AROUND ALHAMBRA



SEPTEMBER 2023 | GATEWAY TO SAN GABRIEL VALLEY

www.alhambrachamber.org



Celebrating the 2023 President's Awards Recipients

On August 23, the Alhambra Chamber of Commerce celebrated the annual Alhambra President's Awards. Business and civic leaders gathered at The Alhambra to recognize the best the city has to offer. This year's roster of 11 honorees was equally impressive and inspiring.

Starting with a defining industry sector in Alhambra, this year's awards highlighted two restaurants: **Ipoh Kopitiam** and **Delhi Belly**. Providing an authentic taste of Malaysia and Singapore that attracted the attention of the Michelin Guide, Ipoh Kopitiam has been recognized as **Best New Business**.

Delhi Belly took home the **Restaurant** what Alhambra been instant visitors alike went to **The Business** went to **The Business**.

>> **Presion**

of the Year award after just one year of operation. The eatery has won accolades for its innovative Indian cuisine, vibrant hospitality, and community activism. Broker Raymond Ho of GE Property, who brought both restaurants to the city, said, "These two restaurants are iconic of what Alhambra has to offer. They have been instant hits with residents and visitors alike."

The **Business of the Year** award went to **The Granada LA**. This top destination brings hundreds of visitors to Alhambra every week...

>> President's Awards, continued on page 12

Two Alhambra Powerhouses Retire from Long-Standing Leadership Roles

Many Alhambra residents are familiar with Iris Lai and Helen Romero Shaw and the organizations they represent, the Alhambra Hospital Medical Center and SoCalGas, respectively. Both women started working at these businesses in the 1980s, and both of them retired just last month. Looking back at their careers, they shared unique perspectives and wisdom.

Iris Lai Has Her Priorities Straight— Her Desk, Not So Much

Iris Lai sits at her desk. Boxes, stacks of papers, memorabilia, and other items that have accumulated for over three decades pile up around her. She's been busy cleaning her office as she gets ready for retirement.

"Sorry about the mess," she says. What mess? This is history.

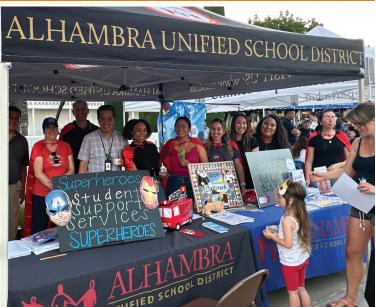
Iris Lai is the CEO of Alhambra Hospital Medical Center—or she was until last month. She started her first gig at the Hospital in 1987 and moved up through various administrative positions until she eventually found herself at the helm of the organization in 2004...

>> Two Alhambra Powerhouses, continued on page 11

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

CAR-RT SORT





AUSD Student Support Services team launched their series of Community Check-Ins as the Superheroes of Student Support Services at Alhambra's National Night Out on 8/1.

Community Check-Ins will be the Cornerstone of AUSD Student Support Services Outreach to Families

Alhambra USD Student Support Services (SSS) is devoting this year to student engagement and community partnerships. The SSS team will be joining districtwide events and city activities, hosting what they affectionately call "Community Check-Ins."

The Student Support Services Team launched their first Community Check-In as the "Superheroes of Student Support Services" at the City of Alhambra's National Night Out, donning capes and masks to welcome community members of all ages with fun activities and giveaways.

Student Support Services kicks off a three-city celebration of National Library Card Sign-Up Month on September 16th. Heading out to Alhambra, Rosemead, and Monterey Park libraries, the SSS team's goal is to cultivate a love of reading among the youngest community members, connect district staff with parents in a relaxed setting, and encourage students, especially second graders, to get their own library cards, visit local libraries and become life-long readers who fall in love with words and books.

"At the heart of this event is the SSS commitment to community engagement," said Lindsey Ma, assistant superintendent of Student Support Services. "Mark your calendar and plan to visit one of these three local libraries on Saturday, September 16th between 11:00am and 1:00pm. We look forward to sharing a day of connection, exploration, and the beginning of countless literary adventures."



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Contact Anthony Lei at (626)428-8637 or alei@alhambrachamber.org or you can also visit alhambrachamber.org/membership_benefits to learn more.

Mayor's Corner

By Mayor Ross J. Maza

As we wrap up the summer, still enjoying our warm California weather, I want to thank the residents of our great city for allowing me the tremendous privilege and honor to serve as Mayor of Alhambra for a second time. I am grateful for this opportunity.

Having been first elected to the Alhambra City Council just four years ago and now being more deeply involved with my city has reminded me of the importance of community and unity. We as residents must stay united, involved, and informed as to the local issues that affect us now and those that will shape the future of our city. I encourage you all to contact your Councilmembers for input and concerns. Proper communication is vital. Our efforts to keep Alhambra residents informed on local issues via platforms like Facebook and Instagram continue to expand. I invite you to follow the City of Alhambra on social media if you aren't already doing so.

Though there are always several important projects that our City Council and staff are working on, one of the most exciting ones for me is the upcoming Alhambra Community Center, which is expected to be completed in the summer of 2025. The new community center will replace what many of us refer to as Shorb Clinic. The current building was deeded to Alhambra a few back by the County of Los Angeles. Unfortunately, the building was unsafe and in heavy disrepair. Without significant investment, which was not available, the site would have sat vacant and deteriorated further. In mid-2022, through the offices of our State Senator Susan Rubio and our Assemblymember Mike Fong, grant funds totaling \$25 million were secured to build a new state-of-the-art Alhambra Community Center. Although the possibility of preserving the current building was initially discussed, creating what we can refer to as a new "tribute building" made much more sense. This new building will closely resemble the period style of the original and the adjacent firehouse. The new facility will provide the city



Mayor Ross J. Maza

with more design flexibility and options for the latest technology. I am excited to serve on the sub-committee involved with this project. I look forward to its grand opening in the coming years.

In closing, I offer special thanks to our entire City staff, our Alhambra Fire Department, and our Alhambra Police Department for their continued dedication to our residents. Special thanks also to the Alhambra Chamber of Commerce and the many volunteers who dedicate much of their time to supporting and uplifting our local businesses in many ways. These businesses, in turn, offer our residents many options for shopping and dining. You are a vital part of Alhambra, and we appreciate you all.

I am always available for suggestions, feedback, and ideas to help improve our wonderful city. I look forward to meeting many more of you in person in the upcoming months and am excited to serve as your mayor.







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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.

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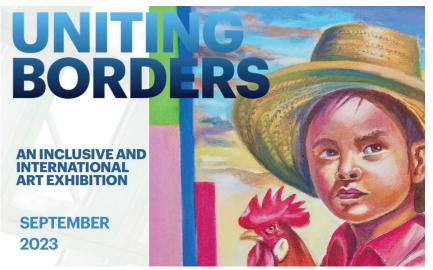
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News & Notes

















Uniting Borders 2023-2024: Empowering Artists with Disabilities

Art and inclusivity are coming together at the Alhambra City Hall Gallery Lobby, where "Uniting Borders 2023-2024" showcases a remarkable collection of original artworks. Organized by The Academy of Special Dreams, Baupres, and The Alhambra, this inclusive art exhibition is a testament to the rich tapestry of human diversity, embracing artists of all backgrounds, abilities, ages, and identities. Includes local talents from LIFT and Alhambra Unified School District, winners of The Academy's Art Competition 2023. Visit the gallery from Monday to Friday, 8 AM - 5 PM. Learn more at specialacademy.org.

> Evelyn Ku named CEO of Alhambra Hospital **Medical Center**

Evelyn Ku brings almost 30 years of experience in hospital operations and nursing leadership to Alhambra Hospital Medical Center. During the Last seventeen years, she worked in clinical, operational, nursing, and executive roles, including the role of Chief Operating Officer of Alhambra Hospital. Ku received her Bachelor of Science in Nursing from the University of Southern California and her Master of Science in Nursing and Master of Healthcare Management from the University of Phoenix. She succeeds Iris Lai, who is retiring after 20 years.

> EALL's Girls' Team Honored by Alhambra City Council

Earlier this year, the East Alhambra Little League team of girls aged 8-10 won the District 18 championship. They then advanced to the Southern California State Softball Championship tournament in July, achieving third place. Pictured is one of the girl's softball teams and their coaches proudly holding the certificate of recognition for their incredible efforts, which they received from the Alhambra City Council last month.

Local Restaurants Donate Sales to Maui Wildfire Relief Efforts

In the wake of the devastating Maui wildfires, Alhambra is stepping up. Aloha Food Factory donated 10% of its August sales to various relief efforts in Lahaina. Yang's Kitchen, which was featured in the LA Times, created a kanpachi ginger scallion poke inspired by a Honolulu dish and is donating a portion of the profits to the Hawaii Community Foundation's Maui Strong Fund. The local Raising Cane's contributed 15% of its earnings to Ka Hale A Ke Ola on August 17.

SoCal EXP Group Ribbon Cutting

The Socal Group brokered by EXP Realty opened their office in Alhambra at 205 S Chapel Ave on July 27. However, they are not a typical brick-andmortar but an online cloud brokerage, adding a modern touch to real estate in Alhambra.

> Formosa Aroma Ribbon Cutting

Another grand opening worth celebrating is the debut of Formosa Aroma. The restaurant held its ribbon-cutting ceremony on August 19, introducing its authentic, flavorful, specialized drinks to Alhambra! This may be your newest boba tea spot.

> Alhambra Latino Association Hosts Noche de Lotería Fundraiser

ALA's favorite game night series, Noche de Lotería, is back for Hispanic Heritage Month. On the evening of September 30, play rounds of Lotería for a chance to win door prizes while helping to raise money for AUSD scholarships. Festive Lotería and Latino heritage attire are highly encouraged! Register at alhambralatinoassociation.com/loteriacutea-2023.html.

> 85C Bakery Cafe Has Re-opened!

