



Parks and Recreation opens up for summer

Alhambra's Parks and Recreation Department is taking the first tentative steps toward being available for the city's young people this summer.

The popular Camp Alhambra is back starting Monday, June 1. This program, operating out of Granada Park, will look a little different. The maximum number of children who can participate will be 36. This will create four groups plus a counselor for each group. The groups will operate separately to maintain social distancing with one another.

Sanitation will be a part of the experience, and surfaces will be wiped down frequently during the day. This year there will be no swimming or field trips, so alternate activities are planned. As usual, there will be snacks and lunches. Signing up for Camp Alhambra will be on a first come, first served basis. Many children have already been admitted, so don't delay in applying. To register, please call 626-570-5081.

The other program open this summer will be the long running summer lunch program, which will also begin Monday, June 1, and continue until Aug. 7. It will operate on a "grab and go" basis five days a week, Monday through Friday. Last year 50,606 lunches and snacks were served at Almansor Park, Granada Park, Alhambra Park, and Story Park. A modest increase in numbers is expected this year because of employment disruption.

Besides grab and go, another difference is that both the lunch and the snack will be handed out at the same time so children don't need to line up twice. Remember that kids do need to be present for food distribution.

Hopefully more Parks and Recreation activities can be opened up as the summer progresses. *Around Alhambra* will keep you informed.

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ALHAMBRA CHAMBER OF COMMERCE
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BACK TO WORK ALHAMBRA TOWN HALL WEBINAR SERIES WEEK 1

Via Zoom

Tuesday, May 26, 9 a.m.

Join Mayor Ross Maza and the Alhambra Chamber of Commerce for weekly updates on the re-opening of Alhambra to commerce, play, and leisure. This is a time to hear firsthand the plans of the city, and it is your opportunity to ask questions. We will hold these live webinars at 9 a.m. every Tuesday for at least the next four weeks and as needed thereafter.

Next meetings, 9 a.m.

Tuesday, June 2

Tuesday, June 9

Tuesday, June 16

Register here:

https://us02web.zoom.us/webinar/register/WN_Y23IzSfSTaS50eS64Tszww

Alhambra Unified School District celebrates class of 2020

It's safe to say the final year of high school for the class of 2020 didn't go as planned. Although Covid-19 has forced cancellations of mainstay activities, it doesn't mean seniors can't still be celebrated for their amazing achievements. The district and its five high schools dedicated the month of May to their seniors, providing them with various honors to show how proud they are of the amazing accolades and resilience the 2020 class has shown over the last few months.

Stadium lighting ceremonies on May 8 were held at Aztec Field, Moor Field, and Matador Stadium to salute this senior class. Emotions were high as students were able to share this powerful moment with classmates and educators who they haven't seen in months.

Later in May, lines of cars surrounded high schools as seniors traveled back to campus to pick up caps, gowns, and lawn signs, small tokens that represent their immeasurable achievement. Class of 2020 banners were donated and hung at all AUSD campuses, including elementary schools to honor eighth grade graduates as well. The generous donations were on behalf of Valley Vista Services and Monterey Highlands parent Cindy Gomez. In addition to the school banners, two large street banners were hung in Alhambra on Fremont, south of Commonwealth and in



Despite the unconventional ceremonies, the Alhambra School District is extremely honored to be part of this unique and memorable celebration for the class of 2020.

Monterey Park on Garfield, north of Garvey. These two banners were made possible by donations from various community members and organizations.

Traditional high school graduations, which were originally planned to take place the final week of May, were changed to virtual events to follow L.A. County Office of Education and Department of Public Health guidelines. The district is in constant communication with county officials, and will update their plans in accordance with new guidelines as they are released. Virtual ceremonies are scheduled for the first week of June: Alhambra and Mark Keppel High will take place on June 6, San Gabriel on June

>> see **CLASS OF 2020** Page 7

Mayor's Corner



By Mayor Ross J. Maza

Hello Alhambra. What an incredible last three months we have all been through! There is no denying that we have all been affected by COVID-19 and that we have faced a number of challenges as a result. Fortunately, we are now at a point where we are starting to see the light at the end of the tunnel. Many changes and hurdles still lay ahead, but we will adjust and overcome!

As we enter June, amid everything we are facing, the **class of 2020** is one of the first things to come to mind. So many events, celebrations, and honors were suddenly taken from our graduates. It is heartbreaking to see that one of the most memorable seasons for the high school seniors would change so drastically as a result of this pandemic; however, this has not broken them, it has made them stronger.

Congratulations class of 2020! Best wishes to every one of you in your next journey. Times could not be more challenging for you, but remember how much

power you hold, and that if the world is going to improve and be better, you need to be a part of making that happen. There is no better time to put the many lessons of your parents, teachers, and mentors into practice to improve the future. Look ahead, be resilient, and always remember that challenges and adversity only make you stronger. God bless you and guide you all. Congratulations!

Thank you parents, teachers, counselors, staff, and coaches who have guided the 2020 graduates to the finish line.

This was certainly a very different Memorial Day. I would also like to honor the many men and women who have lost their lives while so bravely serving and protecting the United States of America. As we know, without these brave men and women, we would not enjoy the many freedoms we do today. Let's always remember, remind others, and pay respect. Thank you.

June will be an important month for us all as we continue to transition into re-opening Alhambra. We will see changes and adjustments everywhere we look, with the goal of soon being fully re-open. Life may never be the same for any of us, but we continue to work together as a community to preserve and enjoy everything we love about Alhambra. Let's remain positive, united, and focus on the light at the end of this.

As always, please remember that the Alhambra City Council is available to you for questions, opinions, and concerns. Wishing you and all of your loved ones blessings and health.

I look forward to seeing you in person very soon.



Alhambra Hospital staff and TAP-LA representatives.

Taiwanese American Professionals of Los Angeles collaborates with other organizations to support local restaurants, feed health care workers

BY JEWELYN CO

Taiwanese American Professionals of Los Angeles (TAP-LA), with collaborative support from Asian Pacific Islander (API) and other organizations, including Taiwanese American Professionals of Orange County (TAP-OC), Asian Professional Exchange (APEX), ACE NextGen, Asian Corporate & Entrepreneur Leaders (ACEL-SoCal Chapter), NAAAP Los Angeles, and NAAAP Orange County, have organized a relief effort to support local restaurants while feeding frontline medical workers.

Many restaurants throughout Southern California have been affected by the economic distress due to the COVID-19 pandemic. Health care workers and staff, who are putting in many hours of service to care for patients, cope with exhaustion and lack of decent meals. "As part of the

tribute to Asian American Heritage Month, groups of Asian American organizations wanted to come together to do something to help to support local restaurants and health care workers during this time of crisis," said Chris Balmaseda, TAP-LA president and Alhambra Chamber of Commerce board member. "We are going to different hospitals and regions to support them as a part of this effort"

TAP-LA is raising funds through GoFundMe with a goal to reach \$25,000 in donations to purchase meals or gift cards from selected local restaurants and safely deliver them to designated hospitals and medical centers. "There are seven Asian Pacific Islander non-profit organizations that came together to do this COVID-19 relief project," said Angela Chang, president of ACE Next-Gen Southern California Chapter. "We have specifically designated support to local restaurants, and we have raised money to purchase meals from these restaurants and donate the meals to hospital health care workers. We have been able to serve about 10 hospitals and urgent care centers, and we have supported 10 local restaurants with many more to come."

Local hospitals and other medical facilities that received meal donations from the organization include the Advanced Healthcare Management Corporation medical centers like Alhambra Hospital Medical Center and San Gabriel Valley Medical Center. "COVID-19 has hit the U.S. hard, and the AHMC hospitals have been impacted as well," said Dr. Wen-ta Chiu, former minister of Health and Welfare of the Executive Yuan and co-CEO of AHMC Healthsystem. "We at AHMC are treating our COVID-19 patients well, and most of them have recovered very well. Thank you to TAP and many charitable organizations for their donations. We are very appreciative for all their help."

With the generous community donations to TAP- LAXOC API COVID-19 Relief Fund, the organizations were able to support local businesses, such as Charlie's Trio, and donated lunch boxes to feed the frontline staff at Alhambra Hospital Medical Center, and from Lee's Garden to provide lunches to San Gabriel Valley Medical Center health care workers. "On behalf of the San Gabriel Valley Medical Center and staff, I just want to express our appreciation to TAP and all the organizations for all the generous meals to all our health care heroes," said John Aquino, CEO of San Gabriel Valley Medical Center. "We have been blessed with a community and organizations that support us and to have received a number of gifts to help our health care workers."

To learn more about TAP-LA, visit their website at www.tapla.org, or follow their facebook at [@taplosangeles](https://www.facebook.com/taplosangeles). Donations can be made through Gofundme.com at LA x OC API COVID-19 Relief Fund. "Please help to support the cause, and help us raise funds to purchase meals for health care frontline workers and staff. We greatly appreciate all the support," said Alan Lee, orthopedic surgeon at San Gabriel Hospital and member of TAP-LA.

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3 WAYS TO COMPLETE YOUR CENSUS



Getting complete census count critically important

The 2020 Census is underway, and the most important and safe thing residents can do is respond online, by phone, or by mail. It has never been easier to respond to the 2020 Census.

Getting an accurate count of everyone who lives in the United States is so important. Especially right now. The census helps inform how billions of dollars in federal funds are spent every year for services that are critical to everyone, including hospitals,

health clinics, and emergency response like EMTs and fire departments. Spend a few minutes online today to influence the next 10 years of funding on infrastructure and education.

