



LIFT LEARNING INDEPENDENCE FOR TRANSITION

Does your business/organization have a staffing shortage? LIFT can help you! LIFT is a special education program for ages 18-22 that teaches vocational and life skills to help these young adults transition from high school to adulthood. It focuses on providing students with practical skills that will enhance their independence at home, in the workplace, and in the community.

LIFT STUDENTS MAKE INCREDIBLE EMPLOYEES!

LIFT Students:

- Receive extensive training before they work in the community.
- Are supervised and accompanied by LIFT staff job coaches.
- Are covered through Alhambra Unified School District's liability insurance and worker's compensation.
- Are provided at **NO COST** to local businesses and organizations.
- Gain vocational experience with the support of our generous community business partners.

LIFT students bring a unique perspective to the work experience. They make a positive impact, inspire staff morale, and make everyone smile.

SUPPORT OUR MICRO-BUSINESSES

With the skills our students learn through the LIFT program and in their community jobs, they have started to launch micro-businesses, including their current one: making & selling piratas!

OUR SERVICES

LIFT students have been trained on employer expectations, proper work behavior, and employee responsibilities. When they work at a local business or organization, they are accompanied by a staff member, who helps supervise and guide them.

While in the LIFT Program, student workers are provided to at **NO COST** to you. You read that correctly -- Their salary and insurance are covered through District and grant funding. Once they "age out" of LIFT, our goal is for these impressive, experienced workers to find full-time paid employment with businesses like yours.

CLERICAL WORK

LIFT students can file, shred, fold/stuff envelopes, label products, and sort/distribute mail and other items.

RETAIL & RESTAURANTS

LIFT students can greet, stock shelves, prepare food, bag items, care for plants, and hang/replenish inventory.

SET-UP / CLEAN-UP

LIFT students can set tables, clear/wash/dry dishes, garden, wipe down surfaces, and sweep floors.

...AND MUCH, MUCH MORE!

(626) 943-3562
www.ausdlift.org
juarez_angie@ausd.us
Follow us on Instagram: @ausdlift



Local businesses get big LIFT from AUSD's special young adults

San Gabriel Valley businesses who add AUSD students from the *Learning Independence For Transition* LIFT program to their employee roster create a win-win solution: Hiring LIFT student workers benefits EVERYONE:

- Good for Businesses: Businesses receive trained, hard-working, motivated student workers at NO COST. Each student is accompanied by a staff member, who provides guidance, supervision, and support.
- Good for our Students: LIFT special education students learn social, vocational, and life skills. They get opportunities to interact with the public and build their com-

munication skills. LIFT students increase their confidence while making connections and gaining experience to help them transition into the workforce after they "age out" of the LIFT program at 22.

- Good for our Community: LIFT partnerships build a more inclusive, diverse, empathetic, and welcoming community.

- LIFT students receive great reviews from customers and employers. These amazing young adults LIFT the burden of staffing shortages while uniting the community.

- For more information, visit www.ausdlift.org or contact Angie Juarez at 626-943-3562 or juarez_angie@ausd.us



Wells Fargo Lauded by Dignitaries, Leaders, and Community Members at Grand Re-Opening

On January 10, 2023, the Alhambra Chamber of Commerce celebrated the Grand Re-Opening of the Wells Fargo Alhambra North Branch at 1910 Main Street, marking nearly a century of service to the Alhambra community in a year of distinction in community collaboration. In 2022, Wells Fargo has led the way in supporting local small businesses and the community at large. They funded \$2000 grants to 40 "only-in-Alhambra" restaurants as part of their ongoing small business support in the aftermath of the impacts of the 2020 pandemic. Wells Fargo is also sponsoring the 2023 Alhambra Lunar New Year Festival, and representatives have been active in committees and organizations across the City.

Wells Fargo community support goes deeper than these very public efforts and the reinvestment in their branch experience. Wells Fargo continues to serve one in three U.S. households and more than 10% of small businesses in the U.S. Locally, they are helping small businesses buy their buildings and make a long term commitment to their customers in Alhambra. They are providing the financial services to Alhambra families online and in person. And they are the financial partner to many of our local nonprofits, including the Alhambra Foundation.

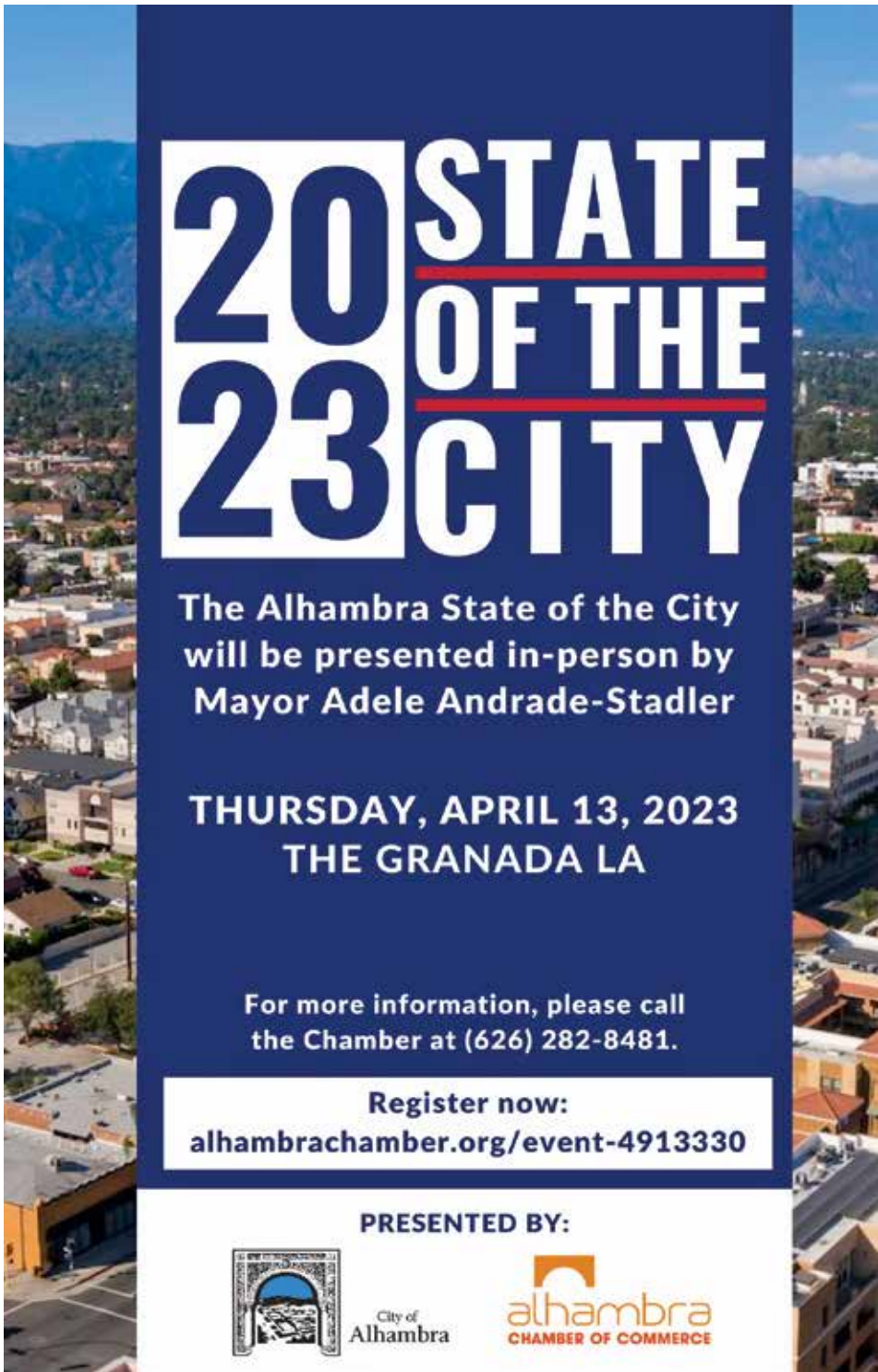
This sense of deep community roots was echoed by speaker after speaker at the grand re-opening of this branch, as community members shared their stories of opening their first account at this branch decades ago or the

>> see **WELLS FARGO** Page 5

Golden Globe Winner Hails from Alhambra High School

Alhambra High School alum Ke Huy Quan won a Golden Globe last month for his performance in *Everything Everywhere All at Once*. After a 20-year break from acting, *The Goonies* star felt inspired to return to his craft after seeing other Asian actors enjoy the spotlight in 2018's hit *Crazy Rich Asians*. During his hiatus from the profession, Quan graduated from USC's film school and began a successful behind-the-scenes career as stunt coordinator and assistant director.

Quan's movie debut came in the 1984 *Indiana Jones and the Temple of Doom* blockbuster, playing opposite Harrison Ford before he appeared in *The Goonies* the following year. Quan's attorney is fellow *Goonies*' star Jeff Cohen, who says the pair is open to starring in a *Goonies* sequel if a studio is interested in bringing back the franchise. Audiences may be seeing more of our Alhambra High alum because his Golden Globe win and the rise of productions featuring Asian actors makes his future bright.



20 STATE 23 OF THE CITY



The Alhambra State of the City will be presented in-person by Mayor Adele Andrade-Stadler

THURSDAY, APRIL 13, 2023
THE GRANADA LA

For more information, please call the Chamber at (626) 282-8481.

Register now:
alhambrachamber.org/event-4913330

PRESENTED BY:

Mayor's Corner

By Mayor Adele Andrade-Stadler

Hello Alhambra!

February brings us a few celebrations in our city we hope you will enjoy. This Lunar New Year marks the year of the Rabbit. In Chinese culture, the rabbit symbolizes longevity, peace and prosperity. We will celebrate on Main Street for a full day in the hopes you will have an opportunity to bring your family and friends and enjoy the afternoon. There will be plenty of vendors with a variety of activities.

A reminder that as we continue to conserve and streamline services, the city now provides online parking permits. Please make sure you are able to convert without delay. Also, our Pedestrian and Bike Safety Plan needs your input, so please fill out online forms today from the website <https://walkbikemovealhambra.altplanning.cloud/> to let us know how we can better promote and support active transportation (human-powered) in the city.

Last month, I had the opportunity to attend a small business summit at the Los Angeles County Public Works offices on Fremont. The summit was organized by Supervisor Solis, and various departments within LA County that serve small businesses. I look forward to meeting with



Mayor Adele Andrade-Stadler

many of the heads of departments to bring opportunities to our city.

