

The award winning Alhambra Rose Parade float

When the Tournament of Roses announced the 24 floats to be awarded official honors in the 133rd Rose Parade, it was not unusual for Alhambra's entry to win one of these awards which recognize excellence in a variety of categories and specifications.

The parade was not held last year because of the pandemic, but they were back again this year, better than ever. The theme of the Parade was "Dream. Achieve. Believe." Alhambra's float titled, "School Rocks 2022" exemplified this theme brilliantly. It was the 93rd year that Alhambra has participated with a float in the parade.

There is always a lot to do to prepare a float for the parade. After the float building company builds the frame work and the driving mechanism below, it is up to the sponsoring organization to cover every square inch of space visible to the public with organic material. This must be done from December 4th to New Year's Eve. It is not unusual for flowers to be added to a float as it rolls out of the builder's lot after midnight the morning of the parade.

>> see **TOURNAMENT VOLUNTEER AWARD** Page 5



Celebrate Lunar New Year on February 20 at the Alhambra Lunar New Year Festival

On Sunday, February 20, 2022, Alhambra will host the only Lunar New Year Festival in the area. From 8:30am to 1:30pm along Second Street between Main and Commonwealth, the weekly Alhambra Farmers'

Market will be transformed to celebrate Pan-Asian cultures with food, entertainment, family activities, booths, and more!

The Chamber and City are partnering to bring back the annual Lunar New Year Festival this year,

>> see **LUNAR NEW YEAR** Page 5

Students across AUSD build tech skills during Computer Science Education Week



Alhambra USD joined schools around the world in an annual one-week campaign in December to focus deeply on building technology skills with hands-on classroom engagement and practice. That worldwide effort, Computer Science Education Week, has evolved into a klieg light spotlighting the paramuncy of computer science education. During the second week of each December, millions of educators participate in the "Hour of Code" movement by having their students explore online and offline computer sci-

ence activities.

For the last five years, AUSD students have taken part in Computer Science Education Week. In December, 600 students in grades K-12 joined in by using computer science terminology, creating games through Scratch and Code.org, and programming Dash and Dot robots. These students receive certificates and their class becomes eligible to win a pizza party or a virtual escape room experience.

Continuing to grow computer science skills is foundational to nurturing student analytical skills, problem-solving, creativity, critical thinking, and resilience. The active focus on these skills catalyzes students to become creators with technology while cultivating the skills they need to be college and career ready.

AUSD's Technology Department was inspired by all the teacher reports on their activities during Computer Science Education Week and photos of absorbed, collaborating students. "We applaud the participating teachers and students who

>> see **COMPUTER SCIENCE EDUCATION WEEK** Page 13

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ALHAMBRA CHAMBER OF COMMERCE
104 S. First Street
Alhambra, CA 91801

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Mayor's Corner *By Mayor Katherine Lee*

2021-22 Alhambra Strategic Plan Update



By Mayor Katherine Lee

Last year, each city council member submitted a list of items for the city staff to work on.

For your review, the following is the updated combined list of items completed or in progress.

To access the complete list of items submitted, please go to: cityofalhambra.org. Search for "Alhambra Strategic Plan 2021-2022".

Completed Items

- Develop a plan with alternatives for Shorb Clinic
- Contact vacant (business) property owners regarding opportunities for investment
- Identify the benefits associated with rainwater collection systems (rain barrel rebate program will continue)

• Restructuring of city boards and commissions and adding new groups

On Target (In Progress) Items

- Permanent supportive housing
- Update the city's zoning code related to West Valley Blvd and East Main Street
- Pursue development of a new multi-story permanent supportive housing on Chapel Ave
- Complete an economic study for West Valley Blvd
- Undertake a bike safety program that includes diversion for citations
- Proceed with public outreach and stakeholder meetings to advance improvement concepts related to the SR 710 mobility improvements and to comply with Caltrans requirements
- Create a safe-routes-to-school plan
- Extend efforts to modernize/upgrade technology to ease access to municipal (city) services
- Add programs to support improved interaction with the City.
- Prepare options for a Historic Preservation Ordinance
- Increase green space in the community
- Secure grant funding for various strategic, program, and capital improvement efforts. Focus on sustainability, infrastructure, modernization, and programs/services for the development of a comprehensive Sustainability Plan
- Enhance the City's forestry plan through a comprehensive forestry program, which supports and expands on the City's Tree City USA designation

- Recruit and retain police officers
- Create a Vision Zero local road safety plan with a working group
- Complete an economic study and design guidelines for the East Main Corridor
- Evaluate options regarding the City's fleet and conversion to non-fossil fuel vehicles
- A resolution to support mobility and active transportation
- Secure additional federal funds for small businesses
- Create overlay zone for affordable housing on congregational land
- Extend outreach efforts to keep the community informed and enhance the public participation process
- Bring forward information on the PACE Program and other energy efficiency financing/grants available to residents
- Promote celebrations to foster community pride
- Participate in regional biking events
- Create a program for business outreach in multiple languages using library resources
- Traffic calming on all major streets
- Art Committee to promote student art
- Research Airbnb and short term rental options for potential taxes and fees
- Partner with other cities on regional grants
- Increase Youth Commission interaction with seniors
- Create a Know-Your-Neighbor program

- Partner with Republic Services for a community education program on composting
- Increase staff education efforts related to innovation in the City (training/conferences)

City Events

Chinese Lunar New Year Festival at Second Street

Sunday, February 20, 2022
8:30 A.M. to 1:30 P.M.

Happy Chinese New Year 2022, February 1

虎 Year of the Tiger



City Council Rotation - February 28, 2022

It has been my honor to serve Alhambra residents as the Mayor. At the February 28 city council meeting, Vice Mayor/Councilmember Jeff Maloney of District Three will be sworn in as the new mayor of Alhambra; Councilmember Adele Andrade-Stadler of District Five will be the new vice mayor. Congratulations! After the rotation ceremony, I will continue to finish the remainder of my first term as the council member for District One.



The YMCA of West San Gabriel Valley

AFTER SCHOOL PROGRAM

\$400/month

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Full Day Distance Learning Support

2021 – 2022 School Year
Monday - Friday K-8th Grade

What We Offer:
Breakfast, Lunch, and Snack
Online Access All Day
Homework Assistance with Projects
Educational Enrichments (STEM)
Includes All After-School Program Activities
Ratio 1-15

No Refunds



Your Peace of Mind is Our Priority During COVID-19

- Licensed Registered Nurse on Staff
- Daily Entrance and Exit Temperature and Well Check of Children
- Mandatory Mask Worn
- Same Daily Staff Assignment
- Fingerprinted Live Scan
- All Staff trained and certified in CPR/First Aid, Child Abuse Prevention, and Mental Health.



After School Program

What We Offer:
Snack
Swimming Lessons
Cooking Classes
Art Projects
Playground Activities
Exercise Programs
Reading Club
Ratio 1-15

No Refunds





Site: YMCA 401 E. Corto St. Alhambra, CA 91801 Contact: Valarie R. Gomez
Cell: 626-660-6681 or E-Mail: Val.ymca@gmail.com • Visit Us At www.wsgvymca.org

Meet Alhambra's new Police Chief Kelley Fraser



Alhambra Police Chief, Kelley Fraser.

Kelley Fraser has had a storied career. A highlight of her youth was playing on the women's basketball team at Cal Poly Pomona, but she was unsure what she wanted to do with her life. She instinctively knew that she needed structure when she answered a 'Help Wanted' ad in the L.A. Times for recruits to the Sheriff's Department. It was the most important decision of her life.

Ms. Fraser was with the L.A. County Sheriff's Department for 32 years performing duties such as teaching

Emergency Management preparation and Use of Force guidelines to new recruits. All the while she was promoted through the ranks. She would retire from the Department as a Chief in her Division.

No sooner had she retired than a friend, our former Police Chief, Eric Parra, asked her to come to Alhambra as an Assistant Chief. She hired into our Police Department in October of 2019 and served the Department until October 2021 before retiring again.

But she just couldn't stay retired.

When Chief Parra had the chance to be the Chief in Huntington Beach, the town he grew up in, he recommended Kelley as his replacement. Once again she answered the call and was hired on as our new Chief of Police.

She has always looked at police work as the opportunity to be of service to the community. For her, service is a core value. She still sees her job that way today. She admits to seeing the best and the worst of humanity and we hope in Alhambra she will see the best.

Welcome back Chief Fraser.

Submit comments on Draft of Historical Context Statement by February 28, 2022

Thank you to all who participated in our recent virtual community outreach meeting on the establishment of the Historic Preservation Program in Alhambra. The City is currently working on Phase 1, the preparation of the City's first comprehensive, Citywide Historic Context Statement. The Historic Context Statement will help to identify the important periods of development, historic trends, and other influences that helped to shape and build the environment. This includes important people and events, building types, architectural styles, local architectural practitioners, and patterns of development. The context

is an important first step that will provide the framework for other components of the Historic Preservation Program.

The draft of the Historical Context Statement was released for the public to review on December 13, 2021 and is available on the project website www.historicalhambra.com until February 28, 2022. A copy of the Historic Context Statement draft is also available at the Alhambra Library. Please review and submit comments to the City through the project's website by February 28, 2022. For up-to-date news or events, please visit the project website at historicalhambra.com.

Republic Services assists multi-family properties with Organics and Recycling Programs

Effective January 1, 2022, California Senate Bill (SB) 1383, the Short-Lived Climate Pollutant Reduction Act, requires that all multi-family properties, single-family residences and businesses recycle organic waste, including yard debris, food scraps and food-soiled paper. Under SB 1383 and City of Alhambra ordinances, Republic Services, as the City's franchise hauler, must provide recycling, organics recycling and waste carts or dumpsters and related services to all properties in the City.

Over the past several months, our local recycling coordinators have contacted all multi-family properties in the City of Alhambra about this new program.

"We have had a great response from Alhambra property managers," said Connie Gonzalez, Recycling Coordinator. "We have completed waste assessments at more than 80% of the 1,300+ multi-family properties in the city."

Upon completion of waste assessments, Republic Services provides properties with the correct type and number of carts or dumpsters for organics, recyclables

and trash. We can also supply signs and posters to help tenants separate their waste properly.

Recycling coordinators are continuing to contact multi-family property managers who have not yet responded, inviting them to schedule a waste assessment. However, by the end of January, all properties will have at least one 96-gallon green cart for food and yard waste and one 96-gallon blue cart for mixed recyclables, including paper, cardboard, cans, bottles, jugs and jars, along with trash dumpsters or carts.

If you live in a multi-family complex and don't see blue and green carts or dumpsters, please contact your property manager. If you are a property manager who has not yet scheduled a waste assessment, contact Republic Services today.

If you have questions, please call Republic Services at **800.299.4898** or email alhambra@republicservices.com. To learn more about all commercial and residential waste programs in Alhambra, visit RepublicServices.com/municipality/alhambra-ca.

HISTORIC PRESERVATION PROGRAM

A draft of the Historic Context Statement has been released on the project website: historicalhambra.com. Please review it and submit comments on the project website by February 28, 2022.