Responding now will minimize the need for the Census Bureau to send census takers out into communities to follow up with households. So, please go to my2020Census.gov and respond today to make America's future brighter.

Tax Tips Covid-19 tax changes

Covid-19 has brought many changes within the tax industry. The 2019 tax return deadline is extended to July 15, 2020. Here are a few other changes:

- If you haven't filed your year 2016 federal tax refund, the IRS extended the deadline to July 15, 2020.
- If you pay estimated tax payments, your first quarter payment was normally due on April 15, 2020. And the second quarter was due on June 15, 2020. Both quarterly payments are now due on July 15, 2020.



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@alhambratxcenter.com](mailto:michael@alhambratatxcenter.com). To view previous topics, read his blogs at www.alhambratatxcenter.com.

• The IRS is suspending the Required Minimum Distribution for the year 2020.

• When filing your year 2020 income tax returns, the IRS is going to allow a \$300 charitable contribution deduction. Non-cash contributions, like clothes to Goodwill, will not qualify.

• The 80% income limitation of the Net Operating Losses (NOL) deduction is temporary repealed for years beginning 2021. For losses arising in 2018, 2019, and 2020, a five year carryback is allowed. Taxpayers can elect to forgo the carryback.

• There are more changes that affect individuals and business, which can be found on the IRS website.

The stimulus program should be

paid to most eligible recipients. If you have not filed your year 2018 and 2019 income tax returns, go to the IRS website and click on "Get My Payment." Enter the appropriate information. The checks are taking two weeks to arrive.



Rotary

THE ROTARY CLUB OF ALHAMBRA

What is Rotary?

A fellowship of business, professional, and Community leaders who:

- Provide service to others
- Promote Integrity
- Advance world understanding, goodwill, and peace

What Do We Do?

Support the AUSD: Tim Siu Scholarship, Teacher Mini Grants, Sponsor High School Service Clubs

Support our underprivileged community: Thanksgiving Food Baskets, APD Hygiene Kits for the Homeless, Holiday Wish List Shopping for Kids

Work with local and international non-profits: Raise Money for Children's Hospital, Send Crutches to Africa and Wheelchairs to Mexico, Eradicate Polio

Please join us for lunch Tuesdays

ROTARIANS OF THE MONTH





Bianca Cruz Liz Garcia Bernadette Brunaczki

Each month, we've highlighted a Rotarian that exemplifies our values. June is special as we have three members that have gone up and beyond. Our June exemplary Rotarians are **Bianca Cruz**, **Liz Garcia**, **NY Life Agent** and **Bernadette Brunaczki**, Senior Account Executive at Blue Shield of CA.

Bernie, Liz & Bianca lead our club's newly formed Pandemic Response Committee which includes members Linda Wong, Isabel Carlos, Leland Lieberg of LANDZ Real Estate Inc and Maria Gao of Evike.com. Committee member Maria Gao was able to secure 2,000 disposable mask from Evike.com in order to support the Huntington Hospital medical supply drive in April. Additionally, the committee recently banded together to both create and secure over 550 cloth mask that will be distributed to local organizations and community members in need over the first week in June.

Liz, Bernie & Bianca, our club thanks you for embodying our motto of *SERVICE ABOVE SELF* and for showing that actions often do speak much louder than words!

For more info reach us at AlhambraRotaryClub@gmail.com




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

<p>Act Camps Leadership Coaching 2109 Winthrop Drive Alhambra, CA 91803 818-635-7770 Member since 2017</p>	<p>Home Depot 500 S. Marengo Ave. Alhambra, CA 91803 626-458-9800, X100 Member since 2007</p>	<p>Sanz Construction, Inc. 2724 W. Main St. Alhambra, CA 91801 626-872-2150 Member since 2008</p>
<p>Asian American Economic Development Enterprise 216 W. Garvey Ave., Suite E Monterey Park, CA 91754 626-572-7021 Member since 2000</p>	<p>Landz Real Estate 401 N. Garfield Ave., Suite 2 Alhambra, CA 91801 626-289-8584 Member since 2012</p>	<p>Southern California Edison 1000 E. Potrero Grande Drive Monterey Park, CA 91754 800-990-7788 Member since 1963</p>
<p>Battery World 1032 E. Main St. Alhambra, CA 91801 626-289-5962 Member since 2009</p>	<p>San Gabriel Valley Medical Center 438 W. Las Tunas Drive San Gabriel, CA 91776 626-289-5454 Member since 1991</p>	<p>The Huntington Professional Building 3010 San Pasqual St. Pasadena, CA 91107 626-289-1819 Member since 2001</p>

Thank You!

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

WELCOME OUR *New* CHAMBER MEMBER!

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Welcome!



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



Good Day Alhambra



Wednesday, 6/17/2020 @ 9:00 a.m.



Jump start your morning and join the Chamber for a fun morning business virtual networking opportunity. Virtual Good Morning Networking is a morning networking opportunity that enables you to connect with fellow chamber members over your computer or phone. This free networking event is open to members and non-members.

Register in advance for this meeting:
https://us02web.zoom.us/join/register/tZ0vcuCupjooHNynERV0U_Ra2dZ9r5FEtPM6

Virtual Networking

Tools To Help Your Business



Wednesday, June 10, 2020
Noon to 1 p.m.



Speaker: **John Doyle**
Senior SCORE Mentor



New Normal Post Covid-19 Planning

Hosted by: **SCORE**

John Doyle, a volunteer Senior Mentor at SCORE, will discuss how a business should plan for the New Normal, post-Covid environment including finances, operations, strategy, and marketing. Prior to volunteering, Mr. Doyle spent over 40 years in commercial banking, managing large groups of branch offices and assisting small and medium sized businesses. He provides free business mentoring at the Chamber, when face to face is allowed, or via phone or Zoom.

Join Zoom Meeting:
<https://us02web.zoom.us/join/register/tZwvc-iqqz0rGdXrRoNCNqHfg1F2seCqUITR>

EFFECTIVE MAY 16, 2020, OUR LOBBY DOORS WILL BE OPEN 7 A.M.- 6 P.M.

HOURS OF FRONT COUNTER SERVICES

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7 A.M.- 6 P.M., MON.- FRI.

TRAFFIC SECTION:
7 A.M.- 5 P.M., MON.- FRI.



Dispatch: (626) 570-5151 or 911 for Emergency

Car insurance deductibles and coverages: choosing well

High versus low deductibles and a breakdown on the types of auto insurance coverage

Car insurance — we all know we need it. But beyond that, many of us still ask ourselves, “What auto insurance should I get?” The key is knowing what deductibles and coverages are and how they affect auto insurance.

Put simply, a deductible is the amount that you agree to pay up front when you make an insurance claim, while the insurance company pays the rest up to your coverage limit.

When choosing your deductible, think about how much you're willing to pay out of pocket if you need to make a claim. Weigh that against the fact that higher deductibles generally mean lower premiums. It really comes down to what makes you the most comfortable.

Auto insurance policies generally consist of several kinds of coverages.

Auto liability

Auto liability coverage pays for the damage if you're legally responsible for injuring someone, or for damaging another vehicle, or other property, in an auto crash.

Auto liability coverage falls into two categories:

- Bodily injury liability: medical expenses, pain and suffering, lost wages, and other special damages.
- Property damage liability: damaged property, and may include loss of use.

Liability coverage also pays legal defense and court costs. State laws usually dictate the minimum amounts of insurance required, but higher amounts are available.

Medical payments

It pays for necessary medical and funeral expenses for those covered when the expenses are caused by an auto crash. The coverage varies by state and specific policy.

Collision

This coverage helps pay for loss or damage from a crash to a covered vehicle caused by:

- Collision with another vehicle.

- Collision with an object.
- A vehicle rollover.

A deductible is required.

Comprehensive

This coverage helps pay for loss of or damage to an insured, covered vehicle that is not caused by a collision or vehicle rollover. Examples of this type of damage or loss include:

- Fire.
- Wind.
- Hail.
- Flood.
- Vandalism.
- Theft.
- Hitting an animal.

A deductible may apply.

Uninsured motorist

This coverage pays for damages if you or another covered person is injured in an auto crash caused by a driver who does not have liability insurance. In some states, it may also pay for property damage.

Underinsured motorist

This coverage pays for damages if you or another covered person injured in an auto crash caused by another driver who is considered to be underinsured as defined by the policy.

Rental reimbursement

This coverage pays for rental expenses if your car is disabled due to a covered loss. Daily allowances or limits vary by state or policy provisions.

Emergency road service

This coverage pays for having your auto towed due to a breakdown.

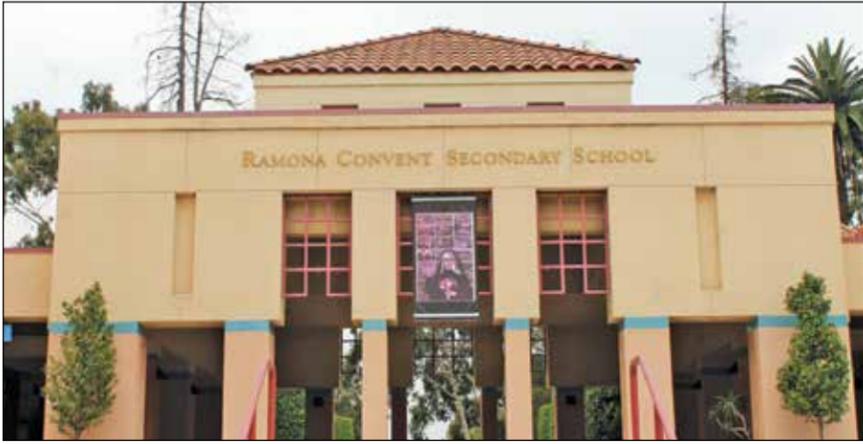
How much car insurance do you need?