I have had many residents have questions about housing. The Housing Rights Center improved their website, making it more user friendly. You may seek appointments online, and they still serve residents in person here in Alhambra on Thursdays and Fridays in multiple languages. Check them out at www.housingrightscenter.org.

Stay healthy Alhambra!

Join the  to celebrate

A year of family health and wellness

Family of 5 for \$50 a month*

at our YMCA of West San Gabriel Valley
401 E. Corto Street Alhambra, CA 91801

加入我們家庭健康計劃 5人家庭月費 \$50*






YMCA of West San Gabriel Valley
401 E. Corto Street, Alhambra, CA 91801
626-576-0226 / 626-660-6681
Email: info@wsgvymca.org • www.wsgvymca.org

*This offer is valid only at our location.
*僅限於Alhambra地點

AROUND ALHAMBRA 

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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www.alhambrachamber.org

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San Gabriel Valley Humane Society 



German Shepherd Mix • Young • Male • Large

Looking for a friend? Phil is a one and a half years old male German Shepherd mix. He has a nice coat with black and light brown coloring. Phil is a playful dog who 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>



Siberian Husky and Alaskan Malamute Mix • Young • Male • Large

Bartok is a 2-year-old male Siberian Husky and Alaskan Malamute mix. He has a handsome white and gray coat. Bartok is a talkative boy who loves playing with stuffed toys. He is young, so he'll need some basic obedience training. 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, 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>

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. Directions and photos of many more dogs and cats can be found online at www.sgvhumane.org.

The adoption fee for cats is \$99, which includes spay/neuter, vacci-

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 pets for \$39 each.

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.



ALHAMBRA CONNECTS AND PHILLY JAY'S STEAKS RIBBON CUTTING



Philly Jay's Steaks Ribbon Cutting Ceremony starts at 5:30PM!

Members: FREE with RSVP
Non-Members: \$20

February 22, 2023, 5:30 PM - 7:00 PM
Philly Jay's Steaks
2132 S Fremont Ave, Alhambra

Though this event is complimentary for Alhambra Chamber Members, advanced registration is required.

For more information, visit alhambrachamber.org/event-4913318

The Chamber View

The Year of Calm and Prosperity

By John Bwarie
CEO, Alhambra Chamber of Commerce

The year is still young and full of promise. As we celebrated Lunar New Year last month in Alhambra, we were able to see the amazing diversity of our city come to life. We shared our traditions, food, entertainment, and values with our neighbors and visitors from throughout Southern California. We even celebrated the economic, cultural, and physical vitality of our city. The Alhambra Lunar New Year Festival is just one of the many significant cultural touchpoints that our community brings to the Southern California landscape. We have a rich history and by working together we can have a prosperous future.

Our community's work ethic, optimism, and desire to build a legacy make us special. This is what bonds us even when we disagree. Perhaps the healthiest action we can each take starts with asking, how can we help bridge our differences, provide value, and deepen our commitments to create a better community. In the Year of the Rabbit, we have the opportunity for calm and steady prosperity after the past year of uncertainty.

Good health is perhaps the greatest



John Bwarie
CEO Alhambra Chamber of Commerce

wealth. This issue has several articles to remind you to take good care of yourself in every aspect: physical health, dental health, mental health, and financial health. If February brings to mind one special day of celebrating love, remember to express it by taking care of yourself as well as those around you. Whether you enjoy a great meal, a fun outing, or a day of relaxation, Alhambra has everything you could need to celebrate.

All Around the Town

San Gabriel Mission: Good As New

By Glenn Barnett

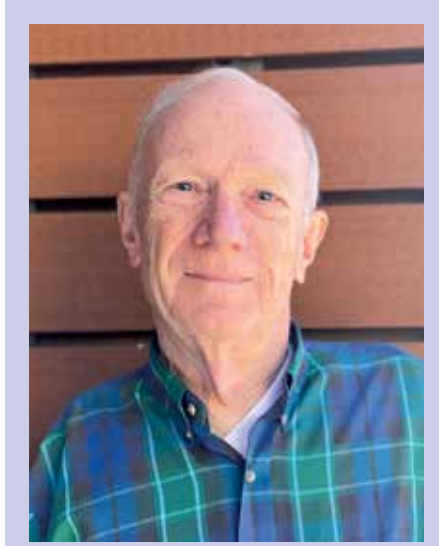
The most historically important building in the greater Alhambra area is, without question, San Gabriel Mission. Founded in 1771, the fourth in the chain of Spanish Missions that reached from San Diego to Sonoma. The current building in San Gabriel was completed by 1805. The Mission at San Gabriel is as old as many of the buildings in the original 13 American colonies/states in the east. Built out of available materials, the three foot thick adobe walls keep the interior of the church cool during the hottest day.

In 1818, pirates looted California Missions along the coast, but San Gabriel's inland location spared it from the carnage. Viniculture (wine making) in California began at the Missions, and San Gabriel was the most successful at growing and processing the grapes and often supplied other Missions with their sacramental wine. Their efforts led the way for wine makers like Italian immigrant Secundo Guasti to found the largest winery in the world (in its day) in the Ontario area.

The Mission has recently been accused of cruelty to the indigenous people of the area, a microcosm of what was experienced throughout North and South America.

I first became aware of the Mission in the mid 1950's when my 6th grade class went there on a field trip. The most memorable areas were the wine press, as I envisioned the foot stomping of grapes, and the walkway with the grape vines draped overhead for shade. I have returned many times since and take visiting friends there instead of to Disneyland.

Sister Laurence Marie, who taught at the Mission School for many years is impressed with how the divergent congregation, Spanish, Vietnamese and English speaking, can cooperate for the common good of all parishioners. Life-long parishioner Francesca Barrios remembers as a child, her large family took up the first two rows of pews for

**Glenn Barnett**

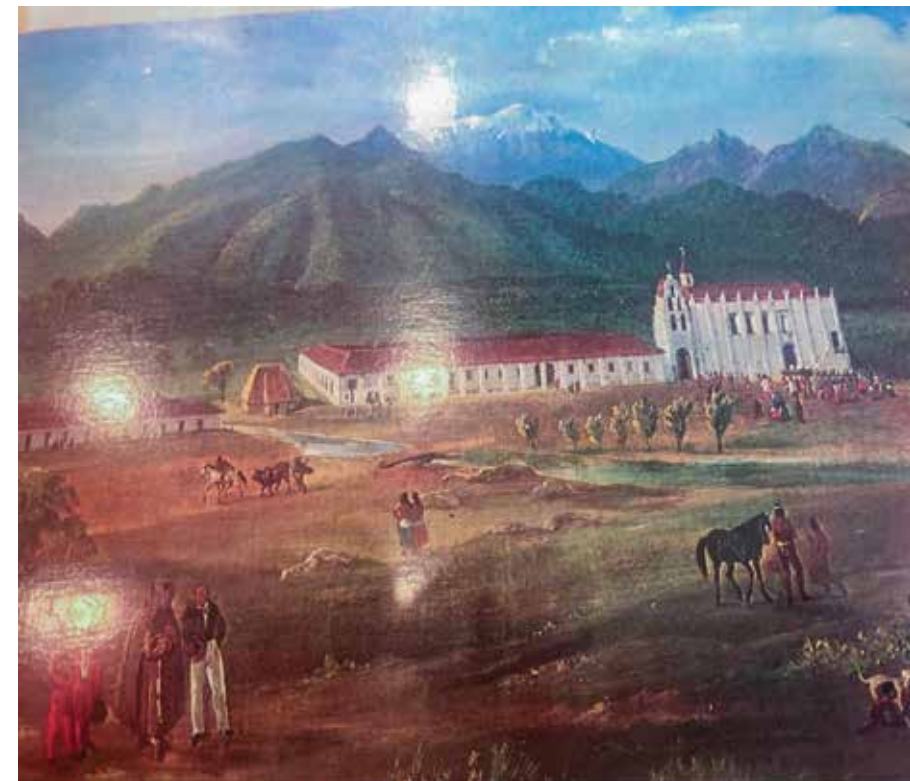
Mass.

In 2020, The Angeleno Wine Company, a small independent vintner, harvested 1,000 pounds of grapes from a 250 year old vine and are producing a limited vintage of about 300 bottles of the Mission wine. It is perhaps the first bottling of Mission wine in 100 years.

But the event that really made the news was July of 2020 when the Mission roof was destroyed by fire attributed to arson. Several local Fire Departments, including Alhambra, responded to the fire. This tragedy was not unlike that of Notre Dame Cathedral in Paris.

The Mission has done rebuilding work in the past after earthquakes in the eighteen hundreds and more recently in the 1980s, but nothing like replacing an entire roof. Work also was undertaken to support and seal the adobe walls which underwent some damage from the fire hoses that played on the fire.

Just like the people of Paris, the community is pitching in with donations or expertise to replace fire damage while taking care not to disturb the structural foundation of the church. The church hopes to reopen in the Spring but could still use more help with funding the repair work. See the Mission's website for details: www.sangabrielmissionchurch.org.

*Tax Tips*

Health Savings Accounts (HSA's)

By Michael Aston, E.A.

A health savings account (HSA) is a tax-exempt or custodial account set up with a qualified HSA trustee to pay or reimburse certain medical expenses incurred by you, your spouse or your qualified dependents. The medical expenses must not be reimbursable by insurance or other sources and distributions from HSA funds will not give rise to a medical expense deduction on your tax return.

Qualifying for an HSA

To be eligible, you must meet the following requirements.

- Must be covered under a high deductible health plan (HDHP).
- Cannot have any other health coverage. There are some exceptions for some health coverage.
- Cannot be enrolled in Medicare.
- Cannot be eligible to be claimed as a dependent on some else's tax return.

Spousal HSAs

The HSAs cannot be joint accounts. You and your spouse must open separate accounts. However, if only one has an account, the funds in that account can be used to pay for expenses incurred by the other spouse, as well as other family members.

High Deductible Health Plan (HDHP)

An HDHP can provide for preventive care benefits without a deductible or with a deductible below the minimum limit. Family HDHP coverage covers as eligible individual and at least one other person.

Distributions

The following rules apply to distributions from HSAs

- Distributions used to pay for or reimbursed for qualified medical expenses not covered by insurance are tax free. Distributions for any other purposes are taxable and may be subject to an additional 20% penalty.
- Distributions used to pay for medical expenses that were incurred prior to establishing an HAS are taxable.
- Qualified medical expenses include the following:
 - Medical Expenses that require a prescription.

