# AROUND ALHAMBRA



www.alhambrachamber.org







ALHAMBRA'S COMMUNITY NEWSPAPER

City of Alhambra Comprehensive

Since the summer, the City of Alhambra has been hosting a presentation series on the Zoning Code Update through the regular Planning Commission meetings to soliciting input and participation from the community. The City's adoption of its new General Plan in 2019 has created an obligation and opportunity for an update of the Zoning Code, creating a concise and user-friendly set of regulations to help implement the General Plan's vision for neighborhood preservation and enhancement,

A Zoning code essentially determines the usage for each property; it sets forth rules and regulations that outline what can be built where and what it can be used for. Zoning codes determine various aspects of buildings around the City, such as establishing development standards, determining permitted uses within zones, outline conditional and accesso-

economic development, environmental

sustainability, and community health.

ry uses, setting parking standards, and much more. The initial work on the updated code was developed for the city by Miller Planning Associates and RRM Design Group.

The first set of presentations covered various topics such as administration, zoning districts, permitted uses, nonconforming uses, and property development standards. In a recent meeting in the series, Planning Division staff presented the proposed property development standards. When talking about property development standards, areas of focus consisted of height, density, floor area ratios, setbacks, and lot coverage. Comments and concerns were raised by the Commissioners as well as concerned community members regarding development standards.

To review comments, questions, and requests made by the Commissioners and the public, you can check out the 2022 Presentation Comments document by visiting alhambracodeupdate.com/documents.





At the first-ever Equity Summit for educators, AUSD produced a two-site, one-day opportunity to learn from 19 national, state, and in-house equity champions presenting a total of 13 unique, grade-level based workshops on October 31. Educator feedback was overwhelmingly positive. One example: "Thank you to all the presenters for leading discussions on these important issues. Educators have to lead the way to change. Thank you for providing a framework to use for us to grow and develop in our professions."

# AUSD Equity Summit 2022 for TK-12 educators enlightens, empowers, elicits praise

USD produced its first-ever Equity Summit for educators to deliver a one-day opportunity to learn from 19 national, state, and in-house champions of equity presenting a total of 13 unique, grade-level based workshops at two sites on October 31.

"We sought to grow educator equity, diversity, and inclusion literacy, normalize EDI conversations in our system, and empower TK-12 educators to create conscious classrooms where conversations about differences, race, and equity can occur in a thoughtful and informed way," said Dr. Liliana Jarvis, AUSD director of educational equity and accountability.

The Equity Summit was a part of the ongoing process to reimagine AUSD learning environments by sharing equitable practices, highlighting stories of change, and providing strategies to move district schools toward a system that honors the hopes, dreams, and potential of every student.

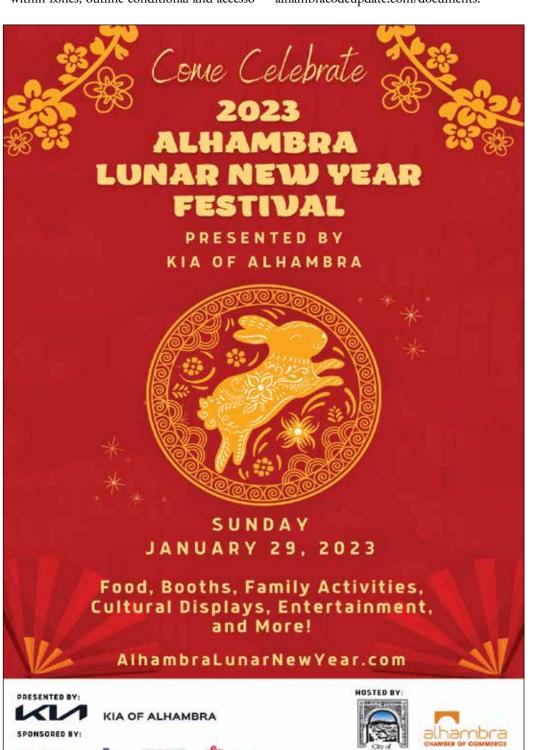
Elementary TK-5 educators workshop options included Cultivating Relationships with Families and Communities of Color; Supporting the African American Learner; Who Am I? The Role and Power of Teacher

>> see AUSD EQUITY SUMMIT Page 20

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#### Mayor's Corner

By Mayor Jeff Maloney

Dear Alhambra residents,

Please allow me to offer my sincere thanks for giving me the opportunity to serve our City as Mayor over this last year. As you may know, Alhambra's city charter specifies that the position of Mayor rotates among each of the five City Council members every nine months. After assuming the Mayor position last Spring, I will be stepping down as Mayor in early December.

This is my second time serving as Mayor, and it has once again been one of the true honors of my lifetime. Looking back over the last several months, I am extremely proud of the work my colleagues and I have undertaken to make this City the best it can be. The country's slow emergence from the pandemic presented many challenges to our community, but we still persevered. I can say with confidence that we are in a much stronger position than when this year year effort to reduce "cut through" traffic began.

Here are a few areas of success that roads and alleys throughout the City deserve to be highlighted:

Public Safety

- Commenced work on our first ever businesses impacted by the pandemic pedestrian and bicycle safety plan
  - Fully funded our first responders
- Opened up recruitment to hire more officers for the Alhambra Police Boulevard Department
- reduce and prevent homelessness
- Conducted 5 "know your neighbor" events throughout the city to build relation-Night Out" against crime

Quality of Life

• Began work on Alhambra's first com- event and the annual Pumpkin Run prehensive Sustainability Plan



Mayor Jeff Maloney

- Adopted the City's first Historic Preservation Plan
- · Initiated an unprecedented, multi-
- Completed extensive repaving of Economic Development
- Created a grant program to help small
- · Aggressively recruited new businesses to fill vacancies along economic corridors
- Initiated plans to revitalize west Valley
- Worked with the Chamber of Comments throughout the City • Expanded HOME Team to work to merce to highlight Alhambra as a worldclass food destination

Community Events and Recreation

- Secured full funding for a state-of-theships among residents and held a "National" art community center at the defunct Shorb clinic
  - Hosted the "626 Golden Streets"
  - Continued the annual concerts and

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movies in the park

Received grants for park improve-

This is, of course, only a small sample of the things our City has accomplished over the past year and only a glimpse of the work our City staff completes on a daily basis. However, I wanted to highlight these items as they are the fulfillment of the strategic objectives set by my Council colleagues and me for this last year. I am extremely proud of the work we have done

and even more excited about the prospects for the future.

As I term out as Mayor, I would like to wish the best of luck to Vice-Mayor Adele Andrade-Stadler upon her upcoming swearing in. I am confident she will provide the strong leadership this City needs as we head into the future.

I will continue to work on our priorities as a City Councilmember, so please, as always, feel free to reach out to me via email at jmaloney4alhambra@gmail.com.

Get Healthy in 2023 at the YMCA of West San Gabriel Valley

# ACCINATION OF THE PROPERTY OF

You will receive a FREE 6-month membership at the YMCA of West San Gabriel Valley\*



YMCA - EAST PARKING LOT SATURDAY, DECEMBER 17, 2022 9 AM - 12:30 PM NO APPOINTMENT NECESSARY





401 E. Corto Street, Alhambra, CA 91801

626-576-0226 www.wsgvymca.org

**986** PHARMACY

\*This offer is limited ONLY to the YMCA of West San Gabriel Valley, 401 E. Corto Street, Alhambra, CA 91801.

#### **AROUND** ALHAMBRA CHAMBER OF COMMERCE

Published by the Alhambra Chamber of Commerce.

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

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

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MEDICAL CENTER

仁愛醫院

Alhambra, CA 91801 www.AlhambraHospital.com Tel: (626) 570-1606

## San Gabriel Society



American Pit Bull Terrier Mix • Adult • Female • Large

Polly is a gorgeous 4-year-old American Pit Bull Terrier mix. She has an adorable black and white coat. Polly has a lot of energy and enjoys going on long walks. She would benefit from training. Polly would do best in a home without kids or cats. To schedule a "Meet and Greet" appointment, call the San Gabriel Valley Humane Society at 626-286-1159. Or inquire online through our website at https://www.sgvhumane.org/ adopt

To inquire about these adoptable

animals, contact the San Gabriel Valley

Humane Society at 626-286-1159, or

visit at 851 E. Grand Ave., San Gabriel.

Adoption hours are 10:30 a.m. to 4:30

p.m. Tuesday through Sunday. The

shelter is closed on Mondays. Direc-

tions and photos of many more dogs

and cats can be found online at www.

The adoption fee for cats is \$99,

sgvhumane.org.

runs, or hikes. Coco would like to have a home with a yard so he could run and play with his family. To schedule a "Meet and Greet" appointment call the San Gabriel Valley Humane Society at 626-286-1159. Or inquire online through our website at https://www.sgvhumane.org/adopt

Boxer Mix • Adult • Male • Large

Coco is a 2-year-old brown and white

boxer mix. His interests include hanging

out with human friends, going on walks,

nations, de-worming, FIV/FELV/ heartworm testing, and microchip. A \$130 - \$145 dog adoption fee includes microchip, vaccinations, spay/neuter surgery, and de-worming, as well as a free health check-up at a participating vet (some breeds slightly higher).

Save money with the Buddy Program. Adopt two pets at the same time for a reduced fee.

The Senior for Senior Program offers which includes spay/neuter, vacci- pets for \$39 each.

Visit us at www.sgvhumane.org

German Shepherd Mix • Young • Male • Large

Looking for a friend? Phil is a 2-year-old male German Shepherd mix. He has a shiny coat with black and light brown coloring. Phil is a playful dog that loves to meet people and show them his smile. This boy is young and will need training. He dreams of a home with a big backyard to run and play. To schedule a "Meet and Greet" appointment call the San Gabriel Valley Humane Society at 626-286-1159. Or inquire online through our website at https://www.sgvhumane.org/adopt

> The San Gabriel Valley Humane Society is the local, affordable choice for spay and neuter, vaccinations, and TNR (trap, neuter, and release) for feral cats. Check out the website for information on the adoptable pets and adoption programs: www.sgvhumane.org.



# idays from Alhambra Hospital Medical Center

SAFETY

GRADE

STRAIGHT A's

2018-2022







Celebrating our 9th "A" in a row since 2018

Patient Safety is our #1 goal!