Alhambra's beloved 85C Bakery Cafe reopened on August 4 following an interior renovation. The grand reopening occurred August 11-13, with specials, prizes, and more. The new and improved Taiwanese-style cafe now has more room for guests to sit inside to enjoy their baked goods and coffee. Find them at 300 W Main St #101.

Tax Tips

IRS Scams

By Michael Aston EA

Scammers often impersonate the IRS by phone or email, in person, or by mail or delivery service, costing people their time and money. By staying vigilant against schemes and scams, taxpayers can protect themselves.

Scammers Can Pose As the IRS By Mail

One of the most devious schemes involves mail in a cardboard envelope from a delivery service or the USPS. The enclosed letter includes the IRS masthead and wording that the notice is "concerning your unclaimed refund." The contact information does not belong to the IRS, but the mailing looks official. This scheme seeks sensitive personal information from taxpayers that can be used by identity thieves to steal the taxpayer's refund and other sensitive information.

It's Now Easier to Spot When It's Not the IRS At the Door

Scam artists may also appear at the door posing as IRS agents. To help combat these scams, the IRS recently announced that it is ending most unannounced visits to taxpayers by agency revenue officers. Instead, revenue officers will contact taxpayers through an appointment letter, known as a 725-B Letter, and schedule a follow-up meeting. Taxpayers who receive a request from IRS in the mail or by phone can contact IRS customer service to authenticate it.



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

Scammers May Also Find Taxpayers On

Taxpayers should be on the lookout for a surge of tax scams as identity thieves send emails and text messages promising tax refunds or offers to help "fix" tax problems. They may pose as the IRS or tax professionals, urging the taxpayer to click fraudulent links so the identity thieves can steal valuable personal information. Taxpayers should remember that the IRS never initiates contact regarding a bill or tax refund by email, text, or social media.

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The Alhambra Earns Eco Accolades for Green Initiatives

The Alhambra, an urban community with commercial and office space for rent, is determined to reduce its environmental impact. In 2023, its eco-friendly innovations earned the campus an Energy Star score of 88, making this the 12th year of certification. This score means that The Alhambra is more energy efficient than 88 percent of similar properties nationwide.

Known for its conscious development of spaces that allow tenants to work and play, The Alhambra has also been certified LEED Gold by the U.S. Green Building Council since 2012. LEED certification identifies The Alhambra community as an example of sustainability and demonstrates leadership in transforming the building industry with a commitment to building a healthy, sustainable future.

How does The Alhambra do it? By weaving green initiatives into as much of the fabric of their community as possible. The Alhambra's Bloom Energy fuel cells generate clean, reliable electricity that meets approximately 75 percent of the total energy demand for the campus, with lower CO2 emissions than the local electrical grid and virtually no particulate emissions that cause smog and respiratory diseases. Landscape and plumbing upgrades have reduced the campus' water usage by 10 percent. In March 2020, The Alhambra installed EV

Your Insurance

Auto Insurance Deductibles & Your Coverage

By Regina Talbot

What is a Deductible in Car Insurance?

Put simply, a deductible is an amount you agree to pay upfront for a covered insurance claim. Then the insurance company, in most cases, covers the additional amount to repair or replace your vehicle up to your coverage

claim for \$2,000, and your policy has a \$500 deductible. In that case, you will be responsible for the \$500 before the remaining \$1,500 is paid by your insurer.

Auto Liability

Auto liability insurance coverage, with limits selected by the insured, pays for the at (626) 357-3401 for more information. damage if you're legally responsible for injuring someone or damaging another vehicle (or other property) in an auto crash. A liability deductible is not required.



Regina Talbot Talbot Insurance Agency regina@reginatalbot.com

Auto liability coverage falls into two categories. The first is bodily injury liability which covers medical expenses, pain and suffering, lost wages, and other special damages. The other is property damage liability which For example, suppose you file an insurance covers damaged property and may include

Liability coverage also pays legal defense and court costs. State laws usually dictate the minimum amounts of insurance required, but higher amounts are available.

Contact State Farm Agent Regina Talbot

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charging stations in the parking garage. Based on the number of charging sessions available, the campus has avoided 58,082 kg of greenhouse gas emissions—the same as planting 1,489 trees and letting them grow for ten years.

The strides a prominent and multifarious institution like The Alhambra has made toward reducing its carbon footprint demonstrates that change is always within reach. Learn more at thealhambra. net/innovation.

Discovering Alhambra's Artist Alley



Early American sculptor Eli Harvey and local girl Libby Beam, who were both Alhambra residents, posed for Rockwell's painting "Doctor and the Doll."

community in the 1920s and 30s. This Victor Clyde Forsythe, Frank Tenney colony of artists—which was located on present-day Champion Place and was Recognized for their panoramic paintings

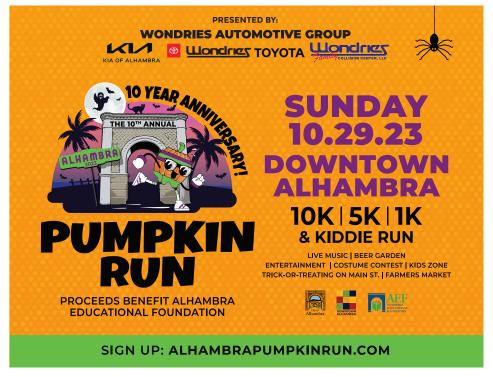
Alhambra was home to a vibrant arts known as Artists' Alley—was started by Johnson, and Jack Wilkinson Smith. of the West, Forsythe, Johnson, and Smith were vital in establishing an Alhambra art colony that attracted some of the most famous Western artists and personalities of

One of the most famous American artists with a connection to Artists' Alley was illustrator Norman Rockwell, known for his humorous and poignant portrayals of Americana.

Rockwell arrived in Alhambra in early 1930. Here, he discovered a group of like-minded people and met his second wife, Mary Barstow, a teacher whose family lived on the north end of Champion Place. After a lightning-quick courtship, Norman and Mary were married. The newlyweds promptly moved back east but would visit Alhambra from time to time.

Rockwell often used local models in his art. Eli Harvey, a sculptor friend and resident of Alhambra's Artist's Alley, and Libby Beam, a young local, were Rockwell's models for "Doctor and Doll," a painting featured in an ad campaign for Michigan-based pharmaceutical manufacturing firm Upjohn Company. He also used his son's nanny, Alhambra's Dorothy Seymour, as a model for several pieces, including a 1935 Saturday Evening Post cover entitled "First Day of School."

To learn more about Alhambra's Artists' Alley and the artists who called Alhambra home a century ago, visit the Alhambra Historical Society Museum. Online, visit alhambrahistoricalsociety.org.



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AEF is the official fundraising partner of the Alhambra Unified School District, and a 501(c)(3) nonprofit organization.

Water Saving Tips for the Hot, Dry Summer & Fall Months

By Mark Paulson, Board of Directors, Division I – Alhambra

San Gabriel Valley Municipal Water District

The rain and snow earlier this year have improved our water supplies tremendously. Most of California is now drought-free, but we know drought will recur—and we know that in the long term, we use more water than Mother Nature provides.

On the positive side, with imported water deliveries from northern California through the State Water Project at 100% this year, we will have more imported water available to replenish our local groundwater supplies than in recent years. Additionally, long-term investments in the Delta Conservation Plan, the Pure Water Southern California recycled water project, member city infrastructure, and the District's own pipeline and facilities may deliver greater stability and sustainability for our water supplies in the future.

Conservation is another valuable practice to preserve our improved water supplies, especially since water usage increases during the hot, dry summer months. We've highlighted water savings tips for



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

you to use around the house, indoors, and outdoors. If we can increase our water saving, we can make our precious groundwater supplies last even longer!



FILL THE BATHTUB HALFWAY OR LESS

saves 17-25 gallons of water per bath



FIX LEAKS

saves 27-90 gallons of water



INSTALL AERATORS

saves 0.7 gallons per minute



INSTALL HIGH-EFFICIENCY

saves 6-35 gallons per day



RECYCLE INDOOR WATER AND USE IT TO IRRIGATE

YOUR GARDEN cuts water use by 30%



TAKE 5-MINUTE SHOWERS INSTEAD OF 10-MINUTE SHOWERS

saves 12.5 gallons per shower with a water-efficient



TURN OFF WATER WHEN **BRUSHING TEETH OR SHAVING**

saves 8 gallons per person each time you brush your teeth or shave



WASH FULL LOADS OF

CLOTHES saves 15-45 gallons per load



USE A DISHWASHER



INSTEAD OF HANDWASHING saves up to 24 gallons per load of dishes







Live Your Dream Award Helps Women Achieve Education and Career Goals

Soroptimist International is offering cash rewards to women in the community. The awards benefit women motivated to achieve their education and career goals by helping them worry less about how to pay their bills and focus on reaching their dreams.

The Live Your Dream Awards offers three levels of cash awards. Ultimately, a Live Your Dream Awards finalist has the potential to receive up to \$16,000 to help offset tuition costs, purchase books, get transportation, or find reliable childcare!

You are eligible to apply if you are a woman who: provides financial support for yourself and your dependents (dependents can include children, spouse, partner, siblings, and/or parents); has a financial All Around the Town

The Alhambra Library: A Storied Past

By Glenn Barnett

Even before Alhambra became an incorporated city in 1903, plans were underway to include a public library. As early as 1886, meetings, discussions, and the collection of books were underway. When Alhambra High School opened in 1898, these books were housed in one of the school's buildings.

In 1915, our first dedicated library opened. It was designed in the Beaux Arts Classicism style, which was popular for libraries at the time. The architect was Frederick Roehrig, who also designed the Hotel Green in Pasadena and several homes and buildings in the area.

The brand-new library featured thick sun. In the center of this northern face feature. was a half flight of stairs that led inside checked in and out (by the 50s, there the right was a descending staircase that His name has caused some confusion-(where I spent many a Saturday) and the famous Frank Lloyd Wright. teenager's room to the left.

