

10/2022

AROUND ALHAMBRA

ALHAMBRA'S COMMUNITY NEWSPAPER



www.alhambrachamber.org



Left to right, Mark Keppel High class of 2021 students Michael Winn, Madeline Hong, and Zeri Ayala, who went through the Family and Community Engagement Service program to graduate with a high school diploma and a no-cost ELAC associate degree, celebrate the \$200,000 check Rep Judy Chu presented to East LA College FACES program. Winn and Hong are juniors at CSU Northridge. Ayala attends CSU Fullerton.

Rep. Judy Chu presents \$200,000 check to East Los Angeles College FACES program at AHS

In late August, smiling AUSD students, their families, and District leaders filled Alhambra High's College & Career Center when Rep. Judy Chu (27th District) presented a \$200,000 check to East LA College's Family and Community Engagement Services (FACES) program to ELAC and LA Community College District officials.

The happy students had seized the FACES program's opportunity.

>> see **ELAC FACES PROGRAM** Page 18

INSIDE THIS ISSUE

ALHAMBRA EATS DISCOVERY WEEKEND MAP AND GUIDE OF 200+ EATERIES



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Alhambra Eats Discovery Weekend: October 15 & 16

Explore Alhambra's food destinations during Alhambra Eats Discovery Weekend. With more than 200 restaurants, cafes, and eateries, Alhambra is a culinary paradise. On October 15 and 16, take part in dining deals while you enjoy delicious, one-of-kind dishes from around the globe. There's something everyone can afford to indulge in, including a bahn mi sandwich for \$4.30 from Bánh Mì Mŷ Tho or a prix fixe, multi-course omakase sushi experience at Kogane for \$300.

Alhambra Eats Discovery Weekend is going to be a don't miss destination for foodies, with tours and curated experiences. Whether you love dumplings, desserts, and milk tea drinks or burgers, dumplings, and homemade Mexican

carnitas, you'll find Alhambra eateries to satisfy your cravings. Enjoy LA's best: toothpick lamb, rainbow bagels, seaweed-flavored fried fish, youtiao, \$1 eggrolls, hainan chicken, pastrami sandwich, and much, much more.

Starting October 3, visit AlhambraEats.com for special offers. You'll be able to buy a Discovery Weekend passport, download free self-guided tours, find discounts, and more. Make sure to check out recommendations from food and community experts.

See the Alhambra Eats restaurant guide inside this issue to plan your own tour with over 210 restaurants on the map. You'll also find a listing of restaurants by cuisine. Look for updates, news, and more on AlhambraEats.com

Visit AlhambraEats.com for self-guided tours, passports, discounts, and more!

Alhambra Eats
Discovery Weekend
RESTAURANT GUIDE

FIRST BAPTIST CHURCH OF ALHAMBRA
PRESENTS
the gary bonner SINGERS
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SUNDAY, NOVEMBER 6, 2022
6PM

FREE ADMISSION
Attend this one-of-a-kind opportunity with friends and family members!

Mayor's Corner

By Mayor Jeff Maloney

Welcome to Fall!

Did you feel it? Fall is in the air! After the most recent extreme heat wave, I stepped outside in the morning and felt the cool air with a hint of moisture. Fall was definitely on its way, and not a moment too soon.

Autumn is when I feel most comfortable. The heat subsides, and the warm days and cool nights remind us all of why people settled in Southern California in the first place. Students get into their rhythm at school, and families take a collective breath and begin to think about the holidays.

For me, fall has also always been a time to celebrate our connections and to strengthen communities. Humans are social beings for whom establishing relationships and forming communities has always been a source of security and safety. **Community is a necessity.**

I believe that this sense of community is what makes places like Alhambra unique and gives us our strength. This is one of the reasons that, when I first ran for City Council back in 2016, one of my primary issues was strengthening our sense of community. In particular, I proposed establishing a program called the **"Know Your Neighbor" campaign.**

I'm gratified that Alhambra's Know Your Neighbor program is off to a great start. Each of my colleagues on the City Council have or will be hosting a Know Your Neighbor event in their respective districts with food, activities, and information provided by the Alhambra Police Department



Mayor Jeff Maloney

and the local **Neighborhood Watch**. Alhambra is a safe community, but like any city so close to a major metropolitan area, we are not immune from the dangers of big city life. I welcome any opportunity to strengthen our community, get to know our fellow Alhambra residents, and simply enjoy each others' company.

I'd like to thank each of my colleagues for their efforts and to announce that I will be hosting the final Know Your Neighbor event in District 3 at **Burke Heritage Park on Saturday, October 22**. I hope to see you all there!

Mayor's Farewell...Almost

It has been my honor to serve as your Mayor over these last several months. I



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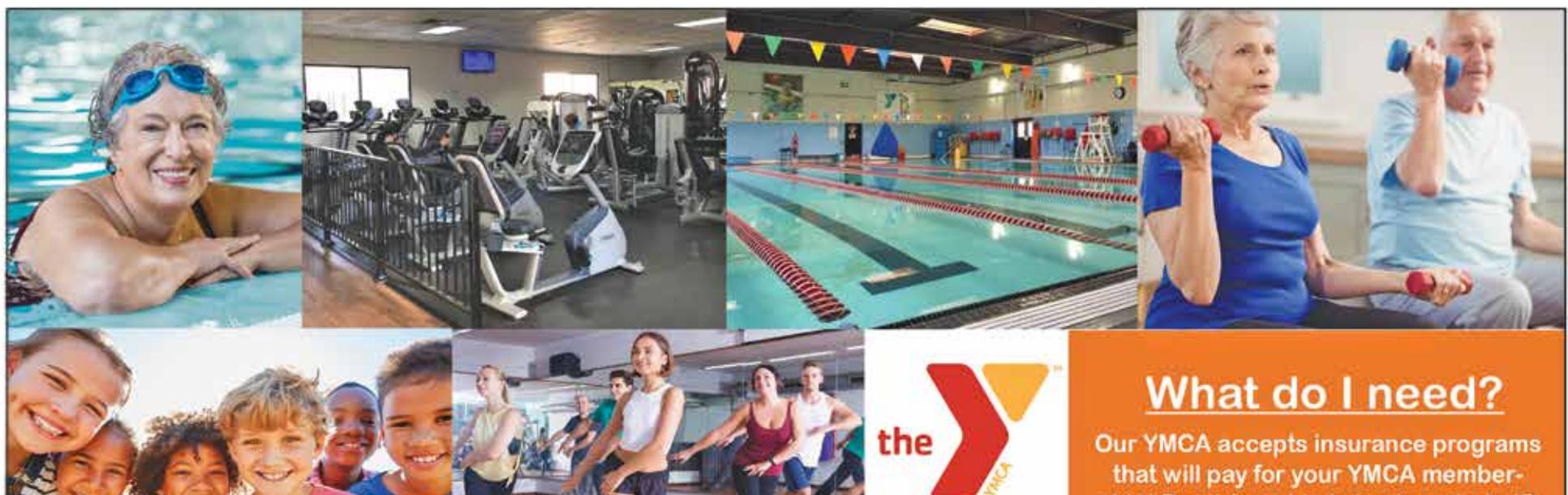
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- Autumn Festival @ Alhambra Park - October 8
- Trunk and Treat - October 27
- Pumpkin Run - October 30
- Alhambra Farmers Market - Every Sunday

Please check back in the space next month for my final Mayor's Corner. Until then ... Go Dodgers!



INSURANCE MEMBERSHIPS

Monday - Friday | 7:00AM - 5:00PM

It's FREE! When you're ready we're here!



YMCA of West San Gabriel Valley

401 E. Corto Street
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Valarie R. Gomez
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E-Mail: val.ymca@gmail.com
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- Community and Socialization

What do I need?

Our YMCA accepts insurance programs that will pay for your YMCA membership! Don't forget to bring in a photo ID along with your program Health ID Number! If you do not have a Health ID number, you must call your insurance provider to receive it.

Insurance Programs

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Renew Active
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Classes Available

Senior Muscle Conditioning
Line Dancing
Yoga
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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

104 S. First St., Alhambra, CA 91801
Tel: 626 282-8481 Fax: 626 282-5596
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Free Virtual City Council Meet the Candidates Forum on October 12

In anticipation of the November 8, 2022 general election, a virtual Alhambra City Council Meet The Candidates Forum will take place at 7 p.m. on Wednesday, October 12, 2022 and will feature Alhambra city council candidates answering questions from the community. The League of Women Voters, Pasadena Area will moderate the virtual forum.

All Alhambrans are invited to participate in this virtual town hall-style meeting to meet the candidates and learn where they stand on key issues. On November 8, Alhambrans will elect council members in council districts 1, 2 and 5. Candidates running in Council Districts 1 and 5 will participate in the free online forum. League of Women Voters rules do not allow the candidate running unopposed in Council District 2 to participate in the forum.

To register for the event, please visit: <https://october12candidates-forum.eventbrite.com>. Chinese, Spanish and Vietnamese translation services will be available.

The 2022 Meet The Candidates Forum will give Alhambra voters

the opportunity to meet Alhambra city council candidates and provide the candidates with the chance to discuss the various issues impacting Alhambra residents. Events such as this creates a more informed electorate, improves the democratic process and elevates civic engagement in Alhambra.

This is Alhambra's first city council election since Alhambrans overwhelmingly voted to pass Measure V in 2020. Measure V institutes a \$250 campaign contribution limit on all direct contributions to city council candidates and bans direct contributions to city council candidates from developers, city contractors, and PACs. It also moves Alhambra from at-large to by-district elections and increases transparency by requiring the City of Alhambra to post all candidate campaign finance reports on their website.

The general election will be on Tuesday, November 8, 2022. For information on how to register to vote or to check your current voter registration information, please visit www.vote.org.

Special to Around Alhambra

The 2021 Assessment Roll: Alhambra

By Jeff Prang

Los Angeles County Assessor

It's that time of year again when my office undertakes its most important function of the fiscal year because it lays the groundwork for the property taxes that pay for our vital public services: The Assessment Roll. In fact, it's a constitutional mandate.

The Roll for 2022 has been closed as of June 30 and it reflects growth for Alhambra as well as the rest of the County.

This comprehensive tally values more than \$2.5 million real estate parcels in Los Angeles County and results in the tax dollars that pays for vital public services, such as healthcare, police, fire, schools, and even librarians, to name just a few. As I mentioned, I am constitutionally mandated to close the Roll by the end of the Fiscal Year on June 30. As a point of reference, my Fiscal Year runs from July 1 to June 30.

I am pleased to announce that the 2022 Assessment Roll has a total net value of \$1.89 trillion, indicating the 12th year of consecutive growth. The 2022 Roll also grew by \$122.38 billion (or 6.9%) over 2021. That value places nearly \$19 billion to be used for public services.

Locally, Alhambra for 2022 came in at \$11.39 billion for taxable values, which is a 5.3% increase over last year's numbers. That includes

14,416 single-family homes, 3,702 apartment complexes, 1,336 commercial-industrial parcels for a grand total of 19,454 taxable properties. It's reflects solid growth of \$11.39 billion.

Some basics: The Roll, as it is known, contains the assessed value of all real estate and business personal property in the County's 88 cities along with the unincorporated areas. It also breaks down the number of single-family residential homes, apartments and commercial-industrial parcels.

This year's Roll comprises 2.58 million real estate parcels as well as business assessments county-wide. That includes 1.89 million single-family homes, 250,000 apartment complexes, 248,000 commercial and industrial properties and more than 165,000 business property assessments.

Since the Roll is the inventory for all taxable property in the County, it can provide some insight into the health of the real estate market. The Roll is also driven in large measure by real property sales, which added \$69.6 billion to the Roll as compared with 2021; the CPI adjustment mandated by Prop. 13, which this year came in at 2%, added an additional \$34.2 billion; and new construction added \$6.3 billion.

Finally, as we move forward during



Jeff Prang

this critical period, I send wishes for everybody to stay safe and healthy. Unquestionably this is a tumultuous time in our history. To repeat what has been said so many times before: emergencies demand the best from us. This could be our finest hour.

Los Angeles County Assessor Jeff Prang has been in office since 2014, was re-elected in 2018 and 2022. Upon taking office, Prang implemented sweeping reforms to ensure that the strictest ethical guidelines rooted in fairness, accuracy and integrity would be adhered to in his office, which is the largest office of its kind in the nation with about 1,400 employees and provides the foundation for a property tax system that generates nearly \$19 billion annually.

Help out Operation Holiday Kindness

Operation Holiday Kindness for December 2022 is underway. Join Alhambra Girl Scout Troop 5371 and other participating SGV Girl Scout Troops for their 3rd Annual Operation Holiday Kindness. Their main mission is to send holiday cheer to military soldiers who are unable to go home for the holidays. To join Alhambra Girl Scout's Operation Holiday Kindness 2022, please contact Troop 5371 Leader

Giselle Aston at giselleaston@gmail.com. If you would like to help, donate, or send a military care package, please contact Rosa Rebamontan at azulrosa3@yahoo.com.

This happy project is coordinated with local Alhambra residents Rosa and Anthony Rebamontan, whose only son, Thomas joined the Army in 2014. Thomas currently serves as a Staff Sergeant at Fort Lewis in Washington State. Presently, Thomas' unit - Bravo Battery 2-17 Field Artillery "Bulldogs" are busy preparing for their scheduled deployment to Korea in a couple months. Meaning, this year, holiday care packages for this unit will be sent overseas. Rosa happily reports that for the past couple of years, she has also included sending military care packages to other military branches, i.e., Marines, Air Force, Navy, etc.