The Chamber View

# Have a happy, healthy, and safe holiday season!

By John Bwarie

CEO, Alhambra Chamber of Commerce

Before we sign off for the year and begin celebrating the holidays with family and friends, this is a wonderful time to reflect on the good things that happened in 2022. That includes looking back at the Chamber's accomplishments. We are proud to have served so many of our businesses, large and small. The Chamber remains committed to building the economic vitality of our community. While we focus on serving our growing Chamber membership, we also continue to reach out to new businesses in hopes they will relocate or expand to Alhambra and support the business community as a whole to help them grow and thrive here.

In 2022, the Chamber dedicated a lot of our energy and effort to supporting Alhambra restaurants because they are one of the key attractions that bring people to the city. We launched Restaurant of the Week, Alhambra Eats Discovery Weekend, and secured \$80,000 in grants to help small, only-in-Alhambra restaurants manage their recovery from the pandemic.

Because good works are as important as good business, the Chamber launched Alhambra Cares to support nonprofits and their ecosystem. The Chamber is here to build connections within our community and help those with a mission to serve out the special gift guide which features

We also launched the Asian Business Leadership Council, bringing together some of our most successful entrepreneurs leaders in the community. This group is wonderful new year!



John Bwarie CEO Alhambra Chamber of Commerce

working to support entrepreneurs and other business owners in growing their businesses here in our city.

As part of the Chamber mission, we worked to support the vital City programs that serve our businesses, residents, and visitors. This partnership with the City of Alhambra expands the work we do beyond members, and focuses on economic development and community development.

At this special time of year, we hope you will remember to shop locally. Check a variety of unique ways to let family, friends, clients, and neighbors that you are thinking about them.

Most of all, we wish you a safe and and CEOs, along with other prominent happy holiday with best wishes for a

# 8 Small-Businesses in Alhambra to Support This Holiday Season

Alhambra is full of secret shops hidden in plain sight that provide unique gifts and make shopping fun again! Finding that perfect gift just means visiting our one-of-a-kind stores and shops right here in Alhambra.



- 1. Give the gift of a memory brought to life with a 3D printed keepsake from **CoKreeate**! Their 3D scanning and printing services can turn you into a wedding cake topper, create miniature versions of your children in their school uniforms, or bring your family pictures to life. Visit them at 1019 East Main Street, Suite B.
- 2. Give art, prints, collectibles and more that you won't find anywhere else, only at Gallery Nucleus at 210 East Main Street.
- 3. Discover the perfect gift for the audiophile in your life at **Str33t Records** on 111 West Main Street, where vintage vinyl reigns supreme.
- 4. Nerd out and inspire your favorite kid, or kid at heart, with the curated selection of toys and collectibles at Toyzilla Card Fusion 43 East Main Street!
- 5. Did you know collectors of items used as currency are called numismatists? Pick up a new coin to add to the collection of the numismatist in your life at **Alhambra Coin Center** at 254 East Main Street.
- 6. Warm up your loved one with the perfect vintage jacket from Rockin' Vintage at 1340 West Main Street.
- 7. Purchase a handcrafted pot and air plant from **Lutume** at 2 North El Molino Street. It's the perfect gift for the person in your life who loves whimsy, or loves plants, but struggles to keep them alive.
- 8. Give the gift of kickboxing... or any martial art! Pick up everything you need to make your gift pack a punch from Fighter's Shop at 505 South Atlantic Boulevard.

Tax Tips

# Tax tips for small sellers Marketplace Sellers

By Michael Aston, E.A.

If you sell products on eBay, Etsy, or any other marketplace, the IRS wants to

Starting in 2022, anyone who sells more than \$600 worth of goods through any online marketplace will receive a 1099-K form, which is reported to the IRS. Ending 2021, the marketplace is only required to report to the IRS, \$20,000 in sales or 200 transactions.

The new rules, part of the American Rescue Plan Act of 2021, will apply to anyone who receives payment for goods or services that are processed by a third-party payment network, like PayPal, Square, Venmo and many others.

For years 2021 and before, if your sales did not meet the requirement of receiving a 1099-K, the IRS trusted that you reported your actual income. If you have been reporting your marketplace income, there is nothing different. The change could actually be helpful for a lot of sellers that sell less than \$20k a year. By receiving 1099-K, the seller will be able to easily track the gross sales, which needs to be reported on the sellers Schedule C. The seller must also realize that the 1099-K does not take into account any returns, credits or any other allowances. Good record keeping will benefit the seller of overpaying on taxes.

Besides keeping track of the information above, the seller should keep track of any expenses that are associated with the marketplace business. Some of the more common expenses would be shipping, shipping supplies, marketplace and payment fees, supplies, driving miles, home related to the sales.

an inventory at the end of the year. One of the important deductions is "Cost of tory plus purchases minus ending inven-Ending inventory would be the inventory *provider*.



Michael Aston, E.A. Alhambra Tax Center (626) 282-1084

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

on December 31 of the same year as the beginning inventory. Purchases could be the actual purchase of the inventory or if you are creating the item the supplies and labor that you paid.

Besides owing taxes on your profit, you may be liable for self-employment tax which is 15.3% of your profits and covers your Social Security and Medicare

If you're an existing or new to selling office expenses, and any other expenses on an internet marketplace, consider your tax consequences when the new Since most marketplace sellers are reporting starts January 1, 2022. If you selling products, it would be good to take have any questions, contact your tax preparer or the IRS at irs.gov.

This column is provided to Around Goods Sold", which is, beginning inven- Alhambra by Michael Aston, E.A., who is responsible for the content. Around Altory. Beginning inventory would be the hambra does not endorse financial advice inventory on January 1 for most sellers. recommended by this author or any other





As you search for the perfect gifts for those on your list, Around Alhambra has rounded up these must-have items



- 1. The Shredded Carrot: 2428 W Valley Blvd. theshreddedcarrot.com 7. Vez Guitar Academy, 34 W Main St. vezguitaracademy.com
- 2. Str33t Records: 111 W Main St. str33trecords.com
- 3. Evike.com: 2801 W Mission Rd. evike.com
- 4. Alhambra Golf Course: 630 S Almansor St. alhambragolf.com
- 5. Allocated Liquor & Cigar: 2639 W Valley Blvd. allocatedliquor.com
- 6. Fanny's Flowers: 5947 Oak Ave. fannysflowers.net
- 8. Baja Cali Fish & Tacos: 31 E. Main St., 2001 W. Valley Blvd. bajacali.com
- 9. CoKreeate: 1019 E Main St. cokreeate.com
- 10. Yang's Kitchen: 112 W Main St. yangskitchenla.com
- 11. Alhambra Coin Center: 254 E Main St. alhambracoin.com
- 12. Tandem by Robert & Kay Lee Fukui: thetandembook.com



# Alhambra Woman's Club meets on December 2

women who enjoy good humor, lovely view, and excellent food and entertainment to join us on Friday, December 2 at 11:00 AM, at Almansor Court. The entertainment will be provided by SU-SIE HANSEN'S Latin Combo. Come prepared to dance and sing!! Please

The Alhambra Woman's Club invites bring a new and unwrapped toy for a child in need, which will be delivered to an Alhambra Fire Station, for the "Spark of Love" Toy Drive. The cost of the luncheon is \$20 for members and \$25 for nonmembers. Please call 626-289-9397 by December 1 to make a

#### All Around the Town

# The Alhambra Fire Department does many jobs

By Glenn Barnett

I have always admired the work of our Alhambra Fire Department (AFD). They don't just fight fires. Many of us have enjoyed their annual community pancake breakfasts which serve to introduce the public to the work and capabilities of the department. Firefighters are trained for, and perform, many other community service tasks. We are all aware that they are the first responders for medical issues at home or car accidents, and in the past few years, the department has assisted other fire departments in fighting the wild fires we have had all around California.

Fortunately, this year there have been few wildfires, and our Alhambra team has not been called upon to respond to the few that we had. This year, however, there were mudslides to contend with. Our firefighters are also trained in urban search and rescue, and that skill was put to use this year in Forest Falls, Oak Glen, and Yucaipa. Two dozen properties were destroyed or damaged by overflowing river banks, two people were killed and hundreds of tons of mud, rocks and debris covered homes, roads, driveways, stores, and just about everywhere it shouldn't be.

Even before the mudslides, Regional Task Forces of fire fighters were pre-assembled in Riverside County. Long experience has made weather predictions of heavy rain in slide-prone areas a matter to be prepared for in advance.

Two Alhambra Firefighters were assigned to the Task Force. They were Captain Mike Martel and Firefighter Paramedic Travis Barbadillo. They drove the Department's offroad utility vehicle to join a task force that included firefighters from Pasadena, Glendale, Monterey Park, Arcadia, Monrovia, and San Gabriel.

Working side by side with their multi-city team, they shoveled tons of wet heavy earth and rocks searching for missing persons and moving the debris away from homes. Their activity continued for 36 hours until the danger of more flooding had ceased and every resident was accounted for.

Our men came home, sore and tired, after a job well done.

It was not the first time that Alhambra fire fighters were called out for a mudslide. In 2018, a particularly nasty slide rushed down from the burn-scared Santa Ynez Mountains, killing 23 people



Glenn Barnett

and destroying at least 100 homes in Montecito, near Santa Barbara. The Alhambra Fire Department was there, too. Battalion Chief Michael Brown remembered, "We did a whole lot of digging." It is a good thing to know that our Fire Department is well practiced for any emergency.

A uniquely SoCal community service of the AFD is taking place this month: The Spark of Love Toy Drive, which is hosted by Fire Departments all over Southern California. In Alhambra, the event will be held at Fire Station 71 at 301 N. First Street on December 17th. The day will bring together several community agencies to not only distribute toys, but food, clothing, and other essential services,

Thank you, AFD, for all you do.



Alhambra Firefighter crawls through the window of a house filled with mud.

Your Insurance

# The real costs of a moving violation

By Regina Talbot

The real consequences of critical driving errors.

It's easy enough to miss a sign or slow down too late, only to see flashing lights in your rearview mirror and receive a ticket for your troubles. But even minor, seemingly harmless non-moving or moving violations can set off a cascade of other costs and penalties, from demerit points on your driving record to higher insurance rates.