Rainwater Harvesting Class & RAIN BARREL SALE

When: Saturday, March 5, 2022
9AM – 10AM (class)
9AM – 11AM (distribution)

Place: Granada Park
2000 W. Hellman Avenue, Alhambra, CA

Topics of Discussion:

- Importance of rainwater harvesting
- Installation & benefits of a rain barrel
- Applying for the rebate
- Cultivating native plants
- General water conservation tips

Pre-order your rain barrels for \$65+tax at RainBarrelsIntl.com under the EVENTS tab – click on City of Alhambra and follow the instructions from there!

Rain Barrel Specifications:

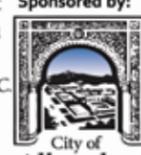
- Recycled food-grade plastic barrels
- Solid brass ¾" spigot for garden hose attachment and side brass overflow with cap
- 4" tight steel mesh screen riveted to top, preventing mosquitoes from accessing the water
- Colors:
Black (60 gallons)
Terra Cotta (50, 58 gallons)

\$35/barrel rebate is available with a limit of 4/household. Check out the details at SoCalWaterSmart.com.

For any questions, contact Info@RainBarrelsIntl.com or call (919) 602-6316.

RAIN BARRELS INTL, INC.

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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 ceo@alhambrachamber.org

For advertising rates and other information, contact

Alhambra Chamber of Commerce

104 S. First St., Alhambra, CA 91801

Tel: 626 282-8481 Fax: 626 282-5596

www.alhambrachamber.org

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Alhambra gains new elected representatives with redrawn district lines

In December 2021, independent redistricting commissions at the State and County voted on new maps that bring a change to the elected officials who represent Alhambra. At the State level, Alhambra will now be represented by Senator Anthony Portantino of District 25 and at the County level, Alhambra is now among the cities represented by Supervisor Hilda Solis of the First District.

Redistricting occurs in the County of Los Angeles every 10 years, following the Federal census, to redraw the boundaries of the County's five supervisorial districts to reflect new and shifting populations. This was the first year the County has used an independent citizens commission to redraw the county political lines. Also for the first time, the five-member Board of Supervisors had no final say in the redrawn maps. This process moved Alhambra's former representative, Supervisor Kathryn Barger of the Fifth District, from the southwest portion of the San Gabriel Valley, including Alhambra.

The new boundary map was adopted on December 15, 2021 and was created by the independent Citizens Redistricting Commission's 14 commissioners, all of whom are LA County residents. Members of the public were invited to draw and submit their own maps for consideration before the commission. A total of 113 maps were submitted to the commission. Throughout the year, the Citizens Redistricting Commission hosted 50 public meetings. During the months of November and December, more than 3,000 individuals attended the meetings/public hearings via webinars and watched the public hearings and meetings on YouTube. The Commissioners and staff also reviewed 3,800 written comments submitted during that same time period.

"For the past seven years, as County Supervisor of the First District, I've had the privilege of representing various communities across the San Gabriel Valley, Eastside, Northeast LA, and Southeast LA," said Supervisor Solis whose district now includes Alhambra. "I look forward to serving the new iteration of the First District. Residents and partner cities should be confident that there will be no interruption of projects and services – I am committed to ensuring that a smooth transition takes place."

Formerly the United States Secretary of Labor in President Barack Obama's cabinet and the daughter of union members, Supervisor Solis became an early advocate for workers' rights, better wages, and workplace safety. Before making history as the first Latina to serve as a Cabinet Officer to the U.S. President, Supervisor Solis's public service included serving on the Rio Hondo Board of Trustees, both chambers of the California State Legislature, and

the House of Representatives. She became the first Latina elected to the State Senate, and the first woman to win the John F. Kennedy Profile in Courage Award for her work in environmental justice.

During the COVID-19 pandemic, Supervisor Solis directed the County to set up mass testing, quarantine and isolation sites in the hardest-hit communities, while leading efforts to inform the County's 10 million residents. She established Project Roomkey and Homekey sites throughout her district to quickly shelter people experiencing homelessness. Under her leadership as Chair of the County Supervisors, the County allocated hundreds of millions of dollars toward rental and food assistance, healthcare, small business grants, community outreach, and childcare.

At the state level, the 2020 California Citizens Redistricting Commission drew four Board of Equalization districts, 52 Congressional districts, 40 Senatorial districts, and 80 Assembly districts. The result was Alhambra being moved into Senator Anthony Portantino's 25th District and out of the 22nd District, where it was represented by Senator Susan Rubio.

Prior to his years as an elected state official, Senator Portantino spent many years working in film and television production, served on the California Film Commission, and spent nearly eight years on the La Cañada Flintridge City Council, with two terms as Mayor. He served in the State Assembly representing District 44 from 2006-2012. He has served in the State Senate since 2016.

Supporting public education, mental health, and sensible gun control have been priorities for Senator Portantino during his time in office. His accomplishments include increasing funding for special education and the K-12 Local Control Funding Formula. He has authored legislation that created California's umbilical cord blood collection program, pushed back school start time for middle and high schools, banned the open carry of handguns, raised the purchase age of firearms to 21, and placed the suicide hotline number on student identification cards. Senator Portantino currently serves as the Chair of the Senate Appropriations Committee and a Select Committee to foster trade between California, Armenia and Artsakh.

Other districts including Congress and State Assembly were also redrawn, and Alhambra retained its representation there in Representative Judy Chu (CA-27) and District 49, formerly represented by Ed Chau who resigned in November to accept a gubernatorial appointment as an LA County Superior Court Judge. There will be a special election to fill that seat on February 15, 2022.

UPDATE: 2022 Greater Los Angeles Homeless Count Postponed

NEW DATE: February 22 - 24, 2022

The Homeless Count will still be conducted over three nights in different parts of the region:

February 22, 2022:

San Gabriel and San Fernando Valleys

February 23, 2022:

West Los Angeles, Southeast Los Angeles, and the South Bay

February 24, 2022:

Antelope Valley, Metro Los Angeles, and South Los Angeles

Sign up today to volunteer

at theycountwillyou.org.

#TheyCountWillYou



Alhambra Homeless Count postponed to February 22, 2022

The Los Angeles Homeless Services Authority (LAHSA) announced the postponement of the 2022 Greater Los Angeles Point-in-Time (PIT) Homeless Count to February 22-24, 2022. LAHSA cited protecting the health and safety of its volunteers, staff, and people experiencing homelessness as the reason for the delay, in light of the current COVID-19 Omicron variant surge in Los Angeles County.

The Homeless Count will still be conducted over three nights in different parts of the region:

- February 22, 2022: San Gabriel and San Fernando Valleys
- February 23, 2022: West Los Ange-

les, Southeast Los Angeles, and the South Bay

- February 24, 2022: Antelope Valley, Metro Los Angeles, and South Los Angeles

The U.S. Department of Housing and Urban Development (HUD), which requires Continuums of Care to conduct PIT Counts as a means of determining federal funding to address homelessness, approved the postponement.

Alhambra's Homeless Count will now take place on Tuesday, February 22 at 8:00PM. Volunteers are needed for this event. To sign up, please visit: <https://www.theycountwillyou.org/>.



Notary services
are available at the
Alhambra Chamber of Commerce
104 S. First St.

Must call for appointment.

626-282-8481

Observe COVID-19 guidelines.



**VISIT THE CHAMBER
ONLINE AT
alhambrachamber.org**

The City of Alhambra & Republic Services present:

The Bi-Annual ALHAMBRA RECYCLES EVENT
Saturday, April 23, 2022
Granada Park, 2000 West Hellman Avenue, Alhambra, CA 91803
8:00 AM - 12:00 PM

WHAT TO BRING:

- PLASTIC BOTTLES & ALUMINUM CANS**
- DOCUMENT SHREDDING** *maximum of 5 banker boxes
- ELECTRONIC WASTE** PCs, monitors, cell phones, TVs, VCRs, printers
- COMPOST GIVEAWAY** *Must bring your own bag/container to fill compost.
- ICE CREAM SCOOP VOUCHER** Fosselmans Ice Cream voucher to first 150 participants! First come, first served basis.

NO HOUSEHOLD HAZARDOUS WASTE WILL BE COLLECTED!
(i.e. no lightbulbs, batteries, or prescription drugs)

COVID-19 Precautions

- Do not attend if you have: 1. Any COVID-19 symptoms, 2. Been asked to quarantine, 3. Recently traveled internationally
- Wear a face covering
- Stay in your vehicle with windows closed, if possible

For more information:
cityofalhambra.org
republicservices.com/municipality/alhambra-ca

EVENT SUBJECT TO CANCELLATION BASED UPON COVID-19 STATUS

TOURNAMENT VOLUNTEER AWARD From Page 1

Alhambra's diligent Parks and Recreation Department was tasked with getting the float decorated on time for the big day. They sent out a call for volunteers to help with the labor intensive placement of seeds, leaves, ferns, tree branches and the all-important flowers on our float. All together there were 300 volunteers from Alhambra and people from other cities who wanted to get in on the action. They showed up to take at least one of the cold eight hour shifts.

It was these volunteers that impressed the judges enough to award Alhambra's float with the Tournament Volunteer Award, "for most outstanding floral presentation of the Rose Parade Theme among floats 35 feet and under in length."

Let's see what we can win next year!

LUNAR NEW YEAR From Page 1

after the pandemic forced the cancellation of the festival in 2021. The event will be jam-packed with activities for all ages.

The reimagined festival will feature foods from Shake Ramen Noodle Truck, Bang Bang Noodles, and Woo's Crepes, which features JianBing, a Chinese version of crepes. You'll also find offerings from Waffle Land, Zindrew Chili, Miister Potato for Korean-style twisted potatoes on a stick, and more.

This year's Festival will also feature a stage with local and regional performers, including performances of the UCLA Lion Dance Team, Taiko drummers, Kim Eung Hwa Dance Korean Fan Dancers, Mark Keppel All Male Dance Team, PopRock Academy, and other entertainers. A special feature will include The Candy Man demonstrating how he makes his Chinese Dragon Candy.

Activities for families include crafts and games at no charge for participants. All this, in addition to shopping and snacks at one of the finest farmers markets in the San Gabriel Valley. This year's festival will be a destination for all on February 20th. The Lunar New Festival is sponsored in part by USBank.

Bring the family and join the fun! For the schedule of events, updated vendors, and more information, visit www.alhambralunarnewyear.com.

TOO TOXIC TO TRASH

FREE Household Hazardous and Electronic Waste Drive-Thru Collection Event

Saturday, February 12 • 9 A.M. - 3 P.M.
Southern California Edison Company
Southwest corner of Walnut Grove Ave. and Klingerman St.
Rosemead, CA 91770

COVID-19 Precautions

- Do not attend if you have: 1. Any COVID-19 symptoms, 2. Been asked to quarantine, 3. Recently traveled internationally
- Wear a face covering
- Stay in your vehicle with windows closed, if possible

CHEMICALS Carefully secure items in your trunk/pick-up bed. Hazardous waste must be in your trunk/pick-up bed with no other items.

PAINTS & SOLVENTS Waste should be in a sturdy box, preferably in their original containers. Be prepared to leave containers.

E-WASTE No explosives, ammunition, radioactive materials controlled substances, trash, tires, or large appliances (like refrigerators, stoves and washing machines).

SHARPS Sharps disposal will require exiting your vehicle in a designated location to deposit them in a bin.

- Open to Los Angeles County residents. No business waste accepted.
- Limit of 15 gallons or 125 pounds of hazardous waste per trip.

