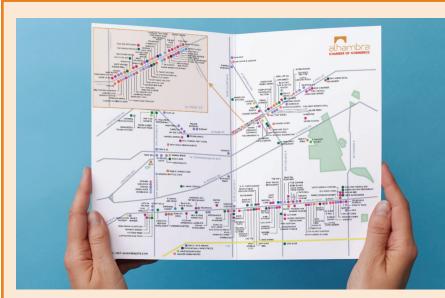
AROUND ALHAMBRA



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The 2023 Restaurant Guide to Alhambra

What do burgers, banh mi, and boba all have in common? While these dishes may come from different cuisines, they can all be found here in Alhambra!

Alhambra is a foodie's paradise. Whether you credit its proximity to LA, diverse population, or random good luck, there is no denying that most cravings can be satisfied without leaving the city limits.

With over 200 restaurants and counting, Alhambra is known for all kinds of restaurants-from national chain eateries to local diners that have been around for decades. Though probably most famous for its Asian cuisine, delicious American, Mexican, Italian, Peruvian, and just about every other kind of restaurant can be found around town. Alhambra's diverse food scene knows no bounds.

Even the Michelin Guide has taken notice of our town. The famous gastronomical website recommends great Alhambra eateries Sichuan Impression, Lunasia Dim Sum House, Jiang Nan Spring, Henry's Cuisine, Ipoh Kopitiam, and Chengdu Taste among their exclusive selection of must-try restaurants.

Whether you've got a craving in mind or a budget to stick to, you can find exactly what you are looking for right here in Alhambra.

Are you feeling hungry yet? Plan your next meal by perusing our 2023 restaurant guide on pages 14 and 15!

DABA's Annual Pumpkin Run Celebrates 10th Anniversary

President of DABA. Though its origins are They grow up so fast! One of the city's most beloved events is turning ten this humble, The Pumpkin Run has become a community staple. Today, hundreds of lovear. The annual Pumpkin Run, hosted cals of all ages come out to the run, which is now an all-day festival that features fun activities for children and adults after the race. Halloween season in Alhambra wouldn't be the same without it.



Freshmen Members Complete AUSD's Student Advisory Council

The Alhambra Unified School District's 2023-24 Student Advisory Council (SAC) is finally complete after adding three freshmen members last month. Representatives for grades 10-12 were elected in late spring, but the council had to wait until the new school year to hold freshmen elections. The final three members (left to right): Kevin Tang, San Gabriel High School; Leslie Chu, Alhambra High School; and Angelina Yip,

Mark Keppel High School. Under the leadership of chairperson Justin Wang, AHS, and vice chairperson Kaitlyn Cao, MKHS, the SAC held their first official meeting in September with the whole 12-member team, focusing on matters such as student dress code and ASB funding. Each month, SAC members represent students' voices as they meet with district leaders to raise issues that are important to their peers.

by the Downtown Alhambra Business Association (DABA) and the City of Alhambra, is happening for the tenth year later this month. The Alhambra Pumpkin Run is a 10K, 5K, and 1K run benefiting the Alhambra Educational Foundation. Proceeds from the event are donated to help Alhambra schools thrive.

'The Alhambra Pumpkin Run is extremely dear to our team's heart. We started this event ten years ago and built it from scratch," said Joanna Vargas,

This year's Pumpkin Run includes a 10K and 5K run for adults that starts on Main Street and travels west to El Molino Ave. There will also be a 1K run for children under ten and a half-kilometer Kiddie Run for the tiniest of Alhambra's athletes... >> DABA's Annual Pumpkin Run on page 17

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AROUND ALHAMBRA

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

Articles submitted 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

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Mayor's Corner



By Mayor Ross J. Maza

As the warm days of summer give way to autumn, Alhambra children have headed back to class, giving friends and families an opportunity to connect once again. Some of the friendships formed by school families will last a lifetime. Best wishes to all of our Alhambra students, school staff, and families for a successful and safe school year!

In Alhambra, we are reminded of the diversity around our city on a daily basis, and there is no better reminder of that diversity than the array of restaurant choices in our city. I invite you to explore all of the culinary options that Alhambra has to offer. Our city is home to a vibrant food scene, with restaurants serving flavors from around the world. Whether you're in the mood for Mexican, Italian, or Asian, you're sure to find something to satisfy your taste buds. Let's continue to support our local restaurants and enjoy the delicious foods available. Visit alhambraeats.com for a handy Alhambra restaurant guide.

Our four-legged family members deserve some special attention and a dedicated space to socialize. Therefore, The City of Alhambra opened a temporary dog park on September 5. Located at 630 South Almansor, next to the Alhambra Golf Course, this space offers the perfect place for our furry friends to run around and make new pals. Take your dog for a leisurely stroll, or let them burn off some energy in the off-leash areas. It's a great way to socialize with fellow dog lovers and ensure your dog stays active and healthy. Since this is a pilot program, community members are encouraged to provide input for Council consideration of a permanent dog park.



Mayor Ross J. Maza

Community safety is a top priority in our city, and our dedicated Alhambra Police Department works tirelessly to keep Alhambra safe to live and work. I encourage everyone to stay informed about local safety initiatives, attend neighborhood watch meetings, and take advantage of the resources designed to foster a strong partnership between our community and law enforcement. Our friendly Alhambra officers are always present at any of our local events and are a reminder of the importance of unity, support, and community. We know that Alhambra thrives when we remain united.

As always, please know that I am available to you for suggestions, feedback, and ideas that will help improve our wonderful city. I look forward to seeing you in person around town.



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City of Alhambra Debuts Temporary "Paw-Pup Dog Park," Seeking Community Feedback

At its regular meeting on August 28, 2023, the Alhambra City Council approved reallocating funding for a "Paw-Pup Dog Park." The dog park concept is located at 630 South Almansor Street, next to the Alhambra Golf Course. Alhambra's Paw-Pup Dog Park will be open through November 5, and the community is invited to provide their input for Council consideration of a permanent dog park via survey.

"Opening a dog park in Alhambra has been an item of discussion for some time," said Mayor Ross Maza. "This pilot program allows us to test operations while gauging the community's feedback to determine if a permanent dog park would benefit Alhambra's residents as well as surrounding neighborhoods. We encourage community members to visit the Paw-Pup Dog Park with their four-legged friends and submit feedback by taking our short survey."

The Paw-Pup Dog Park opened to the public on Tuesday, September 5, and features amenities such as turf, a handwashing station, seating areas, and a dog waste station. All dogs must be on leashes until they enter the designated small and large dog off-leash play areas. The park will be open daily from dawn to dusk.

Throughout the pilot, residents and community members are encouraged to submit feedback by taking a short survey at bit.ly/pawpupdogpark. For more information, visit cityofalhambra.org.





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YMCA of West San Gabriel Valley

401 E. Corto Street, Alhambra, CA 91801 Email: val.ymca@gmail.com

626-576-0226 www.wsgvymca.org

was recognized many times for his annual

holiday toy drive. Just this August, Sam

was honored at the Alhambra Chamber

of Commerce President's Award with

the Local Institution of the Year. True

to how he operated, Sam paid for 50 of

his friends and customers to attend the

shop wisdom, humor, and generosity are

Sam was larger than life. His barber-

celebration with him.

already missed.



Sam Artino at the 2023 President's Awards ceremony in August.

NEWS & NOTES



> LA Zoo Animals Receive Tasty Ficus Trimmings c/o The Alhambra

For the second year, The Alhambra and its landscaping team, BrightView Tree Care Services, partnered with the LA Zoo to feed ficus tree trimmings to the animals. Zoo personnel distributed the trimmings to various plant-loving creatures, who appreciated the tasty meal! Every section of the tree was utilized-a great way to keep trimmings out of a landfill and better the community. All photos courtesy of LA Zoo.



Sam Artino, who has been cutting hair

Over the years, Sam raised hundreds

Visit the Dia de los Muertos Community Altar at Alhambra Library

The Alhambra Library invites community members to drop off photos of loved ones (family, friends, pets, etc.) who have passed away for a Community Altar in honor of Día de Los Muertos at the Second Floor Help Desk. Visit the Community Altar until November 5 on the First Floor of the Library and learn about the history of Día de Los Muertos and more about altars and ofrendas.



Berenecea Johnson Eanes Appointed President of Cal State LA

The California State University (CSU) Board of Trustees has appointed Dr. Berenecea Johnson Eanes as president of California State University, Los Angeles. Eanes will become the university's first woman president. Eanes is an acclaimed scholar widely published in social work and has served as a faculty member or administrator at various institutions. She will assume the university presidency on January 8, 2024.



> Alhambra Resident Honored With Distinguished **Professor Award**

Howard Xu, a professor of microbiology in the College of Natural and Social Sciences' Department of Biological Sciences at Cal State LA, was recognized for excellence in teaching during University Convocation 2023. Xu was presented with a President's Distinguished Professor Award on August 17 for his superlative teaching, exceptional commitment to students, and professional accomplishments and services.



> Alhambra Fire Department Open House & Pancake Breakfast

The Alhambra Fire Department is hosting an open house on Saturday, October 14, from 9 a.m. to noon. The event will feature station tours, displays, demonstrations, and more. Plus, there will be food in the form of delicious pancakes for breakfast and brunch. The fire station is located at 71 301 N First Street.



> Cokreeate 3D Presents Bingo Night Fundraiser Support a good cause by joining Cokreeate 3D for a fun night with games, prizes, food, and drinks on October 7! Cokreeate, a 3D printing/3D scanning company, is hosting a Bingo Night Fundraiser on Saturday, October 7, from 5 to 9 p.m. at the American Legion at 24 N Stoneman Ave. Doors open at 4:30. All proceeds will be donated to the Alhambra High School PTA for student scholarships, grants, school events, and more.



Tech Trek Girls Share STEM Camp Accomplishments at AAUW Ice Cream Social

Eighth-grade girls shared highlights of the Tech Trek camps of Whittier College and UC Santa Barbara and Tech Trek Virtual Camp on September 23. Tech Trek committees of the American Association of University Women (AAUW) Alhambra-San Gabriel hosted an Ice Cream Social to celebrate the girls' week-long, hands-on study of STEM fields. Teachers from Alhambra and other local schools recommended these students because they exhibit interest and talent in STEM subjects.

> Brave Resilient Women Spotlight Women in the Arts The Brave Resilient Women (BRW) Committee of American Association of University Women (AAUW), Alhambra-San Gabriel Branch will present "Brave Resilient American Women of the Arts" on Saturday, October 28 at 11am. The BRW Committee invites everyone to engage in this free, audio-visual experience. Light snacks will be provided. To reserve a seat and learn the location of the program, call Jackie Fisher at 626-808-3528. For

more information, go to alhsangab-ca.aauw.net.



> Major Brands Sign New Leases at Retail Center Adjoining The Alhambra

The Shops at The Alhambra celebrates the addition of Labcorp, Johnny Rockets, and Burnt Belly to their exciting lineup. Labcorp, a global life sciences leader in lab diagnostics, has leased 2,000 square feet for three years. Johnny Rockets Hurricane Grill has leased 2,000 square feet for ten years. Finally, Burnt Belly, a creative BBQ restaurant, has leased 1,640 square feet for five years.



Credit | FG Trade | E+ | Getty Images

Creating Connections and Reducing Waste

Our connections with family, friends, and neighbors often begin in our kitchens. When we prepare food, we show our care for the people in our lives. When we cook together, we create not just meals but memories. And while we craft these personal connections, we also make choices that impact our community and the planet.

When we plan carefully, we can save money on food purchases, reduce food waste, conserve natural resources, and, perhaps, ensure that fewer in our midst go hungry. Here are practical habits that can build strong connections with the people in your life and reduce waste.

Create a Shopping List: Plan your meals for the week; then, make a shopping list and stick to it. This avoids impulse buying and ensures that you buy only what you need.

Use Proper Containers: Store food in airtight containers to keep it fresh longer. For storage tips by food type, visit Savethefood.com/storage.