There are two types of violations moving and non-moving. A moving violation occurs whenever a traffic law is violated by a vehicle in motion. A non-moving violation, as you might expect, involves a vehicle not in motion and often includes a parking violation or faulty equipment. In addition, consequences vary state-to-state, from requirements for traffic school to points that you accumulate on your driving record. Here are a few of the ways that a non-moving or moving violation can impact you.

#### **Violation: Speeding**

If you have a pretty clean record, chances are that a minor speeding ticket (under 10 mph over the limit) won't cause much pain, aside from the cost of the ticket. In many states, a driver, particularly a first-time offender, can keep minor infractions such as low-level speeding off a driving record by going to traffic school or taking a driver improvement course. However, if you have a history of violations or you are a very young driver, the impact may be more

#### Violation: Illegal right turn on red, ticketed by a red-light camera

A red-light camera ticket will cost you, but overall the penalties are far lighter than an officer-issued ticket. Those penalties may include lower fines, no demerit points, and the citation that counts as an administrative violation, similar to a parking ticket, instead of a



Regina Talbot Talbot Insurance Agency Inc. State Farm Insurance Regina Talbot, Agent Insurance License #: 0G05807 (626) 357-3401

moving violation. That means it may not show up on your driving record or affect insurance rates.

#### Violation: Driving without a license

If you accidentally left your wallet at home or your driver's license in your coat pocket — your other coat — don't panic. An officer may issue what's known as a "fix-it ticket," which simply requires you to produce your valid license at the police station or in court and the charge will be dismissed. Even with a "fix-it ticket" there may still be a fine to pay

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

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HOF Inductee Steve Gewecke with current Moors Michael Ramos, Bryan Leonard and Josh Soto. HOF President Mike Koski with HOF Inductee Steve Gewecke



# Local sports news from Alhambra High School

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

#### 2022 Alhambra High School Hall of Fame Induction Luncheon

The 2022 AHS HOF Induction Luncheon was held on Sunday, October 23rd, at Almansor Court, where more than 200 people gathered to honor this year's Inductees: 10 athletes, 2 coaches, 2 teams, and 3 Distinguished Alumni.

Steve Gewecke, who coached the Alhambra High School Varsity Baseball Team for 25 years, headlined this year's Induction Class. During his time the Moors teams won 427 games and captured 11 Almont League Championships. 2012 team went to the CIF Finals held at Dodger Stadium.

Steve was joined by his 2012 Varsity Baseball Team as this year's inductees into

11008 Main St #201, Zip 91731

the AHS Sports Hall of Fame, along with Mike Blower, Sharon Grant, Raul Morales, Joe Hiti, Larry McGee, Reggie Hawkins, Chris Aparicio, Paige Hashimoto, Robert Montoya, Mary Ong, Roger Lawson, and the 1939 Varsity Football Team.

In addition, author Clive Cussler, supermodel Cheryl Tiegs, and founder of Oakley, Jim Jannard were honored as Distinguished Alumni.

#### Moors Varsity Football Team Update

The 2022 Moors Varsity Football Team had two games to go in the regular season and with wins in both games they would be assured of a CIF Playoff berth. They were 1-2 in the Almont League tied for fourth place at that time.

On October 21st they hosted Montebello at Moor Field. The Moors fell behind 26-0 in the first quarter before launching one of the biggest comeback victories in

school history. The Moors scored 36 unanswered points beginning with a 5-yard touchdown pass from Freshman Quarterback Bryan Leonard to Wide Receiver Josh Soto with 30 seconds left in the first half. Soto led all receivers with 12 receptions for 189 yards and 2 touchdowns. Running back Erick Baray led the ground game with 25 carries for 120 yards and 3 touchdowns. The Moors 36-33 victory kept them alive for a playoff berth.

The Moors then hosted San Gabriel on October 28th and led 13-0 going into the fourth quarter. However, San Gabriel came back to tie the game 13-13 and sent it into overtime with the Matadors winning 21-13. The loss put the Moors in a three-way tie for third place, but after a series of coin tosses, they received a CIF Playoff berth in Division 13.

Surprisingly, the Moors would meet

San Gabriel in the first round of the playoffs, but this time at San Gabriel High School. The Matadors went ahead 13-0 until Moors Wide Receiver Josh Soto caught a short pass and ran for a 32-yard touchdown in the second quarter. San Gabriel scored again, but the Moors added a field goal as time expired to make it 22-10 at halftime. Jackson Akers recovered an onside kick for the Moors to open the second half followed by a 10-yard touchdown pass to Jamichael Jackson as the Moors cut the lead to 22-17 with 8 minutes left in the third quarter. That was it for the Moors as San Gabriel scored to open the fourth quarter and won the game 29-17. Senior Josh Soto who played his final game for the Moors led the way with 7 receptions for 102 yards and a touchdown. The Moors season came to an end as they finished 4-7 overall.









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The plaque from the SS Alhambra Victory, a cargo ship that served in World War II and was named for our city to honor the hometown soldiers who were killed at Pearl Harbor. This original plaque from the ship will be unveiled on November 11, 2022 at Alhambra Park.

# Ramona Convent students headed east for a college trip

A large group of motivated 10th, 11th, tions, food, and fun. Students also enjoyed and 12th graders from Ramona Convent Secondary School recently visited East Coast colleges on a school-sponsored trip arranged by Mr. Alberto Chavarria, Associate Principal for Academics and Student Services. Mr. Chavarria shared, "this trip gives a realistic insight into the college environment and how it relates to the personality of each student." When meeting with students, he explains that "students in all grades can attend these amazing trips, and it's never too early to attend a college tour. This is your chance to be inspired and get motivated."

The recent 5-day tour took students to 12 different East Coast schools and included travel to local sight-seeing and tourist destinations near the colleges, accommoda-

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visiting with Ramona alumna attending Barnard and Saint Peter's University who gave advice and answered questions about their experience on the East Coast. When the trip came to an end, the participants returned home with a wealth of knowledge they will carry with them as they continue the college search and application process.

Ramona Convent is a Catholic college-prep high school for young women committed to excellence in education. Ramona's graduates are "empowered, resilient, socially conscious leaders well prepared to meet the challenges of life as contributing members of the global community with the strength of a legacy of more than 130 years of distinction." For more information, visit www.ramonaconvent.org.

English as a Second

Job Preparation & College Readiness Career Training

Language







Carmelite nun

# Only in Alhambra: The Cloistered Discalced Carmelite Nuns of the Monastery of Saint Teresa

The cloistered Discalced Carmelite nuns is a religious community of women whose entire lives are devoted to prayers intervening for the entire world. They reside at the Carmelite Monastery of Saint Teresa on the corner of Alhambra Road and Monterey Street in Alhambra. Currently there are 13 nuns in the community.

The foundation of the Alhambra cloistered community of Carmel of Saint Teresa began in 1913. For nine years prior to the construction of their current building, which was constructed in 1922, the community of nuns lived in temporary houses in Pasadena and Los Angeles.

A fall fundraising luncheon and boutique sponsored by the cloistered Carmelite nuns auxiliary was held on October 21, 2022 at Holy Family Msgr. Connolly Hall in So. Pasadena for the benefit of the cloistered nuns. The event was attended by

The cloistered Discalced Carmelite nuns guests from around the San Gabriel Valley a religious community of women whose as well as some from Orange county.

There was a treasure sale of the nuns' specialty breads, candies, nuts, handmade items, plants, holiday gift items. They also had a 50/50 raffle and silent auction, as well as a surprise raffle for two tickets to attend their upcoming fundraising event: The "Shower of Roses" luncheon and auction held annually in April for the benefit of the nuns.

The proceeds of the events help provide financial support for the nuns' daily needs and for the maintenance of their 100 year old monastery building.

For more information on the nuns at the Carmelite monastery of St. Teresa, you can visit www.carmelteresa.org. The nuns welcome prayer requests for your intentions. They can also be contacted by calling (626) 282-2387.

# Ribbons, Boxes, and Bags! How to Avoid Being a Naughty Recycler

The holiday season is filled with food, gifts and decorations, but it's also filled with a lot of waste. In fact, between Thanksgiving and New Year's, Americans generate an extra 25 million tons of waste.

It's natural to get caught up in all the holiday extras — especially the presents. But holiday gift packaging — boxes, wrapping paper, gift bags, ribbons and bows — is abundant. And, while the holiday season should always be celebrated, it doesn't have to be accompanied by so much extra waste.

One way to manage that waste is to ensure that the right items end up in your recycling cart instead of the trash. Republic Services developed expert tips on how to ensure more of your holiday items are recycled properly to help you have a more sustainable holiday season.

### Nice recycling and sustainable habits for the holidays:

- The "Shower of Roses" luncheon and auction held annually in April for the benefit of the nuns.

  The proceeds of the events help provide financial support for the nuns' daily needs

   Save and reuse ribbons and bows for next year. These items aren't recyclable due to their size and the materials they're made of, but reusing them is smart for the environment and your wallet.
  - Ship your holiday packages with crumpled paper, or reuse bubble wrap and foam peanuts from your online purchases. Aside from paper, packaging materials are not recyclable, so get the most use out of them before throwing them away.
  - Think twice when it comes to choosing wrapping paper and gift bags. Standard

wrapping paper can be recycled, but anything with glitter or foil belongs in the trash or should be saved for next year. Tip: Use the scrunch test (Youtu.be/8PBps0ccvXc) to help you figure out what's recyclable.

• Recycle cardboard shipping and paper gift boxes. Toy packaging made of heavy cardboard is only recyclable when the cardboard is separated from any plastic. That includes the window on the box of a doll or action figure — this type of plastic belongs in your trash cart.

#### Naughty recycling practices to avoid:

- Don't recycle holiday cards and envelopes with embellishments like glitter and foil. Just remember, the fancier the paper, the less recyclable it is.
- Don't recycle packing supplies like foam peanuts, bubble wrap and other plastics. These items should be reused or tracked
- Don't place sticky gift tags with recyclables. Sticky gift tags are not recyclable by themselves, but they are acceptable if already affixed to plain paper envelopes or wrapping paper.
- Don't put used gift cards in the recycle bin. They may be plastic; however, they are too small to be sorted at the recycling center. Return them to the retailer or toss them into the trash.

Want to learn more about recycling in Alhambra? Visit RepublicServices.com/municipality/Alhambra-ca.









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# Alhambra's All Souls' students present NEWSIES JR.

