



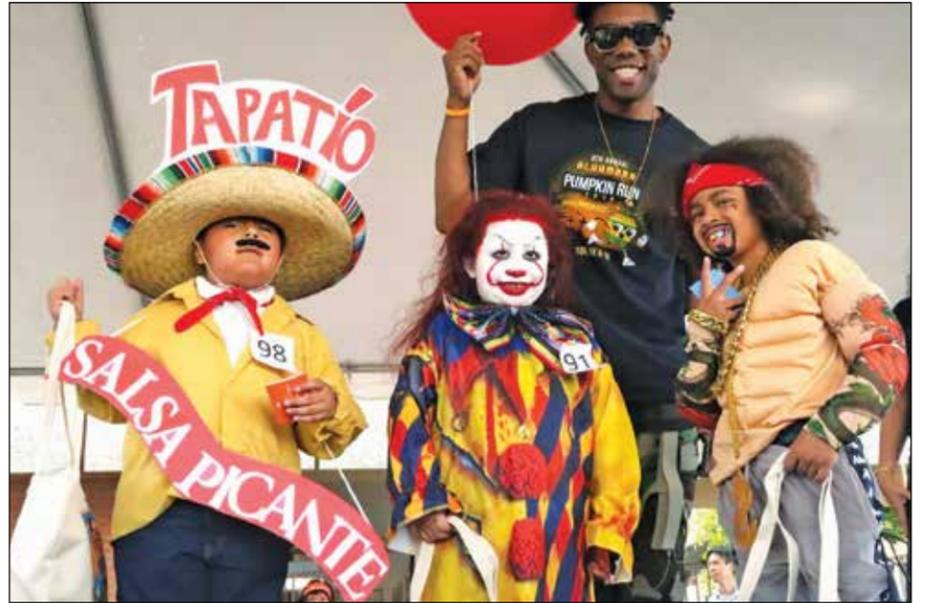
Nissan of Alhambra has opened at 1811 W. Main St. From left: Blake Wishengrad, used car manager; Brandon Wishengrad, executive manager; Barry Wishengrad, president; Mayor David Mejia; and Suzi Dunkel-Soto, Alhambra Chamber president.

Welcome back Nissan

Barry Wishengrad is a car guy. He has devoted 42 years to automotive sales. For 20 of those years he worked in Alhambra as the general manager of a local dealership. In those days he would sometimes bring his two young sons, Brandon and Blake, to work with him. While Barry favored Charlie's Trio or Love

Birds for lunch, the two boys were more interested in In-N-Out and, of course, Fosselman's Ice Cream. Today, the family is back in Alhambra, and Brandon and Blake have followed in their father's footsteps. Together they have brought a Nissan dealership back to town. Barry is now the president of Wish Automotive

>> see **NISSAN OF ALHAMBRA** Page 3



Last year's winners in the ages 5 – 8 category, from left, Benjamin Hernandez, Ajay Lemus, and Travon Johnson. Emcee G. Madison was the emcee.

Downtown Alhambra goes virtual with Hallowscream 2020 event

Downtown Alhambra is getting ready to celebrate Halloween this year by going "virtual" with their annual Hallowscream festivities.

However, due to the COVID-19 virus, organizers have had to reimagine how to plan them for the safest experience possible.

>> see **HALLOWSCREAM** Page 4

A-Sha Foods USA.



A-Sha Foods USA Co., Inc., 905 Westminster Ave., Alhambra, had its Grand Opening Sept. 21. The company's ramen noodles originate from a small noodle factory in Tainan, Taiwan, with a 100-year-old family recipe. Asha Foods USA continues to grow at a rapid pace. Their products can be found in all 50 states, throughout Canada, and online. From left are Daisy Dai, general manager; Young Chang, president; Mayor David Mejia; and Suzi Dunkel-Soto, Alhambra Chamber president.

READ THEIR STORY ON PAGE 12.



Three hundred volunteers from five area organizers and nine donors joined forces to Feed Alhambra Aug. 29. In four hours, 1,200 families received boxes of fresh produce, non-perishables, dairy products, and pre-cooked meat as well as books, backpacks, and other give-aways. No one was turned away at the drive-through community food distribution event.

Feed Alhambra proves true power of partnership

After weeks of planning, Feed Alhambra sprang to life at 5:30 a.m. on Saturday, Aug. 29, when an army of five organizers, nine donors, and 300 volunteers descended on S. Sec-

ond Street in front of Alhambra High for a four-hour dawn set-up for the drive-through assembly line food distribution scheduled for 10 a.m. to 2 p.m.

The hope was to feed 1,000 families, if >> see **FEED ALHAMBRA** Page 15

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

PRESORT STD
U.S. POSTAGE
PAID
PERMIT #35
ALHAMBRA, CA

POSTAL CUSTOMER

CAR-RT SORT

INSIDE

CITY	PAGE 2	SENIOR	PAGE 16
BUSINESS	PAGE 5	HEALTH	PAGE 17
COMMUNITY	PAGE 8	DINING & ENTERTAINMENT	PAGE 20
SCHOOL	PAGE 14	AUTO & REAL ESTATE	PAGE 22

Mayor's Corner

We are one city, one Alhambra



By Mayor David Mejia

Over the past year, I have seen many acts of kindness by our community members occurring in the City of Alhambra. Just recently, I was very humbled and honored to personally meet Senior Pastor Matthew Barnes of the First Baptist Church of Alhambra at the Feed Alhambra Event on Aug. 29. Over the course of this COVID-19 pandemic, Pastor Barnes and his congregation have been at the forefront of helping our families in our community with a weekly food drive. His acts of kindness have not gone unnoticed and have been a blessing to our community.

On Sept. 14, the Alhambra City Council had its first reading on the Inclusionary Housing Ordinance. The Inclusionary Housing Ordinance includes adding 15% of new development to be affordable as well as prioritizing who is eligible to rent or purchase the properties. A second reading of the ordinance was read on Sept. 28 with the new IHO ordinance taking effect in November of

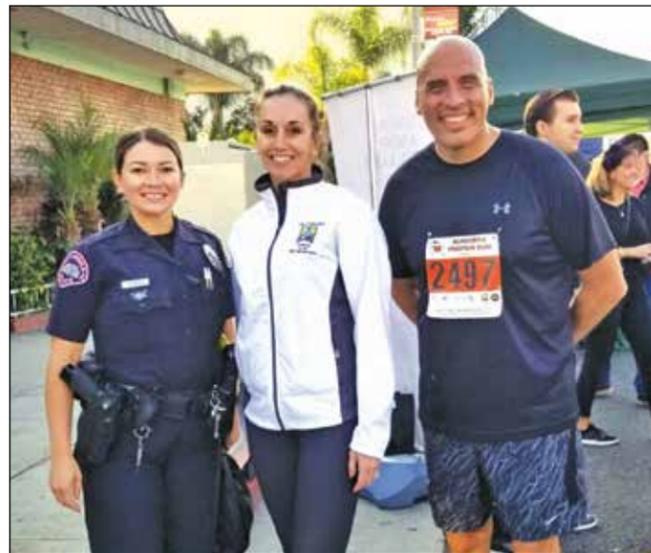
2020 for any new developments in the City of Alhambra.

The City of Alhambra Parks and Recreation Department has been working hard to reimagine various social distancing recreational programs so our community can experience some normalcy. Under the leadership of Parks and Recreation Director Michael Macias, the staff at the Parks and Recreation Department has been implementing new programs such as a virtual flag football skills camp and adding additional swim hours at our local pools so our families can enjoy safe recreational activities. If you need additional information on the programs offered by the City of Alhambra Parks and Recreation Department, please visit www.cityofalhabra.org.

During this time of the year, I have seen many of our residents preparing for the Alhambra Pumpkin Run, coordinated the last seven years by Fit Factor Studios Joanna Vargas and her Alhambra Pumpkin Run staff. Though the 5K run and 10K run as well as the Halloween activities on Main Street will not be occurring this year due to the COVID-19 pandemic, Ms. Vargas, along with the Alhambra Chamber of Commerce, Alhambra Pumpkin Run, and Alhambra Downtown Business Association, will host a Virtual Pumpkin Run 2020 event. For further information, please go to Facebook and look for the Alhambra Pumpkin Run page. The City of Alhambra has also



Free mask giveaway in April: From left, Councilmembers Jeff Maloney and David Mejia, former Councilmember Stephen Sham, AUSD School Board member Wing Ho, and Councilmember Ross Maza.



At the 2019 Pumpkin Run, from left, Officer Orozco, City Manager Jessica Binnquist, and City Councilmember David Mejia.

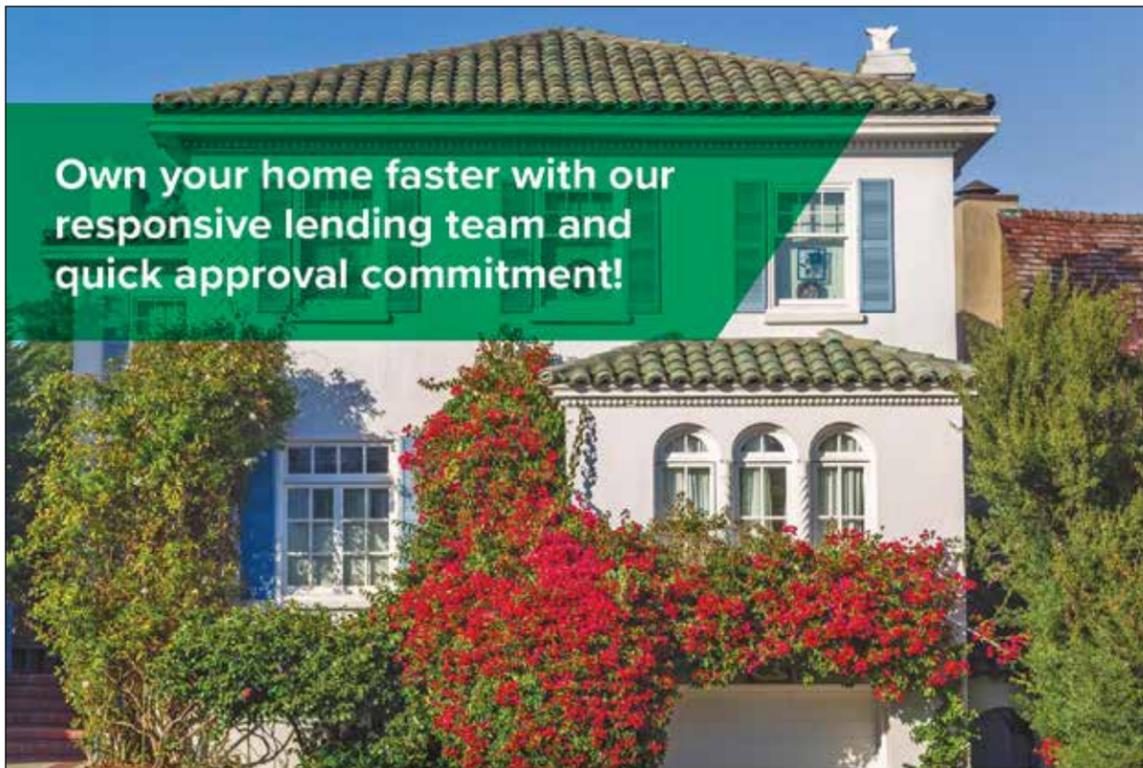


Food giveaway in August: Pastor Matt Barnes, David Mejia and his children Andrew and Elizabeth.

planned many great Halloween festivities throughout the city

Finally, as your Mayor, I will continue to work hard with the rest of the Alhambra City Council to continue to keep the City of Alhambra the gem in the San Gabriel Valley. I believe communication and community partnership is paramount for us to continue to make Alhambra a great place to live.

Have a safe month of October!



Own your home faster with our responsive lending team and quick approval commitment!

Alhambra	711 West Valley Boulevard	(626) 576-8810
Arcadia	657 West Duarte Road	(626) 446-1572
Chino Hills	2911 Chino Avenue	(909) 662-3300
Irvine	4250 Barranca Parkway	(949) 559-5822
Rowland Heights	19220 Colima Road	(626) 581-1589
Koreatown	3640 Wilshire Boulevard	(213) 201-3000

Sterling Bank & Trust is a full-service community bank and a direct lender. Sterling Bank and Trust NMLS # 409418 | sterlingbank.com



Member FDIC Loans are subject to application, underwriting, appraisal and credit approval. Rates, terms and conditions are subject to change without notice. This is not a commitment to lend.



Police Chief Timothy Vu swears in Police Officers Amparo and Zamora as the newest members of the Alhambra Police Department family. Officer Amparo and Zamora came from another agency with multiple years of experience.



On Sept. 11, the Fire Department remembers and observes the 19th anniversary of the 2001 attacks by terrorists that claimed nearly 3,000 lives in New York City, Pennsylvania, and Washington, D.C. Remembered are the heroes, victims, and survivors who are far from forgotten.

State law makes food, yard waste recycling mandatory for many local businesses

Under Assembly Bill 1826, California businesses are required to reduce the amount of organics sent to landfills. Organics include food scraps, food-soiled paper, and yard debris. At present, organics recycling is mandatory for businesses that generate 4 or more cubic yards of solid waste (recyclables, waste, and organics) per week and multi-family properties with five or more units. At this time, multi-family properties must recycle yard debris but do not have to provide food waste recycling service to tenants.

AB 1826, which was signed into law in October 2014, established a series of targets for organics diversion

from landfills. Mandates for local businesses took effect Jan. 1, 2016, beginning with the largest organics waste generators. The California Department of Resources Recycling and Recovery (CalRecycle) is evaluating statewide results for 2019. If state goals are not being met, the threshold for affected businesses may be reduced to include all businesses and multi-family properties generating 2 or more cubic yards of solid waste per week. To learn more about AB 1826, visit CalRecycle.ca.gov/Recycle/Commercial/Organics.

Donating edible food is one way businesses can comply with the re-

quirements of AB 1826. In order to receive credit for the donation, businesses must track the recipient agencies and quantities donated. Thanks to California's Good Samaritan Law, donors are protected from liability when donating food in good faith to non-profit organizations which, in turn, give the food away for free. To learn more about food donation, visit SavetheFoodLA.com.

Republic Services is here to help businesses and multi-family properties meet the mandatory commercial organics requirements. To understand how AB 1826 impacts business, call Julian Reyes at 747-245-9152 for assistance.


alhambra
CHAMBER OF COMMERCE

AROUND ALHAMBRA

Published by the Alhambra Chamber of Commerce.

A monthly publication with a circulation of 40,000, 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 djenkins@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

Publisher and Editor: Sharon Gibbs
News Director: Dulcy Jenkins

Executive Committee

President:

Suzi Dunkel-Soto, Keller Williams Realty

Immediate Past President:

Helen Romero Shaw, The Gas Company

At-Large members:

Christopher T. Balmaseda, Taiwanese American Professionals

Nickie Chan, LifeWave Alhambra

Evike Chang, Evike.com, Inc.

Robert Fukui, High Point Marketing

Valarie Gomez, YMCA of West San Gabriel Valley

Lee Lieberg, LandZ Real Estate

Megan Moloughney, The Ratkovich Company/The Alhambra

Mark Paulson, Anthony Venti Realtors

Liza Rodriguez, Vidorra

Joanna Vargas

Board of Directors

Francella Aguilar, Republic Services

Harish Amar, California Institute of Advanced Management

Iris Lai, Alhambra Hospital Medical Center

Joe Pavon, Al's Towing

Dr. David Snyder, Snyder Optometry, Inc.

Linda Wong, Spark After School Academy

Ambassadors

Joanne Giang, president

Jewelyn Co

Nickie Chan

Kay Lee Fukui

Eddie Garcia

Cindy Ho

Frances Lo

Mary Ann Torres-Co

Sam Yue

Staff

C.E.O.: Sharon Gibbs

Office Manager: Irma Hernandez

News Director: Dulcy Jenkins

Writers: Glenn Barnett, Gary Frueholz, Jewelyn Co

Office Assistant: Rosemarie Valerio

AROUND ALHAMBRA is not responsible nor liable for any claims or offerings, nor responsible for product availability that may be advertised. Opinions expressed in columns, letters and guest editorials are those of the authors. All rights reserved. Reproductions in whole or in part without permission is prohibited.



