, and Rotary Club of Alhambra in which he was Centennial Club President. He was also a graduate of the Alhambra Citizen's Police Academy.

Mr. Sham represented the city as a member of the San Gabriel Valley Economic Partnership, a board member of the San Gabriel Valley Mosquito & Vector Control District (also having served as a former board president), and a representative to the Independent Cities Association of Los Angeles County.

After serving as mayor and city council member for 12 years, Mr. Sham was praised for his ability to serve as a bridge between the U.S. and Chinese cultures. "Our city does a lot of cultural exchanges and hosts official trade delegations from China, and Stephen has been instrumental in opening those doors," said former Councilmember Barbara Messina. Mr. Sham was honored by the Alhambra Chamber of Commerce Business of the Year (for Plaza Printing) in 2006 and the Alhambra Chamber Past President's Award in 2014. He was recognized as Business Person of the Year at the 9th Annual Congressional Leadership Awards ceremony for his public service and support that he provided to many local organizations such as Alhambra Mr. Sham was born in Beijing, High School, Alhambra Police Foundation, Chinese American Museum, and the Center for Asian Americans United for Self-Empowerment. "I was proud to honor Stephen as my Congressional Businessperson of the Year in 2018," said Rep. Judy Chu, 28th Congressional District. "During his tenure, Stephen prioritized the needs of every resident

and helped lead the city through the Great Recession of 2008. He also spearheaded initiatives to push the city and Alhambra Police Department to use bilingual social media platforms to better connect with the Chinese-speaking community.

"Because of Stephen's leadership, the City of Alhambra has grown into a strong and vibrant community with thriving small businesses, additional recreational facilities for residents, and a place of opportunity for people of all backgrounds."

Mr. Sham was honored and remembered at a memorial service at Mandarin Baptist Church. Speakers included Mandarin Baptist Church Pastors Alan Chan and Garrett Ho; Mr. Sham's cousin Bing Yeo; Ms. Chu; Alhambra Mayor Ross Maza; and Rosemead City Councilmember Polly Low. A very moving tribute was given by Mr. Sham's daughter, Kristie. At the service, Mayor Maza remembered Mr. Sham, "As many of us know, Stephen was more than a public figure — he was a friend, a mentor, and a tireless advocate for the well-being of our community. Whether advocating for improved city services, championing local businesses, or working on behalf of the residents, Stephen's passion for Alhambra had no limits. He had a special ability to connect with individuals from all walks of life, making everyone feel heard and valued." Mr. Sham lived in Hong Kong before immigrating to the United States as a teenager in the 1980s. He attended Daniel Murphy High School in Los Angeles and received a B.S. in Business Administration from Cal State L.A. He and his wife, Rebecca, have owned Plaza Printing for more than 25 years. He is survived by his wife and their daughter.

AROUND ALHAMBRA is not responsible nor liable for any claims or offerings, nor responsible for product availability that may be advertised. Opinions expressed in columns, letters, and quest editorials are those of the authors. All rights reserved. Reproductions in whole or in part without permission are prohibited.



### Former Alhambra Mayor Stephen Sham

Stephen Sham, the first Chinese-American mayor of Alhambra, died on November 29 from complications of liver cancer. China. As an immigrant, he realized the importance of becoming involved in community service. He was a member of the City of Alhambra Planning Commission, Alhambra Transportation Commission, Valley Boulevard Business Development Consistency Committee, Alhambra Chamber of Commerce Exec-

#### **CITY NEWS**

#### Around Alhambra January 2024 | 3



# Discover Gold Star Mart: Your One-Stop Shop

At 1 E Hellman Ave, Gold Star Mart beckons with diverse offerings that go beyond the conventional convenience store experience. This local gem is a go-to destination for all things essential and indulgent, seamlessly blending everyday necessities with unexpected delights.

Gold Star Mart prides itself on being a comprehensive one-stop destination. Need your morning caffeine fix? The neighborhood shop boasts a collection of coffee options to kickstart your day. Grabbing a quick snack or stocking up for the week? Gold Star Mart has its patrons covered. The fully stocked aisles include groceries, tobacco products, beer, wine, cleaning items, kitchenware, medicine, and much, much more. The convenience doesn't stop there—order delivery from Gold Star Mart (available on most apps) and get what you need straight to your door, whether it's condoms or an ice cream.

Gold Star Mart is also a place where dreams come true. The store once sold a winning lottery ticket worth a staggering \$5 million, solidifying its reputation as an essential stop for locals seeking a stroke of luck.

Open daily until at least 11 pm, it's almost never a bad time to explore Gold Star Mart's myriad offerings, whether looking for daily essentials or the chance to strike it lucky!





FREED N MARTIAL ARTS & FITNESS, INC. 323-686-4017 www.freedomkarate.com

TRY A FREE CLASS!

# Alhambra Events Calendar

JAN 4	Citizenship Clinic 入籍援助 January 4 e Alhambra Civic Center Library from 12:30 - 5 PM 服務:一對一保密諮詢、由持牌律師提供的免費入籍申請協助、 中英文服務。 The clinic will offer one-on-one confidential consultations in English and Chinese. Reservations required. alhambralibrary.org/events/4497
JAN 7,14 21,28	Alhambra Certified Farmers Market January 7, 14, 21, 28 e 100 S Second Street from 8:30 AM - 1 PM The Farmers Market returns in January after a holiday hiatus. Find an assortment of affordably priced fruits, vegetables, honey, herbs, bread, and more from local growers and vendors. cityofalhambra.org/376/Certified-Farmers-Market
JAN	De-Stress Fest January 10 @ Alhambra Civic Center Library from 5 - 7 PM Come de-stress after the holidays! Adults and teens are invited for



#### 10

JAN

13

painting and decorating activities. Light snacks will be provided, but supplies are limited. alhambralibrary.org/events/4450

Household Hazardous & Electronic Waste Collection - Rosemead January 13 @ Southwest corner of Walnut Grove Avenue & Klingerman Street

Dispose of your motor oil, household paint, cleaners, pesticides, batteries, computers, cell phones, and more at this LA County collection event in Rosemead. LACSD.org/hhw

#### Housing Rights Clinic 住房權利法律援助 January 25 @ Alhambra Civic Center Library from 12:30 - 5 PM 服務:免費一對一保密諮詢(歧視或者騷擾 、房東/租約糾紛 、 房屋貨款或者法拍屋)。

The clinic will offer free one-on-one consultations in English and Chinese on tenant rights, discrimination, and more. Reservations required. alhambralibrary.org/events/4578



# on social media!

Scan the QR code to find out what the Chamber is up to!



alhambra CHAMBER OF COMMERCE

#### J A N 2 5

# NEWS & NOTES



#### 5 Alhambra Restaurants Featured in 101 Best Restaurants List

The LA Times has named not one, not two, but five Alhambra restaurants in its latest annual guide to 101 exceptional restaurants! In a December 5 article titled "These are the 101 best restaurants in Los Angeles" by restaurant critic Bill Addison, Henry's Cuisine, Yang's Kitchen, Luyixian, Sichuan Impression, and Jiang Nan Spring were listed among the best of the best in the greater Los Angeles area. See alhambraeats.com for details.



#### Apply for Alhambra Small Business Assistance Grant Program

If you own a small business and your business was affected by the pandemic, you may be eligible for a \$5,000 grant to help pay for things like overhead expenses, rent, utilities, payroll expenses, supplies, and more. Applications continue to be accepted on a first-come, first-served basis until the funding for the program is completed. Visit cityofalhambra.org/606/Small-Business-Assistance-Grant to apply. Spanish, Chinese, and English applications are available.



#### Sign Up For Local Emergency Notification Alerts

Stay up-to-date on emergency situations in Alhambra by subscribing to the Everbridge Nixle Emergency Notification System to receive real-time SMS updates. Text "Alhambra" to 888777 to receive alerts about Alhambra, or sign up at member. everbridge.net/453003085615389/new.



Asia Supermarket Under New Ownership, Hosted Grand Reopening Last Month

The new and improved Asia Supermarket, located on the corner of Valley and Atlantic, hosted a grand reopening event on Saturday, December 9. Visit Asia Supermarket at 910 W Valley Blvd.



All Souls' Frozen Jr cast asks Queen Elsa to save Arendelle. Photo: Teng Photography, LLC

### Alhambra Students Invite All to Frozen Jr

All Souls World Language Catholic School presents Disney's Frozen Jr. on January 18, 19, and 20, 2024. Most elementary school students do not know a world without Olaf, the snow person magically manifested by the royal sisters, Elsa and Anna.

"All Souls' is proud to again support parents of the cast and crew in producing its fourth theatrical musical," stated Dr. Patrick Allison, Co-Principal. "It's a wonderful way to add to the academic and dual language programs at our school and do it in a way that honors culture, music, and teaching the discipline required for theater performance," he added.

In All Souls' tradition, parents tap their professional and hobby skills to produce the show, creating costumes, props, and stage sets. "The leadership and creativity by the parents is a beautiful connection point for our children who themselves are in the cast and crew," states Lisa Vazquez, producer and parent of three students.

"I'm so proud to be part of the incredible group of students and parents dedicated to putting on this ambitious show with high production values, exciting dance numbers, and catchy songs," said Nick Ralbovsky, artistic director and parent of two students. "If you are still apprehensive about attending...Let it go! Our kids will blow you away!"

Show tickets are \$10 and are on sale now at allsoulsla.org/musicals.

All Souls World Language Catholic School is the only two-program dual-language Catholic elementary school in the United States. For more information, visit allsoulsla. org or call 626-282-5695.

Scan the QR code to sign up or visit: bit.ly/AroundAlhambra



nambra

### Former Mayor Mary Louise Bunker Celebrates 100 Years

#### from page 1

Her time on the City Council also saw the establishment of the Alhambra Historical Society and the naming of a sister city in Taiwan, which eased the inclusion of the growing number of Taiwanese businesses into the city's fabric. Also on her watch was the creation of Almansor Court, the premier location for organizations to meet for luncheons, dinners, and other social gatherings.

Mary Louise celebrated her 100th birthday just last year, and 200 people attended to wish her well. When interviewed for this article, she was sharp as a tack.

Thank you for sharing your storied life and for your service to Alhambra ---the city is better off for your having been here. Happy birthday, Mary Louise!

## A Deeper Dive Into the Life & Career of Mary Louise Bunker



Mary Louise Bunker was born on a 15-acre orange grove in northern San Diego County. In 1931, her father, James I. Condie, accepted a job at the Alhambra Police Department, and the family moved to Alhambra. It was a different world—the house had electricity, an inside bathroom, and a telephone.

Bunker's family moved frequently within Alhambra. In the 6th grade, she attended Garfield School until a massive earthquake destroyed the building. She graduated from Central School, which was located where the high school auditorium is now.