Disney's Musical recounts the 1899 Newsies Strike Highlighting Struggles for Labor Rights Relevant Today

Students are excited to showcase **NEWSIES JR**, which will mark the third musical for the budding cast and crew of middle school students at **All Souls World Language Catholic School** (All Souls) in Alhambra.

"Our students are amazing performers – they sing beautifully and perform with aplomb!" explained **Lisa Vazquez**, a parent to three students at All Souls and Co-Producer of the All Souls' Musical Theatre. "Our students become such confident stage performers and develop discipline required for a musical production that carries over to their studies and instills in them higher aspirations for their academic success and future careers," she added.

At All Souls, parents design and make the professional costumes, stage sets, and props themselves with the help of their children. "We've added production workshops for the crew – they are learning marketing, stage design, making props, costumes, and how to run the sound, lights, and backstage during the show. Parents run the workshops based on their own professional or hobby skill sets. It's quite a creative team for parents and students to work together and appreciate the magical outcome of teamwork," said **Nick Ralbovsky**, parent of two students at All Souls and lead set designer for the All Souls' Musical Theatre.

"NEWSIES' focus on the historic true

story of children of immigrants fighting for labor and women's rights at the turn of the 20th Century is educational and relevant today. This is a special opportunity for our students to use their dual language skills to learn about their own family's immigrant story and cultural heritage," states Maria-Elena Navarro, Co-Principal. "We are very happy to support Musical Theatre at All Souls as an added value to the academic curriculum," she added.

Evening performance will be at 7 PM on Thursday, Friday, and Saturday, December 15, 16, and 17, 2022, with a special 2 PM matinee show on Saturday, November 17, 2022. The musical will be presented at the Cathedral High School Performance Arts Theatre at 1253 Bishops Road, Los Angeles, CA 90012. Tickets for livestream are also available so homebound or out-of-area family can join in the fun. Show tickets are \$10 at www.AllSoulsLA. org/Musicals. For information about All Souls' dual language programs visit allsoulsla.org or call 1-626-282-5695.

All Souls World Language Catholic School is part of the Los Angeles Archdiocese and is the only two-program dual language Catholic elementary school in the United States. Based here in Alhambra on the site of a Catholic school by same name that existed for over 100 years, the school offers English /Spanish and English /Mandarin tracks for students in TK to eighth grade. For information visit: www. allsoulsla.org.



#### Legal Loophole Costs Local Homeseller \$3,742 in the Sale of Their Home

Alhambra - When you're buying or selling a home, there are many small but important legal issues that you may be unaware of that are, nevertheless, critical to understand. Residential real estate is not an uncomplicated process. When such a major investment is transferred from one party to another, there are subtle details to take care of that can turn into major problems if not handled correctly. It is essential to understand the legal ins and outs that will properly protect you when you buy or sell a home. There are several issues that will certainly cost you if you are not properly informed. In a recent situation right here in the area, misinformation cost one local homeseller over three thousand dollars in the sale of their home. Don't let this happen to you. In answer to this issue, Industry Insiders have prepared a FREE special report entitled, "Legal Mistakes to Avoid When Buying or Selling a Home".

When Buying or Selling a Home".

To order a FREE Special Report, call toll-free 1-888-300-4632 and enter 1011. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to protect your investment when you buy or sell your home.

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



# Saint Therese Carmelite School:

# Celebrate Christmas with Crafts and More!

Saint Therese Carmelite School is ringing in the season with crafts, food, and more! On Friday, December 2 as Alhambra hosts their annual Tree Lighting, among the many pop-up booths will be Saint Therese Carmelite School, hosting a craft booth where you can paint your own ceramic ornament. While there, attendees can book a tour and receive \$250 off of tuition when you register! The tree lighting will take place from 6-9 pm at 1 East Main Street, Alhambra, CA, 91801.

On Saturday, December 10, Saint Therese Carmelite School will be hosting their Our Lady of Guadalupe Celebration and Advent Boutique. All are invited to shop for Christmas gifts from their many vendors and artisans from all over who will be there to sell their goods. Enjoy food from one of the many food vendors including famous tacos and burritos from Spanglish Kitchen, wood-fired pizzas, tamales, and more! Take a holiday picture with Santa Claus, and watch the traditional folklorico dancing. The Our Lady of Guadalupe Celebration and Advent Boutique will take place from 12-5 pm at 1100 East Alhambra Road, Alhambra, CA 91801. For more information, visit https:// sainttheresecarmeliteschool.com/.



Merry Christmas from Saint Therese Carmelite School



Jason Veizaga, co-founder of Spanglish Kitchen in Alhambra.

# For a family celebration, consider Spanglish Kitchen

Spanglish Kitchen started out as an idea from roommates Jason Veizaga and Alberto Prado, the duo had a dream of bringing their family recipes that they grew up eating to their hometown and turn it into reality. "We felt Alhambra was really missing this type of flavor and were determined to make Spanglish Kitchen a destination for delicious authentic Mexican cuisine," Jason, the restaurant's co-founder added.

Alberto and Jason both come from a list of successful family entrepreneurs in many trades. They believed that opening Spanglish Kitchen back in 2016 was their moment to shine and a great opportunity to showcase their skills in a very competitive industry. Jason explained, "Perhaps one of our proudest moments achieved has been surviving and flourishing the 2020 pandemic."



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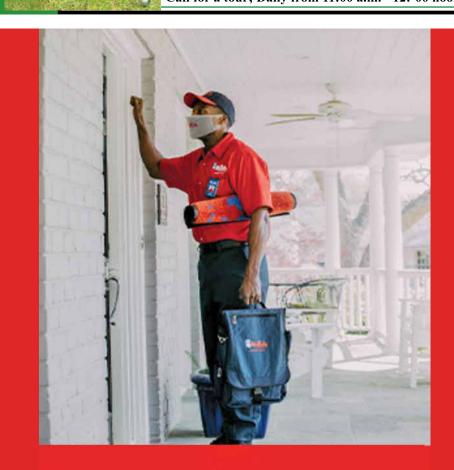
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# Teachers, principals, students and non-profit organizations in Alhambra: apply for 'Water Conservation' Grant Funds Today!

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

San Gabriel Valley Municipal Water District The San Gabriel Valley is experiencing a severe drought and our precious water supplies are lower than desired. Our O.W.L. Community Grant Program has provided

funding to dozens of schools, teachers, student clubs and non-profit organizations to promote water education and conservation over more than a decade of service to our communities.

#### Who and Where:

 Non-profit schools and community organizations (teachers, departments, student clubs, chambers of commerce, scouts and service organizations) in Alhambra are eligible.

#### What:

• The Program provides funds for educational and service projects related to water education and conservation. Grant amounts are unlimited and are based on the quality and creativity of the proposal. Funds may be used for creation of printed materials, videos, curriculum, water-wise vegetation planting, community clean-ups,

awards, special events (e.g. Earth Day), tours (reservoirs, watersheds, etc.) and more.

#### When:

 Funds are available on an ongoing basis throughout our fiscal year of July 1, 2022, through June 30, 2023.

#### How:

• Visit the District's website for information and to complete an online application (www.sgvmwd.com/water-conservation/#owl-grants). Contact Evelyn Reyes, External Affairs Manager, for more information (626-969-7911; info@sgvmwd.com).

Alhambra has activated "Level 2" of its drought contingency plan, so please follow the guidance of the City Council and Alhambra's water utility (https://www. cityofalhambra.org/575/Water-Conservation). Every drop of water we save is one that does not need to be pumped, stored, treated, imported, transported, recycled, desalinated...or paid for!

Please visit the San Gabriel Valley Municipal Water District's website, www. sgymwd.com, for more information.

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#### Getting Through It

# "The Value of Retrofit"

By Dr. Lucy Jones

As a disaster scientist and seismologist, I can see how much of the damage caused by earthquakes is preventable. However, that often is not enough to convince people to take action to prevent the damage- especially in government. Individual actions can manage the risks you personally face, and policy can protect communities systemically. It is key to work with those in power to make the changes necessary to protect yourself, your family, and your community. If you are involved in the civic life of your community, you have influence. It is a benefit to the larger community that your city will be a place people still want to live after the earthquake happens.

Actually showing what the results of the earthquake could be motivates action much more than just saying damage is possible. The ShakeOut Scenario detailed out all the different types of damages. This led to great emergency planning, but it didn't lead to much systemic change. In 2014, I, on behalf of the USGS, worked with the City of LA to change these potential devastating outcomes. This led to the biggest single change in seismic policy in California's history. We were able to pass four different pieces of legislation, including mandating the retrofitting of certain types of dangerous buildings. One piece of legislation focuses on soft first story building retrofit and another on non-ductile concrete retrofit. They mandate that the building owners, at their own expense, fix the identified weaknesses which would cause building damage or collapse in future earthquakes. Soft first story building owners were given seven years and non-ductile concrete owners were given 25 years to get the work done. Since it has been around seven years since the legislation passed, the soft first story retrofit work is almost complete.

One of the key arguments I used to get politicians to understand the importance of passing retrofitting legislation was the life-safety issue. The current building code is a life-safety code; buildings are made with the objective of not killing the inhabitants inside in the event of an earthquake. However, building codes are not retroactive. There are buildings built to earlier codes that we know will collapse and kill people. For example, in the 1994 Northridge earthquake, the Northridge thousands of these dangerous buildings Meadows Apartments killed 17 people. Saving lives is a powerful argument but it alone was not enough to convince policymakers as it did not seem like many people's lives were at risk. In addition to lives lost in the Northridge earthquake, the city also lost 49,000 housing units. On top of the current housing crisis present in Los Angeles, the earthquake would cause even more housing loss. That became a powerful motivator for why the city needed change. Additionally, on the community level, if you lose all those housing units, how many people will be able to or even want to stay in their communities? So, with the life-safety issue, there was also motivation from the value of community. In summary, it took communication appealing to different the Seismological Laboratory of Caltech, a



Dr. Lucy Jones

setting the policy for this key legislation to go forward.