Understand Food Labels: Learn the difference between "sell by," "use by," and "best by" dates. Don't throw away food

that is still good to eat.

Use Food Scraps: Utilize peels, stems, and other parts of vegetables and fruits in broths or as part of other recipes.

Repurpose Leftovers: Be creative with your leftovers by transforming them into new meals.

Compost Your Scraps: Food scraps and spoiled food go into the green organics cart in Alhambra. To learn more about this program, visit Cityofalhambra.org/295/ Organics-Recycling-Program.

Support Local Food Banks and Shelters: Regularly scan your cabinets for unopened, non-perishable food and donate what you will not use. Consider organizing regular food drives or volunteering at local food banks and shelters.

Just as you share family recipes, share your waste-reducing habits. When you talk to others about the ways you plan meals, prepare food, and reduce waste, you help create a more sustainable and resilient community. Every meal can serve as a reminder of the power of connection and collective action.

All Around the Town

Food Distribution in Alhambra

By Glenn Barnett

Alhambra is a city that is rooted in food. Not only is this city full of great restaurants, but it is also home to numerous culinary initiatives like festivals, food tours, and more. One of these is food distribution, which is available to Alhambra residents who, due to circumstances beyond their control, could benefit from the assistance of others.

The City of Alhambra has teamed with Republic Services and the San Gabriel Valley Council of Governments to create an excess edible food recovery program for commercial businesses. Rather than discard unsold food, businesses can now donate these leftovers to eligible food distribution organizations. As of this writing, these include The Alhambra Teachers Association, All Souls Catholic Church, Asian Youth Center, Buddhist Tzu Chi Foundation, First Baptist Church of Alhambra, and Food Finders. These organizations, in turn, distribute the food to recipients who have been pre-qualified. They are all allied with the L.A. Regional Food Bank.

The YMCA of West San Gabriel Valley has teamed up with Tzu Chi to distribute food to eligible families on the second Saturday of every month from 9 AM to 11 AM. (Note: The Tzu Chi Foundation is an international charitable organization. Its branch in the United States was founded in Alhambra in 1989).

The City of Alhambra hosts luncheons for seniors at Joslyn Adult Center. Their case management program team supports them if they are shut in



Glenn Barnett

by arranging delivery and other resources such as CalFresh and EBT cards.

The Alhambra City School District provides breakfast, lunch, and a late snack for all students Monday through Friday. During summer, the Parks and Recreation Department takes over the responsibility for student lunches and snacks.

Additionally, the Alhambra Baptist Church distributes food every Thursday at noon, the Alhambra Teachers Association distributes food twice a month, and the Asian Youth Center distributes food by appointment. All Souls Church, in partnership with St. Vincent de Paul, offers food support on the third Thursday of the month from 3:30-5:30 PM.

All of the distributed food focuses on good nutrition. The donated food includes fresh fruits and vegetables, plus dry goods like rice, beans, pasta, and cereal. There are canned goods and, when possible, vouchers for even more groceries or household goods.

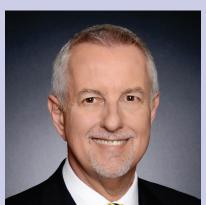
Covid and inflation continue to batter away at the livelihoods of many. The selfless volunteers of these grassroots organizations are here to help.





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

This fall, as you turn back your clocks and prepare for cooler weather and the holidays, California will continue to be nearly drought-free thanks to heavy rain and snow earlier this year. Additionally, for the first time in over a decade, our District is receiving 100% of planned allocations of imported water through the State Water Project to help replenish local groundwater. What a difference from a year ago! However, drought will recur; plus, in the long term, we use more water than Mother Nature provides. Let's not forget about responsible water conservation behavior. Consider three actions related to our precious water resource as you ease \$35, which you can learn more about on into fall. First, reset your irrigation controllers and systems to water less frequently and in smaller amounts as the weather becomes cooler and rainier and sunshine is less 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 buy a rain barrel, the District will provide you a rebate of up to 626-969-7911.





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

the SGVMWD website.

Third, plant California Native Plants and other drought-resistant vegetation to give your vegetation and their roots a head start before next year's warmer spring and summer months. The SGVMWD also has information about these kinds of plants.

For more information, please visit sgymwd.com or call the District at



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17th Annual SERVICE TO EDUCATION AWARDS DINNER & Jala



Over 430 community members and sponsors attended the 17th Annual Service to Education Awards Dinner & Gala, honoring those who give back to education. We thank all of our sponsors for their continued support of AEF and the students in the Alhambra Unified School District.



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COMMUNITY NEWS



Ramona Convent Kicks Off Leadership Speaker Series

Ramona Convent Secondary School was happy to welcome back Stephanie Bobadilla ('08) last month as a presenter for the "Ramona Goes to Work" series, a leadership speaking engagement hosted by Ramona's Alumnae Department. Throughout the school year, the department invites several Ramona graduates from various backgrounds and jobs to visit and share their experiences since leaving Ramona. This is an excellent opportunity for students to see what possibilities await them and learn about the triumphs and challenges of college, post-college, and their careers.

Stephanie is a Licensed Clinical Social Worker (LCSW) working as a children's Mental Health Therapist at Sycamores. Stephanie has a special interest in and ten years of experience with Infant and Early Childhood Mental Health (Birth to Five).

After graduating from Ramona in 2008, Stephanie attended Cal-State Fullerton and graduated in 2012 with a Bachelor of Arts in Sociology and a Minor in Child and Adolescent Development. She then pursued graduate studies at Azusa Pacific University and completed in 2017 with a Master's Degree in Social Work. Stephanie has a passion for advocating for vulnerable populations with a goal of improving lives to create systemic change.

Ramona is a welcoming Catholic college-prep high school for young women committed to excellence in education. Celebrating a legacy of 134 years of distinction, Romona graduates are empowered, resilient, socially conscious leaders prepared to meet the challenges of life as members of the global community. Learn more at ramonaconvent.org or call 626-282-4151.

TIGER PLAY DAY Saturday, October 21, 2023 10:00 a.m. - 1:00 p.m.

Learn what it's like to be a Ramona girl! Collaboratively engage in active learning! Enjoy games, music, food, and fun! Space is limited. RSVP TODAY for your FREE Tiger t-shirt!

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Ramona, a welcoming Catholic college-prep high school for girls in grades 9-12, graduates empowered, resilient, socially conscious young women prepared to meet the challenges of the 21st century. A Ramona student uses her voice to inspire change in her community and the world for the betterment of all humanity.

Now accepting applications for the 2024-2025 school year!

To sign up for events, visit ramonaconvent.org/admission **Ramona Convent Secondary School** 1701 West Ramona Road | Alhambra, CA 91803 | (626)282-4151

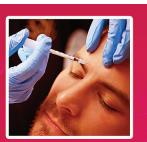
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ACADEMY of SPECIAL DREAMS Bringing Awareness to Artists in the Special Needs Community

"What Does María's Art Smell Like?" Empowering Vision-Impaired Emerging Artists

The Academy of Special Dreams Foundation, in collaboration with the Centro Cultural Baupres led by Artist Dory Perdomo, is set to once again shine a spotlight on the extraordinary talents of vision-impaired emerging artists from the city of Sincelejo, Colombia, through their project, "What Does María's Art Smell Like?" This marks the third consecutive year of their dedicated efforts to bring public awareness to this remarkable community.

Born at the Special Education Institution for Special Populations in Sincelejo (Inpec), "What Does María's Art Smell Like?" is an inclusive initiative that changes lives. The project's impact on the educational community is undeniable, as visionary teachers Leidy Vizcaíno and Leonid Baldovino have nurtured the artistic talents of visually impaired students, encouraging them to express their boundless imaginations on canvas.

An innovative approach that sets this initiative apart is the use of scented colored

paints. These specially designed paints help students identify colors by relating them to distinct scents. Initially, students faced the challenge of perceiving various scents, but the teachers discovered that the smell of coffee neutralized this confusion, enabling the students to continue working with confidence. This unique approach has not only boosted their self-esteem but has also positively impacted their academic performance.

This innovative project has transcended borders, with its presence felt not only in Colombia but also in Bogotá at the Genesis Foundation, Borders for Peace, and even New York, where it has graced various venues. Through "What Does María's Art Smell Like?" The Academy of Special Dreams Foundation continues to promote art as a means of nurturing and celebrating the incredible talents of individuals with disabilities, creating a world where creativity knows no bounds.

The Chamber View

By John Bwarie

What do I care most about? My family tops the list, of course. And after them? It would have to be community and food, tied for second—and, to my mind, inextricably connected. In fact, I believe to my core that there's no better catalyst for community-building than food.

Growing up, food was the focus for my family. For us, eating together always resulted in us sharing who we were as individuals in the family through our perspectives, opinions, and personal experiences. And we always ended up talking about what we would be eating next as a family.

If you know where to get the best dumplings or Pho in a city like Alhambra, or the location of L.A.'s first Uyghur restaurant, then you've earned a certain level of gustatory authority. Of course, everyone has their own opinion of what "the best" means—and they're usually happy to share it.

If you've read anything by Brene Brown (or seen her TED Talk), you're familiar with her concept of embracing and harnessing your own vulnerability as a vital step to finding the courage to nurture your best self, whether personally or professionally. I've observed the same phenomenon thousands of times: When food is involved, people come together better and move forward together better. Why is that?

I think it's because when we eat, we're more likely to reveal our vulnerabilities. By "vulnerability," I mean openness. We drop our armor when we're consumed with the pleasure of a delicious bite. When two strangers, mouths full, smile at each other and give the "Yeah, that's good" nod—they open themselves to being in community.

In my community workin Alhambra and beyond, I've found that food can jump-start meaningful problem-solv-



John Bwarie CEO Alhambra Chamber of Commerce

ing—and sometimes on a pretty large scale. Here's what I mean: If you want to understand a new place, go eat local and talk to the people cooking, serving, and hosting. The best restaurateurs/chefs embrace the burden of having to nourish the communities they feed. They have to understand the people that make up their community if they want to be successful. The ancillary result is their deep knowledge of the community, its people, its bonds, and its challenges.

Take it one step further and ask the person at the next table what they ordered and why. All these steps can lead to life-changing conversations as you learn what's important to people and their communities.

When people understand what's important to each other, they lay the groundwork for problem solving. When you convene people who hold different opinions and ideas about how to move forward, the conversation will go farther when there's food. Go explore the community of Alhambra, one bite at a time!



Alhambra Historical Society to Feature Presentation on Local Hero General George S. Patton Jr.

The Alhambra Historical Society will honor one of America's and California's greatest statesmen, General George S. Patton Jr., on Thursday, November 9, 2023, at Alhambra's Masonic Center. A presentation entitled "Alhambra's Local Hero: General George S. Patton Jr." will feature the life of General Patton in a special Veteran's Day event and will focus on his early days growing up in the San Gabriel area, his subsequent rise through the military ranks, and his ultimate achievement of becoming one of the greatest heroes of World War II. Grandson to Don Benito Wilson, who owned much of the land in the Alhambra, San Marino, and San Gabriel areas, George Patton's early life was spent on his family's ranch, located around the present-day Huntington Library and Botanical Gardens. The development of Patton's athletic ability earned him the reputation as one of the most gifted athletes of his time, and his athletic prowess brought him to the verge of Olympic greatness.

Patton's military knowledge, leadership, and strength led to his active assignment and involvement in the Mexican Expedition, World War I, and World War II. His tactical knowledge and military history knowledge, along with his courage and bravery, resulted in Patton's rise through the ranks of the U.S. Army to become a full four-star general and commander of the Third U.S. Army. Over his 36-year military career, General Patton had many high points, but he also experienced several low moments due to his hard-hitting personality.

The November 9 presentation will cover Patton's early life and educate attendees on General Patton's history as one of the most extraordinary personalities the United States has ever known—and how, even today, his proposed World War II military actions may have resulted in a much different world order.