Street, was an open-air space with a high ceiling nearly the length of the building, with chairs and tables where readers could relax in the open air and view the San Gabriel Mountains in the shade.



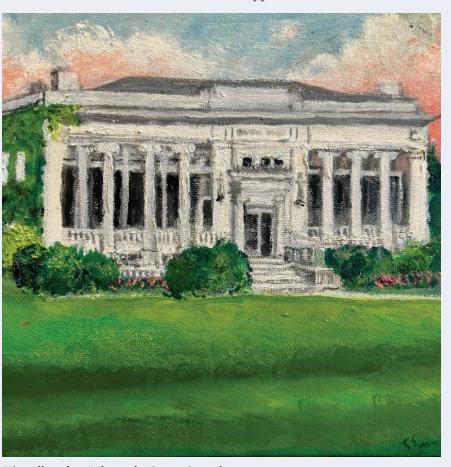
Glenn Barnett

Outside, to the south, was a small brick-and-mortar walls, the insulation adjoining park that featured a lawn of its time. There was no need for air and park benches shaded by trees and conditioning. The entrance to the library shrubs. Two symmetrically placed lily was on the north side, away from the ponds were set in the lawn to add a water

The park was designed by a local to the librarian's desk where books were landscape architect named Lloyd Wright, who is best known for designing would be a late fee of 2 cents a day). To the Wayfarers Chapel in Palos Verdes. led to the children's room on the right his work is sometimes attributed to the

Regrettably, after an earthquake in the Another stairway to the left of the late 60s, the library was deemed unsafe librarian's desk led upwards to the adult and torn down in 1968 to make room for section. That space encompassed both a "modern building." The pleasant park sides of the library. Here, facing Main became a parking lot. Today the beautiful third library is set in the Civic Center and remains dedicated to serving the public.

> Thanks to the Alhambra Historical Society for their assistance with this article.



The Alhambra Library by Susan Saunders

need; is enrolled in or has been accepted to a vocational/skills training program or an undergraduate degree program; does not have a graduate degree; and has not previously been the recipient of a Soroptimist Women's Opportunity or Live Your Dream

Applicants are also not allowed to be a Soroptimist member, an employee of Soroptimist International of the Americas, or an immediate family member. Eligible applicants can submit their applications until November 15, 2023.

The online application portal is up and running. To see the complete list of eligibility requirements and apply online, use this link and follow the instructions: tinyurl.com/y3kt9yy.



(a) injuryline

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In Their Own Words: Khanh Nguyen

Khanh Nguyen is the owner at The Camp Alhambra. His deep love for Alhambra, combined with his unique wellness experience, inspired him to share advice for local retirees.

Retirement can be a thrilling period of life, offering new freedoms and opportunities. Whether you're on the cusp of retirement or already navigating your golden years, it will help you make the most of this liberating stage of life.

Embrace a Healthy Lifestyle

Health is wealth, especially during retirement. Regular exercise, a balanced diet, timely medical checkups, and adequate sleep can contribute to maintaining physical and mental health. A healthy lifestyle keeps you fit, energetic, and better equipped to enjoy retirement while minimizing disease risk.

Pursue Your Passions

Retirement provides the perfect opportunity to pursue the hobbies or activities you've always loved but never had time for. Whether gardening, painting, writing, traveling, or volunteering, immersing yourself in activities you love can fill your days with joy and purpose.

Lifelong Learning

Never stop learning. Retirement is the perfect time to learn a new language, pick up a musical instrument, or dive into history or literature. Lifelong learning keeps your brain active, broadens your horizons, and can be a great way to meet like-minded individuals.

Socialize & Stay Connected

Staying socially active can significantly enhance your retirement. Make time to connect with friends and family and meet new people. Join clubs or community groups, volunteer, or even consider part-time work in a field you love. Social connections contribute to mental health and can make your retirement years vibrant and fulfilling.

Financial Planning

Understand your finances and budget wisely to avoid unnecessary stress. Consider seeking advice from a financial advisor to help you manage your resources effectively, keeping in mind your lifestyle choices and healthcare needs.

Explore & Travel

If you've dreamed of seeing the world, retirement might be the perfect time. Travel isn't just about visiting new places—it's about experiencing different cultures, cuisines, and landscapes. Even exploring your local surroundings can be

Practice Mindfulness & Meditation

Embracing mindfulness can help you enjoy each moment of your retirement. Meditation and mindfulness can reduce stress, improve mental clarity, and promote overall health. The calm and peace can help you appreciate the beauty of your retirement years.

Give Back

Consider giving back to the community in your retirement. Volunteer, mentor younger generations, or offer your skills to organizations that need them. The feeling of making a difference can be immensely rewarding.

Retirement isn't about slowing down

Be Prepared for the Unforseen Car Accident

By Alexander Tsao, Esq.

Car accidents can happen anytime. When you get into an accident but your mind is focused on something else, the moments immediately following a collision can seem almost post-apocalyptic, and you may find yourself lost.

So, what exactly do you need to do at the accident scene to set you up for success later in the claims process? Read and keep this article handy to remind you what critical steps to take after a collision.

Get medical care, if necessary.

If you need to request emergency medical services, do so immediately. This may mean you will be medically transported to the nearest ER facility. Be and insurance card. Taking a photo prepared.

Take pictures immediately.

After an accident, take pictures of how the vehicles are positioned before you move the cars to the side of the road or otherwise. This will minimize the potential of other defendant drivers fabricating a different version of events. Take pictures of the damage to both your vehicle and other vehicles involved, intersections.

Never admit fault, but note if other said, she said" situation. drivers do.

Listen to see if the other driver makes any statements of admission, such as, "I'm so sorry for hitting you," "I didn't see you at all," or "I didn't have time to stop." If such a statement is made, date and time.

other drivers.

Ask to see their license and registration—the exchange of information after an accident is the law in California. If the other party refuses to give you their information, call the police. The more facts you give the 911 operator indicating a sense of urgency and danger, the more likely the police will respond.

Save copies of all relevant documentation.

Take a picture of the driver's license any other provider.



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

allows you to review the documents more carefully later. Is the driver's license expired? What about the insurance policy? Are there driving restrictions noted? Should the driver have been wearing glasses? It's not easy to be Sherlock Holmes immediately after an accident, but it's important to note what you can.

Secure witness testimony.

Talk to witnesses of the collision. as well as license plate of the other Remember that witnesses will help your vehicle(s). Also, photograph the area case tremendously, especially if they are relevant to the accident and the closest true third parties (unrelated to you). They can break a tie in the event of a "he

Talk to law enforcement.

Officers will gather facts to complete an incident report if they come to the scene. Be sure to talk with the investigating officer and get their business card. The card should contain the investigatremember it, jot it down, and note the ing officer's name, title, station address, and incident report number for further Exchange information with the reference. You will need this number to track the status of the report if it is still being written or reviewed or to get a copy if it is completed.

Be safe, be prepared, and in the event of an accident, you'll be calmer and more likely to initiate a successful insurance claim—even when you least expect it!

This column is provided to Around Alhambra by Alexander Tsao, Esq., who is solely responsible for the content. Around Alhambra does not endorse the advice from this author or

but rather an opportunity to redefine continuously learning, and giving back to your life on your terms. By maintaining your health, pursuing your passions,

your community, you can make the most of your retirement years.



Khanh Nguyen poses with Chamber Past President Suzi Dunkel-Soto showing off his new Chamber membership certificate at Alhambra Connects.

Enjoy delicious, local cuisine!

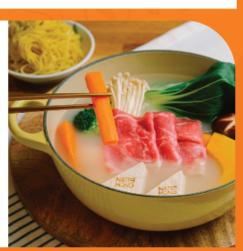
The Alhambra Restaurant of the Week (ROTW) highlights the unique flavors of our community. Every week, we showcase a diverse culinary offering that represents the best of local dining in the City of Alhambra!

September 4 to September 10



Nabemono Shabu Shabu presents Japanese-style hot pot dishes cooked right in front of you, just like it's done in Japan. Choose your own combination of thinly sliced meats, fresh vegetables, broths, and dipping sauces—all made in-house—to enjoy. A perfect way to entertain a whole group of family or friends!

Visit them at 27 E Main St.



September 11 to September 17



Lupitas Mexican Restaurant is an authentic, family- and women-owned eatery serving mouthwatering meals for breakfast, lunch, and dinner. This cozy spot is known for its variety of dishes and exceptional hospitality. They also regularly offer specials for seasonal events and holidays. Open daily for dine-in and take-out.

Visit them at 2620 W Valley Blvd.



September 18 to September 24



Luke Nguyen opened **Oy, Oysters** at Blossom Market Hall just earlier this year. Since then, the fresh oyster stand has earned positive media attention and debuted a popular lobster roll. The oyster lineup changes daily, with raw shellfish coming from the waters of the East Coast, Canada, Mexico, and beyond. Closed Mondays.

Visit them at 264 S Mission Dr in Blossom Market Hall.



September 25 to October 1



Head to **Limericks Tavern** when you want to indulge in delicious food and drink while immersed in a fun, casual atmosphere. This modern gastropub features a diverse selection of beers, plenty of vegetarian options, and is dog friendly. Sports fans will love the many massive TVs. Open until 2 AM with Happy Hour twice a day.

Visit them at 300 W Main St #110.



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





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Local Sports News from AUSD High Schools

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

2023 Varsity Football

The three Varsity Football teams from the AUSD have started their preseason games with Almont League games to begin on September 29. The Moors will open league play against Bell Gardens at Moor Field. At the same time, the Aztecs travel to Montebello, and the Matadors host Schurr.

If you haven't attended a high school football game yet, now is the time to get out and support your local team. It's an excellent opportunity to reconnect with some alumni that you haven't seen since last year or even longer. The bands, cheerleaders, and drill teams will be in action, and the snack bars will sell burgers, hot dogs, sodas, and more. Let's make "Friday Night Lights" a meaningful event in our community!

The Almont League schedules

for the three teams are as follows. All games begin at 7:00 PM.