Brought to you by Los Angeles County and presented by Los Angeles County Public Works and Los Angeles County Sanitation Districts, in cooperation with the cities of Alhambra, Arcadia, Baldwin Park, Commerce, El Monte, Industry, Montebello, Monterey Park, Pico Rivera, Rosemead, San Gabriel, San Marino, South El Monte, South Pasadena, Temple City, and Whittier.

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Tax Tips

Families with Dependents

There are many tax credits that are available for families that have dependents.

CHILD TAX CREDIT

The full amount will be a refundable credit, meaning that if the credit is larger than the tax that you owed, you will get the remaining balance. The maximum per qualifying child is:

- Under the age of 6, \$3600 per qualifying child.
- Ages 6 – 17, \$3000 per qualifying child.

There is a phaseout for higher earners.

CREDIT FOR OTHER DEPENDENTS

There is a \$500 credit that is a non-refundable credit. This credit is for dependents that are age 18 and over. What a non-refundable credit is when the tax credit is higher than what you owe. It will only cover the amount that you owe, the remaining you are not eligible for.

CHILD & DEPENDENT CARE CREDIT

For 2021 this credit is a refundable credit, prior years it was a non-refundable credit. The credit is now based on \$4k for qualifying dependent or \$8K for two or more dependents, the amounts were raised \$1k and \$2k in 2021 respectively.

EARNED INCOME CREDIT (EIC)

This credit is a refundable credit for low-income earners. For the purpose of calculating the EIC, 2019 income may be used if 2021 earned income is less than 2019. To be eligible for this credit all the following must be met:

- Valid Social Security Numbers.
- You must be a U.S. citizen or resident alien for the entire year.
- Filing status must not be Married Filing Joint (there is an exception to this rule for 2021).
- You may be a qualifying child of another taxpayer.
- You may not file a tax form relating to foreign earned income.
- Your investment income must be \$10k or less.

Taxpayers without qualifying children must also follow these rules:

- You must be at least age 24 (if a student), age 19 (if not a student) or 18 (if former foster or homeless youth).



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.

- You cannot be the dependent of another.

- Your principal place of abode is in the United States for more than half the year.

ADOPTION CREDIT

The credit is up to \$14,400 and is available for a child under 18 or a person who is physically or mentally unable to care for themselves.

EDUCATION CREDITS

• American Opportunity Credit is up to \$2500 per student for the first for years. This credit includes partial non-refundable and refundable credits.1

• Lifetime Learning Credit is 20% of the first \$10k of qualified education expenses. There is no limit of how many years can be claimed and it is a non-refundable credit.

A taxpayer can only claim one of the credits per qualifying students.

The above information is only a summary of the credits available. To get more detail of each credit go to IRS.gov or contact your tax professional.



City of Alhambra
Parks & Recreation Department

Parks
Life
Better!

1st Annual Winter Classic 3 on 3 Basketball Tournament

Registration starts: December 17th, 2021.
Fee: \$50.00 per player (5 players max per team)

Saturday, February 12, 2022

(In the event of rain, tournament will be played on February 19, 2022.)

Almanson Park - Outdoor Basketball Courts
3 Games Guaranteed

Divisions: Adult &
High School

PLAYERS MEETING ON
WEDNESDAY, FEBRUARY 9TH, 2022
6:00 PM, ALMANSOR ACTIVITY ROOM
TOURNAMENT INFORMATION &
T-SHIRTS DISTRIBUTION



For more information call 626-570-5081 or visit www.cityofalhambra.org



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Michael Aston, EA

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**ENROLLED
AGENT**



The patio at Almansor Grill.

Welcome back, Birdies/Almansor Grill

Birdies has been a popular breakfast and lunch spot for golfers, informal business meetings and the public in the know since the 1980s. Now known as Almansor Grill, this hidden gem reluctantly closed its doors during the worst of the pandemic. They weren't entirely closed. During part of that time they served some food to golfers exclusively in their expanded and improved outdoor patio, with lounge seating and additional table seating. The patio offers the best views around with the extended green space of the golf course and Almansor Park and the majestic San Gabriel Mountain range beyond.

In December they took the first tentative steps to reopen the restaurant to the public. The menu has been scaled back, though breakfast is still familiar to regulars. New

comers will love it too. The hours have not been cast in stone yet, so it's a good idea to call first to (626) 570-4600 to be sure they are open.

Snuggled beside the Alhambra Golf course at 630 S. Almansor Street, Almansor Grill is the perfect place for breakfast before teeing off or after a round of golf with a drink and sandwich with friends indoors or on the patio.

According to one recent Yelp review, "the wait staff is consistently professional and attentive. The food is quite good and the portions are almost family style... almost heaping". So it is time to go back, or for the first time, for those tempting breakfasts and filling sandwiches. The Ruben sandwich (the best in town) is not back on the menu yet, but one can hope.

We all deserve GLC Compassionate Care

When we leave our elderly parents or disabled family members in the hands of care givers it is a sacred trust that our loved ones will be well looked after. There are stories of improper care that we are right to be concerned about. Many care givers are inadequately trained for the job or not trained at all. They would do better if they just knew better.

That is where GLC Compassionate Care can help. They offer excellent in-home caregiving services for your loved ones including skilled nursing, rehabilitative and support services at home. The owner of GLC, Gaynor Castañeda, takes the time and trouble to educate prospective care givers in providing loving and genuine caring service, whether in conversation, preparing meals, house cleaning, rides to doctor appointments, shopping and other activities where genuine human kindness makes a huge difference. Just as important, Gaynor works side by side with a licensed and certified CPR instructor.

The Compassionate Care team includes licensed Vocational Nurses, home health aides and care givers that offer a range of services and flexible schedules that can make the change that improves happiness, quality of life and longevity of a loved one on a full time or part time hourly basis.

After training a perspective care giver, Gaynor Castañeda is then actively involved in the placement of that person in a



Gaynor Castañeda, the owner of GLC.

care giving situation. Then she takes service to her clients to the next level. She makes surprise visits to check up on the care giver and their elderly charge. There may not be a need for a care giver at this time but write down Gaynor's contact information in case that day comes.

Contact Gaynor by phone at 323-572-8737, by email at ggcodd1@yahoo.com

Ask for a copy of the Compassionate Care brochure for further information and a list if services available.

Medicare Advantage Plans cover all Medicare services, plus much more

Medicare Advantage Plans provide all of your Part A and Part B benefits, including all emergency services, urgent care and almost all medically necessary services Original Medicare covers. If you're on a Medicare Advantage Plan, you can still receive coverage for the cost of hospice care and some new Medicare benefits though Original Medicare. However, most Medicare Advantage Plans offer coverage for things Original Medicare doesn't cover, such as:

- Part B premium rebate (limited plans)
- Some vision, hearing, and dental services
- Prescription drugs (Part D) coverage
- Over-the-counter items
- Services that promote your health and wellness

Plans can also tailor their packages to offer these new benefits to certain chronically ill enrollees. These packages will provide benefits and services customized to treat specific conditions including:

- Acupuncture and chiropractic
- Worldwide emergency care
- Incontinence supplies
- Mobile doctor visits to home
- Meal programs and nutritional counseling



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.

- Healthy food/groceries allowance
- Healthy meals
- In-home support
- Pest control

If you have any questions or are interested in learning more about any of the benefits and services outlined above, please don't hesitate to contact me. My consultation and assistance with enrollment in any Medicare plan is always free.

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

Alhambra - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money. This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market.

The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market. As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars.

The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To order a FREE Special Report, call toll-free 1-888-300-4632 and enter 1000. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to find out how you can get the most money for your home.

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

Sign up for Medicare coverage!

Important Medicare questions



- 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?

I speak Mandarin and Cantonese
Katherine Yu Simms
 Medicare Insurance Agent
 License #0M21975



Happy Lunar New Year

Cell 323.854.2868

WELCOME OUR *New* CHAMBER MEMBERS!

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Moon Realty
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Pasadena, CA 91104
626-202-3270
Moonrealtyinvestments.com

We understand that buying or selling a home is more than just a transaction: it's a life-changing experience. That's why our team of highly-seasoned real estate professionals is dedicated to providing exceptional, personalized service for all of our clients. We take great pride in the relationships we build and always work relentlessly on the client's behalf to help them achieve their real estate goals.

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Services included: Website Design, Local Directory Listings, Logo Design, Intro Videos, 360 Tours, Drone Footage, Reviews Carousel, Google My Business Set-Up & Optimization, A.I. Chatbot, ADA compliant widget, and more.
Your Success Is Our Success, let's grow your business together.



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

How do I know how much renters insurance to buy?

Tip to help choose accurate, appropriate limits for your personal property and liability coverage.

You've followed your rental guide and it's time to move in! Your furniture is in place, the utilities are hooked up, and your rental unit is starting to look like a home. Is renters insurance next on your to-do list? If you answered no, you're not alone. According to the Independent Insurance Adjusters & Brokers of America (IIABA), almost two-thirds of residential lessees in the United States don't carry renters insurance.

Yet a renters policy is more important, accessible and affordable than you might think and in some cases, renters insurance is required by landlords. But renters are often unclear about what renters insurance is, what it covers and how much they need.

What does renters insurance cover?

In short, renters insurance covers what you own. Most landlords' insurance covers only the building and damages due to negligence. Coverage for some of the most common causes of property damage and loss, such as theft, vandalism and fire, is entirely up to you. Without renters insurance, you may have to bear the financial burden of a loss on your own, including the cost of a hotel stay if you cannot live in your apartment while repairs are

Want to protect your stuff?

Most renters' belongings cost more than they think. In fact, the average person has over \$35,000 worth of belongings that are probably not covered by a landlord's policy. Take a moment to add up the approximate cost of your computer, television, stereo, furniture, jewelry and clothing. If a fire gutted your apartment tomorrow, would you have the cash to replace it all?

Renters insurance also covers much more than just your personal property. The average policy can include up to \$100,000 in liability coverage. That means in the event of a covered loss your insurer will help cover the costs if you're held responsible for injuring another person or damaging another person's property, including your landlord's. Moreover, this coverage applies whether the incident occurred within your residence or elsewhere.

How much renters insurance do I need?

Renters insurance is relatively inexpensive. The average renters policy costs just \$15 a month for up to \$30,000 in personal property coverage. That's solid coverage for less than the cost of a few

cups of coffee a week. Here are some tips to help you determine your insurance needs.

- **Complete an inventory of your possessions.** Personal property coverage is probably the main reason most purchase a renters policy. The coverage will reimburse you for covered damage, loss or theft of your personal possessions up to a certain dollar amount, so you'll want to make sure you get that amount right. Completing a home inventory is a good way to determine how much property coverage you need. This inventory lists your personal possessions, along with details about their age, purchase price or current value and other identifying information.

- **Check with your insurance agent about discounts.** Many insurers offer significant discounts if you buy more than one policy with their company. For renters, this usually means purchasing auto insurance with a renters policy, but life, business and other plans may also qualify.

- **Choose the right deductible.** A deductible is the amount of a covered loss or liability that you pay out of your own pocket. In other words, it's the amount "deducted" from any payout by your insurer. For example, if a fire causes \$1,500 in insured damage to your personal property and your deductible is \$500, then your insurer will pay you \$1,000.