Unfortunately, there's no black and white answer. It depends a lot on what coverages you need and the amount of deductible you feel comfortable with.

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



Life-long Alhambra resident Mildred Stratton, sitting, celebrated her 102nd birthday, quarantine style, with a parade May 20. The Alhambra Police and Fire departments, Mayor Ross Maza, to the right of Ms. Stratton, and former Mayor/Councilmember Barbara Messina, on right, presented her with a commendation and bouquets of flowers. Alhambra Police Chief Timothy Vu wished her well. A line of more than 30 cars filled with well-wishers were cheered on by the well-wishers lining the sidewalk, while standing on chalked X's spaced 6 feet apart on the walkway in front of her home. Ramona Convent Secondary School joined in the parade with the school van decorated just for the special birthday parade. The event was covered by Channel 2 and Channel 9 news, the LA Times, and KPCC News.



Ramona Convent offers co-ed online summer session

Ramona Convent is excited to launch its first online summer program. While teachers will miss the hundreds of students laughing, creating, learning, and making new friends on campus, they know that this, for now, is the best way to keep the community safe.

They've strategically chosen the classes that students will find most engaging and that will build skills and community.

The following online courses will be offered for girls and boys in grades five through 12: Introduction to Computer Coding; Photography and Digital Design; Honors Algebra I; Preparing for the Journey: English Skills; Looking for Community: Middle School Reading

and Writing Skills; Trigonometry; and Visual Arts.

Please visit ramonaconvent.org for registration information.

During the regular school year, Ramona is a welcoming Catholic college-prep high school for girls in grades nine through 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 is located at 1701 W. Ramona Road, Alhambra 91803. For more information, please call 626-282-4151.



One of two congratulatory banners hangs proudly over Fremont Avenue in Alhambra. These banners were made possible by donations from Mark R. Paulson, Joe N. Stadler, Adele F. Andrade-Stadler, The Mackintosh Family Living Trust, Patricia J. Mackintosh, Richard Thomas, Laura Tellez-Gagliano, the Alhambra Teachers Association, and David Mejia.

Alhambra Latino Association honors scholarship winners

The Alhambra Latino Association (ALA) is honoring five Alhambra School District high school students for their accomplishments in academics, civic service, and dedication to cultural representation with \$1,000 scholarships. The winners are Sky Juarez, Alhambra High School; Brayán Lugo, Century High School; Helena Villanueva, Independence High School; Selina Maya Martínez, Mark Keppel High School; and Jason Lou González, San Gabriel High School.

ALA has hosted the annual scholarship awards ceremony since 1997. Due to the COVID-19 pandemic and out of concern for the safety of the students, community members, and board, the 2020 Annual Scholarship Fundraiser Dinner & Dance was canceled.

Sky Juarez

Sky has been accepted to UCLA and will attend in the fall, majoring in biology. Her goal is to become an obstetrician. In her free time, she volunteers at the College and Career Center at Alhambra High School.

Brayan Lugo

Brayan describes himself as an entrepreneur. He will major in business at ELAC in the fall. With this education, he seeks to build his identity as a businessman and support affordable housing solutions for homeless communities in California.

Helena Villanueva

Helena will attend Rio Hondo College in the fall and major in psychology.

After achieving her bachelor's degree, she wants to become a teacher to aid in the growth of local students. While working as a teacher, she will continue her education to become a licensed psychologist.

Selina Maya Martínez

Selina has participated in the MIT Women's Technology Program and a similar program at University of Chicago, which has shaped her life goal of curing Alzheimer's Disease. In the fall, she will attend the University of Southern California and will major in electrical and computer engineering.

Jason Lou González

Jason identifies as Chinese and Hispanic. His experience volunteering and translating for patients both in Cantonese and Spanish at Monterey Park Hospital has fueled his desire to become a cardiologist. Jason will attend Yale in the fall and wants to major in chemistry to continue his career in supporting diverse communities.

ALA has also awarded each of the 13 AUSD elementary school eighth grade classes with gift cards from Office Depot that will support educational activities and programming. Despite the need for stay-at-home orders and social distancing practices, the Alhambra Latino Association strives to continue its mission of supporting local youth achieve their dreams in and beyond the San Gabriel Valley.

ALA was established in 1995 and is a 501(c)3 non-profit.



Notary services
are available at the
Alhambra Chamber of Commerce
104 S. First St.
Please phone 626-282-8481
for an appointment.

San Gabriel Valley Humane Society

To inquire about these adoptable animals, contact the San Gabriel Valley Humane Society at 626-286-1159, or visit at 851 E. Grand Ave., San Gabriel. Adoption hours are 10:30 a.m. to 4:30 p.m. Tuesday through Sunday. The shelter is closed on Mondays. Directions and photos of many more dogs and cats can be found online at www.sgvalhumane.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.sgvalhumane.org.



Ollie
German shepherd • Adult • Male • Large

Ollie is a beautiful white German shepherd who seems to have had a rough life prior to coming to the shelter. Ollie has had lots of fear issues, including being nervous and shy with meeting new people and head shy with the leash. Staff and volunteers have been working with Ollie and note that he shows an interest in learning commands and is starting to relax when receiving attention. He is food motivated and seems to want to please. Ollie needs a very special person or family who can be patient and encouraging so he feels secure and comfortable. If you have that gentle, loving spirit, come to meet this lovely boy and see if you can give him a chance to flourish. His adoption fee is \$145, which includes neuter surgery, microchip, first vaccinations, and a free wellness check-up at a participating veterinarian. Call 626-286-1159 to schedule an appointment to meet Ollie.



Grizzly
German shepherd mix • Adult • Male • Large

Grizzly is a beautiful long-haired German shepherd mix. Not much is known about his background, but he seems to be a smart dog who is motivated by treats. He can be a bit head shy, but otherwise he is a good walker who is easy to handle. Grizzly has a beautiful black and tan coat that will require regular brushing to make him look his best. Grizzly is a loveable and drooly good boy. He loves to play with toys. This lovely dog deserves a good home, so if you can offer the security, training, and loving care he needs, please come to meet him. Call the San Gabriel Valley Humane Society at 626-286-1159 to schedule an appointment for a "meet and greet" with Grizzly. His adoption fee is \$145, which includes neuter surgery, microchip, first vaccinations, and a free wellness check-up at a participating veterinarian. Website: www.sgvalhumane.org.



Blue
Catahoula and Staffordshire terrier mix • Adult • Male • Large

Blue is a majestic Catahoula and Staffordshire terrier mix who weighs in at a healthy 96 pounds of mostly muscle. He looks very powerful, but volunteers report that he is an easy walker who is alert and confident taking in his surroundings and not missing anything. Blue likes to play and is comfortable receiving attention. This wiggly guy is all kinds of fun. For our joggers and runners, he'd be great for you! Blue would do best as the only pet in the home, with a yard of his own and a regular exercise program. Come to meet this handsome dog — he is sure to make an impression on you. His adoption fee is \$145, which includes neuter surgery, microchip, first vaccinations, and a free wellness check-up at a participating veterinarian. Call the San Gabriel Valley Humane Society at 626-286-1159 to schedule an appointment for a "meet and greet" with Blue.

Visit us at www.sgvalhumane.org

Families in East Los Angeles, San Gabriel Valley receive food, virtual programs for kids from Boys & Girls Clubs of West San Gabriel Valley

Weeks before Los Angeles County's Stay-at-Home Order was declared, restaurants and businesses in Monterey Park had already felt the economic impact of the impending pandemic. Multi-generational households that had relied on school districts to feed and take care of their children were left with limited options. Since March, the Boys & Girls Clubs of West San Gabriel Valley & Eastside have provided bulk food and emergency supplies as well as hot meals from local restaurants directly to families across all of their six club locations in Monterey Park, La Puente, Baldwin Park, and the public housing sites of Ramona Gardens, Estrada Courts, and William Mead. Remarkably, the club, in partnership with the Housing Authority of the City of Los Angeles, has added Nickerson Gardens in South LA to their roster of service areas. In total The club has been able to provide over 2,000 meals a week, nearly 5,000 lbs in food distribution, and has remained open for families enrolled in Los Angeles County's Family Preservation Program.

The club continues to serve members through virtual club programming and outreach activities.

Members have a range of programs to join in on virtual classrooms and at-home activities such as DIY STEM experiments, art classes, virtual sailing, and even cheer-leading. Mental Health Wellness Tips are posted weekly on social media to help the community with healthy coping during stressful times. The Mobile Wellness Team



Since March, the Boys & Girls Clubs of West San Gabriel Valley & Eastside have provided bulk food and emergency supplies as well as hot meals from local restaurants directly to families.

makes social-distancing visits to members to give them an opportunity to talk openly about how the pandemic is affecting them and their families. The club staff even brings gifts for Birthday Club to members' front doors.

In addition, the club has partnered with the Greater Monterey Park Chamber of Commerce in a Meals to Heal Campaign to feed first responders and health care heroes on the frontlines combating the COVID-19 health crisis every day.

YMCA of WSGV's Essential Child Care opens per strict Public Health CDC Guidelines

The YMCA of West San Gabriel Valley will open for the purpose of essential child care — limited to 18 children from age 4 to eighth grade — from 7:30 a.m. to 5:30 pm. beginning May 18, Monday through Friday. The Y will remain closed to the public.

The Y's summer children's activities at the 410 E. Corto St. location in Alhambra will adhere to strict social distancing rules and follow all guidelines set by the CDC and the L.A. County Department of Health.