She married Lt. Earl Robert Bunker in 1944 during World War II, and they lived on the East Coast. After the war, they came back to Alhambra, where Mr. Bunker worked for JPL and Mrs. Bunker raised their three children.

She later returned to school at Cal State LA and got her master's degree. For twenty-five years, she was the head dietician at a major Pasadena Hospital, St. Luke Medical Center.

In 1982, the Alhambra Chamber of Commerce President, Merrill Frances, asked her if she would run for city council. Even though it was a busy year, with a daughter being married, she agreed. Mrs. Bunker was the third woman in the history of Alhambra to be elected mayor. She served three terms on the city council and three terms as mayor.

During her tenure, Bunker changed the zoning to increase the sales tax income, which skyrocketed. She arranged for one of the first Costco stores, brought in the local Home Depot, and completed the downtown mall. A section of Main Street west of Atlantic was designated as Auto Row, and within the first two years, people could buy practically any kind of car in Alhambra. A building was moved from Garfield onto Alhambra Road and became the Alhambra Historic Museum. Almansor Park was developed. The restaurant and gazebo on the lake were built and provided a space for the YMCA at the park.

She represented the city in many other

ways. She had the pleasure of having lunch with a leader from Brussels and being in a meeting where the Pope gave some words of wisdom. She was with the delegation that visited Alhambra's sister city in Granada, Spain. She helped establish a sister city in Taiwan, visited government officials, and attended the inauguration of the Taiwanese president in Taipei. She also participated in the sister city arrangements with Japan. She represented Alhambra in meetings in Indonesia and Hong Kong.

Mrs. Bunker served on the board of a school for children with special needs with campuses in South Pasadena and Pasadena. She also served on the board of the YMCA, the Alhambra Day Nursery, and Progressive Savings and Loan.

At Mrs. Bunker's 100th birthday celebration, she enjoyed the congratulations of many friends and associates and the attendance of her children, 14 grandchildren, and 24 great-grandchildren.

### All Around the Town

### Lai Lai Ballroom Encourages Health and Wellness Through Dance and Community Service

#### By Glenn Barnett

The most well-known business in town may be the Lai Lai Ballroom Dance Studio due to a significant night last January when an ordinary man, Brandon Tsay, did an extraordinary thing by disarming a man who had already killed 11 people at a dance studio in Monterey Park. He became a national hero for his courage, acknowledged by President Biden, Congresswoman Judy Chu, and many others.

Now that the news cycle has passed, how is the Lai Lai Dance Studio today? Becoming aware of what they do and how it serves the community is worthwhile.

Located at 121 S. Garfield in the heart of downtown Alhambra, Lai Lai is the largest dance studio in Los Angeles. The

WE WANT

FEEDBACK

YOUR

word "Lai" in Chinese means "come." The very name of the business invites us to "come dance."

In 1993, Lai Lai was founded by Brandon Tsay's family. The studio specializes in International Ballroom dance instruction, practice, social events, and competitions. Experienced and well-known dance instructors from around the world come to teach, and many students are at the top of their skills.

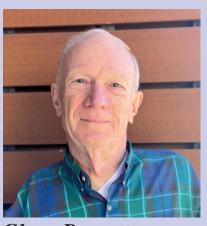
These professional instructors work directly with residents to teach the latest techniques in dances like Rumba, Waltz, Foxtrot, Tango, and Cha Cha. Beginners and advanced classes are available. There are also classes for children. Chairs and

11:44

tables are available for dancers taking a break from twirling around the floor.

Two dance floors are available for demonstrations, instruction, practice, and competition. One is 60 by 40 feet, and a smaller floor is 18 by 73 feet. The ballroom dance studio makes its generous indoor space available for rent on special occasions. The dance floor is open Monday-Saturday from 9:00 am to 11:00 pm and Sunday from 9:00 am to 8:30 pm.

at Lai Lai, consider helping our hometown to all community members, regardless of hero with a donation to the Brandon Tsay Hero Fund (apcf.org/brandon-tsay-hero-



**Glenn Barnett** 

minority de-stigmatization. The fund aims Beyond the important social activities to make mental health resources available background, race, or ethnicity.

Mr. Tsay has set the bar high, so supfund), which is dedicated to promoting port a business owner who risked his own community mental health awareness and life to keep his customers and friends safe.

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

We want to hear from you!

Email AA@alhambrachamber.org to let us know.



1

+





#### TABLES, CHAIRS, **KITCHEN FACILITY**, SECURITY, CLEANUP

CALL (626) 576-9584 (626) 458-2723 24 N. STONEMAN AVE. ALHAMBRA



#### **COMMUNITY NEWS**



# Water Resolutions for the 2024 New Year

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

As you finalize New Year's resolutions, consider adding "water conservation" to your list.

As shown in the graphics, Alhambra's water supply conditions improved dramatically from January through December of 2023. Every indicator has improved, and California is nearly drought-free. For the first time in more than a decade, the District continues to receive 100% of its planned State Water Project imported water allocation to help replenish local groundwater levels. While the fall and winter are off to a dry start, forecasts show a strong El Niño, meaning the prospects of a wet winter are high.

However, it's almost certain that drought conditions will return. If everyone increases their conservation "ethic" and makes water-saving as natural as wearing a seat belt and other good habits, these improved water conditions can be sustained.

Three Water Resolutions to Consider

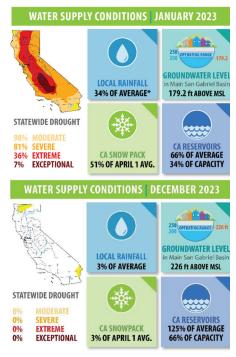
First, reset your irrigation controllers and systems to water less frequently and in smaller amounts as the weather is cooler and rainier and sunshine is not as intense. After it rains, turn off your watering system for a few days.

Second, purchase a rain barrel that can capture stormwater for reuse around your home. If you purchase a rain barrel, the District will provide you a rebate of up to \$35 (see sgvmwd.com/ water-conservation/#rebates).

Third, plant California Native Plants and other drought-resistant vegetation to give your plants and their roots a head start before warmer spring and summer for more information, and schedule an months (check plant recommendations customized for Alhambra at sgymwd. com/wp-content/uploads/2022/05/CalScape\_Alhambra\_web.pdf.



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



Visit the Water District's website educational presentation by contacting Evelyn Reyes or Albert Lu, External Affairs staff, at 626-969-7911 or info@ sgvmwd.com.



# We're Your Neighbor. **How Can We Help?**



a **neighborly** company

CALL US AT (323)-721-1243

INDEPENDENTLY OWNED AND OPERATED FRANCHISE

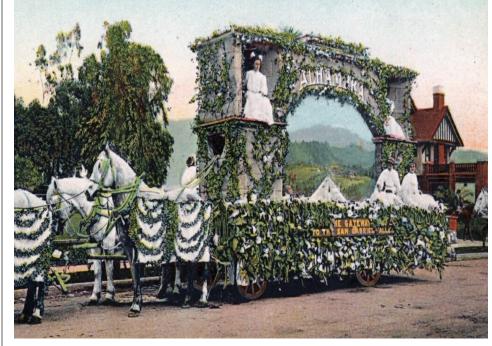
# History Highlight: Alhambra's First Rose Parade Entry

By Joyce Amaro Alhambra Historical Society

Alhambra has a proud tradition stretching back to the early 1900s of sponsoring floats in Pasadena's Tournament of Roses parade. Alhambra's very first entry in this famed New Year's Day parade is the highlight of this article.

There's a bit of a mystery surrounding

wagon was a large arch — similar to the one now found at the corner of Fremont and Valley Blvd — and a mural depicting a wide avenue within the San Gabriel Valley. A local artist named David C. Swing, who lived on Curtis Avenue, just up from Main Street, painted the mural within the arch. Alhambra's Rose Parade Committee worked through the night to finish the float at 5 a.m. on January 1, and it took five hours to move the float from Alhambra to Pasadena. The float's theme, "Alhambra — Gateway to the San Gabriel Valley," which was used for the first time on this float, is still used today. Interested in learning more about Alhambra's rich and robust history? Follow the Alhambra Historical Society on Instagram @alhambrahistory or stop by the Alhambra Historical Society museum at 1550 West Alhambra Road, Alhambra, CA 91801. The museum is open between 1 pm and 4 pm on the first and third Saturday of every month. Visit alhambrahistoricalsociety.org or email alhambrahistsoc@att.net to learn more.



Alhambra's slogan, "Alhambra —Gateway to the San Gabriel Valley," was introduced on Alhambra's first-ever float in the Tournament of Roses Parade. Photo courtesy of Bruce Risher.

the year of Alhambra's first rose parade entry. Conflicting sources place Alhambra's first rose float in either 1907 or 1908. Regardless of which year featured Alhambra's first parade entry, the float was a horse-drawn wagon festooned with flowers.

The wagon, covered in rose vines and calla lilies, was drawn by four white horses named Kate, Maude, Dick, and Tony. Several young ladies attired in white dresses rode on the wagon. Jose Quiroz rode Alhambra's famed racehorse, Alhambra Prince, with his six-year-old son, Robert. Alhambra Prince was an award-winning horse owned by Charles Winters, an early Alhambra settler and blacksmith.

Alhambra's float was built in the backyard of J.F. Hall, who lived at the corner of Main Street and 3rd Street. Upon the

# Emmaus Lutheran Church Celebrates 100 Years of Faith

Emmaus Lutheran Church celebrated its 100th anniversary with a combined worship service that united its English and Chinese congregations in a joyous celebration of faith, community, and history. The commemorative event included kindergarten through eighth-grade students and their families, creating an atmosphere of togetherness and reflection.

The worship service, held in the sanctuary built in 1952, featured a unique collaboration with two former pastors who returned to lend their leadership alongside the church's two current pastors, Pastor Carl Kaye and Pastor Patrick Jow. The young voices of the school's students filled the sanctuary as they sang songs and played handbells, adding a youthful energy to the service.

A captivating puppet show took attendees on a journey down memory lane, recounting the blessings the Lord has bestowed upon Emmaus over the last century. It also looked ahead to a bright future filled with hope and faith. The sermon, delivered by former Emmaus pastor Reverend Bill Brunold, centered around the Easter story of the disciples walking on the road to Emmaus. It emphasized how Jesus, through the Scriptures, ignited a burning fire within their hearts. Congregation members left inspired, understanding that Emmaus members have been walking with the Lord for a remarkable 100 years and are committed to continuing to ignite the fire of Jesus in the hearts of the community.

After the beautiful worship service, attendees gathered in the gymnasium for a lunch reception and program. The gym's walls were adorned with over 200 photographs, chronicling the remarkable journey of Emmaus Lutheran Church, its development of a school, and the addition of a Chinese congregation. This visual timeline provided a captivating insight into the church's evolution over the decades.