Alhambra Moors

9/29 - vs. Bell Gardens at Moor Field 10/6 – vs. Mark Keppel

at Moor Field

10/13 - at Schurr

10/20 – at Montebello

10/27 - at San Gabriel

Mark Keppel Aztecs

9/29 – at Montebello

10/6 – at Alhambra (Moor Field)

10/13 – vs. San Gabriel

10/20 - vs. Schurr

10/27 – at Bell Gardens

San Gabriel Matadors

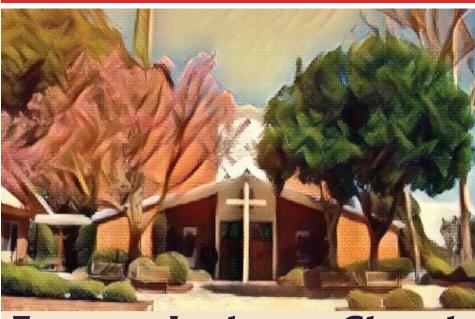
9/29 - vs. Schurr

10/6 – vs. Montebello

10/13 - at Mark Keppel

10/20 – at Bell Gardens

10/27 – vs. Alhambra



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TWO ALHAMBRA POWERHOUSES RETIRE

from page 1



"I found this," she says, holding up a brightly colored t-shirt she rediscovered while excavating her office for lost artifacts. Moonlight 8K Run, it reads. She explains that this 1987 event was the first she participated in as an Alhambra Hospital employee. She didn't run in the race but ran a booth promoting wellness and offering health screenings. Iris jokes how ironic it was that, as a wellness representative, she had no desire to exercise in the race at the time.

Thirty years later, however, she changed her mind. The setting was the 2017 Alhambra Pumpkin Run. Now in a leadership role, Iris wanted to be a good example to her staff, so she put on running shoes and made it to the finish line. How funny, she remarks, that she felt so much healthier 30 years later.

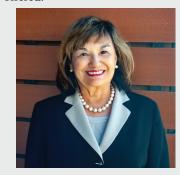
Iris's seemingly boundless energy isn't lost on those around her. Many of those who know Iris both on and off the job were surprised to hear she was retiring. "Iris's service to our community is almost unmatched," explained Chris Teng Balmaseda, current Alhambra Chamber Board President. "You never expect such a mainstay in the community to actually retire and leave. We wish her all the best!"

Lai has been very active in the Alhambra community, having served on the Board of Directors for the Chamber for many years. Under her leadership, Alhambra Hospital received many prestigious

accolades, including being named one of the top community hospitals in the country by Truven in 2016 (although Iris praises her team as the real source of the Hospital's success).

While many thought she'd be the last woman standing, Iris is ready for the break. She has some trips and other outings planned but mainly wants to relax. This is her chance to re-energize and enjoy the slow moments of having fewer responsibilities.

'We just have to value what we have," she offered.



Helen Romero Shaw

Helen Romero Shaw Watched the World Change—and Changed with It

On September 1, Helen Romero Shaw officially retired from SoCalGas after 41

"It went by fast," she remarks.

As the Public Affairs Manager, Helen Romero Shaw was the face of the gas company to 13 cities in West San Gabriel Valley-including Alhambra, which she believes is a very dynamic city. Though Helen isn't an Alhambra resident, she spent a lot of time in the city for work and extracurriculars. In addition to her duties for SoCalGas, she served on the Chamber board and was President of the Chamber for two years, helping support businesses at the start and through the pandemic. She also was an active board member of other leading non-profit organizations,

including the Asian Youth Center and the ELAC Foundation.

When asked how she feels about retirement, she gushes, "Ecstatic, very happy." She can't wait for, as she calls it, "the next adventure of fun." Helen has many travel plans-Spain with friends, a reunion in Oregon with ladies she's known since grammar school. Reconnecting with family she hasn't seen in a while, including a sister in Georgia who can't travel, is also important. Plus, she wants to improve her golf game now that she has more time.

"Someone told me that you will know when you are ready for retirement, and it's true." Things came together for her, and she realized it was time to go to the next chapter in her life.

On her first day reporting to the gas company on August 2, 1982, Helen remembers that she walked to the brand new downtown LA office in high heels ("Can you imagine doing that now?" she laughs). She entered and was assigned a desk, which only featured a phone and an inbox—the analog kind. There were no computers or cell phones, and only one person in the office had a typewriter.

Reflecting on then versus now, she says, "The world changed." Helen enjoyed adapting to these new changes in technology, policies, and regulations. She knew she had to be adaptable and always ready for changes not only in her career but in every aspect of life.

"Maybe that's why [I'm so excited for retirement]," she muses. "It's just another change I'm embracing."

For over 30 years, Iris Lai and Helen Romero Shaw helped transform Alhambra as they, in turn, were influenced by the city. As both women set off for new adventures, their impact on the community is sure to remain.



What else was happening in Alhambra in the 1980s? Here's a totally tubular throwback for you.

Cheryl Tiegs was all the rage. The Alhambra native posed for a swimsuit ad while a senior at Alhambra High School. The ad soon appeared in Seventeen magazine, launching her career as "America's first

Happy Bakery opened in 1984. Sadly, the beloved Taiwanese business burned down in 2007, along with many other esteemed establishments in the same building in San Gabriel Valley's Chinese business district.

In the early 80s, the globallyrecognized sneaker and action sports brand Vans bought the building it has been in for the last 56 years.

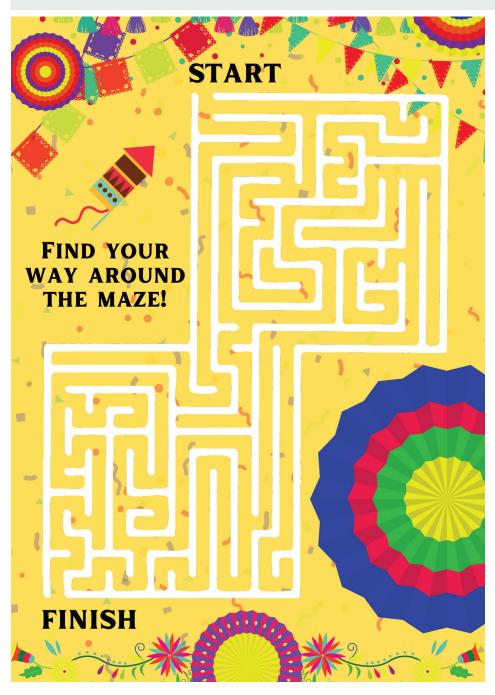


Today, the Alhambra store is Vans' oldest and longest operating store in Southern California and the only store remaining in its original location.



A new five-screen movie theater, Edwards Alhambra Place, was introduced to the community in 1985. Newly released feature films included Rambo and A View to a Kill.

Former Alhambra **Mayor Mary** Louise Bunker sat on the Alhambra City Council. Bunker recently celebrated her 100th birthday.





PRESIDENT'S AWARDS

from page 1



Raymond Ho of GE Property and Jackie Wu of Ipoh Kopitiam.



Delhi Belly team members pose with Chamber staff.

With recent investments and upgrades to the historic building, the Granada LA is committed to the community, even hosting the State of the City since the pandemic. Owner Earl Miller, Jr. said, "I'm honored to be recognized and able to serve this community and Southern California from the heart of Alhambra. We plan to be here for a long, long time."



Staff from The Granada LA pose with their award for Business of the Year.



Members of DABA, recipient of the Non-Profit of the Year award, pose.

The outstanding **Downtown Al**hambra Business Association (DABA) reinvigorated itself over the last year, updating its events, building stronger ties with the downtown businesses, and leveraging social media to tell the Alhambra story—all to uplift and support the community. This earned them the Non-Profit of the Year award.

Creating and maintaining a strong

sense of community is a vital part of life, which is why Lai Lai Ballroom received the award of Most Resilient Business. Following a shooting that killed 11 people during the Lunar New Year, the ballroom overcame tragedy to remain a local destination and support the Alhambra community. "While we are glad to receive this honor, we are grateful to the community for holding us together," said Brenda Tsay, whose family owns the business.



Award recipients Brenda Tsay of Lai Lai Ballroom and Jeanette Soriano of Southern California Edison.



Former Mayor Adele Andrade-Stadler poses with Alex Alvarado, recipient of Best Marketing on behalf of Kia of Alhambra.

Marketing is one of the most critical components of any business, and this year, Kia of Alhambra showed how it was done. The winner of Best Marketing has focused on creating engaging marketing collateral, not only promoting their business but also highlighting Alhambra as a vital part of that effort.



Evike Chang of Evike.com and Representative Judy Chu pose together.

Evike.com started in Alhambra in 2012 and has since seen tremendous growth in just the last year, having expanded to Las Vegas and Texas, earning the company this year's Growth Award, which was presented by Congresswoman Judy Chu.

In the past year, Wells Fargo has invested in Alhambra in a way unmatched by any other business, earning the

www.oneontamontessori.com

local branch the Community Investment **Award**. Their work included funding the Micro Dining Discovery Program as part of AlhambraEats.com and \$80,000 in Restaurant Relief Grants for 40 Alhambra restaurants.



Chamber CEO John Bwarie with the team from Wells Fargo, which received the Community Investment Award.

Southern California Edison was presented the award for Corporate Citizen of the Year. Through its sponsorship of many community events, including the Culinary Stage at the Lunar New Year Festival, SCE continues to show its support for Alhambra.

Sam's Barber Shop, recipient of the Local Alhambra Institution of the Year award, is a local Alhambra business that has made an enormous difference. The original Main Street shop opened in 1969 and thrives today at a new location just down the road. Sam's has been a landmark enterprise for generations, serving the community through its annual Holiday Toy Drive and other initiatives. Over 50 community members and customers joined the festivities to celebrate founder Sam Artino's contribution.



Samuel Artino, owner of Sam's Barber Shop and recipient of the Staying Power/ Alhambra Institution of the Year award.