Care packages are filled with donations toiletries, all types of snacks and candies (most requested), medical supplies, handmade pillows, boot deodorizers, etc., and most importantly handwritten "thank you for your service" notes and holiday cards.

Rosa is committed to not only sending care packages for the holidays but continues to do so



throughout the year with many thanks to generous donations received from family, friends, coworkers, and the Alhambra community in general. Rosa says, "this continuous support and dedication throughout the year is AMAZING as sending care packages is the least, we can do for our Brave Warriors!"

In 2019, Girl Scout Troop 5371 coordinated with other local Girl Scouts Troops to combine their community efforts by creating Operation Holiday Kindness, now an annual event. Since its inception, hundreds of donations have been collected and military care packages have been shipped to Germany, Poland, Hungary, Washington State, Hawaii, Colorado, Georgia Vandenberg Air Force Base, El Paso Texas, and North Carolina. This is a very special cause, as many military soldiers are unable to go home for the holidays. Girl Scouts of all ages, work very hard to handwrite personal holiday cards, collect as many donations as possible and, more importantly, recruit volunteers to help with this amazing cause. Please help support our mission by donating to our military care packages in support of our Brave Warriors who protect our great nation.

The Chamber View

Food and Fun

By John Bwarie
CEO, Alhambra Chamber of Commerce

The Alhambra Restaurant Guide sponsored by Wells Fargo is this month's special feature in *Around Alhambra*. You'll find a map that you can pull out, put up on your bulletin board or refrigerator, and use to explore all the delicious places that we are lucky to have in our community. Make a plan to visit old favorites and explore new eateries that make dining with friends and family filling and fun. The locations are color-coded by type of cuisine, so you can choose the craving you want to satisfy. Or, use the map to choose a restaurant conveniently close to home, work, or another destination you'll be visiting. Food and fun in our local community are just some ways that you can keep our local economy thriving. Visit AlhambraEats.com

The Alhambra Chamber is committed to supporting all our restaurants, cafes, and eateries. To that end, we have worked to secure grants to 25% of our local restaurants to help them survive post-pandemic. The Alhambra Chamber and its partners secured funds to support 40 local, Alhambra-based "mom and pop" restaurants. With funds from Wells Fargo, \$80,000 in direct grants were distributed to historically overlooked business owners.

Two years after the pandemic forced restaurants to close or limit operations, those restaurants that survived need to invest in equipment, hire or retain employees, and market their offerings. According to the National Restaurant Association's August 2022 survey, approximately 95% restaurants!



John Bwarie
CEO Alhambra Chamber of
Commerce

of a restaurant's sales dollars go to food, labor, and operating costs — all of which are increasing each month. While wholesale food prices have increased 16.3% in the last 12 months, menu prices have only risen 7.6% in the same period, and only 16% of operators report adding fees or surcharges to customer checks. The result: profits are suffering, with 85% of operators reporting their restaurant is less profitable than it was in 2019.

As this harsh reality affects restaurants across the nation, we are proud to have the support from Wells Fargo to distribute grants this month that will help subsidize operations, marketing, staffing, and other costs for 25% of our "only-in-Alhambra"



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Tax Tips

Inflation Reduction Act

By Michael Aston, E.A.

President Joe Biden signed the Inflation Reduction Act of 2022 into law on August 16, 2022. The new bill makes the largest investment in fighting climate change in U.S. history, lowers the cost of prescription drug, and raises taxes on large corporations. Here are some of the key highlights.

Creation of a 15% corporate minimum tax rate: Corporations with at least \$1 billion in income will have a new tax rate of 15%.

Prescription drug price reform: This will allow Medicare to negotiate the price of certain prescription drugs, bringing down the price of medication. Medicare recipients will have a \$2,000 cap on annual out of pocket prescriptions drug cost starting in 2025.

IRS tax enforcement: The bill invests \$80 billion in the tax agency over the next 10 years, which will allow them to focus on more audits and catch up on their over 6-month delay.

Affordable Care Act (ACA) subsidy extension: Medical insurance premiums under the ACA are subsidized by the federal government to lower premiums. These subsidies, which were scheduled to expire at the end of this year, will be extended through 2025.

Energy security and climate change investments: The bill includes numerous investments in climate protection, including tax credits for households to offset energy costs, investment in clean energy production, and tax credits aimed at reducing carbon emissions. Below I will go into more detail of solar and energy efficient vehicles.

- For solar panels the prior law allowed a 26% tax credit for 2022, 23% tax credit for 2023, and no tax credit for 2024 and later. The new law will allow a 30% tax credit for solar panels that are put in service between 2022 and 2032, 26% for solar panels installed in 2033, 22% for solar panels in 2034, and no credit 2035 and after. If you installed your panels in 2022 before August 16, the 26% credit that you were expecting will become 30% when filing your tax return.

- Energy efficient vehicles had some major changes and how it will be handled on your tax return will depend on when you purchased the vehicle. If purchased before August 16, you will



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.

fall under the old laws. If eligible, you would be able to get up to a \$7500 tax credit. If you purchased your vehicle August 16 or later, you would fall under the new law. The biggest change is that the eligible vehicle must be assembled in the United States, which will disqualify many foreign vehicles. The old tax credit was limited to 200,000 vehicles sold per company. For example, Tesla ran out of their credit in 2019. With the new bill all of the qualifying car companies' credit will reset on January 1, 2023. There is also an income limit which affects who qualifies for the credits. Another credit is provided to those purchasing a used energy efficient vehicle.

To learn more about the above information contact your tax professional or go to IRS.gov.

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.



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Join the fun at Alhambra Woman's Club on Friday, October 7

All women who enjoy a lovely view, excellent food, friendly talk, and fine entertainment are welcome. Music will be provided by SONIC BOOM. Come prepared to dance! The Alhambra Woman's Club will meet on Friday, October 7, 11:00 am at Almansor Court, 700 South Almansor, Alhambra. The cost for the luncheon will be \$20 for members and \$25 for non-members. To make a reservation, call 626-289-9307 by October 5.

Alhambra Chamber Asks...

Each month, Around Alhambra asks people in our community to answer a question about life in Alhambra. This month, we posed this question to community members from across the city:

"What do you love about food culture in Alhambra?"

Sources of inspiration included family members and an educator, all people we can each cite as inspiring forces in our own lives.



Erika Deacon, Immediate Past-President, Alhambra Chamber of Commerce; Realtor, Century21

I love that Alhambra has such a wide variety of options: from burgers to Korean BBQ, Indian to Peruvian. No matter what my coworkers and I are craving, including Fosselman's Ice Cream, it's all here in Alhambra."

Erika Deacon, Immediate Past-President, Alhambra Chamber of Commerce; Realtor, Century21



Andrew Luthi, Sales and Brewing, Ohana Brewing Company

I really enjoy working within walking distance of many great restaurants with many different types of foods.

Oysters, burgers or Indian a few doors down. Wings down the street.

Just depends what you are in the mood for and you can find it."

Andrew Luthi, Sales and Brewing, Ohana Brewing Company



Ryan Natividad, Owner, Bagel Exchange

The adventurous eaters who are always excited to try new menu items! I add a new cereal milk latte to the menu every month. Whenever I post it on Instagram, people come the next day just to try it. October's cereal milk latte will be Fruity Pebbles."

Ryan Natividad, Owner, Bagel Exchange



Sagar Ghosh, owner, Delhi Belly

Main Street, Alhambra is the melting pot of the vibrant and eclectic food scene of LA. Come explore!"

Do you have an answer to this month's question? Post your answer by the end of the Month on our Facebook (@AlhambraChamberofCommerce) or Instagram (@alhambrachamber) page with the hashtag #AlhambraChamberAsks, and you could be selected to win a Chamber Prize Pack!

HALL FOR RENT



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Your Insurance

Homeowners insurance typically exclude earthquake coverage

By Regina Talbot

A majority of the world's biggest earthquakes take place along the U.S. Pacific Coast, stretching from Southern California to Alaska. Though California has one of the highest earthquake risks in the country, only 13% of Californians have earthquake insurance.

How does my homeowners insurance policy handle earthquakes?

Most standard insurance policies for homeowners, condo owners or renters don't cover earthquake damage to property and personal belongings. After an earthquake, Federal and state financial assistance will probably not cover all your replacement costs. Even if your neighborhood is declared a disaster area, the Federal Emergency Management Agency (FEMA) may only offer limited assistance through grants, and only to those who qualify.

Earthquake insurance is a separate option to the standard homeowners policy available for an additional premium. Premiums vary depending on statistical and risk-assessment factors. Rates are lower in areas with lower seismic activity. You can use CEA's premium calculator to determine rates in your area.

What should I look for in an earthquake insurance policy?

Purchase the coverage that works best for your budget and individual needs. Ask yourself these questions:

- What's the cost to replace my possessions? Replacement costs for major appliances and other expensive items in your home could add up to a substantial sum.

- Where would I live if my residence were uninhabitable? If your home sustains structural damage, you might have to vacate the premises and stay in a hotel while repairs are being done or your home is rebuilt.

- How much is my home worth? Your earthquake coverage should match the level of coverage on your homeowners insurance to help ensure your home is covered in case it needs repair or replacement.

- What about your personal property? Your earthquake coverage may not cover personal property. Homeowners insurance does not typically cover personal property damage from earthquakes. You might want to consider a personal article policy.

How do I get earthquake insurance?

To help encourage more Californians to purchase earthquake coverage, the California Earthquake Authority™ (CEA) was created in 1995. The CEA is a nonprofit, privately funded insurer created by the state's government to help make earthquake insurance more affordable. This mini-policy option is available through most California insurance carriers.



Regina Talbot
Talbot Insurance Agency Inc.
State Farm Insurance
Regina Talbot, Agent
Insurance License #: OG05807
(626) 357-3401

of how much coverage you might need. Keeping an accurate property inventory will help facilitate the claims process in the event you have to file a claim. A visual record of your possessions, such as a video walk-through of your home or a series of photographs, can help establish proof of ownership. Make a list of everything of value in your residence. Keep documentation of major purchases, including receipts, credit card statements and appraisals. These documents can be scanned for digital storage or kept in a safe off-site location, such as a safety deposit box. Once you've created your home inventory, be sure to keep it updated.

This column is provided to Around Alhambra by State Farm Agent Regina Talbot, who is responsible for the content. Around Alhambra does not endorse financial advice recommended by this author or any other provider. For more information, contact State Farm Agent Regina Talbot at (626) 357-3401.

To help encourage more Californians to purchase earthquake coverage, the California Earthquake Authority™ (CEA) was created in 1995. The CEA is a nonprofit, privately funded insurer created by the state's government to help make earthquake insurance more affordable. This mini-policy option is available through most California insurance carriers.

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

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OCTOBER 3 TO NOVEMBER 6



PRESENTED BY THE ALHAMBRA CHAMBER OF COMMERCE

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.

 <p>PokeStuf</p> <p>Oct 3 to Oct 9</p> <p>GRILL 'EM ALL</p> <p>Oct 10 to Oct 16</p> <p>Máncora Peruvian Cuisine</p> <p>Oct 17 to Oct 23</p> <p>Angelo's Italian Restaurant and Pizzeria</p> <p>Oct 18 to Oct 24</p> <p>Shin-Sen-Gumi Yakitori</p> <p>Oct 19 to Nov 5</p>	<p>PokeStuf offers fresh poke bowls using big chunks of fresh seafood, served with their signature sauces and toppings made in-house. Visit them at 401 W Main St., Alhambra</p> <p>GRILL 'EM ALL has been creating the most insane and mind-bending burgers in the world since 2009. This burger spot was born in a food truck that blazed a gastronomic path through Southern California and is proudly an award-winning restaurant. Visit them at 19 E Main St., Alhambra</p> <p>Máncora Peruvian Cuisine is a casual-dining restaurant that offers something for everyone prepared fresh to order every day. They provide a range of Peruvian-inspired dishes, from a traditional papa a la Huancaina and fresh ceviche, to a luscious lomo saltado, arroz chaufa and more. Visit them at 240 W Main St., Alhambra</p> <p>Angelo's Italian Restaurant and Pizzeria has been proudly serving the Los Angeles area traditional Italian food for over 50 years. Try out their Sicilian-style pizza, creamy plates of pasta, and baked dishes! Visit them at 1540 W Valley Blvd., Alhambra</p> <p>Shin-Sen-Gumi Yakitori offers savory skewers grilled on Japanese charcoal to perfection. Each skewer is made by hand and freshly prepared every morning for a deliciously firm and springy texture. Visit them at 45 S Garfield Ave., Alhambra</p>	    
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Follow the Alhambra Chamber of Commerce on Facebook and Instagram to learn more about these restaurants or visit AlhambraEats.com.



Every Alhambra resident, business, and organization can participate in Clean Air Day on October 5 with free transit

Alhambra businesses and residents are invited to participate in the fifth annual California Clean Air Day on October 5, 2022. Designed around individual actions, this statewide event allows millions of participants to take part via a simple, online pledge of at least one action that will help clean our air.

"Alhambra may be an amazing food destination and great place to live," said Brian Sheridan, Engagement Director with the Coalition for Clean Air, "but it's also intersected by some of the busiest freeways in the nation. That's why it's so important that all of us do our part to improve air quality, protect public health and prevent climate change."

To make it easier than ever, Metro and Foothill Transit are making **all busses and trains free** on California Clean Air Day.

"Air quality, climate change, and how we travel go hand in hand," said Doran Barnes, Chief Executive Officer of Foothill Transit. "Public transit is already the greener choice for your commute. Offering free fares on Clean Air Day helps us tell that story to a wider audience, and get people on board, literally and symbolically."

"Metro is proud to celebrate California Clean Air Day by encouraging everyone to take transit instead of driving with free rides on Metro train, bus, or bike share" said Stephanie Wiggins, CEO of LA Metro. "By going Metro, you can do your part to help us reduce tailpipe pollution and greenhouse

gas emissions in our region. We hope everyone makes a plan to Go Metro on Clean Air Day!"

California Clean Air Day, launched by the Coalition for Clean Air in 2017, is a multifaceted program built on the idea that shared experiences unite people to action to improve our community health. This statewide effort will allow individuals and communities across the state to participate in ways that make sense for them. Californians can choose from a menu of activities to clear the air by taking the Clean Air Pledge. The Pledge is designed to be simple for individuals to take another step to address their personal and community air quality, as well as businesses, government, schools, and other organizations.

In its fourth year in 2021, the effort saw more than 1.8 million Californians participate. This year, local organizations like the Alhambra Chamber of Commerce, Republic Services, and Asian Pacific Islander Forward Movement have all signed up along with hundreds of other organizations including cities, businesses, and nonprofit organizations.

Visit CleanAirDay.org to see the pledge and learn how to be a part of this statewide day of action that is easy, fun, and totally California.



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All Around the Town

Remembering Vin Scully

By Glenn Barnett

Like many local kids my age, I first remember hearing Vin Scully's voice on that most marvelous of inventions: the transistor radio. I was in the 7th grade in 1958 and was listening to the Dodgers contend for the National League Pennant. The winner would play the White Sox in the World Series. The Dodgers won the deciding game, and Scully said simply, "...and we go to Chicago."

By the mid-60s, Scully was named the most popular person in the Los Angeles area. That public affection lasted until the day he died, and we all remembered why we loved him so much. I never got to meet him in person, but many others did.

Alhambra's former Mayor Gary Yamauchi, moved with his family from Chicago to the Los Angeles area when he was 9 years old. He had been a White Sox fan and had attended at least one of their home games before the move west. It was his big sister Carolyn, called 'Keiko,' who insisted that he change his allegiance to the Dodgers. It wasn't long before Gary was Dodger blue through and through. He, too, listened to games on his transistor radio.

Carolyn however, was not only a Dodgers fan but more importantly, she was a Vin Scully fan. When they went to games at Dodger Stadium, she spent half of the game looking at the press box

**Glenn Barnett**

hoping to catch a glimpse of the popular broadcaster.

When she died, Gary wrote a letter to Scully telling him of the affection that his sister had for his work. It was a surprise to Gary, though, when one day he took a phone call from a man who identified himself as Vin Scully. Gary's first reaction was, "Who?" He could not believe that Vin Scully had called him. But he did. Scully invited him to the press box to meet with him the next time Gary was at Dodger Stadium.

Needless to say, he and his family were

>> see **VIN SCULLY** Page 8



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UPPER BODY – MEN	

Local sports news from Alhambra High School

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

2022 Alhambra High School Hall of Fame Induction Luncheon

It's not too late to reserve a spot for the 2022 AHS HOF Induction Luncheon to be held on Sunday, October 23, at Almansor Court. Despite the luncheon was cancelled twice due to the pandemic, this time it's on for sure.

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

Both Steve and his 2012 Varsity Baseball Team will be inducted into the AHS Sports Hall of Fame along with the following:

- Mike Blower - Football - Class of '65
- Sharon Grant – Song Leader - Class of '67
- Raul Morales - Baseball - Class of '69
- Joe Hiti - Football/Baseball - Class of '78
- Larry McGee - Baseball - Class of '78
- Reggie Hawkins - Football - Class of '81
- Chris Aparicio - Baseball - Class of '86
- Paige Hashimoto - Basketball - Class of '88

- Robert Montoya - Football - Class of '90
- Mary Ong - Track & Field - Class of '05
- Roger Lawson - Baseball Coach
- 1939 Varsity Football Team

In addition, author Clive Cussler, super model Cheryl Tiegs, and founder of Oakley, Jim Jannard, will be honored as Distinguished Alumni.

For more information and updates please follow us on Facebook at Alhambra Athletic Alumni Hall of Fame (AAAF). For a registration form, visit the website at ahshalloffame.com or email ahssportshall-offame@gmail.com.

Moors Varsity Football Team Finishes Non-League Games

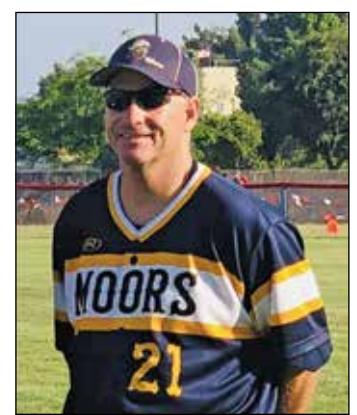
The Moors Varsity Football Team finished their non-league schedule with a record of 2-3. The Moors beat Glendale, 35-8, and Temple City, 21-6. Their losses came against South El Monte, 13-12, Franklin, 44-9, and South Pasadena, 29-14.

Wide receiver Josh Soto is leading the team with 31 receptions for 507 yards and 4 touchdowns. The running game is a three-headed monster led by Julian Venegas Khavari with 186 yards, Cyrus Wu with 175 yards, and Erick Baray with 151 yards. Freshman quarterback Bryan Leonard has thrown for 747 yards and 5 touchdowns, but has thrown 10 interceptions.

On defense, Josh Soto, Threy Ragland, and Gio

Rodriguez each have 2 interceptions while Joseph Valdovinos leads the team with 20 tackles followed by Julio Munoz with 19. On special teams Josh Soto has accumulated 168 yards returning kickoffs and punts. Kicker Emilio Reynoso is 10 for 11 on PAT's and has kicked a 27-yard field goal.

After a week off, the Moors opened their Almont League play at Bell Gardens on September 30. League games continue on October 7 at Mark Keppel then three Home Games to finish the regular season against Schurr on October 14, Montebello on October 21, and San Gabriel on October 28. All games begin at 7:00 p.m. Come on out and support the Moors!



Former Moors Baseball Coach Steve Gewecke



Moors Josh Soto goes up high for a reception against South Pasadena



VIN SCULLY From Page 7

very excited at the prospect of meeting Mr. Scully. On the appointed day, Gary brought several members of his family to the game. They went up to the press box and told security that they had been invited. After checking this out, the Yamauchi clan was ushered into a waiting room inside the press box. They were asked to wait until Scully was free.

In a few minutes, Scully came into the room where they were waiting, and he could not have been more cordial putting them at ease, except for Gary who could hardly speak on meeting his idol. They took several pictures together before Scully had to go back to work.

After 67 years of broadcasting, Vin Scully was still the most popular person

in town. Besides his storied voice, matchless storytelling, and turn of phrase, he was known for his generous spirit; he never spoke ill of anyone. He spoke well of every player and coach (and umpire) regardless of their team affiliation. This made him the most famous and beloved Dodger of them all.

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December 7

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AUSD Teacher, MKHS + AHS Students Solve Mystery of Alhambra's Missing Post Office Murals

By Joyce Amaro

"Let's go right now!" declared Mike McCollum, as he jumped up from his cafeteria chair.

Alhambra High School teacher Jose Sanchez had just announced in his presentation about Alhambra's missing post office murals that he believed they had been painted over but were still on the south walls of Bay State Street post office — someone simply needed to remove the paint. Mr. McCollum was ready to solve the last piece of the missing murals puzzle right there — immediately!

Mr. Sanchez's revelation that the murals may be painted over was just one of several fascinating pieces of research that he, Mark Keppel High School students Eric Zheng and Timothy Pengshung, and Alhambra High School students Sydney Nakasone and Maile Karrash, shared at Alhambra Historical Society's September membership meeting. A crowd of nearly 60 gathered for the evening community event in Alhambra High School's cafeteria.

"We are all excited about these murals and the potential for their restoration," said Alhambra Historical Society President Chris Olson. "The realization that these historically significant murals may still be there, just hidden from view under a coat of paint, is simultaneously heartbreaking and exciting. I'd love to see them restored and celebrated."

The presentation focused on the research that Mr. Sanchez's summer school students completed on Alhambra's missing post office murals and Gordon K. Grant, the muralist who painted them more than 75 years ago.

As part of President Franklin D. Roosevelt's New Deal during the Great Depression in the 1930s, the Works Progress Administration hired many out-of-work artists including photographers, sculptors and

muralists. Gordon K. Grant was one of those muralists commissioned to paint murals in at least three post offices located in Bradley, TX, Ventura, CA, and Alhambra, CA. Grant's murals can still be found in the post offices in Ventura, CA and Bradley, TX. Sadly, Grant's murals in Alhambra's main post office were painted over at some point.

Grant's tempera murals at Alhambra's main post office were entitled "El Gringo," "El Paysano" and "El Indio," with "El Gringo" positioned as the central panel. His fascination with and deep respect for Native American culture influenced much of Grant's artwork. Rather than extol the region's Americanization, Grant chose to paint the power relationship between Anglos, Native Americans, and Mexicans in a critical manner. Grant's murals portray ranch hands and laborers with arched backs and bowed heads, their faces hidden under hats or looking down. His unfavorable depiction of the labor used in California's development was not appreciated by everyone. At one point, Alhambra's postmaster filed a formal complaint saying that the murals were "entirely inappropriate" and "detracted from the appearance of the post office." Could this have been the reason the murals were painted over?

"We shouldn't try to cover up Alhambra's history," AHS student Sydney Nakasone pointed out. "The murals not only show, but are also a part of, that history. So, I was saddened to hear that the murals were covered up."

Despite being hidden under a layer of paint, Mr. Sanchez and his students are hopeful that one day Grant's trio of Alhambra murals can be restored. There's no doubt that these murals are historically significant. This was confirmed when Mr. Sanchez reached out to the FDR Presidential Library and Museum in New York to inquire about the murals. The library staff con-

firmed that they have more than a dozen boxes of information on the Alhambra post office murals. Mr. Sanchez, an Alhambra Historical Society board member, hopes to visit the FDR Presidential Library and Museum to review the documents.

What are the next steps for the hidden Grant murals? Mr. Sanchez's students are completing reproductions of all three mural panels to display in Alhambra's main post office. They are also developing an educational pamphlet, to be



Alhambra High School history teacher Jose Sanchez and his summer school students from Mark Keppel High School and Alhambra High students hold a reproduction of one of Gordon K. Grant's missing Alhambra post office murals as imagined and painted by AHS student Sydney Nakasone. Left to right: MKHS student Eric Zheng, AHS student Sydney Nakasone, MKHS student Timothy Pengshung, and AHS teacher Jose Sanchez. Not pictured: AHS student Maile Karrash. Photo courtesy of Joyce Amaro



At the September membership meeting of the Alhambra Historical Society, Alhambra High School teacher Jose Sanchez and his summer school students from Mark Keppel and Alhambra high schools present their research from the Smithsonian Museum and the National Archives that uncovered clues about the missing murals in Alhambra's main post office. Photo courtesy of Joyce Amaro

available at the post office. In sharing this lost piece of history, the students want to enlighten Alhambrans, cultivate a love of the city's past as a way to build the future, and generate support for the restoration of the murals.

"Gordon K. Grant's murals are a consequential piece of Alhambra's dynamic and robust history. I'd love to see the murals restored so that future generations of Alhambrans can look up when they enter the Alhambra post office and see Gordon K. Grant's original murals — missing no longer," said Mr. Sanchez. Until then, see the photographic prints of the murals at <https://tinyurl.com/AlhambraMurals>

To learn more about the Alhambra Historical Society & Museum or to become a member of the 66-year-old nonprofit, visit www.alhambrahistoricalsociety.org. Located at 1550 West Alhambra Road, Alhambra, CA 91801, the museum is free to visitors and open on the first and third Saturdays of every month between 1:00 p.m. and 4:00 p.m.



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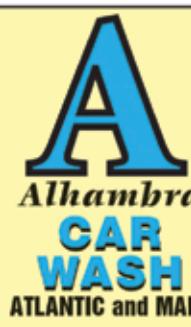


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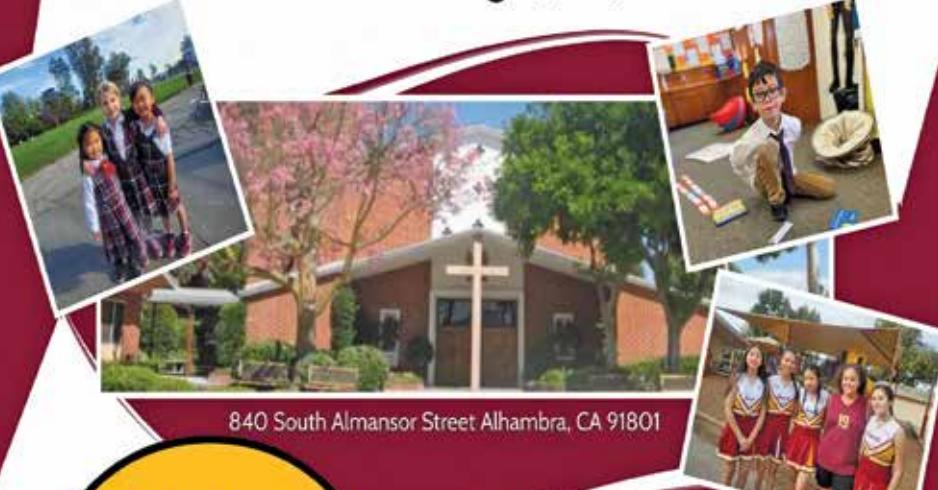
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Alhambra, Are You Ready to ShakeOut?

Shake Out

At 10:20 am (local time) on 10/20, you can join your fellow Alhambrans and millions of people across California practicing earthquake safety. With more than 40 million people living and working in California, a major earthquake could cause unprecedented devastation. What we do now, before a big earthquake, will determine how well we survive and recover.

The Great California ShakeOut in October 2019 involved more than 66 million participants worldwide through broad-based outreach programs, media partnerships, and public advocacy by hundreds of partners. The drill is held annually on the third Thursday of October. This year, International ShakeOut Day will be on October 20.

A key aspect of the ShakeOut is the integration of comprehensive science-based earthquake research and the lessons learned from decades of social science research about why people get prepared. The result is a "teachable moment" on par with having an actual earthquake (often followed by increased interest in getting ready for earthquakes). ShakeOut creates the sense of urgency that is needed for people, organizations, and communities to get prepared, to practice what to do to be safe, and to learn what plans need to be improved.

Not just any drill will accomplish

this; it needs to be big. It must inspire communities to come together. It must involve children at school and parents at work, prompting conversations at home. It must allow every organization, city, etc., to make it their own event. We are all in this together. In Alhambra, organizations like **Alhambra Unified School District**, **Esperanza Services**, the **Keck School of Medicine's Department of Family Medicine**, **Fresenius Kidney Care Alhambra**, and **California MENTOR**.

The 2022 ShakeOut drill will be the largest preparedness event in world history. To participate, go to ShakeOut.org/ register and pledge your family, school, business, or organization's participation in the drill. Registered participants will receive information on how to plan their drill and involve others. At the minimum practice "Drop, Cover, and Hold On" on the specified date, which is 10/20 this year. It is only a one-minute commitment for something that can save your life. For more information, visit ShakeOut.org/.

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The Gary Bonner Singers Concert is free on November 6

You can start your holiday celebration on Sunday, November 6 at 6 pm by attending the free concert at the First Baptist Church of Alhambra, featuring the Gary Bonner Singers. The concert is open to all community members, friends, family, and visitors. The Singers have performed at several White House Holiday Open House

concerts, chosen from a large number of applicants from across the United States. Their spiritual, sacred choral performances and 22 recordings are described as "sparkling" and "magical" by audiences around the world. No tickets or reservations are needed to attend the November 6 concert.

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Getting Through It

"Happening Now: More Extreme Disaster Events"

By Dr. Lucy Jones

Thirty years ago, I first heard climate change would make some disasters worse or more common. Scientists said that the first clear sign of climate change would be the increase in disasters. And now, 30 years later, we are seeing this globally. Earlier this summer, Europe was experiencing the warmest temperatures ever recorded; China has been experiencing severe heat all summer; here in Southern California, a multi-day heatwave is all anyone could talk about in September. This is just the beginning. Atmospheric disasters such as extreme heat events, as well as wildfires, droughts, floods, tornadoes, hurricanes and severe storms are all increasing in intensity and frequency, and occurring in more distant locations.

These disasters are more prevalent due to increased heat in the atmosphere. The average global temperature has increased substantially over the last century. In general, the air is hotter. Hot air can hold more moisture, so there is more water in the air, adding to the intensity of storms. Additionally, heat is energy, so there is more energy in the atmosphere to drive atmospheric disasters. Remember, climate and weather are distinct. Weather is what you experience, such as rain or heat, while climate is the overall trajectory or patterns. The climate is changing to having more heat overall in the system. The weather, then, experiences bigger fluctuations, around this new norm.

Californians know that heat waves are not new. The weather always fluctuates, and we have experienced heat waves before. However, we are seeing an increase in both intensity and duration of the heat waves. Primarily they are driven by "heat domes" or high-pressure systems. A particularly strong system suppresses clouds, meaning clear skies, which causes more warming of the surface. This leads to more downward movement of the air and then more compressional heating, which then dries out the air to allow the sun to more easily heat the Earth's surface — and this creates a dangerous feedback loop. As the available heat to drive this cycle increases, there is more feedback, a longer duration, and higher temperatures. Duration really matters. Looking at deaths in heat waves, the multiple-day extreme heat events lead to heat stroke and death. Heat waves were already the deadliest disaster. In a study of the United States from 1970-2004, almost 4,000 people died from heat, representing 20% of all deaths from natural disasters.

Increased heat in the atmosphere also leads to wildfires— another disaster Californians are very familiar with. However, wildfires are not just happening in



Dr. Lucy Jones

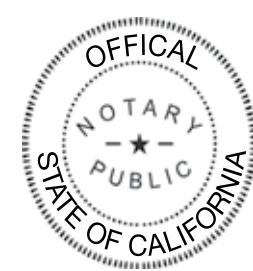
California. Every ecosystem in the world is now experiencing a higher temperature than it was evolved for. We are seeing wildfires in places that were previously unexpected. Currently, some of the worst wildfires are occurring in the Arctic, Sweden, Alaska and Siberia! These areas, despite being known to be relatively colder, have gotten a lot warmer than their ecosystems were evolved for. But ecosystems do adapt, and they adapt to increased temperatures through burning the plants vulnerable to heat and evolving new ones. The increased heat caused by anthropogenic climate change is forcing this process much more quickly than usual. Along with the wildfires comes the increased production of CO₂ from the burning of plant matter, feeding into air pollution and the heat-trapping feedback loop.

More disasters are our future. Not only is the temperature increasing, but the rate at which the temperature is increasing is doing so exponentially. We cannot tune out this reality. We need to change how we respond to disasters. Just like with other disasters, to manage extreme heat and other extreme events, it is our connections to our neighbors that will help us get through it. It is not about the best kit or greatest amount of stockpiled supplies, it is about building our community. We need to be ready for the disasters in our future. Go check on your neighbors before as well as during these events, and work with your neighborhood or local community organization to determine who in your community will need additional assistance during a disaster. It takes all of us working together to get through it.

Dr. Lucy Jones is a seismologist and founder of the Dr. Lucy Jones Center for Science and Society. She is the author of the book, *The Big Ones* (Doubleday, April 2018) and is also a Research Associate at the Seismological Laboratory of Caltech, a post she has held since 1984.

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Conservation Rates are Improving! Here's How to Save Water and Save Money!

By Mark Paulson

Over the past few months, our great residents and businesses have been able to switch gears out of the pandemic, getting back to a more normal lifestyle. From a water perspective, that means as the hot summer months arrived, water conservation levels – which had lagged earlier in the year – started to increase again. We are thankful for your assistance and for Alhambra's and the State's focused messaging on the subject!

Unfortunately, the drought and water supplies continue to worsen. Because 80% of the water we use in the San Gabriel Valley is local groundwater, conservation efforts benefit us locally and directly. Every gallon of water we save is a gallon of water we don't need to treat, store, pump, recycle, import, desalinate or purchase. Conservation is the cheapest way to save water!

The San Gabriel Valley Municipal Water District offers this rebate program

to help you save money on your purchase of equipment and supplies that save water. Please review the graphic below. Our website (www.sgvmwd.com) provides more information and direct, on-line rebate applications to make savings available to you quickly. The District provided more than \$19,000 in rebates last year. We have funds available, so act quickly to cash in and help us beat this drought!



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

Food delivery from The Alhambra to our friends at the zoo

The Alhambra and our landscaping team, BrightView Tree Care Service, partnered with the LA Zoo to feed our ficus tree trimmings to the animals. LA Zoo personnel picked up the trimmings from our campus and distributed them to a variety of plant-loving animals, who clearly appreciated the tasty meal! Every section of the tree was utilized. What a great way to keep the trimmings out of a landfill and help contribute to our local zoo.

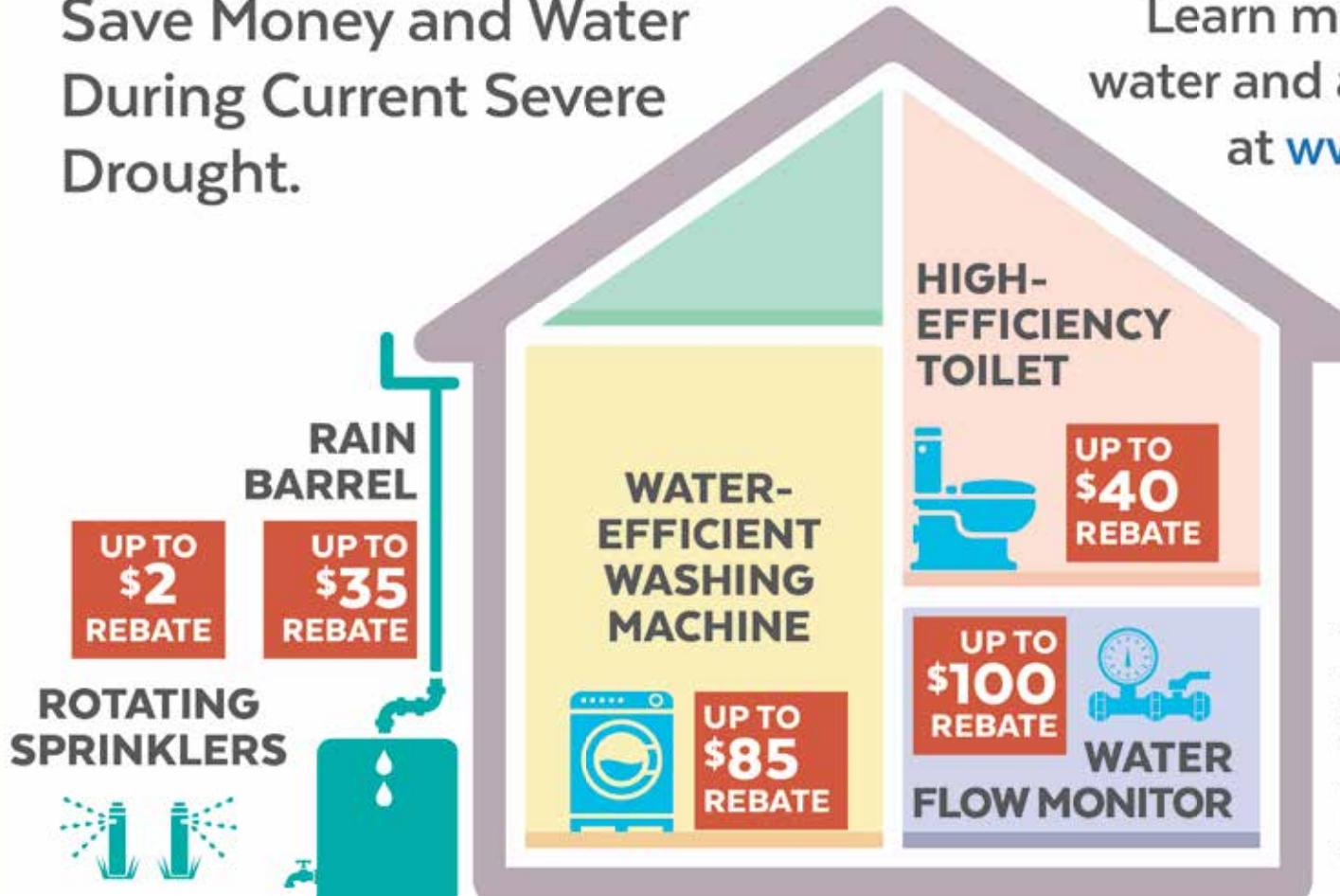
All photos courtesy of LA Zoo.



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Real Estate**27 Quick and Easy Fix Ups to Sell Your Home Fast and for Top Dollar**

By Rudy L. Kusuma, Your Home Sold Guaranteed Realty

Alhambra - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's away to help you to be as prepared as possible. To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce

stress, be in control of your situation, and make the best profit possible. In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about what can make or break the sale of your home.

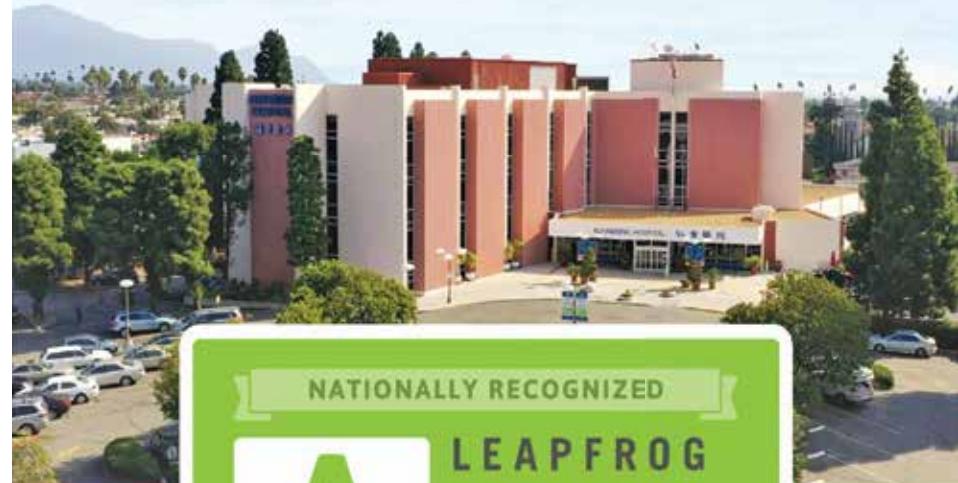
You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

Order your free report today. To order your FREE copy of this report call toll-free 1-888-300-4632 and enter 1023. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW.

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

Proud to be the only hospital in the San Gabriel Valley Rated "A" for patient safety for the 8th consecutive time!



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- 1 When am I eligible?
- 2 What are my choices for Medicare and supplements?
- 3 How much do the plans costs?
- 4 When and how do I sign up?

Cell 323.854.2868

I speak Mandarin and Cantonese

Katherine Yu Simms
Medicare Insurance Agent
License #0M21975




San Gabriel Valley Humane Society

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, vaccinations, 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.



American Pit Bull Terrier Mix • Adult • Female • Large

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



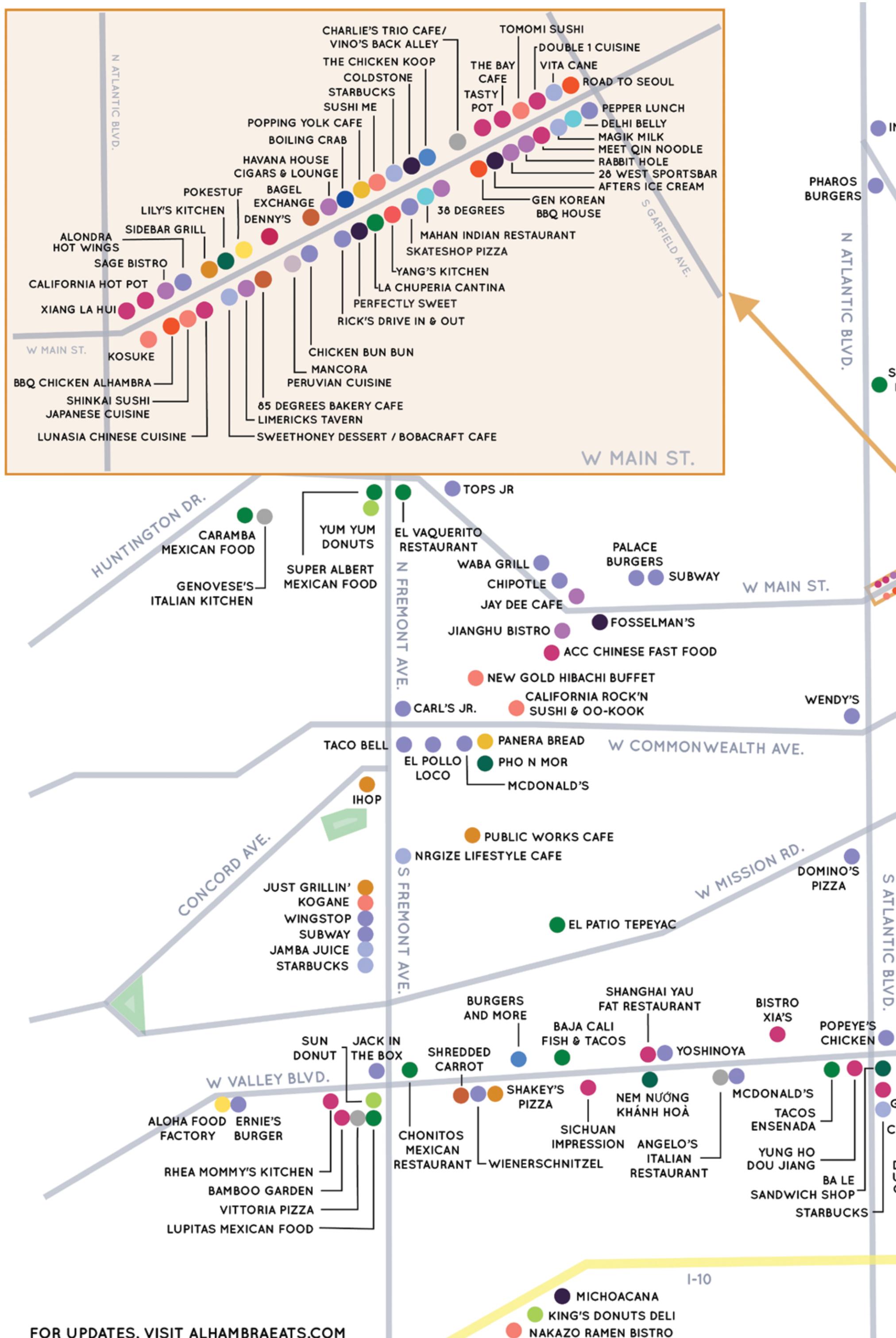
Boxer Mix • Adult • Male • Large

Coco is a 4-year-old brown and white Boxer mix. His interests include hanging out with human friends, and 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>



Belgian Shepherd Malinois Mix • Young • Male • Large

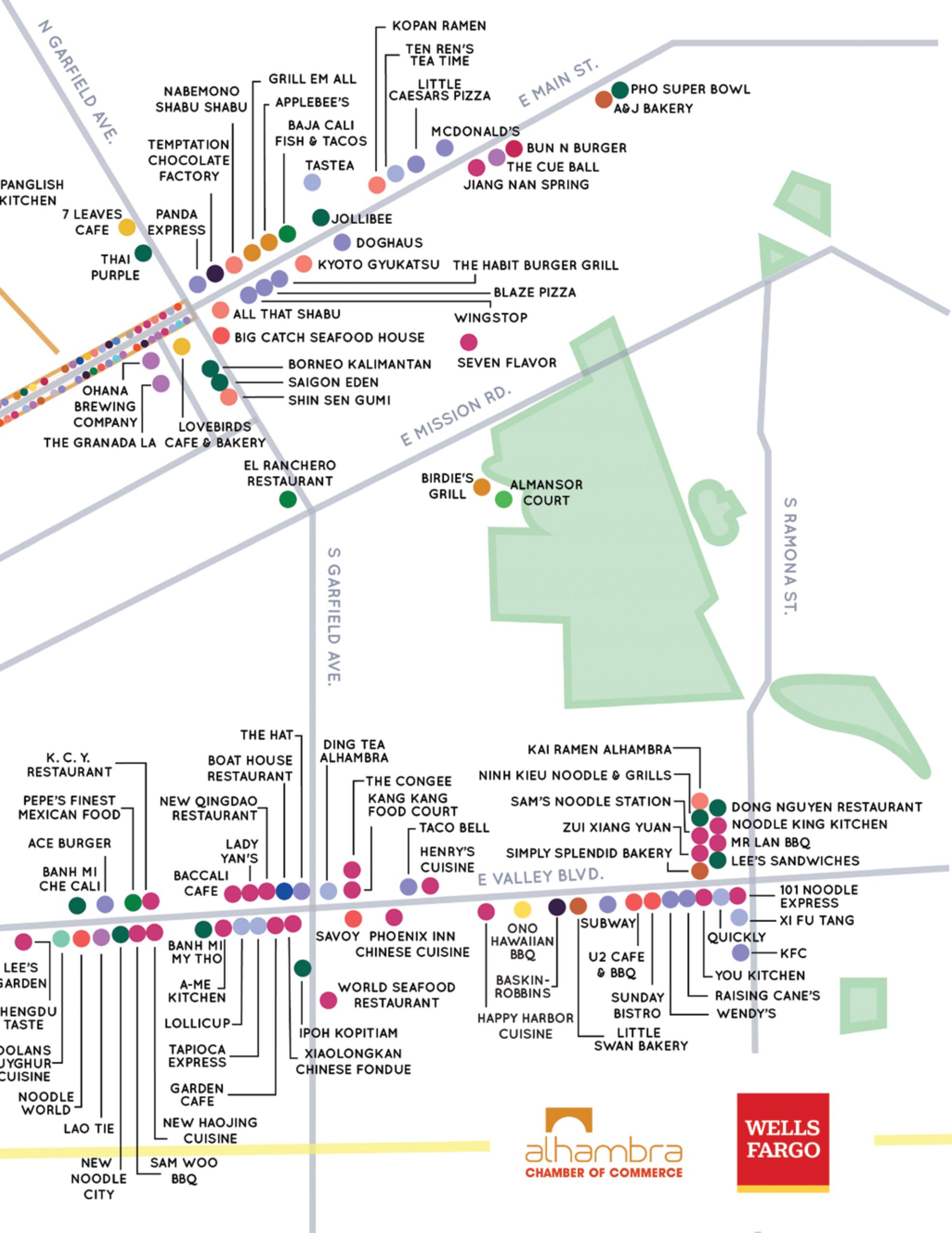
Rockford is a 3-year-old male Belgian Shepherd Malinois mix. He is about 63 pounds with a handsome brown and white coat. Rockford has not had any formal training, so he needs someone who will give him the patience and love he needs to be successful. Rockford would do best in a home with a big yard and a tall fence. 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>



Alhambra Eats

Discovery Weekend

RESTAURANT GUIDE



2022 DINING GUIDE AROUND ALHAMBRA



American

- Applebee's • 21 E Main St.
- Birdie's Grill • 630 S Almansor St.
- Grill Em All • 19 E Main St.
- IHOP • 701 S Fremont Ave.
- Just Grillin' • 1129 Fremont Ave.
- Public Works Cafe • 900 S Fremont Ave.
- Sage Bistro • 521 W Main St.
- Shakey's Pizza • 2234 W Valley Blvd.
- Sidebar Grill • 433 W Main St.
- Skateshop Pizza • 116 W Main St.

American-Mexican Fusion

- Burgers And More • 2133 W Valley Blvd.
- The Chicken Koop • 101 W Main St.

Asian Fusion

- Big Catch Seafood House • 2 S Garfield Ave.
- Noodle World • 700 W Valley Blvd.
- Savoy • 138 E Valley Blvd.
- Sunday Bistro • 1032 E Valley Blvd.
- U2 Cafe & BBQ • 1200 E Valley Blvd.
- Yang's Kitchen • 112 W Main St.

Bakery

- 85 Degrees
- Bakery Cafe • 300 W Main St #101
- A&J Bakery • 1300 E Main St #102
- D.K. Bakery • 2908 Valley Blvd.
- Little Swan Bakery • 1024 E Valley Blvd.
- Simply Splendid Bakery • 1273 E Valley Blvd.
- Shredded Carrot • 2428 W Valley Blvd.

Bar/Lounge

- The Cue Ball • 934 E Main St.
- 28 West Sportsbar • 28 W Main St.
- 38 Degrees • 100 W Main St.
- Havana House
- Cigars & Lounge • 133 W Main St.
- Jay Dee Cafe • 1843 W Main St.
- Jianghu Bistro • 2000 W Main St.
- Lao Tie • 640 W Valley Blvd.
- Limericks Tavern • 300 W Main St.
- Ohana Brewing Company • 7 S 1st St.
- Rabbit Hole • 24 W Main St.
- The Granada L.A. • 17 S 1st St.

Vino's Back Alley

- 10 N 1st St.

Cafe

- Lovebirds
- Cafe & Bakery • 10 S 1st St.
- Popping Yolk Cafe • 119 W Main St.
- 7 Leaves Cafe • 151 N Garfield Ave.
- Panera Bread • 2300 W Commonwealth

Cajun/Creole

- Boat House Restaurant • 25 W Valley Blvd.

Boiling Crab

- 129 W Main St.

Chinese

- 101 Noodle Express • 1408 E Valley Blvd.

ACC Chinese Fast Food

- 38 S Palm Ave.

Baccali Cafe

- Hong Kong-Style • 245 W Valley Blvd.

Bamboo Garden

- Szechuan • 1269 E Valley Blvd.

Sam's Noodle Station

- 1281 E Valley Blvd.

Seven Flavor

- 421 E Bay State St.

Shanghai Yau Fat

- Shanghainese • 1721 W Valley Blvd.

Sichuan Impression

- 1900 W Valley Blvd.

Tasty Pot

- 33 W Main St.

Top Island Seafood

- 740 Valley Blvd.

World Seafood Restaurant

- 1412 S Garfield Ave.

Xiang La Hui

- Szechuan • 621 W Main St.

Xiao Long Kan

- Chinese Fondue • 46 W Valley Blvd.

You Kitchen

- 1402 E Valley Blvd.

Yung Ho Dou Jiang

- Cantonese • 1124 W Valley Blvd.

Zui Xiang Yuan

- Szechuan • 1269 E Valley Blvd.

Coffee/Tea Boba/Juice

Boba Craft

- 410 W Main St.

Ding Tea Alhambra

- 15 E Valley Blvd.

Jamba Juice

- 1131 S. Fremont Ave.

Lollipup

- 228 W Valley Blvd.

Magik Milk

- 12 W Main St.

Nrgize Lifestyle Cafe

- 920 S Fremont Ave.

Quickly

- 1328 E Valley Blvd.

Starbucks Coffee

- 101 W Main St.

Starbucks Coffee

- 1131 S Fremont Ave.

Starbucks Coffee

- 1410 S Atlantic Blvd.

SweetHoney Dessert

- 410 W Main St.

Tapioca Express

- 228 Valley Blvd.

Tastea

- 349 E Main St.

Ten Ren's Tea Time

- 707 E Main St.

Vita Cane Alhambra

- 9 W Main St.

Xi Fu Tang

- 1468 E Valley Blvd.

Dessert

Afters Ice Cream

- 26 W Main St.

Baskin-Robbins

- 838 E Valley Blvd.

Coldstone

- 101 W Main St.

Fosselman's

- 1824 W Main St.

Michoacana

- 2130 S Fremont Ave.

Perfectly Sweet

- 126 W Main St.

Temptation

- Chocolate Factory • 15 E Main St.

Diner

Bun N Burger

- 1000 E Main St.

Denny's

- 369 W Main St.

Donuts

King's Donuts Deli

- 2140 S Fremont Ave.

Sun Donuts

- 2644 Valley Blvd.

Yum Yum Donuts

- 9 Fremont Ave.

Event Space/Catering

Almansor Court

- 700 S Almansor St.

Fast Food

Ace Burger

- 525 W Valley Blvd.

Alondra Hot Wings

- 515 W Main St.

Blaze Pizza

- 100 E Main St.

Carl's Jr.

- 2521 W Commonwealth

Chicken Bun Bun

- 222 W Main St.

Chipotle Mexican Grill

- 2121 W Main St.

Doghaus

- 410 E Main St.

Domino's Pizza

- 703 S Atlantic Blvd.

El Pollo Loco

- 2528 W Commonwealth

Ernie's Burgers

- 2970 W Valley Blvd.

In-N-Out Burger

- 1210 N Atlantic Blvd.

Jack in the Box

- 2531 W Valley Blvd.

Jollibee

- 347 E Main St.

Kentucky Fried Chicken

- 1425 S New Ave.

Little Caesars Pizza

- 715 E Main St.

McDonald's

- 1520 W Valley Blvd.

McDonald's

- 2310 W Commonwealth

McDonald's

- 909 E Main St.

Palace Burgers

- 1703 W Main St.

Panda Express

- 5 E Main St.

Pharos Burgers

-

AUSD CONNECTION

ALHAMBRA UNIFIED SCHOOL DISTRICT NEWS FOR PARENTS

VOLUME I, ISSUE 1 - SEPTEMBER 16, 2022

MESSAGE FROM THE SUPERINTENDENT

Dear AUSD Parents,

We've had an exciting first month of school and are looking forward to an amazing 2022-23 school year together!

I am happy to introduce you to our first issue of "AUSD Connection." We plan to send out this parent newsletter the Friday after each regular Board of Education meeting, to help you stay up-to-date with current news, updates, and important information about our schools and our district as a whole.

Throughout the newsletter, please [CLICK ON IMAGES AND HEADLINES](#) to access additional information and embedded links. These newsletters will also be archived on the district's website (www.ausd.us) in case you ever miss an issue. We hope you find this newsletter helpful and informative!

Sincerely,
Denise R. Jaramillo, Superintendent



Parents can look forward to receiving issues of AUSD Connection the Friday after each regular Board of Education meeting. Next issue arrives in parents' inbox on October 7th.

AUSD Launches Digital Parent Newsletter for Colorful, Bite-sized, One-Stop News Roundup

Alhambra Unified School District parents have colorful, bite-sized new way to keep up to date with the latest happenings around the district. The premiere issue of AUSD Connection landed in parent inboxes on September 16th, filled with photos, short, easy-to-digest features and news stories, and easy-to-access links to bring one-stop connection to the community. Here is link to the first issue: <https://www.smore.com/mfr4z>

AUSD Connection not only gathers the latest news into one email, it reduces the need for the onslaught of Blackboard emails parents receive, consolidating much of the district-level communication into a bright, readable newsletter sent out after each regular board meeting, or about every three weeks. *AUSD Connection* spotlights positive news/photos, webinar and meeting information, downloadable flyers, and links to websites and resources. Parents unable

to attend Board of Education meetings will now be able to view the staff report presentation slides and resolutions. A calendar of important upcoming events and links to district social media accounts are included.

"Our Blackboard communication system is a wonderful way to get information to our parents, but we know they are getting multiple messages each week, especially if they have children who attend multiple schools. Sometimes important notices get buried in their inbox and are easily missed," explains Superintendent Denise Jaramillo. "This digital newsletter streamlines district communication, while still keeping parents informed."

Parents who did not receive the September 16th issue should go into the district parent portal to verify their email address is correct in their contact information. All issues will be archived on the district's website www.ausd.us. Look for the next issue of *AUSD Connection* on Friday, October 7th.



ONEONTA MONTESSORI SCHOOL
Est. 1981

Preschool - 6th Grade (2 - 12 years)
7:00 a.m. - 5:00 p.m.

ADVANCED MONTESSORI CURRICULUM
INCLUDES: PE, ART, MUSIC, STEM, SPANISH,
COMPUTER LITERACY.

ACCREDITED TEACHERS
Extracurricular Activities:
Tennis, Soccer, Dance, Hapkido

OPEN ALL YEAR
EXCITING SUMMER CAMP
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(Behind Target)

Come visit our amazing School!
Check out all the fun by clicking on our website: www.oneontamontessori school
Call for a tour; Daily from 11:00 a.m. - 12:00 noon



SGHS students Oscar Ortega Shelly Torres and Troy Le are loving Second Chance Breakfast, a new FNS program made possible by the Nourishing Neighbors Breakfast for Kids grant from the Albertsons, Von's Pavilion Foundation.

AUSD Food + Nutrition Services to Students: Eating Breakfast is a Superpower

The transformative benefits of breakfast on students are so great that AUSD Food + Nutrition Services (FNS) won funding from the CA Department of Education to make a short video to share the message with AUSD students. Featuring Repetto students and principal, "Ready Set Breakfast" shows how breakfast jumpstarts students' physical strength, mental well-being, memory, focus, and ability to learn and regulate emotion. To watch the video, go to www.ausd.us or <https://youtu.be/H4VK8bEII2M>



View the just released short video, "Ready Set Breakfast" on the superpower of eating breakfast. To watch the video, go to www.ausd.us or <https://youtu.be/H4VK8bEII2M>

ing Neighbors Breakfast for Kids grant from the Albertson's Von's Pavilion Foundation.

Albertson Foundation's Nourishing Neighbors Breakfast for Kids campaign is also helping fund raise to purchase equipment for AUSD's 2023 Second Chance Breakfast and Breakfast in the Classroom at Alhambra and San Gabriel high schools.



STUDENT COMMUNITY CONVERSATIONS

All meetings held 6:30pm - 7:30 via Zoom!

November 3, 2022 (Middle School)
November 17, 2022 (High School)
March 9, 2023 (Middle School)
March 23, 2023 (High School)



The Board of Education and the Superintendent have enjoyed meeting with community members during these informal chat sessions. Please join us at a Community Conversations this year, and share what is on your mind.

Sign up at:
<https://tinyurl.com/AUSD-StudentConversations23>



Last month's meeting was just the first step in this year-long partnership, which will culminate with AHS students traveling to South Korea to experience a different culture.

AUSD + South Korean education leaders seal AHS student exchange agreement after pandemic pause

This story began 2019-20 with Alhambra High School teacher and Associated Student Body advisor, Jayson Pineda, who has taken several student groups on international travel adventures. In 2019, Mr. Pineda, in partnership with South Korea's EduPeople, Inc. and chief executive Jayden Jonwook Choi, was in the midst of a student exchange opportunity for his AHS students. In November 2019, AHS families hosted a group of South Korean students in their homes. Pineda's own students were excited to travel to South Korea over the 2020 spring break, just as COVID-19 shut down the world. After a three-year pandemic pause, the program is set to relaunch this year.

To honor the occasion, a South Korean delegation of educational leaders met with school and district leaders on September 7 to sign the official Memorandum of Understanding committing to the exchange program. The exchange begins this fall in the first week of November, when 20 South Korean students arrive to shadow AHS students in classes and extracurricular activities, hosted by AHS families. In late March, South Korea reciprocates, and AHS

students travel to South Korea to stay with host families and experience their culture.

South Korea's signing delegation included Mr. Choi; Ms. Jungmin Lee, Project In-Charge, International Culture Department; Mr. Kwangyang Huh, Chief Administrator Jeonnam International Education Institute; and Mr. Taemun Kim Manager, International Culture Department. Superintendent Denise Jaramillo and Board of Education members Bob Gin and Ken Tang represented the Alhambra Unified School District.

Prior to the signing ceremony, a presentation by AHS principal Diana Diaz-Ferguson and district cabinet members gave the visitors an introduction to AHS and AUSD. AHS Associated Student Body officers, Nick Quach and Analise Flores, led the delegation on a campus tour. At a celebratory lunch, the South Korean and AUSD education leaders exchanged gifts before parting. Superintendent Jaramillo said, "The district and AHS are truly looking forward to the continuation of this global educational enrichment partnership and to welcoming our South Korean student visitors in November."



The first meeting of the 2022-23 Superintendent's Parent Advisory Council included group-wide discussions among the nearly 50 parents and a smaller "Table Talk" format for activities to allow the participants get to know each other in more intimate conversations.

AUSD Parents Commit to Provide Input, ideas to Enhance 2022-23 Programs + Services

Each year, Alhambra Unified School District recruits parents for the Superintendent's Advisory Council, bringing together a wide swath of cross-district voices to share their input and feedback. These parents and Superintendent Denise Jaramillo meet throughout the year to help AUSD in its ongoing process of refining, adapting, and shaping programs and services that best meet the needs of students.

"When we seek out and listen to the ideas, suggestions, and perspectives of our richly diverse community of stakeholders, we cultivate a joint spirit of unity and purpose that creates real benefits for our students," Superintendent Jaramillo said. This year, in an effort to bring in more voices, parents were invited to nominate themselves. Nearly 50 parents signed up, committing to participate in all 2022-23 scheduled meetings, both in-person and virtual.

When the large council group gathered for their first meeting on September 7th, part of the session was held in a small "Table Talk" format. The superintendent and assistant superintendents joined different table groups to encourage conversation and connection. These parents will contribute feedback on various pilot projects and share areas of concern for the district to prioritize.

In November, middle and high school students will convene for the Superintendent's 2022-23 Student Advisory Council to offer their insights, requests, and recommendations. "We applaud the dedication of the parents and students who agreed to serve on the 2022-23 Superintendent's Advisory Councils," Superintendent Jaramillo said. "Their willingness to engage in thoughtful, year-long conversations on a range of topics helps build a stronger, more collaborative district."

SEPTEMBER 2022

GAME CHANGERS



MARYHELEN SOTO
EXECUTIVE SECRETARY
FOOD & NUTRITIONAL SERVICES



THOMAS HUANG
TEACHER
GARFIELD SCHOOL



www.ausd.us - @alhambrausd

ALHAMBRA
UNIFIED SCHOOL DISTRICT

ELAC FACES PROGRAM From Page 1

tunity to earn no-cost ELAC college credits while in high school or middle school — whether for a course or two or to complete a 2-year associate's degree at the same time as earning their high school diploma. Along the way, the FACES program also supports students and their families through the daunting college process, building trust by ensuring a seamless transition from high school to college.

"As you see in their faces today, our students are benefitting beyond their wildest dreams from the ELAC FACES Dual Enrollment program by being able to graduate with a high school diploma and a no-cost associate degree from ELAC," Superintendent Denise Jaramillo told the delighted gathering. "The free program jumpstarts the college preparation process for the whole family, setting up students for success, and to go on to 4-year universities as a junior. Families are overjoyed by the cost savings and opportunities, and siblings are excited to follow the lead of our Dual Enrollment students."

Rep. Chu said, "This funding for the FACES program will lower the barriers

to higher education by providing resources to help students, parents and families not only prepare for college, but also to succeed once they get there. The college preparation process can be difficult to navigate, particularly for students from underrepresented backgrounds."

Among the students who attended the check presentation with siblings and grateful parents were class of 2021 Mark Keppel High students Madeline Hong, Michael Winn and Zeri Ayala, who went through the Family and Community Engagement Service program to graduate with a high school diploma and a no-cost ELAC AA degree. Winn and Hong are juniors at CSU Northridge, Ayala attends CSU Fullerton. Also attending with their parents were Diego Barba, class of 2021 AUSD Dual Enrollment graduate, now at UC Santa Barbara, and Aiden Hofmann at UC San Diego. Class of 2022 student Megan Liu, who is earning her IGETC and will be attending Cal Baptist, was there with her parent. Current 12th grade student, Cesar Saldivar, enrolled in the Early College Program, was also in the crowd.



The best part of the CA Mobile Dairy Classroom experience was getting up close and personal with Janet. A few lucky Baldwin students were even able to pet this stately cow ambassador.

Baldwin Students UDDER-ly Amazed by Mobile Dairy Classroom

Some students may think milk comes from the grocery store, but Baldwin students in grades TK-5 know the real source...thanks to a cow ambassador named Janet and the Dairy Council of California.

By bringing the farm to school children, the Dairy Council's Mobile Dairy Classroom wants to empower children to make healthier food choices. The 100-year-old outreach program began with one Venice, CA dairy farmer. It has grown to six full-time dairy educators who travel the state visiting hundreds of schools to show students the important role of agriculture, teaching them how their food gets from the farm to the table, and from the cow to the container.

The Mobile Dairy Classroom's free outdoor assemblies are purposely scheduled during the morning hours to accommodate the cow's milking hour, and feature a 35-foot trailer, a truck, an agricultural educator, and of course, a cow. At Baldwin, the younger students learned agricultural literacy, new vocabulary, the anatomy of a cow, how milk goes from the cow to refrigerator, and the link between agriculture, healthy food, and exercise. The older students discovered the ruminant digestive system and the latest agricultural technology.

Baldwin students loved meeting Janet the cow, and learning about cows, farming, and agriculture to connect farm to fridge.



PARENT COMMUNITY CONVERSATIONS

All meetings held 6:30pm - 7:30 via Zoom!

Thursday, September 29, 2022
 Thursday, October 20, 2022
 Thursday, January 19, 2023
 Thursday, February 16, 2023
 Thursday, April 27, 2023



The Board of Education and the Superintendent have enjoyed meeting with community members during these informal chat sessions. Please join us at a Community Conversations this year, and share what is on your mind.

Sign up at:
<https://tinyurl.com/AUSD-ParentConversations23>

KIDS MANAGING CONFLICT
SCMA EDUCATION FOUNDATION

HONORABLE MENTIONS (\$100 Cash Scholarships)

- ETHAN WONG (Cerritos High School)
- SOPHIE LIN (San Gabriel High School) and
- CINDY TONG(San Gabriel High School)

SGHS Peer Conflict Mediators Help Build a More Peaceful Campus, Earn Recognition

San Gabriel High School seniors Sophie Lin and Cindy Tong, members of the SGHS Conflict Mediation Team, earned Honorable Mentions for the Peacemakers Award (along with \$100) at the Kids Managing Conflict ceremony, held in Long Beach. Their teacher and advisor Cady Burkhardt, launched and leads the Conflict Mediation program at SGHS.

The Kids Managing Conflict Foundation is dedicated to building a more harmonious society by fostering the development of tomorrow's leaders who will choose methods of non-confrontational conflict resolution. The Foundation supports and promotes K-12 school programs in K-12 to teach student mediators the skills, attitudes, and processes of peaceful and respectful conflict resolution, skills they will use in all areas of their lives. To learn more, visit kidsmanagingconflict.org



Alhambra Teachers Association Food Pantry

3030 W. Main Street, Alhambra

The ATA Food Pantry will be OPEN in OCTOBER & NOVEMBER:

October 5th & 19th
November 2nd, 16th & 30th
9:00am - 12:00pm



If you need to set up an alternate date/time OR if you would like to make a donation to the pantry, please call 626-289-1933

Watch for some familiar faces!

THE KELLY CLARKSON SHOW



Wednesday, October 5th
2:00pm - 3:00pm
KNBC - Channel 4




SGV New Generation Rotary Embodies Service Above Self with AUSD Backpack Donation

San Gabriel Valley's New Generation Rotary is a group of local young professionals who are connecting to serve the community. Recently, they gathered to fill nearly 50 backpacks with school supplies. The backpacks will be distributed to AUSD families most in need by the district's Student Support Services division.

ATTENTION STUDENT ARTISTS!

SHOW YOUR VOICE!

2022-2023 CALL FOR ENTRIES!

SHOW YOUR VOICE!

Learn more and get involved!
PTA.org/Reflections
 Ask your PTA if your school is participating
 EXPLORE THE ARTS AND EXPRESS YOURSELF!

DANCE CHOREOGRAPHY FILM PRODUCTION LITERATURE MUSIC COMPOSITION PHOTOGRAPHY VISUAL ARTS

Most school's deadlines are mid-October. Please check with your PTA for more details.



Alhambra teachers host colleagues for a welcome back morning of fun, friendship, family...and waffles

For the sixth year, the Alhambra Teachers Association hosted their welcome back breakfast for all Alhambra Unified School District employees and their family members. A crowd of 70 gathered at the ATA office on September 10th to enjoy a Build-Your-Perfect-Waffle bar and other treats, along with beverages, giveaways, and prizes. This ATA tradition is always a perfect way to celebrate a successful start to the 2022-23 school year.

Alhambra Unified School District
 18th Annual

FOOD & WELLNESS FAIR 2022

NUTRITION EDUCATION* ACTIVITIES* TASTE TEST* PRIZES

TUESDAY NOVEMBER 1 2022

10:15 SESSION 1
 11:30 SESSION 2

MONTEREY HIGHLANDS SCHOOL
 400 CASUDA CANYON MONTEREY PAK, CA 91754

BROUGHT TO YOU BY
FOOD & NUTRITION SERVICES

RESERVATION REQUIRED.
 CONTACT YOUR SCHOOL OFFICE TO ATTEND.

Session 1 - 10:15 a.m.
 Baldwin, Brightwood, Emery Park, Fremont, Garfield, Monterey Highlands, MKHS, SGHS

Session 2 - 11:30 a.m.
 Granada, Marguerita, Northrup, Park, Ramona, Repetto, Ynez, AHS & All Others

Learn about school meals, participate in wellness games & activities, taste test and review possible new items for next year's menu...and win some fun door prizes!

WWW.AUSD.US
 (626) 943-6590



From the Desk of Rev. Craig Statton

A Smart Watch and a Simple Prescription

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

A couple of years ago, I was sitting in the doctor's office after experiencing some chest pains and shortness of breath. It was one of those scary doctor visits. As it turned out, I was fine; but the doctor said, "You need to lose some weight and relieve your stress. You are pre-diabetic and unless you deal with this now, you are in for a complicated health future." The treatment he prescribed was not complex, we have all heard it many times: eat more fruits and vegetables, get proper rest, and get more exercise.

So I bought a smart watch. It came with a step counter, and each day I could see how much exercise I was getting. As a competitive person, I began to challenge others and compete against myself for the most steps each day. I was on the road to a better future. But the watch was just the beginning. We all know that healthy habits are an important part of healthy aging. As we age, our bodies begin to break down from wear and tear, and we are more susceptible to disease. Healthy habits allow us to fight disease and recover quicker when we are sick. Scientists tell us that it is never too late to start living a healthier life. Our bodies may not completely recover from some diseases, however, they have an amazing ability to strengthen and renew. I needed to start living a healthier life, and perhaps you do, too. These simple habits will certainly improve your life.



Start with exercise. It doesn't take a lot to make a big difference. Studies show even moderate exercise and physical activity can improve your health. It is always a good idea to see your doctor before you start. Walking is a simple exercise that has made a big difference for me. It does not require a lot of equipment, just some good shoes and a little bit of time. If walking is not for you, swimming or water aerobics provides a way to exercise with less pressure on your joints. Riding a bicycle or a class with others such as Tai Chi, yoga, line dancing, or stretching will get you moving. There is simply no end to the benefits: lowering the risk of Alzheimer's and dementia, heart disease, diabetes, certain cancers, and high blood pressure; improving sleep; boosting mood and self-confidence; and enhancing mobility, flexibility, balance, and weight.

Like I did, you can start easy, and then

build a balanced exercise plan including good cardio exercise to get the heart pumping, some strength training to maintain muscle mass, and balance and stretching exercises to maintain flexibility. It did not take long before I began to feel the positive effects of exercise. You will, too.

The second thing my doctor recommended was more fruits and vegetables. Mom (and my doctor) is right: the better I eat, the better I feel. The guidelines for eating have been published in a lot of places, but here is a reminder: 2 or 3 servings of fruit per day; 2 to 3 cups of vegetables every day with colorful vegetables being the most nutritious (kale, spinach, broccoli, beets, squash). Older adults need 1,200 mg of calcium per day through milk, yogurt, or cheese; as well as whole grains, healthy proteins, and healthy fats. As we age, our metabolism slows, so sugar is not our friend. Reducing the amount of refined sugar in our diets can greatly improve our health. Age can also reduce our sense of thirst, making us prone to dehydration; remember to sip water regularly to avoid

urinary tract infections, constipation, and even confusion. Eating more fiber as we age helps our digestion since it slows as we age. Finally, eating is a social activity. We tend to eat better, and for some reason the food seems to taste better, when we share it with others.

Finally, my doctor recommended I get better sleep. As we age, it gets harder to fall asleep and wake up feeling rested. Our bodies make less melatonin which we need for restful sleep. Also, we may be less active, perhaps we are taking medications, or we may have physical problems such as sleep apnea which make us restless or can prevent restful sleep. It is also common to get up in the night once or twice to use the bathroom. A couple of things which my doctor suggested have helped. First, exercise has helped me sleep better. I have returned to the rhythm of my childhood, where playing hard helped me fall asleep more easily. Second, I created a better environment, including a regular bedtime, a quiet and dimly lit room, no TV before I go to bed, and a regular bedtime routine. I'm sleeping better, so I feel better.

Following the doctor's simple prescription for my health has changed my life. I have lost weight, and I'm coping better with my daily stress. The smart watch was a nice addition to my wardrobe, but the lifestyle change has made this so much more than a fashion piece for my wrist.



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Ask Dr. Dara, D.D.S.

Tips for managing pain and expectations after a dental filling

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

Getting a dental cavity taken care of by your dentist is a relatively non-invasive and very common dental procedure. Patients may experience some mild to moderate pain or discomfort, which is perfectly normal.

local anesthetic has completely worn off. It's easy to bite on and injure your lip, cheeks or tongue. Also, avoid drinking hot beverages or smoking to prevent burning the numb tissues.

2. You may also find it **difficult to swallow** while your tongue is still numb. Don't panic, as long as you don't have trouble breathing, all will pass.

3. It is normal to experience some hot/cold sensitivity and sensitivity upon biting after your appointment. This is usually the reaction of the nerve following the procedure. Due to the vibrations during the tooth preparation and drilling off the decay, the nerve experiences a lot of turbulence that can cause temporary inflammation and slight swelling of the pulp (fleshy part, right in the middle of the tooth). Considering that

the pulp is in confined space the swelling causes pressure on the nerve which directly associates with temperature sensitivity and discomfort upon biting. The deeper the cavity, the higher the risk is for nerve irritation. Usually this resolves on its own in a few days to a week. Taking an over the counter medicine like Motrin and Tylenol every 6 hours for three days and limiting

chewing on the side should work well to alleviate the tenderness.

- Most dentists now place tooth colored resin type fillings. These fillings are completely hardened when you leave the office. Until the numbness wears off, it's hard to evaluate if the new filling lines up properly with the rest of the teeth. It is not unusual to find out after the anesthetic wears off that your bite is off. As a result of a filling being even slightly higher than the rest of your teeth, extra pressure is applied on the tooth every time you close your mouth so that tooth gets sensitive on the second day

- Any high spot on the new restoration that causes a misaligned bite must be adjusted. If you suspect that this is the reason for your sensitivity, do not wait for it to wear down on its own as the tooth may become too tender. It is better to visit your dentist and have your bite adjusted. It is easy to do and will bring instant relief.

- If pressure sensitivity persists beyond a week or if your sensitivity to hot or cold worsens please call your dentist to have it checked.

- Teeth with fillings can still get cavities, especially around the edge of the filling. In fact, they are more susceptible than virgin teeth. Proper and regular brushing and flossing is a must. ACT or other fluoride containing rinses are very



Here are some helpful tips on what you should do and avoid doing after a dental filling, and when it's necessary see your dentist about the discomfort you are experiencing.

1. After an anesthetic has been used, your lips, cheeks and tongue may be numb for several hours after the appointment. Before chewing, make sure that the



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

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

good aid in your daily hygiene routines.

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.

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Your Insurance

Medicare annual enrollment period 2022

By Katherine Yu Simms

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

When is the Annual Enrollment Period for Medicare?

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

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

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

During the Medicare Annual Enrollment Period, you can:

- Switch from Medicare Advantage



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.

to Original Medicare

- Enroll in a Medicare Advantage plan
- Change from one Medicare Advantage plan to another
- Enroll in a Medicare Part D plan
- Change from one Medicare Part D plan to another

>> see MEDICARE ENROLLMENT Page 23

Your Health

Exercise to improve your happiness and wellbeing

By Sheila Yonemoto, P.T.

Many people talk about the exhilaration and high that often follows long-distance running. This can be attributed to the release of natural pain killing substances called endorphins and enkephalins, which are naturally produced within the body and have an effect that is similar to opium. People also report feeling better simply from doing an exercise workout due to getting more oxygen to the brain, moving waste products out of the cells, and getting the natural energy of the body moving.

There is another approach to feeling better that can be done without special equipment or space requirements. This method comes from the Chinese culture and is thousands of years old. It predates acupuncture and is designed to improve health. One of the many different forms of this method, chi gong or qigong, looks deceptively simple; however, the movements affect the life force of the body in a ways that similar to acupuncture but without needles. Chi gong improves the function of organs and gets blood, air, and other bodily fluids moving more efficiently and effectively.

Chi gong differs from other exercises because it utilizes the message system of the body. It requires a positive mental attitude to get the most benefits, similar to doctors using visual imagery that anecdotally have been reported to help some cancer patients go into remission.

Many ailments improve with exercise, eating right, and good sleeping habits. People hear this advice all the time, but when you put them into practice, you may find the beneficial effects turn you into a believer. At YPT we help people transition from theory to practice. Sometimes it takes a little guidance from others to get on the path to healthy living.

Life is movement. The body is designed to create movement using a



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

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

network of its natural systems. Energy is necessary to cause movement. Movement will also create more movement. Notice how your limbs feel while sitting versus when you are exercising.

Take a little inventory of your health habits to see if you are moving in the right direction. If not, find out what improvements are needed. Participating in an exercise and energy program like qigong could be the place to start.

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

MEDICARE ENROLLMENT From Page 22

- Disenroll from a Medicare Part D plan

Comparing Medicare Advantage Plans During the Annual Enrollment Period

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

I am here to help you understand the dos and don'ts during the Medicare

Annual Enrollment Period. My service and consultation are completely complimentary to you. Don't end up enrolling in a plan you didn't want, and end up stuck with it under the next AEP!