This year on the Great ShakeOut Day in October, the Jones Center with Dr. Keith Porter and other experts released a report which validated all this work and demonstrated what has been accomplished since 2014. Dr. Porter collected data on the ~8,000 buildings that have been retrofitted and estimated the likelihood that each building would experience shaking bad enough to damage it over the 75- year lifetime of the building. He then calculated the losses prevented using a model of how the earthquake could cause damage. The calculations showed substantial losses averted, including 15,000 people who would not die, 27,000 people who would not be injured, and 150,000 people who would not be made homeless because of damage to these buildings. Additionally, \$42 billion in losses would not occur. Because the retrofit had been done at an expense of \$1.3 billion, this means that for every dollar spent, \$32 were saved. There are more intangible numbers of value to the larger community not included in this calculation, such as the cost of injury treatment, dropped property values, or debris removal that are prevented by the

This data is important to think about going forward as we try to get more retrofits done. With more than half of the losses averted belonging to the community and not the owners of the buildings, it is a community value to retrofit. This should encourage more jurisdictions to act on requiring retrofit. There are still in California. It is most important that cities in these high seismic zones, such as here in Southern California, do these retrofits. Many cities across California have taken on this task, but there are still more than 400 cities in California that should examine the type of construction present in their communities in order to understand what policies they should put in place to prevent the damage, prevent the loss of lives, and prevent the loss of community that will result when their big earthquake comes.

Dr. Lucy Jones is a seismologist and founder of the Dr. Lucy Jones Center for Science and Society. She is the author of the book, The Big Ones (Doubleday, April 2018) and is also a Research Associate at emotional impacts on the person who was post she has held since 1984.







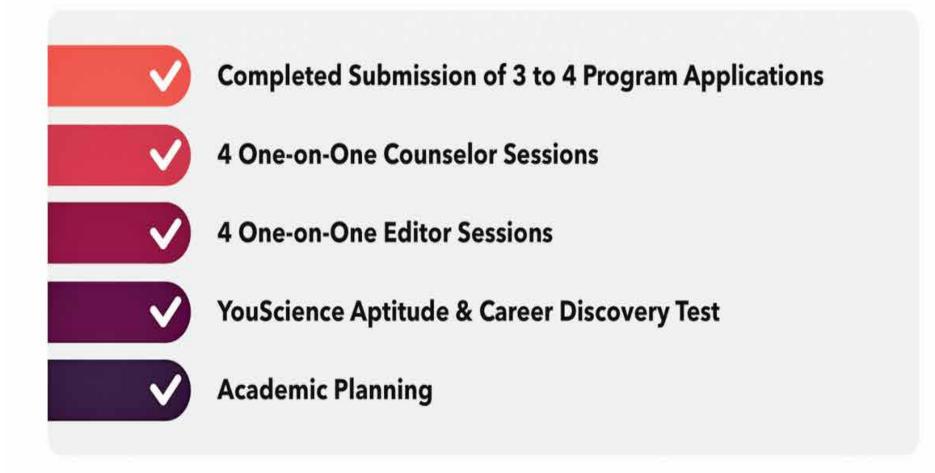


# Get ahead and prepare for **SUMMER 2023** program and internship applications now!

Navigating the world of college admissions can be a serious challenge. With acceptance rates below 10% at many prestigious schools, the odds can seem overwhelming. It is crucial to stand out from the crowd and present the best possible version of yourself in your applications.

Crafting an excellent college application package starts now! Boost your application with competitive programs and meaningful experiences this summer!

Securing summer programs, research positions, and internships is crucial to showcase your skills and interests. Our counselors and editors can help you with every aspect of the summer program application process, including:



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The 2022 AUSD Food & Wellness Fair for TK-12 students and parents from across the district celebrated health and wellness in an artful combination of festivity, food sampling, and education. A signature initiative of the Food and Nutrition Services team, the annual event held at Monterey Highlands School in November was a hit with participants of all ages, including students from Mark Keppel High, and the excited Grand Prize winner, Deylen Moscardini, a second grader, seen here with his fourth-grade brother Brando Moscardini; both attend Emery Park.

# AUSD 2022 Food & Wellness Fair draws taste-testing crowd of all ages

The November AUSD 2022 Food & Wellness Fair at Monterey Highlands School was a colorful feast for the senses. Choreographed by the Food and Nutrition Services team, the annual event for TK-12 students, parents, and staff from across the district celebrated health and wellness in an artful combination of festivity and

A happy crowd of more than 250 smiling children, teenagers, mothers, fathers, teachers, staff, administrators, and board members — pleased to see one another at the first in-person fair since 2019 taste-tested their way through 60 food items, including three made from scratch in the AUSD central kitchen.

"We thank everyone who joined us at the Food & Wellness Fair for taking the time to taste and rate new food options," said AUSD executive director of Food and Nutrition Services, Vivien Watts. "We depend on this feedback to add the items ranked highest to 2023 school menus."

Watts said that she and her team wanted to make it entertaining for students and families to learn the importance of good food and wellness choices to stay strong and focused, and to understand what is involved in delivering free school meals to thousands of students daily. The fun morning of food sampling included games, activities, and door prize drawings for those who attended the School Meal 101 presentation and evaluated the foods they

taste-tested.

"What an amazing and creative effort by the Food and Nutrition Services team," said Superintendent Denise Jaramillo. "It is always so rewarding to see students and families who are clearly enjoying themselves and learning at the same time."

Also on hand for the event was the California Department of Education's Child Nutrition Division director, Kim Frinzell, and two of her team members. They were so impressed that they highlighted the AUSD Food & Wellness Fair in their CDE School Nutrition Town Hall webinar as an engagement model for school districts around the state.

"We are dedicated to teaching good nutrition and healthy choices to our AUSD students and families," Watts said. "In addition to our annual Food & Wellness Fair, we created a special Ready Set Breakfast video to educate students on the power of breakfast, and work with community partners to fund Second Chance Breakfasts on some of our campuses."

Along with its nutrition education initiatives and serving free breakfasts and lunches to all AUSD students, Food and Nutrition Services teams up with school sites for the Bring Your Own Reusables (BYOR) campaign to reduce one-time plastic cafeteria waste and the just launched Food Recovery Program, in partnership with the Tzu Chi Foundation, to support families in need and avoid food waste.

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Northrup kindergarten through second-grade classes were privileged to get a class visit from local children's book author and Northrup parent, Karyn Grasse Chen, who read aloud to students and encouraged them to follow the lessons of her book Mandy Does Mean Things on overcoming struggles, accepting, being kind and empowered to say no to bullies.

# Local children's book author visit a highlight of Northrup's anti-bullying month activities

During the month of October, William Northrup School joined the nation in celebrating anti-bullying month and National Unity Day. Classroom lessons and activities focused on sharing kindness, promoting acceptance, and encouraging inclusion to prevent bullying. Throughout the campus, doors were decorated with positive and supportive messages and the staff dressed in orange, the "official" color of Unity Day.

AUSD schools across the district participated in anti-bullying and Unity Day celebrations, but Northrup had something the others did not...a parent who also just happens to be a children's book author with a book that perfectly fit with the month's theme.

Karyn Grasse Chen, whose daughter

is a third grader in the Mandarin Dual Immersion program at Northrup, visited primary classrooms each Wednesday to share her book, Mandy Does Mean Things. This story teaches students about kindness, acceptance, and overcoming struggles. The message of the book also empowers students to say no to bullies and the story opens up important conversations on unity and belonging.

Since October was National Bullying Prevention Month, it seemed the perfect time to have "Ms. Karyn" visit Northrup School as their special guest author. "Northrup is grateful to Ms. Karyn, for sharing this vital message with our students and being an important part of the Northrup family," principal Lindsay Gilbert said.

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#### MARK KEPPEL GIRLS GOLF TEAM

Daniel Mattey, Coach Eric Yee, Coach Precilla Tea, Captain

The MKHS girls golf team had a phenomenal inaugural year. We can't wait to see what they will accomplish next season.

# In its first year, Keppel girls varsity golf wins CIF berths, Almont League championship

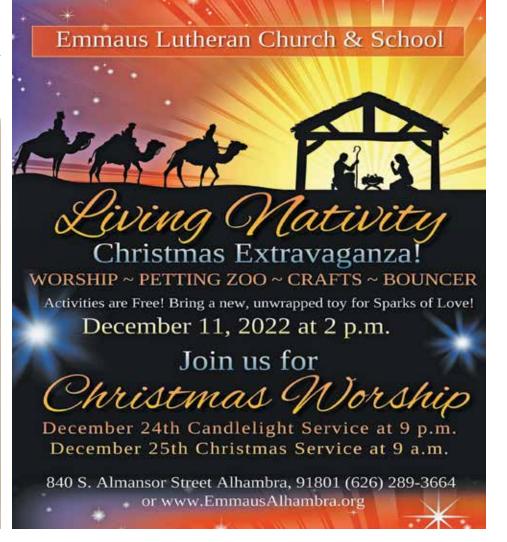
After more than a decade without a rest of the team. girls golf team, Mark Keppel High School's varsity team was ready to show off their impressive skills this year.

Under the leadership of first-year coaches Daniel Mattey and Eric Yee, not only did the team have an undefeated inaugural season with a 10-0 record, they were crowned Almont League champions, the team advanced to CIF, and captain of the team, sophomore Precilla Tea advanced to CIF as an individual.

The team's six starting players, in alphabetical order, were Hannah Hou, Sherine Jiang, Hannah Ng, Kathleen Ng, Precilla Tea, and Xinyi Xue. Pearl Lau, Nikki Ly, and Gabrielle Jade Wong rounded out the

Precilla Tea, the team's captain, is grateful for her teammates and the many others who helped her and the team achieve at high levels this year. "I'm so proud of everything our golf team has accomplished this season, especially with it being our first year," she said. "I'm very grateful for the coaches and families who were able to make this season possible and I'm excited to continue improving and practicing with the team in the upcoming years."

The roaring start of the debut Keppel girls varsity golf team will likely inspire more MKHS students to join the team. Congratulations to this year's Almont League Champions!







A few highlight photos from AUSD's 10th Annual Woodworking Contest. A photo of the finished stools is included in the corner of the collage.

# AUSD Woodwork students compete to represent the district, demonstrate skills + workmanship

Woodworking students from all three AUSD comprehensive high schools gathered at Alhambra High School at the end of October for friendly competition and camaraderie during the district's 10th Annual Woodworking Competition.

Students received their on-demand challenge to create a stool out of 3/4-inch pine based on a measured drawing on arrival. They used stationary power tools and machines (drill press, band saw, and miter saw), portable power tools (cordless drill and jig saw), and hand tools. The students demonstrated their skills and by the end of the competition were able to complete their stool and take home their finished project.