- **Assess your liability.** Your renters policy's liability coverage may protect you if someone injures themselves in your home. It may also protect you in case you or a family member causes damage to others' property. Some policies will pay for defense and court costs in addition to settlement costs. The typical renters insurance policy offers \$100,000 in liability coverage. For renters, this amount is often sufficient. However, if you entertain company frequently at your home or if your assets exceed that amount, you should consider an amount of insurance equal to at least the total value of your assets.

- **Supplement coverage if necessary.** Keep in mind that your policy will exclude certain perils (such as earthquake and flood losses), limit coverage on some items (such as computers, firearms, and silverware) and might not cover a business in your home. If you have special insurance needs, talk to your agent about extending limits or adding separate policies.

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

The Alhambra Chamber of Commerce thanks these members for renewing their memberships and for their continued support:

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1009 E. Main St.
Alhambra, CA 91801
626-282-1084
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Goldberg, Josh
Individual Member
Alhambra, CA 91803
Member since 1999

Shea Properties
130 Vantis Drive, Suite 200
Aliso Viejo, CA 92656
949-389-7040
Member since 2014

Bethany Church of Alhambra
21 N. Olive Ave.
Alhambra, CA 91801
626-282-9124
Member since 2010

Jo's Garage
120 E. Valley Blvd.
Alhambra, CA 91801
626-872-0705
Member since 2021

Smart International Service
1641 W. Main St.
Alhambra, CA 91801
800-500-2899
Member since 2001

County of L.A. Dept. of Public Works
900 S. Fremont Ave.
Alhambra, CA 91803
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626-357-3401

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Alhambra, CA 91801
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Member since 2017

Family First Life Royalty
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To renew your membership with a credit card, please phone the Chamber at 626-282-8481.

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The New Year and Our Renewed Commitment to You

By JOHN BWARIE, ALHAMBRA CHAMBER CEO

Our first goal as we launch into 2022 in earnest, after the resolutions and celebrations of January, is to prioritize how we build our city with a crystal clear vision that we can all support and help realize. Our focus is on making Alhambra a place where people want to be, want to visit, and want to be a part of. To that end, we are lucky to have community members volunteering for boards and commissions, and putting themselves in service to each other as we fulfill the mission of our city.

Consider how you can give back by prioritizing your time in serving the community as well as spending your money with businesses in the City. This is the year to try that new restaurant you've driven by

for years, park your car and explore a new block that you've haven't gotten to know. This is the year to choose a local hair stylist, accounting or medical professional, or look for a store nearby to browse for gifts. There are so many gems in our city in plain sight and often overlooked. Every day and dollar you spend in our city, raises the reputation that our city is the right place to be.

The COVID-19 pandemic has now been impacting our community for two years. The success and future of our community – our businesses, nonprofits, and civic institutions – requires that we continue to focus on taking care of that which we value: our community. The impacts from this pandemic won't end this month and likely not next, but as a community in

support of each other, we can continue to thrive. Make sure you meet your neighbors – which includes the local business owners and employees – and stay connected. Isn't the goal of every community to be as friendly, self-sustaining, and supportive as possible? Let's each do our part as we build back our city and community together.

This month, you get a special opportunity to connect with and celebrate the diversity in our community through our annual Lunar New Year Festival. Though it's format may be impacted by safety rules due to the pandemic – you will be able to find the essence of what makes this festival, AAPI culture, and our community great: the people! Make sure to stop by and take part in the food, entertainment, and activ-

ities on February 20th.

This new year is a time of change, as new elected officials represent us through redistricting, and our Alhambra Mayor rotates this month. We thank Mayor Katherine Lee for her service and look forward to working with incoming Mayor Jeff Maloney starting March 1st in supporting business growth and success in 2022.

In the coming months, *Around Alhambra* will highlight more of what our community is known for. You'll see new features and columns to reflect our community. As we plan for this year, we have a genuine commitment to ensure you are even more connected to the unique and valuable news of our community. Here's to Alhambra!

Alhambra Teachers Association and California School Employees Administration conducting early endorsement interviews for School Board

By ATA & CSEA

The Alhambra Teachers Association (ATA) and California School Employees Administration (CSEA) Local 295 will be conducting early endorsement interviews for Alhambra Unified School District Board of Education seats that are open for election this upcoming November 2022. The AUSD School Board seats up for election are Districts 4 and 5.

In accordance with Education Code Section 35107, to be eligible to be elected or appointed as a member of a governing board of a school district, an interested party must be:

- Eighteen (18) years of age or older.
- A citizen of the state.
- A resident of the school district (and within either the

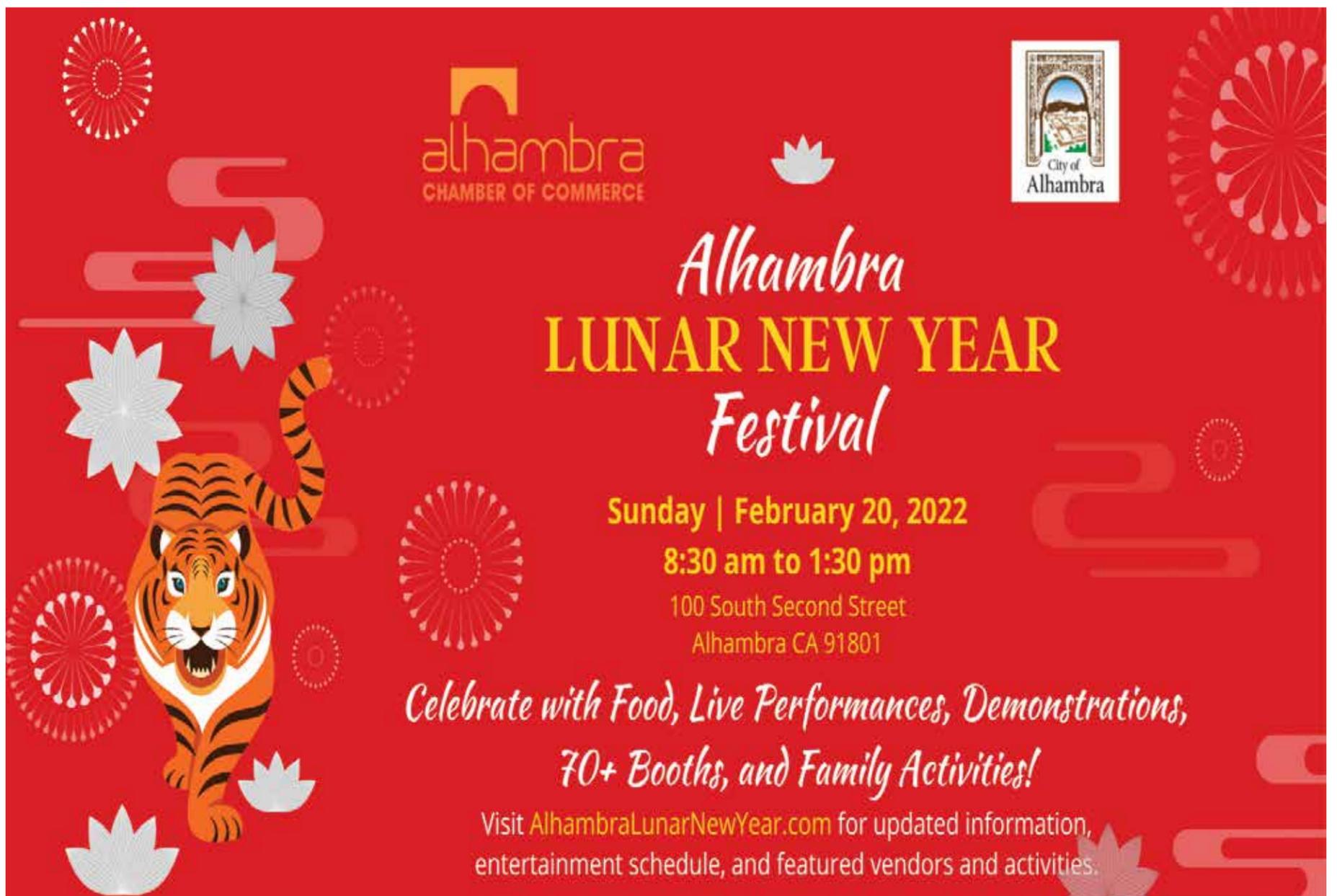
Fourth or Fifth District boundaries for this seat).

- A registered voter.
- Not disqualified by the Constitution or laws of the state from holding a civil office.
- An employee of AUSD may not be sworn into office as an elected or appointed member of that school district's governing board unless and until he or she resigns as an employee. If the employee does not resign, the employment will automatically terminate upon being sworn into office.

Interested parties who meet the legal mandates for membership on the Board of Education are invited to submit a letter of intent to ATA/CSEA at:

ATA and CSEA Interview Committees
3030 W. Main Street, Alhambra CA, 91801

Please be sure to include contact information in your letter of intent (home address, phone number, email address). The deadline for interested parties to submit their application for this position is 5 p.m. February 4, 2022. Incomplete application packages will not be considered. By the end of February interested applicants will receive a questionnaire and an in-person interview appointment in late February or early March. Given the current crisis with COVID 19 and its effect on our community, interviews might be conducted through Zoom. Finally, although we are moving forward on our interview process, we recognize the seriousness of the continuing pandemic in our community. As such, deadlines and appointments may need to be changed as needed.



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City of Alhambra

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Visit AlhambraLunarNewYear.com for updated information,
entertainment schedule, and featured vendors and activities.

Obituary



John Parker Williams
July 20, 1937 – Jan. 3, 2022

Former Alhambra Mayor Parker Williams dies

Parker Williams died Jan. 3, in Pasadena. He will be profoundly missed by family and friends.

Parker attended St. Therese Grammar School and Mission High School, where the nuns were unable to quell his rebellious spirit. He married his high school sweetheart, Barbara, in 1954, and they enjoyed more than 67 years together. He leaves behind his first and only wife Barbara; his three daughters, Molly, Jeannie and Lisa; son-in-law Mike; 10 grandchildren; 14 great grandchildren (plus two on the way); his dear brother Barry and wife Kay; and several lifelong friends as far back as first grade.

One of Parker's first jobs as a married man was at Moore Business Forms in Oakland running the printing press. During break one day, while perfecting his ability to flip his cigarette and have it land on end, burning side up, he realized if that was the best part of the day, maybe it was time to move on to a new career. He was then accepted into the police department but was too young (only 20) to start at the academy. In the interim, to support his family, he went to work as a stockbroker for several years. He received an MBA from Pepperdine and became an independent businessman, originally opening his own scrap metal business and later working in business development for local banks,

businesses, and cities.

Parker was a devout patriot and loved the USA. This led him into the field of politics in Alhambra, where he served as a city councilmember, mayor, and school board member for a total of 24 years. Parker was also very involved with the Alhambra Chamber of Commerce, serving as President.

Parker's passion was health and fitness. He had indefatigable energy and ran many marathons before transitioning to cycling. He was a time trial extraordinaire and the California state time trial champion in his age group many times. In addition to pursuing his own personal fitness goals, Parker was a coach. He coached family, friends, and the Alhambra High School cross country team. He was generous with his time and knowledge, and his insight was invaluable.