The presenter is Joe Castillo, Alhambra Historical Society Board Trustee and Treasurer, author of five historical books, and historical columnist for the San Gabriel Valley Examiner. General Patton has been the subject of many of Mr. Castillo's pieces.

To reserve your spot, please visit generalgeorgepatton.eventbrite.com.

BUSINESS & FINANCIAL

Tax Tips



IRS Scams By Michael Aston EA

The State of California IRS extended the tax deadline to October 16, 2023, for most state residents to file and pay their balances. All of Los Angeles County was included in this extension.

This filing deadline is now coming up, and many taxpayers are choosing a tax return preparer. Most tax return preparers provide honest, quality service. Still, some bad apples are out there-from unethical preparers to outright scammers. When hiring an individual or firm to prepare a tax return, taxpayers must understand how to choose a tax preparer wisely and what questions to ask.

Check that the preparer signs and includes their PTIN. By law, anyone who is paid to prepare or help prepare federal tax returns must have a valid Preparer Tax Identification Number. Paid preparers must sign and include their PTIN on any tax return they prepare. Not signing a return is a red flag that the paid preparer may be looking to make a quick profit by promising a big refund or charging fees based on the size of the refund. Taxpayers should avoid these unethical tax return preparers.

Make sure the preparer is available year-round. If questions come up about a tax return, taxpayers may need to contact the preparer after the filing season is over.

Review the preparer's history. Taxpayers can check with the Better Business Bureau for information about the preparer, any disciplinary actions, and the license status for credentialed preparers. Other resources include the State Board of Accountancy's website for CPAs, the State Bar Association for attorneys, and the IRS Directory of Federal Tax Return Preparers for enrolled agents to verify an enrolled agent's status online.

Ask about service fees. Taxpayers



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

should avoid tax return preparers who base their prices on a percentage of the refund or who offer to deposit all or part of the refund into their own financial accounts. Be wary of tax return preparers who claim they can get larger refunds than their competitors.

Ensure their preparer offers IRS e-file. The IRS issues most refunds in fewer than 21 days for taxpayers who file electronically and choose direct deposit.

Understand the preparer's credentials and qualifications. Attorneys, CPAs, and enrolled agents can represent any client before the IRS in any situation. The IRS Directory of Federal Tax Return Preparers with Credentials and Select Qualifications can help identify many preparers by type of credential or qualification. Tax return preparers who participate in the Annual Filing Season Program may represent taxpayers in limited situations if they prepared and signed the tax return.

This information is from IRS Tax Tip 2023-109, September 6, 2023.

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Your Insurance

Demystifying Car Insurance Policies, Types, and Terms

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

Most states require drivers to have auto insurance, but how do you know if you're getting the right type of policy for your needs? First, you must fulfill your state's and lender's minimum requirements. In California, the minimum liability requirement is \$15,000/\$30,000 for Bodily Injury and damage you cause to another individual's \$5,000 for Property Damage.

The next step is becoming familiar with non-required types of insurance and what each one covers, as well as what is meant by some commonly seen insurance terms.

Know These Types of Insurance Coverage "Bodily Injury Liability" covers injuries,





Regina Talbot Talbot Insurance Agency regina@reginatalbot.com

vehicle-related crash.

"Property Damage Liability" may cover property while driving. This also covers court costs and legal expenses.

"Uninsured or Underinsured Motorist Coverage" may provide reimbursement if you're involved in a crash with a driver who doesn't have sufficient liability insurance-or any at all.



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lost wages, pain and suffering, and other damage you might cause to other drivers, passengers, and/or pedestrians.

"Rental Reimbursement" may pay for a rental vehicle if your car is not drivable after a crash.

"Collision" may provide coverage for damage inflicted to your vehicle after a rollover or crash with another car or object. This coverage typically requires a deductible.

"Comprehensive" provides coverage for damage to your vehicle after a non-vehicle or non-rollover incident, such as theft or weather damage. This coverage typically requires a deductible.

"Emergency Road Service" may cover expenses related to a breakdown, including towing and locksmith services.

"Medical Payments and Personal Injury Protection" may offer compensation for medical expenses, lost wages, and even funerals if you or other covered persons are injured in a Learn These Basic Terms

A "Premium" is a payment you make to your insurance company for your policy.

A "Deductible" is the amount you pay before your insurance company may pay the rest, up to any policy limits that apply. Higher deductibles equal lower premiums; conversely, lower deductibles equal higher premiums.

Finally, "Covered Persons" refers to who your policy protects. Policies generally cover the policyholder, their spouse, other relatives living in the home, and individuals driving the policyholder's vehicle with their permission. Familiarize yourself with these policies

and terms, and auto insurance becomes much easier to comprehend!

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

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Evidence Suggests Asian Claimants Don't Get Equal Treatment from Insurance Companies

By Alexander Tsao, Esq.

Many day-to-day activities we engage in are filled with oppressive stereotypes, profiling, and just plain racism. One such example can be found in the automobile insurance claims process, where everyday individuals of Asian descent are forced to deal with reduced claim valuations for simply being Asian!

Before we delve into that issue, some background into the claims process is warranted. After an accident, the parties involved typically file claims with their insurance company and the other drivers' insurance companies. Those insurance companies will then investigate the claims, gather evidence, and ultimately is this disparity? Among hundreds of casdetermine fault. After determining es compared, just in rear-end accidents liability, the parties will negotiate prop- alone, Asian claimants had, on average, erty damage claims and compensation, more than a 30% lower initial case if applicable. These negotiations require valuation from the relevant insurance substantial communication between the company than did a driver/claimant of parties, such as the drivers, witnesses, a different ethnicity. The lower valuation insurance adjusters, body shop represen- was consistent across many major auto tatives, and medical service providers.

using automated claims valuation and Farmers. This seems to indicate that software programs since the 1990s to the level of prejudice against drivers of facilitate this process. The problem with Asian ethnicity has reached systemic these programs is that their accuracy is proportions in that it is now being built predicated on the accuracy of the inputs into the auto insurance claims industry submitted into the program. This means to intentionally harm claims from a that claim valuations may be modified specific ethnic group. and altered by including any number of incorrect, assumptive, and purposefully munity should tolerate. It harms us in harmful data.

software generates a base claim value, the everyday life, such as Southern Califoradjuster then has the ability to add in nia. It is time to spread the message that their own subjective thoughts, feelings, the Asian American community will not and opinions about the claimant to be marginalized by the insurance indusfurther modify the claim in a downward try and its leading commercial entities. direction (meaning they can reduce the It's time we contact our elected officials, valuation). Why would adjusters do so? political leaders, and anyone holding Their motivation is simple: to save their relevant influence to ensure that all insurance company money.

data and discovered that in accident insurance claims process. claims where the only significant differ-



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

insurance companies, including State Insurance companies have been Farm, GEICO, Allstate, Progressive,

This is not something we as a comevery portion of the country, and even It doesn't end there. After the valuation more so in areas where driving is part of claimants, regardless of race or national Venerable Law Firm reviewed its case origin, get a fair shake during the auto

This column is provided to Around Alence is the ethnicity of the claimant, the hambra by Alexander Tsao, Esq., who is solely shocking reality is that there is a valua- responsible for the content. Around Alhambra tion disparity negatively affecting those does not endorse the advice from this author or



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Meet the Managers of Alhambra

Hundreds of businesses call Alhambra home. From long-standing family companies unique to the city to national retail corporations, you can find a little bit of everything a short walk or drive from home. One thing all these companies share is the local folks running their stores and leading their teams.

This month's edition of Meet the Managers spotlights three local managers leading their respective teams here in Alhambra at the world's leading food and beverage brands!

Vanessa Yepez, General Manager of McDonalds on Main St



Vanessa Yepez has worked in the food industry for 19 years, 10 of those with McDonald's. She has been in her current position for over two years, half of that at the Main St location.

She earned a bachelor's degree in Behavioral Science from Cal State LA in 2017 with assistance from her employer. "Because McDonald's supports education and we encourage our employees to pursue their dreams, McDonald's has established a program called 'Archways to Opportunity,' which allowed me to earn my degree while working full time."

Vanessa credits her education and work experience for allowing her to grow and understand her employees. "Leading my employees to care about each other and build relationships so they can carry the same behaviors with our customers" is a critical facet of the job to her.

She loves working in Alhambra and giving back to the locals. "Our location, along with many other McDonald's, participate in a food donation program that addresses excess inventory by providing wholesome, high quality, and safe food to those in need. This program ensures McDonald's quality food reaches people and families when they need it most."

Her favorite menu item is an Egg McMuffin with a McCafé iced coffee.

Ramis Urribarri, District Manager of Denny's on W Main St



Ramis was a teppan chef before joining the Denny's team six years ago. As District Manager, he oversees five of the 28 locations within the franchise, a role he has held for three years.

"My background is in the restaurant service industry and music education," he explained. "Throughout my career, I have held any and every position in a restaurant, from busser to host to server to cook. This allows me to understand the responsibilities required for each position and how crucial each one is in regards to the overall success of the operation."

Ramis believes his music education background developed his communication skills, enabling him to effectively guide his team through various coaching methods. "Combined, both backgrounds allow me to provide hands-on coaching applicable to every realm of the restaurant."

His favorite part of the job is the people, both staff and guests. "I love being able to meet new people on a frequent basis."

Witnessing growth from within the company is his proudest achievement. "Nothing gives me more pride than seeing someone grow from being a server to a manager."

Last but not least, his favorite menu item is the Zesty Nachos. "They're so savory, crunchy, tasty, and great any time."

Vivian Luong, Store Manager at Starbucks on Atlantic & Valley

Vivian Luong is a first-generation Vietnamese-American woman who grew up in Monterey Park. She was initially hired at Starbucks as a barista and has been a store manager for nine years.

Working in Alhambra, where she has spent the last five years, made sense to

her as it has a large Asian community. "I like talking to my customers who may not speak English so well, trying to find a recipe similar to Vietnamese coffee," she said.



Vivian was raised by a single mother from Vietnam who taught her and her siblings to be hard-working and independent. "I am a strong ally to the Asian community as I am part of a Starbucks community called the Pan-Asian Network. I've attended community events, donated coffee, and shared my personal stories with #stopasianhate and having to uphold certain standards growing up."

When asked about her favorite part of the job, she describes how she enjoys developing her team and helping "them see the potential in themselves that they may not see for themselves."

Her favorite Starbucks beverage is a vanilla nitro sweet cream cold brew with extra cinnamon powder. "I love my coffee strong and smooth but with some spice to it," she explained. "It's my personality in a cup!"

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Twoheys Restaurant Soda Fountain

Twoheys Celebrates 80th Anniversary as a Family-Owned Local Landmark

Twohey's Restaurant, a San Gabriel Valley dining scene staple, recently celebrated its 80th anniversary as a family-owned local landmark. Since its founding in 1943, Twoheys has proudly served the community with its signature dishes and fountain specialties.

Located right here in Alhambra in the 1950s, the former location featured memorable drive-up carhop services from the 50s to the mid-1970s. It is now located in South Pasadena.

Twoheys hosted a series of events last month to commemorate the milestone anniversary. These celebrations symbolized the restaurant's deep community roots, commitment to continuing to serve, and connection with its customers for generations to come.

"We're thrilled to be celebrating 80 years in business." said owner Tanya Christos. "It's truly an honor to be a part of this community. We wish to thank our loyal customers for making it possible for us to keep our doors open all these years."

The well-known eatery offers an updated twist on the American diner experience with alfresco dining, a Happy Hour menu, and a full bar with hand-crafted specialty cocktails. The selection of classic American dishes—many dating back to the original menu—includes soups, salads, sandwiches, clubs, melts, burgers, and onion rings. A full breakfast menu is served until 3 p.m. each day. Vegetarian and vegan selections are also available.