HALLOWEEN DRIVING HOWL
Saturday, October 31, 2020 11am - 2pm
Spiderville
Joslyn Center 210 N Chapel Ave.

Pumpkin Patch
Granada Park 2000 W Hellman Ave.

Trick-or-Treat
give me something sweet
Alhambra Park 205 N. Raymond Ave.

Ghost Adventures
Almanson Park 800 S. Almanson Ave.

Haunted House
Civic Center Library Parking Lot
101 S Second St.

Family Fun for Everyone

You're welcome to start your adventure from any location
Enjoy each stop from the safety of your car
For more information call (626) 570-3242

NISSAN OF ALHAMBRA From Page 1A

while Brandon is the executive manager at Nissan of Alhambra, and Blake is the used car manager. Perhaps their childhood dream has come true because the new Nissan of Alhambra is just half a block from Fosselman's.

When Barry was a general manger in Alhambra, he was heavily involved in Alhambra and the surrounding communities. Whether it was volunteering, sponsoring local orphanages, or supporting local sports leagues and schools, he has always had a passion to support the community that he is so grateful to work in.

Brandon and Blake feel the same way. "We are excited for the opportunity to again be a part of the Alhambra community," Brandon said. "We view being business owners and operators as a great medium to support others."

At a Grand Opening ribbon cutting event Sept. 17, Mayor David Mejia welcomed Nissan back to Alhambra amid a large turnout from the community. Refreshments were provided by Dreamy Creations, two-time winners on Food Networks' *Cupcake Wars*. The ribbon cutting was followed by entertainment provided by an all-star youth group of Mexican folkloric dancers from Ballet Folklorico Los Angelitos.

Over the years, Nissan has earned a reputation for well-built quality state-of-the-art cars with excellent performance. Their stellar lineup includes sedans to fit every budget, record breaking sports cars, SUVs and crossovers, powerful pickup trucks, and spacious vans.

Nissan of Alhambra has expanded the car buying experience. Shop in store, by phone, or online, or a com-

bination of all three. If on a budget, Blake can assist in finding a first rate, previously owned vehicle from their wide selection of car trade-ins.

Nissan of Alhambra is located at 1811 W. Main St. Reach them by phone at 626-281-4000. Find them online at <http://www.nissanofalhambra.com>. The Sales Department is open from 9 a.m. to 9 p.m. seven days a week. The Service Department is open 7 a.m. to 5 p.m. Monday – Saturday.

As a family business, the Wishengrads want their guests to feel like family too. They are not a big corporation, just a small Mom and Pop (and the kids) dealership that provides excellent service to make everyone's experience with them a positive one.

BALLOT DROP BOXES

Library

Granada Park



There are two Vote by Mail Ballot Drop Boxes in Alhambra. One is at the Alhambra Civic Center Library, 101 S. First St., and the other is at Granada Park, 2233 Whitney Drive. Voters can start dropping off their ballots at either of these boxes from Oct. 5 to Nov.3.

City asks residents for input on facility improvements

The City of Alhambra is seeking grants to make improvements to several facilities, including the Shorb Community Center, Pocket Park, Heritage Park, Story Park, Gateway Park, Alhambra Park, and Granada Park. Residents' participation is needed. Join the city for these virtual meetings at 7 p.m. Thursday, Oct. 8; 10 a.m. Saturday, Oct. 17; and 2 p.m. Tuesday, Oct. 20, to learn more about the proposed improvements and to share input. For meeting links information, please visit <https://www.cityofalhambra.org/resources/park-grant>.

The City of Alhambra & Republic Services present:

The Annual ALHAMBRA RECYCLES EVENT

Saturday, October 24, 2020
 Granada Park, 2000 West Hellman Avenue, Alhambra, CA 91803
 8:00 AM - 12:00 PM

WHAT TO BRING:

- PLASTIC BOTTLES & ALUMINUM CANS**
*Place items in trunk. Workers will remove.
- DOCUMENT SHREDDING**
*Place items in trunk. Workers will remove.
- ELECTRONIC WASTE**
PCs, monitors, cell phones, TVs, VCRs, printers
- COMPOST GIVEAWAY**
*Limit 2 bags per vehicle. Workers will load bags.
- ICE CREAM SCOOP VOUCHER**
Fossilmans Ice Cream voucher to first 150 participants! First come, first served basis.

NO HOUSEHOLD HAZARDOUS WASTE WILL BE COLLECTED!

COVID-19 Precautions

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

FOR MORE INFORMATION:
www.cityofalhambra.org
RepublicServices.com

EVENT SUBJECT TO CANCELLATION BASED UPON COVID-19 STATUS



Engine 72 was assigned to Strike Team 1205-Alpha, providing structural defense for the homes near the Bobcat Fire. Strike Team 1205-Alpha is made up of five fire engines and 22 personnel from these various Area C fire departments: Alhambra, Burbank, Glendale, San Gabriel, and San Marino.

HALLOWSCREAM From Page 1A

The Downtown Alhambra Business Association is sponsoring not only the "Virtual Hallowscream Costume Contest" for kids, but also offering a "Spooktacular Enter to Win Giveaway," awarding prizes such as gift cards and vouchers from local businesses.

As per usual, the costume contest is open to kids ages 0 – 12. What is different this time around is there are four new categories, including "Spookiest," "Funniest," "Cutest," and "Most Original." Entrants can participate in one of these four categories to compete for a grand prize of \$250. Winners from each category get \$75. Second and third placers receive \$50 and \$25, respectively.

Contestants will be able to submit photos of their costumes on a digital platform from Oct. 1 to Oct. 21. Photos of the costumes in each category will then be posted on Oct. 22, and the public will get to vote on their favorites until Oct. 28. Winners will be announced Oct. 31 via a Facebook live presentation.

Entries for the Spooktacular Enter to Win Giveaway will be submitted and processed through Downtown Alhambra's website downtownalhambra.com. Winners will also be announced through

a Facebook livestream presentation. "This new virtual experience allows us to continue this beloved city tradition that so many families look forward to each fall," said Liza Rodriguez, president of the Downtown Alhambra Business Association (DABA). "By holding this event virtually, we can continue to interact with our community in a safe and fun way that is so vital to our Alhambra Community."

"Adjusting to the 'new normal' has its challenges, and things will look a little different this year, but it only inspires us to think of more creative solutions," said Downtown Alhambra Special Events Manager Monina Castillo. "Spreading some fun and cheer, while supporting local businesses, especially in these uncertain times, are what we are hoping for in doing events like Hallowscream and the Spooktacular Enter to Win Giveaway."

More information and details on both events will be announced at the beginning of October on <https://www.downtownalhambra.com>, as well as Downtown Alhambra's social media pages on Facebook, <https://www.facebook.com/DowntownAlhambra>, and Instagram, @downtownalhambra.



See why millions trust us for Home & Auto.

Talbot Insurance Agcy Inc
 Regina Talbot, Agent
 Insurance Lic#: 0G05807
 Bus: 626-357-3401
regina@reginatalbot.com

I'm here to help life go right", by saving you time *and* money when you combine your home and auto insurance.
CALL ME TODAY.



State Farm Mutual Automobile Insurance Company
 State Farm Indemnity Company
 State Farm Fire and Casualty Company
 State Farm General Insurance Company
 Bloomington, IL

1601529

New Member Spotlight - Katherine Yu Simms offers support for seniors

Growing old is becoming increasingly complex. There are decisions to be made about health care, living arrangements, disposition of property, taxes, and much more. It can be important to have a knowledgeable and caring person available to assist seniors and their loved ones in making good choices. One dedicated professional who has been actively supporting seniors in making difficult and important decisions for many years is Katherine Yu Simms.

Ms. Simms knows the community. She was raised in Alhambra and attended Ramona Convent School. She has been a real estate agent for several years and is a certificated Senior Real Estate Specialist (SRES) trained in assisting elderly clients. She has also dedicated 10 years to hospice care and senior center work. This extensive background and the knowledge she has gained has led to a new career as a Medicare consultant.

As the Medicare system becomes increasingly complicated, it is good to have someone to advise seniors and their families. Ms. Simms stays current with the issues and choices available for health care and offers her consulting time for free. Before the COVID shutdown, she volunteered at the Joslyn Adult Center offering Medicare seminars to seniors. She is fluent in Cantonese and Mandarin, which increases her ability to be of service to the Alhambra community. When the current health crisis is over, she is ready to continue volunteering at Joslyn.

"Katherine is highly knowledgeable in the area of senior representation because of



Katherine Yu Simms has supported seniors in making difficult and important decisions for many years.

her extensive consultation background in dealing with elderly individuals and their families," said a 5-star Yelp reviewer. Now is a particularly important time to reach out for support in selecting Medicare plans. This year, Medicare's open enrollment will last from Oct. 15 to Dec. 7. If the choice of plans is confusing, Ms. Simms can help. She can be reached at 323-854-2868, or e-mail at kyusimms@rey-top.com.

Ms. Simms' consultation is free, and her extensive experience and advocacy with senior care can help make the best choice at the most favorable cost.



Robert Fukui, president of High Point Marketing, presents "Reinventing Your Business Now and for the Future" at the Chamber's Tools to Help Your Business virtual seminar.

Businesses should prepare for future crises

On Sept. 17, Robert Fukui, president of High Point Marketing, gave a thought provoking presentation, "Reinventing Your Business Now and for the Future," for the Alhambra Chamber's Tools to Help Your Business virtual seminar.

The presentation was a twist on the frequently addressed topic of pivoting a business. There were two primary focuses of the presentation.

1. Pivot with the long term in mind, not to simply survive the current crisis. Based upon the examples of past economic crises like 2008-09, 9/11, and dotcom bust, business never fully goes back to normal after a recovery. Every crisis always creates new normals.

2. Preparation for future crisis moments are the best solutions. While business owners can never predict the when, or the cause, of a future economic crisis, they can always prepare for them by paying attention to the constant changes in consumer behavior. For example, the current demand to do business virtually and touchless is nothing

new. This has been available technology for years with a slow trend that has been moving the market in that direction.

What's changed is the crisis simply accelerated that demand. Some businesses were adapting to the new available technology prior to COVID while others were just happy doing business as normal. Once the pandemic hit, all these businesses were scrambling to put the technology in place to do things more virtually.

So, a key point to remember is "crisis doesn't create change, it simply accelerates what has already been occurring." And when businesses stay in tune with the slow market changes and adapt to them, they will be better prepared to deal with an economic crisis when it hits.

"It's not to say you won't have to make any changes, but you won't have to pivot as hard as businesses who were doing business as usual all those years before," Mr. Fukui said. "Your business will be better prepared and most likely thrive during the crisis moments while others are playing catch up."

Ads highlight problems with Prop. 15 Split Roll

BY CALCHAMBER

With just weeks remaining before the Nov. 3 general election, the broad-based campaign opposing Proposition 15 is highlighting reasons to vote against the split roll property tax measure in social media and televised ads.

As pointed out in the ads, Proposition 15 is a \$12.5 billion a year property tax increase — the largest in state history — that is riddled with flaws that will hurt all Californians. The measure will also hurt the small businesses that employ half of all California employees.

Proponents have admitted that homeowners are next. Contrary to what its supporters claim, Proposition 15 will not help local governments and schools recover from the COVID-19 induced economic crisis.

Hurts small business

In brief videos viewable online, small business owners testify to the harm Proposition 15 will cause if passed:

- Increased rents because of the "triple net lease" under which many small busi-

nesses operate, making them responsible for paying property taxes, insurance, and maintenance costs.

- Increased fuel prices and energy costs.
- Increased prices from vendors.

Consumers will ultimately bear the burden of higher prices if Proposition 15 is adopted because businesses of all sizes operating on tight margins will be forced to pass along the increased costs.

Broad coalition opposes

In addition to the California Chamber of Commerce, the coalition leading the campaign against Proposition 15 — Stop Higher Property Taxes and Save Prop 13 — includes the California Taxpayers Association, California Business Roundtable, Howard Jarvis Taxpayers Association, California Business Properties Association, and California State Conference of the NAACP.

Also part of the bipartisan coalition opposing Proposition 15 are more than 1,500 organizations, businesses, state and local elected officials, and individuals from throughout the state.



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



**Good Day
Alhambra**

alhambra
CHAMBER OF COMMERCE

Virtual  zoom

Wednesday, 10/14/2020 @ 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



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

Have you mastered these insurance policy basics?

Test your insurance literacy with this quiz to hone your grasp of coverage beliefs.

Why bother measuring your insurance literacy? Simple: the more you know, the better able you are to protect yourself, your family, and your largest investments. Test your policy knowledge and learn more with this short quiz.

True or false?

1. Your homeowners policy should equal the estimated replacement cost of your home, not the purchase price.
2. Your homeowners insurance policy covers flood damage.
3. A solution for people who want extra levels of liability insurance protection above the limits provided by their auto and homeowners policies — protecting finances and family — is called an overflow policy.
4. Your address may impact your auto insurance rate.
5. Your life insurance policy should cover 10 times your yearly income.

Answers

1. True.
It's up to you to choose the policy and limits that meet your needs, but it's best to insure your home for at least 100% of its estimated replacement cost — the cost of repairing or replacing your home to restore its original condition. Estimated replacement cost is different from market value or purchase price. If you select a homeowners policy amount lower than the estimated replacement cost, certain policies may be unavailable to you. Periodically review your policy and limits with your agent and notify your agent of any changes or additions to your home.
2. False.
Homeowners policies typically exclude

flood coverage. Adding coverage may be worth looking into, no matter where you live. According to FloodSmart.gov, more than 20% of all flood claims happen in moderate to low risk areas. State Farm® agents enrolled in the NFIP Direct Program are able to write and service flood insurance policies for qualifying homes directly through the federal government program, NFIP Direct.

3. False.

A Personal Liability Umbrella policy layers on top of your existing underlying policies to provide extra protection when home and auto liability limits are exhausted. Your agent can help explain how a Personal Liability Umbrella policy can help ensure that your family and financial health are protected in the event of a covered crash or lawsuit.

4. True.

People who live in densely populated areas — noted for higher occurrences of crashes and theft — will likely pay more for auto insurance than those who live in rural areas, where crashes and theft are less prevalent. Other factors that may influence the cost of auto insurance: vehicle type, coverage, and driving record.

5. False.

There is no "one-size-fits-all" formula for selecting life insurance policies — it's a personal matter.

Want to know more? Enhance your knowledge of insurance by talking to your State Farm agent. Establishing an open dialogue with your State Farm agent is the best way to answer any questions you may have.

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

Tōyō Miyatake Studio: serving the community through photography

BY GLENN BARNETT

The Tōyō Miyatake Studio was founded in 1923 by photographer Tōyō Miyatake on First Street in Little Tokyo. The studio was forced to close during World War II as Tōyō and other Japanese-Americans were interned in relocation camps for the duration of the war. He and his family were sent to Manzanar in Northern California's Owens Valley.

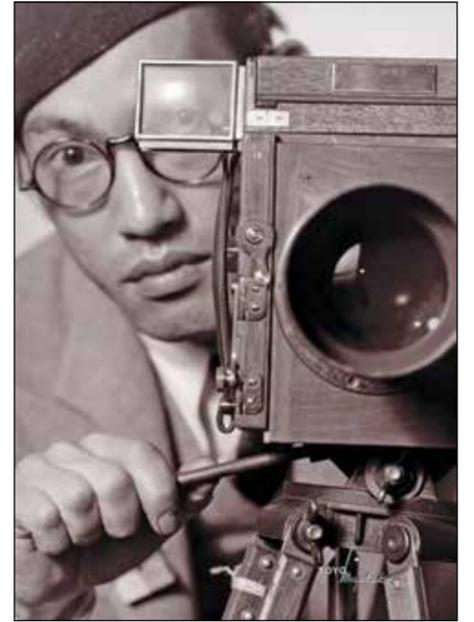
Tōyō secretly took pictures of Manzanar and its detainees before being named the official photographer of the camp. In 1943, the photographer Ansel Adams journeyed to Manzanar to chronicle the experience of the families there. He soon met Tōyō. They quickly bonded over the love of photography and became lifelong friends. After the war, they published a book of their combined photos titled *Two Views of Manzanar*.