Every member of the Y staff is trained and certified in CPR, first aid, child abuse prevention, and mental health. A licensed nurse on staff monitors daily entrance and exit temperature checks of each child and temperature checks throughout the day every three hours. In addition, the same daily staff assignment with children is assured,

and mandatory face masks are worn. All staff is live scan fingerprinted.

Included in the activities permitted with all CDC protocols are virtual school support, homework assistance, educational enrichments, cooking class, exercise programs, games, arts and crafts, and social and recreational activities. The price of the program is not yet set.

For more than a century, through hard times, world wars, and other historical challenges, the youth programs of the YMCA of WSGV have provided the community with safe, fun, and engaging experiences for children that build positive character development, healthy lives, and lifetime memories.

For more information, please contact YMCA of WSGV CEO Valarie Gomez at val.ymca@gmail.com or 626-660-6681. Or visit www.wsgvymca.org.

Emmaus Lutheran School organizes May Day parade for students

Missing their students because of COVID-19 school closures, faculty and staff at Emmaus Lutheran School, 840 S. Almanson St., Alhambra, organized a May Day parade. May 1 was a day of giving and getting flower baskets — April showers bring May flowers — before May Day became an international labor event with parades around the world.

Children rode in their parents' cars through the parking lot and through the back of the more than six acre campus giving everyone lots of room for social distancing. Teachers and staff created signs, decorated their cars or areas, and handed out gifts to the children whom they have not been able to see other than through video conferencing on Facebook and Zoom for too many weeks. Emmaus considers itself a large family, and even with the temporary distancing, the school and families still feel connected.

Teachers and staff were in masks and gloves greeting the parents and kids and

giving the kids a gift, all from a socially safe distance. For those who couldn't make it or were uncomfortable, the usual Friday afternoon pick up of next week's assignments occurred with the gifts available to those who could not attend the earlier event. About 85% of the students were able to participate.

Emmaus plans multiple field trips for all grade levels, but because of the circumstances right now, Fridays were set aside for virtual field trips. The most recent trip was to the Amazon Rainforest complete with an online video to watch and a work book with questions to answer and pictures to color.

The end of the school year talent contest, which is always a hit, still went on with students submitting one-minute videos for the enjoyment of all.

For more information about summer camp, the summer academic program, and fall registration, contact Principal Kit Hittinger at 626-824-5125.



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Three AUSD High Schools Earn 'Best High School' Honors

For the second year running, *U. S. News & World Report's* 2020 BEST PUBLIC HIGH SCHOOLS named Mark Keppel, San Gabriel, and Alhambra High to their "Best" rankings, after rating nearly 18,000 public high schools in the nation.



heels of the history-making first of having six AUSD elementary schools win the 2020 California Distinguished School Award, the most ever to win in a single year. Winners include Martha Baldwin, Brightwood, Monterey Highlands, Ramona, Repetto, and Park elementary schools which were singled out for closing the achievement gap and for achieving exceptional student performance.

Within California, Mark Keppel ranked #73, while San Gabriel ranked #156 and Alhambra High ranked #174, out of 3,162 California public schools. California ranks as the first out of 50 states in terms of student enrollment and in terms total number of schools.

"We are so proud of our staff, students and parents whose dedication and hard work make such awards possible," said AUSD Superintendent Denise Jaramillo. "Honors like these are all the more meaningful in this time of school closure amid the global health crisis."

The *U. S. News & World Report* rankings were determined by summing weighted scores across six indicators of school quality: college readiness, college curriculum breadth, math and reading proficiency, math and reading performance, undeserved student performance, and graduation rate.



Maya Anguiano
Alejandra Arias Rosas
Hilda Isabella Barraza
Casandra Nicole Bonada
Kamila Nazareth Mariona Campos
Leslie Gabriella Carrillo
Angel Yun Er Chan
Denise Chavez
Nina Rose Christansen
Angela Mae Wong Della
Briana Maria Dominguez
Daryanna Danielle Ductoc
Mariafernanda Gytel Escribens
Clarissa Marie Farfan
Mia Fierros
Amaya Gabriela Flores
Anette Lizeth Galan
Aelena Elizabeth Secundina Gillies
Danya Marie Goeppert
Emily Marie Gonzalez
Amber Nicole Huayta
Niyah Jackson
Jenissa Jauregui
Kiley Nancy Kraft
Gloria Cassandra Leon Fernandez
Emily Rose Leyva
Zeyi Iris Li
Bryanna Victoria Lopez
Mackenzie Erin Lough
Alyssa Nicole Maldonado
Starla Elizabeth Martinez
Mikayla Izabella Medina
Alejandra Bella Mendoza

Brooke Anne Miller-Hadaway
Elizabeth Marie Miranda
Hennessey Moreno
Mikaela Marie Nickles
Samantha Julia Nickles
Desiree D. Nunez
Abigail Veronica Ocampo
Caitlyn Amalia Oxford
Sofia Celeste Patino
Lidia Alexandra Perzyna
Thaies Milla Quezada-Deda
Jazalynn Samantha Ramirez
Kristina Ramos
Gwendolyn Anne Rath
Nicole Alyssa Rojas
Raleigh Aliyah Romero
Liliana Romo
Lilia Faith Salinas
Andrea Alejandra Sanchez
Catherine Alyssa Sanchez
Halei Gabrielle Santiago
Heidi Santis
Claire Louise Hatsumi Sauter
Kaylyn Fay Smith
Kaitlyn Mariah Sosa
Tina Cam Thai
Celeste Vazquez
Celine Vazquez
Olivia Marie Virgen
Yuechen Sunny Wang
Yong Yi Winnie Wen
Paula Anel Zepeda



The Ramona Convent Class of 2020

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 Patricia Rodriguez-Mackintosh, President, District 3
 Jane C. Anderson, Vice President, District 2
 Joanne Russell-Chavez, Clerk, District 5
 Wing K. Ho, Member, District 1
 Robert L. Gin, Member, District 4
 Denise R. Jaramillo, Superintendent & Secretary to the Board

Alhambra
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 1515 West Mission Rd.
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2019-2020
 ALHAMBRA
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 www.ausd.us

CLASS OF 2020 From Page 1A

9, while Century and Independence high schools will be on June 12. Links to view the ceremonies will be sent to the families of graduating seniors.

Despite the unconventional ceremonies, AUSD is extremely honored to be part of this unique and memorable celebration for the class of 2020. With well over 1,600 graduates, the district commends this year's class for enduring and prevailing through unprecedented times. Superintendent Denise Jaramillo sees these seniors as a beacon of hope:

"I am incredibly inspired by the AUSD graduating class of 2020. What should have been the final few months of school for them ended without warning, and they lost the opportunity for all of the celebrations and fun that comes with graduating. We can all learn lessons from how they handled this situation with grace and understanding. In watching them, I am confident that they are ready to take on this uncertain world. I wish each AUSD graduate the very best and congratulations!"

School Starts August 13
 Now is the time to Preview and Enroll
 Check us Out www.EmmausAlhambra.org

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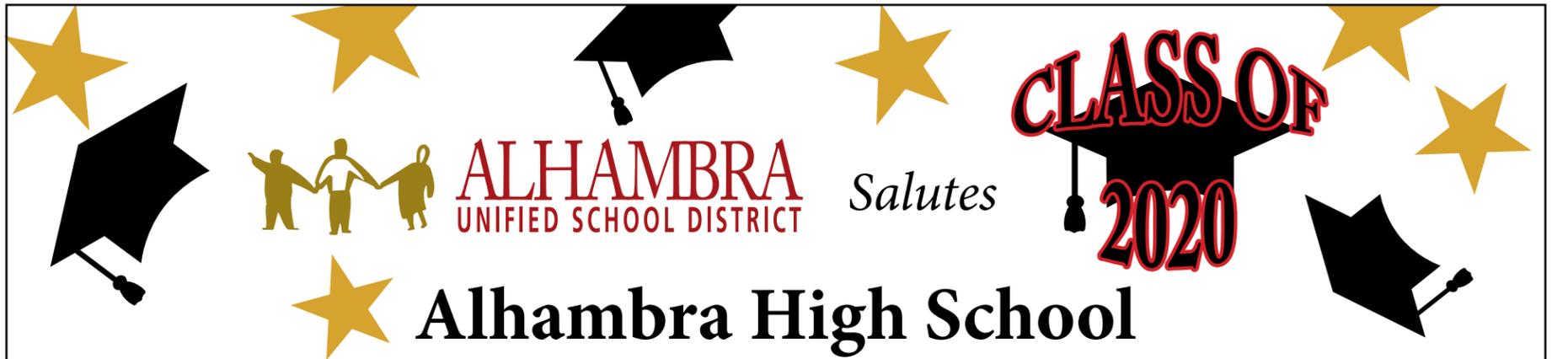
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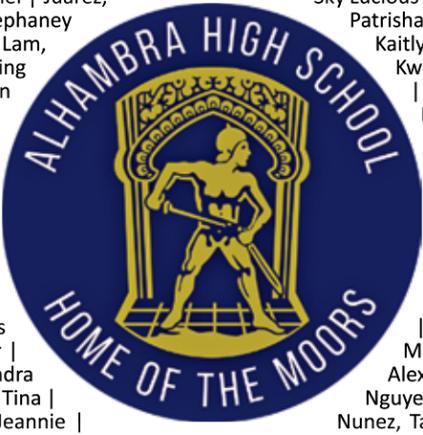
ALHAMBRA UNIFIED SCHOOL DISTRICT