The program included heartfelt speeches from former pastors, including former District President Rev. Larry Stoterau, Pastor Ken Frese, and Pastor Bill Norton, congregation members, current pastors, and the school principal, as well as a charming skit performed by the elementary school faculty. The skit portrayed the evolution of education from 1950 to the present day, highlighting the church's commitment to nurturing both faith and Christian education.

Members from the past and present, along with current families attending the school, relished the opportunity to learn about Emmaus's rich history and its aspirations to continue shining as a beacon of faith and love in the Alhambra community. The celebration marked a century of dedication and a promise to build a brighter and faith-filled future for all. Emmaus Lutheran Church remains deeply intertwined with its community, embodying the love of Jesus and the unity that has guided its journey over the past century.



Emmaus Then — Dedication of Church Sanctuary



# WE'RE BUYING & SELLING

#### **GOLD, SILVER & PLATINUM • RARE COINS • WATCHES • DIAMONDS**







100th Anniversary Worship Service on October 29, 2023



Placing the steeple of the church sanctuary Timeline of photos at the anniversary event in Alhambra



# The Alhambra Kicked Off the Holiday Season with Santa Night

The Alhambra was transformed into an outdoor Winter Wonderland for Santa Night on December 7. Tenants and their families were treated to a stroll through whimsical holiday displays lighting up the Oval Mall, highlighted by a majestic illuminated Christmas tree.

Some of the evening's fun included free photos with Santa, outdoor animated

films, a visit with Santa's reindeer, and live ice carving. Attendees were serenaded by holiday carolers while enjoying hot chocolate, apple cider, popcorn, and cookies.

Kids had a chance to write letters to Santa and drop them off in a special Post Box. In all, 122 letters were collected and mailed straight to the North Pole free of charge!

### Tax Tips

# 2024 Tax Dates

#### By Michael Aston EA

Here are the important tax dates in 2024 to start the New Year. Some dates may change, so check IRS.gov or FTB. ca.gov for updates.

January 15 – Final 2021 estimated payment due for both Federal and State if paying estimated individual payments.

January 22 – The estimated date the IRS will start to accept E-filed tax returns. This date may change depending on the IRS readiness.

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

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

Partnership Income Tax Returns (Form 1065) and S-Corporation Income Tax preparer or the IRS for your due dates. returns (Form 1120S).

April 15 – The filing date for Indi- New Year! vidual Income Tax returns (Form 1040), Trusts (Form 1041), and C-Corporations (Form 1120).

**April 15** – Due date to file a 6-month extension for individual tax returns.

April 15 - The first estimated pay-



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

ment is due for both federal and state if paying individual estimated payments.

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

June 17 – The second estimated payment is due for both federal and state if paying individual estimated payments.

September 16 - The extension deadline for Partnerships and S-Corporations.

September 16 - Third estimated payment due for both Federal and State, if paying individual estimated payments.

October 15 – The extension deadline for Individual and C-corporations.

November 15 - The extension dead-

The above dates are for the 2024 March 15 - The filing date for calendar year. If your entity is based on a fiscal year, please contact your tax

Wishing you a happy and prosperous

autaept

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



Michael Aston, EA

626-282-1084

# Good neighbor. Great auto rates.

Call me for a quote today

### State Farm®

**Talbot Insurance Agcy Inc Regina Talbot, Agent** 

315 S. Primrose Avenue Monrovia, CA 91016-2858

Bus: 626-357-3401 regina@reginatalbot.com

Insurance License #0G05807

State Farm Mutual Automobile Insurance Company State Farm Indemnity Company mington, IL

State Farm County Mutual Insurance Company of Texas Richardson, TX

### Your Insurance

Car Seats and Child Passenger Safety

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

Contrary to what many parents think, height and weight — not age — determine which car seat to use. Children should be rear-facing until they outgrow the car seat's recommended height and weight range. Manufacturers are making seats to fit and keep children rear-facing long after their first birthday — for their safety.

Parents may cite many reasons for use the lap and shoulder belts. not using child safety seats, including the child not wanting to use it, the child being "too old" for the seat, or the seat being inconvenient. However, safety is paramount when driving in a vehicle, so following recommended guidelines, regardless of the child's age and attitude, is crucial to help protect them.





**Regina** Talbot Talbot Insurance Agency regina@reginatalbot.com

When your child outgrows the limits for a forward-facing child safety seat, use a belt-positioning booster seat until the lap and shoulder belts fit correctly. **Older Children** 

All children under 13 should always ride in the back seat. When your child is between 8 and 12 years old and is under 4'9", they should sit in the back seat and



### AROUND ALHAMBRA ACCEPTS SUBMISSIONS!

To submit an article, press release, or tip for consideration, email AA@alhambrachamber.org.



#### Babies

For the best protection, use a rear-facing child safety seat for your infant until they reach the appropriate weight and height limit allowed by the seat manufacturer.

#### **Toddlers**

When your child has outgrown the rear-facing child safety seat, use a forward-facing child safety seat with a harness until they reach the highest height and weight allowed by the seat manufacturer.

Children Ages 4 to 8

#### All Grown Up

When is it time to retire the booster?

When the child's back and bottom are against the vehicle seat back, their knees should bend at the edge of the seat. The lap belt should fit across the hips or upper thighs and not across the stomach area. And the shoulder belt should fit across the chest and shoulder and never across the neck or face. This means approximately 4 feet, 9 inches in height, and 80 to 100 pounds in weight. This is usually between the ages of 8 and 12 years old.

Contact Regina Talbot at (626) 357-3401 for more information.

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

#### **DINING & ENTERTAINMENT**



#### Around Alhambra January 2024 | 9



# Waffling Around: Innovative Waffles in Alhambra

In Alhambra, an exciting culinary venture is taking waffles to new heights. Waffling Around is redefining the traditional waffle experience with innovative creations that ignite the senses.

At Waffling Around, the main event is the Wafflepop—a dazzling transformation of the classic breakfast treat into a portable waffle-on-a-stick, ready to be adorned with toppings. Decadent dark and white chocolate syrups, Nutella and honey, classic maple syrup, Oreo cookies, powdered sugar, sprinkles, fruity pebbles, and many more toppings are available for customization.

Try the Waffle Bites — small, flavorful waffle balls with the same extensive range of toppings — for a bite-sized version. These miniature delights pack a punch of flavor, offering a convenient and delightful way to enjoy the waffle experience.

During the hot summer months, shaved ice adorned with an array of refreshing fruit toppings, drizzled with condensed milk, and topped with velvety soft-serve ice cream takes center stage.

Waffling Around's Soft Serve with Churros is a year-round sensation, with its perfect marriage of velvety soft-serve ice cream and the irresistible crunch of golden churros. This delectable treat is a crowd-pleaser, offering a harmonious blend of textures and flavors.

Waffling Around transforms a simple snack into a culinary adventure. Stop by to try a familiar breakfast treat in a whole new way!



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

Chengdu Taste is a Michelin-starred, Sichuan-inspired restaurant that is sure to satisfy anyone looking for an authentic Chinese meal. Serving unapologetically spicy, tongue-numbing Sichuan food has earned this spot a reputation, so visit outside regular meal times to avoid the line. Open daily for lunch and dinner, so head over soon! Visit them at 828 W Valley Blvd, Alhambra



Kosuke Ramen serves delicious curry, sushi, and other Japanese foods, but ramen is the main event. The restaurant's commitment to delivering authentic Japanese noodles and an inviting ambiance makes Kosuke Ramen a



### Subscribe to Alhambra Eats!

Sign up to our newsletter and stay up-to-date with the latest culinary news, events, and exclusive offers!

Scar CHAMBER OF COMMERCE

Scan the QR code to sign up: bit.ly/AlhambraEats



destination for those craving the comfort and complexity of this beloved Japanese dish in Alhambra. Cash only. Visit them at 618-B W Main St, Alhambra

Perfectly Sweet is a charming dessert shop that offers an extensive selection of sweets, from meticulously crafted cakes to delicate pastries. What sets it apart is its thoughtful inclusion of diabetic-friendly desserts that cater to a broader range of diets. The commitment to providing a sweet escape for everyone makes Perfectly Sweet a musttry. Closed Wednesdays. Visit them at 126 W Main St, Alhambra



Pharos Burgers showcases the timeless appeal of classic comfort food. This straightforward counter-service eatery serves hearty, satisfying meals, such as burgers, gyros, sandwiches, zucchini fries, fried mushrooms, and more. Pharos Burgers' commitment to delivering no-frills, delicious fare is complemented by the inviting outdoor seating. Closed Sundays.
 Visit them at 1129 N Garfield Ave, Alhambra



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



#### **NONPROFIT NEWS**

#### 10 | Around Alhambra January 2024



Teacher Erica Fonseca, La Casa Preschoolers, Teacher Sarah Esquibel



Left to right, top: Sara Esquibel, Denisse Santana, Elena Velarde, Joe Des Barres, Erica Fonseca, Jackie Fisher; bottom: La Casa Preschoolers happy to receive their stockings and books donated by AAUW Alhambra-San Gabriel Branch.



Teacher Erica Fonsica, Teacher Sarah Esquibel, and Office Administrator Martha Sanchez accepting their stockings

# AAUW Branch Donates to La Casa Preschool and Children Celebrate

Alhambra-San Gabriel AAUW Branch for the book donations. The theme



#### ONEONTA MONTESSORI SCHOOL Est. 1981

ALHAMBRA

Advanced Montessori Curriculum Accredited Teachers Classes offered: PE, Art, Music, STEAM, Mandarin, Spanish, Computer, Literacy, Tennis, Soccer, Dance, Hapkido

Preschool - 6th Grade Open all year 6:30am - 6:00pm Tours everyday 10:00am - 12:00pm

#### 626-284-0840

2221 Poplar Blvd, Alhambra www.oneontamontessori.com



## Three New Members Join Soroptimist—Plus, an Anniversary Luncheon Invitation

Soroptimist International of Alhambra, San Gabriel, San Marino inducted three new members into their local club on December 6, 2023.

The ceremony was performed by Camino Real Region Governor Dr. Gloria "Ginger" Cole, who will soon be the President of Soroptimist International of the Americas. It was indeed a great honor to have her induct the new members.

In other exciting news, the local club will be celebrating its 90th Anniversary Luncheon at Almansor Court on February 16, 2024. The event is open to everyone. For more information and to purchase tickets, visit soroptimistalhambra.org.



members donated more than 75 new books to the La Casa Community Center Preschool Library and gifted students and staff stockings filled with healthy treats and homemade scarves for the teachers on December 12, 2023.

Betty Morín and Jane Krause, branch member elves, made and filled the stockings. In appreciation, students performed their Christmas program directed by teachers Erica Fonseca and Sarah Esquibel. Enjoying the children's lively singing were Joe Des Barres, branch president; Denisse Santana, La Casa librarian and branch liaison; Elena Velarde and Jackie Fisher, branch members; Martha Sanchez, La Casa office administrator; parents Alissa and Isaac Acosta and their grandmother.