Twoheys is open for breakfast, lunch, Happy Hour, and dinner every day except Tuesdays. In addition, Twohey's Restaurant offers customers their Food Truck and off-site catering services.



Every year for almost three decades, Duane Aamot has been making haunted houses in Alhambra and opening them to the public for one night only—October 31.

By the time fall rolls around each year, a new haunted house appears somewhere in the city to delight residents of all ages on Halloween night. Past themes include a pirate ship, a chocolate shop, and a bayou.

What frightful theme awaits visitors this year? Find the haunted house to learn for yourself!





Enjoy delicious, local cuisine!

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

October 2 to October 8 **Formosa Aroma** is a brand new tea shop that brings the kind of authentic, flavorful, and specialized drinks Alhambra loves to W Main St! Grab a delicious boba tea or specialty latte to go or sip at your own pace in the bright, spacious cafe. Formosa Aroma also offers delicious popcorn flavored with tea as a snack. This may be your newest go-to boba spot! **Visit them at 560 W Main St B, Alhambra**



Mikomi Sushi Alhambra is the third Mikomi Sushi location in Southern California. Sushi lovers will find much to love on the expansive menu, which also features beloved Japanese dishes such as edamame, teriyaki, and donburi (rice bowls). Open daily—with Happy Hour deals on food and beverages from 2:30 - 5:30 in the afternoon—pay a visit anytime you crave fresh seafood. **Visit them at 2 S Garfield Ave, Ste 100, Alhambra**







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AROMA

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Ernie's Burgers is more than just hamburgers. The diner has you covered for breakfast, lunch, and dinner with a wide selection of meals that include taquitos, ribeye steaks, tacos, pancakes, hot dogs, omelets, and more. This casual spot has no frills—order at the counter and focus on the delicious food in front of you as you enter a state of pure gastronomical bliss. Visit them at 2970 W Valley Blvd, Alhambra





Tapioca Express is all about a tasty treat beloved by just about every Alhambra resident tapioca. Founded in the San Gabriel Valley in 1999, this is one of the oldest boba franchises in the country. Visit the Alhambra location to enjoy excellent Taiwanese boba tea crafted from fresh ingredients. Don't forget to pair your drink of choice with the delicious popcorn chicken! **Visit them at 228 W Valley Blvd Ste 105, Alhambra**



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



DINING & ENTERTAINMENT



Macadamia Nut Pancakes at Aloha Food Factory, 2990 West Valley Boulevard

Teleport to the beaches and forests of Hawaii with every bite of this delectable sweet treat. Aloha Food Factory always serves up flavorful, authentic Hawaiian food that will keep you coming back for more.

Cornmeal Mochi Pancake at Yang's Kitchen, 112 W Main Street

While it may look like it, this is not your typical pancake. This tasty dish, made with Grist & Toll cornmeal and Koda Farms mochiko rice flour, is gluten-free and vegetarian. The mochi adds a fluffy, bouncy texture to the mix you are sure to enjoy.



PANCAKE PARADISE

Pancakes. They're fluffy, flavorful, and frankly fun to eat. What's not to love?

Read on to discover the best pancakes (and crepes!) in town.

Crunchy Honeycomb Crepe at Popping Yolk Cafe, 119 West Main Street

1/2 Stack From the Griddle at Bun N Burger,

the half stack at Bun N Burger—a freshly cooked pancake

This incredible crepe is loaded with toppings like caramel, cinnamon, and, of course, honeycomb. Crepes may be thinner than pancakes, but they are certainly no less satisfying! Give this one a try next time you find yourself at Popping Yolk Cafe.





Soufflé Pancakes at Sweethoney Dessert, 410 West Main Street, Suite 110

Soufflé pancakes are a thick, fluffy, and jiggly dessert popular in Japan. While they may be fun to look at and play with, their best aspect by far is the taste. Try them at Sweethoney Dessert covered in fruit and other sweet toppings.



Scallion Pancakes at Jiang Nan Spring, 910 East Main Street

Savory and delicious scallion pancakes are popular in China and throughout Asia, are made with dough instead of batter, and come stuffed with vegetables. This street food For something simple yet satisfying, you can't go wrong with staple is a must-try dish that will have you craving it not just for breakfast but for every meal of the day. served right off the griddle paired with your favorite version of

Pancake Stack at Burgers and More, 2133 West Valley Boulevard

If you're fond of the kind of pancakes eaten traditionally in the West, the Pancake Stack will take you right back to your childhood and how mom used to make them. Hot, fresh, and topped with a dollop of butter and sweet syrup, this pancake meal is sure to fill you right up.



Pumpkin Pecan Slam at Denny's,

1000 East Main Street

369 W Main St Tis the season for all things pumpkin! Treat yourself to a delicious pumpkin pancake at Denny's, available for only a limited time. This decadent meal features buttermilk pancakes cooked with pumpkin pie filling and glazed pecans and topped with a special pecan pie sauce.



Chinese Crepe at Ai Wei Ju, **31 East Valley Boulevard**

Also known as jianbing, Chinese crepes are a popular street breakfast in many countries. Cooked with egg and flour and filled with various toppings, jianbing is a must-have meal for those mornings (or any time) when you're craving something savory. For those in a rush, this is the perfect grab-and-go meal.



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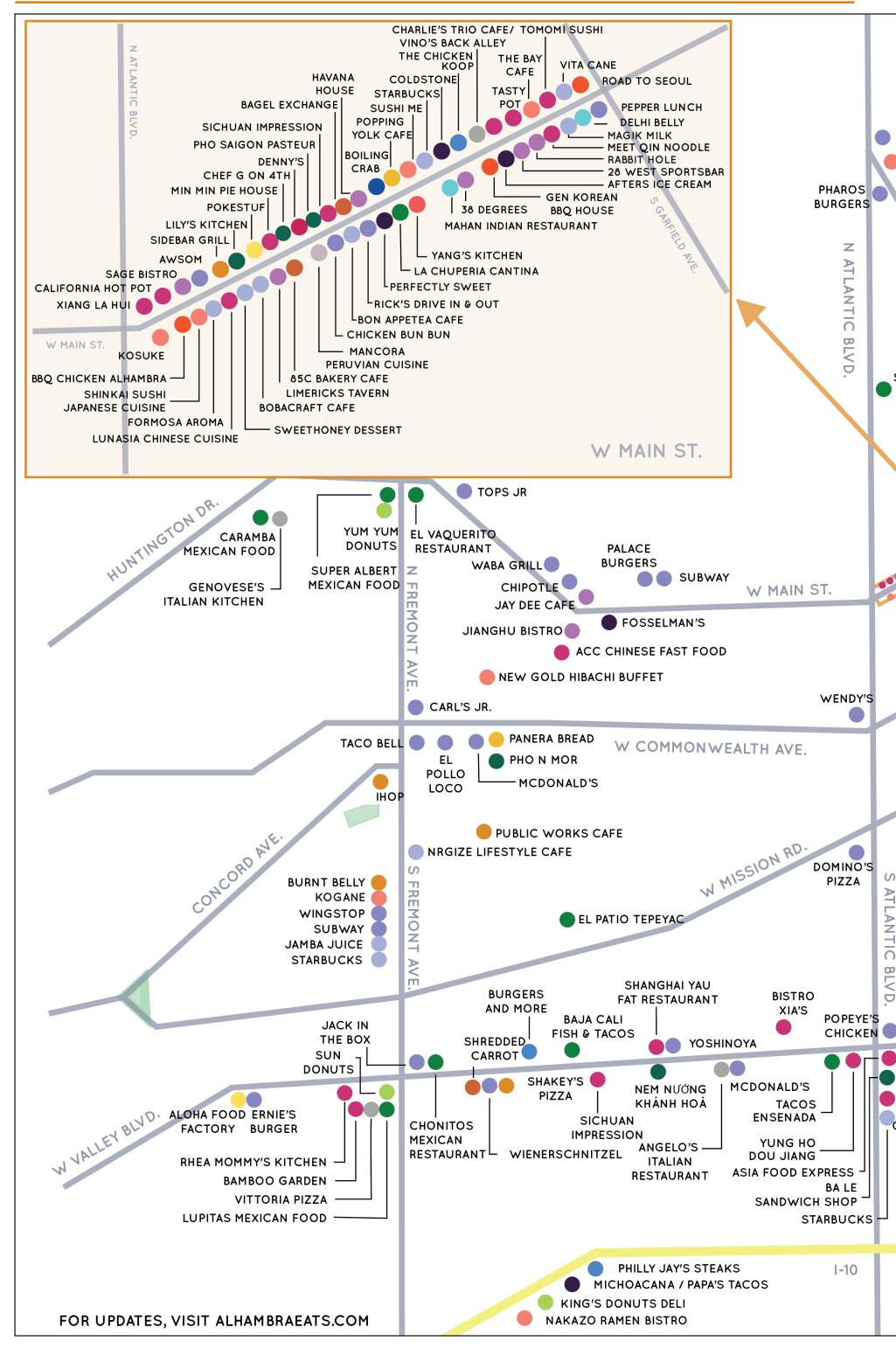
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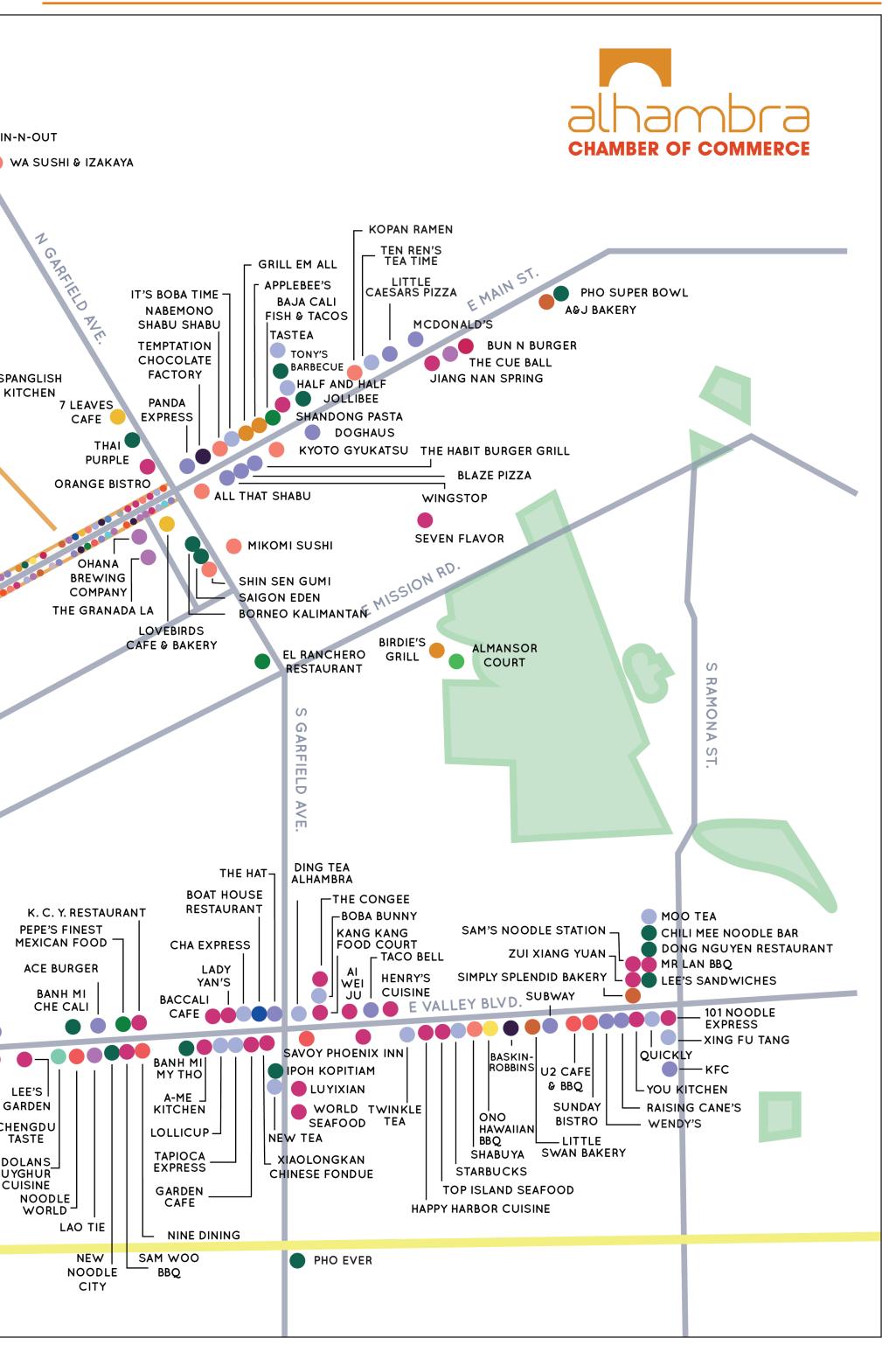
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Tasty Pot • 33 W Main St. **Top Island Seafood** 740 Valley Blvd. World Seafood Restaurant • 1412 S Garfield Ave. Xiang La Hui Szechuan 621 W Main St. Xiao Long Kan 46 W Valley Blvd. You Kitchen • 1402 E Valley Blvd. Yung Ho Dou Jiang Cantonese • 1124 W Valley Blvd. Zui Xiang Yuan Szechuan 1269 E Valley Blvd. Coffee/Tea Boba, Boba Bunny • 300 W Main St Boba Craft • 410 W Main St. Boba Time • 9 E Main S Cha Express 35 W Valley Blvd. Ding Tea Alhambra 15 E Valley Blvd. Formosa Aroma • 560 W Main St. Half and Half • 345 E Main St. Jamba Juice • 1131 S. Fremont Ave. Lollicup Fresh 228 W Valley Blvd. Magik Milk • 12 W Main St. Moo Tea 1457 E Valley Blvd New Tea 1411 S Garfield Ave. Nrgize Lifestyle Cafe • 920 S Fremont Ave. Quickly 1328 E Valley Blvd. Seven Leaves 151 N Garfield Ave. Starbucks Coffee 101 W Main St. Starbucks Coffee 1131 S Fremont Ave. Starbucks Coffee 1410 S Atlantic Blvd. Starbucks Coffee • 810 E Valley Blvd. SweetHoney Dessert 410 W Main St. Tapioca Express 228 Valley Blvd. Tastea 349 E Main St. Ten Ren's Tea Time Meet Qin Noodle • 707 E Main St. • 16 W Main St.