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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John Chao, D.D.S.

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

畢業於USC
美國紐約州立大學牙週病研究教授(SUNY)



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NOTICE: Alhambra Pumpkin Run City Road Closures Saturday, October 29th to Sunday, October 30th

The ninth annual Alhambra Pumpkin Run will take place on Sunday, October 30, 2022. We would like to invite your participation in the 5K & 10K Run for adults and 1K run for kids and teens. The 10K & 5K will begin at 7:45a.m. & 8 a.m. respectively, and transgress through Main Street and other side streets.

ROAD CLOSURES:

On Oct. 29, from 7 p.m. to Oct. 30 at 12 p.m., ALL of the streets within the race zone will be CLOSED TO TRAFFIC.

The following streets will be closed during the race:

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

- **Garfield Ave: Alhambra Pl Shopping Ctr to Woodward Ave**
- **El Molino St: Main St to Granada Ave**
- **Granada Ave: El Molino St to Main St**

Overnight parking restrictions will be relaxed from Oct. 29 through Oct. 30, 2022, from Granada to El Molino, and from Main St. to Commonwealth. If you require vehicle access during this time, please arrange to park on an adjacent unaffected street. If you have questions, please call Public Works at 626-570-5067, or view the map and information on the City's website at www.cityofalhambra.org and/or on Instagram at @alhambrapumpkinrun.

Thank you for your patience and understanding.

111 South First Street
Alhambra, CA 91801
Phone: 626-570-5090
www.cityofalhambra.org

Estimado Residente:

La novena Carrera Anual Alhambra Pumpkin Run tendra lugar el Domingo, 30 de Octubre de 2022. Nos gustaria invitar su participacion en la Carrera de 5K y 10K para adultos y 1K para ninos y adolescentes. El 10K y 5K comenzara a las 7:45 a.m. y 8:00 a.m. respectivamente y transgredira a traves de la calle Main Street y otras calles laterales. Cierre de calles: El 29 de Octubre, de 7:00 p.m. al 30 de Octubre a las 12:00 p.m. todas las calles dentro de la zona de Carrera seran cerradas al trafico.

Las siguientes calles permaneceran cerradas durante la carrera:

- **Main St: de Atlantic Blvd a Vega St (no se permitira el cruce de trafico)**

- **Garfield Ave: de Alhambra Pl a Woodward Ave**
- **El Molino St: de Main St a Granada Ave**
- **Granada Ave: de El Molino St a Main St**

Restricciones de estacionamiento durante la noche sera relajado desde el 29 de Octubre al 30 de Octubre de 2022 desde Granada Ave a El Molino St y Main St a Commonwealth Ave, si se requiere acceso de vehiculos durante este tiempo, por favor de hacer arreglos para estacionarse en una calle adyacente no afectada. Si usted tiene preguntas, llame a Obras Publicas al 626-570-5067, o vea el mapa y la informacion en el sitio de internet de la Ciudad en www.cityofalhambra.org o www.facebook.com/AlhambraPumpkinRun

Gracias por su paciencia y comprension.

親愛的居民您好：

阿罕布拉市第九屆年度南瓜健跑節將於2022年10月30日星期日舉行。我們誠邀您參加成人10 & 5公里健跑以及兒童 和青少年1 公里健跑。10 & 5公里健跑將分別在上午7:45和上午8點開始，此次路線將穿行本市Main St 及周邊街區。

道路封閉：

10月29日晚上7點至10月30日中午12點。所有在比賽區的 街道將會全部禁止通車。以下街道將在比賽期間封閉：

- **Main ST:從 Atlantic 到 Vega (禁止交叉通行)**
- **Garfield AVE:從 Alhambra Pl 到 Woodward**
- **El Molino ST:從 Main 到 Granada**
- **Granada AVE:從 El Molino 到 Main**

2022年10月29日至10月30日，將在 Granada 至 El Molino 和 Main St 至 Commonwealth之間，取消通宵停車限制。如若您在此期間需要用車，請將車停放在附近其他未受影響的街區。如果您有任何疑問，歡迎致電公共事務部626-570-5067 或訪問本市網www.cityofalhambra.org 或www.facebook.com/AlhambraPumpkinRun.com查看地圖及相關信息。

感謝您的耐心和理解。



Kids Halloween Costume Contest Hosted in Downtown Alhambra

Downtown Alhambra Business Association will host its Annual Kids Halloween Costume Contest on Sunday, October 30, 2022 at Alhambra Pumpkin Run Hallow scream Festival. The contest begins at 11 a.m. and ends at 1 p.m. followed by trick-or-treating on Main Street for the kids from 1 p.m. to 3 p.m. The contest is located at the main stage of the festival in front of Alhambra High School and across from City Hall on 2nd Street, just south of the Farmers Market.

Parents can enter their kids to compete in the costume contest for free by

registering at www.downtownalhambra.com before October 29th. Winners will be awarded at the end of each division, and local community gift cards and prizes will be awarded.

The Hallow scream Festival also includes activities for the entire family including Alhambra's weekly Certified Farmers Market, live music, beer & cocktail garden (for the parents), a kids zone, pumpkin patch, petting zoo, and the trick-or-treating on Main Street. Visit Instagram @downtownalhambra for more contest and Hallow scream Festival information.



9th Annual Alhambra Pumpkin Run & Hallow scream Festival Returns to Downtown Alhambra

Downtown Alhambra Business Association and the City of Alhambra once again are hosting the Annual Alhambra Pumpkin Run 10K, 5K, & 1K and Hallow scream Festival on Sunday, October 30th 2022 in Downtown Alhambra. This 9th Annual Alhambra Pumpkin Run will benefit the Alhambra Educational Foundation, and proceeds from the run/walk will be donated to help our Alhambra schools.

The run and festival begin at 7:45am and end at 1pm, followed by trick-or-treating on Main Street for the kids until 3pm. The Pumpkin Run starting line is located at the corner of 1st Street and Main Street in front of Rick's Burgers. Runners of all

skill levels will take to the streets as part of this year's run, and you can see participants in elite runners gear to festive Halloween costume like pumpkins, ghosts, and even more elaborate outfits.

The Hallow scream Festival is located on 1st Street between Main Street and Commonwealth alongside Alhambra's weekly Farmers Market and includes live music, Beer & Cocktail Garden, costume contest, kids zone, pumpkin patch, petting zoo, and trick-or-treating on Main Street. Register to run at www.alhambrapumpkinrun.com, and visit Instagram @alhambrapumpkinrun for more information.



Downtown Alhambra Celebrates the 2000s on Main Street

Downtown Alhambra Business Association (DABA) celebrated the 2000s decade on Saturday, September 10th, as the final installment of its free summer series, at Chicken Koop, 38 Degrees, Vino's Back Alley, 28 West, and The Rabbit Hole in the Downtown Alhambra Business District. From June to September, a different decade was celebrated each month starting with the 1970s.

Downtown Alhambra celebrated Y2K at five separate locations; Chicken Koop

with DJ Zoe, 38 Degrees hosted a Y2K Hip-Hop and R&B listening party with DJ Aris, Vino's Back Alley, 28 West with DJ Javi, and The Rabbit Hole with video DJ RO. Community members and business staff dressed up in their best 2000s costumes and celebrated with Y2K inspired menu items and cocktails named after their favorite 2000s artists and TV shows.

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



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Real Estate



Main Street Alhambra in the early 1900's.



Malibu in the early 1900's.



Map showing how Malibu was homesteaded in the early 1900's.

Alhambra, Houston, and Malibu

Gary Frueholz, Dilbeck Real Estate

Malibu owes part of its origin to Alhambra and a family named Houston. In 1917, Spurgeon and Lauretta Houston decided to leave the developing metropolis of Alhambra and move to an obscure rural area with affordable land on California's coastline. Today that town is the ritzy, glamorous, and high-dollar real estate playground of celebrities and high-net worth individuals who call Malibu home.

Back in the day Malibu was undeveloped and not easy to access. In their relocation, the Houstons overcame significant obstacles. They traveled on the remnants of the Southern Pacific Railroad, better known during the period as the "octopus." In the previous century during his days as a railroad lawyer, Abraham Lincoln promoted Congressional laws that supported the transcontinental railroad and settlement of the west. The Pacific Railway Act of 1862 and the Homestead Act of 1862 would entice people with comfortable homes in established cities such as Alhambra to leave their secure lives and move to the unsettled frontier of Malibu in the early twentieth century.

The United States was committed to a transcontinental link to support commerce and bind a fracturing country during the

Civil War. The Pacific Railway Act was a series of laws that provided land grants and bonds to railroads committed to the transcontinental railroad endeavor. Prior to this, states granted land to railroads but could never generate a consistent and coherent approach for a transcontinental railroad.

By the 1870's the Southern Pacific utilized the power of the Pacific Railway Act to acquire much of the land between Point Mugu and Westchester, which now is the location of Los Angeles International Airport. Contained in this acquisition was a significant portion of the southern Malibu area.

Although the EsPee, the short nickname of the Southern Pacific, obtained the hilly land around Malibu, the rugged nature of the terrain could never support a railroad. As the general citizenry became aware of this, pressure was applied to the railroad to divest itself of the land. "By 1898, multiple court cases and government actions got the railroad to release their claim to the Santa Monica Mountains," said Charles Nelson Johnson. The stage was set for the Homestead Act to provide land to citizens for private ownership. In this context, ownership often calculated at 160 acres per

family.

The land by the Malibu Lagoon and what is now called Surfrider Beach was contained in the Rancho Guadalasca. South of that area, called Yerba Buena, became available to the general public through the Homestead Act. Spurgeon and Lauretta Houston established their new home through homesteading.

Some of the Malibu land was obtained through the Homestead Act by merely filling out the appropriate paperwork and promising to occupy the land. The other portion of land in this area was obtained through paying a price for the land. The price was one dollar per acre.

There were few roads or trails into this area. The lack of a planned road system sometimes led to new arrivals innocently trespassing on privately held land which created more tension.

"It (Malibu) was always known as desirable, but it was hard to get to," added Mr. Johnson. Spurgeon and Lauretta Houston were one of the last families to obtain homesteaded land in this area. Homesteading had been going on for two decades prior to this and Spurgeon's father and brother had homesteaded land in Malibu a decade earlier. The Houston fam-

ily successfully farmed and raised livestock. They would raise a daughter, Geneva, and a son, Lawrence. Over the years they built three houses on their property and would acquire another 160 acres of neighboring land. Their final home had a magnificent view of the Pacific Ocean.

Lauretta made a lasting impact on the



Gary Frueholz
Dilbeck Real Estate
(626) 318-9436

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

school district by leading a crusade to unify the school district and provide busing of "mountain" children like her own down to the schools in Oxnard. Life could be tough in this remote outpost of Malibu in the early 1900's. "Most homesteaders had a hard time and wound up selling their land," said Charles Nelson Johnson. But the Houstons successfully worked their property and lived in the Malibu area until the 1960's.

It's amazing to reflect on a time in Southern California when cities like Alhambra produced pioneers who settled and homesteaded remote areas of our own state. Remote areas which one day would achieve worldwide recognition like Malibu.

Special thanks to Charles Nelson Johnson of the Museum of Ventura County.

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Automobile

Alternative power vehicles

By Javier Mendez

Occasionally a vehicle's condition is so far gone that the cost of repairs cannot be justified. Whether it's age or a collision that sets the stage for you to replace your vehicle, gas prices might give you a good reason to consider a new car with alternative power options.

Electric vehicles are growing in popularity and availability from a variety of manufacturers, some with attractive pricing. You have choices that include full electric, hybrid, or plug in hybrid. Full electric vehicles often use new technology, which is still developing. Software updates are common in these cases, so your vehicle systems and features stay current.

Some electric vehicle owners report being more careful about trip planning than they had been with traditional gas-powered cars. Depending on your travel distance, you may need to account for a recharge pit stop that could involve waiting in line for a charger. Familiarize yourself with charging options near work or home. You may find it necessary to install a high speed charging station at home, depending on the range you need per day. Vehicle range factors beyond your control include traffic and extreme weather conditions. Most electric vehicles include some unique creature comforts and accessories that may help pass the time while charging.

If electric seems too exotic, another option to consider is a plug-in hybrid. This technology has been in use longer and can be a less daunting choice. Range is less of a concern, as you have an internal combustion engine to back up the electric power. With a smaller battery, you might avoid a special charging station, and get by with a slower 120 volt AC charger at home.

Either electric or hybrid cars have a lower overall maintenance cost. For example, say "goodbye" to oil changes with your electric car.



Javier Mendez

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

A common concern with electric vehicles is battery life span and mileage. Manufacturers estimate batteries will last from 10 years or 100,000 miles up to 35 years or more than 300,000 miles. A slightly higher purchase price and more expensive repair cost tend to even out the cost of ownership. Be sure to look into available rebates, tax credits, and green auto loans to help with the purchase.

If this isn't the time for you to go alternative, there are plenty of fuel-efficient gas-powered vehicle options available. If you don't need to buy now, keep your eye out for options. Car manufacturers continue to improve their products and states are building out the infrastructure. Drive safe, Alhambra.

This column is provided to Around Alhambra by Jo's Garage, who is responsible for the content. Around Alhambra does not endorse advice recommended by this author or any other provider.



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Alhambra	Single Family House	\$1,018,136	\$871,859	+ 16.78%
	Condo/Townhome	\$691,125	\$616,630	+ 12.08%



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