After the war, Tōyō resumed work at his studio, and his children grew up in the family business. After Tōyō's death in 1979, his oldest son, Archie, looked to move beyond the Little Tokyo neighborhood. In 1985, he and his son, Alan, opened a Tōyō Miyatake Studio in San Gabriel at 235 W. Fairview Ave. Today, Alan still runs the studio.

As the photography business changed, Alan changed with it. He brought the studio into the digital age from the traditional film techniques he had learned from his father and grandfather Tōyō, and his dark room became a storage closet. Tōyō Miyatake Studio still stands for quality portraiture.

Alan is often assisted by his daughter, Sydney, the fourth generation in the family business. They offer image editing along with imaginative posing and professional lighting, which enhances the traditional quality that has always been a hallmark of the family business. Former Alhambra Mayor Gary Yamauchi is a fan. He is proud that, "Alan has done all my photo work for many years."

Professional services offered by the Tōyō



Tōyō Miyatake in a self-portrait using an old wooden camera.

Miyatake Studio include stunning images in traditional studio portraits. "Lighting is key," Alan said. "Our knowledge of studio lighting is experienced. Consultation for your posing and clothing is important."

Alan's professional services include a lifetime of knowledge for capturing a wide range of different human activity. Consider family portraits, business portraits, events, kimono, graduation portraits, basketball, passports, as well as children, maternity and infant portraits. Emphasis is on helping families create memories with portraits of historical importance, weddings, graduations, engagements, etc. Alan can also scan printed pictures for digital copies.

Who are some of the famous people Alan has photographed? Vin Scully would top the list, and perhaps everyone's list, and also Joe Biden.

Contact Alan at 626-289-5674 or toyomiyatake@sbcglobal.net. Hours of operation: 9 a.m. - 5 p.m. Tuesday – Saturday and Sunday by appointment only. Closed on Monday.

I speak Mandarin and Cantonese



Important Medicare questions

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

Katherine Yu Simms

Medicare Insurance Agent

License #0M21975

Cell 323.854.2868

WELCOME OUR *New* CHAMBER MEMBERS!

A-Sha Foods USA Co., Inc.
905 Westminster Ave., Unit J
Alhambra, CA 91803
562-888-2742
Ashadrynoodle.com
Different from producing traditional fried ramen noodles, Asha uses a secret air-drying process that takes 18+ hours. Combine that with top quality ingredients and methods and you get the best ramen noodles in the world. Asha Foods USA continues to grow at a rapid pace. Our products can be found in all 50 states, throughout Canada, and online.

Flora Clay
1100 E. Main St.
Alhambra, CA 91801
626-703-4633
floraclay.com
We have grown orchids and plants at our nursery farm for almost 20 years. Our goal is to provide affordable orchids so everyone can enjoy their beauty. Get the best orchids from us.

Katherine Yu Simms
P.O. Box 3344
Alhambra, CA 91803
323-854-2868
Medicare Insurance Consultant
Ms. Simms' consultation is free, and her extensive experience and advocacy with senior care can help make the best choice at the most favorable cost.

Nissan of Alhambra
1811 W. Main St.
Alhambra, CA 91801
626-281-4000
Nissanofalhambra.com
Here at Nissan of Alhambra, we aim to be the number one automotive solution for Nissan drivers throughout Alhambra, Montebello, Monterey Park, Pasadena, and Rosemead. We accomplish that goal by offering a vast array of vehicles, no-stress auto financing, and exceptional car service and repairs. That way, you can take care of your many automotive needs all under one roof!

Welcome!

Tax Tips

Home office deduction

Please note: the information in this article was accurate at the time of writing. And Tax Law can, and will, change in the future.

With COVID-19, I have been getting quite a few clients asking about what they can deduct while working from home. Unfortunately, there is no federal deduction for working from home at this time.

However, the State of California still allows "Unreimbursed Business Expenses" if you itemize and qualify. All the criteria below must be met:

- **Exclusive Use Test.** This is met if a specific area of the home is used only for business. The area can be a room or other separately identifiable space. The space does not need to be marked off by a permanent partition. This test is not met if the taxpayer uses the area both for business and personal purposes. Using the dining room table during the day as your office space and then using it for family meals will disqualify you.

- **Regular Use Test.** A taxpayer must use a specific area of the home for business on a regular basis. Incidental or occasional business is not regular use. All facts and circumstances are considered in determining whether a business use is regular.

- **Trade of Business Use Test.** A taxpayer must use part of the home in connection with a trade or business. If the use is for a profit seeking activity that is not a trade or business, the business use of the home deduction is not allowed.

- **Employee Business Use of Home.**
 - o The home must be for the con-



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@alhambratatxcenter.com. To view previous topics, read his blogs at www.alhambratatxcenter.com.

venience of the employer.

- o The employee must be able to itemize deductions on a Schedule A.
- o The employee is not renting the home office to the employer.

If you would like to learn more about home office deductions, you can go to IRS.gov or ftb.ca.gov. You may also contact your tax preparer.

If you filed an extension to file your tax return late, it is due Oct. 15. Any tax returns with a balance due that are not filed by the 15th will receive a late filing penalty, dated back to July 15.

Alhambra to host virtual candidates forums Oct. 6, 8

City Council candidates and AUSD School Board candidates to field community questions

In anticipation of the Nov. 3 general election, two virtual Alhambra Candidates' Forums will take place at 7 p.m.: Community and Candidates Forum — Alhambra City Council Tuesday, Oct. 6, <https://www.eventbrite.com/e/community-and-candidates-fo->

[rum-alhambra-city-council-registration-117485876419](https://www.eventbrite.com/e/kids-and-candidates-forum-alhambra-board-of-education-tickets-117490159229), and Kids and Candidates Forum — Alhambra Board of Education Thursday, Oct. 8, <https://www.eventbrite.com/e/kids-and-candidates-forum-alhambra-board-of-education-tickets-117490159229>

Virtual Networking

Tools To Help Your Business

Wednesday, October 21, 2020
 Noon to 1:00 p.m.

Alhambra Chamber Mastermind Session

Hosted by: **Robert Fukui**
High Point Marketing

Speaker: Robert Fukui

Market research shows that over 70% of business owners who receive some type of coaching or counsel improve performance, relationships, and communication skills. During times like this who can't benefit from that? Starting October 21 the Alhambra Chamber of Commerce will conduct a series of Mastermind Sessions. During this time, three to five chamber members will receive practical solutions to their business challenges from fellow members. Facilitated by business consultant Robert Fukui, president of High Point Marketing and past president of the Alhambra Chamber, the mastermind format has proven to be one of the most effective methods of receiving quick solutions to nagging business issues.

Participation is free for chamber members. If you want to be one of the businesses chosen to be on the "hot seat," submit your name and a one-paragraph description of the issue you want feedback on.

Join Zoom Meeting:
[https://us02web.zoom.us/meeting/register/tZMud-6urDwuEts-JYF3HAXiNEOQd9VsBmSs](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZMud-6urDwuEts-JYF3HAXiNEOQd9VsBmSs)

The Alhambra Chamber of Commerce

thanks these members for renewing their memberships and for their continued support:

<p>Alhambra Foundry Co., Ltd. 1147 Meridian Avenue Alhambra, CA 91803 626-289-4294 Member since 2001</p>	<p>First Baptist Church 101 S. Atlantic Blvd. Alhambra, CA 91801 626-570-1511 Member since 2007</p>	<p>Taiwanese American Professionals LA 3001 Walnut Grove Ave. Rosemead, CA 91770 626-319-1966 Member since 2018</p>
<p>Alhambra Unified School District 1515 W. Mission Road Alhambra, CA 91803 626-943-3330 Member since 1974</p>	<p>John R. Sinner Insurance Agency, Inc. 1230 E. Main St. Alhambra, CA 91801 626-576-8049 Member since 2016</p>	<p>Toyo Miyatake Studio 235 W. Fairview Ave. San Gabriel, CA 91776 626-289-5674 Member since 2006</p>
<p>Alhambra Veterinary Hospital 1501 W. Mission Road Alhambra, CA 91803 626-289-9227 Member since 1969</p>	<p>McCormick's Pet Emporium 644 E. Main St. Alhambra, CA 91801 626-289-4393 Member since 2017</p>	<p>Wendy's 245 S. Atlantic Blvd. Alhambra, CA 91801 626-282-7349 Member since 2012</p>
<p>Auntie M Creative Consultants, Inc. 614 S. Date Ave. Alhambra, C 91803 626-308-9774 Member since 2005</p>	<p>Options for Learning – State Preschool 18455 Railroad St. City of Industry, CA 91748 626-854-3449 Member since 2014</p>	<p>West San Gabriel Valley Realtors 1039 E. Valley Blvd., Suite 205B San Gabriel, CA 91776 626-288-6212 Member since 2003</p>
<p>Baja Cali Fish & Tacos 31 E. Main St. Alhambra, CA 91801 626-940-5549 Member since 2017</p>	<p>Plaza Printing 126 E. Valley Blvd. Alhambra, CA 91801 626-576-0209 Member since 1995</p>	<p>Yang's Kitchen 112 W. Main St. Alhambra, CA 91801 626-281-1035 Member since 2019</p>
<p>Bolton & Company 3475 E. Foothill Blvd., Suite 100 Pasadena, CA 91107 626-535-1497 Member since 2017</p>	<p>San Gabriel Mission P.O. Box 624 San Gabriel, CA 91778-0624 626-457-3035 Member since 2011</p>	<p>YMCA of West San Gabriel Valley 401 E. Corto St. Alhambra, CA 91801 626-576-0226 Member since 1990</p>
<p>Diversified Alarm Service, Inc. 1001 Monterey Pass Road Monterey Park, CA 91754 323-980-9528 Member since 2008</p>	<p>Sterling Bank and Trust 711 W. Valley Blvd. Alhambra, CA 91803 626-576-8810 Member since 2015</p>	

Thank You!

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

Since 1970

ALHAMBRA

Tax Center

Cut the cost of your tax return.
Go with the best & most affordable tax service.

1009 E Main St.
Alhambra CA 91801
www.alhambratatxcenter.com
626-282-1084

2019

Extension Filing

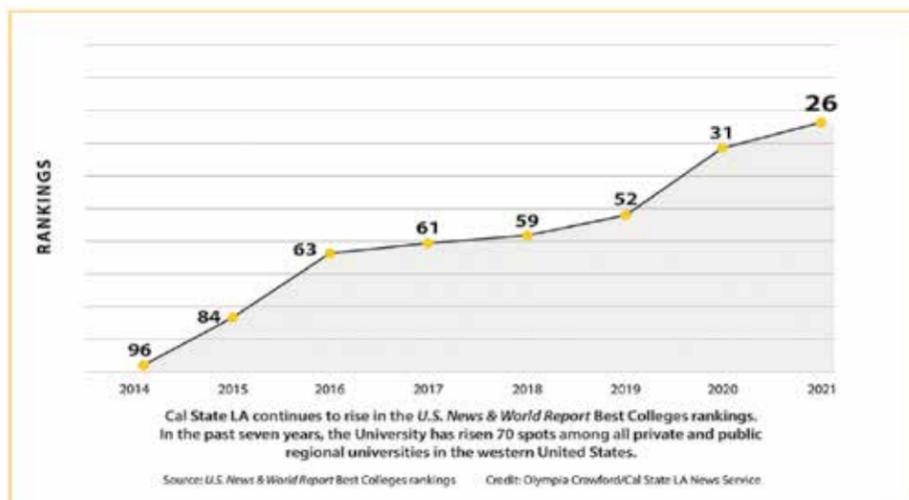
Deadline

10/15/2020

Michael Aston, EA

ADMITTED TO PRACTICE BEFORE THE IRS

ENROLLED AGENT



Cal State LA continues impressive rise in U.S. News & World Report rankings

For the seventh consecutive year, Cal State LA has continued to ascend as one of the nation's top regional universities in the U.S. News & World Report Best Colleges rankings.

Cal State LA ranks 26th among all private and public regional universities in the western United States, rising five spots from the previous year, according to the 2021 rankings released recently.

During the past seven years, Cal State LA has jumped 70 spots among all private and public regional universities in the West.

In the latest rankings, the university recorded strong marks for its undergraduate engineering and business programs, low student debt, social mobility, and commitment to teaching students.

Among top public regional universities in the West, Cal State LA ranks 9th. Last year, the university was ranked 12th.

"These rankings reflect Cal State LA's unwavering commitment to student success," said Cal State LA President William A. Covino. "I'm proud of the hard work by our students, faculty, and staff that helped us achieve these impressive gains."

Two Cal State LA programs were fea-

tured among the nation's best undergraduate programs and have been included in the U.S. News & World Report rankings for more than two decades.

The engineering program in the College of Engineering, Computer Science, and Technology is one of the top five in the nation among public, master's awarding institutions, excluding military academies, the rankings show.

The business program in the College of Business and Economics continues to be one of the top 10 in California among public institutions.

Cal State LA earned a spot in a new ranking category this year for undergraduate computer science programs. The program in the College of Engineering, Computer Science, and Technology was ranked among the top 20 in California.

The university was also ranked 16th among regional universities in the West for faculty and administrators who are committed to teaching undergraduate students in a high-quality manner.

Last spring, Cal State LA awarded more than 7,200 degrees, the highest number in the history of the university.

Alhambra mail carrier retires

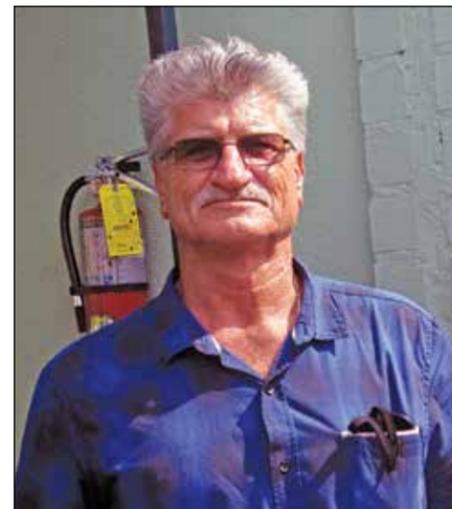
Elizandro Monarrez has delivered the mail in Alhambra for 40 years. He served other cities for eight years before that. His postal career has spanned 48 busy and fulfilling years. Most of the time in Alhambra he handled Route 61, which included the downtown area, City Hall, the Court House, Police Station, Chamber of Commerce, homes, and businesses.

It is a busy route for a postman. Mr. Monarrez, who retired Aug. 31, estimated he made 800 deliveries or more each day. In addition, postal customers constantly approached him with questions. He put in a full day's work in Alhambra.

Born in Durango Mexico, Mr. Monarrez moved, along with his family, to Los Angeles in time for him to attend Wilson High School in El Sereno. After graduation, he served in the Army and is a Vietnam veteran. Soon after his discharge from the military he became a United States citizen.

With his GI Bill benefits, he first took courses in auto mechanics before switching to Police Science courses at East Los Angeles College. He was even offered the opportunity to enroll in the Police Academy but, at age 23, he chose the Postal Service instead and never looked back. His growing family benefited from the steady job, and he soon saved up enough to buy a home in La Puente, where he still lives.

Mr. Monarrez began his career in the Post Office as a letter handler in the City of Bell and was soon promoted to a letter carrier with his own route. When a



Elizandro Monarrez's postal career has spanned 48 busy and fulfilling years.

vacancy came up in Alhambra in 1980, he happily transferred to his new permanent assignment. He was one of the first Latino letter carriers in town. Through the years he has made many friends in Alhambra. He remembers, for instance, when one of his postal customers, long serving pastor Foster Shannon, retired from the pulpit at the Presbyterian Church at First and Commonwealth.

Mr. Monarrez now looks forward to traveling, once the COVID situation is over, and has bought a van to help him get away. The downtown community is grateful for his steady service over the last 40 years and wishes him well with his next endeavor.

Academy of Special Dreams strives to bring awareness to those with special needs

Michael Dergar is a visual artist living in Pasadena whose life mission is to bring public awareness to those with special needs in an effort to create a better and more inclusive society. As CEO and founder of the Academy of Special Dreams Foundation, Mr. Dergar seeks ways to encourage, support, and promote the artistic talents of people with disabilities, instill pride in these artists by encouraging and showing their artwork, and impart the hope that everyone regardless of disabilities can make a better future for themselves.