Spearheading the "Books for La Casa Library" project is Denisse Santana. She chose the theme Science, Technology, Engineering, Art, and Math (STEAM) interconnects with the branch's mission to "advance gender equity for women and girls through research, education, and advocacy." Denisse also collected one hundred gently used books and bundled them in groups of five and ten for parents to take to the Food Pantry on December 15, 2023. La Casa CEO Julietta Perez runs the Food Pantry.

The fourteen La Casa preschoolers come to the reading library every day, where teachers read to them, and they choose books to read to themselves and each other. Denisse volunteers at the library, creating science-based, hands-on activities and rotating seasonal literature. She inserted bookplates donated by Kathleen Doty to identify the books gifted by the branch.

To learn more about AAUW Alhambra-San Gabriel Branch projects, please visit alhsangab-ca.aauw.net. Soroptimists showed their holiday spirit this year by donating toys to Assemblymember Mike Fong's Toy Drive. Pictured above with Mike Fong is Soroptimist Camino Real Region Governor-Elect, Cynthia Jarvis and Fong's Field Representative, Cassandra Carmona. A donation was also made by Soroptimist to the annual Spark of Love Toy Drive.



Pictured from left are Dr. Cole; new member Alma Urbina; Soroptimist Camino Real Governor-Elect Cynthia Jarvis; President of SI Alhambra Barbara Messina; and new members Cassandra Carmona and Jessica Lupian.



# Local Sports News from AUSD High Schools

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

#### 2023 Varsity Basketball

The 2023-24 Basketball season began November 13 with non-league and tournament play as all three AUSD high schools gear up for Almont League play. Keppel recently won the Pasadena Poly Tournament for the second year in a row, led by Tournament MVP Ethan Ly and All-Tournament Player Alex Benitez.

Almont League play for the three AUSD teams will begin January 2 with the schedule as follows:

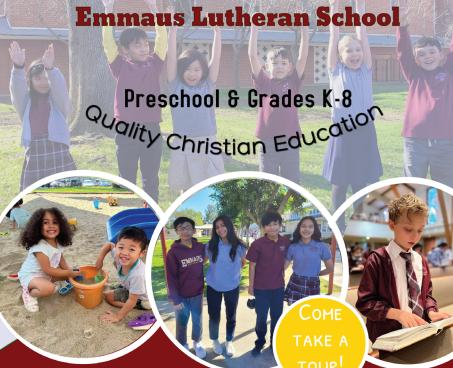
#### Alhambra

January 2, 6:30 pm at Bell Gardens January 5, 7:00 pm vs. Keppel January 9, 6:30 pm vs. Montebello January 12, 7:00 pm at Schurr January 16, 6:30 pm at San Gabriel January 19, 7:00 pm vs. Bell Gardens January 23, 6:30 pm at Keppel January 26, 7:00 pm at Montebello January 30, 6:30 pm vs. Schurr February 2, 7:00 pm vs. San Gabriel

#### Mark Keppel

January 2, 6:30 pm vs. San Gabriel January 5, 7:00 pm at Alhambra January 9, 6:30 pm vs. Schurr January 12, 7:00 pm at Bell Gardens January 16, 6:30 pm at Montebello January 19, 7:00 pm at San Gabriel January 23, 6:30 pm vs. Alhambra January 26, 7:00 pm at Schurr January 30, 6:30 pm vs. Bell Gardens February 2, 7:00 pm vs. Montebello San Gabriel

January 2, 6:30 pm at Keppel January 5, 7:00 pm at Schurr January 9, 6:30 pm at Bell Gardens January 12, 7:00 pm at Montebello January 16, 6:30 pm vs. Alhambra January 19, 7:00 pm vs. Keppel January 23, 6:30 pm vs. Schurr January 26, 7:00 pm vs. Bell Gardens January 30, 6:30 pm vs. Montebello February 2, 7:00 pm at Alhambra



#### What we offer:

**Christian Education Small Class Sizes Rigorous Curriculum Extracurricular Activities** Team Sports Music & Drama **Technology Integration** 

#### ENROLLMENT STARTING SOON!

**Emmaus has a family like** atmosphere with quality education. It's a place where your child can learn & grow in a safe and fun environment!

#### www.EmmausAlhambra.org 840 S. Almansor Street Alhambra, CA 91801

(626) 289-3664



Ramona Convent Named to Advanced Placement School Honor Roll



Ramona Convent is a welcoming Catholic college-prep high school for girls in grades 9-12

AMONA

#### ACHIEVE. FOR LIFE.

We create a culture of achievement so girls surpass their full academic potential.



CONFIDENCE. FOR LIFE. Our girls occupy every role on campus.

**EXPLORE. FOR LIFE.** We cultivate an environment where girls feel safe to express themselves in an open exchange of ideas.





#### LEADERSHIP. FOR LIFE.

*Ve empower girls to become bold leaders ready* to meet the challenges of the 21st century.



PREPARED. FOR LIFE. We provide activities that prepare girls for life beyond the classroom.

### APPLY NOW for the 2024-2025 school year



#### Ramona Convent

Advanced Placement Honor Roll recipient with Platinum Distinction and AP Access Award 1701 West Ramona Road | Alhambra, CA 91803 | (626)282-4151 ramonaconvent.org

College Board announced that Ramona Convent has been named to the Advanced Placement® Program (AP®) School Honor Roll! Ramona earned Platinum distinction, the highest Honor Roll distinction the College Board offers. The AP School Honor Roll recognizes schools that have done outstanding work to welcome more students into AP courses and support them on the path to college success.

The AP<sup>®</sup> School Honor Roll recognizes schools whose AP programs are delivering results for students while broadening access. Schools can earn this recognition annually based on criteria that reflect a commitment to increasing college-going culture, providing opportunities for students to earn college credit, and maximizing college readiness. Ramona Convent has also been recognized with the AP Access Award, which honors schools

that encourage more low-income and underprivileged minority students to take AP courses.

Currently, Ramona Convent offers 15 AP courses, including the two-year AP Capstone Diploma program. AP Capstone's two-course sequence focuses on inquiry, research, and writing skills with the foundational class, AP Seminar, and ends with a defended research project in AP Research.

During the 2022-2023 school year, Ramona Convent had 81% of seniors who took at least one AP exam during high school, 66% of seniors scoring a three or higher on at least one AP exam, and 25% of seniors who took five or more AP exams! To learn more about Ramona Convent Secondary School, call (626) 282-4151 or visit ramonaconvent.org.













hank you





The second second

# To Our Supporters

ALHAMBRA EDUCATIONAI

1/1

Alhambra Chamber of Commerce Alhambra Fightfighters Association Alhambra High School Alhambra High School Theater Boosters Alhambra Latino Association Alhambra PTA Council Alhambra Teachers Association Alhambra Unified School District Alhambra VISA Boosters Asian American Assoication Asian Youth Center (AYC) **Baldwin School** Blast Athletics, LLC **Brightwood School** Chinese Cultural University Alumni Association City of Alhambra City Council City of Alhambra Fire Dept. City of Alhambra Police Dept. City of Monterey Park City Council City of Monterey Park Fire Dept. City of Monterey Park Police Department City of San Gabriel Congresswoman Judy Chu Curves Dave and Buster's Inc. Downtown Alhambra Business Association DSC Laser & Skincare Center, Inc dsk architecs Eagle Spirit Culture & Educational Foundation Earl Security Inc. **Emery Park School** F3 Law • Fagen Friedman & Fulfrost LLP Feet First California Fremont School Garfield School Garvey School District **Global Federation of Chinese Business Women Southern** California Chapter

#### List of Donors

Long Beach Aquarium of the Pacific Los Angeles Dodgers Foundation **MA Construction Services** Marguerita School Mark Keppel High School Mark Keppel High School Alliance Mark Keppel High School PTSA Mark Keppel Instrumental **Music Boosters** Martha Baldwin PTA MHP Structural Engineers Monterey Highlands School Monterey Park Fire Department Neff Construction, Inc Northrup PTA Northrup School Pacific Park Paradise International Enterprise Park School Park School PTA Pasadena Showcase House Pasadena Tournament of Roses **Plaza** Printing **PowerSchool** Ramona School **Repetto School Republic Service** Ripley's Believe It or Not San Gabriel High School San Gabriel High School PTSA San Gabriel High School Woodshop Class San Gabriel Valley Municipal Water District Santa Anita Park Santa Barbara Zoo School First Federal Credit Union Southern California Foundation for the **Preservation of Chinese** Literature & History Spark Academy Corp. STIFEL Talbot Consulting Group Talbot Insurance Agency tBP/Architecture The Huntington The Ratkovich Company/The Alhambra TKR, LLC Transtech Engineers, Inc. Voice of Immigrants Students of Alhambra (VISA) Boosters Ynez School Zen Institute of Health





Granada School Hilton Los Angeles/San Gabriel Hollywood Wax Museum Huckabee Knott's Berry Farm Laugh Factory Hollywood Laugh Factory Long Beach Learning Independence for Transition (LIFT)

Continued on the next page.









READERS CHOICE AWARD



**Alhambra Educational Foundation** 

VOTED SAN GABRIEL VALLEY'S FAVORITE NON-PROFIT ORGANIZATION 2023

Alhambra Educational Foundation • 1603 Chestnut Street • Alhambra, CA 91803 • (626) 943-3080 • www.AEF4Kids.com • support@aef4kids.com

tions 2.5000

Sch

YOU to the Alhambra Firefighters Association for

helping our families!