CEO John Bwarie with representatives from See's Candy.

Last but not least, See's Candy is a community staple. This year marks the company's milestone 65-year anniversary in the same location in Alhambra on East Valley Boulevard, which earned it the Corporate Alhambra Institution of the Year award. The award was accepted by Courtney Cohen, See's Candy Vice President of Wholesale & Customer Experience, who traveled from their San Francisco headquarters to celebrate the recognition in Alhambra.

The Alhambra landscape would lack something special without these innovative, resilient, and vibrant businesses that make our community shine.



Annual STCS Benefit Auction on September 29

Saint Therese Carmelite School bound to go home a winner. (STCS), which has served the Alhambra community since 1926, will be holding its annual Little Way Dinner and Benefit Auction at the nearby Almansor Court on Friday, September 29 at 5:30 pm. Proceeds will go toward the Saint Therese Scholarship Fund, a need-based scholarship program for elementary

As is tradition, the night will begin in the beautiful Palm Court Terrace with a happy hour and the chance to browse the highly coveted auction items. From hors d'oeuvres to photobooths, drinks to music, the sunset cocktail hour is just the beginning. As guests move into the Lakeview room, a live jazz band, the Modern Cocktail Society, will croon away during a gourmet dinner. With a live auction, silent auction, and opportunities for cash prizes, everyone is

Tickets are on sale now for \$100 each (\$130 after September 20). The Little Flower table sponsorship includes a table for ten and sponsor recognition. To purchase sponsorships and tickets online, visit one.bidpal.net/stcsauction or purchase tickets in person by visiting the school at 1106 E Alhambra Rd.

About STCS

Saint Therese Carmelite School was founded in 1926 and serves students in T.K. through eighth grade. The school educates students through the Catholic classical model to equip them with the logic, critical thinking, and language skills necessary to succeed. Above all, the school aims to form students in faith and virtue. For more information, please visit sainttheresecarmeliteschool. com or the school's Facebook page, @sainttheresecarmelitecatholicschoolla.



7 Ways to Make the Most of Retirement in Alhambra

Alhambra is a great place to spend your retirement. The city has a little bit of everything a retiree needs—a thriving community, bustling health and wellness scenes, accessible outdoors, and proximity to major travel hubs, to name a few. Here are some local gems that will help you stay active, happy, and productive.



Image courtesy of facebook.com/dancelaila

1. Lai Lai Ballroom, 121 South Garfield Avenue: Take ballroom dancing lessons at this family owned studio.



Image courtesy of facebook.com/AffordableWorld

2. Affordable World, 208 South 1st **Street:** Arrange trips to Asia, Europe, the

Middle East, and more with this budget travel agency.



Image courtesy of facebook.com/Planet Fitness.610EValleyBlvdAlhambraCA

3. Planet Fitness, 610 East Valley Bou**levard**: Stay in shape with low-impact exercise equipment and personal training at Planet Fitness.



Image courtesy of facebook.com/VEZGUITARACADEMY

4. Vez Guitar Academy, 34 West Main Street: Learn a new skill—and make friends—with guitar lessons at a local music shop.



Image courtesy of www.yonemoto.com

5. Yonemoto Physical Therapy, 55 South Raymond Avenue, Suite 100: Recover mind and body at a friendly, holistic healing center open since 1982.



Image courtesy of www.homedepot.com

6. Home Depot, 500 South Marengo Avenue: That home improvement project you've been putting off? Get it done right at The Home Depot.



Image courtesy of www.anthonysmedspa.net

7. Anthony's Med Spa, 429 South Garfield Avenue: Stay limber with a massage and other wellness services at this tranquil spa.

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Join the Community Check-In events and sign-ups of library cards on September 16th. Student Support Services team members will be at welcoming families at the Alhambra, Rosemead, and Monterey Park libraries from 11:00am until 1:00pm.

Meet Lindsey Ma, AUSD Assistant Superintendent of Student Support Services

Since his June confirmation as AUSD Assistant Superintendent of Student Support Services (SSS) by the Board of Education, Mr. Lindsey Ma has hit the ground running. The longtime AUSD SSS director takes the reins of the division from recently retired Assistant Superintendent Ms. Pat Mahony.

"Fostering connectedness and belonging is the vision guiding all outreach efforts by every member of Student Support Services Team at each school site, throughout the district, and across the San Gabriel Valley," Mr. Ma said. "We know that strengthening and expanding relationships with our students, families, and the community is the bedrock for building trust and the true path to making a real difference for our students on many fronts."

On August 1st, the SSS Team joined the City of Alhambra's National Night Out for their first outreach event. The cape-wearing Superheroes of Student Support Services drew happy attention from kids, families, and neighbors. "Meaningful connection is a layering process," says Mr. Ma. "It takes time and multiple interactions in different venues to grow relationships. We are ready to do just that."

Mr. Ma modeled the vision as he gathered his team for the all-hands-deck

State on the Division meeting. Mr. Ma and his family created handmade gift bags for each staff member. His presentation won a standing ovation from the team.

In September, the SSS Team will foster connectedness and belonging in three cities for National Library Card Month, welcoming families with activities and giveaways at the libraries in Alhambra, Monterey Park, and Rosemead. "When kids fall in love with reading, they jump-start their success in life," Mr. Ma said. "We want every child and family to have a library card — libraries open up the world for all of us."

Named AUSD Manager of the Year for his SSS round-clock-efforts as Covid Czar, Mr. Ma's Student Support Services leadership also won the district a CSBA GoldenBell Award for Outstanding Saturday School as well as multiple Model SARB Awards from the CA Department of Education.

In his 17 years with the district, Mr. Ma has served the division as director 1 and coordinator for chid welfare and attendance. His first position with AUSD was as assistant principal of counseling at San Gabriel High School. A lifelong learner, Mr. Ma will complete his doctorate in Urban Leadership at Claremont Graduate university in December.



Assemblymember Mike Fong secured \$1 million for improvements to AUSD's athletic facilities. He is pictured here with members of the AUSD school board, AUSD superintendent Dr. Denise Jaramillo, the student advisory council, and local city council members.

Assemblymember Mike Fong Presents \$1 Million Check To Alhambra Unified School District

Assemblymember Mike Fong made time in his hectic schedule to attend the August 8th meeting of the AUSD Board of Education, where, among other things, he memorably administered the Oath of Office to the district's first-ever student board member, Justin Wang, an Alhambra High senior, and student board member alternate, Kaitlyn Cao, a Mark Keppel High senior.

Just a few weeks earlier, Assemblymember Fong announced that he had secured almost \$5 million for infrastructure investments for District 49. Among the largest beneficiaries was the Alhambra Unified School District. Mr. Fong brought a \$1 million dollar check with him that evening to present to the Board. The funding will go toward long needed upgrades to AUSD's athletic and recreational facilities.

"Despite this year's budget constraints, I am proud to have secured almost \$5 million in state funding for critical infrastructure needs in Assembly District 49," Assemblymember Mike Fong told the Board. "Thank you to my colleagues in the Legislature, Governor Gavin Newsom, and the local community leaders who helped me identify and address needs in the District."

Superintendent Dr. Denise Jaramillo responded, "We are so grateful to Assemblymember Fong for his devotion to public education and our students. The funding support you secured for our schools is deeply appreciated and much needed, as the students here today will certainly tell you. Thank you from all of us at Alhambra Unified!"







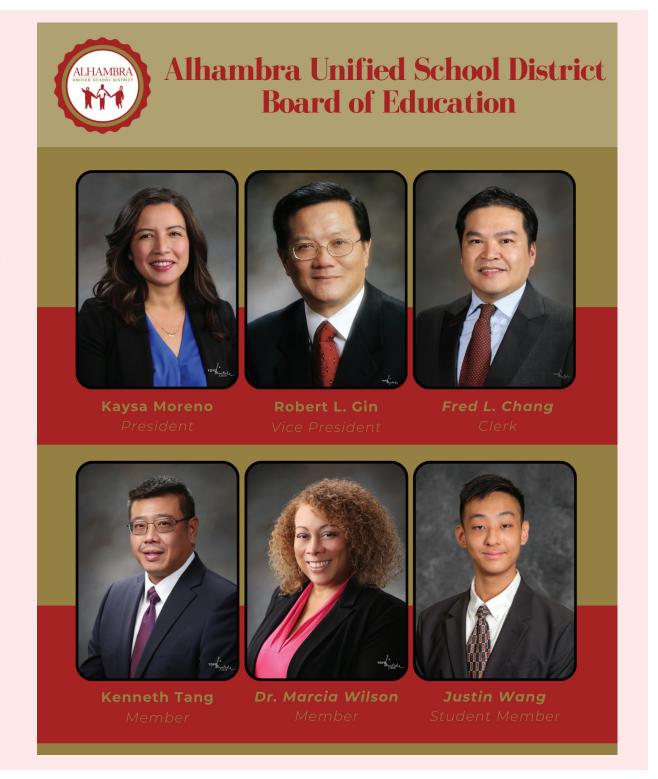


Top left: The Student Support Services (SSS) leadership team L to R Jim Schofield, Director 1 SSS, Lisa Sanchez, Admin Intern, Blazhia Parker. Instructional Specialist Community Schools, Lindsey Ma, Assistant Superintendent SSS, and Chris Ng, Principal on Special Assignment SSS, not pictured Cady Burkhart Instructional Specialist - HIP/TUPE at State of the Division PD, Top Right: The SSS Gateway Counseling Team gathered for the State of the Division presentation by Mr. Ma, Bottom left: Mr. Ma and fellow SSS Superhero at the City of Alhambra's National Night Out, Bottom right: L to R Superintendent Dr. Denise Jaramillo, Mr. Ma, center, with his wife, Dr. Staci Ma, and their two sons at the June Board meeting announcing his new role as Assistant Superintendent of Student Support Services

Meet the Alhambra Unified Board of Education

Following the August 8th swearing-in ceremony of AUSD's first-ever student board member Justin Wang, AUSD's Board of Education is now a six-member board. Justin will participate in all Board activities and vote for all agenda items (except confidential matters). Justin will cast an advisory vote and it will always be the first vote cast — to underscore of the importance of student voices in the decision-making process. Justin, along with student board member alternate Kaitlyn Cao, will lead the district's 12 member Student Advisory Council as chairperson and vice chairperson, respectively. The monthly SAC meetings will give Justin and Kaitlyn a deeper understanding of issues at all three high schools to share with district leaders and fellow board members.