"We at the Academy of Special Dreams Foundation believe in helping the most vulnerable communities," said Mr. Dergar. "Our mission includes educating the larger society that disability is a natural part of the human experience. We strive for the day that having a disability will in no way diminish the right of anyone to live independently, and they can

be free of discrimination or bias to enjoy self-determination, to pursue a meaningful career, to contribute to society, and to be part of a loving family. In this country, life for many people living with disabilities, whether physical, intellectual or other, has improved since the ADA became law. For people with disabilities in countries like Mexico and Central America, it is a daily battle to just be recognized as part of



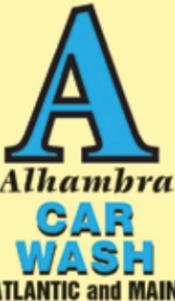
The Academy of Special Dreams supports both national and international efforts to make an important impact on families facing difficulties during this pandemic in collaboration with many friends and families.

society."

Follow the work of the Special Academy by subscribing at <http://www.specialacademy.org>, or became a fan on Facebook at Special Academy <http://www.facebook.com/specialacademy>. Stay in touch on Twitter at <http://twitter.com/specialacademy>.

For more information, visit www.specialacademy.org.

Support this paper!
Visit our advertisers!



**Alhambra
CAR WASH**
ATLANTIC and MAIN

Open 7 days a week
626-282-5666



Full Service Polish Dept.

\$18.99
Expires 10-31-2020
FULL SERVICE WASH

\$2 OFF
Expires 10-31-2020
ANY CAR WASH PACKAGE

Alhambra Car Wash
704 W. Main Street, Alhambra, CA 91801

WE ARE ALHAMBRA SUPPORT OUR LOCAL BUSINESSES

Adjusting to the



Alhambra businesses have pivoted and adjusted their daily structure to serve you safely. CDC compliant practices have been adopted on site to ensure protection and prevention from the Covid 19 virus.

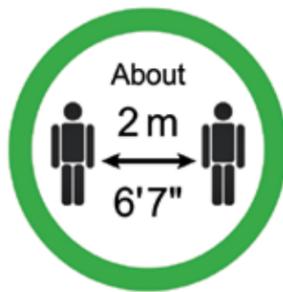
CUSTOMERS ARE ASKED TO DO THEIR PART BELOW:



Wash Hands Thoroughly



Use Soap or Hand Sanitizer



Keep Safe Distance from Other People



Stay at Home if Sick



Use Face Mask or Respirator

TO FIND OUT WHAT RESTAURANTS AND BUSINESSES ARE OPEN, SCAN THESE QR CODES:

You can download any free QR Code reader from your phone's App Store.

ALHAMBRA RESTAURANTS: DELIVERY, TAKEOUT OR OUTDOOR DINING



SCAN ME

OPEN ALHAMBRA BUSINESSES AND SERVICES



SCAN ME

CDC Compliant: Delivery • Takeout • Patio Dining • Online Shopping • In-Store Services



Dancers at last year's Open House performance.

After school dance at Ramona Convent back on campus

Dance instructors Frit and Frat Fuller are hosting outdoor classes near the historical staircase at Ramona Convent. There's no charge for current students to participate. It's a fun and socially distanced club that meets twice a week through the beginning of November.

Developing and expanding technique, artistry, and creativity are the focus of the after-school dance program. Students enjoy learning ballet, contemporary, hip hop, and cultural dance in a supportive and professional atmosphere. Performances this

year will include Arts Night, Grandparents' Day, and the Professional Dance Network Showcase at Knott's Berry Farm.

Ramona is a welcoming Catholic college-prep high school for girls in grades nine – 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.

Soroptimist International of Alhambra, San Gabriel, San Marino announces 'Live Your Dream Awards'

Soroptimist International of Alhambra, San Gabriel, San Marino is taking applications for women who are eligible to apply for "Live Your Dream" Education and training cash awards. The process begins at the Club level, where monetary awards are given in descending order, from first (\$1,500) to fifth place (\$800). The first award recipient becomes eligible to receive a more substantial Region level cash award (\$3,000 – \$5,000) if she is again chosen as the first place winner. As the first place winner at the Region level, she advances to the Federation level, where she may receive one of three Federation cash awards, up to \$10,000.

The Live Your Dream Awards are unique educational grants for women who provide the primary financial support for their families. Eligible applicants must be enrolled in or have been accepted to either a vocational/skills training program or an undergraduate degree program and must



demonstrate a financial need.

Live Your Dream Awards give women the resources they need to improve their education, skills, and employment prospects. Recipients may use the cash award to off-

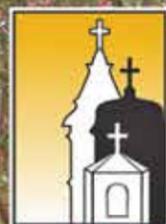
set any cost associated with their efforts to attain higher education, including books, child care, and transportation.

If a candidate meets the eligibility requirements as delineated at bit.ly/LYDA-apply, they may complete the application. Applications are accepted until Nov. 15.

Soroptimist International is a global volunteer organization that economically improves the lives of disadvantaged women and girls. Soroptimist International envisions a world where women and girls have the resources and opportunities to reach their full potential.

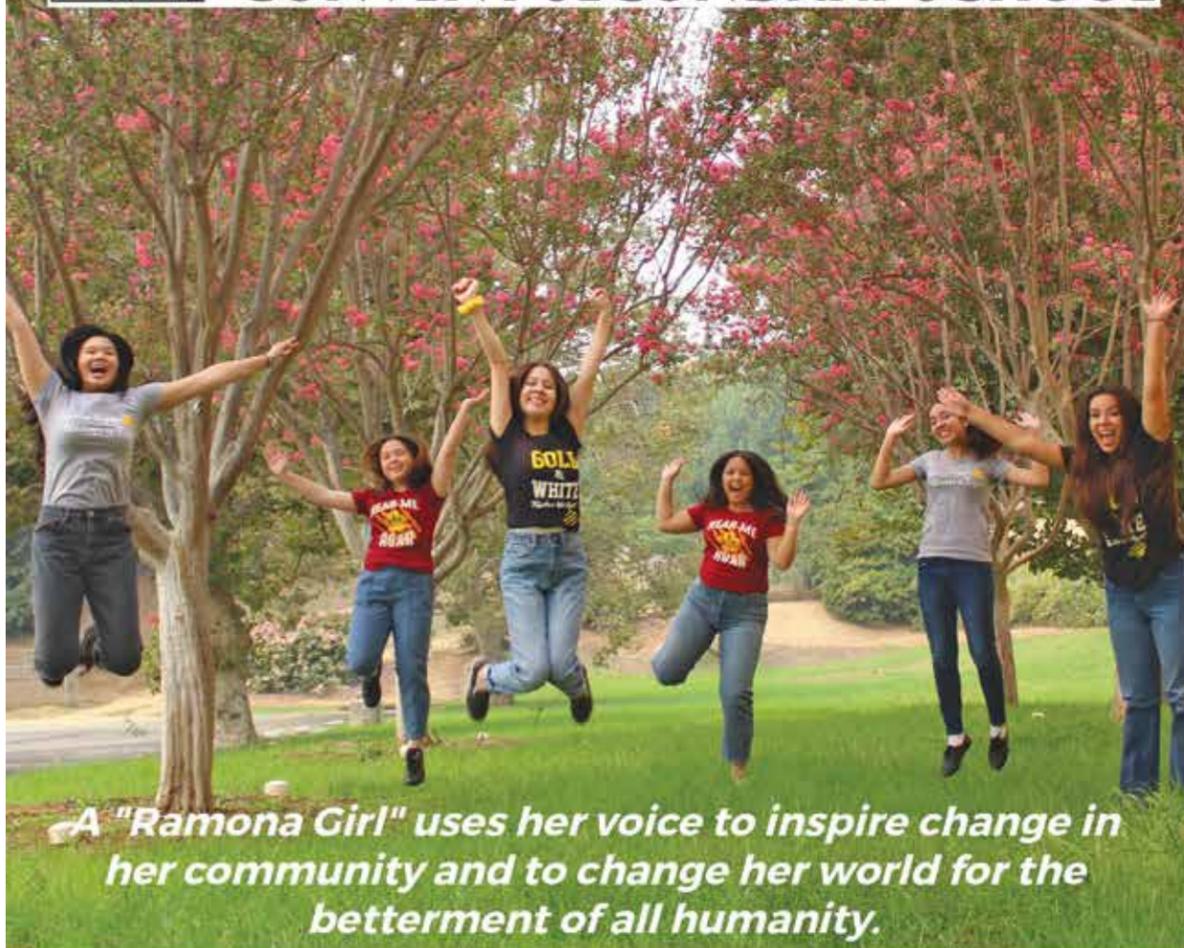
For more information, please contact Bruce Cristol at 626-388-3523 or laubu@charter.com.

VIRTUAL TIGER PLAY DAY @RAMONACONVENT



RAMONA

CONVENT SECONDARY SCHOOL



A "Ramona Girl" uses her voice to inspire change in her community and to change her world for the betterment of all humanity.



Calling all girls in grades 7 & 8!

- Experience what it's like to be a Ramona girl
- Engage in remote learning with teachers and students
- R.S.V.P. TODAY to receive your very own complimentary Tiger Spirit Pack to help you explore what Ramona spirit is all about
- The fun begins on Zoom with a Pep Rally

SPACE IS LIMITED

Saturday, October 24 from 10:00 a.m. - 11:30 a.m.

Check-in begins at 9:45 a.m.

Catholic all-girls' college prep grades 9 - 12

Application Workshop, HSPT Prep, On-Campus Visits, and Virtual Open House Information available on our website
1701 West Ramona Road, Alhambra, CA 91803 | ramonaconvent.org | (626) 282-4151

Alhambra Fit Body Boot Camp offers outdoor fitness boot camp training

BY JEWELYN CO

Alhambra Fit Body Boot Camp, 43 E. Main St. #101, is a fitness boot camp franchise that specializes in fitness training and health education. Alhambra Fit Body Boot Camp focuses on the fitness pyramid of fat loss, muscle gain, and mental strength through high intensity interval training (HIIT) exercises, strength training, and motivational mental support. As a former college football player and fitness enthusiast, Charles Green Jr. was motivated to start a business with his brother-in-law, Derek Wong, to help others achieve their fitness objectives. "I was living an unhealthy lifestyle, and being with Fit Body Boot Camp for three years, I decided that this is what I wanted to do and help people live a healthier lifestyle," Mr. Green said.

Differentiating from other general gyms, Alhambra Fit Body Boot Camp focuses on proper nutrition education, resistance training, and cardiovascular exercises that help their clients achieve their fitness missions faster. Every workout done at Fit body Bootcamp is a 30-minute high-intensity interval training exercise including a combination of resistance and cardiovascular training. Boot Camp members, and also the spouses of Mr. Wong and Mr. Green, Lou Wong and Joan Green, agreed, "We feel stronger and achieved improvements. We are so grateful for the teams' support and motivation."

The Boot Camp teams and coaches Tina Kim, Tanner Davis, Austin Perdieu, and Sarah, are certified personal trainers through the National Academy of Sports Medicine. They focus on each individual member and motivationally lead the exercises while ensuring everyone is properly performing the exercises correctly to avoid injuries. The vast number of members range from age 14 to 95 and are different fitness levels. "We want to make sure that our clients have great experiences, and we give them a one-on-one personal training experience from the coaches," Mr. Green said. "To eliminate three types of excuses like time, money budget, and types of workout, we offer convenient times for our classes, affordable membership, and we educate on proper workouts based on their fitness

goals. Everything is a progression; we want to make sure our clients progress over time. We challenge them to push them to the next level and to be able to do what they were not able to do before coming to Alhambra Fit Body Boot Camp."

Soon after their grand opening in March, business for the Boot Camp was affected due to the mandated closure of all gym and fitness facilities. They shortly offered online training classes to their members, and when allowed to reopen in June, they had to adhere to all health policy and guidelines. "Some odds were against us, but we work as a team, and we do our best for our clients," Mr. Wong said. "We are just happy to be here to operate and give back to our community. We won't quit as our clients won't quit." The Boot Camp reopened for business and held training classes outdoors in their private parking area. There are about 16 workout stations outdoors for each member to be safely socially distant from one another. Some light workout equipment is used, and the floor coach always makes sure that each person is correctly performing the exercises properly to prevent injuries. The outdoor activity has been a great advertisement for the business because people can see the workouts and are motivated to join.

Sanitation and keeping their members safe has been a challenge, but a focus to continue operating for business. Before and after every workout class, they sanitize and clean the equipment and stations. They prepare an hour early before opening, and the team in the morning sets up and takes the equipment outdoors, and the team at night cleans up the equipment and takes them in to prepare for the next day. "We need to adjust to the new normal and do our best," said Mr. Tanner. "Consistency is the key, and don't quit! My mission in life is to serve and love people and provide value."

To learn more about Alhambra Fit Body Boot Camp and membership sign up, visit their website at www.fitbodybootcamp.com/10416-alhambra-ca/about-us/, or contact them at 626-225-2191.

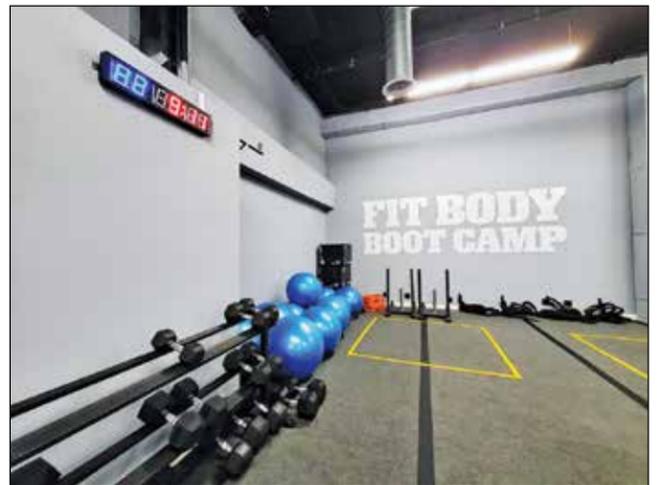
Follow them on social media at FitBodyAlhambra on Facebook and @fitbodybootcampalhambra.



Alhambra Fit body Boot Camp members work out in the open area.



Front left are members Stephanie Paez, Jewelyn Co, Joan Green, and Lou Wong, and Coach Tanner Davis. In back are Coaches Charles Green Jr. and Derek Wong.



Indoor workout area two.

San Gabriel Valley Humane Society

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

The adoption fee for cats is \$99, which includes spay/neuter, vaccinations, de-worming, FIV/FELV/heartworm testing, and microchip. A \$130 - \$145 dog adoption fee includes microchip, vaccinations, spay/neuter surgery, and

de-worming, as well as a free health check-up at a participating vet (some breeds slightly higher).

Save money with the Buddy Program. Adopt two pets at the same time for a reduced fee.

The Senior for Senior Program offers pets for \$39 each.

The San Gabriel Valley Humane Society is the local, affordable

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.



Smokey

American pit bull terrier • Adult • Male • Large

Smokey is a 4-year-old blue American Pit Bull terrier who came to the San Gabriel Valley Humane Society from a homeless situation. At first, he was a bit nervous and scared. Since his arrival at the shelter, Smokey has improved tremendously. He is now a more social, happy dog who loves to be pet, play fetch, and go on long walks. He hasn't shown any further signs of discomfort toward the staff since working with him. Smokey would do well as the only dog in the home. 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 a "Meet and Greet" appointment with Smokey. Website: www.sgvhumane.org.



Max

Boxer and shepherd mix • Adult • Male • Large

Max is a handsome 2-year-old boxer/shepherd mix with a reddish brown and white fur coat. He is very sweet and is learning to build trust with new people. Once Max gets to know you, he is extremely affectionate. He would do best in a home with an experienced dog owner. Max loves to play with toys and is dog friendly. He would prefer a home with few adults. He knows and responds to commands such as "sit" and "lie down" and is treat motivated. 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 a "Meet and Greet" appointment with Max. Website: www.sgvhumane.org.