OYS HERE

PARKOF

SUBARL



Carol G. Abernethy Edward Aguirre Gina Aguirre **Rocio Aguirre Martinez** Marisa Alacios Michelle Alcala Jane Anderson Robert & Maria Andrade Adele Andrade-Stadler Araceli Arzate Henry Avila Cliff Bender Andrew Michael Bitterolf Marianne Bostwick Abel Bourbois Frank & Kendra Bradford Cynthia Bradley Juliette Brown Angelica Canola Gary A Carnow Janai Castillo Jocelyn Castro Carol Chan Fred Chang Leina Chang Li Chih Chang Bryan Chau Carly Chavez Gina L Chavez Dr. May Chen Teresa Pingping Chen Yawhwa Chen Jenny B Cheng Theresa Cheng Robin & Nancy Chin Sunny Chin-Look Marvin & Selina Chiong Maria Chow-Kakazu David & Anita Chu Beverly Coe Stacie Colman-Hsu **Robert Cruz** Kelsey Custodio Joanne Davidson Samantha Davidson Donna De La Rosa Melissa C Demirci Lauren DeNoia Diana Diaz Kathleen Douglas Jody Dowell Julie Egre Mike Eng **Rick Eng** ENGPAC On behalf of Xianglin Zeng Rachel Farfsing Kimberly Feidler Lila Leong Fizumi Kabul Fuentes Lii Furumoto Don & Natalie Gaither Cristina Gamino Carin Gasca Shelley Gee-Ryan Lindsay Gilbert Bob & Diane Gin Bob Gin -In Memory of Stephen Sham Patricia Gomez Daniela Gonzalez Ana Guardado Shirley Gudal Javier Gutierrez Matt Hallock David Hamilton Trust Lee Hanacek Joshua Harris Ana Haskins Alina & Nora Hernandez Marisela Hernandez Cindy San Ho Cynthia Hom Angel Hong Kevin Hong Jennifer Huang Leann L Huang Amy Hughson Racine Huliganga John N Incontro **Bryan Ines** Karen Jacobson Paul & Denise Jaramillo **Eric Jarvis** Liliana Jarvis Lily Jarvis Terry Jaurequi Tsunashima Jean Orta Juanita Angie Juarez Monique Juarez Teresa Juarez-Messina Lauren Kakazu Maria Kakazu Reddy Kalva Pam Knapp Thomas H Kohout Michael (Mike) Koski Dr. Debbie Kotani Michelle Kuruma Cynthia Kwok Heidi Kwok CPA Linda Lam Dr. Terry Larsen Ngan Le Mark & Kay Leavens Eric Le Justin Lee May May Lee Orlance C Lee Janet Lees Michelle Lees **Tammie Leung** Son Lieu Florence Chen Lin Paul Lin Janice Liu Vivian Liu **Catherine Livadary** Henry Lo Silvia Lohora Lawrence Lucero Mary Lutz Calvin Ly Linh Ly Mike Ly Lindsey & Stacy Ma Jayme Macias

Terry Madigan Patricia Mahony Denise Manchaca **Trinity Marquez Rocio Martinez** John Mason Cruz McPherson Denise Menchaca Barbara Messina Barbara Miller Dr. Wendy Molina-Solis Kaysa Moreno Kimberly Morinaka Larry Munez Priscilia Narducci Martha Navarro Kimmie Ng Meisy Koo Chong Ng Khanh Nguyen Nicolas Nguyen Thuy Nguyen Norman Q Nie **Kevin Nong** John Nuñez Eliza Orozco Carolyn Ortiz Lisa Padilla Jones **Denise Palomares** Isabel Park Mark & Susan Paulson Diane Peralta Alejandra Perez Donna Pérez Jeff & Susan Perry Shannon Perry Steve, Débora & Caleb Perry Janice Phan **Page Philips** Ann M Phillips Kendra Pineda Steven T. Placido Ashton Potter Jocelyn Pulido Amy Qian Mao Qiang Josephine Quach Jennifer Quan **Flizabeth** Ram Barbara Randolf Veronica Renova Stephanie Richardson Julie Rivera Nathaniel & Dawn Rock Adele Rodarte Marion Rubio Duane Russell Sandra Saavedra Ademar Saccone Art Saldivar Monica Saldivar Stephanie San Antonio Nelson Sanabria J. Sanchez Susan Sanchez **Bettsy Santana** Nadia Santana Jim Schofield Tammy Scorcia Lisa Serrano

Sarah Smith Kevin Sommerfield Rosa Soria Kevin & Betty Soule -In Memory of Sadaye Tambara Myriame Steep Anthony & Debora Stone Ling Lai Suh Dr. Steven Suttle Christopher Takeshita Paul & Regina Talbot Lai Tam Amy Tambara Doreen Tanaka Alice Tang Jennifer Tang Kenneth Tang Dr. Laura Tellez-Gagliano Alberto Tom Lorraine Tom Jesse Toribio Steve Tovar Joyce Tsang Martin & Lori Ulloa Arturo Urista Ronald & Christa Van Orden Joanna Vargas Michael Vollebregt Missy Vu Brad Walsh Lily Wang **Vivien Watts** Peter Ling Feng Wei Marsha Willhite-Gilbert Renita William-Amstrong Dr. Marcia Wilson Drs. Norman & Sophie Wong Harry Wong Linda Wong Thomas Wong & Travis Kaya Sharon Woo Amy Wu Cindy Wu Ling Yun Wu Susan Wu Russell Yamanaka Michele Yamarone Hsiao Ruth Linlin Yang







Lorran Yano Bill & Lisa Yee William Yee -In Memory of Helen Yee Albert W Young Christina Young Eileen Young Janice Yu (Partial List)



# Together We Make A Difference.

Alhambra Educational Foundation • 1603 Chestnut Street • Alhambra, CA 91803 • (626) 943-3080 • www.AEF4Kids.com • support@aef4kids.com

### Martha Baldwin Elementary School Receives the Nation's Top Educational Honor...for the Second Time!

#### from page 1

...to accept the National Blue Ribbon School award on behalf of the entire school community. Back home, many classes live-streamed the ceremony so students and staff members could simultaneously join the celebration of the momentous occasion.

Takeshita was visibly moved by the recognition and referred to it as the greatest honor of his six years as Baldwin's principal. "I'm incredibly proud for Baldwin to be named a National Blue Ribbon School because it could not have happened without the united efforts of all our educational partners. This award is the result of the collaborative spirit that exists on our school campus. Our students' accomplishments reflect the support they receive from dedicated teachers, staff members, parents, and peers."

He added, "Baldwin School has a long-standing tradition of excellence. I am blessed to work daily with so many hard-working students, great families, and incredible staff members. They all truly deserved this award, and I am thrilled to play a small role in their accomplishments."

The National Blue Ribbon School award symbolizes Martha Baldwin School's commitment to providing a quality education and preparing students for future success. National Blue Ribbon Schools serve as models of effective and innovative school practices for state and district educators and other schools throughout the nation. It's especially impressive that this is Baldwin's second time receiving this recognition...with 14 of its teachers who were also there when they received the accolade the first time in 2003.

As Martha Baldwin School celebrates this significant recognition, the community looks forward to building on its success and maintaining the high standards that earned them two National Blue Ribbon School titles. The honor reflects not only on the institution itself but on the entire community that has played a vital role in shaping the educational journey of its students.



AUSD and AHS families joined Mauricio Rojas in congratulating his amazing daughter, Felicity Sierra Rojas.

# AHS Student is a Shining Example of Strength, Determination, and Resiliency

Alhambra High School (AHS) sophomore Felicity Sierra Rojas was named 2023 Every Student Succeeding Award recipient by the Association of California School Administrators (ACSA) Region 15. ACSA believes every student deserves equal opportunities to succeed and created this be incredibly resilient and strong. Despite many barriers, she is back full-time in school and thriving in academics and extracurriculars. She has an impressive high school GPA of 3.71 and is a member of the Cross Country & Track and Field teams. Through her hard work, dedication, and sheer grit -- and her caring father Mauricio Rojas and a supportive team at AHS at her side - Felicity is ready to face any challenge and succeed in school and life. Director of Student Support Services Jim Schofield, who also serves as president of the Alhambra Management Association, explains why Felicity was selected as this year's recipient, "Students like Felicity serve as such an inspiration; not only to her classmates and educators throughout Alhambra Unified, but also as a testament to the strength of the human spirit in the face of most challenging times." Felicity has shown dedication to her family and has overcome obstacles in her life to achieve academic success. Felicity was honored by ACSA on November 15th at a special luncheon in Pasadena and was awarded a \$350 scholarship...along with the admiration of her peers and the school community at Alhambra High.



### AUSD Students to Play Key Roles at 105th Tournament of Roses Parade

Alhambra Unified School District (AUSD) is thrilled to have two of its students play integral parts in the 2024 Tournament of Roses parade. To celebrate Ramona School seventh grader Shannon Tan and Mark Keppel High School junior Aidan Gomez, the students were invited to the Alhambra Chamber of Commerce Rose Court luncheon on December 5th.

Naomi Stilliano, 2024 Rose Queen, (center) is flanked by Shannon, whose winning design "Dragon Music" inspired the city of Alhambra's float (inset). Shannon will be aboard with city officials on New Year's Day.

Aidan was chosen over hundreds of other high school trumpeters for a coveted position as one of nine Rose Court Herald Trumpets. He will march directly in front of the Rose Queen and her Court in the parade on January 1st.

Aidan opened the Chamber of Commerce's Rose Court luncheon by playing a fanfare on his trumpet (inset) before the Rose Court members were escorted into the Lakeview Room at Almansor Court. Shannon's and Aidan's parents, teachers, principals, and members of the Board of Education surround them in this photo with Queen Naomi Stillitano. Also present at the luncheon were members of the AUSD's Student Advisory Council and selected high school student leaders.



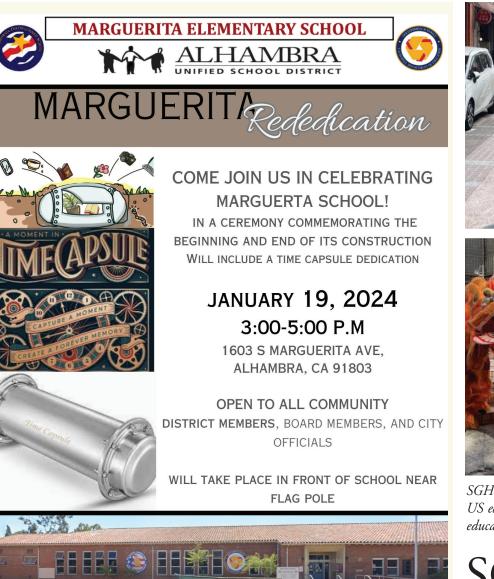
award to recognize students from California schools for overcoming the odds and achieving success.

Felicity has battled many challenges in her life, including her mother's chronic and ultimately terminal illness. Her mother experienced sudden hearing loss and the family struggled to learn American Sign Language (ASL). Felicity had a unique ability to read her mother's lips and played a crucial role in helping her family communicate. As her mother's health deteriorated, Felicity experienced irregular school attendance because her mother wanted to spend as much time as possible with her daughter during her limited time to live. Her many significant absences impacted her learning and caused her to struggle in school.

Felicity's mother passed away when she was nine-and-a-half years old, and her loss was compounded by her stepbrother and sister moving away. Felicity proved to

### Garfield's Path of PAWSitivity Adds Mood Boosting Art to the School

On Wednesday, November 8, the Garfield Wildcats had the opportunity to share positive drawings and messages in the form of chalk art to create the Path of PAWSitivity. "Thank you to Garfield's PBIS team for creating this school community event and to all the students and staff that participated," Principal Dr. Stephanie Richardson said.



### Marguerita School's Rededication Celebration Just Weeks Away

Marguerita Huskies are inviting past and present students and staff to join them on January 19 for a 3:00 pm celebration in recognition of Marguerita's recent construction and modernization project. Meet at the school flagpole for an afternoon filled with student-led music, refreshments, a social hour, and reflections from the Marguerita community. The grand finale will be the installations of multiple time capsules, to be reopened fifty years from now in 2074.