While the judges reviewed the projects, students got to know their peers from other schools and enjoyed an informal dinner together. Although this was considered a "friendly competition," there were serious stakes since the contest determined who qualified to compete in the SkillsUSA CA Regional Conference.

The event would not have been possible without the combined efforts of the three Alhambra Unified School District woodworking teachers. Mark Keppel's Paul Lam, San Gabriel High's John Mason, and Alhambra High's Carlos Sanchez spend their days teaching valuable hands-on skills to AUSD students in addition to putting together the annual competition.

# College Fair 2022

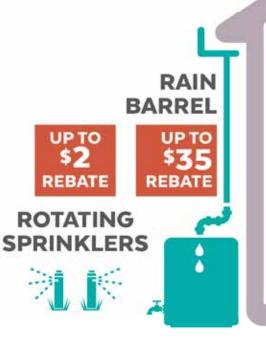


# 15th annual AUSD College Fair draws over 1,000 students and parents

Alhambra Unified School District counselors and Career Technical Educational staff collaborated to produce an exceptional 2022 College Fair in October. A wide range of informative workshops were offered, along with representatives from over 50 schools and programs. Families were eager to attend the in-person event, with over 1,000 students and parents/guardians in attendance.

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Nicholas Whang led his team of MKHS students and BSA Troop #361 to revitalize Highlands education garden. Photo Credit: Abel Bourbois

# Future Eagle Scout revitalizes Monterey Highlands Education Garden

For months, Nicholas Whang planned and organized for his Eagle Scout project. The Mark Keppel High School (MKHS) senior and Monterey Highlands alumnus decided to focus his project on helping his elementary alma mater. Nicholas wanted to restore the beloved Highlands on-campus Education Garden which had fallen into disarray over the years, especially during the pandemic.

For weeks, Nicholas measured, cut, and prepared the garden hardscape components at home. Then on Saturday morning, November 5th, Nicholas and student

volunteers from his Boy Scouts of America (BSA) Troop #361, MKHS Globe Club, and MKHS Volleyball met at Highlands School to tackle the project together.

The team disassembled the deteriorating planters, removed the decomposing old soil, assembled and installed the new planters, and filled the spaces with a donation of new soil from Whittier Fertilizer. Thanks to Nicholas and his team, the Education Garden is now back in pristine condition and ready for Highlands' second grade gardeners.

# Fremont students crunch their way to healthy eating with local farm produce

AUSD Food and Nutritional Services School to celebrate California Crunch week a statewide event to celebrate the abundance of fruits and vegetables grown in our state and support the local growers who supply the district's farm-to-table produce.

Fremont School second graders joined schools statewide as they crunched bites of locally grown fruit and vegetables and learned that healthy eating can be fun and delicious! In addition to special guests from the district, the students also met a few Fruit & Veggie Friends: Crunchy Carrot, Snappy Peas, and Crispy



Fremont second graders show their approval of the tasty locally grown fruits and vegetables they sampled during the 2022 California Crunch Week at the end of October.

Apple. After a quick lesson, everyone participated in some physical activity by dancing "The Big Veggie Crunch" together.

The event ended with students' favorite part, crunching fruit and vegetable samples of carrots, snap peas, and apples...with just a little bit of ranch dressing on the side. The students enjoyed their healthy snacks. California-grown The second graders' verdict: "Everything is yummy!"



The first ever Coffee with the Counselors hosted by San Gabriel High counselors drew a crowd of engaged parents despite the rainy November morning. Another session is planned for spring 2023.

# Coffee with the SGHS Counselors event big hit with families

Counselors" event, San Gabriel High counselors were thrilled with the turnout. "Our hearts are full," SGHS counselor Maritza Cha said. "We were so happy that 25 Matador families showed up in the rain on a November morning, engaged and asking amazing questions."

For the hour-long 8:45 am November 7th event, SGHS counselors sent invitations in three languages to parents/guardians to ask them to coffee to learn what counselors do all day and to review graduation and A-G Progress requirements. Along with the coffee, translators were on hand. The SGHS Dream Center supported the effort by offering their room for the meeting.

Parents met with SGHS assistant principal of counseling, Rene Relagado; counselors Devin Vergo, Solinet Wong, Maritza Cha, Elaine Jong; and school community coordinators Binh Tran, Beatriz Macias, and Ann Huynh. Counselors told parents how they support students through their

At their very first "Coffee with the classroom lessons, small group counseling, and individual counseling. Their goals are to reinforce the home/school partnership, explore and develop career interests, and manage student academic success.

> In addition to the presentation, the counselors gave parents worksheets, including the A-G College Planning worksheet and the CA Four Systems of Higher Ed descriptions of CC, CSU, UC and Privates. They also shared informational about SGHS's PTSA and the CalKids program for students and families.

> The next Coffee with the SGHS Counselors is slated for spring 2023, date to be announced. Families can check the SGHS website or the SGHS Counseling website: tinyurl.com/sghscounseling

> Parents were as pleased by the gathering as the counselors. The parent of 11th grade student Emily Recinos captured the sentiment of many with the feedback, "Thank you for opening up these sessions. Much

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#### **AUSD EQUITY SUMMIT From Page 1**

Identity in the Classroom; Windows + Mirrors: Reflections on Diversity Through Interactive Read Aloud; The Ethnic Story of Alhambra and Monterey Park; The ABCs of LGBTQ+; and Disproportionality and You: AUSD's

Journey and Next Steps

The options for 6-12 educators were Choosing to See; the Anti-Racist Classroom; Ethnic Studies for Every Student: Understanding California's New Graduation Requirement; The Points Aren't the Dr. Toby Jenkins-Henry, Dr. Jamaal

Point. The Point is Learning; Equity 101: Exploring Group dynamics and How to Disrupt Them; Supporting LGBTQ+ Youth at ALL Levels.

Equity Summit presenters included

Williams, Tina Cunningham, deserie Bradvica, Ana Haskins, Dr. Jennifer Huang, Jennifer Lankford, Dr. Brian Wagner, Dr. Wendy Molina Solis, Dr. Tonikiaa Orange, Danyelle Hodge, Monica Rice, Dr. Manuel Rustin, Elizabeth Pando, Dottie

> Burkhart, Cinthia Vega, Phillip Wong, and Skye Tooley.

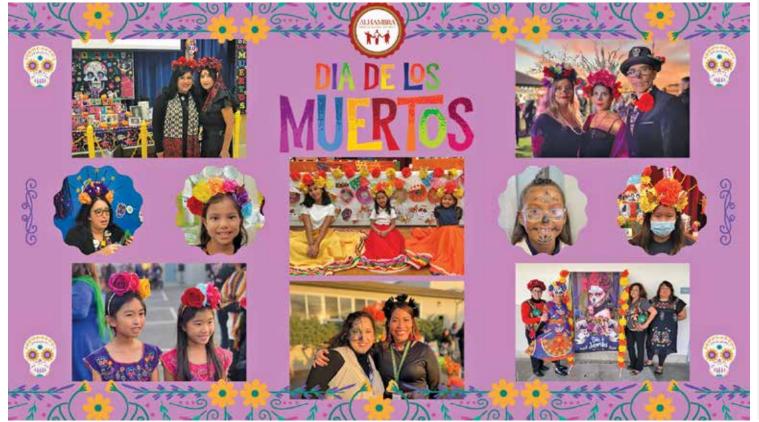
> Educator feedback on the inaugural Equity Summit was overwhelmingly positive. One educator wrote, "Thank you to all the presenters for leading discussions on these important issues. Educators have to lead the way to change. Thank you for providing a framework to use for us to grow and develop in our professions."

Another wrote, "I really enjoyed all the presentations I had the privilege to be a part of. I didn't feel like I was being lectured to, but instead as if I was part of the learning community of important issues. There is still much to learn, but these conversations had to happen. Looking at the this from the lens of education, we must model what we intend our students to learn, by looking at ourselves before we expect others to change."

Seeds for the 2022 Equity Summit grew out of the Board of Education's 2021 vision directive for a district-wide initiative for Equity Diversity and Inclusion (EDI). Dr. Jarvis leads the effort to translate the Board policy vision to on-the-ground implementation. She works in conjunction with Janet Lees, assistant superintendent of education services, Dr. Brian Wagner, coordinator for special education, the education services team, and members of the district Equity Advisory Committee.

Among the next steps for the EDI initiative this school year are the review of the November focus groups led by Hanover Research for students at each high school, parents whose primary language is Spanish, Vietnamese and Chinese, classified and certificated staff, and administrators, and the four-day parent equity talks in April 2023.





## Alhambra Fire Department helps Baldwin student-scientists test their egg-drop carriers



Baldwin School was thrilled the firefighters from Alhambra Statis 71 arrive in October to assist their eighth-grade students with a little science activity. The Alhambra Fire Department (AFD) helped Baldwin with their Egg Drop Challenge by dropping eggs from their ladder to see which would survive falls from ever-increasing heights. AFD took the ladder higher and higher and dropped the students' egg carriers. Students cheered for the broken — and the surviving eggs — and did countdowns together. It was such a fun day for everyone to see science and community in action for kids.





#### From the Desk of Rev. Craig Statton

# A Celebration Season

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

Once again, we are turning the page on another year. For the last two years, the dominant theme of the holiday season has been safety as we saw a rise in the COVID19 virus. We still do not know what the coming year holds, but we have better tools, such as vaccines and treatments, that have blunted the impact of the virus and given even the most vulnerable a new sense of confidence. Just like last year, there are fewer restrictions, so most of us will be resuming our holiday activities from shopping to singing and gathering in our churches and homes as we celebrate this season.

Traditionally, the holiday season is a time of rejoicing and reflection. In England, the holiday season was marked by the ringing of the church bells. On New Year's Eve, the church bells would ring, signifying the ringing out of the old year and ringing in of the new year. One of England's finest poets, Lord Alfred Tennyson, used the ringing of the bells to write a poem of reflection called "Ring Out, Wild Bells." (Years later, the rock musician and former Beatle, George Harrison, would borrow a phrase from the poem, "Ring Out the old, Ring in the new" in his New Year's song, "Ding

Dong, Ding Dong.") Tennyson used the back and forth ringing of the bells as a New Year's prayer, ringing out the sadness and sorrow, failure and faults of the previous year and ringing in the hopes and aspirations of a new year. Here are a few examples...