Darby

Dachshund • Senior • Male • Small

Hi, my name is Darby, a handsome senior Dachshund. I'm 14 years old and a super cool dude. I came from a particularly rough situation that eventually led to the loss of my eyesight, but that certainly hasn't dampened my spirits or my additional senses. I can find my way around just fine! Thanks to the fantastic staff at the Humane Society, I am now flourishing. I am the cuddle master and LOVE being pet. If you like nose work games, then I'm your man. There is no food or treat I cannot find, I promise you that. I'm friendly with humans of all ages and other animals too. If you think you have the huge heart I've been waiting for my whole life, then I am ready for us to be together forever. Darby's adoption fee is \$130, which includes neuter surgery, microchip, first vaccinations, and a free wellness check-up at a participating veterinarian. Darby also qualifies for the "Senior for Senior" adoption program. Call the San Gabriel Valley Humane Society at 626-286-1159 to schedule a "Meet and Greet" appointment with Darby. Website: www.sgvhumane.org.

Visit us at www.sgvhumane.org

A-Sha Foods USA introduces healthier alternative to instant dry noodles

BY JEWELYN CO

Ranked as #392 on *Inc5000* magazine's list of top 500 on the INC 500 list of 2020, A-Sha Foods USA is one of the fastest growing private companies in the country. Recently relocated from South El Monte to Alhambra at 905 Westminster Ave Unit J, A-Sha Foods USA has been in business since 2012 in manufacturing a 100-year-old family recipe of Ramen noodles that originated from Tainan, Taiwan in 1977.

In contrast with other branded dried fried ramen noodles, A-Sha Foods USA dry noodles are processed in an air-drying method in a sanitized controlled temperature room for about 18 hours or more. In 2012, the branded company was bought out and rebranded as an import and export business and took worldwide markets online and locally. In 2013, A-Sha Foods debuted its products at the 626 Night Market food festival event in Pasadena. A-Sha Foods USA founded and established their USA headquarters in 2015. Within years, A-Sha Foods USA sales increased and continued to export internationally to Singapore, Canada, Mexico, Europe, and Australia, with the top selling market in the U.S. and Taiwan. "When you look at other culture cuisines, they have their distinguished type of dish, and Taiwanese beef noodles are what people would think of for Taiwanese food," said Young Chang, president of A-Sha Foods USA. "Our goal, for when people think of Taiwanese food, is to have them think of A-Sha foods and make that connection with our products."

A-Sha Foods was incorporated in 2015, and the dry noodle packs were exclusively sold in all locations of the teahouse, Half and Half. As the company became known, local markets started to be interested in reselling the A-Sha

pack of noodles, and they became available in markets such as Safeway, Pavilions, Vons, and other local Asian markets like Cali Mart, Valley Supermarket, and Focus Market. Costco gave a whole new platform for A-Sha Foods in 2019 as their products are sold in all Costco locations nationally and internationally.

A-Sha noodles are made with non-preservative natural ingredients and use flour milled in Oregon and shipped to Taiwan for manufacturing. They have over 20 trademarks, and three noodle patents for their variety of ramen noodles like wide, knife cut, medium width, and Tainan thin dry noodles. They come in assorted flavors of sauces such as original, chili, spicy barbecue, sesame oil scallion, spicy fennel, onion, and extra spicy (ghost pepper) and 10 plant based proteins in each serving. A-Sha noodles are versatile and can be prepared many ways, such as stir fried or served as cold noodles. People can be creative and make a ramen burger. "There have been other companies who have used our noodles and served them with blends of their specialty ingredients to create a fusioned cuisine, like using our noodles with Mexican cuisine, Italian cuisine, and other ethnic cuisines to make a whole new dish," said Asha Lew, marketing.

The company also offers unique varieties of snacks and treats like the crunchy seaweed snacks baked with black rice, sesame seeds, and almonds sandwiched by flavorful seaweed. The Spoonz Ice Cone Snack is a crispy cone filled with sweet flavored fillings of either banana, strawberry, or chocolate. The fresh delicious Blue Diamond almonds and cashews are protein-packed snacks of different flavors like savory buttery glaze and honey and even wasabi flavor. Other goodies such as the Green Tea Candy, Pororo Konjac Jelly drink, and Sunny Ball Snack are treats for



A-Sha Noodle packs and seaweed packs available online and in markets.

everyone.

To learn more about A-Sha Foods USA or online ordering, visit www.ashadrynnoodle.com. Follow them on social media @ashadrynnoodle on Instagram and Twitter and @Ashadrynnoodles on Facebook. "We want the community to know that we are available to assist with any questions on our products, product ordering, and preparation suggestions," Mr. Chang said.

Athens Services **EMPLOYEE SPOTLIGHT**

MEET ATHENS' FEATURED EMPLOYEE **ED CHEN**

Director, Government Affairs
Servicing the Community
Since 2010



Communities: Temple City, Alhambra, and neighboring areas in the western San Gabriel Valley.

Duties: Develop new partnerships and strengthen existing relationships with businesses, community leadership, the chamber of commerce, and local and state elected officials.

What do you like most about working at Athens?

Being able to work with cities to meet their waste and recycling goals, while also supporting local charities with time and resources. I enjoy volunteering and roll up my sleeves to help my community, which is part of The Athens Way.

We are not just a trash company, we are a community-first company, committed to the cities we serve. That's what differentiates Athens from the others.

Volunteer/civic work and awards:

- Los Angeles County Sheriff's Department 2019 Patrol Reserve of the Year
- Former Temple City School Board Member
- Former Temple City Planning Commissioner

Athens Services is proud to recognize Ed Chen for his selfless devotion and service to community. Athens Services is a recycling and waste diversion leader in Southern California. Family-owned and -operated since 1957, Athens was founded on the simple principle of providing exceptional service, by hiring and developing great people, while fostering a safe, healthy, and sustainable environment - that's The Athens Way. To learn more, visit www.AthensServices.com/media/.



OCT
24TH-31ST
RUN WEEK



8AM PST

WE'RE GOING
VIRTUAL THIS
YEAR!

7TH ANNUAL

VIRTUAL
ALHAMBRA

PUMPKIN RUN
2020

AND
HALLOWSCREAM



PROCEEDS FROM THE RUN BENEFIT COVID GRANTS TO
INDIVIDUALS NEEDING HELP DURING THE PANDEMIC

10K | 5K | 1K

REGISTER:

AlhambraPumpkinRun.com

A FUN VIRTUAL RUN

ADHERING TO THE COUNTY ORDER, WE DISCOURAGE YOU FROM RUNNING IN GROUPS TO MAINTAIN THE HEALTH ORDER. WE ENCOURAGE YOU TO RUN IN YOUR NEIGHBORHOOD AND SHARE YOUR RUN WITH US ON SOCIAL MEDIA. YOU GOT THIS!

VIRTUAL PUMPKIN
CARVING CONTEST

HOSTED BY THE ALHAMBRA
CHAMBER OF COMMERCE

VISIT ALHAMBRAPUMPKINRUN.COM FOR DETAILS!



VIRTUAL HOUSE
DECORATING CONTEST

HOSTED BY THE VIRTUAL
ALHAMBRA PUMPKIN RUN TEAM
VISIT ALHAMBRAPUMPKINRUN.COM FOR DETAILS!



SIGN UP: AlhambraPumpkinRun.com





Pro-Census chalk art drawn on the Southwest corner of the Fremont Elementary campus. An animated version of the Fremont mascot was created by Census Outreach team member Robert Dozmati to help spread 2020 Census awareness and participation. Photo by Robert Dozmati

AUSD focus on 2020 Census increases participation

BY ROBERT DOZMATI

Every community in the country depends on the federal funding determined by the once-a-decade U. S. Census — which makes a true population count crucial to the future well-being of all of us.

As the pandemic exposed holes in our country's social, economic, and health programs and highlighted the importance of accurately funded services for our community, it made the 2020 Census more important than ever. The Alhambra Unified School District worked tirelessly with city and county organizations to encourage all members of our community to get counted.

Through creative social media campaigns and student-driven public service announcements, AUSD made it a priority to get as many people participating in the 2020 Census Bureau as possible. Since April, AUSD embarked on collaborative projects like the K-8 Census Story-Tell-

ing contest with *Alhambra Source* and a Pro-Census PSA with students from the Alhambra High School Dream Center. The PSA featured multilingual students in English, Spanish, Mandarin, Cantonese, Indonesian, Vietnamese, and American Sign Language. Each language was given a featured role in the PSA, which was shared county-wide by the Los Angeles County Office of Education. Other 2020 Census projects by AUSD included extensive social media contests and the LA County Chalkathon, where schools, students, teachers, and families were encouraged to create chalk art promoting the census. Since the district started its efforts in April, the City of Alhambra saw significant response rate increases, jumping from 51.3% to 75.2% as of Sept. 13. AUSD recognizes the dangers of an undercount, prompting students and staff to go above and beyond to encourage census participation.

Inaugural AUSD Community Conversations evening sparks parent interest

AUSD parents from Fremont, Emery Park, Marguerita, Garfield, Ramona, and Alhambra High joined Superintendent Denise R. Jaramillo, Board vice president Jane Anderson, and Board member and Park parent Wing Ho for a lively exchange at the inaugural Community Conversations evening Sept. 10.

The intimate, listening-to-learn, hour-long format was effective. "Keeping the Zoom event small allowed us to have truly meaningful conversation, to hear what our parents are experiencing and want," Superintendent Jaramillo said.

Distance learning, particularly the wish for more platforms to encourage connection among students, parents, and teachers was a topic on parents' minds. An Emery Park parent praised Principal Jeremy Infranca for his efforts to connect parents by grade level through the GroupMe app, an initiative that had already made a difference for her and other parents and their children. (NOTE: PTA at each school can also be a vehicle for connection.)

An AHS parent of a 2020 Rose Parade Band student was excited about Band Director Mark Trulson's upcoming virtual band event for his students. She also wished for more virtual physics experiments and more time for her students to ask questions. (NOTE: All teachers offer afternoon office hours appointments for one-on-one tutoring and parent meetings.)

A Marguerita parent of a Dual Immersion kindergartener commented on the teachers "putting their heart and soul" into online teaching and also wondered about

offering more "brain breaks" for 5-year-olds. As a new AUSD parent, she also wished for ways to meet other DI parents to learn how they were supporting their children in online learning, suggesting that teachers could host a platform for parents.

Parents commented on the importance of social emotional learning for their children (NOTE: A Gateway SEL parent workshop is scheduled on Oct. 7, one of a series of parent workshops from Student Employee Welfare.)

Another parent suggested the creation of Zoom screen care-and-etiquette infographics to help students navigate online learning with less screen fatigue and more appropriateness. As one parent pointed out, "Communicating constantly through screens is new and is hard on our brains — we need to look away more." One parent worried about students in large households who needed more video privacy to be able to focus on learning.

"This year every one of us is a pioneer in education," Superintendent Jaramillo noted. "None of us has ever faced a time like this, but I urge us to remember that catastrophe plus challenge offers opportunity." Ms. Jaramillo commended parents and thanked them for their invaluable input, saying, "Connection is the cure for frustration."

Upcoming dates for AUSD Community Conversations are from 6:30 p.m. to 7:30 p.m. Oct. 1, 15, and 22. Translations are available, and participation is limited to no more than 25 people. Sign up at www.ausd.us.




SAVE THE DATES! YOU ARE INVITED!

October 6-8, 2020

ENGAGE LIVE

AUSD is partnering with the College Access Group this fall to host the 13th Annual District College Fair Virtually!

Meet & Chat LIVE w/ dozens of 2 yr. & 4 yr. College Recruiters and Career Professionals from across the country online.

RECEIVE INSIDER ADVICE

Ask detailed questions about financial aid, majors and degrees, job opportunities, and much more.

FLEXIBILITY & ACCESSIBILITY

Utilizing Google Meet, you can attend the fair from the comfort and safety of your home computer, school laptop, or even your smart phone, all three days of the fair.

Tues. 10/6 from 1:30pm-3:30 pm
Wed. 10/7 from 9:00am-12:00pm, and 5:30pm-7:30pm
Thurs. 10/8 from 1:30pm-3:30pm

FREE FOR ALL

AUSD 9th-12th graders, parents, and educators are invited to register and attend at NO COST.

Simply go to AccessCollege2.com to register.

After you register, access the fair at <https://collegeaccessgroup.net/acfvirtual>



ALHAMBRA
UNIFIED SCHOOL DISTRICT

For questions, please contact:
Monica Marquez/ College Fair Coordinator
626.943.6890
marquez_monica@ausd.us



ALHAMBRA
UNIFIED SCHOOL DISTRICT

proudly presents:

Superintendent/Board Member Community Conversations

As we begin a school year like no other, we want to know what's on your mind, connect with you, and listen in a small intimate group (no more than 25 people) in a Zoom setting.

SCHEDULED SESSIONS:

September 10th
September 24th
October 1st
October 15th
October 22nd

All meetings will be held on Thursdays from 6:30pm to 7:30pm

Translators will be available upon advanced request.

POSSIBLE DISCUSSION TOPICS:

- Delivering parent support you want
- Building and modeling a culture of respect and inclusion
- Ensuring students have the support to flourish
- Supporting special education parents during Distance Learning
- Developing programs to ensure the health, safety, and well-being of our community



Please RSVP at www.ausd.us

You will receive a confirmation and Zoom invitation a few days prior to the meeting. Space is limited to 25 people per session. In order to allow for participation from as many community members as possible, please only select one session at this time.

We will continue Community Conversations throughout the 2020-2021 school year.

AUSD Game Changers build culture of connection

The AUSD Game Changer employee recognition program, now in its third year, invites students, parents, and colleagues to nominate a fellow staff member to acknowledge exceptional efforts. Each month, a certificated and a classified Game Changer are selected. Thanks to Schools First Credit Union, each Game Changer receives \$100 when they are honored by the Board of Education.

Daniel Jimenez, a custodian with District Facilities Services, was the September classified Game Changer, noted for his great initiative and enthusiasm in his work. "He is always ready to assist other fellow AUSD employees," said Leticia Gonzalez, an AUSD school psychologist who nominated him. "Recently, Daniel observed the urgency of a fellow employee's needs. He quickly found a dolly to help with setting up the office space. We all thank Daniel for his hard work and excellent customer service skills."

Ynez school nurse Justin Kouch was the September classified Game Changer winner for his willingness to help beyond the call of duty. "He is always available," said Albert Ngov, also an AUSD nurse, who nominated Justin. "One example was the night before the pandemic at Granada Elementary School's community fair. Justin came to help assist with the fair for students and families, going beyond his job



Each month, Game Changer recipients will be chosen from the "Spotlight" and "Beyond the Call of Duty" nominees. The two chosen recipients receive a \$100 award from Schools First Federal Credit Union and are recognized by the AUSD Board of Education.

description. His professionalism and care are always student-centered."

During the pandemic, many employees are working harder than ever. Here is how any AUSD student, parent, or employee can take three minutes to nominate a Game Changer to thank them:

Go to www.ausd.us/badges.

Click on Recognition.

Click on one of the two badges that you want to choose.

Fill out 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.

FEED ALHAMBRA From Page 1A

supplies lasted. Cars began lining up at 7 a.m. What unfolded was a testament to the power of partnership. It was also a window into the scale of the hunger epidemic and food scarcity friends and neighbors are facing during the pandemic economy. Feed Alhambra opened early, no one was turned away, and volunteers didn't stop until the last box, bag, and package of diapers were given away. In all, 1,200 families were served in a safe, orderly way, thanks to the Alhambra Police Department and Alhambra Fire Department. Every family was asked if they had participated in the 2020 Census and helped to do so if they had not.

"Alhambra Unified was honored to be part of such a magnificent endeavor to help those in our community who need it most," said AUSD Superintendent Denise R. Jaramillo. AUSD joined tireless organizers Alhambra First Baptist, Alhambra Teachers Association, City of Alhambra, and Alhambra High's student VISA Service Club Boosters.

Ms. Jaramillo pointed out, "We owe a particular debt of gratitude to Alhambra Teachers Association President Tammy Scordia and City Councilmember Adele Andrade-Stadler for their vision in creating this remarkable achievement for our families.

