

# AROUND ALHAMBRA



MAY 2023 | GATEWAY TO SAN GABRIEL VALLEY

[www.alhamborchamber.org](http://www.alhamborchamber.org)

## Vice Mayor Maza Delivers 2023 State of the City

On April 13, 2023, the Alhambra Chamber of Commerce in conjunction with the City of Alhambra hosted the 2023 Alhambra State of the City which was delivered by Vice Mayor, Ross Maza. With over 100 guests in attendance at the Granada LA, community and business leaders heard directly from the Vice Mayor about the work the City is doing to ensure Alhambra thrives and continues to attract families and businesses to our community.

The Vice Mayor spoke about the 2022 Community Citywide Survey which asked community members about quality of life, changes needed to improve the city, satisfaction with city services amongst other areas of measurement. One of the areas of analysis pertained to rating the City of Alhambra. When the community was asked about how they would rate Alhambra as a place to live, overall quality of life in the city, and Alhambra as a place to raise a family, shop and dine, and retire, more than half of respondents rated Alhambra as excellent or good in these areas.

The Vice Mayor spoke about the City of Alhambra's Strategic

Plan, financial health, projects, and overall stability. Each year, the City Council and City staff work together to provide ideas and direction on initiatives which the city should undertake. In doing so, this helps guide policies, priorities, and where resources need to be allocated. Vice Mayor Maza highlighted the City's strategic plan which includes expanding affordable housing, increasing economic development, improving transportation and mobility, and improving sustainability. The City Council and staff are currently working to develop the strategic priorities for next fiscal year.

In regards to finances, for fiscal year 2022-2023, the city collected around \$161million. From the financial breakdown that was presented, \$78.9million comes from the general fund with property tax and sales and use tax comprising a little over \$32 million combined. Funding from the federal government, State of California, and Los Angeles County was awarded to the city for various uses such as recreation, sustainability, and homelessness support.

>> see **Vice Mayor Maza Delivers 2023 State of the City**, p7



Vice Mayor Maza delivers the 2023 State of the City at the historic The Granada LA



Alhambra Police Department Chief Garrett Kennedy, photo credit: City of Alhambra

## Alhambra Police Chief Announces Retirement, City Appoints New Chief

After serving Alhambra as Police Chief, and a total of 36 years of experience in law enforcement, Chief Kelley Fraser has announced her retirement, effective May 10, 2023.

Chief Fraser has served with distinction throughout her career rising from Assistant

Police Chief from 2019 through 2021 and then returning after her retirement to serve the Alhambra community as the first female Chief in the department's history from December 2021 – May 2023. These leadership roles in Alhambra followed 32 years of experience... >> see **Alhambra Police Chief**, p4

## SGHS Football Coach Kevin Encinas Steps Down For All The Best Reason

With signature integrity + familia spirit, SGHS football Coach Kevin steps down for all the best reasons, stays on to teach

After thrilling the San Gabriel Valley community on the wild ride of the best football season in the school's 67-year history, San Gabriel's Coach Kevin Encinas announced, with his signature class and familia spirit, that he is stepping down. Coach Encinas is leaving for reasons any husband and parent can understand: His own family, wife Lindsay, and their two kids, Zeke, age 8 and Lucia, age 4 need more time with him.

Transformational coaching the Encinas way — building character, class, and athletic prowess in 50 young men — is a 24/7 responsibility. That often meant the only way Lindsay, Zeke, and Lucia could be with him was at practices and games. Encinas wants time to coach his kids in their sports, time to be a family.

While he is resigning his head coach position, Encinas is staying on as physical education department chair and teacher and will support the team during school day hours

with training and conditioning.

"We can all learn from Kevin," said Superintendent Dr. Denise Jaramillo. "Kevin Encinas may be the only coach as beloved for the way he is leaving as for his inspirational coaching philosophy. His thoughtful and transparent exit for the good of his beautiful family, done with such humanity, is a reason to cheer. Kevin will continue to be a force for greatness at SGHS and in the district."

In an April letter to the SGHS community, Principal Debbie Stone wrote, "Together, the entire school community rode the highs and lows of the Matadors' historic season. Kevin is doing what every husband and father should do...put his family first. He has lived and breathed Matador football for six years. Now it's time for him to take a step back and focus on his wife and young children."

Jesse Toribio, SGHS assistant principal, often traveled with the team throughout the 2022 season, enduring the brutal rain, wind, and mud in Atascadero. He took the iconic photo of the Matadors players >> see **SGHS Football Coach Steps Down**, p14

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Mayor's Corner



Mayor Adele Andrade-Stadler

By Mayor Adele Andrade-Stadler

In 1963 President John F Kennedy designated May as Older American Month honoring and celebrating the many contributions seniors have made to our nation. This year, the theme is Aging Abound, which gives us the opportunity to explore aging experiences without being boxed in by expectations and stereotypes. In other words, change the narrative around aging.

According to the latest United States census statistics 18.0% or 14,617 of the residents in Alhambra are 65 and older. Many are vibrant and healthy living out their retirement years and many, approximately 1,355, remain working, putting off

medicare until they are ready. Still others, 9%, are living in poverty and have an income of less than \$10k and 34% less than \$20K. Approximately 8.6% are without health insurance.

Our Parks and Recreation Department oversees our City's senior services, and it serves our community well by providing a number of case management resources.

The following phone numbers can help our seniors, no matter what situation they see themselves in...

Alhambra Case Management includes telephone reassurance or well-being calls, access to medical equipment, respite for caregivers, homemaker help, Senior Ride, food assistance, and hous-

ing referral: 626-570-3220  
For support with Alzheimer's or other dementias, call 1-877-908-3360.  
For general COVID-19 information, call 833- 422- 4255.

For medicare health insurance counseling and advocacy programs, call 800-434-0222.

Adult protective services can be reached at 833-401-0832

Our older adult residents have a great history to share, regardless of their individual stories. Remind your younger ones of the value of a person's history so that the younger generation can better understand the esteemed elders of our community. Help us celebrate our seniors!

All Around the Town

# The Alhambra Airport Remembered

By Glenn Barnett

There really was an airport in Alhambra. Its former location is now known as "The Airport Tract." It opened in 1930 on about 160 acres bordered by Almansor St. on the west, New Ave. on the east, Valley Blvd. on the north and what is now the 10 Freeway on the south.

The single runway ran diagonally from Northeast to Southwest, and the tower, hangers, and support buildings were all on the northern side of the runway where the Market Place Shopping Center is now. The hanger, the largest in the world when built, was hexagonal in shape so it could

accommodate six small airplanes at once.

The airport was also the backdrop for several Hollywood movies. Most notable was the Busby Berkeley film Hollywood Hotel: the opening sequence was filmed at the airport at the tower building and introduced the song "Hooray for Hollywood."

Notable pilot Florence 'Pancho' Barnes used the Alhambra Airport (where she kept her plane) when she broke a woman's speed record set by Amelia Earhart in 1930. In her biography, The Happy Bottom Riding Club, she recalled how, during Prohibition she would fly out of Alhambra to Tijuana

where she would load up the plane with booze and fly back home. She was probably not the only one.

During World War II, Lockheed built P-38s in Burbank and flew them to Alhambra to be kitted out. By 1944, the airport was no longer needed for the war, and without civil aviation, the airport closed. In 1946, the houses in the 'Airport Tract' were built while the hangers and tower were abandoned. Our family moved to the airport tract in 1949. The deserted airfield and its buildings became the playground of us local boys.



Glenn Barnett

Around 1956, I ventured into the abandoned tower. There was no fence around it, so people came... >> see **Alhambra Airport Remembered, p12**



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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.

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Please e-mail submissions to [AA@alhambrachamber.org](mailto:AA@alhambrachamber.org)

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

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### The Chamber View

# Our Economic Growth and Community Safety

By John Bwarie

CEO, Alhambra Chamber of Commerce

This past month, we were honored once again to co-host the annual State of the City luncheon where our Vice-Mayor delivered the address to our city's civic, business, and community leaders. Her remarks highlighted the investments the city is making in our community, as you will read about in this issue.

Our city continues to evolve as new leaders ascend to lead the city. We are thankful for the service of retiring chief Kelley Fraser, who has led the Alhambra Police Department for the past two years at the conclusion of her multi-decade law enforcement career. With the appointment of Chief Garrett Kennedy, we look forward to the next chapter of working with our public safety professionals.

Safety remains a focus of our community as we recover and heal from the

January 2023 Monterey Park shooting. The Alhambra Chamber has been working since February to raise funds to support the small businesses impacted by the tragic events. Last month, we hosted Congresswoman Judy Chu at the Courtyard by Marriott in Monterey Park for a special AMP Breakfast with over 100 business and civic leaders from across the San Gabriel Valley to raise more than \$3000 for the Small Business Recovery Fund.

We continue to work with the City to retain and attract new businesses to Alhambra, while focusing on filling vacant storefronts along our main street corridors. On April 6th, the Chamber led an educational bus tour to examine the difficulties faced by property owners and brokers when attempting to lease sometimes large, often outdated spaces. Nearly every property that sits vacant is



**John Bwarie**  
CEO Alhambra Chamber of Commerce

owned by an individual, family, or trust that typically lacks the capital to make upgrades and improvements to meet the needs of desirable tenants. The tour provided firsthand accounts from owners and real estate experts to inform future collaboration to invest in the community.

As we all work towards a stronger community where businesses can thrive, please continue to shop locally in Alhambra!

### ALHAMBRA POLICE CHIEF ANNOUNCES RETIREMENT, CITY APPOINTS NEW CHIEF

from page 1

in law enforcement with the Los Angeles Sheriff's Department.

Under her leadership, the Alhambra Police department has become the model of community policing, earning recognition for innovative prevention programs and strong partnerships with residents, businesses and community organizations.

"Chief Fraser has been a tireless advocate for the safety and well-being of our community, and we are deeply grateful for her service," said Alhambra Mayor Adele Andrade- Stadler. "Her legacy of leadership and dedication will be felt in Alhambra for years to come."

The Alhambra Police Department has 147 personnel, comprised of 84 sworn and 63 non-sworn personnel. Chief Fraser leads the department with her values of dignity, grace and respect with

serving the community.

"I am incredibly grateful for the opportunity to have served the residents of Alhambra with incredible Council leadership, an exceptional Executive Team and outstanding Police Department staff," Chief Fraser said, in recent comments to the City Council and her colleagues.

#### Assistant Chief Garrett Kennedy selected as new Police Chief

The Alhambra Police Department subsequently announced the appointment of Garrett Kennedy as the new Police Chief, starting on May 11, 2023. Chief Kennedy has extensive background, knowledge, and experience in law enforcement and has served the Alhambra community for more than 20 years.

In his new role as Chief, Kennedy

plans to continue building on the department's strong foundation of community policing and engagement. "I am honored to serve as the Police Chief for the Alhambra Police Department," said Kennedy. "I look forward to continuing working with our dedicated officers and community partners to maintain a safe and secure environment for all residents and visitors to our city."

City Manager, Jessica Binnquist, announced Kennedy's appointment, stating "We are confident that Chief Kennedy's extensive law enforcement experience in Alhambra, leadership skills, and dedication to the community will serve our City well. I look forward to working with him and building on the successes of the Alhambra Police Department."

## Celebrating Alhambra Moms

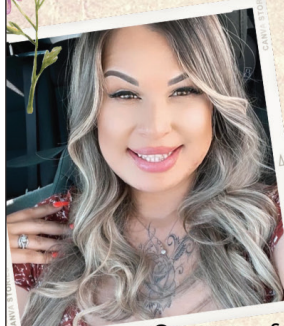
We asked readers to acknowledge the special mothers in their lives. Here are submissions we received. Congratulations to all the moms and mother figures who deserve recognition on Mother's Day.



My name is Christina Nadel, and I'd like to nominate my mom, **Mina Dominguez**. Every mom is special, and I'm so grateful for mine. It's been a gift to see my mom transform from mother to first-time grandmother this year. My mom went above and beyond to assist my husband and I move into our first home in Alhambra in 2022. She continues to help endlessly with our baby girl! We love you! (Submitted by Christina Nadel)



I nominate my daughter **Vivian**, a very hard working single parent to her 5 year old daughter, Analisa. Always putting God and others first. She has been working from home since the pandemic started without taking a break. She takes care of her daughter and worries about paying rent and bills - it's all on her. She still has time to help the homeless with care packages. (Submitted by Maria Andalon)



I nominate **Diana Hernandez**, league coordinator at East Alhambra Little League, who plans and creates amazing events and coordinates all meetings, keeping the league extremely organized for the kids to have an amazing experience. She's a mom to three kids and puts in unlimited volunteer hours while running her own business.



**Britni Soto Mackintosh** is the mother of Gracie Mackintosh, who I truly consider a miracle baby. Gracie was born premature and with almost every odd against her right in the middle of the pandemic in 2020.

Since Gracie's birth, Britni has been dedicated and has not stopped fighting to make sure that Gracie beats all those odds, all while working full-time. To see Gracie today is to understand why she can be considered a miracle baby. (Submitted by Ross Maza)

On top of that, she is pregnant a second time as a surrogate, giving a blessing to a family they couldn't have themselves. (Submitted by Ralph Hernandez)



Tax Tips

# Early Filers - CA Middle Class Tax Refund

By Michael Aston EA

The Internal Revenue Service said that taxpayers who filed their federal income taxes early in this year's filing season and reported certain state 2022 tax refunds as taxable income should consider filing an amended return.

On Feb. 10, 2023, the IRS provided details clarifying the federal tax status involving special payments made to taxpayers by 21 states in 2022. During a review, the IRS determined that in the interest of sound tax administration and other factors, taxpayers in many states did not need to report these payments on their 2022 tax returns. Consequently, the IRS will not challenge the taxability of state payments related to general welfare and disaster relief.

This means people in the following states do not need to report these state payments on their 2022 tax return: California, Colorado, Connecticut, Delaware, Florida, Hawaii, Idaho, Illinois, Indiana, Maine, New Jersey, New Mexico, New York, Oregon, Pennsylvania and Rhode Island. Alaska is in this group as well, but the determination applies only to the special supplemental Energy Relief Payment received.

In addition, people in Georgia, Massachusetts, South Carolina, and Virginia will not include special state 2022 tax refunds as income for federal tax purposes if they meet certain requirements. For these individuals, state payments will not be included for federal tax purposes if the payment is a refund of state taxes paid and the recipient either claimed



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

the standard deduction for tax year 2022 or itemized their tax year 2022 deductions but did not receive a tax benefit.

Taxpayers who filed before Feb. 10 in these areas and meet these requirements should check their tax return to make sure they paid tax on a state refund before filing an amended return. In addition, taxpayers in this situation who used a tax professional can consult with them to determine whether an amended return is necessary.

*This information is from the IRS News dated April 11, 2023.*

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Your Insurance

# Reasons for an Auto Insurance Rate Increase

*Rising car insurance premiums and ways to help manage them*

By Regina Talbot

With prices on the rise due to inflation, auto insurance rates have also been affected. Auto insurance rates are expected to rise an average of 8.4% industry-wide in 2023. Here are a few reasons why auto insurance rates are going up, along with what you can do to help manage your rates.

**Rising repair costs**

Parking sensors, lane-departure warnings, and even stronger materials are now widely available on many vehicles. While those smarter sensors and stronger devices can help improve safety, they are also more expensive to repair. Supply chain issues have also impacted repair costs and, on occasion, how quickly you can get repairs completed. Also, given the new technology engineered into electric cars and other vehicles, you can expect higher prices for insuring those automobiles.

**Increased accidents due to distracted driving**

According to a State Farm® survey, more than half of drivers said they read or send texts while driving, and one-third of drivers reported using video chat or recording video. Even voice-activated car commands can divert cognitive abilities and attention. Rethink using the phone while driving, and resist being tempted by other driving distractions. If you have a teen, be sure to talk with them about safe driving habits since teenagers make up a large portion of distracted drivers involved in fatal crashes.



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

**Ways to manage the rate increase**

A Personal Price Plan™ helps you create an affordable price (just for you). Check with your State Farm Agent Regina Talbot about possible ways to save on your bill.

- Take advantage of applicable discounts, such as Drive Safe & Save™, the Multiple Line Discount, the Safe Driver Discount for drivers under age 25, and the Good Student Discount.
- Evaluate how increasing your deductible would reduce your monthly premium.
- Consider taking a defensive driving course or decreasing coverage on older vehicles.

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

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- 3 How much do the plans costs?
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- Atlantic Blvd / Valley Blvd
- Mission Rd / Fremont Ave
- Huntington Dr / Main St
- New Ave / Valley Blvd
- Marguerita Elementary School

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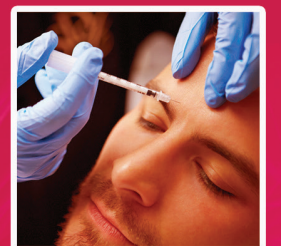
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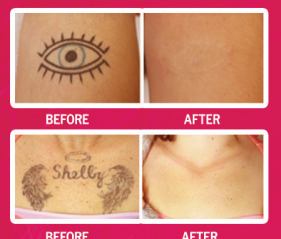
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## Vice Mayor Maza Delivers 2023 State of the City

from page 1

The City of Alhambra has prioritized uplifting the quality of life for the community through planning improvements through the 2021-2029 housing element, citywide bike/pedestrian plan, economic studies for East Main Street and West Valley Blvd, and I-710 mobility improvement projects among others. The city prides itself on providing for its community at large and has been doing so by providing lifelong learning materials and library services, including a mobile library that meets at a different park throughout the city. It's services like these that demonstrate the city's commitment to its residents and the future generations that will live, work, and play here in Alhambra.

The Vice Mayor also highlighted the importance of public safety to the city and measures being taken to address concerns related to it. There were 119,480 non-emergency calls for service, 20,847 9-1-1 calls, and 48,840 calls for service. The police and fire department have conducted community outreach efforts, developed neighborhood watch groups, and provided regional response as part of their commitment to ensure the safety of the Alhambra community.

The City of Alhambra has invested in the community through affordable housing, street rehabilitation, and revitalization of facilities and equipment. Two affordable housing investments were shared, Chapel which will have 50 rental units with 49 of those units for low-income households, and Mariposa which holds 44 rental units with 43 being for low-income households. These investments have been made possible in part due to the San Gabriel Valley Regional Housing Trust and Los Angeles County grants. Other investments have been alley rehabilitations, Valley Blvd pedestrian improvements with changes to crosswalks, sidewalks, lighting, signage, striping, and ADA improvements.

Improvements to facilities and equipment have also been made to facilitate access and travel around the City. Two new ACT buses, two new senior ride buses, pool shade for Granada and Alhambra Park, and a facility assessment study have all been part of some of the new investments that the city is making for the community. There are also improvements underway such as mechanical improvements at Granada and Alhambra pools, Almansor

Court improvements, and Alhambra Park lower restroom project. Safety is a top priority for the city and they have invested in streetlight conversion to LED, security lights at Granada and Almansor Parks, and network and security upgrades.



Vice Mayor Maza is joined by Chamber CEO John Bwarie, Jennifer Tang from Assemblyman Mike Fong's office, and Chamber Board President Chris Balmaseda.

The event welcomed elected officials from the City of Alhambra including Vice Mayor Maza and Councilmembers Lee and Pérez, as well as Alhambra School Board member Kenneth Tang, Garvey School Board member Andy Yam, and San Gabriel Valley Municipal Water District Board president Mark Paulson along with Directors Mike Eng and Steve Placido. Also in attendance were representatives from the offices of Senator Dianne Feinstein, Congresswoman Judy Chu, State Senator Maria Elena Durazo, Assemblymember Mike Fong, and Supervisor Hilda Solis. We were also incredibly honored to have student leaders from our local schools present at this year's State of the City.

Overall, the community and business leaders heard directly from the City about what has been accomplished in the past year and what lies ahead and the need for continued partnership in order to further provide for the City of Alhambra.

This event would not have been possible without presenting sponsor, Transtech Engineers, as well as other sponsors including the Los Angeles County Development Authority, Alhambra Unified School District, Republic Services, SoCalEdison, Alhambra Valley Properties – Chase Centers, Infinio Capital/JCC Venture, The Alhambra, San Gabriel Valley Municipal Water District, and the Alhambra Hospital Medical Center.

## Brave Resilient Women Project Completes Three Community Projects

Past President and dream-maker Betty Morin launched The Brave Resilient Women Project (BRW) of the American Association of University Women (AAUW) Alhambra-San Gabriel Branch in 2022, producing a live program and video high-lighting women in history who pushed society's boundaries and make the world better. This year BRW completed three projects.

In December 2022, members were invited to donate new books, in English or Spanish, to preschoolers at La Casa de San Gabriel and make neck scarves for the adults who work at the center. BRW members visited to give one hundred books to

excited preschoolers, and fleece scarves to teachers, parents and staff.

"Socks for the Homeless" was January 2023's community project. Members brought new, warm socks to the January 21, 2023, Author's Luncheon. Jane Krause, BRW member, delivered 440 pairs to Friends In Deed, an organization that assists San Gabriel Valley individuals who find themselves homeless. The staff there was thrilled to accept them.

For February's project, members wrote Valentine cards to residents at the Heritage Manor, a skilled nursing facility in Monterey Park. Marian Hallin, past president of Monterey Park Women's Club



## Good News on Drought! Good News on Water Supplies!

Continued Need for Conservation...

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

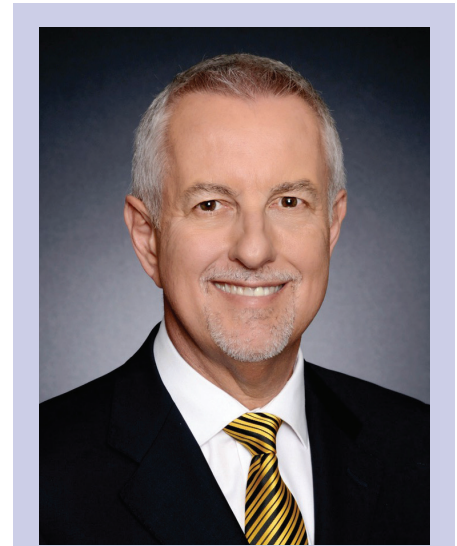
For several years, I've been sharing water supply information that, for the most part, was bad news. Bad news about drought. Bad news about declining water supplies. We've finally got good news – and a caution - to share!

After several months of historic storm activity (rain and snow), our water supplies – groundwater (which provides about 80% of the water we use), reservoirs and snowpack – are more than encouraging, they are fantastic. Imported water deliveries from northern California, which are what our San Gabriel Valley Municipal Water District provides to help our member cities, were increased in March from 5% of plan at the start of the year to 75% of plan (which amounts to 21,600 acre-feet of water). And, as the snow in the mountains melts and flows into streams, rivers and groundwater, our water supplies will improve even more.

So, now for the CAUTION.

While the most recent drought has been significantly diminished, we must remember we live in a region where most years are dry, where drought will return and where climate change makes the work of water planning and delivery challenging. As the graph below shows, the reality remains that if we're not in a drought, we are probably either getting into one or recovering from one.

We need to sustain our focus on developing a long-term water conservation ethic that enables us to save water now, when it's wet, for when it's dry. While the State has lifted many water use restrictions, it's important to note that in the past 1-2 years Californians fell short of meeting the voluntary 15% conservation goal and were only saving water at a 6% rate, far short of

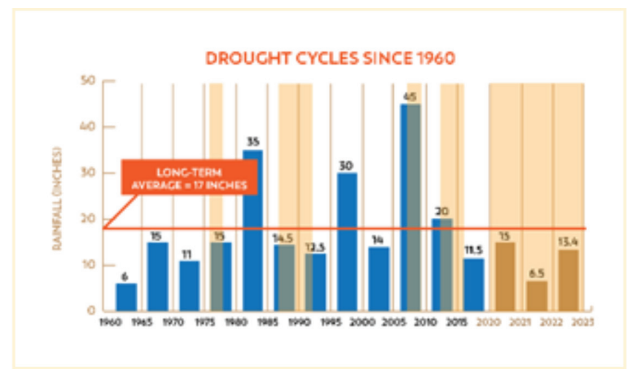


Mark Paulson San Gabriel Valley Municipal Water District info@sgvnmwd.com

the 25% conservation level achieved in the state's most recent drought.

As we "stay the course" and invest and build out a variety of long-term water supply infrastructure projects that can make our newly restored water supplies sustainable, I'd ask that we also sustain our commitment to conservation. Every gallon of water we save is a gallon we don't need to import, pump, treat, recycle, desalinate, or pay for!

Visit the District's website for information on rebates, conservation tips, grants for schools and non-profit organizations, and water-wise landscaping tips customized to the city of Alhambra ([https://sgvnmwd.com/wp-content/uploads/2022/05/CalScape\\_Alhambra\\_web.pdf](https://sgvnmwd.com/wp-content/uploads/2022/05/CalScape_Alhambra_web.pdf)). Please consider scheduling an educational presentation by contacting Evelyn Reyes, External Affairs Manager (626-969-7911; info@sgvnmwd.com).



and present BRW member, brought the cards, and they were gratefully accepted at the door. Because she couldn't enter because of COVID restrictions, it made handwritten cards all the more meaningful and welcomed.

As a last hurrah for community service for the program year, Betty invited all AAUW Alhambra-San Gabriel Branch members to buy two box lunches for the AAUW Fund Zoom Luncheon and donate one of them to the Monterey Park Police Department to uphold and applaud their efforts during the Monterey Park Lunar New Year tragedy. Betty delivered them to smiling police officers after the Fund

Luncheon.

For information about how to join AAUW Alhambra-San Gabriel Branch, please visit the website: [alhsangab-ca.aauw.net](http://alhsangab-ca.aauw.net).





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Alhambra Rotary Club members, Academy Director of Administration Jerry J. Ruiz, and Dory Perdomo

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# Inclusion and Mobility: Academy of Special Dreams Foundation Honors Alhambra Rotary Club and International Artist Dory Perdomo

The Academy of Special Dreams Foundation, founded by artist Michael Dergar, has been making strides towards promoting inclusivity in the arts for people with disabilities. The foundation has recognized Academy Community Ambassador Dory Perdomo, along with the Alhambra Rotary Club and community leaders, for their unwavering support and outstanding contributions towards this cause.

Alhambra Superintendent Denise Jaramillo has been an advocate for the foundation's vision of creating a more inclusive society through the arts. The Alhambra Rotary Club members have played a crucial role in making this vision a reality.

Jerry J Ruiz, the Director of Administration at the Academy, presented inclusion awards to the Alhambra, the Ratkovich

company, and the Alhambra Rotary Club in appreciation for their generous support and commitment to inclusivity. Their contributions have made a significant impact on the lives of people with disabilities, and the Academy is proud to honor them.

Artist and CEO of BAUPRES, Dory Perdomo, has found working with the Academy to be a life-changing experience. "Bringing mobility to our community with disabilities is our mission in life," she said. "I found my purpose in life thanks to the Academy of Special Dreams Foundation."

The Academy of Special Dreams Foundation will continue to work towards its goal of creating a more inclusive society where everyone has equal opportunities to participate in the arts, regardless of their abilities.





## Ramona Convent Secondary School Robotics Team Pushes through Competition Season

From the start of January to the end of March 2023, the Ramona Rampage Robotics Team worked diligently on their robot to prepare for two local competitions for the “For Inspiration and Recognition of Science and Technology” (FIRST) organization. With their collaboration and skills of innovation, they created a working robot, Tigatron, that has the ability to pick up cones and cubes through a clamp mechanism using Java for code. Ramona Rampage competed against 44 teams in the LA and Port Hueneme regional competitions. They strategized with other teams, worked under pressure, and expanded their vision of the STEM world. Ramona Rampage

is currently working on off-season activities such as programming workshops and community outreach. They hope to continue to empower each other and other girls to join the STEM community and enhance their technological skills.

Ramona, a welcoming Catholic college-prep high school for young women committed to excellence in education, graduates 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. Learn more at [ramonaconvent.org](http://ramonaconvent.org).



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# Local Sports News from AUSD High Schools

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

## **Moors Brother & Sister Make History**

For the first time in school history, the Alhambra Moors Baseball Program has a brother-sister combo. Damian Chacon is a senior on the Varsity Team while his younger sister Camila is a sophomore on the Junior Varsity Team. Both have been playing baseball since they were five years old. While most girls switch to softball by the time they get to junior high or high school, not Camila. She enjoys competing with the boys and has been very successful doing it. She is an outfielder and pitcher while Damian is a pitcher and first baseman. Recently, their father Carlos got a unique picture with both of them on the mound pitching at the same time at Moor Field. Camila was on the JV diamond while Damian was on the Varsity diamond. Damian hopes to continue his baseball career at the next level next season while Camila will be competing on the Moors Varsity Team at some point in the next few years.

## **Moors Alumni Baseball Game**

The 2023 AHS Alumni Baseball Game was held on April 15th at Moor Field with almost 40 alumni on hand representing the Classes of 1965 to 2022. Moors Hall of Famer and former MLB pitcher Noe Ramirez threw the ceremonial first pitch and then returned to the mound to face the current Moors Varsity Baseball Team in the first two innings. Noe is keeping in shape and waiting for a call back to join an MLB team after playing for the Arizona Diamondbacks last season. The Alumni scored the first two runs of the

game before the Varsity Team came from behind to win 3-2.

## **2022-23 Varsity Baseball**

The rain has continued to put a damper on the High School Baseball season. All three AUSD schools have been scrambling to make up games to get a full season in. The Alhambra Varsity Baseball team is off to a good start with a record of 16-5, and has already secured a playoff berth. The team has been led at the plate all season by Josh Soto, Jayden Sandoval, Carlos Hernandez, Jackson Akers, Chris Jimenez, Anthony Avitia, and a pair of freshmen Marc Hernandez and Nero Navarro. The Moors are deep in pitching as Matt Garcia, Damian Chacon, Josh Soto, Ethan Ayala, Matt Gilmore and Jaime Macias are all taking care of business. Keppel is 3-13 and San Gabriel remains winless but showing improvement going into the last few weeks of the season.

## **2022-23 Varsity Softball**

The rain has also affected the Girls Softball programs at all three schools. The Keppel Varsity Softball team is 11-8 with a playoff berth in sight. They have been led all season at the plate by Robyn Guitron, Lauren Young and Aliana Gutierrez. On the mound Guitron and Kaitlyn Lee have led the way as they are on track for a playoff berth.

Alhambra is 7-10 and vying for a playoff berth. The Lady Moors have been led all year at the plate by Tatyanna Campos, Brisa Banuelos, Miranda Romo, Adriana Valdez, Aleena Ramos and Toni Covarrubias. San Gabriel is 3-8 on the season.



*Moors Brother and Sister combo, Damian and Camila Chacon*



*Moors Alumni Chuck Mangione, Noe Ramirez and Mike McDermott*





# 8 Flower Shops to Purchase Your Mother's Day Arrangements

*It might not seem like it, but Mother's Day is just around the corner on May 14. Whether it's tulips, lilies, pastel roses, or a live plant, the moms in your life will appreciate a beautiful arrangement from these 8 locations.*

### Alhambra Florist on Main

Alhambra Florist on Main has Mother's Day arrangements and live orchids ready to order online at [www.alhambrafloriston-main.com](http://www.alhambrafloriston-main.com). 634 E Main St, Alhambra



Credit: Alhambra Florist on Main via Instagram

### Calrose Florists and Gifts

If you've been looking for a local florist to create boxed rose arrangements, Calrose Florist and Gifts has you covered. Pre-order them early! 1938 W Valley Blvd., Alhambra



Credit: Calrose Florist & Gifts via Facebook

### Floraland

601 E Main St. In addition to their beautiful, modern floral arrangements, Floraland also sells houseplants, airplants, and succulents. Visit them in store, or online at [www.floralandsgv.com](http://www.floralandsgv.com)



Credit: Floraland via Instagram

### Fanny's Flowers

Fanny's Flowers was started by mom Fanny, and is now run by her son Joshua! Visit [www.fannysflowers.net](http://www.fannysflowers.net) to order online for pickup or delivery to Alhambra. 5947 Oak Ave, Temple City



Credit: Fanny's Flowers via Instagram

### Costco

Costco members can stop in all Mother's Day weekend for their affordable floral arrangements. 2207 W Commonwealth Ave., Alhambra

### Art in Flowers

Known for Hong Kong-style arrangements, stop by early to order your mother an unique bouquet. 1228 S Garfield Ave, Alhambra

### Target

Stop by Alhambra Target for fresh floral centerpieces for your Mother's Day brunch. 2207 W Commonwealth Ave., Alhambra

### Mercado's Flowers

Mercado's Flowers might be in the east end of Alhambra, but they deliver to the entire city. Order your arrangement in-store, by phone, or online at [www.mercadosflowersalhambra.com](http://www.mercadosflowersalhambra.com) 600 N Atlantic Blvd., Alhambra



Credit: Mercado's Flowers via Facebook

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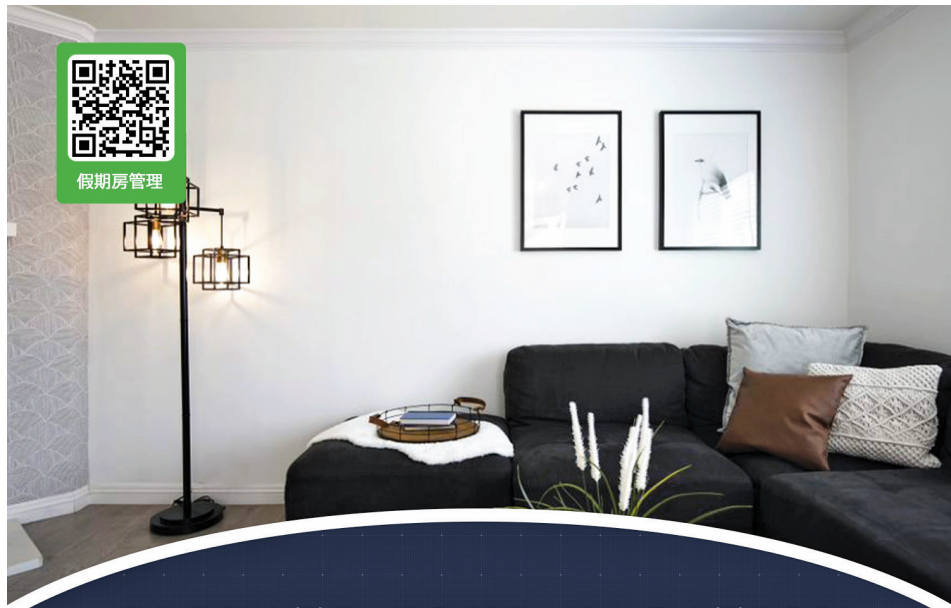
Residents of Alhambra, Monterey Park and Sierra Madre are eligible for rebates.



For more water-saving information, contact [info@sgvmwd.com](mailto:info@sgvmwd.com), call (626) 969-7911, or visit [sgvmwd.com](http://sgvmwd.com) with this QR code.







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# Alhambra Roles up Its Sleeves on June 3rd

Alhambra Day of Service will take place on June 3, 2023 from 8AM - 11AM, and all Alhambrians are invited to roll up their sleeves and pitch in! This event will bring together community members from throughout the City to volunteer their time with projects that will beautify Alhambra and strengthen the community. Everyone is encouraged to participate whether it be with friends or family, or just on your own – come on by and give back to the community you live, work, and play in!

Taking the time to volunteer with a local organization or in a project such as the Alhambra Day of Service not only builds community, but it can also build social capital and improve the quality of life. Reengaging with your community after the pandemic is so important given the lack of opportunities we had to get together, so if you're interested in helping build community, please join in on June 3rd!

Over the past few months, members

of the Alhambra Nonprofit Council have been meeting to develop ways in which they can work together towards common projects. With so many nonprofit organizations in or serving Alhambra, the idea of bringing together community members on one day to do good and help beautify the City made sense where all resources could be pooled for maximum impact.

Projects will include a variety of activities from an educational nature garden at a local school to community clean-up throughout the City at Main St/Garfield Ave, Mission Rd/Fremont Ave, Atlantic Blvd/Valley Blvd, and much more.

If your business or organization would like to participate in the Alhambra Day of Service by bringing volunteers or donating resources, please reach out to the Chamber office at (626) 282-8481 or hello@alhambrachamber.org. Advanced registration is requested so volunteers can be spread out across the projects; online registration can be found at alhambrachamber.org.

## The Alhambra Airport Remembered

from page 2

...and went. By the time I got there, the marble floor had been taken up and every single window was broken. Next to the tower was an oak tree which I enjoyed climbing. We boys would build "forts" in what is now the parking lot of the shopping center.

The hangers took on a short second

life. They were used for building Rose Parade floats, and once, in 1950, a Senatorial candidate named Richard Nixon gave a speech from there.

In 1957, construction began on the shopping center, and the airport buildings were demolished to make way for the new ones. Twas ever thus.



The author (right) and his brother Randy in front of the abandoned Alhambra Airport Tower circa 1955.

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# Michelle Lim Insurance Services: Rising to the Challenge of Medicare Enrollment

By Justin Lim, Community Reporter

Amid the relentless duress of the COVID-19 pandemic, social security offices shut their doors leaving citizens grappling with the impacts of their closure. When Michelle Lim discovered this, her heart sank. She immediately grasped the devastating implications for seniors who needed to sign up for Medicare or make critical changes to their coverage. The thought of vulnerable individuals facing health and financial risks was unbearable to her.

Michelle and everyone at her agency, Michelle Lim Insurance Services, immediately sprang into action. They reached out to their senior clients and offered to guide them through the process of signing up for Medicare online or over the phone. They provided step-by-step instructions, answered questions, and patiently walked seniors through the processes. Over the course of several months, Michelle and her team helped over 100 seniors sign up for Medicare.

In addition to guiding seniors through the complexities of Medicare, Michelle also offers comprehensive auto and home insurance solutions through a vast network of over 10 insurance carriers. Her extensive knowledge of multiple insurance carriers and their offerings comes from her 20+ years

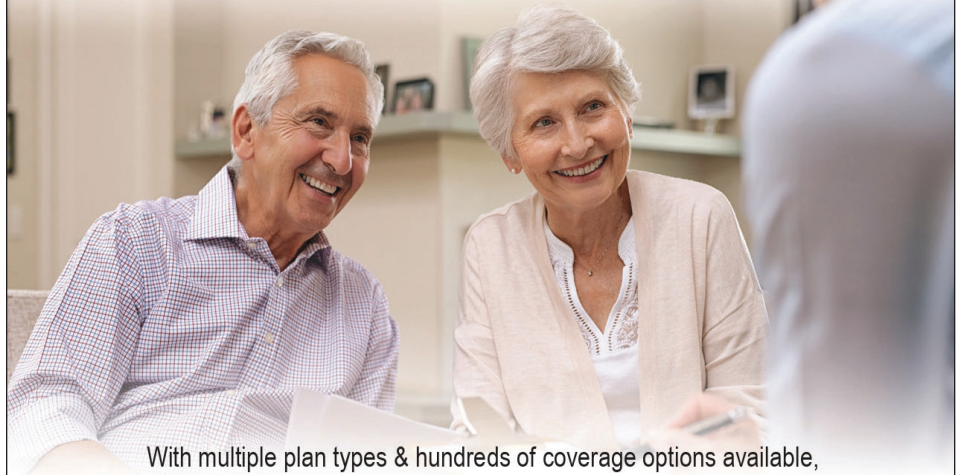


Michelle Lim, of Michelle Lim Insurance Services of experience in the insurance industry. Prior to becoming an insurance agent, she was the claims finance manager at Farmers Insurance. Michelle's ability to navigate the intricacies of different insurance policies and her commitment to providing the service that customers deserve earned her the reputation of a trusted advisor in her community.

Michelle's approach is anything but cliché. When reflecting on her services, she said, "I began this business to build lasting relationships, so I can devote the attention and compassion that customers truly need when making important life choices. That's how I see my role as an advisor in insurance." You may discover more at michelleliminsurance.com.

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

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# SGHS Football Coach Kevin Encinas Steps Down For All The Best Reason

from page 1

...playing their hearts out while pelted with rain, covered in mud, even in loss, embodying champions with familia integrity and honor. He witnessed first-hand the valor and sportsmanship of the players, win or lose, on the field or off, with opponents, fellow players, and fans.

Encinas credits his coaching team, Roger Palomino, Marcus Galan, and Shane Purkiss, saying, “We did it together. I couldn’t have asked for a more bought-in group. The way our players conducted themselves, on and off the field, reflects this leadership.”

Principal Stone said the search for the new SGHS football head coach will build on the coaching strategies and philosophy that created the Matadors championship season. “When game officials and broadcasters, opposing coaches, anyone watching the Matador players in action, feel compelled to praise the conduct of our athletes, we know that our football program is inspiring the community and building young men we are proud to call Matadors. We are very pleased to announce that Marcus Galan will take the helm as the new Matadors head football coach.”

Mr. Toribio added, “As one of Kevin’s assistant coaches, a SGHS physical education teacher, and a college and high school football player, Marcus is committed to the SGHS community, genuinely cares about the players, has deep knowledge of the sport, is an effective communicator, and is dedicated to the values of education, family, integrity, and diversity. He embraces character-building coaching and will continue to develop players as athletes who conduct themselves with honor on and off the field. Shane Purkiss will stay on as assistant football coach. We are actively seeking additional football coaching staff.”

In her letter to the school community, Principal Stone wrote, “I know you join me in thanking Kevin for his service to SGHS. We are all glad he will still be teaching here at SGHS and will continue to support the Matadors... whether in an official supporting role or cheering from the stands. Let’s work together to create a smooth transition and warm welcome for head football Coach Galan.”

Left to right, clockwise, SGHS 2022-23 football leadership team Roger Palomino, Marcus Galan, Kevin Encinas and Shane Purkiss; Kevin Encinas with wife Lindsay, daughter Lucia, and son Zeke; Matadors championship players; the CIF Championship ring. These four images tell the story: Kevin Encinas is stepping down as SGHS football head coach, Marcus Galan takes the helm as the new Matadors head football coach, the beautiful Encinas family is the reason Kevin is resigning, the historic Matadors championship team, and the CIF championship ring AEF is raising funds to buy for the players. Donate through this link: <https://www.blastathletics.com/teams/79389/sponsors/new> or through the AEF website: [www.AEF4Kids.com](http://www.AEF4Kids.com)



Left to right, clockwise, SGHS 2022-23 football leadership team Roger Palomino, Marcus Galan, Kevin Encinas and Shane Purkiss; Kevin Encinas with wife Lindsay, daughter Lucia, and son Zeke; Matadors championship players; the CIF Championship ring. These four images tell the story: Kevin Encinas is stepping down as SGHS football head coach, Marcus Galan takes the helm as the new Matadors head football coach, the beautiful Encinas family is the reason Kevin is resigning, the historic Matadors championship team, and the CIF championship ring AEF is raising funds to buy for the players. Donate through this link: <https://www.blastathletics.com/teams/79389/sponsors/new> or through the AEF website: [www.AEF4Kids.com](http://www.AEF4Kids.com)



Janet Lees, AUSD assistant superintendent of education services was honored by CA Assemblymember Mike Fong (49th District) as a 2023 Woman of Impact. As Superintendent Denise Jaramillo points out, “The tributaries of Janet Lees’s impact are felt in every corner of the district, connecting us to the community, to one another, and to our students and families.”

## Janet Lees, AUSD Assistant Superintendent, Ed Services Named 2023 Woman of Impact by CA Assemblymember Mike Fong

A true champion of AUSD children and colleagues for four decades, Janet Lees’ impact

ripples out across the district and the SGV community. Ms. Lees was honored by CA Assemblymember Mike Fong (49th district) at the 2023 Women of Impact Awards ceremony on March 19th.

Janet is the child of Japanese immigrants. Her mother lived through the nuclear bomb in Hiroshima, her Japanese father survived U. S. imprisonment during WWII. This legacy inspired Janet to make collaboration the centerpiece of her leadership approach, making sure every perspective is heard, no matter how challenging the issue. Janet’s gift for uncovering creative, human-centered solutions is captured in

her mantra “the answer is in the room” and achieved through high levels of trust.

“The tributaries of Janet Lees’s impact are felt in every corner of the district, connecting us to the community, to one another, and to our students and families. Janet goes the extra mile — or ten miles — to make the impossible happen on a regular basis. Moving mountains is one of her talents. Fostering a culture of harmony is another,” Superintendent Dr. Denise Jaramillo said.

“Janet’s magic is her ability to see possibilities where others do not,” Dr. Jaramillo added. “All of those lucky enough to be in Janet Lees’ orbit are better for the experience, AUSD students lifted up.”



Last month, during a National Distracted Driving Awareness media event at the school, AHS students learned directly from CHP officers about how they can prevent deadly car crashes. To continue the education and empowerment program, parents and teens are urged to join AUSD and Impact Teen Drivers for the Wednesday, May 17th Gateway to Success webinar to understand all the ways to keep teens safe this summer — often called the “100 Deadliest Days.” Teens and parents can save lives by registering for the 6:00 pm webinar at: <https://forms.gle/wmtVQuKCT8riQGZq5>

## Webinar For Parents + Students Empowers Teens To Save Lives, Prevent #1 Killer Of Teens In America

Did you know car crashes are the number one killer of teens? Every year, 4,000 teens die and 400,000 are seriously injured. Many of these crashes are caused by reckless and distracted driving, all of which are 100% preventable.

Even more alarming, the months between Memorial Day and Labor Day is often referred to as the “100 Deadliest Days.” More than 30 percent of teen driving deaths occur during these 100 days.

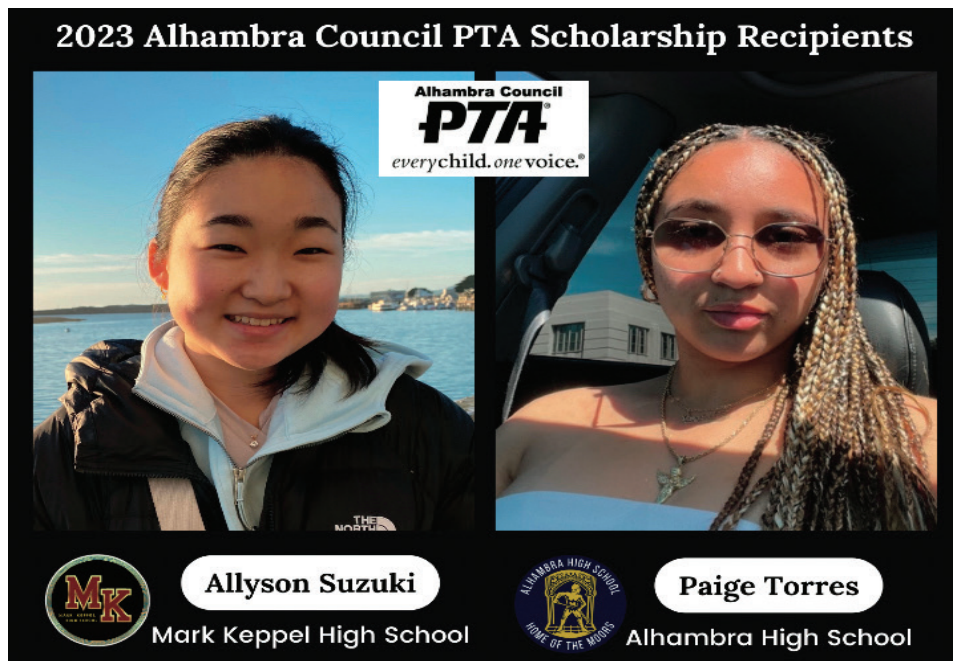
Alhambra Unified School District is committed to keeping its students safe even when they are not in school. Last month, the Board of Education adopted a resolution recognizing

April as National Distracted Driving Month. During California Teen Safe Driving Week in April, the District hosted a large “Be the Change” media event at Alhambra High School, in partnership with the California Highway Patrol and Impact Teen Drivers.

AUSD is again partnering with Impact Teen Drivers for the final Gateway to Success parent webinar of the school year. Parents and teens are urged to attend the Engage Educate Empower webinar on Wednesday, May 17th at 6:00 pm to learn about evidence-based strategies to keep teens safe on the road.

Register at <https://www.forms.gle/wmtVQuKCT8riQGZq5>





Alhambra Council PTA 2023 scholarship winners, Allyson Suzuki (MKHS) and Paige Torres (AHS), exemplify excellence in their academics and in their service to others.

# Alhambra Council PTA Awards 2023 Scholarship To Two Students Who Put Service Before Self

As AUSD high school seniors get ready for their next chapter, Alhambra Council PTA shines a light on two worthy students who have spent their young lives helping others in the community. Allyson (“Ally”) Suzuki from Mark Keppel High School and Paige Torres from Alhambra High School were named 2023 Alhambra Council PTA scholarship recipients, each receiving \$1,000 to help them pursue their post-secondary dreams.

Four years ago, Ally’s goal was to make a positive impact on her school and community. Despite the challenges of distance learning and a rigorous course load, she found the time to dedicate herself to extracurricular activities and volunteer work. She invented ways to give back by co-chairing Keppel Cares and Keppel’s Cards of Kindness events. She helped to organize the Fear the Spear 5K run and currently serves her school as president of both the MKHS orchestra and National Honor Society.

“One of Ally’s best qualities is her creativity,” said MKHS director of instrumental music Justin Lee. He mentions her beautiful pandemic handmade birthday cards for fellow music students and praises her innovative tenacity in pursuing unique performance opportunities outside of Keppel, saying, “Because of Ally’s research and leadership, the MKHS orchestra will be traveling to Disneyland to perform and we’re all very excited.” Mr. Lee describes Ally as hard-working, high-achieving, and passionate, with

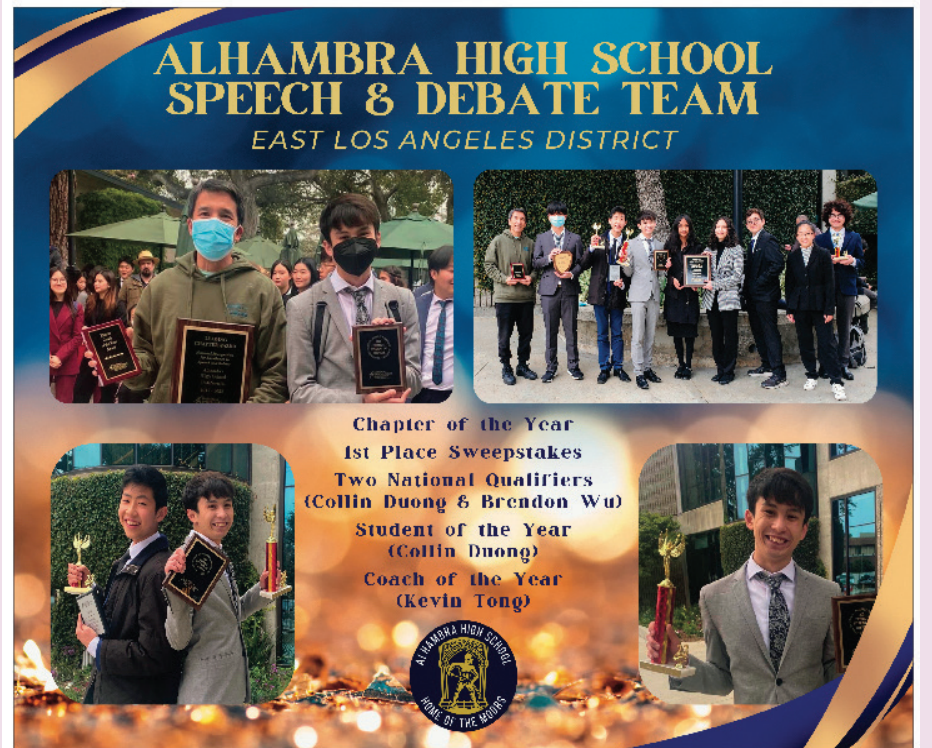
the ability to prioritize and balance academics, extracurriculars, and a demanding music schedule.

Like Ally Suzuki, Alhambra High School’s Paige Torres has spent significant time volunteering for her school, community, and AHS PSTA. She serves with the Alhambra Red Cross, helping with monthly blood drives and fundraisers, while working two jobs and maintaining a high GPA.

Mary Eileen Arroyo, Ramona School PTA president, has known Paige since her elementary school years. Even then, Ms. Arroyo remembers, Paige helped her mother and other PTA board members by organizing activities, setting up and cleaning up, making homemade gifts, and creating presentation slides. Ms. Arroyo also admired Paige’s ability to cultivate relationships and connect with others, often acting like a big sister to younger students. “Paige has always impressed me with her vision for her future and the clear steps she laid out to ensure her desired outcome,” says Ms. Arroyo. “Paige’s energy, enthusiasm and gift for caring for others gives me immense confidence in this generation of young people.”

Alhambra Council president Christina Lerma agrees, “It’s obvious the scholarship committee selected two very deserving young women. With their signature ability to positively impact their communities and inspire others, Ally and Paige are certain to find success as they move on to college and careers.”

# AHS Speech & Debate Team Continues To Dominate Tournaments, Two Students Moving To National Competition



The Alhambra High School Speech & Debate team members competing at the East Los Angeles District Speech & Debate Tournament brought home multiple awards including Chapter of the Year, First Place Sweepstakes, First Place Senate (Collin Duong), Fourth Place House (Brendon Wu) and Fifth Place House (Naiche Gonzales).

Special kudos to Collin Duong on winning East Los Angeles Speech & Debate Student of the Year and to Mr. Kevin Tong for being named the National Speech & Debate Association/East Los Angeles District Coach of the Year. “Collin and Brendon are moving on to Nationals this summer, and we will all be cheering for them,” Coach Tong said.

# MKHS Elite Jazz Dance Team Kicks Off National Dance Week On KCAL’s The Morning Wrap



When the one of the hosts of KCAL’s The Morning Wrap, Kalyna Astrinos, wanted a memorable kick-off for National Dance Week, she reached out to Mark Keppel dance coach extraordinaire, Activate Arroyo, to invite some of his dancers to perform on the CBS LA show.

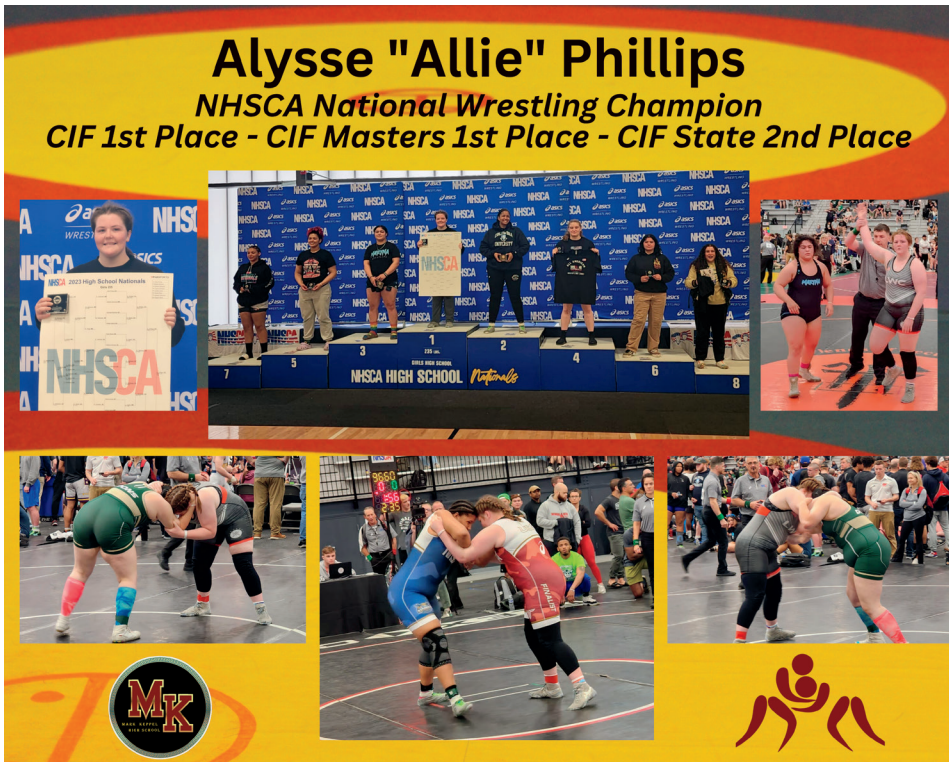
Coach Arroyo chose Keppel Jazz Team dancers Annie Mei, Athena Woo, Cathy Gu, Cristina Liu, Emily Huang, Emily Yu, and Kylee Siapuatco, who had just returned from an international competition win. The high energy team Arroyo called “the best of the best” performed to the music of Lady Gaga’s Telephone and even taught the host Kalyna Astrinos and Mark Liu a few steps. To see how fabulous the dancers look, watch the entire segment here: [youtu.be/MexOT6tXCaM](https://youtu.be/MexOT6tXCaM)

**Congratulations to the Class of 2023!**

<b>Alhambra High School</b> May 26, 2023 1:00 pm	<b>Mark Keppel High School</b> May 26, 2023 8:00am
<b>Independence High School</b> (Students will graduate with their respective "home" high schools)	<b>San Gabriel High School</b> May 26, 2023 6:00pm

**We are excited to hold our high school commencement ceremonies at the Rose Bowl again this year!**





Senior Alysse Phillips will graduate from Mark Keppel High School as a National Wrestling Champion, one of many impressive accomplishments in her stellar wrestling career.

# Keppel's Allie Phillips Crowns Historic Wrestling Career with a National Title

Mark Keppel High School's Alysse (Allie) Phillips caps her senior year and high school wrestling career with an undefeated season and a National championship. With an incredible 2023 record of 37-0, a CIF championship and a CIF Masters championship, Allie headed off to vie for the California State championship in Bakersfield.

Allie's goal to be a state champ, but she fell just short and ended up in second place in the state of California with a score of 1-0. Undeterred, Allie still qualified for Nationals, where she

ended up facing her State competitor again in the semifinals in Virginia Beach. This time, Allie bested the California champ on her way to earning a National title!

"Allie has brought tremendous recognition to girls wrestling at MKHS and has sealed her legacy as a Keppel athletic legend," said AUSD Superintendent Dr. Denise Jaramillo. "Congratulations to Allie Phillips, National Wrestling Champ! She's made AUSD and the entire community extremely proud!"

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6:00pm

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Impact Teen Drivers is pleased to provide this program at no cost, thanks to funding from the Office of Traffic Safety and the California Highway Patrol.

The Alhambra Latino Association is collecting gift cards for the **Balloon Blast** fundraiser activity at the annual **Scholarship Awards Dinner & Dance** on **May 5, 2023** at **Luminarias Restaurant**

\$25 gift cards will be greatly appreciated  
Please fill out the form below and send your gift card donations to  
**Alhambra Latino Association**  
**P.O. Box 6062, Alhambra, CA 91802**

\_\_\_ Yes, I would like to donate gift card/s for the **Balloon Blast** activity held during the ALA Scholarship Awards Dinner & Dance fundraiser on May 5, 2023.

OR

\_\_\_ Please accept my \$\_\_\_\_\_ contribution to buy gift cards for the **Balloon Blast** activity.

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

School/Department: \_\_\_\_\_ Phone: \_\_\_\_\_

Type of gift card/s: \_\_\_\_\_

This is not an AUSD sponsored event

## You can support the wonderful work of Alhambra Latino Association...even if you can't make it to their Dinner & Dance

The Alhambra Latino Association hopes you will be attending their annual Scholarship Awards Dinner & Dance on Cinco de Mayo when they award scholarships to seven hard-working and deserving Alhambra Unified School District seniors. This year, ALA is also honoring the AUSD Dream Allies Network for all they do to support immigrant students and their families.

Whether you are going to the Dinner & Dance or not, there is a way to support the wonderful work of Alhambra Latino Association. ALA is in need of \$25 gift cards for their annual Balloon Blast, which is part of Dinner & Dance. Gift cards can be sent to the Alhambra Latino Association (c/o P. O. Box 6062, Alhambra, CA 91802). For more information about ALA, please visit: [www.alhambralatinoassociation.com](http://www.alhambralatinoassociation.com) or email [alhambralatinoassociation@gmail.com](mailto:alhambralatinoassociation@gmail.com).

## PROMOTION CEREMONIES 2023

<b>Baldwin</b> Almanson Court May 26th 9:00am	<b>Garfield</b> Alhambra Park May 26th 10:00am	<b>Monterey Highlands</b> Monterey Highlands May 25th 8:30am	<b>Park</b> Alhambra Park May 26th 8:00am
<b>Brightwood</b> Almanson Court May 24th 9:00am	<b>Granada</b> Alhambra Park May 24th 8:30am	<b>Moor Field</b> Moor Field May 23rd AM Class 9:00am PM Class 12:30pm	<b>Ramona</b> Barnes Park May 24th 9:00am
<b>Emery Park</b> Alhambra Park May 24th 10:00am	<b>LIFT North &amp; South</b> Century High School May 25th 10:00am	<b>Northrup</b> Alhambra Park May 25th 8:00am	<b>Repetto</b> Barnes Park May 25th 1:00pm
<b>Fremont</b> Alhambra Park May 25th 11:00am	<b>Marguerita</b> Alhambra Park May 25th 9:30am	<b>Ynez</b> Barnes Park May 25th 9:00am	

CONGRATULATIONS!



# MKHS Auto Tech Students Visit Rio Hondo, Learn Exceptional Post-Secondary Industry Options

Mark Keppel High School's automotive technology students had the privilege of spending the day at Rio Hondo's Automotive Technology Department where they learned about their exemplary program options and participated in hands-on activities. In an experiment, students built and read a series circuit with resistance, gaining

invaluable insights into the world of automotive technology.

The visit also included a glimpse of the Tesla START program, a comprehensive training pathway aligned with the automotive industry. The Rio Hondo College Auto Shop meets strict NATEF/ASE standards and is Master-certified. Students toured the

exceptional training environment where they teach the skills necessary to succeed in a high demand field.

"The Career Tech Education team is incredibly grateful to Rio Hondo College for hosting MKHS for an unforgettable student experience and for providing lunch for all the students and chaperones," said Dr. Leann

Huang, AUSD Career Technology Education specialist. "Special thanks to the auto tech teacher Jim Horton and CTE counselor Elizabeth An for accompanying the students on this educational journey."



Senior Liam Dowell (far right in first photo) led his fellow scouts as they hand built brand-new planter boxes for Northrup School. Liam is now one step closer to achieving his Eagle Scout rank.

## Eagle Scout Garden Construction Project Makes Way For Student Spring Planting At Northrup

Northrup School is the happy beneficiary of the hard work of Boy Scout Troop 301 of Shepherd of the Hill of Monterey Park for a garden construction project led by high school senior Liam Dowell as part of his requirements to obtain Eagle Scout rank.

Liam and his scout team built five new planter boxes for the raised bed garden at Northrup. They demolished the planter boxes in the worst shape and replaced them with brand new hand-built ones.

More than fifteen scouts spent over eight hours on Saturday, April 8th to complete the daunting garden construction project. Most of the scouts are Alhambra Unified School District students. Liam is currently a senior at Gabrielino High School, but he is a former AUSD student — attending Fremont School for grades K-6. AUSD continues to play a large part in Liam's life, as both of

his parents are AUSD employees.

Liam thanked his fellow scouts for their invaluable labor, the assistant scoutmasters for their guidance and task monitoring, and Northrup's principal, Lindsay Gilbert, for allowing him to complete his project at Northrup by opening the school at 7:30am on a Saturday.

"We're so grateful to Troop 301 for giving us these brand-new planter boxes — we can't wait to see the beautiful garden our students will create in them," said Principal Gilbert. "I'm impressed by the scouts' skills and work ethic, and especially impressed by the leadership that Liam Dowell demonstrated throughout the project."

There are still more planter boxes that need to be replaced. Principal Gilbert says Northrup welcomes other scout troops to contact them if they would like to work on this or other potential projects in the future.



Rio Hondo College hosted MKHS students and opened their eyes to post-secondary educational opportunities for those interested in furthering their automotive knowledge and skills. Photos courtesy of Rio Hondo College

MARCH 2023

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*From the Desk of Rev. Craig Statton*

# Getting Seniors Ready for Summer

When I start hearing, "It's time for Dodger baseball!", my thoughts turn to summer. I imagine sitting in the ballpark or heading to the beach, longer days, and more outdoor activities.

But as I have gotten older, I realize that I must take more precautions during this season. My older body does not respond to the sun and heat as well. According to the CDC, seniors are more susceptible to heat-related illnesses and injury. As we age, our bodies become less efficient at regulating temperature and that puts us in danger of heat related illnesses. With this in mind, here are a few tips to make summer more enjoyable by avoiding health complications.

**Stay hydrated.** It is recommended that we drink eight or more glasses of water every day. If you are doing a physical activity such as a walk or hike, make sure to carry plenty of water.

**Stay indoors during extreme heat.** In extreme heat and high humidity, evaporation slows down and the body must work extra hard to maintain a normal temperature.

**Take advantage of air-conditioned spaces.** Air-conditioning is important when it is hot and humid outside. If you do not have air-condi-

tioning in your home, go to a movie theater, the mall, a friend or family member's home, or a community senior center.

**Dress appropriately.** The best clothing to wear in the summertime is loose-fitting and lightweight clothes in natural, breathable fabrics like cotton.

**Protect your skin and eyes.** Wearing sunglasses can block your eyes from harmful UV rays and protect your vision. Wearing hats and using sunscreen of SPF 30 or higher provides protection for the skin.

**Know the early signs of heat related illnesses.** Signs to look for include disorientation, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness, and confusion.

**Even though the sun and heat can be dangerous, outdoor activities and gathering with others are extremely important.** Breathing fresh air, laughing, visiting with friends and family, and experiencing new activities not only renews the body, but enriches the soul.

In the words of the baseball announcer, "Let's play ball!" this summer.



This is a small history taken from the Annals of the Carmel of St. Teresa's first beginnings.

*"Almighty God willed that a Carmel should be planted in the city of the Angels, yet He allowed its accomplishment only after a period of preparation - a preparation made by patient, persevering prayer and enriched by many sacrifices."*

*The little community arrived in Los Angeles Saturday morning, April 19th, 1913, about nine o'clock.*

*Mother Baptista of the Precious Blood (the Foundress) had come from the Carmel of St. Joseph in St. Louis, MO.*

*For ten years, that is from, 1913 until 1923, the Community were compelled to live in (three) rented houses, made over as best they could for conventual use...*

*the time had come when Our Lord was about to reward them by giving them a real Monastery.*

*At the time the Nuns took possession of the new Monastery, the community consisted of twelve Nuns.*

*On the twenty-fourth of May 1923, the feast of our Lady Help of Christians, the Carmelites moved into their new home and Monastery. They felt it a special privilege to tread the ground hallowed by the Padres, those splendid men of the past who came to California with the immortal Junipero... to make the desert bloom like the rose." This year, the Carmelite Monastery in Alhambra is celebrating the 100th Anniversary of its founding!*

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Your Health

# Living Life to the Fullest

By Sheila Yonemoto, P.T.

How would you live your life now if you only had today? Imagine if you lived life to the fullest every day. This might be a different world if everyone did this. A set of unusual circumstances recently occurred in my life that caused me to reevaluate my priorities. Recently, two of my friends passed away, several others had strokes, and a relative had a benign tumor removed. In the grand scheme of things, we are here for a short time. It makes sense to live in a way that allows us to do the most important things first.

A webinar I am currently watching stated that people who are more positive and happy have stronger bones. Happier people are healthier on multiple levels. Some scientists are finding that people with a support community live healthier lives. This might be the number one factor, even more important than what you eat, how you exercise, and other lifestyle habits.

When you wake up each day, ask yourself what is good in your life and concentrate on what you are grateful for. Many people let their thoughts turn towards what is wrong. Start programming your brain with a more positive way of thinking.

Our subconscious thoughts control



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

our behavior more than our conscious thoughts. But we can change this to create a life of happiness. So much of our health depends on our emotional state and what stresses we must deal with. Make the most of each day and focus on the important things, while turning any perceived lemons into lemonade.

Sheila Yonemoto, P.T., has been a physical therapist for more than 40 years, specializing in integrative manual therapy, utilizing a holistic approach. Sheila also offers a Qigong "Chinese Energy" exercise class at YPT in Alhambra, CA. Your first class is free. Call (626) 576-0591 for more information or visit [www.yonemoto.com](http://www.yonemoto.com).

*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.

# Avoid the Dangers of Gum and Periodontal Disease

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

In my columns I keep circling back to gum disease because it has a huge impact on our dental and general health. Let's dig deeper into the little known facts about this disease, starting with some clarification of the terms: gum disease and periodontal disease. For convenience we often use them interchangeably. **Gum disease** is the initial stage of inflammation when only the gums around the neck of the teeth are inflamed. **Periodontal disease** is the more advanced stage in which bacteria spread in the jaw bone that is holding your teeth in place. Needless to say, both conditions have to be treated but periodontal disease is more dangerous and of the two, is more difficult to treat.



Here are some little-known facts about periodontal disease.

- 1. Spreads from person to person.** While periodontal disease is not technically considered contagious, in fact, it can be spread from one person to another through saliva. For example, the conditions in your mouth can make it easy for bacteria to grow. If plaque from sugary and starchy food is not removed by daily flossing, you can attract the bacteria that multiplies and thrives. It easily develops into periodontal disease that may be transmitted through a kiss or even by sharing household utensils.
- 2. Can lead to tooth loss.** It is not for old people only. Periodontal disease is common after the age of 35 and according to the Centers for Disease Control and Prevention almost 70% of Americans 65 years and older have periodontal disease. Left untreated the infection can destroy the jaw bone that holds the teeth in place.
- 3. Can cause bad breath.** Sometimes patients tell me that their bad breath returns shortly after they brush. Periodontal disease is caused by bacteria and that bacteria release gas and byproducts causing bad breath. If you cannot seem to get

rid of your bad breath, even after brushing regularly, consider seeing your dentist and get tested for periodontal disease.

- 4. It is considered silent.** There are very few symptoms in the early stage of disease development. While there are some signs and symptoms associated with periodontal disease, they seem to be more obvious in the advanced stages. Routine dental exams are important so your dentist can see what you might be missing. When caught early, treatment is far more predictable and efficient than if it is caught in the later stages. Watch out for easily bleeding gums. It is not normal for the gums to bleed even if you floss too hard.
- 5. Can increase the risk for systemic health problems.** Periodontal disease affects more than just the teeth. People with periodontal disease are at higher risk for cardiovascular problems like heart disease. Left untreated periodontal disease can make it more difficult for people with existing diabetes to control their blood sugar. Untreated periodontal disease in pregnant women may contribute to low birth weight or preterm birth.
- 6. Can be prevented.** Sometimes patients tell me that their parents lost their teeth young, and they could be set for the same path. While periodontal disease has genetic components, with today's knowledge and technology this



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

scary disease can be easily prevented. We all know that healthy eating habits with less sugar and proper oral hygiene routine are very important to keep the teeth and gums healthy.

I can't emphasize enough how important proper oral hygiene is, especially flossing, in preventing gum and periodontal disease. Floss all of your teeth like you mean it every night and visit your dentist/hygienist twice a year for your routine cleaning and exam. Periodontal disease most often starts with the less dangerous form, gum disease. If you visit your dentist on a regular basis, you will discover the problem before you suffer the complications. Most of the time this is all you need to support your gum's health. Take care of your teeth and gums to avoid health complications down the road!

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

## Your Insurance

# Traveling with Medicare

By Katherine Yu Simms

When you travel, consider that your Medicare coverage will depend on where you go and how you receive your Medicare benefits. If you travel within the U.S. and have Original Medicare, you have coverage anywhere in the U.S. and its territories. This includes all 50 states. Most doctors and hospitals take Original Medicare. If you have a Medicare Advantage Plan, your plan may or may not cover your care outside of its service area. Some plans may cover providers that are out of network or out of your service area, but will come with higher cost sharing like copayments and/or coinsurances. Your plan may also impose other rules or restrictions like prior authorization. Medicare Advantage Plans are required to cover emergency and urgent care anywhere in the U.S. without imposing additional costs or coverage rules.

If you travel outside your Medicare Advantage Plan's service area continuously for more than six months, you will automatically be disenrolled from most plans. You will have a Special Enrollment Period to join a different Medicare Advantage Plan. If you do not choose a new plan, you will automatically be enrolled in Original Medicare. Some Medicare Advantage Plans provide special benefits that allow you to stay in the plan if you travel



**Katherine Yu Simms**  
Medicare Insurance Agent  
lovemygoldenyears@gmail.com

continuously in the U.S. or its territories for up to 12 months. Medicare Advantage Plans may also cover emergency care abroad.

Contact me to find out more information about costs and coverage rules of each plan offered in your area.

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# Alhambra Golf Course Unveils New Launch Zone Driving Range Powered by Toptracer Range

Alhambra Golf Course recently debuted its new Launch Zone Driving Range Powered by Toptracer Range – the most advanced ball-tracking technology in golf. Toptracer Range delivers the same ball-tracking technology (including total distance, carry distance, ball speed, and launch angle) that traces the shots of the best players in the game on television.

The Launch Zone offers 38 bays, including 10 bays with full Toptracer technology monitors, three reservable lounge areas, a new sound system, new lighting, new tee targets and an 86-inch television to watch sports and events. Guests can

compete in monthly competitions such as longest drive and closest-to-the-pin to win exciting prizes. The Alhambra Driving Range is open to the public seven days/week until 11 pm.

The Launch Zone at Alhambra Golf Course offers three levels of exciting entertainment for serious golfers working on their game, first-time players just looking for a fun experience with friends and family, and group outings looking for a fun creative experience to share with colleagues and clients. With Alhambra's Toptracer Range, guests hit real golf balls and receive instant shot data in the palm

of their hand through the Toptracer Range mobile app. Shots are recorded so that golfers can make swing adjustments and immediately see the impact on their golf shots. Through the truly interactive and individualized experience, members of all ages and ability levels can play a variety of fun and skill-based games, compete against friends, see their shots traced, and receive instant data on their own smartphone or tablet.

“The City of Alhambra believes that the driving range improvements will enhance the quality of life for the residents of Alhambra.” Michael Macias, Director of Parks and Recreation.

Alhambra Golf Course is owned by the City of Alhambra and is managed by Indigo Sports, a Troon company. The Alhambra course is fun, not frustratingly long and difficult. The facilities are the best and most complete in the area, designed to enhance the pleasure of golf. The course layout is a par 71 at 5,478 yards, with four par 5s, five par 3s and nine par 4s. From the fully stocked golf shop and night lighted practice facility, to the Almansor Grill, Alhambra Golf Course provides a complete and exceptional golf experience.

For more information on the new Launch Zone at Alhambra Golf Course, visit [www.alhambra golf.com](http://www.alhambra golf.com).



City leaders were present at the ribbon cutting ceremony of the Alhambra Golf Course. Photo Credit: City of Alhambra Government via Facebook

# From Sea to SGV

By Justin Lim  
Community Reporter

In the bustling SGV area, where food businesses are constantly competing for customers' attention, it takes something special to stand out. Luke Nguyen and Tracy Rosas, the founders of Oy, Oysters, have found that special something by combining their opposite viewpoints to create the perfect balance for an effective and successful business.

While Luke is passionate about fresh oysters and loves to share that passion with others, Tracy brings a corporate mindset to the table, always looking to scale the business and improve their processes. Together, they have created a business that meticulously focuses on the myriad of details that affect the quality

of the delicacy they offer.

Commitment to freshness sets Oy, Oysters apart from other establishments in the area according to Luke. No oyster stays in their inventory for more than two days, and they order new batches twice a week to ensure that their customers are always getting the freshest oysters possible. They source their oysters from different parts of North America, including Prince Edwards Islands in Canada, Baja California in Mexico, and Washington state.

The attention to detail that Luke and Tracy bring to their business is evident in the way they handle their oysters. They place the oysters on rock salt to preserve the liquor – the liquid that keeps an oyster alive and flavorful – ensuring that customers can indulge in the

delicacy of a freshly shucked oyster. They've been able to bring in 25-30 different oysters, each with their own unique taste and texture.

For this duo, the driving force behind Oy, Oysters is the joy that comes from serving others. Luke started the business because he wanted to share his love of oysters with others and create moments of happiness and connection around his product. When he sees groups of people taking oyster shots and enjoying the moment together, it brings him genuine joy. Tracy, who was a business

economics major at UC Berkeley, brings her skills in scaling and improving the business to make sure that more people can keep enjoying the dining experience they provide.

In a world where many businesses are solely focused on profits, Oy, Oysters stands out as a business that is driven by passion and a desire to share that passion with others.

Find out more about Oy, Oysters by visiting the Blossom Market Food Hall in person or @OyOystersLA on Instagram.



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Real Estate

# Simple Considerations When Selling Your Home

By Gary Frueholz

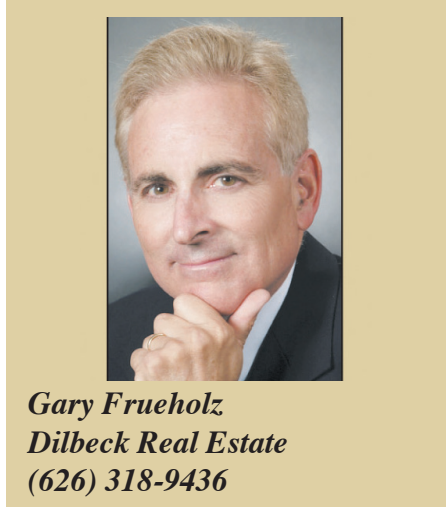
Sellers can have a powerful influence on how quickly their home sells and on the final price of sale. Some things, like interest rates and pandemics, sellers cannot control. But this article will present a number of things that sellers can control in a productive way.

One of the simplest improvements that sellers can engage in decluttering and cleaning their home. This sounds so obvious, but owners are slowly conditioned over years to accept and consequently become oblivious to clutter in their homes. It can take the form of clothing and shoes left throughout the home, hallways being used a storage closets, excessive pictures and paintings placed on walls, and knick-knacks that do not even have significance to the owners any longer being placed about the house.

Children are a special challenge. Kids need their toys, but these playthings need to be organized and taken out of view. This discipline should be followed throughout the transaction even though it is demanding for parents.

Cleaning the home not only concerns the interior but includes the outside. Trimming bushes and the lawn, along with watering, can make a world of difference in potential buyers first impressions of a home. You may not have funds to paint your home, but paint and clean the front door since this is one of the first things a possible purchaser will see. Also, money may not be available for any significant remodeling, but new, shiny door knobs and faucets in the kitchen and bathrooms can catch attention in a subliminal way.

A critical consideration is the pricing of a home. When a home is priced competitively, it will attract more potential buyers and lead to more offers submitted. What I have seen so many times is that after a buyer submits an offer and becomes formally involved in the process, their decisions on items such as purchase price become more emotionally driven. Literally, the heart starts to override the logic of the brain. A competitively priced home can lead to a "bidding war" where this phenomenon occurs. Hire an agent who understands economies of scale



**Gary Frueholz**  
Dilbeck Real Estate  
(626) 318-9436

and the difference between a comp and relevant sale.

Another key consideration is to make your home easily available for agents to show. An electronic lockbox will record visits by time and name of agent. Your agent can require other agents to call them first and in turn your agent can then notify yourself of the showing time. These sacrifices are temporary and can lead to financial benefits later.

The virtual nature of today's real estate world with the Multiple Listing Service (MLS) and public websites such as Realtor.com and Zillow.com help communicate to the world that your home is for sale. Pictures are worth a thousand words. High quality, professional photography will catch potential buyer's attention in the few critical seconds. And in today's digital world, that often is all the time your home has on the internet with today's fast paced buyers. Quiz your agent on other virtual platforms they utilize to promote your home.

All of these approaches contribute to a successful sale and are attainable with minimal effort on the seller's part.

**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.**

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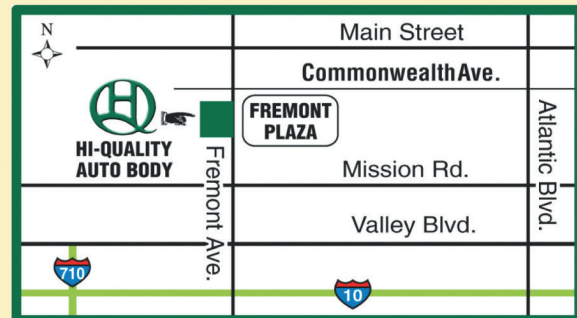
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Alhambra	Single Family House	\$995,587	\$928,000	+7.28%
	Condo/Townhome	\$732,467	\$707,441	+3.54%



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“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 