Diner Bun N Burger • 1000 E Main St. Denny's • 369 W Main St. Donuts King's Donuts Deli 2140 S Fremont Ave. Sun Donuts 2644 Valley Blvd. Yum Yum Donuts 9 Fremont Ave. Event Space/ Catering Almansor Court • 700 S Almansor St. Fast Food Ace Burger /Juice 525 W Valley Blvd. AWSOM 515 W Main St. Blaze Pizza • 100 E Main St. Carl's Jr. • 2521 W Commonwealth Chicken Bun Bun 222 W Main St. **Chipotle Mexican Grill** 2121 W Main St. Doghaus 410 E Main St. Domino's Pizza • 703 S Atlantic Blvd. El Pollo Loco 2528 W Commonwealth Ernie's Burgers • 2970 W Valley Blvd. In-N-Out Burger 1210 N Atlantic Blvd. Jack in the Box 2531 W Valley Blvd. Jollibee 347 E Main St. Kentucky Fried Chicken 1425 S New Ave. Little Caesars Pizza 715 E Main St. McDonald's 1520 W Valley Blvd. McDonald's • 2310 W Commonwealth McDonald's 909 E Main St. Palace Burgers 1703 W Main St. Panda Express 5 E Main St. Pharos Burgers • 1129 N Garfield Ave. Popeue's Chicken • 1013 W Valley Blvd. **Raising Cane's** 1300 E Valley Blvd. Rick's Drive In & Out 132 W Main St.

Wienerschnitzel El Vaquerito Restaurant 2301 Valley Blvd. 14 Fremont Ave. Wingstop La Chuperia Cantina • 100 E Main St. • 118 W Main St. Wingstop Lupitas Mexican Food • 1129 S Fremont Ave. 2620 W Valley Blvd. Yoshinoya Pepe's Finest • 1701 W Valley Blvd. 511 W Valley Blvd. Spanglish Kitchen 526 N Atlantic Blvd. Super Albert Aloha Food Factory 2990 W Valley Blvd. Ono Hawaiian BBQ 810 E Valley Blvd. Pokestuf 401 W Main St. Delhi Bellu • 8 W Main St. Mahan Indian Restaurant Ba Le Sandwich Shop Vietnamese 110 W Main St. Vietnamese Angelo's Italian Restaurant 1540 W Valley Blvd. Vietnamese **Charlies Trio Cafe** 47 W Main St. Genovese's Indonesian Italian Kitchen 2900 W Main St. Vittoria Pizza Indonesian 2622 W Valley Blvd. Japanese Vietnamese All That Shabu • 100 E Main St. Kogane Malaysian • 1129 S Fremont Ave. Kopan Ramen • 645 E Main St. Vietnamese Kosuke 618 B W Main St. Kyoto Gyukatsu Vietnamese 150 E Main St. Mikomi Sushi 2 S Garfield Ave. Vietnamese Nabemono Shabu Shabu 27 E Main St. Nakazo Ramen Bistro Vietnamese 2120 S Fremont Ave. New Gold Hibachi Buffet Pho Ever 2223 W Commonwealth Vietnamese Pepper Lunch • 6 W Main St. Pho N Mor Shin Sen Gumi Vietnamese 45 S Garfield Ave. Shinkai Sushi

RESTAURANT GUIDE

 2600 W Main St. Tacos Ensenada 1142 W Valley Blvd. Mancora Peruvian Cuisine 240 W Main St. Southeast Asian 1426 S Atlantic Blvd. Banh Mi Che Cali 647 W Valley Blvd. Banh Mi My Tho 304 W Valley Blvd. Borneo Kalimantan • 19 S Garfield Ave. Chili Mee Noodle Bar • 1261 E Valley Blvd Dong Nguyen Restaurant • 1433 Valley Blvd. Ipoh Kopitiam • 1411 S Garfield Ave. Lee's Sandwiches • 1289 E Valley Blvd. Lily's Kitchen • 417 W Main St. Nem Nướng Khánh Hoà 1700 W Valley Blvd. New Noodle City 628 W Valley Blvd. 1 E Hellman Ave. 2320 W Commonwealth **Pho Saigon Pasteur** Vietnamese 235 W Main St. Pho Super Bowl Vietnamese 1300 E Main St. Saigon Eden Vietnamese • 29 S Garfield Ave. Thai Purple Thai 27 N Garfield Ave.

Jay Dee Cafe

• 133 W Main St.

1843 W Main St.

Jianghu Bistro

2000 W Main St.

Lao Tie

- 640 W Valley Blvd.
- Limericks Tavern
- 300 W Main St.

Ohana Brewing Company

• 7 S 1St St.

Rabbit Hole

• 24 W Main St.

The Granada L.A.

• 17 S 1st St.

Cafe

Bon Appetea

7S 2nd St.

Lovebirds Cafe & Bakery

10 S 1St St.

Popping Yolk Cafe

119 W Main St.

Mr Lan BBQ • 1277 E Valley Blvd. **Orange Bistro** Taiwanese • 11 W Main St. Phoenix Inn 208 E Valley Blvd. Rhea Mommy's Kitchen 2718 W Valley Blvd. **Shandong Pasta** • 345 E Main St. Sam Woo BBQ 514 W Valley Blvd. Sam's Noodle Station 1281 E Valley Blvd. Seven Flavor • 421 E Bay State St. Shanghai Yau Fat Shanghainese • 1721 W Valley Blvd. Sichuan Impression 1900 W Valley Blvd.

Twinkle Tea

 406 E Valley Blvd. Vita Cane Alhambra

• 9 W Main St.

Xi Fu Tang

• 1468 E Valley Blvd.

Dessert Afters Ice Cream • 26 W Main St. **Baskin-Robbins**

838 E Valley Blvd.

Coldstone

• 101 W Main St. Fosselman's

• 1824 W Main St.

Michoacana

- 2130 S Fremont Ave. Perfectly Sweet
- 126 W Main St.

Temptation Chocolate

15 E Main St.

Subway

1020 E Valley Blvd. Subway 1129 S Fremont Ave.

Subway

• 1701 W Main St.

Taco Bell

241 E Valley Blvd. Taco Bell

 2588 W Commonwealth The Habit Burger Grill

• 100 E Main St. The Hat

•1W Valley Blvd. Tops Jr

• 2407 W Main St.

Waba Grill

• 2121 W Main St.

Wendy's

1201 E Valley Blvd.

Wendy's

• 245 S Atlantic Blvd.

Gen Korean **BBQ** House

500 W Main St.

115 W Main St.

Tomomi Sushi

• 17 W Main St.

Wa Sushi & Izakaya

• 1132 N Garfield Ave

Korean

Sushi Me

68 W Main St.

Road To Seoul

1 W Main St.

bbq Chicken Alhambra

560 W Main St.

Mexican

Baja Cali Fish & Tacos

2001 W Valley Blvd. Baja Cali Fish & Tacos

31 E Main St.

Caramba Mexican Food

3020 W Main St.

Chonitos Mexican

Restaurant

 2505 W Valley Blvd. El Patio Tepeyac

800 S Palm Ave.

El Ranchero Restaurant

511 S Garfield Ave.

Tony's Barbecue

Filipino

• 345 E Main St.

Uyghur

Dolan's Uyghur Cuisine

742 W Valley Blvd.

For updates, visit AlhambraEats.com

NOTICE: Alhambra Pumpkin Run City Road Closures Saturday, October 28 to Sunday, October 29

Dear Resident:

The tenth annual Alhambra Pumpkin Run will take place on Sunday, October 29, 2023. We would like to invite your participation in the 5K & 10K Run for adults and 1K Run for kids and teens. The 10K & 5K will begin at 7:45 a.m. & 8 a.m., respectively, and transgress through Main Street and other side streets.

ROAD CLOSURES:

On Oct. 28, from 7 p.m. to Oct. 29 at 12 p.m., ALL of the streets within the race zone will be CLOSED TO TRAFFIC. The following streets will be closed during the race:

- Main St: Atlantic Ave to Vega St (No Cross traffic will be permitted)
- Garfield Ave: Commonwealth Ave to Woodward Ave

Overnight parking restrictions will be relaxed from Oct. 28 through Oct. 29, 2023, from Granada to El Molino and from Main St. to Commonwealth. If you require vehicle access during this time, please arrange to park on an adjacent unaffected street.

If you have questions, please call Public Works at 626-570-5067 or view the map and information on the City's website at cityofalhambra.org and/or facebook/ AlhambraPumpkinRun.

Thank you for your patience and understanding.

Estimado Residente:

La décima Carrera Anual Alhambra Pumpkin Run tendra lugar el Domingo, 29 de Octubre de 2023. Nos gustaria invitar su participación en la Carrera de 5K y 10K para adultos y 1K para ninos y adolescentes. El 10K y 5K comenzara a las 7:45 a.m. y 8:00 a.m. respectivamente y transgredira a traves de la calle Main Street y otras calles laterales.

Cierre de calles:

El 28 de Octubre, de 7:00 p.m. al 29 de Octubre a las 12:00 p.m. todas las calles dentro de la zona de Carrera seran cerradas al trafico. Las siguientes calles permanecer-

an cerradas durante la carrera:

- Main St: de Atlantic Blvd a Vega St (no se permitira el cruzo de trafico)
- Garfield Ave: de Commonwealth Ave a Woodward Ave

Restricciones de estacionamiento durante la noche sera relajado desde el 28 de Octubre al 29 de Octubre de 2023 desde Granada Ave a El Molino St y Main St a Commonwealth Ave, si se require acceso de vehiculos durante este tiempo, por favor de hacer arreglos para estacionarse en una calle adyacente no afectada.