**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.

- Over the counter products and medications without a prescription.

- Insulin
- Menstrual care products.
- Qualified medical expenses do not include insurance premiums for HDHP. However insurance premiums for long-term care (subject to limitations) and health coverage while unemployed qualify.

The State of California does not recognize HSAs and your federal tax free contributions must be added back to CA income.

This information is from "Tax Materials, Inc." If you would like to get more information about HSAs and taxes, go to irs.gov or contact your tax preparer.

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



It is that time of the year again!
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**ENROLLED
AGENT**

Your Insurance

Understanding the insurance premium audit process

By Regina Talbot

As a business owner, you may be contacted to complete an insurance premium audit. Learn what that is and how you can be ready.

Insurance premium audits are a vital and routine part of a business owner's Workers' Compensation or Artisan and Service Contractors insurance policy. Since the cost for these auditable policies are based on the wages employees and artisan contractors are paid, the insurance audit is necessary to make sure business owners are fairly and accurately charged for the coverage.

What is an insurance audit?

When the Workers' Compensation or Artisan and Service Contractors policy was issued, the premium was based on an estimate of business operations and workers' payroll. As a result, at the end of the policy period, an audit should be performed on the actual payroll and business operations so a final premium amount can be calculated.

Employment details that can change the premium amount include the actual amount paid to employees as well as temporary employees, subcontractors, or fellow artisans.

For instance, if a temporary employee's payroll and additional forms of compensation such as sick days and commission cannot be determined from your business records, the premium could include calculations using the total cost of the contract with the temporary employment firm.

Similarly, you'll need Certificates of Liability Insurance for subcontractors you hire. Without obtaining these documents, the subcontractor and their employees may be included in your premium calculation. This could increase your premium substantially.

What can I expect during the insurance premium audit?

If you're insured with State Farm®, a State Farm representative or your agent will notify you about which audit vendor will be facilitating the audit process. Then the State Farm vendor or State Farm representative will contact you via mail, telephone or visit with you in person to obtain your financial records.

The financial records requested will include payroll logs, general ledgers, profit and loss statements and tax returns. Be assured that all audit information provided to State Farm and its representatives will be kept confidential. State Farm will also need to have a complete description of your business operations to confirm the classification



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

codes on your policy are correct.

Because business can fluctuate throughout the year, your hiring needs may be very different than estimated. As a result, you could be due a refund if you hired fewer employees or you could owe more premium if you added employees.

Insurance audit best practices to help save time and money

1. Records by employee and type of work – A regular business practice that will benefit you during a Workers' Compensation or Artisan and Service Contractors premium audit is to have your accounting records set up by employee and the type of work they perform.

2. Certificates of Liability – If you hire any subcontractors during the year, be sure you obtain Certificates of Liability Insurance and keep them with your records.

3. Timely completion of audit – Consider scheduling time to attend to the matters relating to the insurance audit so that you can respond in a timely manner to the audit process and avoid any payment conflicts that may impact your credit.

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

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Top returning AHS 2023 baseball players: Josh Soto, Carlos Hernandez, Matt Garcia and Damian Chacon.

Local Sports News from AUSD High Schools

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

2022-23 Varsity Basketball

All of the AUSD High School Varsity Basketball teams entered Almont League play after busy preseasons with Keppel Boys and Girls teams sporting the best overall records to begin the season. League play goes through February 3rd before the CIF Southern Section Playoffs begin.

The Keppel Varsity Boys have been led all season by Seniors Darren Chung, James Preciado, and Jason Lue along with Juniors Ethan Ly and Kyle Tam. The Moors are led by Seniors Justin Lim, Isaiah Uchida, and Nate Reguerra, along with Sophomore Landon Winslow.

On the Varsity Girls side, Keppel is the overwhelming favorite to win the Almont League and advance in the CIF Southern Section Division 2A playoffs. Alhambra and San Gabriel will have to finish the season strong to make the playoffs.

2022-23 Varsity Soccer

All of the AUSD High School Varsity Soccer teams are currently competing in Almont League play with the Moors Boys and Girls teams having the best overall

records amongst the six teams. League play goes through February 2nd with the CIF Southern Section playoffs to follow.

2022-23 Varsity Baseball Preview

The Alhambra Varsity Baseball team will begin their season on February 11th. The Moors return 9 players from last year's team including All Almont League Second Teamers Josh Soto and Carlos Hernandez. Almont League Honorable Mention pitchers from last year Matt Garcia and Damian Chacon also return and should lead the Moors on the mound. The Moors hope to improve on their third place finish from last year and challenge Montebello and Schurr for the Almont League title. Keppel and San Gabriel both hope to improve on last year and also open their season in early February.

2022-23 Varsity Softball Preview

All three of the AUSD Softball teams will begin their seasons in early February. Last year, Keppel's team advanced to the CIF Southern Section Division 7 semi-finals while the Moors finished second in the Almont League before losing in the first round of the playoffs. San Gabriel looks to improve on their 6-12 record from last year.

ACADEMIC EXCELLENCE WITH CHRISTIAN VALUES

Emmaus Lutheran School & Preschool

INFO NIGHTS

2023-2024

Kindergarten Information Night: Monday, February 6th at 6:30 p.m.

Preschool & Kindergarten through 8th Grade Information Night
 Wednesday, February 15th from 6:00-8:00 p.m.

Faith Academics Family

FIND OUT MORE!
 840 S. Almansor St. Alhambra
 (626) 289-3664 www.EmmausAlhambra.org

WELLS FARGO From Page 1

partnership their office has with Wells Fargo in the San Gabriel Valley. And notably so: this branch was first opened in 1925 and has been a member of the Alhambra Chamber of Commerce for more than 60 years!

At the grand re-opening, speakers included Alhambra Chamber President Chris Teng Balmaseda, Alhambra Mayor Adele Andrade-Statler, and representatives from the offices of Congresswoman

Judy Chu, Assemblymember Mike Fong, and Supervisor Hilda Solis. District Senior Manager Brittney Neal and Branch Manager Myriam Mendez welcomed the community and dignitaries to the newly remodeled branch, and Wells Fargo staff from various divisions were on hand to connect with the community members who attended, including local small business owners and civic leaders from across the City.



Community Support Outreach (CSO) Program
支持社區計畫



運用 CSO 計劃 可以節約能源和金錢。

- ✓ 量身定制能源效益和改善方法
- ✓ 幫助減少維護時間和操作費用
- ✓ 了解應得和更新的回扣
- ✓ 明白家居和企業能源效率
- ✓ 整體節能潛力和長期發展趨勢

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Global Energy Services is a SoCalGas authorized contractor responsible for implementing this program through 5/31/2025

SERIOUS DROUGHT. REDUCE WATER USE! **SEQUÍA SEVERA** REDUZCA EL USO DE AGUA **嚴重乾旱 減少用水**

WWW.CITYOFALHAMBRA.ORG • WWW.SGVMWD.COM



Let's hope recent rains end the drought... but let's not plan on it!

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

San Gabriel Valley Municipal Water District

Happy New Year! Last year at about this time, we'd experienced heavy precipitation throughout California, and many thought the drought was over. Then, from January through March 2022, we had the driest three-month period in California's history, and the drought worsened. And our local groundwater supplies, as well as water supplies from northern California that we import to supplement local supplies, continued their steady decline.

What's the lesson in all of this? It's that we live in a dry region where drought is normal, where water supplies are limited, and where climate change makes the work of water planning and delivery far from reliable or sustainable. The reality is: if we're not in a drought, we are probably either getting into one or recovering from one.

The graphic below provides a "snapshot" of our local drought and water supply conditions. As you can see, much of the state remains in severe or extreme drought, local groundwater (which provides 80% of the water we use) remains well below desired levels, and rainfall, statewide snowpack and reservoir levels are below average.



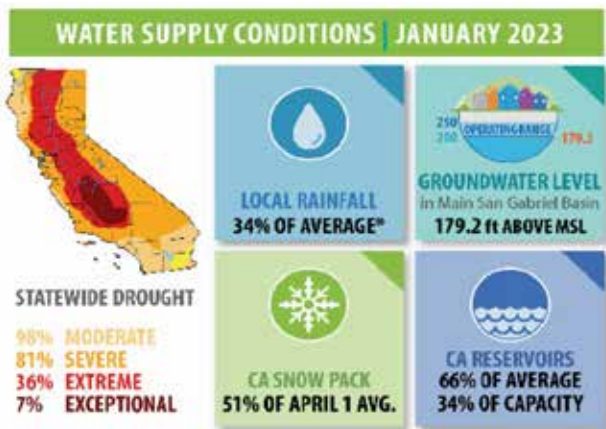
Mark Paulson
Board of Directors,
Division I – Alhambra
San Gabriel Valley
Municipal Water District

conservation tips and use our link to the California Native Plant society for landscaping tips customized to the City of Alhambra (https://sgvmwd.com/wp-content/uploads/2022/05/CalScape_Alhambra_web.pdf). Please consider scheduling an educational presentation from our Speakers'

Bureau to your school or organization. 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>).

Remember, every drop of water we save is one that does not need to be pumped, stored, treated, imported, transported, recycled, desalinated...or paid for!