"We salute the generous donors, which included Worldwide Produce, LA Regional Food Bank, Tzu Chi, AEF, Alhambra Police Officers Association, Republic Services, Valley Vista Services, Transtech Engineers, and USDA. In addition, \$5,500 was given to Feed Alhambra by organizations and individuals."

The scope of the massive effort can be seen in this list of what was donated to supply each family with food kits for four:

21,000 lb. fresh produce.

Five tons non-perishable dry goods.

15,000 lb. pre-cooked frozen meat.

15,000 lb. dairy products.

1,000 packages of diapers from BABY2BABY.

1,000 packages of baby wipes from BABY2BABY.

500 backpacks from Tzu Chi to AUSD students most in need.

500 gift cards.

4,000 books.

Many of the 300 volunteers who signed up to help for two hours stayed all day. Their smiles and hard work inspired all.

"The need is still great," Ms. Jaramillo said. "We are grateful that as of Sept. 4, AUSD can now offer free AUSD meals to all children age 18 and under through a USDA program, Seamless Summer Operations. Weekly food banks at Alhambra First Baptist, Monterey Park American Legion, and the Asian Youth Center in San Gabriel are also helping families.

"We are cheering our fellow Feed Alhambra organizers, the donors, and volunteers for their incredible demonstration of the power of partnership."

City Councilmember Andrade-Stadler noted, "While the nation experiences problems and divisions, we can be proud that in Alhambra we can work together to get things done. We thank everyone who contributed to this day of service."



Ynez families were warmly greeted by Monterey Park Police officers and other community officials, including AUSD Board of Education member Bob Gin, left, and MPPD Chief Kelly Gordon, far right.

MPPD hosts Popsicle Parade for Ynez students

BY JANETT PERALES, PRINCIPAL OF YNEZ SCHOOL

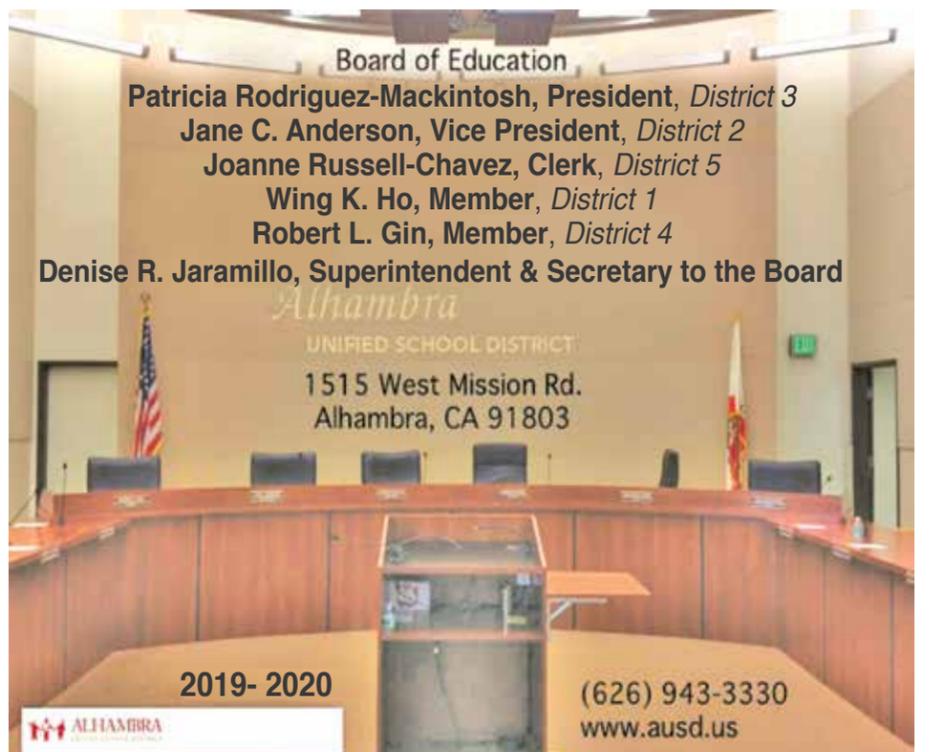
It was over 90 degrees on the afternoon of Aug. 26, but Ynez students found a fun way to beat the heat. After they finished with their Distance Learning instruction for the day, students and their families headed to nearby Langley Center in Monterey Park for a cool treat, courtesy of the Monterey Park Police Department (MPPD). MPPD officers and Explorers welcomed them with popsicles, coloring books, stickers, and string backpacks. They were joined by staff from the Alhambra Unified School District (AUSD) and Ynez School.

While students enjoyed their treats and special giveaways, police officers shared information and community resources with their parents and discussed the vital importance of completing the 2020 Census to ensure that Monterey Park, and all

California, residents are fully counted. The 2020 Census determines how many representatives California will have in Congress for the next 10 years as well as federal funding for roads, schools, and housing and social programs.

Ynez Principal Janett Perales was appreciative of the ongoing relationship between her school and the MPPD. "The Monterey Park Police Department has always been so supportive of Ynez School," she said. "They are one of our most important community partners. Today is just one of many examples of how they reach out to help our students and their families."

This might not be the only Popsicle Parade for Monterey Park schools. Chief of Police Kelly Gordon has informed the school district that MPPD hopes to hold similar events for other schools in the future.



Winning the game of life

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

One of the most successful TV shows over the last decade has been Survivor. The motto of the show is “Outwit, Outplay, Outlast” and features a group of participants who are put in exotic and remote locations around the world. They are given the assignment of trying to be the last person to leave the island. The participants vote each week about who will have to leave the group, and each episode includes several plot twists and turns. I am always amazed at how the winner is not necessarily the strongest but usually the wisest who is able to work with different people to create a pathway to victory.

In my work as the CEO of Atherton, I watch the way many of our residents have “outwitted, outplayed, and outlasted” daunting obstacles to live well in their senior years. When I listen to their stories, it is clear that they do not allow disappointments, failures, and heartaches to become defining events of their lives. Instead, they use these as lessons for future success, motivation for new efforts, and moments to reflect on the meaning of life. Their wisdom has also been very helpful for me as I seek to live my life well. Here are some of their strategies for winning:

First, there is no substitute for good genes, but attitude is everything. Many of the seniors who live long and live well come from a long line of elders who have lived long and lived well. Science continues to tell us that what is put into your original DNA has a lot to do with the quality of your life. Some diseases seem to run in

families, and though you may exercise and eat right, you may not be able to avoid this defect. We should not be distraught by this truth; medical science has made remarkable progress in so many areas and provided both detection and treatments to these diseases. But my Atherton friends would also say that even if you are living with a disease, your attitude dictates a lot about the quality of your life. These folks are thankful for the help they receive from friends, family, doctors, and nurses. Many of them are prayerful and thoughtful, which allows them to find meaning and purpose in their difficulty.

Second, heartache need not be forever. One of our 100-year-old Japanese American residents was asked about her experiences in the internment camps during WWII. She said it was difficult, but then said, “Que sera, sera, whatever will be, will be!” Her life was not defined by this horrific event. Many of our residents talk about the difficulty of losing a spouse or a child, and yet do not allow that loss to keep them from new adventures or relationships. They have learned that life has many chapters and that healing and hope can be found, even during our heartaches. Their resilience is inspiring.

Third, having a purpose makes life worth living. Our heartaches can be a burden, but having a purpose can be a buoy that keeps your life afloat. Our purpose can change as we go through the various stages of life. When we are younger, our purpose may be to grow up or get an education. When we get a job, perhaps our purpose is to rise in the company or use our talents

to their fullest potential or acquire wealth. Perhaps our purpose is to raise a family. As we grow older, many of these purposes are met, and we are left with the question, “What is next?” Living with purpose when we are older is just as important as having a purpose when we are younger. Again, my Atherton friends have been my great teachers. Some have taken up a hobby and become master craftsmen. Some have decided to volunteer in clubs and activities and feel they are making a difference in

the world. Some of my Atherton friends banded together with others and started a thrift shop that helps others who are less fortunate. The point is that when we have something to live for, each day brings new enjoyment and energy.

My Atherton friends are helping me win in the game of life. But older, wiser survivors are not just found at Atherton; they are all around our Alhambra community and have much to share that will help us all outwit, outplay, and outlast.



VISIT THE CHAMBER ONLINE AT
alhambrachamber.org

**Discover Royal Vista
San Gabriel**



Royal Vista

- Assisted Living
- Memory Care
- Skilled Nursing



For more information or to schedule a tour, please phone
(626) 289-8889
901 W. Santa Anita St., San Gabriel, CA 91776 Lic. #197606796

Alhambra's Best Choice in Senior Living for over 100 Years

CHOOSE YOUR PATH

Chart your Future at Atherton:
The path and the pace that is right for you.

For over 100 years, Atherton has been a warm neighborhood of friends where seniors can find joy in the journey.

We are a Life Plan Community located on a quiet 15 acres near the heart of Alhambra.

Download Atherton Fact Sheets at www.abh.org

Call **1.800.340.4178** to learn more about our

- Lovely Homes
- Active Lifestyle
- Comfortable Amenities
- Amazing Residents
- Quality Care

Entrance Fees start at \$113,500.



ATHERTON

Christian living for today's seniors

214 S ATLANTIC BLVD, ALHAMBRA, CA 91801



Dr. Chuck Cluff
Atherton Resident
since 2004



Misaligned teeth not only an aesthetic problem

For many people, straight teeth are associated with a beautiful smile; but is that all?



While well aligned teeth can make a smile more attractive, straight teeth can also dramatically improve a person's oral health and function.

Seventy percent of the adult U.S. population has some type of misalignment, such as crowding, spacing, open bite, deep bite/overbite, cross bite, edge to edge bite. Left untreated, misaligned teeth can lead to gum disease, cavities, tooth fractures, and jaw joint pain.

For my 24 years in practice, I have seen the detrimental effects of an improper bite and crowded teeth. Here are some of the main reasons why we should have our teeth straight.

Maintain proper hygiene, and avoid gum disease and cavities

Straight teeth are easy to clean. When teeth are properly aligned, it is easier to brush and floss. Because it is difficult to remove plaque and bacteria in the crowded area, bacteria

will multiply and trigger gum inflammation. Left untreated, gum infection will progress to chronic inflammation of the gums and the bone surrounding the teeth that leads to bone loss and eventually tooth loss.

Retained plaque and food also create acidic conditions that cause tooth erosions and are the main cause for cavities and root canals.

Proper bite to avoid premature tooth wear and breaking

When teeth are properly aligned and the bite is corrected, the teeth function much better. We want bite force to be evenly distributed to the teeth during chewing. Teeth that are under the excessive pressure because of a premature bite can develop chipping and deep grooves at the gum line. Excessive force can cause premature wear of



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.

the teeth and fracture of the edges of the teeth.

Excessive force can lead to gum recessions and uncomfortable sensitivity to cold and hot.

Jaw joint health

Misalignment can cause chronic pain in the jaw joint. A bad bite can produce inadequate force on the jaw joints that leads to joints pain, ear aches, or sometimes headaches.

Straight teeth not only look good but are easier to keep clean, and they function better with less wear.

Teeth that fit correctly last longer and need less dentistry.



ADA ADVANCED DENTISTRY
of ALHAMBRA

Healthy Teeth & Bright Smiles for the Whole Family!



- Laser Dentistry
- Pediatric Dentistry
- Implants
- Invisalign & Braces
- Wisdom Teeth Removal
- Dental Emergencies



(626) 289-6131

70 S Palm Ave., Alhambra, CA 91801

www.DaraDDS.com

OPEN SATURDAYS • 0% Interest payment plans

New Patient Offer

- Digital X-Rays
- Comprehensive Exam
- Regular Cleaning

\$69

Reg. price \$270

PORCELAIN CROWNS IN ONLY ONE VISIT!



- Precise Fit
- Natural Look
- Comfortable Digital Scan

Latest Technology!

FREE CONSULTATION



Wendy's Main Street
245 S. Atlantic Blvd.

Commonwealth

10-FWY

Wendy's

245 S. Atlantic Blvd.
Alhambra, CA 91801
Corner of Atlantic & Commonwealth

BUY ONE GET ONE FREE

Croissant Sandwich

(Choose from Sausage, Egg and Swiss or Bacon, Egg and Swiss)

COMPRE UNO, RECIBA OTRO GRATIS

(Escoja entre Chorizo, Huevo y Queso Suizo o Tocino, Huevo y Queso Suizo)



BUY ONE GET ONE FREE

Biscuit Sandwich

(Choose from Sausage, Egg and Cheese or Bacon, Egg and Cheese)

COMPRE UNO, RECIBA OTRO GRATIS

(Escoja entre Chorizo, Huevo y Queso o Tocino, Huevo y Queso)



OFFER IS FOR SANDWICHES ONLY
COUPON CODE: 46
Valid only at participating Wendy's® during breakfast hours. Void if altered, copied or shown in digital format. Coupon only valid for one use per visit. Not valid with any other coupons or offers. Sales tax may apply. Cash value 1/100 of 1c. ©2020 Quality Is Our Recipe, LLC.
EXPIRES 10/31/2020



Perfect PAIRINGS



SHAKE UP YOUR BURGER ROUTINE
OPEN 24 HOURS

© 2020 DFO, LLC. Printed in the U.S.A. At participating restaurants for a limited time only. Selection and prices may vary. While supplies last.

\$5.00 OFF

CHECK OF \$20 OR MORE



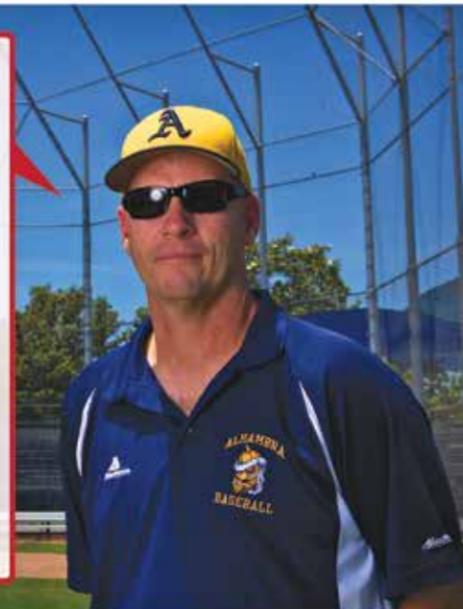

One coupon, per table, per visit. Not valid on national holidays, with the 2668 Value Menu™, Super Slam™, AARP or any other coupons or promotional offers. This offer can be redeemed only once by the original recipient. Coupon has no cash value. No change returned. Taxes and gratuity not included. Alcoholic beverages not included. Valid at participating restaurants for a limited time only. Selection and prices may vary. Photocopied and Internet printed or purchased coupons are not valid. No substitutions. Offer valid for dine in only. Not valid for online orders. Restrictions apply. © 2020 DFO, LLC. Offer ends 11.30.20.
88880719

Visit your local Denny's at 369 W. Main St. • Alhambra, CA • 626-281-6701

It's Your Choice

"When my ball players are injured, Yonemoto Physical Therapy helps speed their recovery so they can get back into action. For my own physical rehabilitation, I just wouldn't go anywhere else."

Steve Gewecke
Baseball coach
Alhambra High School



55 South Raymond Ave, Suite 100 Alhambra, CA 91801

CALL FOR A FREE CONSULTATION
626.576.0591

www.YONEMOTO.com



Coping abilities: the autonomic nervous system

BY SHEILA YONEMOTO, P.T.

Would we live life differently if we knew when we were going to die? Would we take more risks and experience things in a bolder and more dashing manner? My uncle visited a fortuneteller before he went to the Korean War, wanting to know if he would come back. The fortuneteller said he would not live past his 49th birthday. It turned out to be true, and he died at age 49. I wonder if he would have lived life differently if he had truly believed he would live longer.

One of my patients when asked, "What do you think will happen when you die?" Told me that you just fall into a black abyss and become nothing. Although he was the son of a minister, I think he was an atheist or agnostic at best. I told him I would find a way to believe there is something better, to give me hope that I had something to look forward to. At least, I would not be living my final years in fear.