Si usted tiene preguntas, llame a Obras Publicas al 626-570-5067, o vea el mapa y la información en el sitio de internet de la Ciudad en cityofalhambra.org o facebook/ AlhambraPumpkinRun.

Gracias por su paciencia y comprensión. 親愛的居民您好:

阿罕布拉市第九屆年度南瓜健跑節 將於2023年10月29日星期日舉行。我 們誠邀您參加成人10 & 5公里健跑以 及兒童和青少年1公里健跑。10 & 5公 里健跑將分別在上午7:45和上午8點開 始,此次路線將穿行本市Main St 及問 邊街區。

道路封閉:

10月28日晚上7點至10月29日中午 12點。所有在比賽區的街道將會全部 禁止通車。以下街道將在比賽期間封 閉:

- Main St.: 從Atlantic到Vega (禁 止交叉通行)
- · Garfield Ave.: 從Commonwealth Ave到 Woodward Ave

2023年10月28日至10月29日,將在 Granada至El Molino和Main St 至 Commonwealth之間,取消通宵停車限 制。如若您在此期間需要用車,請將 車停放在附近其他未受影響的街區。

如果您有任何疑問, 歡迎致電公共 事務部626-570-5067 或訪問本市網站 cityofalhambra.org 或facebook/AlhambraPumpkinRun.com查看地圖及相關 信息。

感謝您的耐心和理解。



DABA'S ANNUAL PUMPKIN RUN

from page 1



Other exciting features include a Farmers Market, a Beer Garden sponsored by Ohana Brewery, live music, adult and kids costume contests, a kids' fun zone, and trick-or-treating on Main Street.

A significant spotlight of this year's celebration is the Kids' Halloween Costume Contest. The contest begins at 11:00 a.m. and ends at 1:00 p.m., followed by trick-or-treating on Main Street for the kids from 1 to 3 p.m. The competition will take place on the festival's main stage in front of Alhambra High School and across from City Hall on 2nd Street, south of the Farmers Market. The contest features local businesses and councils who will be judging the contest and awarding fun prizes to the winners! Interested parties can register to compete

in the costume contest for free at downtownalhambra.com before **October 28**. Winners will be awarded at the end of each division, and local community gift cards and prizes will be awarded!

"My favorite part of the event every year is seeing all the smiling faces and community members dress up and create memories. It's truly a magical event, and we are grateful to everyone who has joined us for the past ten years," Joanna remarked.

The 10th Annual Alhambra Pumpkin Run 10K, 5K, & 1K and Halloween Festival is happening on Sunday, October 29th, 2023, in Downtown Alhambra. Learn more and register to participate at alhambrapumpkinrun. com.



264 S. MISSION DR. SAN GA BRIEL, CA 91776

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ACADEMIC NEWS

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All three Alhambra Unified School high schools are included in the top rankings of the 2023-24 U. S. News and World Report Best High Schools, one indicator of how well AUSD students are achieving.

AUSD High Schools Ranked Among The Best By U. S. News & World Report

In September, U. S. News and World Report released their annual rankings of Best High Schools and once again, all three high schools in the Alhambra Unified School District were among those recognized. The highest ranked U. S. public schools in this year's report are those whose students demonstrated outstanding outcomes above expectations in math, reading and science state assessments, earned qualifying scores in multiple college-level exams, and graduated in high proportions.

Using six ranking indicators (College Readiness, College Curriculum Breadth, State Assessment Proficiency, State Assessment Performance, Underserved Student Performance, and Graduation Rate), Alhambra High School, Mark Keppel High School, and San Gabriel High School all ranked in the top 20% in the state and top 10% nationally.

Nearly 25,000 schools were ranked and assigned an overall score (between 0 and 100), reflective of a school's performance across these six metrics. The overall scores depict how well each school did on a national percentile basis. Here's how each of our high schools ranked: Alhambra High School:

- National ranking: #1,741
- State ranking: #258
- Los Angeles Metro Area ranking: #113
- Overall Score 90.15/100
- Mark Keppel High School:
 - National ranking: #617
 - State ranking: #90
 - Los Angeles Metro Area ranking: #38
 - Overall Score 96.51/100
- San Gabriel High School:
- National ranking: #930
- State ranking: #139
- Los Angeles Metro Area ranking: #61
- Overall Score 94.74/100

"Congratulations to AHS, MKHS, and SGHS for their ongoing success," said Superintendent Dr. Denise Jaramillo. "These latest rankings are a tribute to our students, families, teachers, and staff working together for the best student outcomes."

Learn more about the ranking methodology and school comparisons by visiting https://www.usnews.com/education/ best-high-schools.

UNIFIED SCHOOL DISTRICT



Theater lovers have so many options for fall productions at AUSD high schools. "Please go to one (or more) shows and support local theater and our young thespians," urges Superintendent Dr. Denise R. Jaramillo.

Spotlight on the Magic of AUSD High School Theater

The theater season is in full swing at AUSD high school where gifted drama students are getting ready to show off their talents as they entertain their peers and community in October and November.

The first performance of the fall is not a typical fall play, but if you like being scared, then the Alhambra High School (AHS) Theater Boosters & Thespians' Haunted House is what you've been waiting for. After a four-year hiatus, they are reviving their annual Haunted House - Circus of Nightmares. AHS' Little Theater will be transformed into a nine-room terrifying fright-fest, so make plans to go on Friday, October 13th...if you dare! The haunted house is open to the public, but may not be appropriate for small children. More details and tickets are available at: https://www. alhambratheaterboosters.ludus.com

San Gabriel High School (SGHS) will also join in on the Halloween fun by hosting a Halloween Maze on October 26, 27, and 31. Students can explore the maze during their lunchtime. It will be open to the public in the afternoons from 3:30pm-4:00pm on those same dates. The entrance fee is only \$5.

Looking for a more classic production? Mark Keppel High School (MKHS) Theatre Company and Drama Boosters is the fall production for you. Little Women, based on the acclaimed coming-of-age novel by Louisa May Alcott will be performed later this month. For two nights only (October 19th and 20th), you can spend your evening watching the heartwarming story of the March Family unfold as sisters Meg, Jo, Beth, and Amy experience the joys and heartbreak in their transition from childhood to adulthood during the Civil War era. For show and ticket information, visit www.mkhstheatrecompany.com

SGHS fall production is Anon(ymous) by Naomi Ilzuka. This is a modern retelling of Homer's The Odyssey through the lens of a refugee in America. The play opened on September 29th, but you can still catch it this weekend on October 4th at 4:00pm and October 5th at 6:00pm. Go to https:// sghsdrama.ludus.com/index.php

for tickets.

The productions continue into November, when you can enjoy an evening of romance and whimsy in AHS' production of William Shakespeare's A Midsummer Night's Dream. On November 16th, 17th, and 18th, you can be transported to an enchanting land of fairies, magic, and mischief. Tickets can be purchased at: https:// www.alhambratheaterboosters.ludus.com

"These productions showcase the immense talents and dedication of AUSD high school performers and stage crew," said Janet Lees, assistant superintendent for education services. "We can't wait for you to see our students shine!"

Diana Diaz-Ferguson

Excellence in Leadership

Alhambra High School Principal

Diaz-Ferguson Receives AUSD's First "Excellence in Leadership" Award

AHS Principal Diana

In September, Alhambra High School principal Diana Diaz-Ferguson was named the first recipient of the Alhambra Unified School District's new "Excellence in Leadership" award. This recognition is for a principal who has gone above and beyond for their school and/or district. It is a rotating trophy -- Principal Diaz-Ferguson will keep the award in her office until the next princi-

pals meeting, when the new honoree will be selected. "AUSD knows that successful leaders set the tone for the success of their schools," said Superintendent Dr. Denise R. Jaramillo. "Because managers are not eligible for the Game Changer recognition program, we wanted to provide a way to acknowledge the hard work and dedication of those at the helm of our school sites."



Park students Alice Deng, Tiffany Wang, and Yanli Wu proudly pose in front of their school's beautiful new mural which illustrates the theme of Better Together! Each student took a leadership role in this school-wide project.

Student-Designed Cafeteria Mural Emphasizes Park School's Annual Theme, "Better Together"

together to create a school-wide mural to add color and beauty to their cafetorium. The mural is based on the design vision of eighth grader Alice Deng and the Principal's Student Advisory Committee.

"This year's Park theme is 'Better Together," explains Alice. "Collectively, we came up with the design to have a

The Park School community came Lego person or colored tile represent staff and students of Park School and who we are as individuals. Despite all of us being different, we are 'Better Together.'"

Students and staff members worked throughout August and early September to contribute to the final artwork to complete their school mural. The main artists included: Alice Deng, Valentina Escobedo, Samantha Ho, Santiago Sanchez, Tiffany Wang, Yanli Wu, Principal Carin Gasca, and PTA President Beverly Coe.

"It's an impressive accomplishment when an entire school community unites to create something beautiful for the campus," said Superintendent Dr. Denise Jaramillo. "The mural is now the

showcase of the cafeteria.'

Grateful for everyone's contributions, Principal Gasca said, "I want to give a special shout-out to the mural's main student designers: Alice Deng, Valentina Escobedo, and Samantha Hong, and an extra special thank you to Beverly Coe, Park School's devoted PTA president."



Brightwood, Monterey Highlands, and Repetto School have earned the right to post and display their official California PBIS logo on their website and other digital platforms as a recognition and celebration of their Positive Behavior Interventions and Support PBIS success.

AUSD Schools Recognized For PBIS Excellence

Brightwood, Monterey Highlands, and School District and has been impressed by



AUSD Board Surprises

Repetto Schools have another award to add to their list of accolades. Each school was recently recognized by the California PBIS Recognition System. Positive Behavior Interventions and Supports (PBIS) is a framework of evidence-based, culturally relative practices to build supportive school-wide practices to promote a safe and healthy educational setting by providing for social, emotional, learning, and behavioral and learning needs.

California PBIS initiated this statewide recognition system as a way to acknowledge schools that are implementing PBIS with fidelity to the national framework. Each school had to apply for recognition and, based on the evidence submitted, could earn designations of Bronze, Silver, Gold, or Platinum PBIS Schools.

Dr. Wendy Molina-Solis, Director of Multi-Tiered System of Support, oversees the PBIS programs for Alhambra Unified

PBIS implementation across the district. "All of our schools are committed to providing a positive and supportive learning environment for our students," explains Molina-Solis. "They are all doing an outstanding job with PBIS, but the teams at Brightwood, Monterey Highlands, and Repetto have gone the extra mile in their implementation. They serve as model schools as we continue on this PBIS journey to benefit the children of AUSD."

The three schools represent excellence in the implementation of the core features of PBIS. They will be celebrated at the Eighth-Annual California PBIS Conference Later this month and will also be featured on the California PBIS webpage.

"Just wait until next year," Molina-Solis predicted. "I have no doubt there will be many more AUSD schools on the California PBIS list in 2024!"

Fellow Board Member With Ceremony

On August 29th, the AUSD Board of Education celebrated fellow board member Ken Tang for being featured in The Search: Finding Meaningful Work in a Post-Career World, the latest book by best-selling author Bruce Feiler.

Mr. Feiler sent a tribute to Mr. Tang to be read at the ceremony: "It was an absolute pleasure to discover Ken's story, and to include it in The Search, and it's an honor to learn that you're hosting an event celebrating him on August 29th. Congratulations, Ken! After surviving a boat journey through the South China Sea, you followed your gut and sought a job that brought you meaning and purpose in your life. From teacher to school board member, here's to all you do for your community in Alhambra. I know your personal journey to find work you love is inspiring others to do the same. As you so beautifully put it, 'Every success story is a shared story.""

The board poses here holding their copies of The Search. Left to right, Bob Gin, board vice president; Justin Wang, student board member; Kaysa Morales, board president; Ken Tang, center; Dr. Marcia Wilson, board member; and Fred Chang, board clerk.

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ACADEMIC NEWS





The nonprofit Catalyst San Gabriel Valley is dedicated to working in coalition with local partners to help the community flourish. In September, Catalyst SGV donated \$2579 in funding to support Ynez School's career and life readiness endeavors and donated many items to the school's Positive Behavior Intervention supports program. "This incredible level of support from Catalyst SGV and its local partners means so much to our students," said Principal Janice Phan. "We are forever grateful!"

Pictured left to right: Janice Phan (Ynez Principal), Amy Kwan-Garcia (River of Life), Ken Ly (Chinese Evangelical Free Church), Sheryl Okuno (River of Life), Jesse Chang (Catalyst SGV Executive Director), Harry Wong (Ynez Assistant Principal).





Superintendent Dr. Denise Jaramillo, Dr. Leann Huang, Coordinator for AUSD College and Career Services, and Janice Luckey, MKHS English teacher were among the 50 California educators invited by the Jewish Federation of Greater Los Angeles on special trip to Israel. Top left, Dr. Huang, Ms. Luckey and Dr. Jaramillo sailing in the Sea of Galilee. Bottom left, Dr. Jaramillo and Dr. Huang at a hotel near the Sea of Galilee. Left, Dr. Huang and Dr. Jaramillo at the Western Wall.

AUSD Educators Join Jewish Federation Of Greater Los Angeles Educators' Trip To Israel, Call It A Life-Changing Experience

In June, a trio of AUSD educators accepted an invitation from the Jewish Federation of Greater Los Angeles to join a special group of 50 California educators for a trip to Israel.

Superintendent Dr. Denise Jaramillo, Dr. Leann Huang, AUSD Coordinator for College & Career Preparation, and Janice Luckey, MKHS English teacher and student newspaper advisor, were part of the group of teachers and school leaders who took part in the Federation's education trip.

"The experience was life-changing," Dr. Jaramillo said. "We were welcomed into an Israeli home to celebrate a family Shabbat, we visited the Syrian border, sailed on the

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Sea of Galilee, we had meaningful conversations with Arabs and Jews. It was a trip of lifetime."

This is the kind cultural, world-opening exchange that the district embraces to connect its community to those around the globe, according to Dr. Jaramillo. "Our student exchange program between South Korea and Alhambra High students is another example of the rich learning experiences that enhance AUSD's diversity, equity and inclusion approach to education."

Dr. Huang agrees, "None of us will ever forget this unique trip that forever enlarged our sense that what connects us as human beings is stronger than what divides us."

Do You Know an AUSD Game Changer? Here's how to nominate a deserving employee... Go to <u>www.ausd.us/badges</u>:



Alhambra High School's Student Wellness Room Opens

In September Alhambra High School opened its Student Wellness Room. "We are happy our students now have a dedicated space to collect themselves and de-stress during the school day," said AHS principal Diana Diaz-Ferguson. "Many of us worked together to create an oasis of calm in the AHS Student Wellness Room."

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

• Submit!

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

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



ACADEMIC NEWS



Mrs. Christine Chung, Granada School based instructional specialist for AUSD SEPLA Deaf and Hard of Hearing students with some of her students. They are spelling out Y. M. C. A. in American Sign Language.

Top left to right: Keanu McKnight, 2nd grade ("Y"), Hazel Santoso, 1st grade ("M") Annika Soriano, 2nd grade ("C"), and Jayson Mosqueda, TK ("A")

Granada's Deaf & Hard Of Hearing Students Thriving With First-Ever American Sign Language Swim Lessons At YMCA Of WSGV

When Granada's Deaf and Hard of Hearing (DHH) students and families first learned that the YMCA of West San Gabriel Valley in Alhambra was offering Saturday morning swim lessons in American Sign Language ASL, the response was immediate.

"Within 45-minutes of receiving my email about the Y's ASL swim lessons for DHH students, families were signing up," said Christine Chung, an instructional specialist based at Granada for DHH program, SELPA Special Education, and AUSD's 2023-24 Certificated Employee of the Year. "Our students have so few opportunities to participate in extracurricular activities because ASL interpreters are not available. Now our students and their siblings can take swim lessons together and enthusiasm is high."



When asked how the swim classes have impacted her students, Mrs. Chung said, "We are watching these students blossom with confidence because they can participate fully in swim lessons — and parents say the same thing is true at home. The kids love learning to swim and are just happier, they have more energy. It's so rewarding to see them flourish."

Then Mrs. Chung says, "Our students haven't been this excited since Heplful Honda broke new ground in 2020 by filming their commercial with our Deaf and Hard of Hearing students signing. Students love being able to speak their language!"

The YMCA of WSGV is the only Y in California to offer ASL swim lessons for DHH students. This unique program was funded by grants from the Department of Developmental Services and Eastern Los Angles Regional Center. The Y is hoping for middle school and high school DHH students to sign up for swim lessons in hopes that the Y can then train them to be ASL lifeguards to expand the program.

To learn more about the Y's ASL DHH swim lessons, visit www.wsgvymca.org or call the Y of WSGV at 626-576-0226. See flyer included.

10/9 - 10/13/202

- PICK UP A FREQUENT DINER'S CARD AT LUNCH FROM YOUR HIGH SCHOOL CAFETERIA ON MONDAY, 10/9/23.
- HAVE LUNCH EVERY DAY DURING THE WEEK
 AND GET A STAMP ON THE CARD EACH DAY.
- TURN IN YOUR FULLY STAMPED CARD FOR A DRAWING ON FRIDAY, 10/13/2023.
- VIP PASS GOOD FROM 10/16 TO 11/17/2023 FOR YOU AND UP TO 3 FRIENDS!

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I Need a Dental Crown. Am I Getting Old?

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

The dental crown procedure is not restricted to those of a certain age. As a matter of fact, nothing ages us more than broken, worn down, and discolored teeth that are not repaired with crowns.

While getting a crown might seem frightening for firstcomers, it's a common and safe procedure that will make the tooth stronger and last longer while restoring your smile.



What is a Dental Crown?

A dental crown is a cap fitted over an existing tooth to protect the remaining tooth structure and restore its function.

Your dentist may recommend a crown for a variety of reasons. Perhaps the tooth is badly decayed, weak from multiple or large fillings, or severely worn down from grinding and clenching. Crowns may also cover a tooth that's undergone a root canal. Teeth with root canals are very brittle and tend to crack under normal biting



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

permanently cement it in place.

Anesthetics are used for both visits to make them as easy and comfortable as possible.

Some dental offices offer same-day dental crown placement. In this case, the preparation of the tooth is the same, but you skip wearing a temporary crown. An intraoral scanning device is used to take images of your tooth, and with the help of software, a digital model of the tooth is created. Your crown will be designed and force. Finally, a crown may be necessary milled out of a ceramic block in the office to restore a dental implant, titanium roots and bonded permanently to the tooth on

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



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placed in the jawbone-crowns top dental that same visit. implants to restore function and aesthetics.

The dental crown procedure typically happens over the course of one or two cade or longer. While you may experience visits.

Multi-Visit vs. Same-Day Procedures

During the first appointment, your dentist will clean the decay, remove the same way you protect a regular tooth. defective filling, and prepare the tooth for a crown. X-rays are taken to examine the surrounding bone and roots to ensure they are strong and healthy. In some cases, you might need a root canal if infection or injury to the nerve is already in place. Next is taking impressions from the tooth. Your dentist will place a temporary crown for two to three weeks while your crown is created in the laboratory.

will remove the temporary crown, check Around Alhambra does not endorse medical the color, shape, and fit of your new crown, make necessary adjustments, and

How to Care for a Dental Crown A well-fitted dental crown can last a de-

temporary sensitivity right after the crown placement, recovery is fast and easy.

You should protect your crown the Avoid activities like crushing ice, biting your fingernails, and opening packages with your teeth. Practice good oral hygiene by brushing and flossing daily to avoid cavities developing on your tooth underneath. Just like your natural teeth, your crowns need regular dental cleaning, so visit your dental office periodically.

This column is provided to Around Alhambra by Dr. Krasnodara Gashparova, At the second appointment, the dentist DDS who is responsible for the content. advice or any remedies recommended by this author or any other provider.

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Your Insurance

MEDICARE MEDICARE NEOLIMENTROPM What You Need to Know About the 2023 Medicare Annual **Enrollment** Period

By Katherine Yu Simms

The Medicare Annual Enrollment Period, also known as the Annual Election Period, allows people to change their existing Medicare Advantage or Medicare Part D prescription drug coverage for the following year. Each fall during the Annual Enrollment Period, anyone with Medicare coverage can benefit from this enrollment period.

When is the Annual Enrollment Period for Medicare?

The Medicare Annual Enrollment Period occurs each year from October 15 to December 7. You can change your Medicare elections for the upcoming year during this enrollment period.

The Medicare Annual Enrollment PThis period is an opportunity to improve your Medicare elections to fit your lifestyle, healthcare needs, and budget. If you are unhappy with the changes you have made in the past or with your current plan, the Annual Enrollment Period is the time to fix those issues for the following year.

What Changes Can Be Made During the Medicare Annual Enrollment Period?

During the Medicare Annual Enrollment Period, you can switch from Medicare Advantage to Original Medicare, enroll in a Medicare Advantage plan, change from one Medicare Advantage plan to another, enroll in a Medicare Part D plan, switch from one Medicare Part D plan to another, and disenroll from a Medicare Part D plan.

Comparing Medicare Advantage Plans During the Annual Enrollment



Katherine Yu Simms Medicare Insurance Agent lovemygoldenyears@gmail.com

Period

Like Medicare Part D, your Medicare Advantage plan will see changes in networks, coverage, and out-of-pocket costs each year. When you enroll in a Medicare Advantage plan, your plan will experience changes yearly, so it is wise to keep up to date.

To better understand the dos and don'ts of the Medicare Annual Enrollment Period, contact a Medicare Insurance Agent near you. Don't end up enrolling in a plan you didn't want and end up stuck with it under the next AEP!

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

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



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THE ANNUAL ENROLLMENT PERIOD IS HERE, OCTOBER 15TH TO DECEMBER 7TH!

> How well does my current plan meet my needs? What are my other **Medicare plan options?** I'm turning 65 soon, where do I go and what do I do? What is the difference between Original Medicare and Medicare Advantage? Cell 323.854.286

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From the Desk of Rev. Craig Statton



Food is More Than Just Food

It seems like every human celebration involves food. Every time we get together, someone brings some snacks or drinks to share, highlighting an important truth: food is more than nutrition; it is a part of the social rituals that help us connect with one another.

For seniors, the foods we eat do have an important nutritional component. As we age, some foods and spices do not agree with us like they used to. And because our bodies change as we age, we may need to add foods with certain minerals to help compensate for the changes in our system. An excellent example of this is adding foods with calcium to your diet to help your bones remain strong. Another example is eating foods with more fiber to help your digestive system work properly. As doctors recommend, seniors need more fresh fruits and vegetables in their diet, red meat, sugar, and alcohol in moderation, and an overall well-rounded diet on a regular basis.

But just consuming food regularly does not truly meet the needs of human

beings. Since we are social beings as well as physical beings, when we share a meal with others, we are nurturing both our body and our soul. One of the challenges of getting older is isolation and loneliness, so gathering with others around a meal is an opportunity to connect and experience community. It is around a table where we can talk about the events of the day, share our stories of the past, or simply listen as others share their stories. It is also a time when we can just be quiet with others and know that we live in a world where we are part of others.

In the Christian tradition, one of the most sacred rituals is called Communion. It is during this observance that we remember the life, death, and resurrection of our Lord with the bread and the wine. For two millennia, when Christians have gathered to celebrate Communion, they have used the language of a meal, "We invite you to come to the table of our Lord." Food is more than just food; it is nutrition, communion, life, and love.

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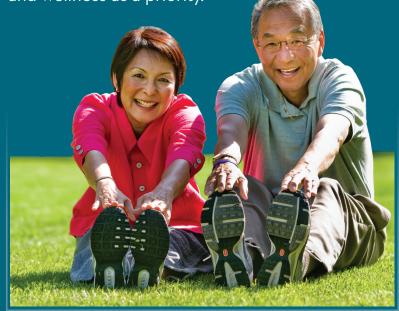
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Alhambra Senior Resource Guide





Eating for Better Health

What and how we eat is one of the most important things we do every day. Yet, taking the relationship between food and the human body for granted is far too easy. Unfortunately, how and what we consume has a habit of catching up to us—there's a reason for the famous saying, "You are what you eat," after all. On the bright side, it is never too late to alter our eating habits for the better.

Sandy Chen, MS, RDN, a dietitian for Welbe Health, recommends a balanced diet for everyone, regardless of age. However, she cautions that most elderly folks must focus on different aspects than the average adult. For instance, older people must be more mindful of their calcium and vitamin D intake as they tend to have a lower absorption rate than the average adult. But you likely already knew that. What Sandy wants to emphasize to seniors is threefold: first, follow the MIND diet; second, try meal prepping; and third, consult a dietitian or other expert about your individual health. The MIND diet focuses on eating berries, beans, nuts, vegetables, and lean meats. It combines portions of the Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet, which have been recommended for overall health and cognition for decades. Research indicates that the MIND diet

is especially beneficial for the 60-plus age group, as members may experience cognitive decline.

Meal prepping may sound challenging, but Sandy encourages it. "Prepare something basic you can eat for a few days and reinvent each meal," she suggests. For instance, cook a large portion of chicken, then use it to create a salad one day, a stew the next, and so on. Buying in bulk is cheaper, so meal prepping can save time and money. Additionally, look into and "make use of community resources," such as meal prep and delivery services in your area. Everyone is unique and may have chronic ailments or other issues affecting their diet. While it would be wonderful to receive actionable and practical health advice from a newspaper article alone, a generic diet or nutritional template just won't cut it for most people. Visiting a dietitian who can consider your specific needs when developing a diet plan is essential. Sandy suggests that if you do one thing for your health, head to a medical professional for a tailored assessment. Many things affect what we eat beyond our cravings-mobility, budget, geography, and more impact what foods we can access. By remaining mindful of the body's needs and taking advantage of available resources, it is possible to pinpoint the best diet for each individual.

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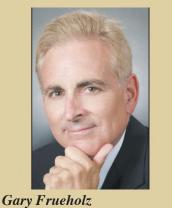
Real Estate Disclosures and Haunted Houses

By Gary Frueholz

One of the most fundamental and consequential responsibilities of a seller in a real estate transaction is to disclose everything known about the property. Disclosures provide buyers with a complete understanding of what they are potentially buying so they can make a reasoned judgment.

In California, sellers of residential properties must deliver a written disclosure statement in most real estate sales. This information is referred to as "material facts." Generally, material facts address issues that can affect a buyer's decision, such as structural issues, mold, and property taxes. But the interpretation of the word "material" is sometimes up for debate.

California has long been on the cutting edge of national legal trends and continues to make contributions in helping to stretch the interpretation of the word "material" in disclosure laws. California considers a death on the property as "material" and requires disclosure. Failure of sellers to properly and honestly disclose a death during the last three years on their property can result buyer who did not sense the presence of in legal action. California allows buyers to file a lawsuit against the seller, seller's agent, seller's broker, or even their own agent and broker for failure to disclose this.



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without disclosing what she had published about her abode.

Stambovsky v Ackley (N. Y. App. Div) worked its way to the New York Supreme Court. The final court decision did not award a financial settlement to the plaintiff but did allow the buyer to withdraw from the transaction and have their deposit returned. One Supreme Court Justice with a dissenting opinion argued caveat emptor, let the buyer beware, on the issue of poltergeists.

Ackley sold her house to another spirits. Working with two paranormal investigators, Ackley later reestablished contact with the ghosts and was informed they had left the property since haunting the house without her was no During Halloween, it is easy to see ghosts. If you are seeing specters the other 11 months of the year in your house, however, refrain from writing about it in a national publication and then omit to disclose it to the buyer of your home. Gary Frueholz is a realtor with Engel & Volkers Real Estate, a past 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 writing at garysstories. com.







So, how does one handle the issue of longer enjoyable. disclosing a potentially haunted house?

Esther Ko, legal counsel of the California Association of Realtors, notes that if a seller truly believes their home has a paranormal issue, they should disclose it.

"It [paranormal activity] needs to be in writing," Ms. Ko said. She added that verbiage to the effect of "seller believes the house is haunted" is an appropriate way to document this issue.

A New York case showed what can happen when the paranormal is not disclosed. In 1991, Jeffrey Stambovsky, a home buyer, sued a realtor for failure to disclose a house's haunted history. The seller, Helen Ackley, was a writer Alhambra by Gary Frueholz, who is who had published an article in Reader's Digest on how her house was haunted. Ackley then went on to sell her house

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New Century Mazda—Local Business, National Aspirations

The team at New Century Mazda exemplifies how to run a successful growing business without leaving the needs of the community behind.

Welcome to New Century Mazda, the newest auto shop in town. The Mazda dealership officially opened during the last week of July and is currently operating out of a temporary site on W Main St. The owners of New Century Mazda plan to break ground at its permanent location at the end of this month or next with the goal of moving into the new facility in 2024, ushering in a new look for the local automotive landscape. But, as just one of many car dealerships that call Alhambra home, what makes this one unique?

A significant part of what makes New Century Mazda special is that the dealership, while representing an internationally known name, has its roots here. The new Mazda store is the most recent addition to a long-standing local family business, which features New Century BMW, New Century Honda, and other automotive stores. The Lin family acquired New Century BMW, their flagship location, in 1992. It moved to its current location in 2006, and the dealership has become a staple in Alhambra since its inception, making the New Century name a familiar one in the community.

Daniel Lin, CIO and CPO of the New Century business, watched his family grow their company in Alhambra as he grew up.

He understands the potential the city has to offer and wants to spread that knowledge far and wide.

We're more bullish on Alhambra than the average competitor," he said. Daniel believes that although Alhambra can fly under the radar as a commercial nexus to outsiders, its potential is vast. "Alhambra is an underdog city, the kind of place I want people to be pleasantly surprised by when they realize it's a hidden gem."

Indeed, Daniel and the New Century team have high aspirations. They hope to grow New Century Mazda into the biggest Mazda dealership in the country. While that may sound lofty, the dealership does have a chance. "Our [decades of] experience shows Alhambra is a good place" for business, said Daniel. In such a promising location and market, the opportunities are immense. Why not reach for the stars?

Daniel insists that no matter how large the New Century group becomes, they won't lose sight of where they came from. "We work like a small business," said Daniel. He plans to keep things that way because they "lose a personal touch if too big."

"When we go out to eat or commute to work, we're in the community with the people we serve and work with." The company aims to treat employees and customers accordingly. New Century employees have long tenure-the culture and compensation encourage a long-term mentality for staff. Plus, New Century is always looking for ways to invest in local businesses when possible. Every time new ground is broken, for instance, designers,

contractors, and more must band together. "We build massive facilities, plus it takes a massive amount of coordination to put businesses together," Daniel commented. This keeps opportunities for collaboration with other local companies coming.

Just over a month after opening, the New Century Mazda team received a handwritten letter from an Alhambra resident named John Ivy. Mr. Ivy wanted to thank

New Century for taking "excellent care" of him during repairs and noted he "will be returning in a few months

for needed work." New Century Mazda posted the letter to their Instagram page, @newcenturymazda, with the caption, "We love to show our sales and service customers the best experience possible at New Century Mazda. Give us the opportunity to experience the difference just like Mr. Ivy."

"When people talk about family-owned business, this is it," said Daniel on the letter. "A large company would never see [the letter] or let it emotionally sink in. We're

9-7-23

Vear New Cestury John Ing.

Mazla serviced by you. Tour

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Mr. Ivy's handwritten letter to New Century Mazda.

Thank 7--

writing instead.

in the community, so we see this stuff and it's very memorable."

New Century Mazda may be new, but there is already a wealth of experience behind the name. By using knowledge the gained from their other enterprises to run the current store and being able to share new lessons learned between stores, New Century Mazda can grow alongside

the community it resides in. Indeed, the future seems bright!

New Century Mazda is temporarily located at 1325 W Main St. The dealership features new and pre-owned vehicles for sale, plus financing and maintenance services. Learn more at newcenturymazda. com.





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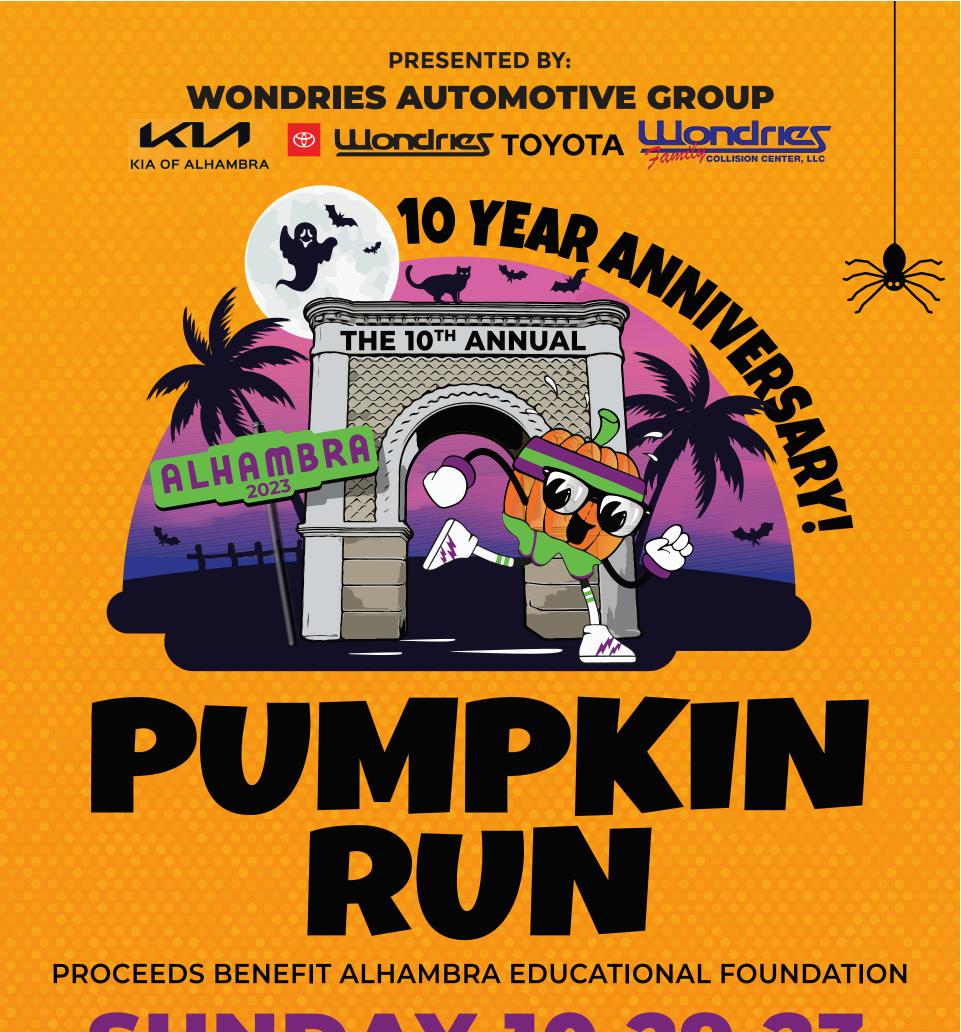
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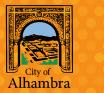
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