Parker loved sharing experiences. He had a great sense of humor and an excellent memory and told wonderful stories, to the delight of his listeners. He was always one to say what he really thought and never minced words. Parker was fiercely loyal and a man with a heart of gold who would do anything for those he cared about.

The family is saddened having to say farewell to a great husband, father, brother, friend, and coach. To say "he will be missed" is an understatement.

Alhambra Rotary Club gives mini-grants to Alhambra teachers

For 30 years, the Rotary Club of Alhambra has been supporting qualifying Alhambra School District teachers with annual mini-grants designated to enriching classroom projects that enrich student classroom experience. The mini-grant assures that teachers don't have to take money out of their own pockets to pay for classroom materials.

Since the beginning, Rotary has distributed \$235,000 to teachers in Alhambra. Each year a limited number of educators are accepted to receive the grants. Twenty-five teachers will be chosen for mini-grants and this year there are 74 applications, so the selection committee had to make some hard choices.

That committee of educational and business leaders include Dr. David Snyder

OD- Chairman, Dr. Steven Placido DDS – Rotary President, Denise Jaramillo – Superintendent of the Alhambra Unified School District, Linda Wong – Director Spark After School Academy, Cindy Reimers – Director, Montessori Center, Mark Paulson – a realtor and former Mayor of Alhambra, Joyce Coffey – CEO of Youth Research Vox, Sister Kathleen Calloway – President of Ramona Convent High School and President Elect of Rotary.

Several local businesses are supporting the Rotary mini-grant program with additional funding including The Alhambra, Kerechuk Motors, Republic Services, Transtech Engineering, Spark After School Academy and Beggix H. Lieberg, DDS.

Congratulations to all the recipients.

One-third of Asians polled in San Gabriel Valley have experienced hate incident

A survey of some 300 Asians and Asian-Americans living in the San Gabriel Valley found that nearly one-third reported experiencing a hate incident since the start of the COVID-19 pandemic, according to a report issued by the Asian Youth Center and Asian Americans Advancing Justice-Los Angeles in January 2022.

Their "Stop Hate Survey," which polled Asian and Asian-American residents in one of the largest Asian communities in the country, found that 31% of respondents said they or their family experienced a hate incident based on their race or ethnicity since the pandemic broke out in 2020 - with most incidents involving insults or verbal abuse.

In addition, the report found:

- 37% of respondents said they noticed an increase in racial discrimination or harassment in their community since the COVID-19 outbreak;
- 59% said they have changed the way they feel and behave when they leave home; and
- 49% of parent respondents reported they have concerns about their children returning to school as a result of anti-Asian hate and bullying.

The groups said that over 300 residents responded to the survey, with 284 meeting the eligibility criteria to be included in the final analysis.

"Respondents described getting verbally assaulted while shopping, observing hate speech and graffiti on Asian-owned businesses, feeling anxiety about their safety when leaving home, and being concerned about physical attacks for the first time as an Asian American," according to a news release from the two groups.

"The majority of respondents did not feel there is support in their community for victims of racial discrimination or harassment."

According to the groups, when asked to select resources that would most effectively help prevent discrimination, most respon-

dents chose community patrol or neighborhood watch programs. Other remedies suggested were stronger community-police relations and more cross-cultural events, such as community gatherings and celebrations.

In addition, about three in four parents who responded said that more training for teachers and school staff — as well as clearer protocols on how schools address violence and bullying — would help them and their children feel safer in school.

Another theme to emerge was that "many respondents also felt their communities in general needed more mental health/substance abuse services, childcare/youth activities, and senior services," the groups said.

"AYC proposes to address these findings in several ways," said Michelle Freridge, AYC's executive director. "First, we will continue addressing anti-Asian hate incidents in the San Gabriel Valley area of Los Angeles County through in-language community education, engagement, and mobilization activities to empower residents to prevent, address, and recover from Anti-Asian Hate incidents."

She also cited youth-led social justice projects with high school students in Los Angeles and the San Gabriel Valley through the Youth & Parent Leadership Development Program and Dream Allies Network; and after-school programming in the Alhambra Unified and San Gabriel Unified school districts for K-8 students, which incorporates classes from the Asian American Education Project curriculum and anti-bullying lessons.

Victims of hate incidents can report them to Los Angeles County by calling 211 or by going on the county's "LA vs. Hate" website at lavshate.org.

Hate incidents can also be reported to Stop AAPI Hate, a national coalition aimed at addressing anti-Asian American discrimination, at stopaapihate.org.

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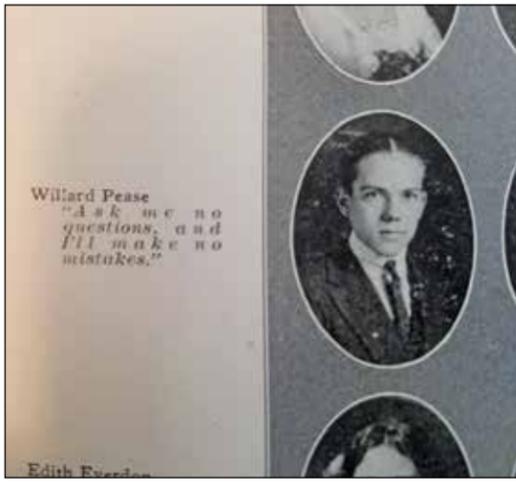


Photo of Willard Pease from Alhambra High School Yearbook. Willard's family established the H.M. Pease Co. grocery store, now Iona Work Spaces on Alhambra Rd.

Cover of 1921 Alhambra High School yearbook.

Alhambra Historical Society starts new chapter

"Ask me no questions, and I will make no mistakes," joked Alhambra high schooler Willard Pease over a hundred years ago in his school yearbook, looking with confidence into his own future and the unfolding 20th century.

Some things never change, other things always do.

As it is with the Alhambra Historical Society, which is revived and evolving so that its treasures – like its hundred years of Alhambra High School yearbooks – can be unlocked and accessed by more people, and new stories from our community woven into our local history.

The Society has just completed its election of a new Board. Several candidates stepped forward, possessing a wide range of skills and experience related to the history of Alhambra and the San Gabriel Valley more broadly, as well as organizational and fiscal management and museum science. Member voter turnout was very strong, and the new Board will be installed and announced in the coming weeks. We can expect to hear about new outreach efforts, new programming, and other exciting initiatives.

Stay tuned!

Ramona Convent celebrates the holiday season with a festive concert

Ramona Convent Music Director, Ruth Ballenger, and the members of chamber singers, choirs, and hand bell ringers led a magnificent performance that put audience members into the true spirit of the season. "It was heartwarming to see San Marino Community Church filled with parents and relatives, faculty members and former faculty members, alumnae and friends – all wearing masks of course. While we have many lovely zoom recordings made by our musicians last year, nothing beats hearing them in person" said Sr. Kathleen Callaway, President. At Ramona Convent, Christmas and Spring Concerts, liturgies, casual mini-concerts, events and service projects give voice to our talented musicians--sing-

ers and handbell ringers alike. Musical selections range from early music to Bach to the latest pop tunes. All students are invited to join the choir or handbell ensemble.

Ramona is a welcoming Catholic college-prep high school for girls in grades 9-12. Ramona graduates face the future with an extraordinary education, a global vision fueled by Catholic values, an independent spirit, confident leadership skills, the support of their Ramona sisters, and the strength of a legacy of more than 130 years of excellence.

Ramona Convent Secondary School, 1701 W. Ramona Rd, Alhambra, CA 91803, (626) 282-4151 or visit www.ramonaconvent.org.

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Men's Legs – Lower	\$90		
Men's Legs – Upper	\$90		
Men's Legs – Full	\$150		
Abdomen	\$70		
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Women's Chest – Full	\$85		
Men's Chest – Full	\$110		
Full Back – Women	\$100		
Full Back – Men	\$150		
Lower Body – Women	\$220		
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Upper Body – Women	\$270		
Upper Body – Men	\$300		
Full Body – Women	\$425		
Full Body – Men	\$485		

Carson (424) 240-7139

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VISIT THE CHAMBER ONLINE AT alhambrachamber.org

Alhambra Womans Club to meet Feb 4

We invite all women who enjoy exchanging good humor, excellent food, a lovely environment, and good entertainment to join us. This month, entertainment will be provided by Hector Gonzalez, a talented violinist. Join us on Friday, Feb. 4, 1130Am, at Almansor Court, 700 S. Almansor St. Alhambra. Cost for members is \$20,\$25 for non-members. Phone 626-289=9307 by Feb, 2 to make a reservation



Visit us at www.sgvhumane.org

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.



Polly

American Pit Bull Terrier Mix • Adult • Female • Large

Polly is a gorgeous 3-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>.



Bandit

Siberian Husky Mix • Young • Male • Large

Bandit is an adorable 10-month-old male Siberian Husky mix. You can see by his unique multi-colored face where he gets his name. Bandit is a curious boy who likes walks and sunbathing. He would benefit and thrive with some training. To schedule a "Meet and Greet" appointment call the San Gabriel Valley Humane Society at 626-286-1159. Or inquire online through our website at <https://www.sgvhumane.org/adopt>.



Coco

Boxer Mix • Adult • Male • Large

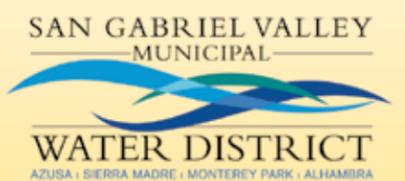
Coco is a 2-year-old brown and white male Boxer mix. His interests include hanging out with human friends, going on walks, runs, or hikes. Coco would like to have a home with a yard so he could run and play with his family. To schedule a "Meet and Greet" appointment call the San Gabriel Valley Humane Society at 626-286-1159. Or inquire online through our website at <https://www.sgvhumane.org/adopt>.

Save Water and Save Money

New Outdoor Irrigation Water Conservation Program offers **FREE** irrigation inspection, irrigation controller and spray nozzles! **Apply Today!**

In response to the drought and declining local water supplies, the San Gabriel Valley Municipal Water District is offering a **FREE Landscape Survey and Smart Controller Installation** to qualifying residential customers to help water their landscape more efficiently and save money on their water bill.

PROGRAM FEATURES	ELIGIBILITY	VALUE	HOW TO APPLY
<ul style="list-style-type: none"> Irrigation system inspection Replacement of existing irrigation controller Controller programming and training customized for your home Sprinkler nozzle retrofit/replacement on existing spray heads 	<ul style="list-style-type: none"> Residential water customers in Alhambra, Monterey Park, Azusa and Sierra Madre Must have a working irrigation system with a controller 	<ul style="list-style-type: none"> Up to \$1,000 in equipment and service (one controller per customer) Save water and save money! 	<ul style="list-style-type: none"> First Come First Serve: Time and funding are limited Contact the District's partner, EcoTech Services, at 866-308-8391 or ecotechservices.net



Saving Water...it's a good thing

For further information, contact the District at (626) 969-7911 or by email (info@sgvmwd.com).

SGVMWD.COM



Alhambra Council PTA 2021-22 Reflections Art Program winners

Two Winning AUSD Art Entries Advance to State Level

In a January 11 virtual ceremony, Alhambra Council PTA announced winners of their 2021-22 Reflections Art Program along with the art submissions that advance to California PTA.

President of Alhambra Council PTA, Kelly Tong, said, “We are so inspired by the creativity and artistic talent of our students — this year we have some truly striking entries. We announced winners in each of six categories and five divisions. We also have five students whose art submissions won at First District PTA level and two students whose art entries will be advancing to California PTA level — which is just remarkable.”

Students created artwork in response to the student-created theme “I Can Change the World by...”. Alhambra Council PTA received 87 Reflections art submissions from four Alhambra Unified School District elementary schools and one high school. Students from Brightwood, Emery Park, Martha Baldwin, Monterey Highlands, and Mark Keppel High School submitted artwork in each of the six categories: Music Composition, Literature, Photography, Film Production, Visual Arts, and Dance Choreography.

Two Monterey Highlands Elementary students’ Reflections art submissions move to the state level. Desiree Chong’s poem entitled “I Will Change the World” and Madeleine Angelo’s dance routine entitled “Treat The World With Love” and choreographed to the song “What the World Needs Now Is Love, Sweet Love” will both advance to California PTA.

Here are the award-winning 2021-22 Alhambra Council PTA Reflections Art Program Artists:

Dance Choreography

Emilia Kao, Brightwood Elementary, Primary Division

Madeleine Angelo, Monterey Highlands Elementary, Intermediate Division

Caroline Hernandez, Monterey Highlands Elementary, Middle School Division

Patience Doan, Mark Keppel High, High School Division

Literature

Zoey Lam, Monterey Highlands Elementary, Primary Division

Desiree Chong, Monterey Highlands Elementary, Intermediate Division

Aditya Kumar, Monterey Highlands

Elementary, Middle School Division

Kristine Sy, Mark Keppel High, High School Division

Music Composition

Jolie Wong, Brightwood Elementary, Primary Division

Esther Li, Monterey Highlands Elementary, Intermediate Division

Aditya Kumar, Monterey Highlands Elementary, Middle School Division

Photography

Allana Ramos, Monterey Highlands Elementary, Primary Division

Desiree Chong, Monterey Highlands Elementary, Intermediate Division

Valerie Chong, Monterey Highlands Elementary, Middle School Division

Camilla Chan, Mark Keppel High, High School Division

Film Production

Jude Hernandez, Monterey Highlands Elementary, Intermediate Division

Chelsea Chien, Monterey Highlands Elementary, Middle School Division

Camilla Chan, Mark Keppel High, High School Division

Visual Arts

Abigail Arellano, Martha Baldwin Elementary, Primary Division

Nathan Yao, Brightwood Elementary, Intermediate Division

Angeline Chau, Monterey Highlands Elementary, Middle School Division

Camilla Chan, Mark Keppel High, High School Division

Nicholas Lee, Emery Park Elementary, Special Artist Division

For more than half a century, PTA’s Reflections Art Program has been teaching and encouraging students the value of art. Each year, more than 300,000 TK-12th grade students nationwide create artwork through the program. Entries are judged locally with winning submissions moving to council level, state level, and ultimately to the national level. National PTA Reflections Art Program winners are announced annually in May.

About Alhambra Council PTA

The Alhambra Council PTA consists of all 14 elementary/middle and high school PTA’s within the Alhambra and Monterey Park area. The PTA’s mission is to make every child’s potential a reality through engaging and empowering families and communities to advocate for all children.



Claudia Ralston’s first-graders were fascinated by Kapono and were delighted with his storytelling, dance moves, and ability to answer their questions. Ms. Ralston and her students attend Marguerita School, but due to construction, they are temporarily housed at Fremont School.

CSULA + AUSD expand partnership: Kapono the humanoid robot enchants more students

It’s not everyday that six-year-olds get treated to story time with a robot, but that’s what happened for 13 lucky Alhambra USD first grade classes in December. Kapono the Humanoid Robot is a project of the Charter College of Education at California State University Los Angeles. For the last four years, Kapono has visited AUSD schools to teach elementary students about technology computer coding in real-world applications.

As part of its long-standing partnership with CSULA, AUSD welcomes Kapono and his graduate student-friends at least twice a year. Kapono met students at Brightwood, Fremont, and Northrup Schools. He continues his visits at those schools this year, but also added one more, to the delight of Marguerita first-grade students and teachers. CSULA is planning a return visit in spring and hopes to keep expanding the program and providing learning opportunities for additional schools.

Students relished Kapono’s storytelling skills as he recited “Too Many Tamales” and showed off his dance moves to Michael Jackson’s “Thriller.” When Kapono accidentally fell during his performance, students gasped, worried for their new friend. But Kapono quickly proved that he has many built-in safety features, and is able to recover when he falls.

Kapono and friends Zoom-visited AUSD classes last year during Distance Learning. This year, with strict safety protocols in place, they received special permission to return to in-person visits. “We love visiting Alhambra Schools during the holidays with Kapono. We are always excited for this time of year!” says Jessal Salas of CSULA’s Charter College of Education. Salas has coordinated CSULA school visits since the inception of the partnership. Students say they can’t wait for Kapono’s to come back so he can show them more amazing abilities.

COMPUTER SCIENCE EDUCATION WEEK From Page 1

understand that early and ongoing computer science education is fundamental to creating bigger futures for our kids,”

said Ashton Potter, AUSD director of technology.



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website: www.oneontamontessori.com
Tours everyday from 10:00 a.m. - 12:00 noon





8th Grader Doing Geometry Outdoors.

Open House at Saint Therese Carmelite School on January 30th

On Sunday, January 30th, Saint Therese Carmelite School (STCS) will be holding an open house at 1106 East Alhambra Road in Alhambra. It will begin shortly after 10am and run until 3pm.

The program will include an address by the principal, student and parent testimonials, as well as student performances. Afterwards, attendees will be able to speak to teachers, visit classrooms, and explore the rich school curriculum.

Saint Therese Carmelite School was founded in 1926 and serves students in TK through eighth grade. The school educates students through the Catholic classical model to equip them with the logic, critical thinking, and language skills necessary to succeed throughout their lives. As an alternative to Common Core, this model is developmentally appropriate and aims to provide a well-rounded education, including classic books, math up to Euclidean geometry, science, Catholic catechesis, Latin, music, art, and P.E.



First Grader Experimenting with Surface Tension.

Recent graduates of STCS have all been accepted to area Catholic high schools. That said, the school, above all, aims to form students in faith and virtue.

For more information, please visit <https://saintthersecarmeliteschool.com/> and the school's Facebook page.

Do You Know an AUSD Game Changer?

NEXT DEADLINE: FEBRUARY 28TH

Here's how to nominate a deserving employee...
Go to www.ausd.us/badges/:

- Click on 'Recognition'
- Click on one of the two badges that you want to choose
- Fill out a short, fast form: your name, who you nominate and what they do, how you know them, and very briefly why you want them to be recognized.
- Submit!

THIS TWO-TIERED RECOGNITION PROGRAM ALLOWS NOMINEES FOR THE "ABOVE AND BEYOND THE CALL OF DUTY" AND "SPOTLIGHT" BADGES TO THEN BE ELIGIBLE TO BE SELECTED FOR THE "GAME CHANGER" BADGE, WHICH WILL BE AWARDED EVERY MONTH DURING THE SCHOOL YEAR TO TWO AUSD EMPLOYEES.

The two monthly Game Changer winners will each receive a \$100 award from Schools First Federal Credit Union, recognition by the AUSD Board of Education, and a feature on our District website.



FREE COVID-19 Vaccinations/Boosters Available in Your Community

WHERE
Alhambra High School
101 S 2nd St.
Alhambra, CA 91801

WHEN
February 11, 2022
1:30PM - 6:30PM

WHO IS ELIGIBLE

- Persons 5 years and older to be accompanied by parent/guardian (Pfizer)



Please remember to bring the following:

- Photo ID or other forms of identification
- Persons under the age of 18 will need to have a parent or guardian present

Examples of proof of age for under 18:

- Driver's license or permit (foreign country or expired ID accepted)
- California ID card or REAL ID card (from the DMV)
- Consular ID (Matricula Consular)
- Medicare card
- Membership card (foreign country okay if it is written in English)
- Passport (foreign country or expired accepted)
- Birth certificate
- Medical document/records (including immunization records) from medical provider, clinic or doctor
- Any official document that includes name and date of birth (for example school record)

For more information please visit:
publichealth.lacounty.gov



Schedule your appointment online at:

<https://vaccine.fulgentgenetics.com/vaccination/private-sites?siteid=FSS-STE000033>
Password: AUSDboosterAHS222

- You'll be asked to provide a phone number or email address during the booking process.
- Consider asking a family member or friend to help book the appointment if needed.
- Assistance with registration is available on site.
- Please bring CDC Issued Vaccine card for 2nd, 3rd, or booster appointments.





2022-23 DUAL IMMERSION REGISTRATION IS OPEN!

Interested in our Dual Immersion Programs?

REMINDER: Make sure to register before February 7th.

Online registration for 2022-2023 Kindergarten* Spanish & Mandarin Dual Immersion will be December 6, 2021-February 7, 2022, and will be available through the AUSD website (www.ausd.us or scan the QR code).



SCAN ME

* Kindergarten Birthdate Eligibility: September 2, 2016 - September 1, 2017

Helping to Create a Global Future

Dora S. Padilla Memorial Arts Scholarship launches at Alhambra Latino Association

Trailblazer Dora Padilla was the first Latina member of the Alhambra Unified Board of Education, serving five consecutive terms, 1978-1998. The self-described PTA mom was propelled to office because of her advocacy for student equity and fierce crusade for arts education. Another of her milestones was co-founding the Alhambra Latino Association to inspire and support Latino students and families.



Dora S. Padilla

Her children, all AUSD alums who share their mother's love of art and music, recently established the Dora S. Padilla Memorial Arts Scholarship through the Alhambra Latino Association to continue her legacy. Dora Padilla died in January 2021 of COVID-19.

Daughter, Lisa Padilla Jones, beloved AUSD elementary music teacher, and son, Steve Padilla, *Los Angeles Times* Column One editor and arts education advocate, wanted to honor their mother's belief in the power of arts education by creating the scholarship. The Padilla family was famously musical. Dora sang and played the guitar, Lisa and Steve played the French horn, Steve currently sings tenor with Jouyssance, an early music chamber ensemble, and is a visiting artist for Turnaround Arts CA. Son Daniel, who died of a stroke in 2020, was a singer.

Steve Padilla said, "As Robert Morales wrote in his Pasadena Star News tribute to Mom, AUSD Superintendent Denise Jaramillo credits Dora as the reason we still have arts instruction in the district."

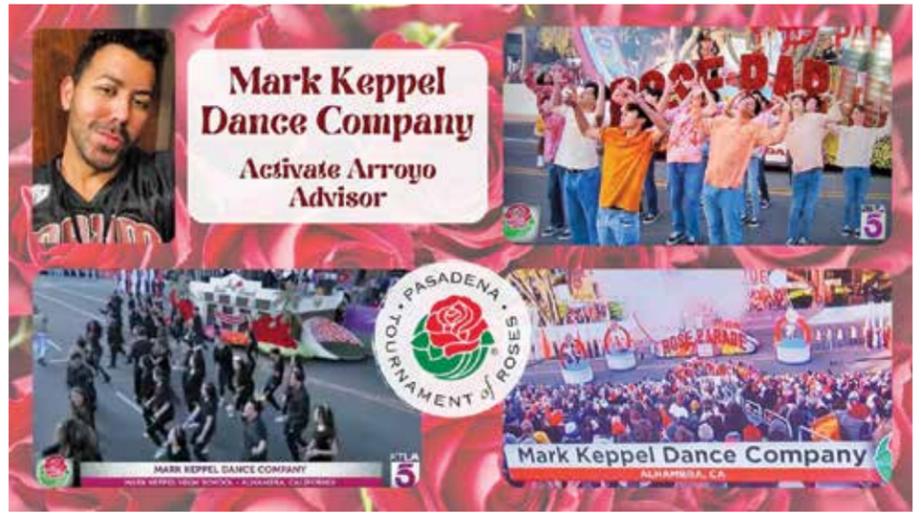
Steve shared the back story: "My Mom vigorously defended the arts as the school board deliberated the budget and she once used a parliamentary tactic to preserve funding. She voted for cutbacks in arts funding because, by casting a yes vote, that allowed her to bring the item back for reconsideration. If she had voted no, the cutbacks would have been approved over her objection. A few weeks later, after

persuading the other trustees that savings could be found elsewhere, she brought the budget cuts back for another vote and this time they were defeated. The arts funding continued."

Superintendent Jaramillo said, "We are cheering the Alhambra Latino Association arts scholarship that Dora's equally amazing children established in her name. What a magnificent way to continue their mother's championship of the arts and celebrate her role as a co-founder of ALA. Arts education is a superpower for students — and is especially healing during the pandemic."

Applicants for the scholarship should identify as Latino/Hispanic and be AUSD graduating high school seniors pursuing some type of post-secondary education, though it does not have to be in the arts. The scholarship recognizes students who have excelled in performing, literal and visual arts.

Students wishing to apply for the scholarship can go to the Alhambra Latino Association website at www.alhambralatinoassociation.com/.



Mark Keppel Dance Company wows 2022 Rose Parade viewers

Once again, the Mark Keppel Dance Company and their teacher, Activate Arroyo, grabbed audience attention — this time international attention — by performing in the 2022 Rose Parade for the kick off with LeAnn Rimes, the finale with Jimmie Allen and mid-parade with Laine Hardy.

The Rose Parade producer asked the Mark Keppel Dance Company to per-

form after seeing them perform during the October announcement of the Rose Parade Queen and Court. The students spent 10 hours a day in rehearsal during the winter break.

"The smiles on their faces were something that had been missing for a couple years. And it was an experience neither they nor I will ever forget," said Arroyo.



Alhambra Civic Center Library

101 S. First St.
Alhambra, CA 91801
626-570-5008
www.alhambralibrary.org

Sunday:	01:00 pm - 05:00 pm
Monday:	11:00 am - 08:00 pm
Tuesday:	11:00 am - 08:00 pm
Wednesday:	11:00 am - 08:00 pm
Thursday:	11:00 am - 08:00 pm
Friday:	10:00 am - 05:00 pm
Saturday:	10:00 am - 05:00 pm

FREE COVID-19 Vaccinations/Boosters Available in Your Community

WHERE
Garfield Elementary
110 W. McLean St.
Alhambra, CA 91801

WHEN
February 9, 2022
1:30PM - 6:30PM

WHO IS ELIGIBLE

- Persons 5 years and older to be accompanied by parent/guardian (Pfizer)



Please remember to bring the following:

- Photo ID or other forms of identification
- Persons under the age of 18 will need to have a parent or guardian present

Examples of proof of age for under 18:

- Driver's license or permit (foreign country or expired ID accepted)
- California ID card or REAL ID card (from the DMV)
- Consular ID (Matricula Consular)
- Medicare card
- Membership card (foreign country okay if it is written in English)
- Passport (foreign country or expired accepted)
- Birth certificate
- Medical document/records (including immunization records) from medical provider, clinic or doctor
- Any official document that includes name and date of birth (for example school record)

For more information please visit:
publichealth.lacounty.gov



Schedule your appointment online at:

<https://vaccine.fulgentgenetics.com/vaccination/private-sites?siteid=FSS-STE000367>
Password: AUSDboosterGarfield222

- You'll be asked to provide a phone number or email address during the booking process.
- Consider asking a family member or friend to help book the appointment if needed.
- Assistance with registration is available on site.
- Please bring CDC Issued Vaccine card for 2nd, 3rd, or booster appointments.



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www.ausd.us

Our mission is to discover, retain, and develop quality personnel in support of all learners in a positive and productive working environment in the Alhambra Unified School District.



AUSD music teachers, Madame Quan, bottom row, center, and Lisa Padilla Jones, bottom row right, teamed up with drama teacher Amy Hughson, top row center, to invent a 30-minute, interactive, weekly VAPA Variety show for their TK-3 students at Repetto and Ynez. The students are so excited and energized after the show.

AUSD VAPA teachers create interactive Zoom Music + Drama Variety Show for TK-3 students

Thanks to the collaboration and imagination of music teachers Jennifer Quan and Lisa Padilla Jones, and drama teacher Amy Hughson, TK-3 kids at Repetto and Ynez are loving their new 30-minute, interactive, Zoom Variety Show delivered each Wednesday to their homerooms.

The three teachers began offering "Live on Zoom" VAPA variety show-type lessons that feature 10 minutes of music, movement, instrument sounds, and rhythm reading with Mrs. Jones; then 10 minutes of drama, voice, enunciation, character emotions, and pantomime with Ms. Hughson; and 10 minutes singing, moving, and jazz jamming with Madame Quan. "Everyone is feeling the energetic and full engagement with all the kids — because many of the teachers are jamming along with the VAPA teachers," said Quan.

At first, the three teachers weren't sure

how doing TK-3 Zoom would turn out but they are glad they gave it try. "Several of our TK-3 teachers from all grade levels have been raving about how much the kids are enjoying their weekly VAPA zooms with us," Quan said. "They're saying that they like the variety show format."

Homeroom teachers add that they are feeling the energetic and full engagement with all the kids and enjoy jamming along with the kids. "We're proud of the students' progress, team cohesion, and positive impact on school culture. It's also fun for students from two different schools in the community Repetto and Ynez to share a common experience," Quan said.

Beginning Wednesday, January 26, the teachers will deliver their Zoom Variety Shows to TK-3 students at Brightwood and Monterey Highlands. VAPA is a secret weapon to restore focus and good spirits.



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Superintendent / Board Member Community Conversations via Zoom

SCHEDULED SESSIONS:

- September 23rd (full)
- October 14th (full)
- November 4th (full)
- December 16th (full)
- January 20th (full)
- February 10th
- March 10th
- April 14th
- May 12th



All meetings will be held on Thursdays from 6:30pm to 7:30pm. Translators will be available upon request.

We welcome questions / concerns / suggestions on any topics you would like to discuss.

Please reserve your spot at

<https://tinyurl.com/AUSD-Conversations2122>

You will receive a confirmation & Zoom invitation a few days prior to the meeting.

Please sign up soon. Spaces will be limited as these meetings are intended to be small (no more than 25 people) in order to have a two-way dialogue with our parents, so we can connect and know what is on your mind. We hope you will join us for at least one Community Conversation session this year.

A lovely, lovely life

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

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

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



closely with another human being.

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

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

The desire for close relationships never goes away. Perhaps the most painful part of the current pandemic has been the loss of these relationships among seniors. In this season many seniors have been unable to share a meal or hug a loved one because of

the fear of this virus. The desire for meaningful conversations, the gentle touch, and the personal connection of conversations and affection are always important and may be one of the best antidotes to the plague of loneliness.

A couple of years ago, we invited several of our couples at Atherton to tell us their love stories. It was exciting to hear how they met and fell in love, how they had endured the ups and downs of life, and the advice they would give younger couples in their journey. One of the gentlemen, Paul DeVaughn, who had been married 68 years to his wife, Juanita, said, "If you can keep that feeling alive that you had when you first met, and if you mean what you say when you say it, you will have a lovely, lovely life."



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

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Giving Thanks

BY SHEILA YONEMOTO, P.T.

Another year has passed with the pandemic making us change our way of living. Some are suggesting that the virus may be with us for a long time, but it looks like we may be able to coexist with this virus and return to normal, as one UCSF covid expert doctor stated in an article in the NY Times.

The CDC is changing their emphasis from herd immunity via the vaccinations to focusing on improving the people's immunity. Change the host's environment to make it less hospitable for a virus and it can't take root and settle in. In fact, the CDC says that a pandemic requires 3 conditions to take place: the infectious agent, the host, and the environment. Studies have shown a relationship of air pollution to higher rates of covid. There is also a higher risk of covid with co-morbidities like obesity, diabetes, heart disease and other ailments. It would seem to be a good strategy to boost your overall health at this time, especially in areas that you have the most control over, like diet, exercise, sleep and stress management. Fear and worry tend to decrease your immune system. So spend more time finding ways to laugh, enjoy others' company even if it is just by phone, commune with nature, and get better sleep.

Some easy ways to boost your immune system: show more gratitude, count your blessings, help others, do something to make this a better world, and get more sunshine (just don't get burned). Other things you can do: eat more fruits and vegetables, drink more water, decrease your consumption of processed foods and sugar,



Sheila Yonemoto, P.T., has been a physical therapist for more than 30 years, specializing in integrative manual therapy, using a holistic approach. She can be reached at Yonemoto Physical Therapy, 55 S. Raymond Ave, Suite 100, Alhambra 91801. Sheila offers a Qigong "Chinese Energy" exercise class. Your first class is FREE. Call 626-576-0591 for more information, or visit www.yonemoto.com.

and get up and move more! Some other possible solutions would be to take vitamin D 2000-5000 IU/day, vitamin C 3000 mg in divided doses (your body uses up vitamin C quickly and could use a steady supply, and it's an antiviral), magnesium 400 mg and zinc (the amounts I see in articles varies.) Pumpkin seeds are high in zinc.

In my own circle of family, friends, patients and acquaintances, a few have been lost to covid, but others who have had it, had mild cases and recovered. Some were not vaccinated and others were. We are not yet out of the woods, but I am grateful that we have done as well as we have so far and hope that we will have a better world soon.

Best wishes for a bright new year!

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Metal allergy and dental implants

Q. I am interested in getting a dental implant to replace a missing tooth. However, I have metal allergies. Would that be a problem?



Allergies to metals are very common. Recent reports show that 17% of women and 3% of men are allergic to nickel and 1% - 3% of the people are allergic to cobalt and chromium. These include daily items as jewelry, buttons, clothing fasteners, dental restorations, mobile phones,

Allergic reaction can develop from a simple rash to difficulties breathing. We can become allergic to virtually anything, and at any time.

Dental implants are generally made of metal called titanium. The same metal is

used for knee implants. Titanium is very biocompatible, very strong and not corrosive material. It is known for its osteophilic qualities, comes from: "osteo" – bone; "philic" – loving. It means that titanium integrates and bonds to the natural bone permanently. This is what determines the great success rate in implants.

Another good quality of the titanium is its very low allergy rate, equal to 0.6%.



How do you know if you have titanium allergy?

Some of the common symptoms of an allergy to titanium dental implants include

pain, swelling/bumps in the mouth, inflammation of the gums around the implant, canker sores with burning sensation. If the symptoms are not released after the systemic intervention of antibiotics for six days, hypersensitivity could be suspected.

It's possible to detect a titanium hypersensitivity ahead of time with a MELISA test. This a blood test that measures the immune response to titanium and is much more accurate than a traditional skin patch allergy test. If you have history of metal allergy it may be recommended to have a MELISA test before you get an implant.

Can you get dental implants if you have titanium allergy?

Great news, modern technology developed zirconia dental implants. They have been used for at least 20 years now.

Zirconia is a very strong non-metallic ceramic ma-

terial that is also used for restoring dental crowns.

In conclusion, although very rare, titanium hypersensitivity is a possibility and could be overlooked since an allergic reaction could cause various symptoms and is very rarely expected.

Share with your dentist if you develop pain, eczema, swelling or burning sensation within four days after the implant placement.



Ask
Dr. Dara,
D.D.S.

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.

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More praise for Alhambra restaurants

The Los Angeles Times recently released its annual picks for “101 Best Restaurants in L.A.” This year four Alhambra eateries made the list and we are proud to be known as a ‘restaurant city’.

First of all, **Jiang Nan Spring** located at 910 E. Main Street, was already recognized as a ‘Plate Michelin’ restaurant. The Plate symbol recognizes restaurants that, ‘simply serve good food’. In their case it means excellence in serving Chinese regional cuisine based in and around Shanghai.

Shanghai based cooking is not as hot as Szechuan food, and is more noodle based than southern Chinese rice based dishes. Jiang Nan Spring’s soft round chewy noodles (chow mein) are a satisfying meal

on their own. But there is so much more, as many as 150 choices, each dish tastier than the last. Alhambra residents and savvy neighbors know that Jian Nan Spring is a great place for lunch or dinner.

Lunasia Dim Sum House located at 500 W. Main Street, also made the Michelin Plate status for good food along with its L.A. Times ranking. Michelin’s reviewer says, “Few kitchens can prepare a noodle roll quite like this local Alhambra favorite”. The Times reviewer says that, “Lunasia is my current favorite (place for Dim Sum)”. Spoiler alert: It’s our favorite place too.

Sichuan Impression located at 1900 W. Valley Blvd. is yet another Michelin Plate restaurant honored by the L.A. Times.

Alhambra is Rich in Restaurants



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Owners and staff at Yang’s Kitchen celebrate the LA Times recognition.

Sichuan cooking features fiery hot, but delicious dishes. Unlike some Sichuan places Sichuan Impression dials back the heat for a more pleasurable dining experience.

This perpetually busy restaurant attests to its popularity. Michelin says that it is “Paradise for diners seeking a culinary adventure”, while the Times reviewer notes that, “the menu most eloquently conveys the range of the heat and flavor of the cuisine”. They do this with symbols of chili peppers, from zero to three, three being the hottest. There are lots of choices in the menu to dial back the heat yet still know that you have traveled to Sichuan.

Yang’s Kitchen at 112 W. Main Street, is the fourth L.A. Times culinary suggestion in Alhambra. Serving up an eclectic menu of eastern and western favorites, both inside and on their patio out back, Yang’s Kitchen has become a foodie favorite. Unabashedly

pro-planet, Yang’s is probably the most conscientious restaurant in town for organic and locally sourced food.

Serving up breakfast and lunch, Yang’s Kitchen was one of the only restaurants to remain flexible enough during the worst of the COVID crisis to adapt and change to remain open throughout. They did this by immediately becoming an all-take out restaurant and becoming a grocery outlet for responsibly sourced foods. Now they are back with indoor and outdoor seating. Then, in the December 10th issue of The Times, in an article titled, “The Spots We Take Out-of-town Guests” they give a shout out to **Kang Kang Food Court** at 27 E. Valley for their piping hot sheng jian bao, along with a warning of how to carefully eat the ‘molten hot pork and soup’.

There are so many good places to eat in Alhambra. Try something new soon.



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Embassy Kitchen is now open, offering the only Hong Kong style BBQ kitchen selections in downtown Alhambra, as well as convenient sit down and takeout service. Visit them today at 11. W. Main St.

Newly opened Embassy Kitchen offers dim sum and Hong Kong Style barbecue on Main Street

Embassy Kitchen, located at 11 W. Main St., is a Cantonese style family restaurant featuring Peking duck, Hong Kong style barbecue pork, seafood and a dim sum menu, with both comfortable sit down and takeout service.

Located at the former Jasmine House location, Embassy Kitchen has new owners, new chefs and the only Hong Kong style BBQ kitchen in downtown Alhambra, featuring whole roast ducks, tasty char siu, soy sauce chicken and many other popular takeout dishes. Open 7 days a week, their competitively priced dim sum selections are made from scratch by award-winning Hong Kong trained chefs along with an extensive lunch and dinner menu. There is a private banquet room for special occasions and beautiful classic ancient Chinese art lines the hallway, which connects the BBQ kitchen and parking entrance to the main dining room.

For those who prefer seafood, there is a house special lobster as well as a dish with lobster and Yi Mien, which is a noodle

dish. Or, try either the delicious stir-fried Chinese broccoli with salted halibut, or a stir-fried rock cod with black bean and chili sauce on their lunch special menu.

Dim sum refers to the selection of small dishes traditionally enjoyed at Chinese restaurants during brunch. Embassy Kitchen's menu includes steamed, pan fried and baked dim sum items like shrimp har gow, siu mai, delicious char siu bao and baked egg custard tarts. Also, try the preserved egg with shredded pork congee.

For more information about Embassy Kitchen and how it can host your next special event, please contact General Manager Nina Chen Li or Mrs. Ruby Lam, 626.284.8000, ruby@rubygarmet.com. Their friendly staff are happy to serve you from 10 a.m. to 8:30 p.m. Covid protocols such as wearing a proper face mask are mandatory when entering the restaurant.

Parking is free at the 4-story parking garage behind the restaurant, where patrons can enter through the rear BBQ kitchen entrance.

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By MARK PAULSON

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Mark Paulson is a Realtor in Alhambra specializing in the sale and leasing of commercial real estate. He has been a real estate professional since 1976.

Nearly half of Generation Z prefers single-family living to apartment living in young adulthood

The build-to-rent sector is poised for rapid growth over the next several years. Currently, the rental housing segment is serving aging millennials looking to start families but not yet able to achieve homeownership. However, Generation Z is standing in the wing ready to fuel long-term growth in the BTR space.

According to survey data from the National Apartment Association, 43% of Generation Z want to rent single-family homes following the completion of their university education. With the current age range of Generation Z spanning six to 24 years old, the first wave of this cohort is just now starting to make an impact on rental housing demand.

In addition, demand will grow alongside supply, which will be diverse. Ultimately, it could even pull people away from homeownership. As more people visit their family/friends renting in rental communities, they will start to weight the benefits of renting vs. owning and might be more inclined to sell their homes, particularly with current valuations of their properties

at all-time highs.

Demand from both millennials and Generation Z will fuel growth in market over the next several years. As the market matures, it will gain new investors. As new players enter the space, each will bring their own unique vision and that will result in a greater variety of product across the country, which is a net positive for renters and investor alike. Over time, smaller local/regional groups may ultimately grow into super-regional and national firms.

Due to the expected growth in this sector, multifamily investors are focused on increasing exposure to rental assets.

However, multifamily also remains a highly sought-after asset class. "With current supply vs. demand metrics, capital will continue to see the need to allocate more of its investments to the residential space in multifamily development opportunities. Keep in mind, certain gateway markets have minimal available land, so BTR communities are almost non-existent in markets like New York, Seattle and San Francisco."

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Understanding Real Estate

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




Tapping into the Competitive Irrationality of buyers can lead to Bidding Wars and increased profits.

Generating “Bidding Wars” on your home

Today’s real estate market is a competitive environment for buyers. And sellers of properties need to understand this and to exploit this. But how?

Sellers must to move the buyers from the buyer’s brain to the buyer’s heart. The buyer’s brain is controlled by logic and data. When the buyer transitions from their brain to their heart, emotions become the dominant factor of the decision-making process. Components of a transaction such as price become altered and often significantly exceed the initial position the buyer was prepared to take.

Medical professionals refer to this phenomenon as “competitive irrationality”. Part of this mind-set can be driven by the fear of losing. This “competitive irrationality” can also be seen on E-Bay, auction bidding, and the NFL football draft.

Bidding Wars are fueled by the perception of scarcity, “social proofing”, and the desire to win. Whether buyers overestimate the scarcity of a property or properly read the situation, this impression can lead to elevated price offers. “Social proofing” is driven by the notion that if enough people are doing something (i.e. bidding above list price), then it must be right. And a competitive situation can motivate some persons to bid in a manner to not just win the sale, but to defeat their competition.

Sellers need to take advantage of this “competitive irrationality” by creating a Bidding War. Sellers must set the list price of their home at a realistic market value. This in turn will draw multiple buyers. Do not shoot for the moon with the initial list

price. Rather, set the initial list price at a level to maximize buyer interest and then let the Bidding War elevate the final agreed upon price in the direction of the moon.

Aggressive marketing should complement an attractive initial list price. These marketing tools should employ a strong virtual platform that is not just national but international, professional photography (one picture may not be worth a thousand words, but at least a lot of words), interactive technologies that allow the buyer to experience the property at their own pace on the internet, downloads of the property to public websites such as Realtor.com, Trulia, and Redfin, and the traditional techniques of open houses, door-knocking, and broker caravans.

In today’s real estate market, if a property languishes as a listing for weeks without offers, this is a symptom of not being competitive with the asking price. And this

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symptom means the seller is not tapping into “competitive irrationality”.

The forms of the California Association of Realtors used in transactions support the creation of “competitive irrationality”. Often counter offers are issued when purchase offers are received. But when *multiple* offers are received on a home, a counter offer form is not used. Rather a multiple counter offer form is employed. The *multiple* counter offer form notifies the buyer they are in competition with other buyers. The seller’s agent is not required to inform the buyer’s agent of the number of

offers received. And with this, sellers are guiding buyers into the world of “competitive irrationality”.

And as buyers enter a Bidding War, they will be more likely to remove key contingencies (i.e. backout clauses) such as appraisal contingencies and less prone to ask for extensive repair requests.

Bidding Wars can be created with a thoughtful marketing plan that includes proper initial list pricing. And with Bidding Wars come the “competitive irrationality” of buyers that will benefit the seller of a property.

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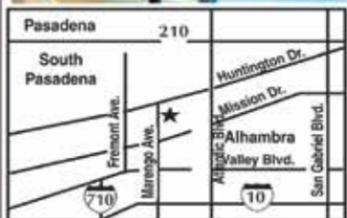
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Recently I have helped quite a few new customers with brake fluid maintenance and some with hydraulic repairs. I was surprised to find that many did not know that fluid needed servicing. Some just assumed that it was done with brake linings replacement. Actually, it is a separate service which may or may not be necessary when brake linings come due.

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The fluid level and condition can be checked at the reservoir which usually sits right on top of your master cylinder. Most reservoirs are clear and you can check that the level is between the full and minimum indicators. Fluid level drops as brake linings wear and normally you will not need to add fluid between services. If the fluid level has dropped below minimum the brake system should be inspected for safety. If fluid is added in should be fresh and from a sealed container. Be careful not to spill it on painted surfaces.

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