Salutes

CLASS OF 2020

Alhambra High School

Abdula, Suzan Mohamed | Adalin, Roux Alaka'i Castro | Aguado, Noah Jonathan | Ahorro, John Karlo Gustilo | Akers, Delaney Rene | Alarcon, Marco-Raul Albarran | Aleman, Isabel | Altobelli, Isabella | Alvarez-Silva, Jennifer | Alvarez-Silva, Samantha | Amano, Matthew Yoshi | Anaya, Jair | Andrian, Nicholas | Angeles, Maegan Manly | Anjani, Tristania | Apodaca, Claessee | Araujo, Ariana Janelle | Arellano, Oscar Johnathan | Arevalo, Mike Armando | Arevalo, Natalie | Arias, Daniel | Arriaga, Leonard | Arroyo, Jose Armando | Avalos, Dominic Elias | Avila, Roland Dylan Cordero | Badillo, Melissa | Bandara, Herath Mudiyansele Thilan Senarath | Barajas, Mya Andrea | Barreto, Brianna Julie | Barreto, Kenneth Sajid | Barrientos, Hailee Renee | Bastidas, Kelly Esmeralda | Bautista, Elan Diego | Becerril, Angela Gabriela | Bedi, Paramveer Singh | Bejar, Mia Danielle | Beltran, Aileen Angelica | Beltran, David Angel | Benavidez, Angeline Yvette | Benitez, Chris | Bernardez, Harrison Sebastian | Bo, Scott | Botello, Chelsea | Bravo, Emmanuel | Bryant, Amani Sarai | Bui, Amy Tuyet Mai | Bui, John Huy Hoang | Cabello Razo, Francisco Estiven | Cabrera, Julian | Caldera, Matthew Alexander | Calderon Hernandez, Anthony Michael | Calizo, Salvador Jose Ramos | Calo Rodriguez, Sebastian | Calvillo, Lizbeth | Calzada, Annette Alessandra | Cao, Weijian | Carmona, Erick Steve | Carmona, Violet | Carranza, Corey Jay | Carrasco, Hannah | Castaneda, Ashley Nichole | Castillo, Jairus Angel | Catalan, Steven | Cervantes, Esperanza | Cervantes, Victoria Marie | Chan, Fiona Ashley | Chan, Gwyneth | Chan, Raymond Chung Yin | Chan, Sivan | Chapa, Marcos Francisco | Chau, Britney | Chau, Phat Kiet | Chau, Tiffany Van | Chavez, Aniya Belen | Chavez, Catherine Lillian | Chavez, Dominique Kiya | Chen, Daniel | Chen, Farrah | Chen, Ji Feng | Chen, Sharon | Chen, Sihan | Chen, Xiaoman | Chen, Zi Yi | Cheng, Enya | Chi, Darlene Paige | Chi, Kyle De Guzman | Chi, Nikki Ping | Chie Huang, Carlos Guillermo | Choi, Calvin H | Chu, Wing Man | Chuang, Kody Huashong | Chui, Andrew | Chung, Haley Sue | Chung, Wesley Chu | Cobian, Leslie | Conriquez Sepulveda, Tadey Michelle | Cornejo, Diane | Cornejo, Hailey-Anne Domantay | Covarrubias, Richard | Crescenzo, Frank Nunzio | Crothers, Bailey Elizabeth | Cruz, Damien Isaac | Cruz, Ed Matthew Tudson | Cruz, Geraldine Anne Basa | Cui, Alva | Davalos, Mia Alexia | Day, Robert Raymond | De Leon, Victor Diaz | Delgado, Christopher Michael | Delgado-Barrera, Sebastian Andres | Dena, Indyana Joseette | Deno, Jennah Jenae | Der, Brandon Jay | Devery, Nicole Ariana | Diallo, Sharif Rahim | Diaz, Denzel Gabriel | Diaz, Maribel Kaztelly | Diaz, Saul | Diego, Jacob Paul | Diop, Eric Ho | Do, Kenneth | Dong, Austin Anh Kiet | Dong, Justin Anh Tuan | Donko, Matthew Andrej | Dorado Vasquez, Nathan | Driscoll, Catherine Jordan | Du, Yingzhe | Duan, Siq | Duclan, Erine Shaera Formaran | Duenas, Raymon Abel | Duong, Cassy | Duong, Lylli Pauline | Duong, Man Chi | Efendi, Enrico | Escamilla, Marco Antonio | Esha, Nushrat Jahan | Esquivel, Kaylee Iliana | Estrada, Joseph Andrew | Farouk, Noor Mohamed | Farris, Desiree Mia | Feng, Felix | Fiorentino, Ruben | Flores, Alejandro | Flores, Andy | Flores, Ashley Marbella | Flores, Daniel Aleksander | Flores, Nayeli Alejandra | Fong, Kenny | Fosteson, Matthew Bryon | Gabriel, Nathaniel Ryan Rigor | Galdamez, Robert Anthony | Gallegos, Ashley Alexa | Gao, Haoyu | Garcia Hernandez, Daniel David | Garcia Lopez, Dana Paola | Garcia, Abigail Tonantzin | Garcia, Alexandra | Garcia, Cristian | Garcia, Daniel Rodolfo | Garcia, Eric Daniel | Garcia, Julian Anthony | Garcia-Oliva, Kevin Anthony | Giang, Amber Kaitlynn | Giang, Ngoc Thien | Gil, Bianca Taguinod | Gilbert, Jake Andrew | Gin, Dylan M | Gomez, Bailey Marie | Gong, Elliot Wing-Chung | Gonzalez, Esai Mario Lan | Gonzalez, Jen | Gonzalez, Jonathan Elijah | Gonzalez, Maiah | Gonzalez, Steven Andrew | Gonzalez, Tyler Evan | Gonzalez-Felix, Zachery Manuel | Govea, Adrian Ricardo | Guadarrama, Ingrid Samantha | Guan, Xinrui | Guan, Zi Tao | Guanzon, Riley Revilla | Guerrero-Ramos, Ally Beth | Guo, Jack | Guo, Jia-Wen | Guo, Sherril Jen | Gurung, Saroj | Gurung, Sneha | Gutierrez, Margarita Enequina | Guzman, Miranda Isabella | Ha, Iris | Hang, Jean Dean | He, Zhibang | Hernandez Gonzalez, Victoria Isabel | Hernandez, Elizabeth | Hernandez, Felix Damian | Hernandez, Ivi Meztli | Hernandez, Natalie Isabel | Hernandez, Samantha Nicole | Hernandez, Yvonne Angelica | Hernandez-Tellez, Paola | Herrador, Luke Matthew | Hidalgo, Analay | Hidalgo, Jade Monique | Hiep, Devin | Hightower, Khayla Hope | Ho, Kevin | Ho, Michelle | Hollis, Dominique Michelle | Hong, Ziteng | Hu, Ruijun | Hu, Yuxuan | Huang, Andrew Si Heng | Huang, Leyi | Huang, Lily | Huang, Victor | Huerta, Andrew Miguel | Hung, Terry | Hung, Tiffany Tz-Yu | Huynh, Caitlyn Kimberly | Huynh, Trisha D | Johnson, Iyana Tai | Jones, Christina Faith | Jorge Ramirez, Uriel | Juarez, Austin Thien | Khau, Richard Heng | Kim, Irene Minchae | Knapp, Stephanie | Nathan Silas | Kwong, Matthew Robert | Lam, Erica | Lam, Joyce Hue | Lam, Tommy | Lee, Anthony Richard | Lee, Michael | Lee, Serena | Lee, Ting Ching | Li, Heidi | Li, Jia Qi | Li, Wilson | Li, Zhiyin | Li, Zi Ju | Liang, Yongxin | Stephanie | Lin, Kathleen Joanne | Lin, Tristin Hu Sam | Liu, Jing Xuan | Lizama, Darlene | Lo, Fonda Sharon | Lopez Hernandez, David | Lopez, Alejandro | Lopez, Kayla Leanne | Lopez, Nicholas Elijah | Lopez-Lugo, Nadia | Lujan Sanchez, Vanessa | Luna, Danielle Anais | Luna, Luong, Joshua Kenneth | Luong, Sondia Tran-Ngoc | Ly, Calvin Thomas Israel | Ma, Ke | Ma, Ryan Anthony | Macias, Nicholas Juan | Macias, Mares, Jacob Nathaniel | Markhesywan, Amos | Martinez Quiroz, Martinez, Nathen Xavier | Martinez-Hernandez, Christian Alexis | Helen | Medina, Rodney Mata | Mejia, Jose Angel | Mendoza, Benjamin Jasmine | Mo, Brian Jian Yu | Molina, Aline | Mondragon, William Francis | Moreno, Julian Ismael | Moreno, Vanessa Angel | Moy, Brandon Tyler | Nava, Maegan Ashlee | | Navarro, Brandon | Negrete, Rudy | Neri, Cassandra Justin Hien Chi | Nguyen, Nam Huynh Phuc | Nguyen, Tin Dinh | Nguyen, Tina | | Nisall, Jacqueline Rose | Nolasco, Jose Rafael | Nunez, Jacqueline Jeannie | Joseph | Olague, Paula Fernanda | Olayo, Kristian | Olmeda, Sophia Nicole | Olmos, Crystal Alexandra | Ortega, John Alexander | Ortiz, Jose Francisco | Ossorio Salazar, Renata Milagros | Otero, Carmen Mireya | Ouyang, Zhanghua | Oviedo, Samuel | Pacheco, Erik Jude | | Pak, Caden | Palacios, Celest Briget | Palone, Billy Dean | Pan, May Su | Pan, Peilin | Pan, Zijie | Pang, Emily Joy | Parnala, Marlon Jonathan | Payan, Nicholas O | Pena Reyes, Surama Yajaira | Perez Tellez, Jesus | Perez, Amber Christina | Peters, Alec Lamont | Pham, Tyler | Phan, Andrew | Phan, Eric The | | Phou, Devin | Phu, Emmeline | Phung, Edwin Luu | Placencia, Julian Logan | Portillo, David Daniel | Qiu, Xingyao | Quach, Andy | Quach, Calvin | Quan, Cindy | Quintanar, Alejandro | Quintero, Angel Isaac | Quiroz, Victoria | Ramirez De La Cruz, Gloria Maria | Ramirez Pascucci, Gianpaulo Alessandro | Ramirez Rodriguez, Hector Noe | Ramirez, Darian Antonio | Ramirez, Valerie Elizabeth | Ramos, Isabella Marie | Ramos, Pablo Oniel | Ramos-Gomez, Kimberly | Rauda Orellana, Jazmine Lisette | Raya, Angel Gabriel | Razo Ramirez, Yenifer | Regalado, Blaza Alicia | Remonte, Cedric Alden Reario | Reyes, Angelyna Sofya | Reyes-Massarotti, Maude Skye | Reynosa, Jonathan Daniel | Rico, Natalie Rachel | Rios Orozco, Jessica Paola | Rios, Amaya Jasmine | Robinson, Bailey Ryan | Robles, Yvette Maria | Roca, Dominic Anthony | Roche, Daniel Raymond | Rodarte, Claire | Rodriguez, Benicio Renee | Rodriguez, Kaitlyn Nichole | Rodriguez, Rebecca Rita | Rodriguez, Robert Amadeus | Rojas, Elijah Stone | Roldan Garcia, Alexis Yahir | Romo, Yaritza Kiara | Rosa, Damion Xavier | Rosales, Bryant Omar | Rosales, Cesar | Ruan, Yingqi | Ruiz Harrison, Alejandro | Ruiz, Gabriela Noel | Ruiz-Barron, Patricia | Russell, Vito James | Salcido, Lilith Lavine | Salsabilla, Angelina | Sanchez, Joshua Anthony | Sanchez, Paloma | Sanchez, Rafael | Sandi, Saw Yoon | Sandoval, Andrew Ryan | Sandoval, David Anthony | Santa Cruz, Paulo Cesar | Santacruz, Isaac Obed | Santiago, Alejandro Joseph | Santiago, Joshua Alexis | Santillan, Ashley Marie | Santoyo, Danielle Marguaritte | Sedano, Isaiah Sergio | Sellathurai, Aishani | Seo, Eula | Shan, Justin Hao | Shigeta, Hiroto Jacob | Simpson, Bartholomew Jojo | Situ, Kenny | Situ, Kenny | Situ, Zhuobin | Soto, Henry Ivan | Su, Hsiang-Ting | Sung, Tik Lung | Tam, Darren | Tan, Xiaojing | Tang, Amanda Jasmine | Tang, Kelly Jade | Tao, Meiqi | Tapia-Fregoso, Itzel Ameyalli | Tay, Evelyn | Teguh, Nicko Yamada | Tendean, Fellinia Winarlen Francine | Tengan, Euna | Thai, Justin L | Thapa Magar, Abhigya | Thien, Phuong Uyen Bao | Tirre, Francisco | Tirre, Melanie Viviana | Torres, Deja Marie | Torres, Elise Adriana | Torres, Tyler Eric | Tran, Derek H | Tran, Henry Dinh | Tran, Joshua Thanh | Tran, Lee Ly | Tran, Max | Tran, Sam | Tran, Trisha | Trinh, Kevin L.P. | Truong, Audreana Dieu | Truong, Jaylene Hoa | Truong, Kha Lam | Tsai, Kelly | Tsi, Janet | Tzili, Yoseline Viridiana | Ung, Adrinah Jalene | Ung, Micheal | Uribe, Anthony | Uyemura, Matthew Akinori | Vaca, Jeremy Nathan | Valdez, Virginia | Valenzuela, Anais | Valenzuela, Kaleb Naem | | Valladares, Kelsey Daniela | Van, Tommy | Van, William | Vargas, Matthew | Vasquez Espinoza, Anaid Noemi | Vasquez, Sabrina | Vaughn, Tatiana | Velarde, Francine Angela Espelimerbo | Vicente-Nation, Adrian Badani | Vidales, Melanie | Villa, Aliza Isabel | Villa, Christopher Sergio | Villacinda, Khristopher Alexander | Villarreal, Nicholas Victor | Villasenor, Andrew Salvador | Wahyudi, Bryan Matthew | Wang, Mingxuan | Wang, Tao | Wang, Yifei | Wells, Nika | West, Daisy James | Won, Eunhye | Wong, Amy K | Wong, Catherine Anne | Wong, Maximilian Joshua | Wu, Samantha | Wu, Weizhen | Xie, Haixia | Xing, Lizhu | Xu, Fanxun | Yan, Darren Kevin | Yang, Yun Hsun | Ybarra, Alaura Lynn | Yee, Kimberly Wing-Yan | Yeung, Adrian | Yeung, Kaitlyn Wingyan | You, Margaret | Yung, Alvin Kan | Zaragoza, Gizelle | Zeng, Gary | Zeng, Raymond W | Zhang, Huanxiong | Zhang, Queeny H | Zhang, Tian Jun | Zheng He, Jian Peng | Zheng, Francis | Zhou, Kenny | Zhou, Xiaofeng | Zhou-Cao, Oscar Antonio | Zuniga, Jorge