"I'm really excited to see how the new student board member and the Student Advisory Council will play a role in giving us valuable insights into the student experience," Board President Kaysa Moreno said. "Open dialogue is crucial for us to understand the student perspective and make our schools even better. This collaboration serves as another way we can bridge the gap between adults and youth within our community."



AUSD Board Member Featured In Best Selling Author's New Book *The Search*

When Bruce Feiler, author of seven NYT bestsellers, a columnist at the New York Times, and host of two primetime series on PBS, reached out in 2021 to Ken Tang, AUSD Board of Education member, he wrote, "I recently read your story in the Washington Post and I thought you'd make a wonderful addition to a new project I'm embarking on."

That book, based on insights drawn from hundreds of life stories of all vocations and backgrounds, is *The Search*, just published in May 2023. *The Search* offers readers "a new roadmap for finding meaning and purpose at work allow people to love with more meaning, passion and joy."

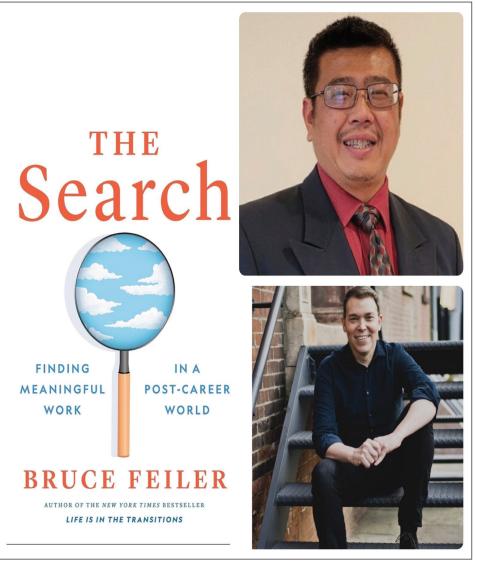
The words and story of the schoolteacher and board of education member Ken Tang are featured in three sections of the book. Below is a sample:

"Ken Tang escaped Vietnam at age of six with his mother, blind father and two younger siblings. Their refugee boat was robbed by pirates and abandoned for a week in the South China Sea. After being rescued by the US Navy, the Tangs were first resettled in Arizona and then in Alhambra, CA, where Ken said his toothache was feeling left alone.'I wanted to have someone take care of me, because my mom was always working and my

dad needed someone to take care of him. I'm the one who had to help my siblings in elementary school do their homework because my parents weren't able to.' Ken became an elementary school teacher. 'My parents were against this idea. We had all these arguments, because, If you're Asian, you're supposed to be a doctor or a lawyer. They thought being a teacher was a kind of failure. But I really wanted to be a teacher so I could be the kind of adult in my students' lives that I'd lacked as a child.' But Ken's toothache wasn't cured by his time in the classroom."

"After twenty-three years as a teacher, in a San Gabriel Valley school system in California, he felt called to run for the board of education. Ken Tang won his race by thirty-thousand votes, garnering 60 percent of the electorate. He is the first Vietnamese elected to any office in the city of Alhambra, California."

"Success is not about individual achievement, because success is never something you achieve by yourself. Anyone who's done anything in life, there's someone who pushed them, who inspired them, who gave them confidence," Mr. Tang said. "The Garvey School District gave me the chance to be a teacher; the Alhambra community gave me the chance to be a school



AUSD Board of Education member Ken Tang top right, is featured the new book The Search by Bruce Feiler, bottom right, author of seven NYT bestsellers

board member; the California Teachers Association gave me the chance to be part of their leadership. Every success story is a shared story."

Superintendent Dr. Denise Jaramillo said, "Ken reminds us that success is never achieved alone. 'Every success is a shared

story' is also the mantra of the AUSD Board of Education, our district, and a beautiful guideline for all of us to remember."

The Search: Finding Meaningful Work in a Post-Career World: https://a.co/d/cLS5S9Q



Thanks to the generosity of Dodger organization, Northrup School received Reserve section seating tickets for their July 26th game against the Toronto Blue Jays. The gift fulfilled a promise made last September when three Dodger players spent the day with students to teach them about the Power of Play. The Dodgers have grateful lifetime fans in the Northrup community!

Northrup Students, Staff + Families Fill The Stands At Dodger Stadium

Last September, the Northrup School family had the unforgettable experience of welcoming three Los Angeles Dodgers to their campus. Catcher Will Smith, outfielder Christ Taylor, pitcher Evan Phillips, and their significant others spent the day engaging in physical activities with the students, teaching them about the Power of Play.

Having the three players and legendary team photographer Jon Soo Hoo visit their school thrilled students and staff. But the generosity of the LA Dodgers, LA Dodger Foundation, Catching Hope Foundation, and Playworks did not end there. Not only did they bring Dodger shirts for everyone, they also promised tickets to bring the students and staff to a game. However, with only a few games left in the regular season and the difficulty of arranging transportation and ticket distribution on short notice, it was not able to happen before the 2022 baseball season came to an end.

When the 2023 season opened, there was a new opportunity to fulfill the prom-

ise and the Dodgers did just that, donating 1,800 tickets to Northup School for the July 26th game against the Toronto Blue Jays.

Every student and staff member was offered two tickets, but since some students were unable to attend, families had a chance to get additional tickets and bring their entire family. Northrup principal Lindsay Gilbert then reached out to AUSD summer programs to share tickets with those students.

"What a sight to see such a large group of Northrup and AUSD families filling the Reserve section, cheering the iconic phrase together, 'It's time for Dodger baseball!' and singing 'Take Me Out to the Ballgame' at the top of their lungs during the seventh inning stretch," said Principal Gilbert, a very happy Dodger fan. "The Northrup community had a blast."

They didn't get to see a Dodger win, but if it's possible, Northrup students, staff and families are now even bigger fans of Dodger Blue!

Two Emery Park Students Compete in USATF Junior Olympics

This summer, Emery Park 8th grader Derek Aston spent an action-packed marathon week of driving and flying across the country to compete in the USA Track and Field Junior Olympics in Eugene, Idaho and the AAU tournament in Des Moines, Iowa. Competing in the USAFT Junior Olympics for the first time was Matthew Rivers, an Emery Park 6th grader.

Thirteen-year-old Derek, who has been a USATF Junior Olympic competitor since 2021, qualified this year for the javelin, discus, and shot-put events in the 13-14 age bracket. He also competed in the AAU tournament against other 13-year-olds.

Twelve-year-old Matthew Rivers com-

peted in the USATF Junior Olympics in the javelin, discus, and shot-put events in the 11-12 division.

Derek's final rankings for SoCal 13-year-olds were first in Javelin and second in discus and shot put. Mathew's final rankings for SoCal 12-year-olds was second in discus, fifth in javelin and ninth in shot put.

"These impressive young athletes are ones to watch — I am sure we will be hearing of their accomplishments in years to come," Superintendent Dr. Denise Jaramillo said. "Congratulations to Derek and Matthew and to both families!"



Members of Alhambra USD's Student Support Services division are putting a priority on family engagement and community outreach. Look for the team at events throughout the SGV where they can check in with families outside of the traditional school setting.

Tzu Chi Backpack Distribution Eases Back-To-School Financial Struggles For AUSD Families

The start of the new school year can mean shopping for new clothes and fresh supplies. But for some families, back-to-school shopping can be an overwhelming financial challenge. To ease that burden, AUSD works closely with generous community partners to provide assistance.

Alhambra Unified School District and the Tzu Chi Foundation have joined forces since 2017 to hold a special backpack distribution for families who need a hand. Before school started, 325 specially invited students each received a new backpack packed with grade appropriate school

The start of the new school year can supplies to start the new school year on a ean shopping for new clothes and fresh positive note.

"AUSD is grateful to the Tzu Chi Foundation and our many community agencies who recognize in kinship that we all fall down and sometimes it takes another hand to pull us up again," said Lindsey Ma, newly appointed assistant superintendent of Student Support Services. "When we understand that life might not have been fair, we know it takes all of us working together to give students a chance to thrive. Our partners create community and make a real difference for our families."





Top: Emery Park students Derek Aston, left and Matthew Rivers, pictured at the USA Track and Field Junior Olympics in Eugene, OR, where they both qualified to compete in the javelin, discus, and shot-put events. Bottom: Derek Aston competing in the UASTF javelin event. PHOTO CREDIT Michael and Giselle Aston



AUSD First Day Project Draws Hundreds Of Joyful Photos

Alhambra Unified invited staff and families to memorialize joyful moments of the first day of school. The response was overwhelming as hundreds of photos were submitted through the digital form and then shared through social media over a two-week period. This collage represents a small fraction of the submissions. "Thank you to the many AUSD families who participated in this celebratory districtwide project that connected all of us," Superintendent Dr. Denise Jaramillo said. "We can't wait to launch the next community building photo collection project."



Alhambra Unified School District applauds Mr. Tin Tran and Nicolas Quach for their impressive accomplishments and their outstanding contributions to their schools and communities.

AUSD Celebrates Two Congressional Leadership Award Recipients

Alhambra Unified School District is Congressional Leadership Award. thrilled to recognize Mark Keppel High School teacher Mr. Tin Tran and Alhambra High School student Nicolas Kiet Quach, who have both been recognized with a

On July 29, 2023, at Congressmember Judy Chu annual Congressional Leadership of the Year Awards Ceremony, she honored nine local leaders in the San Gabriel Valley,

including two from AUSD, who have contributed to their communities through service and leadership.

teacher and coach of the multi-award,

multi-year-winning Academic Decathlon championship teams, is the 2023 Educator of the Year of the 28th Congressional District. "We are proud to celebrate Mr. Tran for his unwavering commitment to education and the positive impact he has made on countless lives," Rep. Chu said. "His tireless efforts and dedication reflect the very best of our educational system and serve as an inspiration to educators everywhere."