Ring out the false, ring in the true; Ring out the grief that saps the mind for those that here we see no more;

Ring out the feud of rich and poor, Ring in redress to all mankind (human beings).

Ring out false pride in place and blood, The civic slander and the spite;

Ring in the love of truth and right, Ring in the common love of good.

As we gather this Christmas season and enjoy all the friends, fellowship and fun, it is worth spending some time for the care of our souls; to ring out the hurt and heartache and ring in a new and better way. Tennyson ends the poem with the following

Ring in the valiant man (and woman) and free, The larger heart, the kindlier

Ring out the darkness of the land, Ring in the Christ that is to be.

Have a wonderful holiday season as we ring in new hopes and dreams.

Grace and Peace,

Rev. Craig Statton

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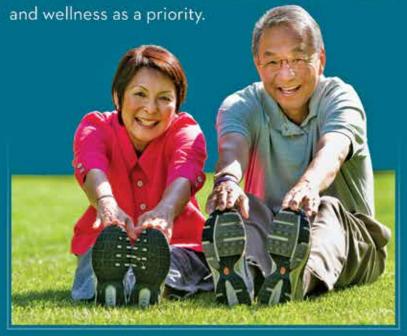
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Ask Dr. Dara, D.D.S.

# Use your dental insurance benefits before year end

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

It's this time of the year when we need to remind you to schedule your dental checkup and cleaning. You may be busy with your children's school or making holiday plans, so seeing the dentist could be the last thing on your mind.

However, left untreated, dental care could be costly. They often get worse, requiring more complicated, costly treatments, and causing pain. Regular preventive measures can soften the impact on the family budget.

If you have insurance, be aware that most dental insurance benefits renew every year. Unused benefits expire on December 31, so it's "use them or lose

Here's advice that will help you maximize your benefits and minimize your stress.

- 1. Don't wait until the end of December to book your appointment. You have a lot of competition at this time, because we have our regular schedule plus all those folks trying to use up their annual
- 2. Call your dental office to find out if you need any treatment. Sometimes a cavity or two is still pending from the last a flexible spending account (FSA). A flexcheck up and you were about to schedule until you forgot. On average a small cavity will take 6-10 months before starting



to hurt and become a root canal.

- 3. Most dental insurance companies offer two checkups and preventative services a year, such as cleaning, X-rays, and periodic exams. Most of the time, these services are 100% covered, making these treatments completely free. Make sure you have had at least two checkups and cleanings this year. It won't cost you any money and keeps your mouth healthy
- 4. Check if you have funds set aside in ible spending account is a type of savings account that can be set up by an employer for employees. The account allows you and

your employer to contribute money to the account. Distributions from the account must be used for qualified expenses related to medical, dental and vision services.

Maintaining good dental care is important. Not just for your teeth and gums. A healthy mouth is essential to a healthy body.

So, if you have dental insurance, take a year-end inventory of your plan and see if you can put it to work for you. If you don't have a dental insurance call your dentist and ask for any in-house saving plans that their office may offer.

This column is provided to Around



Dr. Dara, D.D.S. (626) 289-6131

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

Alhambra by Dr. Krasnodara Gashparova, DDS, (also known as Dr. Dara), who is responsible for the content. Around Alhambra does not endorse medical advice or any remedies recommended by this author or any other provider.



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#### Your Insurance

# Seniors on Medicare: avoid confusion!

By Katherine Yu Simms

Now is the time to review your Medicare insurance plan. I'm here for you! Major changes may be coming on January 1st. There are many options to

Original Medicare provides Hospital coverage in Part A. Part B covers doctor visits, outpatient care, home health care, durable medical equipment, plus many preventive services. You are responsible for 20%. Part D, the prescription drug coverage is separate. You may choose a plan or opt-out. There may be a penalty later if you opt- out. Supplement plans, called Medi-gap can help pay your share of cost, but they can be costly.

Wow! You're thinking, but what about the TV commercials pushing Part C? That's another name for Medicare Advantage plans. They cover Part A, B, and often include D plus other perks like vision, dental, and hearing. The rates are low and may even be \$0 copay. These plans are administered by private companies hired by the Federal Government. With original Medicare you can choose any Medicare provider. The Advantage plans restrict you to the services in their network. So many options. It's mind boggling!

The Annual Enrollment Period is on



Katherine Yu Simms (323) 854-2868

Katherine Yu Simms has supported seniors in making difficult and important decisions for many years. *She can be reached at 323-854-2868,* or e-mail kyusimms@rey-top.com.

now! October 15 to December 7, so we don't have much time to decide. What should you do? Ask an expert for free help. Yes, my consultation and assistance will always be complimentary. I will sit down with you, one on one, examine your present plan, listen to your particu-

>> see MEDICARE Page 23









# Regenerating Tissues with Nutrition

By Sheila Yonemoto, P.T.

As a committed life-long learner, I enjoy sharing knowledge with others. While I regularly send links so recipients can gain knowledge firsthand, most prefer to have me do the work for them. I listen to hours of lectures and then distill the information so I can send out summaries. I would encourage you to do your own research and use this article as inspiration.

There has been a lot of talk about the more devastating effects of COVID-19 on the younger population, causing myocarditis often leading to heart attack and death. Surprisingly, myocarditis is often fatal, impacting 50% of the population after 5 years. Myocarditis causes tissue damage to the heart muscle that the medical community says is not repairable. However, Dr. Bryan Ardis offered information that he obtained from cardiologist Dr. Thomas Levy about nutritional supplementation that appeared to repair the heart tissue.

One of the key supplements is a very strong antioxidant, Vitamin C. He suggests 1000-5000mg of liposomal Vitamin C in divided doses (meaning you take it in smaller doses throughout the day). Dr. Ardis also suggested ascorbic acid as another form of Vitamin C. Dr. Levy feels that the liposomal form absorbs much better, up to 20 times more than the power forms. Another supplement is Cardioplus by Standard Process, taking 10 mg twice a day away from food. Methylated forms of B9 (folate) and B12 (cobalamin) are also recommended as well as Vitamin D in 1000-7000 IU depending on body size, and Magnesium chloride (or magnesium oxide or magnesium orotate) 1000 mg, in divided doses. Like Vitamin C, taking it all at once can cause loose stool or diarrhea. Dr. Levy also recommends periodic hydrogen peroxide nebulization to kill off pathogens in the nose, throat and



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

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

lungs, as these pathogens can cause heart problems. Dr. Levy also recommends no calcium, no copper and no iron while on this protocol. Dr. Ardis also recommends zinc 50 mg twice a day with food.

The suggested supplements enhance immunity and health in general. But, do your own research to see if this makes sense to you.

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

#### **MEDICARE** From Page 22

lars, and come up with the best options which suits your needs for 2023.

Give me a call at 323-854-2868 right now to set a time for your complimentary consultation. The enrollment time is short, so allow me to help you research for the best choice for Medicare coverage in 2023!

This column is provided to Around Alhambra by Katherine Yu Simms, who is responsible for the content. Around Alhambra does not endorse financial advice recommended by this author or any other provider. For more information and to contact Katherine, email her at kyusimms@ rey-top.com.

#### **Annual Enrollment Period** ends December 7th! IMPORTANT MEDICARE QUESTIONS How well does my current plan meet my needs? What are my other Medicare plan options? What kind of changes are allowed during the Annual Enrollment Period? What is the difference between Original speak Mandarin Medicare and Medicare Advantage? and Cantonese Katherine Yu Simms Cell 323.854.2868 Medicare Insurance Agent License #0M21975

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

(Individual Results Vary)



John Chao, D.D.S.

Research Assoc. Prof., Post-Grad Periodontics University at Buffalo, SUNY Adjunct Asst. Prof., Behavior Science, USC

畢業于USC 美國紐約州立大學牙週病研究教授(SUNY)



#### Alhambra Dental

100 South First Street Alhambra, CA 91801

營業時間:週一至週五 9am-5pm Alhambradental.com





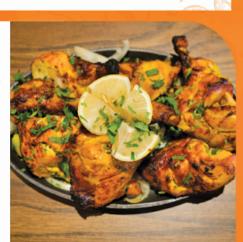
The Alhambra Restaurant of the Week (ROTW) highlights the unique flavors of our community. Every week, we showcase the diverse culinary offerings that represent the best of local dining in the City of Alhambra!

Nov 28 to Dec 4



Mahan Indian Restaurant offers a unique journey to a little piece of India. Instantly smell the flavorful curries, tandoori meats, aromatic basmati rice, and garlic naan as soon as you walk in!

Visit them at 110 W Main St, Alhambra



5 to Dec 11 Dec



**El Ranchero Restaurant** has been serving authentic homestyle Mexican food in the city since 1985. The restaurant is focused on delivering the best and most delicious Mexican cuisine from Tijuana to Alhambra's community.

Visit them at 511 S Garfield Ave, Alhambra



Dec 12 to Dec 18



A-Me Kitchen offers Alhambrans Cantonesestyle Chinese dishes. House specialties included special steamed chicken, country style sweet & sour pork, deep fried salted pepper chicken wings and their special style orange chicken!

Visit them at 288 W Valley Blvd, Alhambra



Dec 19 to Dec 25

Lily's Kitchen Noodle House is the newest mom-and-pop shop in the city specializing in Guilin rice noodles and freshly made Lily's Kitchen toppings including tender pork belly slices and beef rib!

Visit them at 417 W Main St, Alhambra



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















VALID UNTIL DECEMBER 31, 2022

PARTICIPATING STORES ONLY





# The City of Alhambra and Downtown Alhambra Business Association celebrate fitness and Halloween on Main Street

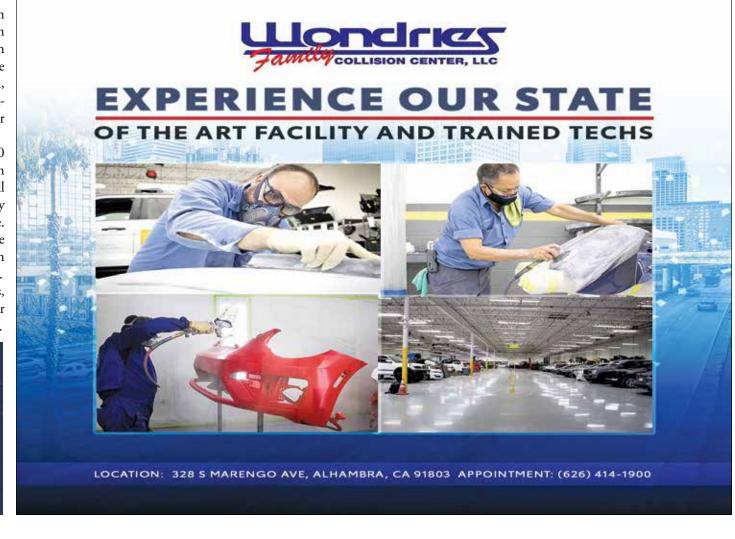


The City of Alhambra and the Downtown Alhambra Business Association celebrated Halloween, fitness and fun on Sunday, October 30th with the 9th Annual Alhambra Pumpkin Run. The event included a 10K, 5K, 1K, Kiddie Run, Costume Contest, Farmers Market, Trickor-Treating, and full Halloween Festival for the entire family.