Century & Independence High Schools

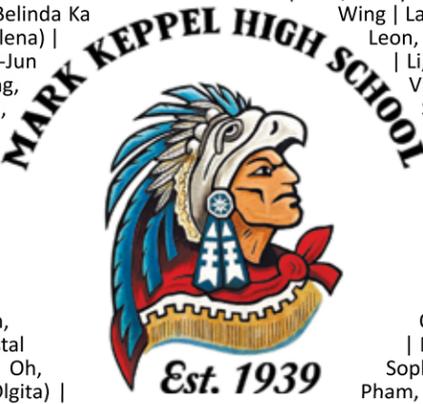
Acuna, Raymond Anthony | Adams, Samone Yim | Aguirre, Daniel | Alcalá-Mares, Esther | Alcalá-Mares, Michel Alejandra | Aldana, Adam | Alvarez, Jennyfer Michelle (Jenny) | Amos, Isaiah Nikolai | Anastasya, Vonny | Avila Ong, Amanda | Avila-Ong, Andrew | Bailey, Teanna B | Barreto, Javier | Barrios, Janelle Emely | Belendez, Katherine Celeste | Benitez, Jacob | Benitez, Matthew Joseph | Bonilla Acosta, Megan Madison | Bonilla, Christopher | Caasi, Andrew Jacobray | Camacho, Anahy Guadalupe | Casas, Elija Eric | Cespedes, Daisy | Chavez, John Anthony | Cheng, Nelson | Correal Duran, Julio Esteban | Covarrubias, Lina Raylene | Cowan, Devyn Darrell | Cruz Chepi, Johnny | Cruz, Andrew Joseph | Dominguez, Elias Nicolas | Doughty, Jacob Andrew | Duarte Ortega, Jay | Edralin, Jaemison | Andrew | Espinoza, Melody | Esquivel, Alfredo Ezequiel | Esquivel, Citlalli | Estrada, Christian Odely | Flores-Cohuo, Angel | Galeana Rodriguez, Crystal | Ruben A | Garcia, Sarahi Lawrence | Gomez, Angel | Briana Janel | Hernandez, Hernandez, Stephanie Juliana | Herrera, Mariana Carolina | Ibarra, Shawntel (Rose) | Ju, Jiatong | Kato, Vivian | Wen Jun (Marcus) | Lopez, Ly, Nathan Tyler | Maceda-Alexander | Maloney, Aidan Marris, David Alexander | Martin, | Mejia, Angel Daniel | Mendez, | Mimura, Dean Jordan | Mirador, Oscar | Monroy, Michelle Abigail Christopher | Nava, Jeremy Joshua | Alex | Olguin, Heaven Gloria | Ornelas, Preciado, Jason | Quiroz, Jamal Sergio | Reenteria, Justin David | Rivera, Abraham | Robledo, Nelson Rene | Sagastume, Kayla Angelique | Sanchez, Kimberly Jasmine | Velasco, Jose Luis | Vergara, German | Villalba, Angel Alberto | Villalobos, Alvaro Allan | Villanueva, Helena Clare | Wu, Keeley Thi | Wu, Kevin | Yu, Beverly Xiao-Hong | Zavala-Gutierrez, Gia Nicole





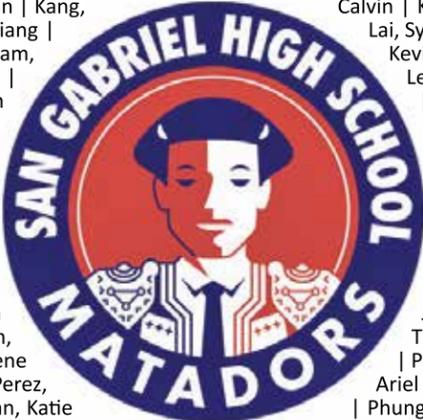
Mark Keppel High School

Adao, Troy Josev Guerrero | Alcalá, Adrian Anthony | Aguirre, Angel | Amezcua, Kimberly | Anderson, Laird John | Angeles, Allan Dean (Lan Lan) | Anguiano, Raygina Michelle (Ray Ray) | Anthony, Felipe Jack | Ao leong, Ka I (Kelly) | Aung, Oak Kar (Nathan) | Avila Diaz, Elizabeth | Avila, Brianna Esther | Bang, Clara Yuha | Barrios, Miranda Antoinette | Barthel, Luana Bernardes | Basallo, Jessica Nga Kwan | Bautista, Ryan Taing | Beniga, Lennon Galope | Bryant-Hawkins, Tarynn Elizabeth | Bustillo, Diego Antonio | Campos, Christopher Erick | Cao, Haibin | Cao, Pengcheng | Cao, Winnie | Cao, Yu (Ericsson) | Carmona, Samantha (Sam) | Cervantes, Emily Alyssa | Chai, Justin Keith | Chan, Andrew Man Lok | Chan, Elyse | Chan, Emily Lauren | Chan, Kyton Aaron | Chan, Mei Lam (Alison) | Chan, Nathan Lee | Chan, Samuel K C | Chan, Tefanny Bun | Chandra, Anastasia Edlyn | Chang, Amanda Pui-See | Chavez, Isabella | Chea, Jenny | Chen, Brandon | Chen, Congyi | Chen, David | Chen, Laura | Chen, Qi Jun (Juney) | Chen, Sarah Ada | Chen, Shimin (Charming) | Chen, Shu Ting | Chen, Xuyang | Chen, Yuxin (Lily) | Cheng, Guiyu (Victoria) | Cheung, Amanda Chloe | Cheung, Chris | Chhen, Susan Siu | Chianchitlert, Skye Li | Chih, Chen-Wei (Kelvin) | Chin, Karen | Cho, Kyungjun | Choi, Kingsley Wan-Lun | Choi, Michael | Chow, Ivan | Chow, Karen Berlin | Chow, Ryan Stuart | Chow, Wilson Kee | Chu, Ethan Kuan-Hsing | Chuateco, Connor Aidan | Chui, Mabel | Chuman, | Kaylie Tomiye | Chung, Christina Maria | Chung, Edison Matthew | Chung, En-Yi | Chung, Patricia | Chung, Renee Yaesul | Cofressi, Izabella Victoria (Bella) | Coroy, Rachel Isabel | Cruz, | Daniel Edward | Dai, Wei-quan | Dang, Michelle Nha | Dao, Nicole | Dao, Valerie Lea | De | Santiago, Viviana Patricia | Dieye, Fatou Bintou | Dimas, Sophia Marisa | Dodge, Katherine Li | Dong, Congying (Kayla) | Dong, Kevin | Duarte Lopez, Emmanuel | Duong, Jasper Travis | Duong, Maple | Duong, Tyler | Escobar, Andrew Jay (Aj) | Estrada, Tiana | 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Diligence and vigilance

By Craig Statton

Atherton, 214 S. Atlantic Blvd. Alhambra

The novo coronavirus of 2020 (COVID 19) has been especially frightening for senior adults, especially those living in Skilled Nursing and Assisted Living settings. We have all heard and read multiple reports of the effects of the virus when it has entered an enclosed social setting. We have also heard of prisons, jails, and meat packing plants where the close proximity of people has resulted in the rapid spread of the disease. But for seniors, these new reports as well as their age and underlying health conditions have created constant anxiety and social isolation.

The stay at home orders have certainly helped us slow down the spread of the virus and allowed our health care professionals

and institutions to gain some knowledge of how to effectively treat the virus as well as help us build up our capacity to treat those who have the worst complications from the disease. However, as these orders are released and residents begin to gather with others, there is an increased danger that there will be an uptick in the spread of the disease.

The scientists who study the disease believe we will not be able to fully return to live as it was before COVID 19 until we have reached what they call "herd immunity" in which at least 60% of the population has been affected or a vaccine has been manufactured in quantities large enough to immunize a large percentage of the population. So how should we all live until such time?

For nine years, I coached high school women's tennis. One of the tennis players I encouraged our girls to watch was Serena Williams. Serena not only has exceptional physical gifts for the game, she has a mental toughness when she plays. One of the quotes she made about tennis applies to how we live in the age of COVID 19, "The thing about tennis is if you stay off for two weeks, or just three days, you can lose your rhythm quickly. So, it's just a question of constant diligence and vigilance." These are the qualities that we all must practice in the months ahead.

We must be diligent to continue to wash our hands, cover our faces, and practice our social distancing in the months ahead. Even if we are with people who have also stayed home, as we begin to meet others and our families begin to visit, gather, go out to dinner, we are making new interactions that allow for the transmission of the disease. These practices will keep us and those

around us safer than if we decide they are no longer needed.

We must be vigilant in practicing the safest practices in our home and work environments such as cleaning our kitchen and bathroom surfaces, our car steering wheel, and our cell phones as these can easily have the virus transmitted to them when we lay them down on a surface. The more we are vigilant and consistent in our safety practices, the less we have to fear from transmitting the virus or being infected by the virus.

Finally, on behalf of others, let me thank you for practicing these measures. As a leader of a senior living community, your decisions to limit your social interaction and observe these social practices is helping to keep our residents and all seniors safer. We are appreciative of the sacrifices you are making and know that we who are the most vulnerable are safer because of these decisions. Thank you for caring about us. We appreciate your consideration and kindness.

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Is visiting the dentist safe?

As dental offices gradually open, many people will wonder how safe it is to visit the dentist.

With each passing day in the COVID-19 era we get more and more anxious about what to expect in the future.

Dentists are concerned that their patients are in need of cleanings and other dental procedures, and not having these done can lead to serious complications. One thing we all have in common is that we all want to be safe and healthy.

Dental offices are implementing additional procedures to make a safe environment for staff and patients. This is part of the ongoing commitment that will evolve with time and be our new normal for a long period of time.

Here are some changes to expect when you visit your office:

- Check in from your car. When your room is ready, a receptionist will call or text you to enter the office.

- New-look reception areas include clear plastic guards to protect the receptionists and block the movement of airborne particles.

- All staff members are wearing face masks. The only thing you can't see are the big smiles underneath.

- Be ready to have your temperature checked.

- You may be asked to remove all outside gloves and use provided hospital-grade hand sanitizer to prevent cross contamination.

- Please inform your office if you are experiencing fever, cough, sore throat, or breathing problems.

- Dental offices clean and disinfect public areas after every patient, including door handles, chairs, counters, and bathrooms.

- At risk patient hours are designated for



Call your dental office. They will be able to help you determine the risks and benefits so you can make a decision if you want to proceed with your routine dental procedure or have it delayed.

patients who are medically concerned. Usually first appointments are in the morning.

- Teledentistry is easy and efficient. Some consultations or follow-ups can be done by teledentistry. You need to take a photo and send it through a safe communication portal that your dentist will provide you with.

Personal protection of the staff. The back office staff is equipped with heavy duty personal protective equipment. Luckily they got their N-95 respirators on time and will wear additional surgical masks on top. Since two masks are not enough, your clinical team will wear goggles, face shield, gown, and maybe a hat. Your dentist's dream to be an astronaut finally came true.



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 email daradds@yahoo.com.

Anti-microbial rinse. Some offices offer 1.5% hydrogen peroxide solution to their patients to rinse with. It helps because the virus is very sensitive to oxidation.

Sterilization procedures and disinfection protocols. These have always been very strict in dental offices and sufficient to kill pathogens way stronger than corona virus.

- **Fogger:** Some offices are adding an additional layer of deep disinfection by fogging with disinfectant to get inside the deepest and most difficult to reach spots in the office.

- **Germicide UVC light:** This short-wave (100-280 nm) ultraviolet light deactivates the DNA of bacteria, viruses, and other pathogens and thus destroys them in minutes.

- **HEPA air filtration:** Dental offices have installed stand-alone air purifiers with HEPA-grade filters that

capture microorganisms smaller than 0.3 microns.

- **Negative pressure room:** These are usually found in hospitals and medical centers. A machine or powerful vent pushes the air through a filter outside the room. As a result, a negative pressure is created that pulls in fresh air into the room. As a result, the air in the room can be replaced with clean air every five to 10 minutes. This provides a very high level of virus containment; however, it requires a lot of labor and not all offices can be easily reconstructed and allow a regular dental room to be transformed into a negative pressure room.

Call your dental office. They will be able to help you determine the risks and benefits so you can make a decision if you want to proceed with your routine dental procedure or have it delayed.

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A whole new world

BY SHEILA YONEMOTO, P.T.

I recently lamented that I could hardly wait until this coronavirus pandemic ended and things returned to normal. My friend said, "I don't think we want to return to the old normal. Maybe this is a good thing to have a coronavirus to make us rethink about how we really want to live."

This is an opportunity to live better. Doctors and scientists are saying that people who live healthier lifestyles have better immune systems and a better chance of fighting this virus.

Obesity, high blood pressure, and diabetes weaken the immune system and make you more susceptible to the virus. This might be a good time to diet and lose weight or do intermittent fasting to help remove toxins. You could eat apples and water for one to three days to clear out toxins and improve the health of the gut. For a healthy gut, we need a good foundational diet. Eat organic vegetables and fruits and grass-fed animal protein. Limit dairy and trans fats, including fried foods. Drink good water and eat more fermented probiotic foods.

Get enough exercise and adequate sleep, while decreasing stress. To get good sleep, wake up at the same time every day and expose yourself to bright light for the first two hours. Always sleep in a very dark room. The contrast between light and dark increases the production of melatonin, important for sleep and energy production.

The pandemic has forced us to figure out different ways to live and still keep social, giving us time to think about what matters and how to interact with strangers. It is forcing the world to think. We are all human and facing a health crisis together. It goes beyond national borders and makes us contemplate our survival. Perhaps this gives us an opportunity to create a new world that improves everyone's life.



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.

Diabetes leads to gum disease; gum disease leads to diabetes

Poorly controlled diabetic patients are at risk for numerous oral complications such as periodontal disease, salivary gland dysfunction, infection, neuropathy, and poor healing.

Diabetes mellitus (diabetes) is a common chronic disease of abnormal carbohydrate, fat, and protein metabolism that affects an estimated 20 million people in the United States, of whom about one third are undiagnosed. There are two major forms recognized, type 1 and type 2. Both are characterized by inappropriately high blood sugar levels (hyperglycemia). In type 1 diabetes, the patient cannot produce the hormone insulin, while in type 2 diabetes, the patient produces insulin, but it is not used properly. An estimated 90% of diabetic patients suffer from type 2 disease.

The causes of diabetes are multiple, and both genetic and environmental factors contribute to its development. The genetic predisposition for type 2 diabetes is very strong, and numerous environmental factors such as diet, lack of exercise, and being overweight are known to also increase one's risk for diabetes. Diabetes is a dangerous disease that affects the entire body, and diabetic patients are at increased risk for heart disease, hypertension, stroke, kidney failure, blindness, neuropathy, and infection when compared to nondiabetic patients. Diabetic patients also have impaired healing when compared to healthy individuals. This is in part due to the dysfunction of certain white blood cells that fight infection.

Periodontal disease is a commonly observed dental problem for patients with diabetes. It is similar to the periodontal disease encountered among nondiabetic patients. However, as a consequence of the impaired immunity and healing associated with diabetes, it may be more severe and

Smile Talk



Dr. John Chao is the inventor of the Pinhole® Surgical Technique. For more information, contact Dr. Chao at 100 S. First St. Alhambra, CA 91801 or phone at 626-308-9104. Visit Dr. Chao's website, chickenswelcome.com

progress more rapidly. The potential for these changes points to the need for periodic professional evaluation and treatment.

In conclusion, we can summarize the above by citing the American Dental Association, which states that those with diabetes are more at risk for getting periodontal disease; and those with periodontal disease are more likely to contract diabetes. Good hygiene and regular visits to the dentist will lower our risk for gum disease as well as diabetes and other diseases. Keeping your blood sugar level within the normal range by proper diet and exercise will keep your body healthy and lower the risk of gum disease.

This column is partly based on statements of the American Academy of Oral Medicine.

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畢業于USC
美國紐約州立大學牙週病研究教授(SUNY)



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Acclaim for Alhambra restaurants

BY GLENN BARNETT

The rest of Southern California is discovering what Alhambra already knows. Alhambra has some of the best restaurants around. Even with the ongoing concerns about the COVID 19 pandemic, Alhambra's restaurants are doing their best to keep their doors open for takeout and delivery service. It is OK to call in an order and order food to pick up or be delivered.

There are two eateries that have grabbed the attention of the Southern California community. *Westways* is the publication of the Automobile Club. Its May/June issue features an article about Yang's Kitchen, 112 W. Main St. *Westways* said of Yang's Kitchen's menu, "... almost every dish is, in its own way, perfect." The locally sourced ingredients include produce from the Alhambra Farmers Market.

The article was written before COVID 19 changed the culinary landscape. Everything has changed, and Yang's Kitchen is thinking outside the box to serve Alhambra in new ways. For the duration they are not serving their regular menu. Instead they are offering fresh, high quality foods and prepared goods. They pack them up for you as well. It is an alternative to the grocery store. You can pick up your order curbside or have it delivered on a case by case basis. See their online store at <https://www.toasttab.com/yangs-kitchen/v3>.

The other local restaurant receiving good reviews is Banh mi my-Tho, 304 W. Valley Blvd. This cash-only eatery is taking to-go



orders for their authentic Vietnamese food. They are included in the May 10 issue of the *Los Angeles Times* Food section for their Banh mi style sandwiches.

The article focuses on the No. 8 sandwich, which consists of grilled pork imbued with lemongrass and garlic. Also featured is the No. 2, which is grilled pork with cold cuts and paté. All their sandwiches are served on a crunchy French bread bun.

There are lots of good restaurants in Alhambra serving up good food to go. Call your favorite place today.

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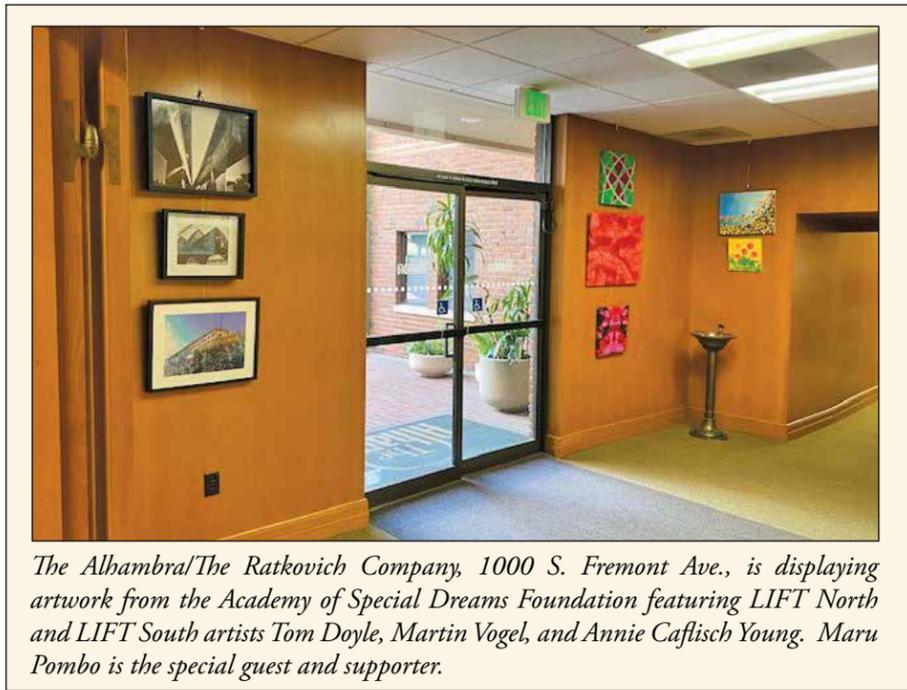
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The health and safety of our customers and our employees here at VW Alhambra, is always our most important priority. As we continue to learn more about the Coronavirus, we focus on how it could affect our customers and employees.

At Volkswagen Alhambra, we are following guidance from the Centers for Disease Control and local health agencies for staying healthy.

The Alhambra/The Ratkovich Company, 1000 S. Fremont Ave., is displaying artwork from the Academy of Special Dreams Foundation featuring LIFT North and LIFT South artists Tom Doyle, Martin Vogel, and Annie Caflisch Young. Maru Pombo is the special guest and supporter.

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The big, bold seven-seater is one of VW's top selling models.

Seven reasons the Atlas seven-seater is an all-American SUV

When Volkswagen first introduced the Atlas to the U.S. in 2017, the SUV was touted as a new journey for the brand — a road trip straight into the heart of the American market. Now at its first mid-cycle refresh, the big, bold seven-seater is one of VW's top selling models and a fixture on roads from ATL to LAX and beyond. Here are a few things that have elevated this relative newcomer to apple pie status so quickly.

1. The Atlas is a true family-sized SUV. With standard seating, the SUV fits seven adults comfortably, or countless combinations of people, pets and playthings via its highly configurable interior space.

2. The Atlas represents an important derivation from Volkswagen's traditional SUV nomenclature. Before its introduction, the offerings (Touareg and Tiguan) began with the letter T and were created in Germany, as they were global models. In building a new vehicle specifically for the American market, VW's management decided to break the status quo. To some, Atlas means a book of maps, suggesting this model can take anyone anywhere, to others a god. It's a strong leap forward for the image and branding of VW in America.

3. Americans love options. Consider how many ways one can order something seemingly as simple as coffee. True to American form, Atlas buyers have the choice of two engine offerings, a 235-hp turbocharged four cylinder or 276-hp V6; front-wheel or 4Motion® all-wheel drive; and a tremendous range of trim levels from S to SEL Premium R-Line. And they're all grande.

4. On the subject of beverages, it wasn't that long ago when the cupholders in many German automobiles were afterthoughts at best. They were crude, flimsy little devices that were underdeveloped by engineers and product planners who didn't understand the U.S. driver or market. Those days are over. Just about every SUV offering, foreign or domestic, now comes with a plethora of cupholders. The Atlas has 17, meaning each passenger can store two drinks each and have room to spare.

5. One doesn't become an American classic by blending in. And blending in

is something the Atlas does not do. "The facial expression of a car defines its character," said Klaus Bischoff, head of Volkswagen Design when the Atlas program was still in development. "We wanted to give the car a wide appearance and an earnest look. It should look substantial, without looking too aggressive." Substantial sums up the Atlas road presence quite nicely; and its chiseled lines will look good for a substantially long time.

6. With optional factory-installed towing package, Atlas V6 models can haul up to 5,000 pounds, making a weekend at the beach — or a cross-country trek of America — reality without having to look at a vehicle other than the daily driver.

7. The Atlas is assembled alongside the Passat at Volkswagen's Chattanooga assembly plant, the result of an approximately \$900 million investment by Volkswagen in the facility. Since the birth of Atlas, Chattanooga has added another model to the production lines — the slightly smaller brother, Atlas Cross Sport — bringing the all-American Atlas family to two.

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

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

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

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