It's too early to conclude the drought is over. As I suggested in last month's article, "let's save water now when it's wet...for when it's dry." Visit the District's website (www.sgvmwd.com) for a variety of con-



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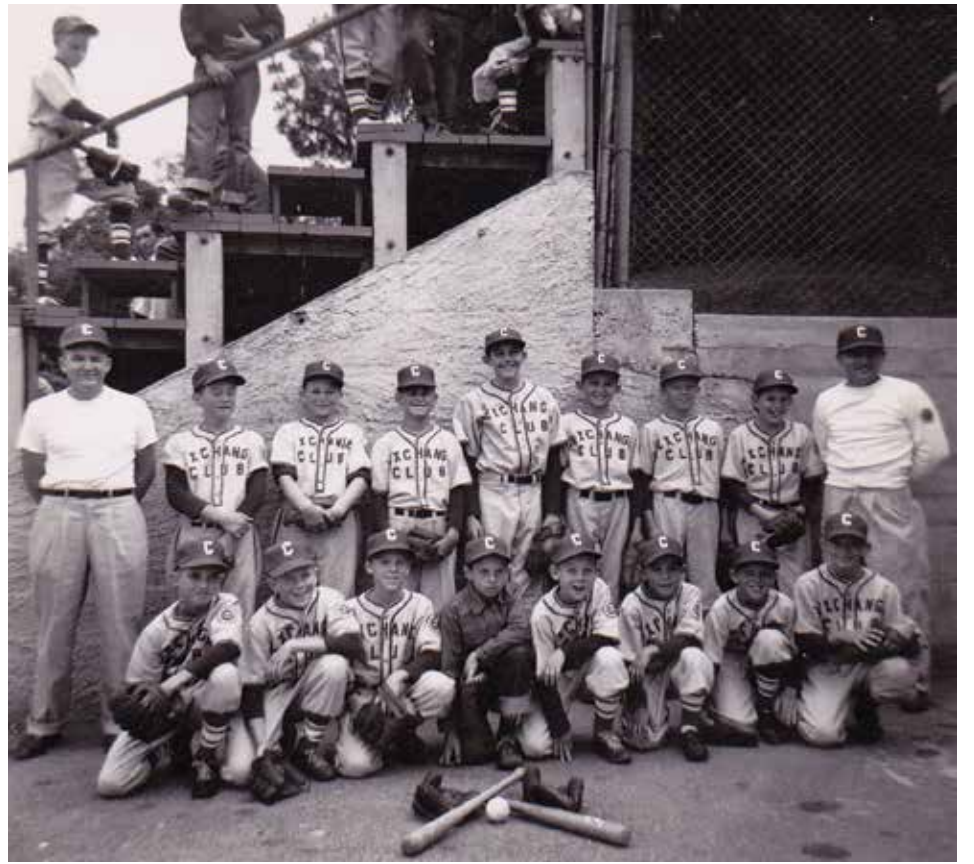


AALL to celebrate 70 years with community carnival

The Alhambra American Little League (AALL) will kick off their 70th anniversary season with a free community carnival on Saturday, March 4, 2023 at Granada Park. The carnival will feature food and game fundraising booths staffed by the league's teams, and inflatables, city resources information, entertaining performances, raffles, a team parade, and more. A ceremony will include recognition of long-time board member and past league president,

Hank Canale, and guest honorees for the ceremonial first pitch along with the pledge of allegiance. More information about the league and Opening Day Carnival can be found at alhambraamerican.org.

Since 1953, AALL has provided a low-cost baseball, softball, and T-Ball program for thousands of youngsters in Alhambra and surrounding neighborhoods. The league is operated by an all-volunteer board of directors.



Exchange Club, one of AALL's original four founding teams in 1953.

Why Alhambra American Little League means so much to so many

By Daniel A. Perez

Some of my earliest childhood memories take place at Granada Park, playing on the baseball diamonds. Honing their athletic abilities, making friends, eating junk food from the snack bar – these memories are common among the thousands of children who have participated in the Alhambra American Little League since its inception in 1953. Now, 70 years later, the program continues to provide a low-cost baseball, softball, and T-ball program for hundreds of families each year.

We'll be celebrating the 70th anniversary of the league with a big Opening Day Carnival on Saturday March 4 at Granada Park, and the entire community is welcome. Our annual team fundraising booths will provide food and activities for all ages.

Inflatables, city resources, performances, raffles, and more will add to the fun. Hank Canale, long-time board member and past league president will be recognized for his service to the community, and special guests will toss out the first pitch and lead the pledge of allegiance.

I take pride in being an AALL alum and knowing our league is an Alhambra institution; it's why I've served on the all-volunteer board of directors for 14 years after participating for eight years as a player. Our program helps kids not just be more physically active, but also learn teamwork, good sportsmanship, self-confidence, and so much more. Let's look forward to another 70 years of developing young athletes that bring pride to Alhambra.



Photos of Alhambra's Gail Borden home, which was once located on South Garfield Avenue, can be found at the Alhambra Historical Society Museum, 1550 West Alhambra Road, Alhambra, CA.

Fall in love with Alhambra's History

Arturo was in love! He and his friend David were visiting Alhambra Historical Society's museum to do some research for a high school project on a recent Saturday. During his visit, Arturo discovered photos of the stunning Gail and Helen Borden home that was once located on South Garfield Avenue at the present-day location of Alhambra's Main Post Office. He was instantly enchanted and wanted to learn more!

Designed by New York architect Lawrence B. Valk in the Spanish Eclectic style and built in 1900, Alhambra's Borden home included a Mission Revival exterior and a stately Canary Island Date Palm that graced the home's circular walkway. Its neoclassical interior featured a two-storied central atrium with a glass ceiling. "The home that belonged to Gail and Helen Borden was, without a doubt, one of Alhambra's grandest mansions in the early 1900s," stated Chris Olson, Alhambra Historical Society President. "Owned by the grandson of the founder of Borden's

Condensed Milk Company, the home featured elaborate tilework and intricate Corinthian columns. It even had a small pond within its atrium," continued Olson.

Arturo's enthusiasm and newfound love for the one-of-a-kind Borden home and the history of the family captivated everyone – museum staff and visitors alike. By the end of his visit, a small group of Alhambrians were gathered around the photos of the Borden home. Everyone was admiring the interior of the home, learning about the history of the Borden family and discovering something new about Alhambra, their hometown.

Come fall in love with Alhambra's history by visiting Alhambra's Historical Society's Museum, located at 1550 West Alhambra Road, Alhambra, CA 91801. The museum is open from 1:00 p.m. - 4:00 p.m. on the first and third Saturday of every month. To learn more about the Alhambra Historical Society and Museum, visit alhambrahistoricalsociety.org, email alhambrahistocs@att.net or call (626) 300-8845.



From left to right: Jewelyn Co, Run Chair Joanna Vargas, AEF President Steve Perry, Jennifer Gauden.

Alhambra Pumpkin Run gives back to Alhambra Educational Foundation

On January 17, 2023, the Alhambra Pumpkin Run presented the Alhambra Educational Foundation with a check for \$6,360 from the October 2022 event in

Downtown Alhambra. These funds will provide direct services for programs that enrich students' curriculum and instructional programs.



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New Year, New Habits

Tips for reducing contamination in organics and recycling carts

For many people, the beginning of a new year brings hope and anticipation for the changes they will make. Maybe having a more environmentally friendly lifestyle was on your list of resolutions. However, even if it wasn't, a few simple changes of habit can improve our environment and our community. Those small changes will help reduce contamination in our organics and recycling carts, making our materials cleaner and more useful.

When organics are free of contamination, local composters can consistently produce clean, nutrient-rich compost that helps improve soil health for area gardeners and California farmers. Plus, it reduces the amount of food waste headed to landfills for disposal and decreases greenhouse gas emissions from methane.

Similarly, when your recycling cart is free of contamination, it makes sorting and processing recyclables more efficient and results in cleaner products that are more useful to manufacturers. It also reduces the amount of residual waste collected at materials recovery facilities that must be sent to landfills.

Here are some tips to help you reduce the amount of contamination in your organics and recycling carts:

• Don't put plastic utensils, plastic straws, produce stickers or plastic produce

bags into your organics cart.

• Line your kitchen bin with a compostable liner to keep it clean. Compostable liners include paper bags, newspaper and certified-biodegradable plastic bags.

• Never place greasy pizza boxes or food into the recycling cart. These go into the green cart with organics.

• Place food-soiled paper, such as paper towels and napkins, into your organics cart, not the recycling.

• Recycle only clean, dry paper and cardboard in the blue cart. This includes junk mail, office and school papers, printer paper, magazines, catalogs, empty cereal and shoe boxes, and cardboard.

• Toss loose recyclables into your blue cart. No plastic bags belong in the blue cart!

• Keep batteries OUT of your carts. Not only will they contaminate the load, but they also create fire hazards.

• Never put diapers or wipes into organics or recycling carts! These items should be bagged and go into your black trash cart.

To learn more about organics, recycling and waste disposal programs offered by Republic Services to residents and businesses in Alhambra, visit [RepublicServices.com/municipality/alhambra-ca](https://www.republicservices.com/municipality/alhambra-ca).



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New Leadership at Emmaus Lutheran School has them ready to Compete!

This past semester, Emmaus Lutheran School and Preschool in Alhambra welcomed a new principal, Mrs. Cynthia Spiva. After a year of rebuilding, Emmaus was excited about the possibilities ahead. Cynthia Spiva comes to Emmaus with a Bachelor Degree in Education, a Masters in Educational Leadership and 17 years of administrative experience. "Cynthia has already shown a passion for leading Emmaus to reach its fullest potential. With an emphasis on challenging academics and continuing the family-like atmosphere, Cynthia fits right in and has been such a blessing to our school," said a staff member. "We have been known as 'Alhambra's Best Little Secret,' but we want everyone to know that we are proud to have such a great school that offers so much to our students and families. We know we are in good hands with Principal Spiva."



With Spiva's encouragement, one of the new opportunities Emmaus will have this year is to participate in the Lutheran Elementary School Tournament (LEST) in Orange County, which is a competition in academics, sports, and other skills that include many other Lutheran elementary schools across California. Emmaus will compete in boys and girls basketball, handbell & choral choir, art, chess, music, math, spelling, and writing. "One of many things

I love about Emmaus is the extra-curricular activities," raves parent, Andrea Lonnemann. "My son not only receives challenging academics, but also participates in football, basketball, choirs, dramas, and student government." Emmaus looks forward to showcasing their students' talents and hopes they will do well at this year's tournament.

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In Their Own Words with Dr. Sheila Wu

When talking with Dr. Sheila Wu, you understand why she has dedicated herself to providing mental health services to the community. As Director of the Asian Pacific Counseling and Treatment Centers (APCTC), Dr. Wu and her team are driven to develop comprehensive responses to the growing mental health crisis. Dr. Wu has worked with APCTC since 1992. She is a licensed clinical psychologist and trained to work with children and adolescents. When asked what drives her, Dr. Wu replied, "Seeing that people get the services they need to have a better quality of life is what makes my personal journey in this field meaningful."



Dr. Sheila Wu

APCTC has various locations across LA County, including the one here in Alhambra. The organization offers mental health services to children, adolescents, and adults. APCTC services are provided with cultural sensitivity and bilingual capability. Dr. Wu shared that the organization has vocational services and housing programs where they assist clients with vouchers, counseling, case management, and so much more. "It's a pretty comprehensive list of services, our previous director had the vision of a one stop shop so if an immigrant family comes to you and needs help with social security, medical, or whatever services are needed, then we have case managers to help them with that." Dr. Wu added.

"One of our most successful programs that we have is to help a client who is on this end of the spectrum, who's just been released and discharged from the hospital, and then we help them through a recovery period where they become stabilized whether through medication, case management, mental health services, psychosocial education, wellness activities, it's more of a wraparound type of service. Then we stabilize them until a point where they manage their symptoms really well and we help them through job training and job development and help them get their feet back into society where they can hold a job and we coach them on that and then they become independent." said Dr. Wu.

The Asian Pacific Counseling and

Treatment Centers started in 1977 at a time when, as Dr. Wu puts it, "There were no specialty clinics for the AAPI community and so a handful of Asian and Pacific Islander health providers got together and started the clinic. They thought it would be beneficial for all the new immigrants who were coming in the 70s." Initially, the clinic was part of the Los Angeles County Department of Mental Health and operated under that guidance. With the need for more extensive and wraparound services, the former director along with the Board sought to privatize APCTC. "From a county clinic, we became a private nonprofit. During that time there was a bid to see if there were organizations that would become the legal entity and serve as the umbrella agency for APCTC. At the time, Special Service for Groups, Inc (SSG) stepped up and took APCTC as one of its divisions, one of its programs. And so since 1991, we've been part of SSG which takes care of all the legal and administrative oversight while we run the programs." explains Dr. Wu.

For more information on APCTC you can visit their website at www.APCTC.org.

If you have a story you would like us to consider for our "In Their Own Words" series, please submit (with a photo if you like) to aa@alhambrachamber.org. We reserve the sole right to approve it for publication, as well as edit it and make revisions. Publication does not reflect endorsement.

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7 Things You Must Know Before Putting Your Home Up for Sale

Alhambra - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money. This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market. As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar". To order a FREE Special Report, call toll-free 1-888-300-4632 and enter 1000. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.

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Exhibit opens this month: Uniting Borders Empowering Artists 2023-2024

The Academy of Special Dreams, The California Arts Council and The Alhambra present, "Uniting Borders Empowering Artists 2023-2024," featuring the newest original works of art by a diverse group of more than 60 local emerging artists from Alhambra Unified School District. The exhibit also features international artists who represent a wide spectrum of race, ethnicity, gender, age and abilities, truly reflective of the diversity of our society. The Academy issued congratulations to all the artists participating, especially their supporting International artists Maru Huerta, Gabriel Miranda and Maestro Reyes Gomez, professional and emerging artists whose art and mission of inclusion simply inspire.

As their CEO Michael Dergar states,

"Now that the worst of the COVID-19 pandemic is behind us, the Empowering Artists 2023 – 2024 inclusive art exhibition will celebrate the creative talents of a diverse group of artists by showcasing their original works of Art to reinforce our view and educate mainstream society that exhibitions of visual art can and must include people of all backgrounds without regard to disabilities."

EXHIBITION TIMELINE

February, 2023

The art exhibition will be held during the month of February 2023 at the Alhambra City Hall lobby, 111 S. 1st Street, April 2023 – November 2023

Uniting Borders art collection at The Alhambra. W Building at The Alhambra


For more information please visit: specialacademy.org

Academy of Special Dreams Foundation

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From SoCalGas: A Note to Customers on Higher Gas Bills

High bills may have come as a shock in January, but here are some tips and tools to help you save.

Market conditions caused natural gas rates to increase 128% since December. There's no easy way to put this: January bills are likely to be shockingly high. An unprecedented cold snap across the nation in part has caused natural gas market prices in the West to more than double between December and January. As a result, customers can expect to see higher gas bills in the coming weeks.

While SoCalGas doesn't set these prices (they are set by regional and national markets), they want their customers to know that they understand that this may be a shock and a hardship for some.

"We understand that our customers are starting to feel the pain caused by large changes in the natural gas market," said Senior Vice President and Chief Customer Officer Gillian Wright. "And we also recognize that we owe it to our customers to provide them with as many tools and tips as possible to help them find ways to prepare for colder weather and higher winter bills, including financial assistance in some cases."

SoCalGas offers many accessible tools to help you cut down on energy usage and help lower your bills amidst the rising costs. They encourage customers to sign up for weekly Bill Tracker Alerts to monitor gas consumption, take steps to reduce usage, and avoid bill surprises. Alerts will be sent through email or text and include a bill-to-date and projected next bill amount to help you manage your energy bills as easily as possible. Eligible customers may also sign up for a Level Pay Plan (LPP), which averages your annual natural gas use and costs over 12 months. Several unprecedented events occurring simultaneously over the last few weeks have contributed to the rising price of natural gas. For more information on natural gas prices and predictions, visit <https://www.eia.gov/naturalgas/weekly/>

- Widespread, below-normal temperatures
- High natural gas consumption
- Reduced natural gas flows

- Pipeline constraints, including maintenance in West Texas

Customers can expect to see changes in their natural gas bills this winter due to the rise in natural gas prices. If your residential peak winter bill was around \$65 last winter, you can expect to see bills closer to \$160 this year. Similarly, if it was around \$130 last winter, customers can expect to see bills around \$315 this year. These increases are primarily due to increases in the price of gas and to a much lesser extent increased transportation rates. The rates for the transportation of natural gas are set by the California Public Utilities Commission, which reviews those rates yearly.

SoCalGas has been and will continue to be diligent in informing their customers about winter gas prices to keep you informed and help empower you with important information to assist them through this tough time. Here are some useful tips to get you started, keeping in mind that not every one of these tips will work for everyone:

- Lowering your thermostat three to five degrees – if health permits – can save up to 10 percent on heating costs.
- Installing proper caulking and weather-stripping can save roughly 10 to 15 percent on heating and cooling bills.
- Washing clothes in cold water saves up to 10 percent on water heating costs.
- Consider turning down the temperature on your water heater.
- Limit the use of non-essential natural gas appliances such as spas, pool heaters, and fireplaces.

Their Ways to Save Energy-Saving Tool can provide you with a customized analysis of your energy usage that can help you track your energy efficiency progress and help lower bills. It's a helpful tool that won the "Global Power and Energy Elites 2022 Award" for its innovative use of data and analysis. They also have a number of assistance programs that range from past due bill forgiveness, CARE program (bill discount), and free energy efficiency home improvements through the Energy Savings Assistance Program. For more information on bills and how to lower your costs, please visit socalgas.com/ManageHigherBills.



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Ramona Convent Secondary School Community Walks for Freedom

This year, Ramona Convent is focusing on the Core Values of the Sisters of the Holy Names of Jesus and Mary (SNJM) that are the foundation of who they are as a community. Last month, they transitioned to Dedication to Justice, which means committing time, energy, and resources to the pursuit of right relationships of equality, justice, and solidarity. To a Ramona student, justice means that people are treated with dignity and have all the basic resources they need to live.

On Saturday, January 14th, students, faculty, staff, and family members gathered at Blessed Sacrament Church in Hollywood for the annual Freedom Walk. They joined others in solidarity, carried signs, and witnessed to the need to wipe out human trafficking. Their public actions support

the SNJM stand against human trafficking, especially of women and children.

Junior Isabella Garcia shared, "I participated in the Freedom Walk because the social justice focus of my Theology course is human trafficking. Ramona emphasizes the importance of being active in our community and provides me with various opportunities to use my voice to impact change in the world around me."

Ramona Convent Secondary School is a welcoming 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 contributive members of the global community with the strength of a legacy of more than 130 years of distinction.

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Two Alhambra USD elementary schools named 2023 CA Distinguished Schools

Alhambra Unified School District's Monterey Highlands and Repetto elementary schools won the prestigious 2023-2025 California Distinguished Schools Award which recognizes schools for their excellent work in one of two categories: closing the achievement gap and achieving exceptional student performance.

"This sought-after state recognition is a wonderful way to begin a new year and exemplifies what happens when our school communities of teachers, certificated and classified employees, administrators and parents are unified in their efforts to support all students," AUSD Superintendent Denise Jaramillo said.

Announced in January by California State Superintendent of Public Instruction Tony Thurmond, the award program is celebrating its return after the COVID-19 pandemic temporarily suspended reporting of state and local student data. Since its inception in 1985, the California Distinguished Schools Award remains one of the important ways to celebrate exceptional schools, districts, teachers, and classified

employees for their innovation, talent, and success in supporting students.

"It is my pleasure to honor and recognize these 356 elementary schools for providing outstanding public education and opportunities to students. Their innovation and hard work have helped to ensure their students can heal, recover, and thrive—even in the toughest times," Thurmond said. "California Distinguished Schools represent examples of not just excellent teaching, learning, and collaboration, but also highly successful, data-driven school efforts ranging from professional development for educators to mental health and social-emotional wellness strategies to address the needs of students and families."

Elementary schools and middle and high schools are recognized in alternate years; therefore, awardees hold the title for two years. Each year, two of California's Distinguished Schools awardees are eligible to become a National Association of Elementary and Secondary Education Act (ESEA) Distinguished Schools Awardee.



Parent graduates of AHS Dream Center Parent Education Academy become a family, empowered, celebrated through learning together

Amid hugs and joyful tears, 23 parents shared what it meant to graduate from the Alhambra High School Dream Center Parent Education Academy. At their December 15 graduation ceremony, parents spoke about how the classes made them feel empowered, celebrated, and supported for the first time. They talked with courage about their life journeys, a spouse who passed away, COVID, being undocumented, years of separation from family members, their areas of advocacy.

During 14-weeks of adult classes in English as a Second Language and Civic Engagement, the Dream Center Parent Education Academy parents became a family and encouraged one another. Parents said their kids proud were so proud of them for taking the classes since they didn't finish school in their home country and the language barrier had kept them from trying here — until now.

Two brave parents, Cynthia Medina and Susseli Gonzalez, spoke with fluency and eloquence at a November AUSD board meeting to invite members to their Parent Education Academy graduation. "As organizers and instructors of this class we know how dedicated these parents have been as well as how nervous they were to speak in public in English!" said AHS teachers and Dream Center advisors, Javier Gutierrez and Karen Jacobson wrote.

Among those on hand for the special ceremony were AUSD board members Dr. Marcia Wilson, Kaysa Moreno and Bob Gin, Superintendent Denise Jaramillo, Janet Lees, Assistant Superintendent of Education Services, Asian Youth Center's Maria Atanacio and Bryan Kim, Dream Center Coordinator, Alhambra Mayor Sasha Renee Perez, and Alhambra City

Councilmember, Adele Andrade Stadler. For their achievement, parents were doubly honored with Certificates of Recognition from the Alhambra USD Board of Education and the City of Alhambra.

"Wow. That was such an inspiring evening," Mr. Gutierrez wrote. "I spoke to many of the parents after the official graduation program and they continued to express their gratitude for not only having you in attendance but also for the opportunity to speak their thoughts and know that you heard them. Their pride in our city and our AUSD leaders was evident."

Along with the free two-hour Thursday night classes for any adult or parent in the community, the Parent Education Academy offers free child care and supper with every class, thanks to generous financial support from the Asian Youth Center, AUSD, VISA Boosters, and Urban Visionaries contribute financial, logistical and in-person support.

For its pioneering work with immigrant and undocumented students and families, the Alhambra High School Dream Resource Center won a coveted 2022 Golden Bell Award from California School Boards Association. In December, Mr. Gutierrez and Ms. Jacobson accepted the award in San Diego on behalf of the many allies who contribute to the success of the Dream Center.

The Parent Education Academy began their new classes in January. Since small classes are best for deep learning, 30 new participants were drawn from the 300 parents who initially registered for the inaugural Parent Education Academy.

Learn more: <https://tinyurl.com/DreamCenterParentEd>



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The Latin Grammy winning duo, Andrés Salguero and Christina Sanabria, of 123 Andrés, captivated Fremont Spanish Dual Language Immersion students through their music in Spanish and English, teaching them about the ways different cultures celebrate the holiday season. Pictured with the duo is Susana Ramirez Navarro's Spanish Language DI-kindergarten class. Students called it "the best day ever!"

Latin Grammy winning musicians surprise, thrill, teach Fremont students

Fremont's Spanish Dual Language Immersion Program (DLIP) students received an unexpected treat as part of their learning how other countries celebrate the holiday season with Las Posadas (Spanish for The Inns). Las Posadas are community-based, joyous house-to-house celebrations in Latin America, Mexico, Guatemala, and Honduras held for nine days, Dec 16th to 24th, which traditionally end with piñatas and goodies.

At Fremont, students participated in their own posada on December 16th culminating with a surprise, high energy musical performance by Latin Grammy-winning duo, 123 Andrés. In addition to their Grammy, husband and wife Andrés Salguero and Christina Sanabria won three nominations for Best Children's Album and Best Latin Children's Album. Together, they have performed all over the

United States, Puerto Rico, Panama, Colombia, and Mexico, creating and singing music in both English and Spanish, and have authored three children's books for Scholastic Inc.

Sponsored by Los Amigos De Fremont, the 123 Andrés surprise performance involved the entire Fremont family of teachers, staff, and parent volunteers to make the event a success.

After the performance, students enjoyed a posada treat of pan dulce and hot chocolate. Students called their Fremont posada experience "the best day ever!" The memorable introduction to Las Posadas holiday traditions was a beautiful winter break send-off for the Fremont Dual Language Immersion students. To all those who kept the exciting secret of the 123 Andrés performance so the students could be surprised: Extra special thanks!



AUSD Board of Education selected 2023 officers at its annual reorganization meeting in December. Mrs. Kaysa Moreno, representing District 3, will serve as board president. Mr. Bob Gin from District 4 will serve as 2023 board vice president and District 5's Mr. Fred Chang will serve as clerk of the board.



Make plans to join the 4th Annual ATA Read Across America March 11 community family event in Alhambra Park from 11:00 am to 1:00 pm with music, drama, activities, and AUSD leaders, staff, students, local elected officials, librarians and authors reading to children. The highlight for kids is always when they get to select their own FREE book. AUSD students speak over 17 home languages. Donations of children's books in all languages are desperately needed. Call ATA at 626-289-1933 to donate books or funds by March 3. Photos by Natalie Tee-Gaither from ATA 2022 Read Across America event



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Alhambra Educational Foundation student book donations top 40,000

Alhambra Unified School District children are growing their personal home libraries, thanks to the vision and generosity of the Alhambra Educational Foundation (AEF). With the twin goals of encouraging a culture of literacy and inspiring children to learn, AEF's annual commitment to AUSD's TK-3 students is the gift of choosing three books of their own. In December, the nonprofit delivered 4,200 books to young students, bringing AEF's total number of donated books since 2005 to nearly 43,000. AUSD students and schools have benefitted from more than \$3.3 million in AEF funding since 1993. Donations to AEF make an enormous difference to AUSD students and schools and are deeply appreciated. Visit www.aef4kids.com for more information.



Congresswoman Judy Chu, 28th District, congratulates Brightwood students (from left to right) Evan Lau, Athicha Chanpradub, Alina Ramos, and Drexel Ngo for winning second place in the 2022 Congressional App Challenge for their EduParty app. The seventh and eighth grade students were the youngest team in the Top Five.

Rep. Judy Chu honors Brightwood's coders, among best in 28th congressional district, great hope for the future

The Brightwood middle schoolers were the youngest team in the Top Five winners for the West San Gabriel Valley in the 2022 Congressional App Challenge. Hosted by the U. S. House of Representatives, the annual computer science competition encourages students to learn to code and to pursue careers in STEM (Science, Technology, Engineering and Math). Representative Judy Chu, 28th District, celebrated the winners in a special awards ceremony on December 19th at the Jet Propulsion Laboratory (JPL) in Pasadena.

The Brightwood team — eighth graders Athicha Chanpradub and Evan Lau and seventh graders Drexel Ngo and Alina Ramos — was the ONLY middle school team in the Top Five. Their fully functioning EduParty app won second place. The students' families and Alhambra Unified School District staff, administrators, and board members looked on with pride as Dr. Chu said, "It gives me such a great hope for our future knowing that we have such highly talented young coders thinking about how to work together to fix the many problems facing our world."

Dr. Chu was especially impressed by the Brightwood coders level of skill at their young age. "The judges noticed that the creation of this app truly embodies the spirit of collaboration that's needed for success," she said. "I definitely agree with them because it was through teamwork and resourcefulness that this team of students created a fun and exciting game that engages very young students

while inspiring them to learn."

The AUSD Board of Education formally recognized the students at their January 10th meeting. Brightwood principal Candace Griego said, "I am extremely proud of our middle school students — Evan, Aticha, Drexel, and Alina — for working so hard to create such an entertaining app to make learning fun for elementary school students. I'm sure this will be the first of many awards these students will earn. They have a bright future ahead!"

The four students are classmates at Brightwood School and take coding classes together on the weekends at Let's Code, Inc. in Monterey Park. Let's Code has much to brag about: In addition to Brightwood's second place award, the first and third place winners are employed as coaches at Let's Code.

The apps were judged by a panel of local experts based on each app's purpose, concept, technicality, creativity, and design. The winning app, PCPosture by Jeff Chen, will be displayed on the Congressional App Challenge Website and on a digital display in the Capitol Building in Washington, D.C.

You can catch a glimpse of the Brightwood team's impressive app in this YouTube introductory preview: <https://youtu.be/0f5ZdmCyBsQ>

The Brightwood team of four is already thinking about what they might create next year, so don't be surprised if you see this team back in the Top Five again!

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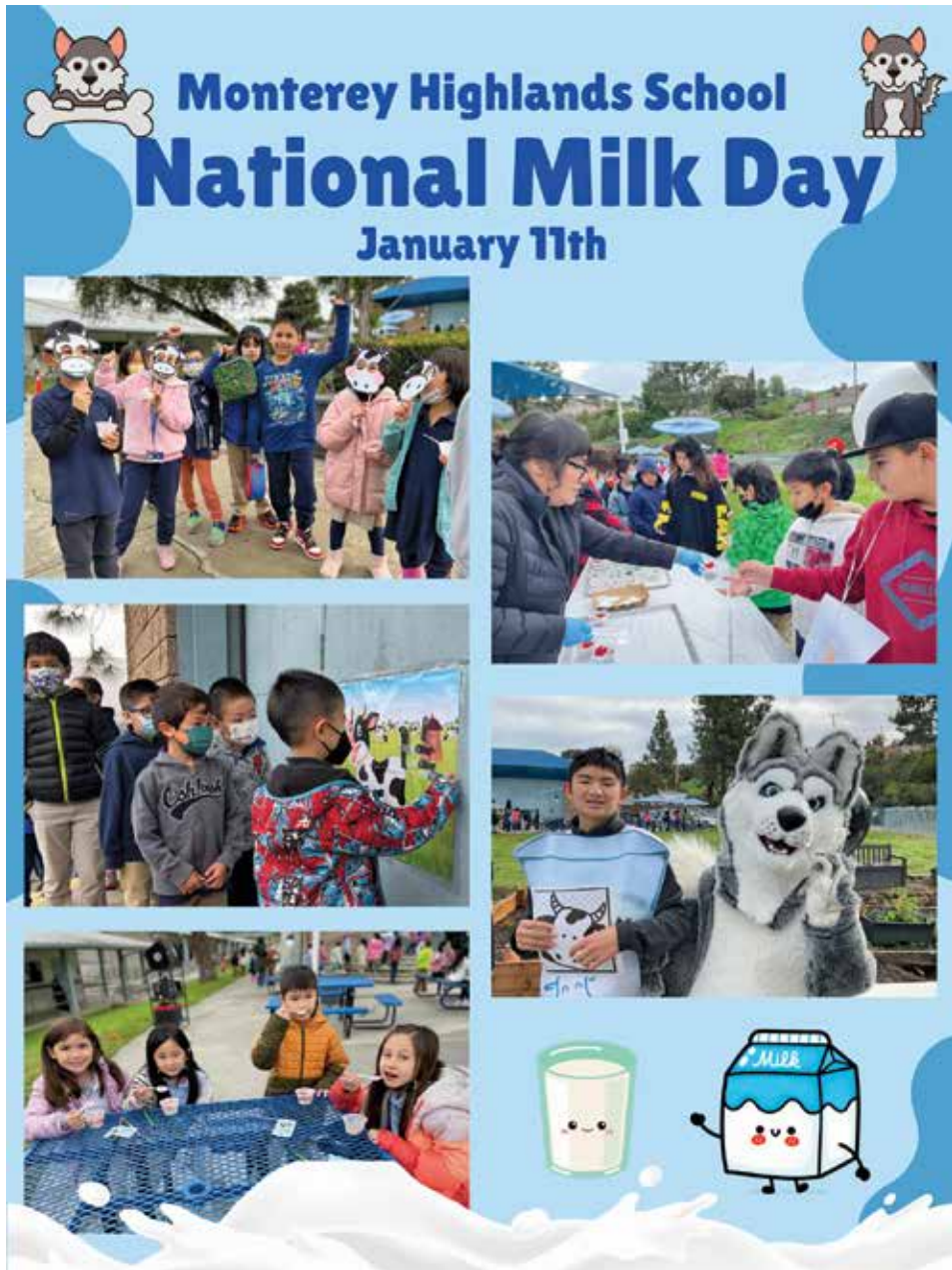
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On National Milk Day, Monterey Highlands students had fun while celebrating the important health benefits of milk.

Monterey Highlands students delight in National Milk Day festivities

Before DoorDash and Uber Eats, milkmen delivered milk to American homes. The first such delivery was on January 11, 1878. Now we commemorate that day as National Milk Day to recognize the important role milk and dairy products play in providing calcium and other nutrients in a healthy diet.

At Monterey Highlands School, National Milk Day, began with a morning of "COW-tastic" activities, thanks to their ASB students, parent volunteers, Alhambra Unified School District's Food and Nutrition Services, and the Dairy Council of California.

The first, second, and third graders delighted in the fun, dairy-themed stations — Pin the Tail on the Cow, Milk Pin Bowling, and Toss the Ring Around the Milk Carton — to win Husky Bucks and other prizes. The Highlands Husky mascot joined students for the festivities at the Milk Day photo booth. When students finished the activity stations, they sampled yogurt parfait with strawberries and/or blueberries, the favorite part of Milk Day

for many students!

"The students had so much fun learning how milk and dairy products help keep all of us healthy. Anytime we can combine education and fun, students remember the lessons," said principal Dr. Rosa Soria. "We are incredibly grateful to our ASB student leaders who ran the stations and for our partnerships with parent volunteers, Food and Nutrition Services, and our community organizations."

Children learned that milk is an important part of AUSD cafeteria school meals, providing calcium, potassium, vitamin B12, vitamin D, and vitamin A, and 18 of 22 essential nutrients. It helps build strong teeth and bones and is an amazing source of protein and magnesium. Milk has also been shown to reduce the risk of heart disease, stroke, and diabetes. Milk Day activities encouraged students to consume calcium-rich foods and beverages, such as milk, yogurt, cheese, and soy milk.

"It was a wonderful day of celebrating dairy's role in nourishing AUSD students, families and communities," said Dr. Soria.



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PARENT DIGITAL NEWSLETTER




All issues are available at:
<https://tinyurl.com/AUSDConnectionArchive>.

AUSD's digital parent newsletter, AUSD Connection, is a visual feast to draw readers in with superb graphics and photos — and a wide swath of clickable possibilities to easily savor, join, plan for, and celebrate.

AUSD Connection is one-stop news roundup of Alhambra Unified School District for parents and community

Alhambra Unified School District launched *AUSD Connection* in September 2022 to help parents stay informed about the happenings at their child's school and around the district. AUSD invites community members throughout the San Gabriel Valley to keep up with AUSD news by reading current and previous issues of *AUSD Connection* at: [https://](https://tinyurl.com/AUSDConnectionArchive)

tinyurl.com/AUSDConnectionArchive
A new issue publishes the Friday after each regular Board of Education meeting (approximately every three weeks). The next issue is available Friday, February 3rd. Between issues, find out what's happening in AUSD by following @AlhambraUSD on Facebook, Instagram, and Twitter.

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From the Desk of Rev. Craig Statton

A Lovely, Lovely Life

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

When I was in grade school, February was an exciting month because we handed out Valentines to all our classmates. Our teachers would have us create a Valentine's card for our parents; and my mom would buy a box of cards, and I would sit at the kitchen table and write a Valentine to each one of my classmates, drop a heart-shaped candy in the envelope, and seal it. As I remember, the best part of the celebration was tearing open the envelopes and eating the candy. Sometimes I even read the cards.

As I grew older, Valentine's Day became a day to either impress a young lady I was interested in or celebrate the romantic relationship I already had. I was following a very old tradition which was started among the Romans with the festival of Lupercalia. This festival was held in mid-February which celebrated the coming of spring "when love was in the air." At the end of the 5th century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day, named after a Christian saint. The season was a time to celebrate romantic love and the decisions and desires which bond us so closely with another human being.

Over the years, I have watched my

children follow this same cycle from cards and candies, to boyfriends and girlfriends to spouses, and now we are beginning again with our grandchildren. This year my wife and I will write cards, buy candies, and maybe even babysit so our children can have a night out and a little rest from the challenges of parenting three small children. But the season also reminds me of the joy and meaning that intimate relationships provide in our journey through this life.

Dr. William Thomas, a world-renowned geriatrician, wrote that the three plagues of aging are "helplessness, loneliness, and boredom." He believes that as people grow older many are not able to do as many things as they could when they were younger; they have fewer relationships with others because of either an inability to get out as much or the loss of their friends, and finally that they are not engaged in as many activities that give them meaning as when they were younger. The challenge for family members, friends, and professionals who work with seniors is to create programs which fight these plagues by empowering people, creating networks of relationships and providing meaningful activities for seniors which engage both heart, mind, and body.

The desire for intimate relationships never goes away. Seniors may no longer be as interested in the sexual nature of intimacy; however, the desire for meaningful conversations, the gentle touch, and the personal connection of conversations and affection are always important and may be one of the best antidotes to the plague of loneliness.

A couple of years ago, we invited several of our couples at Atherton to tell us their love stories. It was exciting to hear how they met and fell in love, how they had endured the ups and downs of life, and the advice they would give younger couples in their journey. One of the gen-

tleman, Paul DeVaughn, who had been married 68 years to his wife, Juanita, said, "If you can keep that feeling alive that you had when you first met, and if you mean what you say when you say it, you will have a lovely, lovely life."

This is the intimacy which is sown over the years and combats the loneliness of age as well as nurtures the soul of a human being. It is the truest sense of romance and the most satisfying of human need. It is sometimes found in young passion, but finds its deepest expression in maturity. It is what the Apostle Paul referred to as the greatest of all virtues. It is love.



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Your Health

Easy exercise, big benefits

By Sheila Yonemoto, P.T.

Life is complicated and busy. My patients sigh when I suggest they incorporate 20 minutes of exercise into their daily routines. If you feel the same way, here are some simple, easy ways to get more out of your body without much effort. 1.

Before getting out of bed

Take 3 deep breaths while raising your arms overhead with the inhalation and bring your arms down with the exhalation. This gives your shoulders a mild stretch and fills your lungs with air.

Tighten your abdomen and buttocks, hold for 5 seconds, repeat 5-10 times. This helps flatten your abdomen and buttocks and massages the organs in your pelvic bowl, helping eliminate waste from your digestive tract and bladder.

Now sit up

Sitting at bedside, make circles with your ankles and pump your feet up and down. This pumps the fluid from your feet and legs up to your heart as well as stretching tendons and ligaments around ankles and feet.

During the day

Find more opportunities to walk. Park the car further away. Use the stairs instead of the elevator. The increased aerobic workout for the larger muscles in your body, i.e. legs, will tone your body and make your heart and lungs stronger.

When standing in line, rise up on your toes and hold for 8 seconds. This shapes the calves and improves your balance. According to Chinese medicine, this strengthens your kidney system, improving your overall health and longevity.

Once a day, do deep breathing while you walk. Inhale for 5-10 seconds through your nose, then exhale for 5-10 seconds while blowing out your mouth, first with arms at your side, then across your chest, and finally on top of your head. This gets the air flowing into different parts of your lungs.



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 offers a Qigong "Chinese Energy" exercise class. Your first class is FREE. Call (626) 576-0591 for more information or visit www.yonemoto.com.

Finally, do some ordinary physical activity such as housework, yard work, walking the dog, shopping, or playing with your kids.

Just do it

Decide whether you can incorporate these simple activities into your daily routine to make it easier to get the most out of what you do on a daily basis. Little bits are often much easier to carve out of your day than one big chunk.

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.

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Ask Dr. Dara, D.D.S.

When is it wise to remove wisdom teeth? Five factors to consider.

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

Q: My dentist said I needed to have my wisdom teeth taken out. But they don't hurt, so why remove them?

A: The term wisdom teeth refers to the third molars, often the last teeth to emerge. They usually appear in young adults between the ages of 17 and 25. Wisdom teeth often become trapped behind or under the second molars. When this happens, the tooth is impacted. Impacted wisdom teeth are not necessarily a problem, however, there are several issues that can arise from them. The best age for wisdom teeth extraction is between 18 and 24 because the tooth roots are less established and bone less dense. Younger people typically heal faster with fewer complications than older adults.

There are five factors to consider when deciding to keep or remove your wisdom teeth.

1. Hygiene problems

Because wisdom teeth are in the back of the jaw, they can be extremely difficult to reach with a toothbrush or floss, therefore causing plaque and bacteria to build, leading to decay and deterioration. Wisdom teeth decay easily and are impossible to repair. The build up of plaque and bacteria also causes gum inflammation

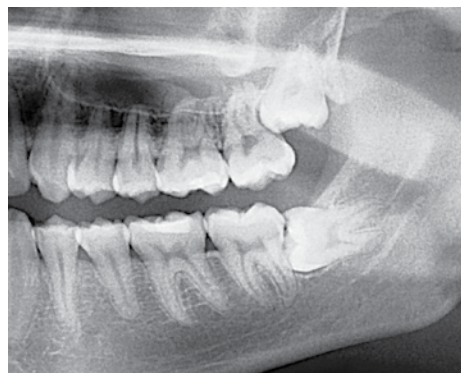
and gum disease that can spread, putting other teeth at risk.

2. Damage to adjacent teeth

A wisdom tooth may force a lot of pressure onto the tooth in front of it, causing erosion and loosening of the neighboring tooth. This neighboring tooth may even break down to the point that it requires removal.

3. Infection of surrounding tissue

Infection and abscess can possibly develop around the wisdom tooth. This is more likely to happen if the wisdom tooth partially breaks through the gums, allowing bacteria to enter. There are numerous situations of wisdom teeth protruding towards the cheek, causing accidental biting of the cheek when eating.



Wisdom teeth



4. Orthodontic purpose

An orthodontist may recommend removing wisdom teeth to optimise the results of wearing braces, by allowing room for the other teeth to move easier. An orthodontist may also recommend removing wisdom teeth after your braces are removed, to avoid pushing the other teeth into a crooked position.

5. Cysts

Impacted wisdom teeth have the potential to form cysts around them. Most of these growths are benign, but also destructive to the bone, which may compromise the stability of the teeth next to it.

In conclusion, only 5% of the population are able to maintain healthy, functional wisdom teeth that are in good alignment and easy to keep clean. For the rest of us, our wisdom teeth require an x-ray to evaluate the potential harm and the appropriate



Dr. Dara, D.D.S.
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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

action to stay healthy.

This column is provided to Around 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.

Your Insurance

Medicare Open Enrollment

By Katherine Yu Simms

Are you or a loved one on a Medicare Advantage Plan? The open enrollment time that Medicare recipients can take advantage of is over. Now we must wait for the Open Enrollment Period to come around again in October . . . but wait, if you have a Medicare Advantage Plan, also called Part C Medicare, you may be able to make changes now until March 31.

Why would you want to change your current plan during this enrollment period? There are many reasons and situations where using this enrollment period to make changes is a smart move! I am here to help you see if your current is the most appropriate one or if it's better to make a change now.

You may have joined by mistake, or because of misleading information. For instance, perhaps you were told your favorite doctors are in the plan's network but since joining the new plan you discover they are not. Did you try to switch plans but were kept in your old plan? Was there a representative or computer error?

Please contact me to help you untangle the mess! I have experience in helping seniors understand their Medicare options, so each of them can choose the most suitable plan available to fit their individual needs. Seniors have many other areas in life that I am qualified to assist with. Some things I know about are: VA benefits, tax matters, planning



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.

trusts, managing transitions in downsizing, and assisting with aging issues.

All my consultations are free of charge. Call me, Katherine at 323-854-2868. I'll do my best to help you make the wisest choices as you journey through your golden years!

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.



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PRESENTS



TUESDAY, FEBRUARY 14TH

DINNER SPECIALS | RETAIL THERAPY
DOWNTOWN BUSINESS SPECIALS ALL NIGHT

DOWNTOWNALHAMBRA.COM

Downtown Alhambra celebrates Valentine's Day on Main St.

Downtown Alhambra Business Association celebrates Valentine's Day on Tuesday, February 14th all around Main Street in the Downtown Alhambra Business District.

From 5pm-9pm each business will be celebrating Valentine's Day in their own special way. Main Street will be filled with LOVE! And as a special offering, starting at 5pm, the first 50 people to visit the Downtown Alhambra booth in front of the waterfall south of Lovebirds Cafe (10 S. 1st Street) will receive a free love-inspired goody bag.

You'll see how Downtown Alhambra is

celebrating Valentine's Day at several participating locations on Main Street where staff will decorate their businesses and celebrate with Valentine's Day inspired menu items and cocktails with themed names. You will also find elaborate gifts and BOGO specials across the downtown district.

For more information about our holiday inspired specials, visit the Downtown Alhambra Instagram page @downtownalhambra for the latest and most up to date holiday specials. For more information about all events, visit www.downtownalhambra.com.

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FEBRUARY 2023

ALHAMBRA Restaurant of the Week
PRESENTED BY THE ALHAMBRA CHAMBER OF COMMERCE

Enjoy delicious, local cuisine!

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!

January 30 - February 5	Philly Jay's STEAKS Philly Jay's Steaks sports classic Phillies, and a variety of Philly-suited up menu from fried peppers to provolone cheese to exciting garnishes! Visit them at their new location opening on February 22nd! 2132 S Fremont Ave, Alhambra	
February 6 - February 12	Baja Cali FISH & TACOS Baja Cali Fish & Tacos is a casual dining restaurant, known for the best Fish Tacos in Los Angeles! Try their authentic Baja California-style food and enjoy their famous fish tacos every Tuesday! Visit them at 31 E. Main Street, Alhambra	
February 13 - February 19	Chef G on 4th Thai Street Food Experience the liveliness and excitement of Chef G on 4th Thai Street Food's exhibition kitchen! The restaurant's extraordinarily fast and friendly staff ensures an unforgettable experience and amazing food at every visit! Visit them at 5N 4th St, Alhambra	
February 20 - February 26	THE CHICKEN KOOP The Chicken Koop provides all of your chicken needs under one roof. The restaurant specializes in oven-roasted chicken paired with homemade dipping sauces and lunch specials such as their famous chicken sandwich! Visit them at 101 West Main St, Alhambra	

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

Real Estate

Alhambra Real Estate: La Marguerita – Souders Tract

Gary Frueholz, Dilbeck Real Estate

One of Alhambra's oldest and historical neighborhood's is the La Marguerita-Souders Tract. This tract dates back to the turn of the century when Alhambra was incorporated as a city in 1903. Some of the homes in La Marguerita-Souders are actually older than the city itself.

Alhambra has designated 26 historic residential neighborhoods that are largely composed of single-family homes and generally have characteristic architectural styles associated with them. The city has developed architectural guidelines for these neighborhoods that provide direction to homeowners for remodeling and new home construction.

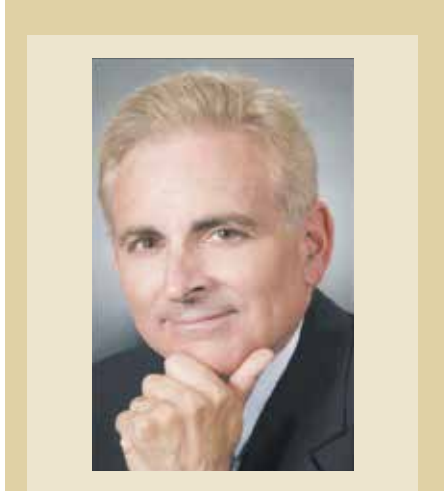
The La Marguerita-Souders Tract is easy to find. It is a nearly perfect rectangle, bounded by Olive Street on the east and Bushnell Avenue on the west. Bushnell was established as the western demarcation line of Alhambra with South Pasadena in 1903. The north edge runs along Pine Street and the rectangle is completed with the southern portion of the tract going along Alhambra Road.

If you want to see Craftsman-style homes, this tract has an abundance of this style of architecture. During the earlier period of this tract some Victorian style homes also were constructed. As time progressed, Spanish-Mediterranean style homes started to also show up in the tract.

The Craftsman style of homes also known as the Arts and Crafts Movement, started to evolve in England during the mid 1800's. Its philosophy was to utilize natural materials and a simple and pure design.

The Arts and Crafts Movement was a response to Victorian architecture. Victorian homes were ornate with heavily designed details while Craftsman architecture was simple, reflecting aspects of nature in its design. The Industrial Revolution allowed elaborate fixtures of Victorian homes to be mass produced by machines while Craftsman homes highlighted the beauty of wood beams and stonework. As the Industrial Revolution was making society complex and fast-paced, Craftsman architecture attempted to return society back to an uncomplicated world that included handmade furniture and finishing touches.

Sometimes shingles are attached to the sides of the Craftsman homes. Carts and



Gary Frueholz
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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.

Crafts homes have full or partial-width porches framed by tapered columns and exposed wood rafters holding up the roof. In the era of Craftsman homes, air conditioning was not available, so the porch provided a cooler location to relax at the end of a hot summer day.

The pitch of a Craftsman home's roof is low and the eaves of the roof protrude to create a large overhang. Rocks, river boulders, and bricks may configure sides of the home and chimney while floor plans tend to be non-symmetrical.

During this past year, five single family homes have sold in the La Marguerita-Souders Tract. The average sale price was \$1,018,400 with the average square footage being 1,312 square feet. Four of the five lots were between 7,360 and 7,857 square feet.

Alhambra is a city with a history that is best represented by the architecture of its homes. You can see and appreciate that history every day as you drive the streets of the La Marguerita-Souders Housing Tract.

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



The La Marguerita - Souders housing tract provides many examples of Craftsman architecture.

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680 Cadiz St, Monterey Park
4 Bed | 3 Bath | House | 2,584 ft²



209 Elizabeth Ave, Monterey Park
4 Bed | 2 Bath | Duplex | 1,314 ft²



14038 Rockenbach St, Baldwin Park
3 Bed | 1 Bath | House | 1,174 ft²



224 E. Fernfield Dr, Monterey Park
3 Bed | 1 Bath | House | 936 ft²



66 Linden Lane, Temple City
4 Bed | 3 Bath | Townhome | 2,150 ft²



330 N. Rural Dr #205, Monterey Park
2 Bed | 2 Bath | Senior Condo | 838 ft²



210 N. Monterey St #404, Alhambra
1 Bed | 2 Bath | Senior Condo | 870 ft²



119 S. Atlantic Blvd, Monterey Park
2 Office Suites | NNN | 364-1,600 ft²



18039 Crenshaw Blvd #304, Torrance
Office Space | Mod. Gross | 300 ft²



16012 Western Ave #204, Gardena
Office Space | Mod. Gross | 600 ft²



222 & 232 E. Main St, Alhambra
Retail Spaces | NNN | 2,603-3,263 ft²



101 E. Huntington Dr #105, Arcadia
Office Space | Mod. Gross | 296 ft²



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City	Property Type	Average Price DEC '22	Average Price DEC '21	YOY%
Monterey Park	Single Family House	\$994,267	\$1,036,833	-4.11%
	Condo/Townhome	\$554,102	\$805,813	-31.24%
Alhambra	Single Family House	\$1,016,780	\$955,836	+ 6.38%
	Condo/Townhome	\$627,006	\$652,300	-3.88%



Catherine Chen 陳可柔
Realtor | DRE# 02023531



"After a long, long search, we finally did it! We found the perfect house for us and **Catherine helped guide us along the entire way.** We started searching for a home back in June. After going to countless open houses and submitting offers after offers only to get out-bid again and again, Catherine remained patient and encouraged us that it was all part of the experience and the perfect house would soon be ours. **She answered every single question** and provided us with tons of suggestions and information throughout our entire process. When it came to the end and we finally got our offer accepted on a house, she made sure we were not confused at any step of the purchasing process. **I can't thank Catherine enough for everything that she did for us.** You won't be disappointed with Catherine and Man Realty!" -bhong139