Please spread the word to former Marguerita students and staff members, and encourage their attendance. If you have photos to share from Marguerita's past, please contact principal Tom Kohout at kohout\_h\_thomas@ausd.us to share your photos. "We can't wait for the many Marguerita family members to join us and continue being part of the school's history," Principal Kohout said.

## 42nd Annual Tri-city Band Show Carries on Despite the Rain

On Wednesday, November 15, San Gabriel High School hosted the 42nd Annual Tri-City Band Show. Normally, the show features the field shows of the marching bands and auxiliary units of all three AUSD high schools. Due to the rainy weather, the show was modified and moved

indoors to SGHS' auditorium. Thank you to everyone who came to support these amazing students. Pictured here are drum majors Justin Zhao-MKHS, David Chen-AHS, Rachel San-SGHS, and Benjamin Alo-AHS, who take the lead with their respective high school's marching bands.



SGHS Principal Debbie Stone was one of three high school principals in the group of 18 US educators invited to visit TK-12 schools in Taiwan. She met with students, parents and educators in nine schools in five days and calls the experience "phenomenal."

# SGHS Principal One of Eighteen Educators Invited to Taiwan, Raves About the Experience

San Gabriel High School Principal Debbie Stone returned home in early November from her five-day immersive tour of Taiwan's TK-12 schools, but weeks later she is still feeling awed by the students, parents, and educators she met.

"Our days were filled with the warmest hospitality, inspiring education programs, gracious introductions to Taiwan culture and food, and some surprise connections to SGHS and SGV," Ms. Stone said. "Everywhere we went the beauty, welcome, and ritual of serving tea made us feel like royalty."

Indigenous students at one school taught her their native art of Atayal weaving. She visited schools dedicated to ecological butterfly gardens, bird rehabilitation, observed STEAM classes, and learned about their International Baccalaureate Diploma Programme. High school students showed off the English fluency when they took the U. S. educators on a tour of Taiwan sights and specialties.

After visiting nine schools, Ms. Stone spent her last day at the Mandarin Training Center in Taipei where their educators are trained in teaching Mandarin as a second language. The goal is to establish sister school exchanges in the U. S.

"The trip was phenomenal — beyond every expectation," Principal Stone said. "I am still metabolizing all I learned."

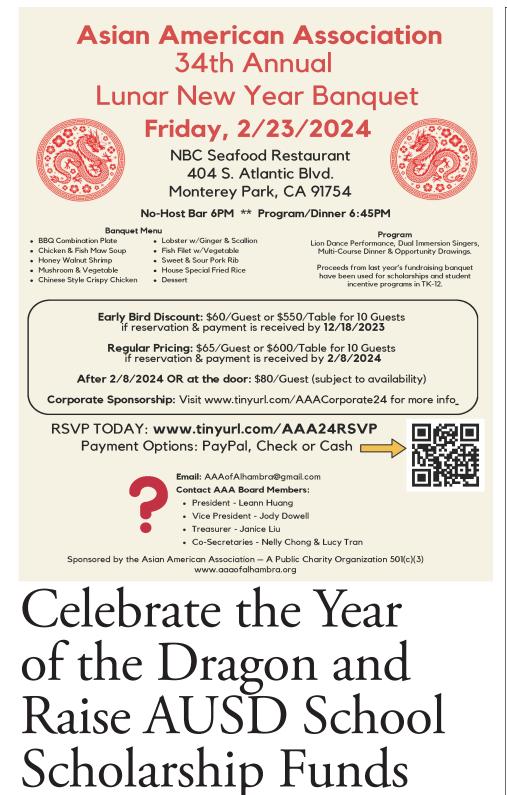
On December 8, Principal Stone welcomed a delegation of educators from Taiwan to SGHS as part of a continuing conversation on educational exchanges.





### Garfield's Family Art Night Weaves Community Together

At Garfield Elementary's annual Family Art Night on November 15, students and their families learned about weaving, one of the oldest art forms in human history. The families created their own textile by creating a loom out of paper and then weaving strips under and over. "These textiles remind us of how our lives are all entwined and make something beautiful when we come together through the arts," Principal Dr. Stephanie Richardson said. "Thank you to everyone who came out to support!"



There's still time to buy tickets to the place at NBC Restaurant in Monterey 34th annual Lunar New Year banquet hosted by Asian American Association of Alhambra. The fun-filled evening raises money for student scholarships at every elementary and high school in the Alhambra Unified School District (AUSD).

"Come celebrate the Year of the Dragon with us with a ten-course dinner, recognition of the 2024 high school scholarship recipients, traditional Lion Dancers, singers from the AUSD Mandarin Dual Immersion program, and the opportunity to win many prizes." Superintendent Dr. Denise Jaramillo urges.

The Friday, February 23 banquet takes



### **Alhambra Unified School District Board of Education**











# Robert L. Gin Assumes AUSD Board of **Education Presidency**

Robert (Bob) Gin was selected by his fellow members as AUSD Board of Education President during its annual reorganization meeting on December 12, 2023. First elected to the Board in 2002, Mr. Gin has previously held the position of Board President four times in his 21 years of service to AUSD. Superintendent Dr. Denise Jaramillo took a moment at the meeting to salute Mr. Gin's longtime dedication and leadership.

The new Board Vice President will be Fred L. Chang. Ken Tang will be Board Clerk. The other Board of Education



members include Dr. Marcia Wilson and Kaysa Moreno, and student member Justin Wang.

The new slate of Board of Education officers will serve until December 2024 when the Board will reorganize as they do each year.

Superintendent Dr. Jaramillo added, "Thank you to Mrs. Kaysa Moreno for successfully serving as Board president for the last 12 months and congratulations to each member who is serving in a new role."



Baldwin 7th Graders Crochet

## Adorable Crocheted Penguins to Give to Kids in Need

Baldwin seventh grade teacher Christina Kwon Loose's family started crocheting penguins at home as a calming practice that eventually produced adorable baby penguins. At first, learning to crochet was frustrating, but gradually, staying with it, her husband and child found that crocheting became a way to relax, turn off worries.

Mrs. Loose thought her students might like the meditative aspect of crocheting and the idea of giving their penguins as gifts to kids in need. The seventh graders learned that if they persevered as crochet beginners, what seemed daunting and difficult would eventually become a kind of relaxation technique they could use anywhere. And the baby penguins they created were impossible not to love.

"I thought my students would love a creative project that had benefits for both the giver and recipient of the gift," Mrs. Loose said. "This is a story is about how giving and creating are also gifts we give to ourselves. It is about learning to overcome initial frustration in new learning that then opens new possibilities when we keep going. This lesson has lifelong advantages."

Park. Tickets are \$65 each or \$600 for a

table of ten...but only for RSVPs com-

pleted by February 8. After that, the price

increases to \$80 per person (and subject to

and/or provide other support:

tinyurl.com/AAA24RSVP

tinyurl.com/AAALNYPrizes2024

tinyurl.com/AAACorporate24

To become a corporate sponsor: Visit

To donate a prize:

Here are the important links to attend

availability).

To RSVP:

The seventh graders donated their baby penguins and scarves to Rotary's Adopt-A-Family drive through for a holiday distribution to children and families. "We felt happy to be able to make something to make a kid smile," one of the seventh graders told a visitor. "It made us smile, too."





# Ynez School's Second Annual Literacy Night "Celebrating Us" Embraces the Diversity of their Community

The Ynez School family came together in November for their second annual Literacy Night, "Celebrating Us," to embrace the diversity of their multicultural school community. The lively evening featured performances by the Alhambra High School Folklorico Dancers, special activities, and delicious food.

"We thank you the community groups and individuals who came to read and share the love of literacy with the students," Principal Janice Phan said. "A special thank you to the Ynez School PTA for their hard work and partnership that made Literacy Night such a success.'





### Baldwin's Nutrition Advisory Council Kicks Off Smoothie Bike Event

Martha Baldwin School students can now exercise while preparing a healthy snack on a specially equipped smoothie bike. The school's Nutrition Advisory Council (NAC) led this kick-off activity with K-3 students. The NAC shared a presentation with the students about the importance of physical activity and proper nutrition. They also taught them about the many farms in California where we get fresh produce. After leading each class through some warm-up activities, the students cheered special staff members and NAC students as they pedaled the bike to power the specially attached blender. The best (and most delicious) part was sampling the yummy and nutritious smoothies afterwards.



#### https://www.ausd.us/

**Dual Language Immersion Schools:** Spanish Program - Fremont School Mandarin Program - Northrup School

1st-8th Grade Dual Language Immersion In grades 1st-8th, students must demonstrate Spanish or Mandarin language skills before being accepted into the program.

https://youtu.be/0v0Gpei1AdQ

As the Alhambra Unified School District (AUSD) prepares to move to a new online permit system, the district is temporarily reverting back to paper applications for the permit process. Parents who are interested in applying for a permit for their child (including AUSD eighth graders who want to attend a high school other than their assigned school) will need to visit www.ausd.us to obtain additional information and/or download a fillable PDF from the Permits page. Once the application is complete, parents will need to email it (along with the required documentation) to transferpermit@ausd.us. "We appreciate the community's patience and understanding as we transition to a new system," Superintendent Dr. Denise Jaramillo said.





# Enjoy a Fresh, Sustainable Year Ahead in Alhambra

making resolutions. One common goal is to adopt a healthier lifestyle, which often includes making mindful choices about diet. Opting for nutritious foods contributes to overall well-being and can be an enjoyable and sustainable change. Here are some suggestions to help you make healthy food choices this year.

First, prioritize whole foods, such as fruits, vegetables, whole grains, and lean proteins rich in essential nutrients. Incorporating a variety of colors into meals ensures many vitamins and minerals, promoting better health. Find a wide assortment of affordable fruits, vegetables, honey, herbs, bread, and more from local growers and vendors on Sundays at the Certified Farmers Market in Alhambra.

Second, introduce new foods to your family slowly. While making drastic changes is tempting, you will waste less food and find new favorites more easily with gradual experimentation and change.

Third, learn to practice moderation. Purchase and cook the amount of food your family will eat. Serve food in reasonable portions and eat more slowly.

Finally, be mindful of hydration. Water is essential to a healthy diet, aiding digestion and nutrient absorption. Drink an adequate amount of water throughout the day. Whenever possible, carry a water bottle, refilling it from the tap.

How about minimizing food waste, par-

As we step into the new year, many are ticularly when storing leftovers? Efficient storage helps prevent waste and ensures the safety and quality of the food consumed. Washable and reusable containers with airtight lids are helpful. Buy containers that are easy to stack or repurpose tubs with tight-fitting lids from dairy and other products, and consider labeling your containers with the date to keep track of freshness.