Nicolas Quach, a senior at AHS, has taken active leadership roles at school and throughout the community, including as president of his senior class and as a member of the Alhambra Library Board of Trustees. "AUSD extends our heartfelt congratulations to Nicolas, who was named the 2023 Youth of the Year for the 28th Congressional District," said Superintendent Dr. Denise Jaramillo. "While still a high school student, Nicolas has demonstrated a passion for community involvement, leadership, and advocacy."

"The selected groups and individuals received this honor because of the remarkable, commendable work they have accomplished in their field," said Congressmember Chu. "The honorees are leaders who stand out because of their drive and commitment to support our communities, help vulnerable populations, and carry us Mr. Tin Tran, a MKHS social science through difficult times. They are heroes who inspire us all."



Republic Services enjoys helping residents of all ages learn about their programs and take care of the planet.

Improving Your Retirement Years with Republic Services

Retirement represents a significant shift in life, a time to reflect on past achievements and look forward to new horizons. While many envision retirement as a personal journey, emphasizing relaxation and hobbies, there's an often-overlooked aspect that can significantly enrich this stage of life—community engagement.

Retirement offers a unique opportunity to invest in community relationships, turning the golden years into a vibrant and fulfilling period. Building relationships within the community creates a network of support and friendship. Community involvement ensures a sense of belonging and provides the assistance of friends when needed.

Republic Services recognizes this and has programs and initiatives that suit and assist retirees. For instance, the company works with the City to host local events, allowing

retirees and others to familiarize themselves with recycling and waste services, learn how to use organics and recycling carts, and engage with their neighbors.

Republic Services offers more practical ways to help retirees as well. A cart roll-out service is available to residents 62 or older and those with disabilities who need a hand. Those in need may request cart rollout by stopping by the office at 104 S. First Street, calling (800) 299-4898, or emailing alhambra@republicservices.com to request an application.

Retirement doesn't have to be a solo journey. Embrace your community and engage in the programs and services available to make this chapter of life fulfilling and dynamic. As you offer your experiences, wisdom, and time to support others, you will also find the connections and assistance you need.



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

What summons athletes and monsters alike to the streets of Alhambra every October? It's the annual Alhambra Pumpkin Run and Halloween Festival!

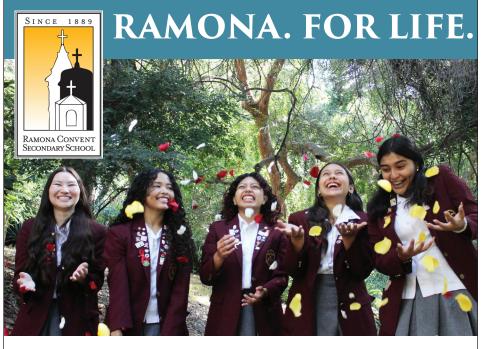
Presented by the Downtown Alhambra Business Association and the City of Alhambra, the 10th anniversary of this exciting event will take place this year on Sunday, October 29.

The Alhambra Pumpkin Run hosts 10K, 5K, and 1K runs benefiting the Alhambra Educational Foundation—proceeds are donated to help local Alhambra schools thrive. The event begins at 7:45 AM and ends at 1:00 PM. The starting line is at the corner of 2nd Street and Main Street in front of Rick's Burgers. The run travels west on Main to El

Molino Ave, loops around back on Main to Chapel, and returns to Main and 2nd Streets for the festive finish line. The entire community is invited to cheer on the runners, and costumes are encouraged!

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

Register to run at alhambrapumpkinrun.com before September 30 for early bird pricing.



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



Ramona Convent Celebrates New Principal & Enrichment Program



Principal Alberto Chavarria

Ramona Convent is thrilled to welcome Principal Alberto Chavarria!

Although new to this role, Mr. Chavarria is entering his sixteenth year serving students at Ramona, having been an AP Spanish Teacher, Guidance Counselor, Director of Guidance, and Associate Principal for Academics and Student Life. He brings a high level of integrity and energy to the position.

Mr. Chavarria embarks on his new role as Principal by making sure that wellness and balance are a priority in his life and the life of his students. He enjoys traveling with his family and showcases his pledge to wellness by visiting the gym consistently.

Mr. Chavarria shared, "I'm excited to launch a new 'J Term' mini-enrichment program. Students will have the opportunity to travel for a school-sponsored college tour, participate in an exchange program with a Sisters of the Holy Names (SNJM) School in Seattle, work an internship, or stay on campus and take classes such as Financial Literacy, Hiking and Poetry, Podcasting, and more!"

As a passionate advocate for all-girls education, he successfully showcases its value through his commitment to ensuring each young woman at Ramona thrives in college and beyond, living a meaningful life filled with confidence and purpose.

Ramona Convent Secondary School is located at 1701 W. Ramona Rd, Alhambra, CA 91803. Call (626) 282-4151 to learn more, or visit ramonaconvent.org.



Retirement Advice from Alhambra Locals

What do members of the community wish to share about retirement? Alhambra residents Boris Tong and Herman Whitaker have some advice.

Retire from Inactivity

"Retirement is finally here. Now, you can spend your days relaxing, traveling, and doing activities you dreamed of doing at your job. No more sitting through countless hours of traffic and performing that same routine again and again," says Boris Tong of B&C Physical Therapy.

"However, what if I told you that the routine you have been doing for so long actually kept your body in shape?"

Many people actually benefit from the structure of the workday. It can provide the motivation needed to get outside, exercise, and move in general. However, once this imperative is removed, some people respond by spending more time sedentary and indoors. Such inactivity can take a toll on the body at any age.

"When [retired] people start to feel those aches and pains," continues Boris, "they decide to suddenly get active or finally take that trip. Unfortunately, with that sudden change in activity, the body is often unprepared for it and can sustain an injury from that dance class you just signed up for or feel knee pain walking on

all the uneven terrain at The Great Wall."

What does Boris suggest? "Stay active! Once you retire, make sure you still have a routine, and make sure that routine includes some form of exercise. If you are new to exercise, start with something light and gradually intensify. The key is progression—a person cannot run before learning to walk! Integrate movement into your everyday life so you can experience all the joys of retirement instead of sitting on the sidelines."

Make Retirement Plans While You're Still Young

"The reality is that life happens fast," says Herman Whitaker, M.A. of Platt College. "For many of us, taking the time to pause and review plans for retirement doesn't have the greatest priority. One day, we wake up, and retirement is knocking on the doorstep, but the potential to retire has eluded us simply because we did not plan well."

To combat this, Herman suggests having a retirement plan in place far ahead of time. "It must be realistic, substantial, and one you can commit to long-term," he advises.

"Maximize your company's 401K, 403b, or other retirement programs. Review your will or trust and get all your

From the Desk of Rev. Craig Statton

Thriving in Retirement

A leading geriatrician, Bill Thomas, has said that the "three plagues of aging" are loneliness, boredom, and helplessness. As one ages, we lose senses such as hearing, sight, and smell. We lose flexibility, our balance suffers, and we may have a range of illnesses that may limit our abilities and close relationships. Many seniors discover that the retirement years—the golden years—do not always fulfill all the promises they have heard about. However, resilient seniors can adapt and thrive.

To make the most of the retirement years and avoid the plagues, one must first do some planning. Planning your financial future is essential, and several companies exist to help us. However, there is also a need for healthcare planning. This will take a significant share of your time and finances as you age. The right doctors and services will be vital to retiring well. Where do you want to live? Closer to your children and grandchildren? Do you want to have access to entertainment? Are outdoor activities readily available? As one ages, these priorities may change,

but planning realistically is important.

A second feature of retirement is adaptability. The loss of one's strength or faculties means we may need hearing devices, better glasses, and even products that assist mobility. Being aware of changes in our health or understanding gives us more choices and resources to provide a better future. We may have a plan for the years, but when things change, we also must adapt.

Finally, resources improve our retirement years, even if circumstances change. A retirement community like Atherton puts the necessities of housing, dining, healthcare, and community in a single location. You can come and go as you please, with friends available to encourage, comfort, and enjoy daily.

Indeed, there are changes as we get older, but if we plan well and adapt as necessary, we can avoid facing the plagues of aging. We cannot eliminate them, but we can minimize their impact and make these days some of the best days of our lives.

important documents together in one place." Herman also suggests establishing a relationship with a trusted financial advisor who can help you think ahead and make intelligent choices. "Don't count on the lottery to cover your retirement."

Most importantly, ensure that your plans are actionable. "Make sure what you plan is known by your family. If you have

a will, trust, life insurance, investments, or other resources that will add to your quality of life in retirement, you have to make sure those plans are transparent, not 'secrets.'

"Many people are living a long time in retirement, so the sooner you start, the more likely you will be able to build a quality-of-life retirement!"

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Orthodontics and Retirement

Retirement is an exciting event that marks the beginning of a new life chapter. Without work obligations, retirees can focus on what matters most: family, friends, hobbies, and health.

To thrive in retirement, you must prioritize your health—including oral health. Poor oral hygiene can cause tooth loss and gum recession, weaken jawbones, and worsen chronic conditions such as diabetes and heart disease. Regular brushing, flossing, and professional dental cleanings prevent these complications and boost overall health.

Orthodontic treatment benefits patients of all ages, including older adults and seniors. Retired people may even benefit from braces and Invisalign. By eliminating bite issues and improving tooth alignment, patients experience improved oral hygiene, reduced risk of gum disease, stronger teeth and bones, enhanced chewing and digestion, and clearer speech.