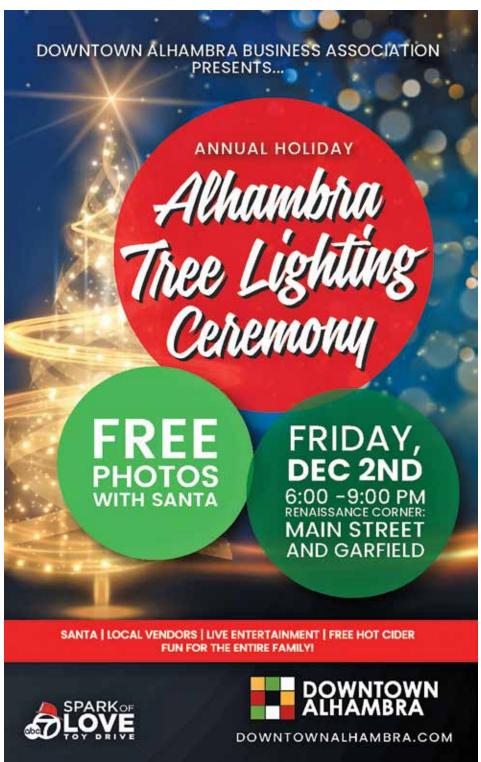
The event was sold out with over 1,500 participants in the four runs on Main Street. Alhambra Pumpkin Run is a full Halloween Festival for all ages sponsored by Republic Services, Raising Cane's, Evike. com, and many other local businesses. Save the date for the 10th annual Pumpkin Run on the Sunday before Halloween for 2023.

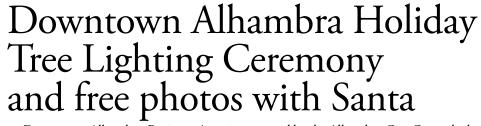
For more information on future events, visit www.alhambrapumpkinrun.com or visit Instagram at @alhambrapumpkinrun.











Downtown Alhambra Business Association will celebrate the holidays on Friday, December 2nd with their annual Holiday Tree Lighting Ceremony at the Renaissance corner of Garfield Ave. and Main Street in front of the Edwards Cinema movie theater from 5:00pm - 9:00pm.

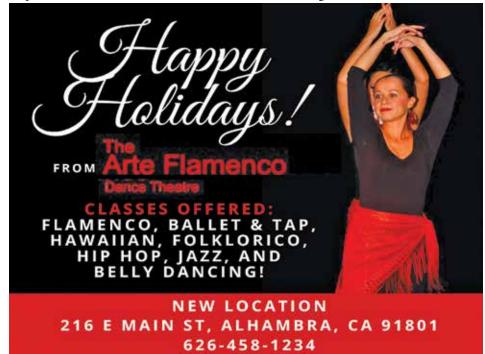
The Holiday Tree Lighting Ceremony is a free event that features free photos with Santa Claus, live entertainment, hot apple cider, local vendors, activities for the kids, and holiday cheer for the entire family. Photos begin after Santa arrives at 6:00pm.

Santa is driven in on the Alhambra Fire Department Truck on Main Street and

greeted by the Alhambra City Council who will light our Alhambra Tree with a special ceremony. The Fire Department will be collecting toys for their annual Spark of Love Toy Drive.

Downtown Alhambra Business Association invites you to join the community festivities and bring the entire family. They will also be collecting gently worn jackets to be donated to the Asian Pacific Counseling and Treatment Centers. Bring your jackets and place them in our donation box at the event.

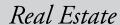
For more information on our future events, visit www.downtownalhambra.com or visit Instagram at @downtownalhambra.











# Santa Claus versus modern-day real estate

Gary Frueholz, Dilbeck Real Estate

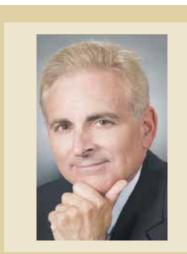
Santa Claus has a problem, not only in California, but throughout the rest of the country. Section R1003.9.2 of the 2016 California Building Standards Code requires that chimneys in residences have spark arrestors covering the top of the chimney. Other states have similar requirements. Given new building codes and environmental green initiatives, modern day real estate is complicating the Jolly Old Man's dispensing of holiday

Santa will be glad to know that California prohibits building wood burning fireplaces in new construction or remodeling; however, gas fireplaces are still legal. Homeowners face "hefty fines on homeowners who burn wood in fireplaces on high-pollution days during winter months" according to the LA Times (December 27, 2017). The South Coast Air Quality Management Board voted unanimously to impose fines for violations of this nature in May 2013.

State building codes not only flag will reduce potential for damage to the chimneys as a potential obstacle to Santa's annual visit, but there are a plethora of other codes and real estate issues potentially impacting the success of this holiday season.

Roofs pose another challenge for Santa Claus delivering gifts. State of California programs such as PACE have reduced the cost of solar panels for energy conservation and led to a proliferation of solar panels on California roofs. These panels are fragile and were never designed to support the weight of eight to nine reindeer (nine if Rudolf is included) and Mr. Claus, whose actual weight is considered classified information. A prudent solution to this situation would be to illuminate the solar panels at night and install a rotating beacon on your roof to clearly warn Mr. Claus of the tenuous roof.

Drought tolerant yards create another compelling environment for gift delivery. Many cacti have sharp needles landings. Again, proper illumination provider.



Gary Frueholz Dilbeck Real Estate (626) 318-9436

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 www.garysstories.com.

Households in the United States with professionally monitored security systems will expand to 30 percent by 2020, according to a new report by Dallas-based research firm Parks Associates. By 2023 the professionally monitored security market in the United States will total \$74.75 billion.

Spark arrestors, solar panels, drought tolerant yards, and drone delivery systems are creating a more complex terrain for Santa Claus to operate in. However, the centuries-old institution of Santa Claus has endured wars, petulance, and economic depression, and will likely continue to successfully deal with the new challenges that our modern-day real estate presents.

This column is provided to Around Alhambra by Gary Frueholz, who is responsible for the content. Around Alhambra does not endorse financial advice which could prove injurious to reindeer recommended by this author or any other

#### Automobile

# Feeling the pressure? Check out your tire pressure monitoring system!

By Javier Mendez

During the cooler weather this season you may see an amber warning light on your dashboard. It resembles the crosssection of a tire with an exclamation point in the middle. This is your vehicle's tire pressure monitoring system (TPMS). You may be surprised to learn that 25% of vehicles are operating on low tire pressure. All it takes is a drop in the mercury to trigger the lamp. This light can be steady or flashing. A steady TPMS light means that one or more of your tires has pressure that is either too low or too high. If it's flashing there is a system malfunction.

TPMS were phased into vehicle production as part of the TREAD Act as early as 2006. There are two types of systems in use, direct and indirect. Direct systems use a battery operated sensor in the wheel that sends a radio frequency signal to a module on the vehicle.

When checking pressure be sure to use replacing old sensors at the same time. a trusted digital tire gauge. The system have a sensor too.

coming on include failed sensors, elec- Alhambra. tromagnetic interference from vehicle batteries are expected to last from five to or any other provider.



Javier Mendez Owner and operator Jo's Garage, Inc. At the Kerechuk building (626) 872-0705 www.josgarage.com

Indirect systems use the anti-lock brake ten years. Most shops can check the batsystems wheel speed sensors to identify tery condition with their test equipment. Unfortunately these batteries are not ser-The most common cause for this light viceable. They are potted onto the sensor coming is low tire pressure. Sometimes circuit boards to protect them from the after adjustment, pressure can end up too rough environment they operate in. If high, causing the light to remain on. Vi- you are due for tires and your vehicle is sual inspection of a tire can be deceiving. near ten years old you may benefit from

Once tire pressure has been checked is designed to illuminate at 25% or less you may need to press a reset button than the recommended specification. in your vehicle, access a reset/relearn The recommended tire pressure for your through the on board menu or just vehicle is found in the owner's manual or drive for a few minutes above 25 miles on the tire placard affixed to the driver per hour. With the light now off you door jamb. Don't forget some spare tires will benefit from better ride quality, reduced braking distance, even less tire Other reasons for TPMS lights wear and better fuel economy. Drive safe

This column is provided to Around accessories or the driving environment, Alhambra by Jo's Garage, who is responsible failed antennas or modules. Most often for the content. Around Alhambra does not TPMS sensor batteries wear out. These endorse advice recommended by this author

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# **TOY DRIVE**

Happy holidays from our team! It's that time of year again... when we host our Annual Man Realty Toy Drive for the children (ages 6-18) of the Boys & Girls Club of San Gabriel Valley!

FROM 12/1 TO 12/14, WE'LL BE **COLLECTING NEW, UNWRAPPED TOYS** FOR THE CHRISTMAS HOLIDAY.

-Toys can be dropped off at our office-**♀ 119** S Atlantic Blvd, Ste 303, **Monterey Park** Mon thru Fri, 9am-5pm

Help make Christmas 2022 special for the kids in our community!

We are thankful for your continued support!



Paying it Forward





1st Annual Toy Drive









City of MPK Monster Mash Event



**Toy Drive** 

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224 E. Fernfield Dr **Monterey Park** 3 Bd/1 Bth House | 936 sqft



209 Elizabeth Ave **Monterey Park** 

4 Bed/3 Bath Duplex | 1,314 sqft



14038 Rockenbach St **Baldwin Park** 

3 Bed/1 Bath House | 1,174 sqft



119 S. Atlantic Blvd **Monterey Park** Two Offices | 364-1,600 sqft