> Freezing is another fantastic way to extend the shelf life of many foods. Use freezer-safe containers or bags to reduce freezer burn. Before reheating, defrost food in the refrigerator to maintain its texture and flavor.

> After you've shopped carefully, cooked and eaten in moderation, and stored food wisely, you will still have some food scraps to throw away. These may include peels and skins from fruits and vegetables, uneaten food from plates, forgotten leftovers, pizza crusts, and even bones. Remember that all food scraps now go into your green organics cart.

> Food scraps collected from residents are mixed with yard waste and turned into compost. This compost helps build soil to grow more healthy food.

> RepublicServices.com/munici-Visit pality/alhambra-ca to learn more about organics recycling and all services provided to residents and businesses in Alhambra. Have a happy, healthy, and sustainable new year!

SIGN UP FOR THE Alhambra Chambe Health & Wellness RESOURCE RUNDED

# Health & Wellness is a Cornerstone of The Alhambra's Philosophy

The Alhambra recently held its annual Turkey Shoot Putting Tournament. Twenty-one participants showed off their golfing skills on St. Andrews Green, the 9-hole putting green located in the center of campus. The Grand Prize was a \$40 Buca de Beppo gift certificate, and each participant received a \$10 gift card. The putting green is just one of the many health and wellness amenities at The Alhambra, including a bocce court, giant lawn games, and Corsa Classic Comfort bikes, complete with lock, helmet, and a bell. Fitness enthusiasts can also walk the one-mile campus loop, which follows the sidewalk around the property, or try the half-mile stair climb with 647 steps.

Enrich your well-being by subscribing to Alhambra Chamber's monthly Health & Wellness Resource Guide!

Stay informed and receive timely updates on health-related news tailored just for you. To sign up and access a wealth of valuable information, simply scan the QR code provided or visit our dedicated link at bit.ly/acchw.



Your journey to a healthier lifestyle starts here!



#### **HEALTH & WELLNESS**

### Ask Dr. Dara, D.D.S.

# The Do-It-Yourself Disaster

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

A dental patient recently attempted to straighten his teeth using do-it-yourself clear aligners ordered directly through the mail. Unfortunately, three months after he started using the aligners, his teeth got very loose.

This is what I call a do-it-yourself disaster.

Do-it-yourself (DIY) clear aligners are popular for individuals who want to plaque accumulation, inflammation, and straighten their teeth for less money. This recessions. is an understandable desire. However, DIY clear aligners lack professional supervision from a dentist or orthodontist, leading to an improper diagnosis, inadequate treatment, and potentially severe properly. complications.

consider before using DIY clear aligners.

Incorrect impressions: It takes time for even trained professionals to make good diagnostic impressions, so it is unrealistic to think that the person making an impression of their own mouth for the first time in their life will do an adequate job. Unfortunately, a poor impression will produce poor aligners and compromise the presence of active inflammation can future treatment.

Irreversible damage: While aligning irreversible mobility of the teeth. teeth, the bite changes; as a result, some teeth may hit prematurely, and others may may seem cheaper initially, correcting not even touch, causing a traumatic bite. Aligning teeth requires the monitoring and guidance of a professional. Without in some cases, irreversible. proper correction, damage to the teeth crown, root, and surrounding bone is your oral health and safety. Before using often a side effect.

TMJ: Moving teeth without professional monitoring can also result in needs and receive professional advice on temporomandibular joint (TMJ) disorder the best course of treatment for your with symptoms of pain, tenderness in the specific case. surrounding muscles, difficulties chewing, and the popping, clicking, or locking of Alhambra by Dr. Krasnodara Gashparova, the joint.

the aligners do not fit correctly, they advice or any remedies recommended by this can irritate the gums and contribute to *author or any other provider*.



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

Loss of function: Because of front teeth closing prematurely, patients with DIY smiles may lose their ability to touch their back teeth and can no longer chew

Tooth mobility: Someone with Here are some risks and drawbacks to gum (periodontal) disease can develop permanently loose teeth by using DIY methods. Periodontal disease, caused by bacteria in the mouth that thrive in dental plaque, is relatively common over the age of 30. The infection affects the gums and supporting structures and can lead to gum inflammation and weaken the attachment of teeth to the jawbone. Moving teeth in spread the infection deeper and cause

> Increased costs: While DIY aligners problems caused by improper treatment can be expensive, time-consuming, and,

> In conclusion, it's crucial to prioritize DIY clear aligners, consult with a dentist or orthodontist to discuss your individual

This column is provided to Around DDS who is responsible for the content. Gum problems and recession: If Around Alhambra does not endorse medical

# **Confused By Medicare?**

Don't look for answers by yourself. Trusted partners can make Medicare stress free!

With multiple plan types & hundreds of coverage options available, how do you know which is right for you?

#### Get the answers you need to make an educated decision:

 What does Medicare cover and cost? ·How can I enhance my Medicare coverage? Are prescription drugs covered in all plans? Which doctors and specialists can I visit?

Let us help! Call today for a no obligation, no cost appointment.

Michelle Lim (Lic: 0F58538) Cell: (626) 215-9917 Office: (626) 281-2828 33 E. Valley Blvd, #216, Alhambra, CA 91801

Disclaimer: We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all your options.

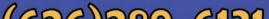


ADVANCED DENTISTRY of ALHAMBRA

### Healthy Teeth & Bright Smiles for the Whole Family!



- FREE
- Implants
- Invisalign & Braces
- Cosmetic Dentistry
- Pediatric Dentistry
- Wisdom Teeth Removal
- Dental Emergencies
- Laser Dentistry





### **CALLING ALL DVERTISERS**

**PROMOTE YOUR LOCAL BUSINESS BY ADVERTISING IN THE 2024 ISSUE OF AROUND ALHAMBRA!** 

Contact Around Alhambra's ad representative, Anthony Lei at 626-282-8481 or send an inquiry to alei@alhambrachamber.org to reserve your space today.

Amplify your sales Drive traffic to your location Offer coupons and discounts

(626)289-6131 CONSULTATION

**OPEN SATURDAYS NO INTEREST** PAYMENT PLANS

70 S Palm Ave Alhambra 91801

www.DaraDDS.com

### **A NEW SMILE IN ONLY ONE VISIT**

**Precise Fit Natural look Comfortable process No temporaries** 





These examples show how Dr. John Chao saved a hopelessly loose tooth in ONE EASY COMFORTABLE VISIT and at a fraction of the cost of implants! (Individual Results Vary)



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

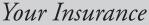


Alhambra Dental **100 South First Street** Alhambra, CA 91801 營業時間:週一至週五 9am-5pm Alhambradental.com

### **Home Medical Equipment Supplies / Service / Repairs** FROM YOUR TRUSTED **NEIGHBORHOOD SUPPLIER**

- **★** Respiratory care services
- ★ Home Oxygen / portable systems
- 🖈 Air Travel Oxygen
- **CPAP** / Bi-PAP for sleep disorders
- **\*** Home Ventilators
- **\*** Nebulizers
- \star CPM/Tens Units
- Scooters,
- Manual Wheel chairs
- Motorized Wheelchairs
- Hospital Beds, /Air Matresses







# Does a Medicare Advantage Plan Replace Original Medicare?

#### By Katherine Yu Simms

Medicare Advantage, also known as Medicare Part C, is an alternative to original Medicare. Medicare Advantage is an "all in one" plan that bundles Medicare Part A, Part B, and usually Part D. Many Medicare Advantage plans also offer benefits like dental, hearing, and vision that are not covered by original Medicare.

Medicare Advantage plans are offered by private companies that have been approved by Medicare. They are required to follow rules set by Medicare. If you decide to join a Medicare Advantage plan, you'll still have Medicare, but most of your Part A (hospital insurance) and Part B (medical insurance) coverage will come from the Medicare Advantage plan, not the original Medicare.

### Advantage

Original Medicare and Medicare Advantage are the two main ways for you to get Medicare. Part A covers inpatient hospital stays, some home healthcare and care in a skilled nursing facility, as well as hospice care. Part B covers outpatient care, ambulance services, certain medical supplies, doctor's services, and preventive in your area. Any information proservices.

#### Medicare Advantage

Medical Advantage plans cover everything included in Medicare Part A and Part B, plus Part D prescription drug coverage, which is offered under most plans, additional coverage for eyewear, dental care, and hearing aids and exams.



Katherine Yu Simms Medicare Insurance Agent lovemygoldenyears@gmail.com

original Medicare. Instead, Medicare Advantage is an alternative to original Original Medicare and Medicare Medicare. These two choices have differences which may make one a better choice for you.

> To help with your decision, please reach out to your local Medicare professional to help you navigate and find the most appropriate plan that fits your needs.

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

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



- Wheelchair Ramps
- LiftChairs, / Walkers
- MassageChairs
- Incontinent Supplies
- Diabetic Supplies, Shoes
  Wound Care Supplies
- Patient /Ambulatory Aids
- Compression Stockings
- Orthopedic Supplies
- Power Chair & Scooter Repair
- Sigvaris Compression Stockings
- Blood Pressure Monitoring Systems
- Littmann & other Stethoscopes







# A Call to Make Equitable Mental Health Care Access a Priority Nationwide

Op-ed By: Matthew Chan

In June of 2019, Miles Hall was shot and killed by two Walnut Creek officers responding to a call made by his grandmother and mother. His mother was afraid for his safety as he suffered from schizoaffective tendencies, so she had befriended the police in anticipation of future encounters. She had done everything she thought she needed to in order to keep him out of harm's way, and yet, it was not enough.

I think of being in that neighborhood. I imagine all the fear and pain that I would have hearing that a young man was unnecessarily killed for something out of his control. Now think about your community, your neighbors, and yourself. If you had found yourself in this situation, how afraid would you be for your safety and wellbeing? What would you feel safe doing for your neighbors? These questions, often raised in a situation like this, all lead to one:

How do we prevent a horrific tragedy like this again?

Mental health in the United States has been growing in importance in recent decades, and more people than ever are seeking treatment for mental health issues. The reaction to Miles' death served as a catalyst for getting AB-988 passed in California. AB-988, or the Miles Hall Lifeline and Suicide Prevention Act, provided funding to provide Californians with the critical service of a suicide crisis hotline and is merely the first of many steps that need to be undertaken to make health care both more accessible and more equitable for all races. AB-988 served to further reach the recent change in the National Suicide Prevention Lifeline phone number to 988, a way to distinguish the focus of services from the usual emergency phone number, 911.