Braces, Invisalign, and other orthodontic treatments benefit more than just your teeth and gums. A perfect smile bestows confidence in social and family settings. It makes you want to laugh openly, make friends, and live fully. With just a few months of orthodontic care, you can experience a lifetime of mental, physical, and oral health benefits.

Retirement empowers you to focus on what's best for you. With less work, you can spend your days doing what you love.

If you're ready to improve your smile, Beverly Hills Orthodontics can help. BHO has offices in four locations: Alhambra, DTLA, Beverly Hills, and Studio City. Call or text (310) 785-0770 to schedule an appointment.

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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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Ask Dr. Dara, D.D.S.



Quicker Solutions for Fully Restored Smiles

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

As a dentist, the goal is to help patients achieve a healthy mouth, which helps them eat well, smile confidently, and speak properly for a lifetime.

Missing teeth can be easily replaced nowadays. Thanks to dental implants, a person can replace an implant for a tooth or replace multiple missing teeth with one implant, using it to support a bridge or denture. Often a complete set of upper or lower fixed teeth can be replaced with the support of six to eight well-positioned dental implants.



Is That The Only Solution?

What if someone discovers that all their teeth need to be replaced and their jawbone is not dense enough to support six to eight traditional dental implants? All-On-4 can be a life-changing solution.

Using four strategically placed implants, carefully positioned and angled to ensure they can successfully support removable dentures. A temporary denture is placed until all implants are healed and integrated. Once a patient has their permanent denture attached, they will enjoy the lasting effects of a healthier, more beautiful, and longer-lasting smile.



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

What Are the Benefits of All-On-4 **Implants?**

All-On-4, otherwise known as Teeth in a Day, is also ideal for people who prefer a "quicker" and most economical solution.

There are numerous benefits to choosing this type of restorative solution, some of which include: a more affordable option because fewer implants are used; fewer visits to the dentist's office; shorter healing time because there are not as many surgical sites; a boost in confidence, as you will once again feel great about the way your smile looks and feels; low maintenance solution that makes it easy to maintain good oral hygiene; better durability and functionality, making it easier to eat, chew, and speak; and long-lasting restoration that can have you enjoying your results for a lifetime (with proper care).

This column is provided to Around Alhambra by Dr. Krasnodara Gashparova, DDS who is responsible for the content. Around Alhambra does not endorse medical advice or any remedies recommended by this





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Your Insurance

Get Ready for Medicare's Annual Enrollment

By Katherine Yu Simms

The Medicare Annual Enrollment Period happens every year from October 15 to December 7. Here are some tips to help you make informed decisions about your Medicare coverage during AEP.

Check your Medicare plan for coverage and cost changes.

Your Medicare Advantage plan (Part C) or Medicare prescription drug plan (Part D) may change coverage or cost details yearly. Changes go into effect on January 1, so you need to understand them when making choices during AEP.

Review the "Medicare & You" handbook.

"Medicare & You" is the official government handbook that explains Medicare coverage, costs, enrollment, and more. It's updated every year.

Think about your health care needs.

year to year as well as your Medicare plan. You may need new or different healthcare services in the year ahead.

Make sure your Medicare plan meets your needs.

and decide how well it will work for you in the coming year.

Shop around for a Medicare plan.

your needs anymore, shopping around for one that does is a good idea. Sometimes, even if you think your current plan will this author or any other provider.



Katherine Yu Simms Medicare Insurance Agent lovemygoldenyears@gmail.com

continue to meet your needs, you may want to shop around to see if you may find a plan that provides you with even better benefits or lower costs. Insurance companies release new Medicare plan Your healthcare needs can change from details on October 1, and they are competing for your business, so don't be afraid to explore your options every year.

Contact an Agent for Assistance.

If you have questions about your current plan or want to explore other Evaluate your current Medicare plan plans which may be more suitable for you, contact Katherine Yu Simms for a free consultation.

This column is provided to Around If you don't think your plan will fit Alhambra by Katherine Yu Simms who is solely responsible for the content. Around Alhambra does not endorse the advice from

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Chili Mee: Noodles You Need at a Great Price

In an unassuming space without any frills, Chili Mee opened in August to bring a thrifty yet refined focus on noodles to Alhambra. With just four noodle dishes available, the In-N-Out approach to their menu means you'll get delicious and affordable noodles with every visit.

With this new budget-conscious eatery, owners John and Joanna Tan-a true mom-and-pop team—are returning to the location of an earlier version of their restaurant concept that was impacted by the pandemic.

The namesake Chili Mee noodle dish is the spiciest they offer, with tender noodles topped with crispy wontons for a crunch along with your slurp. If you're looking for

less spice in your main noodle dish, the sweetish Mee Goreng noodles topped with crispy onions is easier to eat.

Fried pork balls are sweet and spicy and are a great side to round out your meal. If you want a vegetarian option, check out the cucumber salad—which could be called a pickle salad due to the tangy vinegar dressing bathing the slices of marinated cukes.

With noodle bowls priced at \$7 to \$7.50, this is one of the most affordable and delicious meals you can find in town right now. Head over next time you're craving something fast and flavorful.

Chili Mee is located at 1261 East Valley





Real Estate

Alhambra's Front Street

By Gary Frueholz

A landmark of the August wildfires in Maui, Hawaii, is Front Street, once home to charming retail shops and touristy boutiques. Maui's Front Street was located on the dock next to the Pacific. Historically it was the center of business commerce and the transfer of goods coming and going to the island. In the Hawaiian Kingdom Times (1820-1845), it was the epicenter of political power and commerce.

The name "Front Street" generally denotes thoroughfares that are connected to commerce and transportation. If the street is not currently aligned with transport and trade, history typically uncovers a past related to these functions. And if a street was named Front, it often played a significant role in the development of a city.

Alhambra has its own Front Street, once adjacent to a thriving focal point of our city's commerce. The reasons for naming a street can be lost or obscured as time passes—yet, a look at Alhambra's history reminds us of a significant part of our city's development that occurred by Front Street.

Alhambra's Front Street runs from Sixth Street to Fremont Avenue. As Front approaches Fremont, it parallels Mission Road. Between the early 1940s and late 1970s, this was the location of the Southern Pacific Railroad passenger and freight terminal.

The terminal served passenger traffic, freight drop-offs, and pickups. The rail line split off with connecting spurs to Alhambra's industrial sector, which included the C. F. Braun petrochemical plant, the Vinnell Corporation (which built Dodger Stadium), and the Alhambra Foundry.

"The Alhambra Station was the first and last stop for all Southern Pacific trains to and from New Orleans, Texas, and even Chicago, via El Paso to Los Angeles," said Jim Baker of the Pacific Railroad Society, one of America's largest railroad fan clubs. Baker added that many passengers would use the Alhambra Station to avoid the congestion of the Los Angeles Union Passenger Terminal

C. F. Braun & Company was one this author or any other provider.



Gary Frueholz Dilbeck Real Estate (626) 318-9436

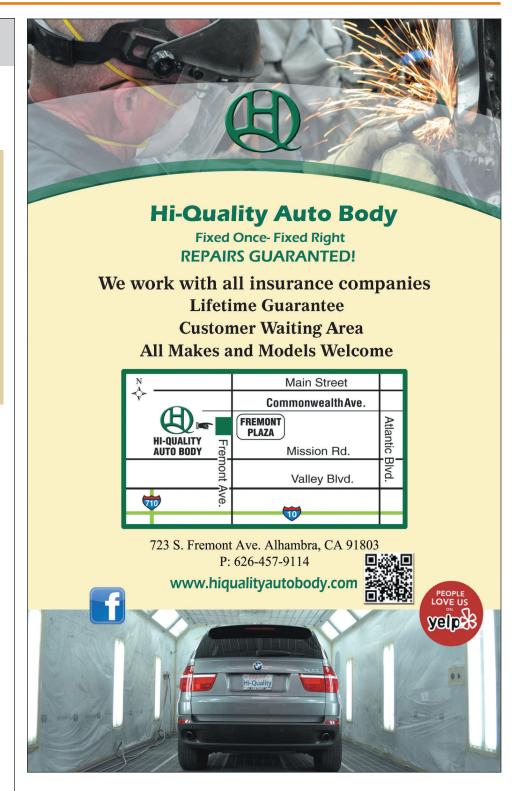
of the world's most formidable petrochemical engineering companies during the post-World War II period. During the 1950s, C. F. Braun would employ over six thousand employees and annual revenue exceeding \$100 million. Much of its materials and finished products were shipped by rail via the spur lines emanating out of the station located by Front and Mission.

The Alhambra Foundry forged molten steel into products such as manhole covers which still can be seen throughout Southern California. The Vinnell Corporation was a major contractor for freeways and concrete construction projects. Both received critical materials for their work via the rail line.

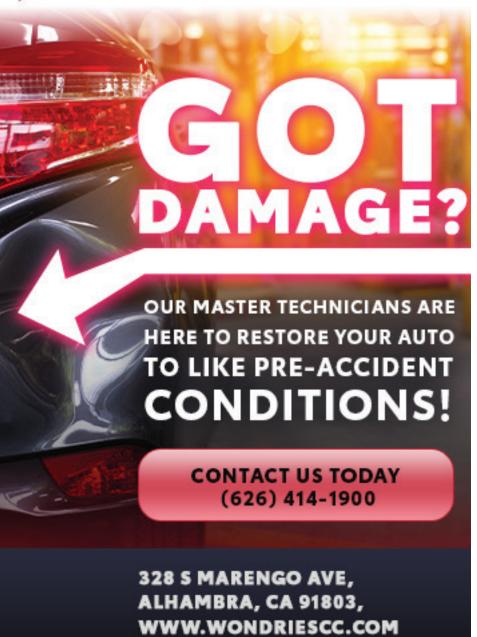
The passenger and freight activity by Front Street and Mission Road concluded in the late 1970s when the rail line was lowered below grade level and the station retired. Alhambra's Front Street, like Front Streets in other cities, provides a glimpse into our city's history when passenger travel and freight transport to various industries contributed to the development of our city.

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

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