Contrast that with my mother, who died at age 50 with metastatic breast cancer. Her doctor told her she had only two months to live. She surprised everyone by living for 2.5 years, with no treatment. She had a strong desire to live long enough to teach her husband how to take care of himself.

So, what determines our strategy for living? Is it how many years we live or how much money we have left at the end? Is it how much we have done or how many obligations we have fulfilled? Is it how many experiences we have had?

Personally, I think life is short, so you should do the things you want to do when you have the desire. I never wanted to wait until I retired to go traveling, so I did it all



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.

along the way. I wanted to spend time with my kids, so they went along on trips, even business trips, and I am still fortunate to go on vacations with them. (They invite me to go!) I am also fortunate enough to have a career that I love, and it is not necessary for me to recharge my batteries on vacation. I enjoy each day to the fullest. I hope that you find your path to living and that it gives you great satisfaction.

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.

PINK RIBBON FACILITY



Are you due for a Mammogram?

October is Breast Cancer Awareness Month

Please don't delay your Mammogram
Early Detection Saves Lives



Call Pacific Medical Imaging Center's Breast Center to schedule an appointment!

Other Quality Imaging Services:
PET/CT, CT, MRI/MRA, Ultrasound, XRAY, DEXA, Nuclear Medicine

\$95
Reg. \$150.00

Special Promotion for Digital Mammography

Only valid during October

Bring or mention this coupon when scheduling your mammogram

Alhambra: (626)227-2727
City of Industry: (626)965-8118



Alhambra Office:
707 S. Garfield Ave. Ste B-001
Alhambra, CA 91801

City of Industry Office:
1661 Hanover Road, Ste 102
City of Industry, CA 91748

Visit us at:
www.pmioc.com



ONEONTA MONTESSORI SCHOOL
Est. 1981

Preschool - 6th Grade (2 - 12 years)
6:30 a.m. - 6:00 p.m.

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

ACCREDITED TEACHERS

Extracurricular Activities:
Tennis, Soccer, Dance, Hapkido

OPEN ALL YEAR
EXCITING SUMMER CAMP
626-284-0840
2221 Poplar Blvd, Alhambra
(Behind Target)

Come visit our amazing School!
Check out all the fun by clicking on our website: www.oneontamontessori.com
Tours everyday from 10:00 a.m. - 12:00 noon

What diet will work for you? Paleo? Vegetarian?

It depends on whether you are a carnivore, herbivore, or omnivore

The hot debate these days about what diet to follow hinges in part on the argument of whether genetically our ancestors were carnivores, herbivores, or omnivores. If one believes our ancestors were primarily hunters and genetically carnivorous, then a diet predominantly incorporating meat may arguably be beneficial and suitable. On the other hand, if one believes our ancestors were genetically selected to survive as gatherers eating fruits and vegetables, then it would make sense to adhere to a vegetarian or vegan diet.

Perhaps our understanding of the anatomy of the teeth and the function of the jaws will give us some clue. Dr. Richard Leakey, a renowned anthropologist, stated, "You can't tear flesh by hand, you can't [tear] hide by hand. Our anterior teeth are not suited for tearing flesh or hide. We don't have large canine teeth and would not have been able to deal with food sources that require those large canines."

Carnivores' jaws move only up and down. This facilitates carnivores to tear chunks of flesh from their prey and swallow them whole. On the other hand, humans and herbivores can move their jaws both up and down as well as sideways. This side-to-side movement allows them to grind up starch, fruit, and vegetables with their back teeth. For this reason, molars in human beings are basically flat endowed tiny ridges made for pulverizing plant foods.

Thus, it can be argued humans are basically herbivores. However, humans do have sharp front teeth called incisors and prominent "eye teeth," or canines, that allow them to tear into smaller sizes of meat



from the smaller game. Homo Sapiens eventually invented tools and knives made first from stones and then crude metals that allowed them to hunt and cut larger pieces of game.

So, this leaves us, from the dental anthropological point of view, with the observation that perhaps human beings are omnivores, i.e., both carnivorous and herbivorous at the same time. Being herbivorous does not argue for or against a paleo diet, a vegetarian/vegan diet, ketogenic diet, Atkin's, etc.

It may be that one diet may be suitable for a particular genetic makeup while another may be beneficial for another genetic makeup.

Perhaps our genetic adaptability, such as being herbivorous, allows the human race to survive in different types of environments, climates, and ecological niches, depending what types of food and game are available. Hence, being carnivorous in the jungles or Africa, homo sapiens can thrive. But in the mountainous regions of China, where starch from crops is more available, being more herbivorous has allowed the native population to thrive and prosper over the last 10,000 years.

In conclusion, it's always wise to check with your physician as to what diet is most suitable for you.

Alhambradental.com
牙齒鬆了 不用拔 我可以幫您保住 節省時間、還省錢
馬上打給趙醫生, 我們說國、粵語
626-308-9104

牙齒保住了, 不用拔(只需要一次治療)
 These examples show how Dr. John Chao saved a hopelessly loose tooth in ONE EASY COMFORTABLE VISIT and at a fraction of the cost of implants!
 (Individual Results Vary)

趙企安醫生
John Chao, D.D.S.
 Research Assoc. Prof., Post-Grad Periodontics University at Buffalo, SUNY
 Adjunct Asst. Prof., Behavior Science, USC
 畢業于USC
 美國紐約州立大學牙週病研究教授(SUNY)

Alhambra Dental
 100 South First Street
 Alhambra, CA 91801
 營業時間: 週一至週五 9am-5pm
Alhambradental.com

It's a Classic **Wings & Football** Get great wings here
 See games here or at home

CLASSIC AND BONELESS WINGS
 11 CRAVEWORTHY FLAVORS • HAND-CUT SEASONED FRIES • SCRATCH-MADE SIDES & DIPS

Alhambra
 101 EAST MAIN STREET • (626) 282-WING (9464)
 SKIP THE WAIT. ORDER @ WINGSTOP.COM

FREE DRINK WITH ORDER OF 10 WINGS OR MORE
 Not valid with any other specials, promotions or offers. Present coupon at the time of purchase. Valid only at participating locations. One coupon per customer visit.
 Expires 11/18/20

\$5 OFF WITH ANY FAMILY PACK ORDER
 Not valid with any other specials, promotions, gift card purchases or offers. Present coupon at the time of purchase. Valid only at participating locations. One coupon per customer visit.
 Expires 11/18/20

Home Medical Equipment Supplies / Service / Repairs
FROM YOUR TRUSTED NEIGHBORHOOD SUPPLIER

- ★ Respiratory care services
- ★ Home Oxygen / portable systems
- ★ Air Travel Oxygen
- ★ CPAP / Bi-PAP for sleep disorders
- ★ Home Ventilators
- ★ Nebulizers
- ★ CPM/Tens Units
- Scooters,
- Manual Wheel chairs
- Motorized Wheelchairs
- Hospital Beds, /Air Mattresses
- Wheelchair Ramps
- LiftChairs, / Walkers
- MassageChairs
- Incontinent Supplies
- Diabetic Supplies, Shoes
- Wound Care Supplies
- Patient /Ambulatory Aids
- Compression Stockings
- Orthopedic Supplies
- Power Chair & Scooter Repair
- Sigvaris Compression Stockings
- Blood Pressure Monitoring Systems
- Littmann & other Stethoscopes

Metro Home Healthcare Equipment & Supply Inc.
 1430 W. Valley Blvd., Alhambra, California 91803
CALL US FOR DETAIL (626) 282-2200
 (24 HRS/7DAYS A WEEK)
 Website: www.metro4mediequip.com

Experience pizza, chicken wings, patio dining at Alondra Hot Wings

BY JEWELYN CO

Since 2009, Alondra Hot Wings, 515 W. Main St., has been the go-to place for finger-licking hot wings, crafted pizzas, and appetizing sandwiches. This family-operated company first opened in 2002 on Alondra Boulevard, Paramount, and now has multiple locations in Montebello and Whittier (for quick-serve only). The Kazarian brothers are very proud to carry on their family's great pizza recipes and be able to serve them to the community. Alondra Hot Wings is a family oriented eatery with family style American food where everyone has choices to share and enjoy every meal.

Although it has been a difficult situation with the COVID pandemic, Alondra remains to continue to serve their customers either via takeout or outdoor dining. "We are staying afloat with our services and labor," said Danny Kazarian, co-owner of Alondra Hot Wings. "We are trying to give as much as we can with what we can do. I am proud of our staff to continue providing good services and making the best out of this situation that we are all in."

While adhering to city codes and health and state guidelines, Alondra Hot Wings offers outdoor patio dining right behind the restaurant with a large tent canopy and accommodating tables with limited seating. The white picket fence and hanging lights set an elegant environment for diners to enjoy a comfortable experience. Safety and cleanliness is the focus, and they make sure to keep their customers and staff safe by sanitizing every area and pieces of equipment. "The process of being able to offer outdoor dining was an exhausting experience," Danny said. "We had to apply for a permit from the city, get approved by the fire department, be certified by the health department, and much more added to it, but it is worth the hard work to be able to open for dining because our customers love

our food to be eaten fresh. There are going to be a lot more challenges, but we have to roll with the punches."

For their style of food, Alondra is fortunate to be able to offer takeout. "Our inventory has been a challenge, but we were able to get our supplies and ingredients without having to be in a shortage," Danny said. "Our recipe for our pizza has been in our family for over five generations, and we will continue to pass it down for more generations to come." Alondra Hot Wings menu items remained but added affordable specials and packages for customers to still enjoy their food during these hard times, such as the 16 x 16 deal, which comes with one regular topping 16-inch pizza and 16 pieces of chicken wings with two sauces for \$29.99.

Popular dishes, such as the chicken wings, come in 17 flavors that include lemon pepper, garlic parmesan, hot buffalo, and mango habanero. The signature pizzas like the Godfather, Margherita, Buffalo Chicken, and the build-your-own are available in 8-inch or 16-inch sizes. All dishes are crafted with their original in-house made sauces

and dressings. Alondra signature beverages such as the Michelada, Margarita, "It's Lit" and "Endless-Summer" drinks are available for dine-in or bottled for take-out/delivery orders. Taps Brewery recently joined the Alondra Hot Wing family, and a future venture is on the plan. Their selections of Taps on drafts craft beers makes it a perfect pair to go with their delicious chicken wings.

"Alondra has good food. They have good pizza, and good wings," complimented Miguel, an Alondra diner.

For more convenient ordering through online, Happy

Hours specials, and menu information, visit their website at www.lovealondras.com, or walk-in or call 626-576-7119 to place an order. Third party deliveries are available through Postmates, Uber Eats, DoorDash, and GrubHub. Alondra Hot Wings is open from noon to 9 p.m. Monday – Sunday. Follow them on social media at @Alondra-HotWings on Facebook, Instagram, and Twitter.



Alondra Hot Wings is located at 515 W. Main St.



Alondra's famous cheeseballs stuffed with melted mozzarella and cheese tossed in garlic parmesan butter.



16-inch pepperoni and mushroom pizza.



Alondra's buffalo and lemon pepper hot wings.

	\$8.99	Apple Apple (No Sugar Added) Cherry French Apple	Peach Rhubarb Custard Lemon Meringue
	\$9.99	Banana Cream Chocolate Cream Coconut Cream Double Cream Blueberry Double Cream Lemon	German Chocolate Pumpkin Razzleberry® (No Sugar Added)
	\$10.99	Chocolate Satin Cream Cheese Kahlúa Cream Cheese	Key Lime Lemon Cream Cheese

Marie Callender's
Restaurant & Bakery
220 S. Atlantic Blvd., Monterey Park
626-281-9548

Excludes Cheesecake, Promotional Price and Seasonal Fruit Pies. Limited time only. ©2020 Marie Callender's Baking, LLC P-19 10/20/20

Get Wonderized...

FREE Towing to Our Shop-24/7

FREE Rental Assistance

FREE Insurance Estimates

Ask About No Cost Insurance Claims

In Business Since 1949

FREE Consumer Guide, Virtual Tour

www.WondriesCollisionCenter.com

626-414-1900

"We Speak Your Language"

Next to Home Depot on Marengo in Alhambra

328 South Marengo Ave.

Alhambra, CA 91803



NISSAN OF ALHAMBRA

NISSAN OF ALHAMBRA - Here to Serve YOU!

GRAND OPENING SALE!

New Location | New Owner | New Attitude

Conveniently Located At:

**1811 W. Main St.
Alhambra, CA 91801
626-866-7241**

**OIL CHANGE
SPECIAL
\$19.95**

Conventional Oil only, some models may not apply, see dealer for details Expires 10/31/20



2020 Nissan Sentra SV

**MSRP \$21,755
Total Savings \$2,122**

YOUR PRICE \$19,633

OR LEASE FOR

**\$129 FOR 24 MONTHS
OR \$0 DOWN**
per month + tax

Disclaimer - \$19,633 is your net offer after all applicable discounts and rebates. MSRP-\$21,755 less -\$1,122 Nissan of Alhambra discount off MSRP/less -\$1,000 Nissan Customer Cash/less -\$0 *Nmac APR Nissan Cash(must finance with NMAC for well qualified buyers) in lieu of NMAC special APR financing. Conditional -\$500 **College Grad discount (To qualify,the purchase date must be within the next six months of graduation or if you have graduated from college in the last two years. You must finance with NMAC). One at this exact offer Model#12110, last 8 of Vin#LY264336/. May not be combined with any other offers or discounts. ALL CARS ARE SUBJECT TO PRIOR SALE. Nissan of Alhambra has the right to end any auction at any time if the car sells on location or with any other retail/auction site. We do our best to remove or end listings / auctions as fast as we can but some take up to 48 hours to be removed. Prices do not include additional dealer installed accessories, fees including government fees and taxes, any finance charges, any dealer documentation fees, any emissions testing fees or other fees. All prices, specifications and availability subject to change without any notice. Offer Expires 10/31/2020. 24 Months-\$129 + Tax per month-\$4099 initial payment. Excludes taxes,title, and license. \$4099 initial payment + \$1050 NMAC lease cash = \$5149 total due at signing. On approved above average credit. Offer valid only when financed through Nissan Motor Acceptance Corporation. Subject to residency restrictions.\$0 security deposit. \$0 security deposit 12,000 miles per year. \$0.15 per excess mile. Based on \$20533 selling price. \$21755 MSRP incl. destination charge. Must take delivery from new car stock. Offer expires 10/31/2020.



2020 Altima 2.5 S

**MSRP 25,435
Total Savings \$5,797**

YOUR PRICE \$19,638

OR LEASE FOR

**\$175 FOR 36 MONTHS
OR \$0 DOWN**
per month + tax

\$19,638 is your net offer after all applicable discounts and rebates.MSRP-\$25,435 less -\$3,547 Nissan of Alhambra discount off MSRP/less -\$2,250 Nissan Customer Cash/less -\$0 *Nmac APR Nissan Cash(must finance with NMAC for well qualified buyers) in lieu of NMAC special APR financing. Conditional -\$500 **College Grad discount (To qualify,the purchase date must be within the next six months of graduation or if you have graduated from college in the last two years. You must finance with NMAC). One at this exact offer Model#13110, last 8 of Vin#LC258023/. May not be combined with any other offers or discounts. ALL CARS ARE SUBJECT TO PRIOR SALE. Nissan of Alhambra has the right to end any auction at any time if the car sells on location or with any other retail/auction site. We do our best to remove or end listings / auctions as fast as we can but some take up to 48 hours to be removed. Prices do not include additional dealer installed accessories, fees including government fees and taxes, any finance charges, any dealer documentation fees, any emissions testing fees or other fees. All prices, specifications and availability subject to change without any notice. Offer Expires 10/31/2020. 36 Months-\$175 + Tax per month-\$3888 initial payment. Excludes taxes,title, and license. \$3888 initial payment + \$1,575 NMAC lease cash = \$5,463 total due at signing. On approved above average credit. Offer valid only when financed through Nissan Motor Acceptance Corporation. Subject to residency restrictions.\$0 security deposit. \$0 security deposit 12,000 miles per year. \$0.15 per excess mile. Based on \$21,888 selling price.\$25,435 MSRP incl. destination charge. Must take delivery from new car stock. Offer expires 10/31/2020.



2020 Nissan Rogue S

**MSRP \$27,050
Total Savings \$5,362**

YOUR PRICE \$21,688

OR LEASE FOR

**\$209 FOR 36 MONTHS
OR \$0 DOWN**
per month + tax

Disclaimer - \$21,688 is your net offer after all applicable discounts and rebates. MSRP-\$27,050 less -\$3,362 Nissan of Alhambra discount off MSRP/less -\$2,000 Nissan Customer Cash/less -\$0 *Nmac APR Nissan Cash(must finance with NMAC for well qualified buyers) in lieu of NMAC special APR financing. Conditional -\$500 **College Grad discount (To qualify,the purchase date must be within the next six months of graduation or if you have graduated from college in the last two years. You must finance with NMAC). One at this exact offer Model#22110, last 8 of Vin#LC778884/. May not be combined with any other offers or discounts. ALL CARS ARE SUBJECT TO PRIOR SALE. Nissan of Alhambra has the right to end any auction at any time if the car sells on location or with any other retail/auction site. We do our best to remove or end listings / auctions as fast as we can but some take up to 48 hours to be removed. Prices do not include additional dealer installed accessories, fees including government fees and taxes, any finance charges, any dealer documentation fees, any emissions testing fees or other fees. All prices, specifications and availability subject to change without any notice. Offer Expires 10/31/2020. 36 Months-\$209 + Tax per month-\$2,988 initial payment. Excludes taxes,title, and license. \$2,988 initial payment + \$2,575 NMAC lease cash = \$5,563 total due at signing. On approved above average credit. Offer valid only when financed through Nissan Motor Acceptance Corporation. Subject to residency restrictions.\$0 security deposit. \$0 security deposit 12,000 miles per year. \$0.15 per excess mile. Based on \$23,688 selling price.\$27,050 MSRP incl. destination charge. Must take delivery from new car stock. Offer expires 10/31/2020.

**Over 130 Pre-Owned vehicles to choose from
starting as low as \$8,888 plus fees!**

www.nissanofalhabra.com



New Century BMW
Driven For You
1139 W. Main St.
Alhambra, CA 91801
www.ncbmw.com

New Century BMW
Driven For You®
1139 W Main St • Alhambra, CA
(626) 570-8444 newcenturyBMW.com



New Century BMW
Motorcycles
3001 W. Main St. Alhambra, CA
626-282-2233
www.ncbmwmotorcycles.com



New Century BMW
Certified Collision Center
3001 W. Main St. Alhambra, CA
626-282-2233
www.ncbmwcollision.com



Hi-Quality Auto Body
Fixed Once- Fixed Right
REPAIRS GUARANTEED!

We work with all insurance companies
Lifetime Guarantee
Customer Waiting Area
All Makes and Models Welcome



723 S. Fremont Ave. Alhambra, CA 91803
P: 626-457-9114

www.hiqualityautobody.com



The next step of Nissan's transformation is here with an all-new EV that delivers driving excitement, confidence, comfort, and connectivity; set to go on sale in U.S. in 2021 with a \$40,000 starting price.

Nissan's product transformation continues with Ariya, a 100% electric crossover for a new era

Nissan has introduced the all-new Nissan Ariya, an electric crossover SUV that lets customers travel up to approximately 300 miles per charge (preliminary Nissan estimate for long-range 2WD model) while enjoying greater driving excitement, confidence, comfort, and connectivity.

Its debut marks a key milestone in the Nissan NEXT transformation initiative, a four-year plan building on Nissan's reputation for innovation, craftsmanship, customer-focus, and quality, alongside an ongoing cultural transformation. As the company's first all-electric crossover SUV, the Ariya embodies the company's vision to enrich people's lives.

Representing the pinnacle of Nissan's technologies and design, the 100% electric Nissan Ariya debuted during a digital event in Yokohama. Ariya promises powerful acceleration and smooth, quiet operation and advanced driver assistance and connectivity technology wrapped in a sophisticated yet simple exterior design with a spacious, lounge-like interior.

The all-new Nissan Ariya is scheduled to go on sale in Japan in mid-2021, followed by the U.S. and Canada later in the year. U.S. pricing will start around \$40,000.

Powerful performance for a wide range of needs

Nissan was the first automaker to introduce a mass market electric vehicle with the Nissan LEAF in 2010, which has resulted in nearly 500,000 sales to date. Building on Nissan's strength as an EV pioneer, the Ariya takes the powerful performance and capabilities of zero-emission vehicles to the heart of the electric vehicle market.

The car's all-electric drivetrain combines excellent power delivery, charging capabilities, and range. Customers can choose from multiple configurations to meet their individual needs. These include two-wheel-drive and new "e-4ORCE" all-wheel drive versions, as well as two different battery sizes.

Advanced design and technology for stress-free driving

Ariya is also the most advanced embodiment of Nissan Intelligent Mobility in a car to date.

Drivers will feel more confident and less stressed thanks to the available, next-generation ProPILOT Assist 2.0 advanced driver assistance system that uses driver attention monitoring to enable hands-off single-lane highway operation. Ariya will also offer e-Pedal, which allows the driver to start, accelerate, and decelerate using only the accelerator pedal.

Standard across the Ariya lineup is Nissan Safety Shield® 360, a suite of six advanced active safety and driver-assist technologies. This includes Automatic Emergency Braking with Pedestrian Detection, Rear Automatic Braking, Lane Departure Warning, Blind Spot Warning, Rear Cross Traffic Alert and High Beam Assist. Ariya will also feature Nissan's Intelligent Around View Monitor, Intelligent Forward Collision Warning and other technologies aimed at making the drive easier and more enjoyable.

Ariya will also feature wireless Apple CarPlay® and Android Auto™ standard to help drivers seamlessly integrate their smartphone into their vehicle experience.



909 W. Las Tunas Drive • San Gabriel, CA 91776 • 626-570-8887

TheThaiParadise.com

Check Our Web Site for Menu, More Specials

5% OFF on \$25 minimum order

DINE-IN ONLY • Expires 10-31-2020

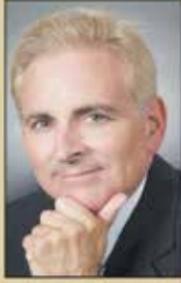
Please bring in this coupon for discount

FREE DELIVERY within 3 miles radius • Small fee for delivery beyond 3 miles

Understanding Real Estate

By Gary Frueholz
DILBECK REAL ESTATE

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.



There is a "New Frontier" of real estate that contains vast resources and attracts the attention of nations throughout the world.

Real estate's 'New Frontier'

Flash points of conflict between nations so often have resulted over the acquisition of real estate and the resources associated with this real estate. Some disagreements have developed over the interpretation of international boundaries. In recent years there has been a growing trend of international disputes over a less traditional form of real estate. That is, real estate that resides beneath the surface of the oceans. This is real estate's "New Frontier."

Technological advances in extracting resources from the ocean floor along with the diminishing supply of continental real estate are beginning to lead to increasing international tension over underwater real estate. And with 70% of the world's surface covered by water, there is significant potential of growing competition for the earth's seabed.

In 1982 the United Nations attempted to clarify the rights and responsibilities of this "New Frontier" of real estate through UNCLOS, the United Nations Convention on the Law of the Sea. UNCLOS established the Territorial Sea, which extended 12 nautical miles from a nation's coastline and gave nations complete control of this

region. The UN also created Exclusive Economic Zones, which allowed coastal countries to control all economic resources within a 200 nautical mile distance from their coasts. This included fishing, mining, and the extraction of petroleum and gas. Valuable minerals such as manganese, copper, iron, and cobalt are now progressively being mined from the ocean floor.

Areas of ongoing disputes between several nations are the South and East China Seas. In some sections of these regions, Exclusive Economic Zones overlap. Subsequent meetings of UNCLOS have attempted to help clarify the overlap condition by directing the overlapping regions to establish a median line between nations. To some degree this has helped, but still nations tend to interpret these directives in their own favor.

One hundred sixty eight nations have ratified the UNCLOS Law of the Sea, but the United States is not included in this group. American politicians are reluctant to ratify the UNCLOS treaties since so often ratifying nations ignore the treaty when their own national interests come into consideration.

Shutdowns amplify LA's housing crisis; apartment development drops 30%

The pandemic and economic shutdowns are exacerbating the years-long housing shortage in Los Angeles.



Commercial Real Estate

BY MARK PAULSON

ANTHONY VENTI REALTORS, INC.

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.

The coronavirus outbreak is putting overwhelming pressure on developers, and apartment construction is starting to mirror the downward trends of the Great Recession, according to a new report by Yardi Matrix. The L.A. metro area is experiencing a 30% drop in multifamily development compared to 2019, bringing supply of new apartments to a five-year low.

The issue further complicates an already visible slowdown in apartment construction, and is particularly detrimental as the region continues to grapple with an era-defining housing and affordability crisis. California landlords and property owners this year were already dealing with a new statewide rent control law as well as rising construction costs and a notoriously stubborn entitlements process. And, in response to the pandemic, the city of L.A. enacted an emergency rent freeze on most of its rental units, as well as a moratorium on evictions for non-payment of rent, further limiting property owners and landlords.

The drop in multifamily construction coincides with data released by the L.A. Department of Building and Safety earlier this month, which showed overall

permitting in the city was down 45% in the second quarter this year compared to 2019. A report released Wednesday by Marcus & Millichap showed average rent was at \$2,264 per month in L.A. in the second quarter. There were 3,520 units completed, and a vacancy rate of 4.8%.

This year has been difficult for the apartment industry across the country, with more than half of developers reporting delays in construction due to the pandemic, according to a survey released in July by National Multifamily Housing Council. With 283,000 new units expected to be delivered nationwide this year, apartment construction dropped 12% in the U.S. compared to 2019, with 13 of the 20 most active metros expected to complete fewer units compared to last year, according to the report by Yardi Matrix.

The L.A. metro area saw the fifth largest decline in the nation among the top 20 metro areas in terms of apartment construction. Miami is experiencing the largest drop at 53%, with Chicago dropping 26%; D.C. dropping 24%; and New York City dropping 18%.

Over one third of all seaborne commercial trade goes through the South and East China Seas. This battle of interpretation pulls in China, Japan, South Korea, the Philippines, and the United States. Japan claims China is slant drilling for natural gas across the median boundary line of their bordering Exclusive Economic Zones (EEZ). China protests that the United States is conducting improper military exercises in their EEZ. The Philippines have challenged China for establishing oil derricks near the Palawan Island in their Exclusive Economic Zone by enlisting the United States and Israel Navy to tutor

them in naval swift boat tactics.

There is an emerging New Frontier of real estate. Only 5% of the world's oceans have been explored and charted. This New Frontier of real estate lies beneath the surface of the ocean and is defined by international law. And this New Frontier contains vast resources and strategic value that advancing technology is making increasingly more attainable. And as continental resources are diminished, international attention is steadily being directed to this New Frontier of real estate that resides under the surface of the oceans.

FOR SALE	FOR SALE	FOR SALE
401 Story Place Alhambra 3 bed, 2 bath \$ 1,200,000	1249 Oakmead Lane La Verne 4 bed, 3 bath \$ 1,188,000	6122 Primrose Ave. Temple City 3 bed, 1 bath \$ 699,000

*I will treat your home like the castle it is!
Alhambra born, bred, and raised.*

Gary.Frueholz@Dilbeck.com
626-318-9436
CalDRE: 01149526

Anthony Venti Realtors, Inc.

626 282-6121 OFFICE **626 674-1351** AFTER HOURS

1129 E. Main St., Alhambra, CA 91801
Habla Español - Bilingual Agents
Call for a Free Market Evaluation
www.ventirealtors.com
DRE# 00465088

Your Neighborhood Professional Realtors for over 40 years

**Open on
Nights
& Weekends!**

Mod & Wed - Sat: 9am to 8:30pm
Sun & Tues: 9am to 5pm
Sun & Tues by
Appointment Only

PLUSH DERMA



SKIN CLINIC & SURGICAL CENTER | DR. REZA GHAZI, MD

Walk-ins Welcome!

Get A Natural & Sexy Pout with
Juvederm \$450 per Syringe

Get Youthful Facial Volume with
Radiesse \$450 per Syringe

Treat Sun Damage, Broken Capillaries
Freckles and Pigmentation with
IPL Photofacial \$200 and up

Remove Saggy Chin Fat Cells with
Kybella Only \$500 per Vial
FDA-Approved

Lift & Tighten the Neck, Chin & Brows
with Fast & Non-Surgical Ultrasound
Ultherapy Only \$2500
FDA-Approved

Eliminate Moles Safely, No Stiches
& No Downtime & Fast Healing with
RF SURGERY \$150 to \$400

Trim You Shape in 25 Minutes,
Minimal Pain and no Downtime
by FDA-Cleared Non-Invasive
SculpSure \$300 per Applicator



Say
Goodbye to
Wrinkles

Enjoy a
Youthful
Skin

GET A
SEXY SUMMER
POUT!

yelp **★★★★★**

Visit Us

Conveniently at

CARSON

276 E Sepulveda Bl. 90745

(424) 340-7139

EL MONTE

11008 Main St. #201, 91731

(626) 550-4901

HUNTINGTON PARK

2140 E Florence Ave #2164, 90255

(323) 760-7819

Laser Hair Removal Specials!



In all treatments different parts
of the body count as different
areas. | Every patient is unique
and results may vary. | All prices
and promotions are subject to
change without notice. | Pricing
convary based on skin type and
total treatment time required.
Call for consultation.

Sideburns	\$40
Lips	\$30
Chin	\$30
Ears	\$45
Ladies' Face	\$65
Gentlemen's Face	\$85
Arreola (Nipples)	\$40
Underarms	\$45
Neck (Front)	\$35
Neck (Back)	\$40
Half Arms	\$50
Full Arms	\$80
Bikini (Standard)	\$45
Bikini (Strip)	\$55
Bikini (Brazilian)	\$65
Full Bikini (Men)	\$85
Legs (Lower)	\$70
Legs (Upper)	\$70
Legs (Full)	\$120

Feet	\$35
Abdomen	\$55
Tummy Trail	\$40
Buttocks	\$50
Shoulders	\$45
Women's Chest (Partial)	\$40
Women's Chest (Full)	\$60
Men's Chest (Partial)	\$60
Men's Chest (Full)	\$90
Full Back (Women)	\$85
Full Back (Men)	\$110
Lower Body (Women)	\$190
Upper Body (Women)	\$235
Lower Body (Men)	\$210
Upper Body (Men)	\$265
Full Body (Women)	\$380
Full Body (Men)	\$450
Touch-up (15 min)	\$15

REAL PATIENTS

Botox \$8 per Unit

Dysport \$8 per 3 Units

Other Cosmetic Procedures

Full Face IPL Photofacial	\$200
<small>(price per treatment)</small>	
Hands IPL <small>(per treatment)</small>	\$250
Belotero® <small>(per syringe)</small>	\$380
Juvederm® Ultra Plus XC <small>(per syringe)</small>	\$450
Radiesse <small>(per syringe)</small>	\$450
Restylane® <small>(per syringe)</small>	\$420
Acne Scar Removal	\$250
<small>(starting price)</small>	
Spider Vein Removal	\$200+
<small>(starting price)</small>	
Tattoo Removal	\$150
<small>(starting price)</small>	

CHECK OUR PROMOTIONAL PRICES!

↑ **SUMMER LASER SPECIALS !!!** ↑



cellfina

Minimize Cellulite
with Our Proven Treatment

Speedy Recovery, Lasting Results
and Minimal Pain with Cellfina



Remove Saggy, Draping Fat Layers
No Anesthesia & Minimal Downtime
TickleLipo \$1500 per area

Remove Stubborn Body Fat Safely
with No Need to Diet or Surgery by
CoolSculpting \$600 per area

Safely & Quickly Erase Tattoos with
Tattoo Removal \$100 & up

Get Rid of Burn or Acne Scars with
Skin Resurfacing Call for Price

Stop Underarm Sweat/Odor with
Safe, Non-Invasive, Fast FDA-cleared
MiraDry Call for Special Price

Soften Deep Scars & Burns & Refresh
Damaged and Aged Skin
ScarFX / ActiveFX Call for Price

Get Sexy Long Full Lashes with
Latisse \$130 for 5mg