Yet these changes serve only to patch up some of the many holes in the healthcare system that are failing those suffering from mental illnesses. According to the CDC, over 20% of Americans suffer from some form of mental illness, and access is not equal for all. Currently, the resources allocated to those suffering from mental illnesses remain unbalanced, and this is a result of underlying systemic issues ranging from racial biases, poverty, education, and more. For example, Black Americans like Miles Hall are victims of police-involved killings 2.8 times more than White Americans, which has a resounding impact on not only individuals around the killing but in the community and beyond. While White Americans are more likely to be victims of a police-involved killing during a mental health episode, this may just reflect higher overall suicide rates among White Americans and their propensity to call the police more often when compared to Black Americans. The

racial disparities here highlight that no one can escape the lack of adequate and equitable mental health resources that plague so many. This, among other data, highlights a significant need to bolster the resources afforded to improve existing mental health resources and make those resources more accessible to those of all demographics and backgrounds.

The current arsenal that the United States has for mental health is a mixed bag. Every state has different operating procedures and protocols in the case of a mental health crisis. These differences further disseminate into non-uniform care and responses, such as some municipalities having mobile response units for crises while others lack that service. However, establishing uniform responses, treatments, and procedures can be effectively optimized and applied nationally. Major funding should be allocated and can be diverted from existing expenditures by the government in foreign interests to increase the welfare of domestic affairs and interests. Currently, billions of U.S. dollars are spent on foreign assets while Americans continue to suffer from a lack of resources at home.

Writing to local and state legislators and demonstrating at your local legislator's offices can be effective ways of showing them that these issues are to be acknowledged and taken care of. With enough funding, soon every American can call a suicide crisis hotline number and expect effective and appropriate support for their mental health crisis. I have seen this country unite for change before, and we can do it again. We just have to want it enough.

The fight for mental health care equity has been an ever-prevalent issue. Mental health care is a growing priority for our nation as we try to make things better for our fellow Americans. AB-988 passed unanimously in the California legislature and further change can happen, and it can start with just one person.

"You help someone, you help everyone."

#### About the Author

Matthew Chan is a doctoral student in California Northstate University's Clinical Psychology program. As an Alhambra native, he learned to love and appreciate what made Alhambra unique compared to other cities and aims to give back to the community as a licensed psychologist. He enjoys the bustling eateries on Main Street.

This op-ed was submitted as part of a class assignment. Matthew wanted to share his thoughts with his hometown as a way to repay the growth the city had provided him with.





We service foreign and domestic gasoline, hybrid and electric cars and light trucks

(626)872-0705 www.josgarage.com 120 E. Valley Blvd, Alhambra (Kerechuk Building)

#### FREE MAINTENANCE INSPECTION

#### **10% OFF** ON YOUR NEXT VISIT \*UP TO \$50 OFF

Present this coupon (expires 01/31/2024)

#### **SENIOR NEWS**

# 5 Tips for Senior Health & Wellness in Alhambra

Prioritizing health and wellness is paramount at any stage of life. However, such needs tend to present themselves more obviously as we age. Luckily, seniors embarking on a health and wellness journey in Alhambra will find a supportive and vibrant community outside their doorstep.



#### **Embrace Active Living**

Physical activity is the cornerstone of wellness. Alhambra provides a myriad of opportunities for seniors to stay active. Whether it's a stroll in one of the picturesque Almansor Park or participating in fitness classes offered at local community and fitness centers, staying active fosters strength, flexibility, and overall wellbeing.

#### Culinary Wellness

Alhambra's diverse culinary scene is not only a treat for the taste buds but also an opportunity to enjoy embracing nutrition. Seniors can explore the local farmers' market for fresh, locally sourced produce or opt for cooking classes to learn how to prepare nutritious meals at home. Even just treating yourself to one of the many fantastic local restaurants is sure to elevate your mood.



#### **Community Engagement**

Social connections are a vital aspect of senior well-being. Alhambra offers various community programs, clubs, and events specifically tailored for seniors. Joining a local senior center or participating in community activities fosters a sense of belonging and combats social isolation, promoting mental and emotional wellness.

#### Local Healthcare Access

Access to quality healthcare is a crucial component of senior wellness. Alhambra is home to excellent hospitals, clinics, and healthcare facilities. Regular health checkups, preventive screenings, and staying informed about local health resources help prioritize health and promptly address any concerns.







#### Safety and Accessibility

Alhambra is a senior-friendly city with well-maintained sidewalks, public transportation options, and accessible infrastructure. Ensuring a secure and unrestricted living environment enhances seniors' independence and quality of life. Be bold and take advantage!



Anyone can thrive in their golden years by embracing an active lifestyle, prioritizing nutritional choices, fostering social connections, accessing healthcare resources, and engaging in cultural and recreational pursuits. Alhambra's commitment to wellness makes it an enriching place for seniors to call home.

### PLAN YOUR FUTURE WITH PEACE OF MIND

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

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

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

### Wellness • Independence • Safety









#### INDEPENDENT LIVING | ASSISTED LIVING SKILLED NURSING | REHABILITATION SERVICES



#### Call **1.800.340.4178** or visit **www.abh.org**

214 S Atlantic Blvd, Alhambra, CA 91801



Atherton Baptist Homes is open to people of all faiths. RCFE #197802543 Certificate of Authority #322. Atherton Baptist Homes does not discriminate on the basis of age, sex, race, color, disability, religion or national origin

#### Real Estate



# Alhambra's Restaurant Real Estate – Italian Delis

By Gary Frueholz Engel & Volkers Real Estate

DeMauro's Italian Deli, Piumas Italian Deli, Mastro's Italian Deli, Licari's Deli, Grandview Italian Deli, Sam's Italian Deli, Mike & Leona's Italian Deli and Grocery, and Palermo's Bakery - these names are from a past era of Alhambra's history.

During this era, cannelloni, pansotti, lasagna, zeppole, babbas, sandwiches with Italian salsa and hot giardiniera, pastrami dips, Italian cured olives, and gelato ice was located at the Valley and Garfield cream were staples in Alhambra's diet.

This distinct period, dating from the 1950s into the early 70s, was the era of Alhambra's Italian Deli — plus bakeries and restaurants specializing in Italian cuisine in our city.

and food, a portal to view the post-World War II immigration of Italian Americans to Alhambra was created.

A delicatessen or deli is a retail establishment that sells a selection of cold cuts, cheeses, and other prepared foods. east of Fremont Avenue on Valley, while Delicatessen has as its root word the Latin the Grandview Italian Deli stood at the adjective delicatus, meaning "giving pleasure, delight, and being pleasing."

European immigrants to the United Boulevard. States popularized the delicatessen in America during the 1800's. Delis provid- Valley Boulevard that was not a deli ed good food that touched an emotional but served Italian cuisine was Ricky's linkage to one's ethnic past. The most Skyroom, owned by the Garofolo family. common deli's during this time were Italian, German, Jewish, and Chinese Leona's Italian Deli and Grocery was on delicatessens.

Italian Delis, one should remember the Woodward Street intersection, and Casa movement of Italian Americans in South- Maria Restaurant was located by Fourth ern California. In the early to mid-1900s, Street and Main. DeMauro's Italian Lincoln Heights was home to a substan- Deli stood at the Fremont and Concord tial Italian-American community. As the Avenue intersection and is remembered 5 Freeway was conceived and constructed for its sawdust floors, wooden tables, through Lincoln Heights during the and meatball sandwiches. Some local post-World War II period, a significant Italian Delis were in adjacent cities, like portion of the community relocated to Pulciano's Italian Deli and Claro's Italian



**Gary Frueholz** Engel & Volkers Real Estate (626) 318-9436

Alhambra institution, The Hat, which Avenue intersection.

Although The Hat was not quite an Italian Deli, its best-loved specialty was pastrami dip sandwiches. Palermo's rolls would combine with The Hat's meats that were brined, partially dried, Through the combination of real estate seasoned with herbs and spices, and then smoked and steamed. The Hat grew from its original Alhambra location on Valley in 1951 to eleven restaurants throughout Southern California.

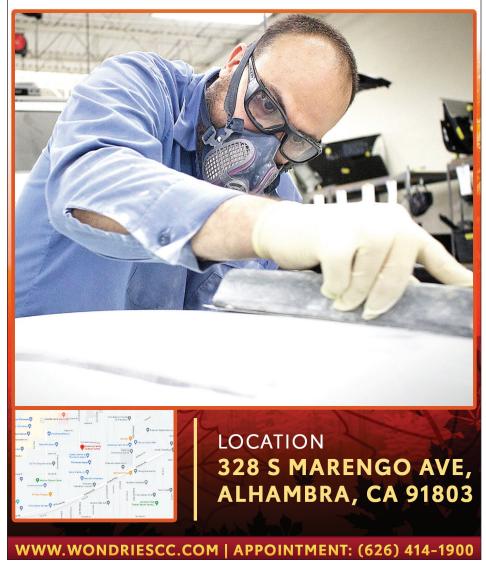
> Sam's Italian Deli was just slightly intersection of Grandview Place and Valley. De Zara's Pizza was also on Valley

Another Alhambra institution on

Away from Valley Boulevard, Mike & Mission Road and Fourth Street, Licari's To understand the era of Alhambra's Italian Deli was near the Garfield and



UR TEAN CAREER OPPORTUNITIES AVAILABLE



eastern cities such as Alhambra.

Many were veterans of World War II and qualified for veteran benefits. With in the 1970s and demographics evolved, the VA Benefit Programs, young families most of Alhambra's Delis have passed were buying their first homes in Alhambra and bringing Italian delis, bakeries, and restaurants.

Valley Boulevard provided the highest concentration of Alhambra's Italian Delis. Piumas Italian Deli was owned by the Piuma family and located on Valley Engel & Volkers Real Estate, a past Boulevard near Raymond Avenue. It was known for its double-deck Italian submarine sandwiches. Nearby at the intersection of Valley Boulevard and Marengo Avenue was Mastro's Italian Deli, renowned for its selection of dishes highlighting its barrels of aged olives.

mo's Bakery, located near Valley Boule- solely responsible for the content. Around vard and Grand View Drive. Palermo's Alhambra does not endorse the advice from would supply their fresh rolls to another this author or any other provider

Market in San Gabriel.

As franchised food outlets proliferated into our city's history. But you can still get a feel of the era at Pulciano's and Claro's. Looking at Alhambra's Delis, we can see a larger picture of Alhambra's population and lifestyle progression.

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

This column is provided to Around Near Piuma's and Mastro's was Paler- Alhambra by Gary Frueholz, who is

# 2024 ALHAMBRA LUNAR NEW YEAR FESTIVAL

PRESENTED BY: NEW CENTURY AUTOS

## SUNDAY, FEBRUARY 18, 2024 MAIN STREET, ALHAMBRA



# TO SIGN UP AS A VENDOR, SCAN THE QR CODE or visit bit.ly/lnyvendors

**VENDOR REGISTRATION ENDS ON JANUARY15, 2024** 



### W W W . A L H A M B R A L U N A R N E W Y E A R . C O M

#### SPONSORED BY:













HOSTED BY:











