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More seniors enrich their lives with online resources

By Dennis McFadden
Retired President/CEO
Atherton Baptist Homes

“My 4-year-old grandson can navigate a tablet or laptop computer better than either my wife or I can!”

Embarrassing, but true, seniors are often labeled (libeled?) as being chronically late adopters of the latest technological innovations. However, in studies completed last year by the Pew Research organization, the growing numbers of seniors participating in social media may surprise you.

Cell phone usage among seniors shows a full 78% of us have accepted the inevitability of migrating from our old phones tethering us to the walls in favor of the newer technology. Sixty-two percent of seniors report owning and using desktop or laptop computers. And while still lagging the adult population number of 95%, 55% of the 65+ population use the Internet, and nearly three quarters (75%) use the Internet daily.

Seniors are the fastest growing segment of the American population and the Internet is a powerful tool for celebrating their accomplishments and to maintain regular contact with their extended family.

Cell phone usage among seniors shows how they use the Internet. In fact, statistics show that seniors are the fastest growing segment of the population using Facebook, the social networking tool. Why would an older person bother to join the ranks of social media consumers?

Deb Ng, author, speaker, and consultant, lists a number of reasons. These are among her most significant:

- Keep in touch. When I served as a 95-year-old in skilled nursing who used his computer to reach out to his children and grandchildren on a daily basis. It was inconceivable to him to be without this valuable tool for celebrating their accomplishments and to maintain regular contact with his extended family.
- Research. Hobbies, business ideas, and general interest are all provide motivating reasons for seniors to get connected.
- Ask questions. Many seniors report that telephone menus are confusing at best and nearly always frustrating to navigate. Use of the Internet often makes online tools available that allow the person to ask and receive answers to questions in ways that are more comfortable for them.
- Entertainment. Ms. Ng said “Senior citizens can watch old television shows and movies, as well as find videos from back in the day.” Articles, e-books, song lyrics, games, and more increase the entertainment options for the elderly.
- Start or grow a business. Whether selling something on eBay or just staying in the game,” the Internet has opened avenues for seniors for whom physical travel may not represent the most practical way of doing commerce.
- Online learning. Numerous educational institutions make online courses available for free or at modest fees. The “Webinar” format, for instance, allows for short term learning to take place. And video tutorials on YouTube will teach a person to do anything from changing the battery in a hearing aid to do-it-yourself “hacks” for just about any task.
- Meeting others. Interest group boards exist for every type of interest group. I have profited from several theological discussion groups. Some of my online contacts have also become “real world” friends as a result of the regular exchange of ideas and opinions online.
- Take advantage of sales and special coupons for online customers. Promotional offers of freebies and discounts are often provided by businesses to their Internet customers. My wife scouts the Internet for coupons, including the “buy one, get one” BOGOs, that make our shopping more convenient and affordable.

Senior living communities such as Atherton Baptist Homes have jumped on the bandwagon of making technology opportunities available to their residents. Readily available free Wi-fi (with an ever expanding umbrella of coverage across the campus), computer stations, and periodic classes and IT assistance all highlight the type of services seniors expect.

Aging need not mean isolation from the world at large. Today’s social media encourages looking up old friends, connecting with present ones, and enhancing one’s world with regular contact with a world much larger than we might have imagined it to be.
Joslyn Center’s July activities inform, entertain

Schedule includes birthday luncheon, seminars, memory screening, ice cream social

Enjoy the programs and the cool temperature at Joslyn Center, 210 N. Chapel Ave. in Story Park.

July events include:
- Happy July Birthday Luncheon at 11 a.m. Wednesday, July 1. July birthday celebrants in attendance will receive many good wishes and a token gift.
- On the Move - METRO informational seminar at 10 a.m. Monday, July 13. Presented by METRO representative Gayle McKinney. Memory screening from 9 a.m. to 10:30 a.m. Wednesday, July 15. Presented by Silverado. Appointments are required for a 10-minute screening.
- The Senior Outings luxury coach is heading to two of Southern California’s prime beaches this month, providing Alhambra seniors with two stressless days of relaxation, sightseeing, shopping, lunching, chatting, and mingling.
- The first two outings will be to Seal Beach from 9:30 a.m. to 4:30 p.m. Friday, July 17, and Laguna Beach from 8 a.m. to 4:30 p.m. Thursday, July 30. The fee is $12 for each trip.

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Flashback Friday Dance is not scheduled until Friday, Aug. 28, but registration for this event begins on Friday, July 24. The fee is $10. Dancing to music from the ‘60s and ‘70s, plus light refreshments, will make this a notable summer Friday.

Every weekday, seniors enjoy a hot meal with their friends. All it takes is a call, one day in advance, to 626-570-4455, weekdays between 9:30 a.m. and noon. The suggested donation is $2.

Informational seminars are free, unless otherwise noted, but with space limitations reservations are recommended by phoning 626-570-5056, or stop by the Joslyn office.

Ice Cream Social at 12:30 p.m. Wednesday, July 22. Seniors can make their own ice cream sundaes, complete with Fosselman’s ice cream and toppings galore. A free event, but refreshments, will make this a notable summer Friday.

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By Karen Chao, O.D.

What we used to think of as an innocent bump on the head is now being looked at differently by scientists and medical professionals.

Preston Plevretes is a young man who was a hero to his high school classmates and football team. He suffered multiple blows to the head while playing football, always getting back into the game thinking nothing of it. But then he had one blow too many and it changed his life forever. Where the future was his to create whatever he wanted, now he struggles to talk, but is sharing his story with whoever will listen. There is a video online from an interview he did with ESPN: “E: 60 Second Impact.”

The main focus with concussions and head injuries relating to sports has been on whether the athlete can return to play. Now, the focus is also on determining if the player is ready to return to learn, highlighting the academic component. A new study was recently published in the American Academy of Pediatrics Journal that focuses on the impact concussions can have on academic performance. CNN is also featuring the results of the study on its Web site.

It was found that those with higher severities of concussion experience extended recovery time from symptoms that can interfere with academic performance. These post-concussion symptoms include problems with concentration, eyestrain, loss of place while reading, slower processing speed, headaches, and fatigue.

These symptoms that the kids in the study struggled with are very similar to symptoms relating to eye coordination disorders, which we often see in patients who have suffered a head injury. We have known for years that concussions cause vision problems, and these are some of the types of vision problems that we specialize in treating to help children get back on track with their academics after a concussion.

A recent study found that 85% of concussions go undiagnosed. Another study found that nearly 65% of varsity soccer players had symptoms of a concussion at some point, but only about 19% actually knew it. The reason this can happen is because you do not have to lose consciousness to have a concussion, so most players will experience a blow to the head and get right back into the game. However, repeated blows to the head can accumulate and cause just as much damage as a concussion.

When someone has a head injury, he or she typically has vision problems that can be temporary or permanent. When a vision problem is causing or contributing to a problem with reading, balance or movement, the recovery process will move very slowly until the visual component is treated.

Visual rehabilitation is vital as soon as possible. There are a variety of symptoms which are involved in Post Trauma Vision Syndrome, including:

- Headaches.
- Double vision.
- Pain in the eye or eyes.
- Poor reading comprehension.
- Sensitivity to light.
- Loses place when reading.

It should also be noted that sometimes symptoms of a concussion might not even appear for days, even weeks after the accident. Some symptoms may last only seconds, while others linger much longer: months and even years. Additionally, some symptoms might disappear after time, such as eye pain or headaches, and yet other symptoms remain, i.e., blurred or doubled vision. Keep in mind, that when someone is experiencing any of the above symptoms...
How Vitamin D may affect heart disease, diabetes

By Carol Torgan, Ph.D.,
National Institutes of Health

Vitamin D deficiency has been linked to heart disease and type 2 diabetes. Chronic inflammation plays a role in both of these diseases, and most immune cells have receptors for vitamin D.

Binding of vitamin D to its receptor regulates many key processes inside cells. However, the mechanisms connecting activation of the immune system with these diseases aren't well understood.

Heart disease stems from atherosclerosis, which occurs when a substance called plaque builds up inside blood vessels. Plaque consists of fat, cholesterol, calcium, and other materials found in the blood. Over time, the buildup can cause hardening and narrowing of arteries and can lead to coronary heart disease, heart attack, and stroke.

Type 2 diabetes usually begins with insulin resistance, a condition in which the body produces insulin but isn't able to use it effectively. As a result, glucose builds up in blood and may ultimately damage nerves, blood vessels, and other body parts.

A team of researchers led by Dr. Carlos Bernal-Mizrachi at Washington University School of Medicine set out to examine the connections among vitamin D, immune function, atherosclerosis, and insulin resistance.

They genetically altered mice to lack vitamin D receptors in 2 types of inflammation-related immune cells: monocytes and macrophages. Without these receptors, the cells couldn't respond to vitamin D. The study was supported in part by NIH's National Heart, Lung, and Blood Institute (NHLBI). Results appeared on March 24, 2015, in Cell Reports.

Both types of mice developed insulin resistance. Macrophages accumulated in the liver, which made excess glucose. The engineered mice also developed atherosclerosis that was spurred by monocytes lacking vitamin D receptors.

The monocytes became filled with cholesterol and carried the cholesterol to plaques. This process of atherosclerosis is different from that involving LDL cholesterol.

When the researchers added normal immune cells back into the engineered mice, their insulin sensitivity improved and atherosclerosis declined. This finding showed that vitamin D pathways in immune cells play a key role in chronic inflammation that, in turn, affects development of insulin resistance and atherosclerosis.

“Deactivation of the vitamin D receptor induced diabetes and atherosclerosis, so normalizing vitamin D levels may have the opposite effect,” Dr. Bernal-Mizrachi says. “The identification of monocyte cholesterol transport as a mechanism for atherosclerosis in our animal model opens up a new area of research that could identify novel therapies for heart disease.”

The group is now conducting clinical trials in people with type 2 diabetes to see whether vitamin D treatment can prevent some of the complications of diabetes and inflammation.

Antibiotic approved for treating infant abdominal infections

National Institutes of Health-funded study evaluated meropenem in children under 3 months

The antibiotic meropenem was approved by the U.S. Food and Drug Administration for treating abdominal infections in children less than 3 months of age. The approval came after a study by a National Institutes of Health research network evaluated the drug in treating children in this age group.

Meropenem is a broad spectrum antibiotic - effective against a wide variety of bacteria. The drug was previously approved to treat complicated intra-abdominal infections in adults and older children, and for treating children 3 months of age and older with bacterial meningitis - an infection of the fluid bathing the brain and spinal cord. During the last several years, physicians have begun prescribing meropenem for preterm infants with serious abdominal infections. Because they lacked an effective alternative, many physicians had prescribed the drug for a use other than what the FDA had approved. The NIH study was undertaken in response to a written request from the FDA to evaluate the dosing and safety of meropenem in the treatment of complicated intra-abdominal infections in infants under 3 months of age.

“This study shows that meropenem is appropriate for treating complicated intra-abdominal infections in very young infants. In addition, we now have dosing guidelines for various age groups of premature infants,” said Anne Zajicek, M.D., Pharm.D., chief of the Obstetric and Pediatric Pharmacology and Therapeutics Branch at NIH’s Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), which funded the study.

Dr. Zajicek explained that physicians often need to extrapolate from studies of adults when prescribing for pediatric patients, because many drugs have never been tested specifically for use in children. However, because of their smaller size, differences in metabolism, and other physical differences from adults, many drugs may affect children differently than they do adults. Under the Best Pharmaceuticals for Children Act, NICHD works with FDA to identify drugs not tested in children to determine if they are appropriate for use in children.

The NICHD commissioned the study to investigate meropenem use in 200 infants under 3 months of age, including premature infants. For more information, visit the Institute’s Web site at http://www.nichd.nih.gov
90% of bad breath originates in mouth

By John Chao, D.D.S.

It is estimated that up to 90% of bad breath (halitosis) originates in the mouth. Halitosis is associated with dry mouth which may be due to:

• Dry mouth (xerostomia) due to such factors as medications, stress, or fasting.
• Foods such as garlic, onions, fish, meat, and cheese.
• Smoking.
• Alcohol consumption.

Bad breath that is transient is alleviated by brushing, flossing, and rinsing with mouthwash.

The intensity of bad breath may change during the day depending on dryness in the mouth, food consumed, smoking, and alcohol consumption.

“Morning breath” is most often due to dryness in the mouth during sleep.

However, persistent bad breath, or chronic bad breath, is a serious condition that affects about 25% of the population. It can negatively affect the individual’s personal, social, and business relationships, leading to poor self-esteem and increased stress. This condition is usually caused by the by-products of bacterial activity.

About 600 kinds of oral bacteria, several dozen have been identified as causative agents in the production of sulfides and other compounds that give the “rotten egg smell.” These bacteria are most likely found in the crevices (gingival pockets) between the teeth and the corrugated surfaces at the back of the tongue.

Thus it is often advised that frequent and regular flossing between the teeth and meticulous cleansing of the back part of the tongue.

Other oral conditions associated with odor formation are heavy bacterial plaque deposits on and between the teeth, habitual food traps between teeth, cavities, and ill-fitting dentures.

Dentures made of acrylic, which are microscopically tubular in structure, may become breeding grounds for bacteria and yeast over time, especially if they are not regularly cleaned.

Ill-fitting dentures that require denture adhesives further compound the tendency for uninhibited growth of microorganisms. Yeast infection of the gums underneath the denture is one of the most common causes of denture sores, besides denture odors.

Although up to 90% of the odor emanates from the mouth, a small percentage of odors may originate from the nose and nasal cavities, such as the sinuses. Nasal odors are pungent and can be distinguished from mouth odors.

Some systemic disease conditions can cause foul breath but are infrequent. Chronic liver failure, bronchial and lung infections, renal failure, carcinoma, and diabetes are some of the medical conditions associated with mouth odors.

Most researchers do not consider the stomach as a likely source of bad breath, except in belching.

Self-diagnosis is not a reliable way to tell whether halitosis is present. It is suggested that it is helpful to eat a healthy breakfast with rough foods that clean the back of the tongue, gently brush the tongue twice daily with a tongue brush or scraper, chew sugar-free (xylitol) gum to alleviate dry mouth, gargle with non-alcoholic mouth rinses, drink plenty of water, and above all, see your dentist regularly for teeth cleaning and checkups.

If a suggested home remedy does not help, or you have concerns about your breath, do not hesitate to see your dentist or physician. Your dentist may have treatment alternatives that can control or eliminate mouth odors problems.

Your dentist may suggest a “culture-sensitivity test” for bacteria in your mouth. This test will indicate the type and quantity of bacteria that cause periodontal (gum) disease.

Elimination and prevention of periodontal disease may help control the

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Dr. Karen H. Chao, O.D. has been an Optometrist in private practice for 20 years. In addition to general optometric care, her services include Vision Therapy, Neuro-Optometric Evaluation for Traumatic Brain Injury, Corneal Refractive Therapy, and Low Vision Services. She can be reached at San Gabriel Family Optometry, 121 S. Del Mar Ave., Ste. A, San Gabriel 91776, 626-287-0401, or visit www.SGFamilyOptometry.com for more information.

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To prevent cavities and maintain good oral health, your diet, what you eat and how often you eat, is an important factor. Changes in your mouth start the minute you eat certain foods. Sugar and acids are most harmful to your teeth. Bacteria that normally exist in our mouths convert sugars into acid. As soon as your saliva is acidic, it dissolves calcium from your enamel, a process called demineralization. If this process continues, you eventually lose enough tooth structure to develop a hole in your tooth.

The saving grace is our saliva, which helps to neutralize acid and is full of calcium and phosphates. After your saliva has done its job, the calcium gets back into your tooth, a process called remineralization.

It’s a balancing act between the two processes every day. However, if the frequency or the duration of acidity increases, then you exceed your saliva’s ability to neutralize acid. This can cause you to lose more calcium from your teeth than you get back, which is what causes cavities.

Here are five foods you may not realize were hurting your choppers and how to prevent the damage.

**Juices**

Juicing has proven to have health benefits and is used to help with weight loss and number of health issues. While a glass of the cold-pressed fruits and veggies may give you good nutrient value, juices also have such a high sugar content (some have even more than smoothies or soft drinks) that drinking them is not far off from bathing your teeth in chocolate.

**Chewable vitamins**

They taste just like gummy candy, and they’re not much better for our mouths. In fact, their sticky texture adheres to teeth so well that they’re sitting on the surface longer, releasing sugar and practically bound to cause cavities.

**Dried fruit**

While some fresh fruits are actually considered good for teeth (think water-packed produce like apples), dried fruits never are. This otherwise-nutritious snack is packed with non-cellulose fiber, which traps sugar on and around teeth the way gummy candies do. Whenever you have something stuck to your tooth, your saliva cannot contact that part of your tooth to neutralize the acid or remineralize the area, so you have a greater loss of calcium. Unfortunately, this is true even for sticky things that are good for you.
For Your Good Health

By Sheila Yonemoto, P.T.

A superior solution to any problem is simple, wide ranging, and requires minimal effort. We once moved a very heavy weight machine at our office. The moving crew included me, my retired father, my husband, and a body builder. At my father’s suggestion, we removed the weight stacks and using two pieces of cardboard placed under the frame, we slid the frame along a moveable track created by the sliding cardboard pieces. I was responsible for moving the cardboard ahead of the frame while the three guys pushed it easily onto this almost friction-less track.

So what does that have to do with tingling in the fingers, shoulder pain, and jaw problems? These seemingly unrelated conditions have a common, simple, and inexpensive solution. Some doctors feel that it can alleviate 80% of the symptoms. It requires discipline and changing your habits. Sitting or standing with your head balanced on top of your spine is all that is required. From a side profile, your ears should be lined up with your shoulders, your shoulders lined up with your hips, and your hips lined up with your ankles. It’s the posture of tall, elegant, and youthful appearing people.

Sitting posture should also reflect this aligned head, shoulder, and hip positioning. Feet should be flat so that weight is evenly distributed on both sit bones, and the bones of the spine and head are arranged so that no muscle action is required to keep the body in an upright position. All the bones are stacked like building blocks in a very stable arrangement. You can have someone push downward on the top of your head and if you are stacked in this stable position, there will be no movement in the neck.

The jaw is held in a sling of muscles and is very dependent upon the head position. When sitting or standing in this upright position, your bite is in a more neutral position so there is an even force along all the teeth. The more forward the head, the more force goes on the back teeth, causing abnormal pressure on your jaw joints.

Good posture is all about economy and efficiency of energy expenditure and less wear and tear on the body. Make your body last as long as it can with daily attention to your posture.

Five foods that may be ruining your teeth

Continued from previous page

White wine

Red wine tends to get a bad rap for staining teeth—and it does—but white is no better for your dental health. The acid in white wine eats away your enamel and leaves teeth vulnerable to stains from other foods or drinks.

Cough drops

A post-meal mint may seem like a smart choice, especially if you indulged in the Caesar salad at lunch, but you could be doing more harm than good. Mints and cough drops that you suck on have a demineralization effect because usually the lozenge ends up sitting in one area for longer periods of time and you get a very concentrated build-up of acid. If you use lozenges of any kind on a regular basis, you should consider getting sugar-free versions.

Solutions:

• Sip your juice through a straw to help keep it away from the surfaces of your teeth.
• Rinse with a lot of water.
• Eat foods that can buffer the acids such as raw spinach, broccoli, celery, olives, and avocados.
• Make sure to wait at least 30 minutes after drinking the juice to brush your teeth; scrubbing them immediately while after acid has softened their enamel can leave them even more vulnerable to damage.
• Chew sugar-free gum for 5 minutes after eating. Chewing gum increases saliva production and flushes away food particles.
• Eat your dry fruits with raw nuts to help dislodge food and prevent the dry fruits from sticking to your teeth.
• Eat more cheese with your wine. It’s rich in protein, calcium, and phosphorus, all of which can help buffer the acids wine leaves in your mouth. A less-caloric approach: Gargle with water after drinking to flush away some of the acidity.
Dog Haus on Main Street has gourmet food on a bun

Text and Photos
By Adriana Maestas

Dog Haus, located at 410 E. Main St. in downtown Alhambra, offers a gourmet twist on traditional ballpark classics.

Partners Hagop Giragossian, Quasim Riaz, and André Vener opened their first Dog Haus in 2010 in Pasadena and then opened the Alhambra location in 2012. There are currently three corporate and six open franchise locations.

While the restaurant’s specialty is the signature all beef skinless dog, Dog Haus also serves gourmet sausages and 100% natural Black Angus beef burgers. There are even veggie dogs, burgers, and sausages for those who don’t eat meat.

The Dog Haus in Alhambra offers both indoor and outdoor seating on functional park benches. Inside, there are ceiling fans, which not only keep the restaurant cool, but help circulate the savory aromas emanating from the kitchen.

Anthony Sahagun, the friendly manager of the Alhambra Dog Haus, suggested that I try the Old Town Dog, which is one of the all beef skinless dogs served bacon wrapped with caramelized onions, roasted jalapeños, chipotle aioli, and cotija cheese. The Old Town Dog packed some heat, but the level of spiciness really appealed to my chile sensitive palate.

I also sampled some onion rings, which were fried to perfection. What impressed me the most about the onion rings at the Dog Haus was that they were light and crispy - they didn’t have a heavy, sopped in grease taste that onion rings can sometimes have.

The Dog Haus also serves up fries, tater tots, slaw, and chili.

The Alhambra location serves local Fosselman’s ice cream in its shakes, malts, and floats. I tried the horchata shake, which was the perfect blend of cinnamon creaminess.

All of the dogs, sausages, and burgers come wrapped in soft, sweet King’s Hawaiian buns. If you are on a low carb diet, the cooks will gladly wrap any of the dogs, sausages, and burgers in fresh lettuce.

The condiment bar is self-serve and generously stocked with jalapeños, onions, relish, mustard, regular ketchup, curry ketchup, mayonnaise, Sriracha and Tapatio sauces so you can top off your order with extras.

The service is pleasant and quick at the Dog Haus. Mr. Sahagun, who has worked at the Alhambra

CONTINUED ON NEXT PAGE
Dog Haus on Main Street
Acknowledged as the undisputed champs in the burger and hotdog world, the Dog Haus has gained a loyal following in Alhambra and beyond. Manager Anthony Sahagun serves up delicious meals with a friendly smile. Sahagun said, “We all really like working here. We try to have fun, while delivering a tasty experience to our customers. We value our customers and want everyone who walks in to have an excellent dining experience.”

Mr. Sahagun said the Dog Haus routinely hosts local fundraisers, has participated in the Taste of Alhambra, and does event catering. The Alhambra location serves beer and wine. If you are looking to grab a delicious burger or hotdog with prideful and attentive service, you will want to visit the Dog Haus in Alhambra. This restaurant has elevated your typical concession stand favorites to a gourmet level.

Special Olympics Opening Ceremonies added to Family Excursions menu
Fans of the City of Alhambra Family Excursions program now have one more exciting destination to look forward to with the addition of the Opening Ceremonies of Special Olympics 2015 on Saturday, July 25.

Alhambra, which will serve as a Special Olympics Host City, has prepared for the arrival of the German contingent to Southern California for three days prior to the Games. The addition of the Special Olympics Opening Ceremonies as a Family Excursions destination, however, is newer information and a thrill to those who want to add this significant event to their L.A. Memorial Coliseum memories.

No less important to the participants, the Special Olympics joins two Olympiads (1932 and 1984), two Super Bowls (I and VII) and one World Series (1959) to make Los Angeles a prime sporting venue.

At $45 per ticket, Alhambrans ages 3 and older will be transported to the Coliseum by luxury coach, leaving Alhambra at 3:30 p.m. on July 25 and returning by 10:30 p.m. Children 2 and under are welcome at no cost, but will be required to sit on adult laps.

A maximum of 44 excursioners will enjoy this historic event through the City's Family Excursions program, and early registration will ensure participation.

Beyond July and the Special Olympics, the Family Excursions program is offering the following experiences through January:

- L.A. County Fair from 11 a.m. to 9 p.m. Sept. 19. The fee is $20 for all ages.
- Dodger Game and Stadium Tour from 11 a.m. to 10 p.m. Oct. 3. The fee is $60 for all ages.
- December Nights in San Diego from 11 a.m. to 11 p.m. Dec. 5. The fee is $15 for all ages.
- Christmas Tree Holiday Train from 10 a.m. to 6 p.m. Dec. 19. The fee is $15 for all ages.
- Tournament of Roses Parade from 5:30 a.m. to 11:30 a.m. Friday, Jan. 1. The fee is $15 for all ages.

Please note that a parent or guardian must accompany children under 18 on all Family Excursions.

Register for these Family Excursions online at Web site www.cityofalhambra.org, in person at the Alhambra Park Office, 500 N. Palm Ave., or by mail C/O Community Services Dept., 111 S. First St., Alhambra 91801.

For more information, phone 626-570-3242 weekdays from 8 a.m. to 5 p.m.
Continued. Please turn page.
Summer at Mosaic Lizard Theater includes The Drunkard, Bat Knight, Saga, workshops for aspiring actors

The summer season continues at The Mosaic Theater, 112 W. Main St., Alhambra, with a new artistic performance experience by Greg Langner, more of Cameron Parker’s dynamic Bat Knight series, and the kick off of Lizard’s summer workshops.

The Drunkard, by W. H. Smith, plays one weekend only and makes its final bow at 8 p.m. the weekend of July 10 and 11 and at 2 p.m. Sunday, July 12. One of the longest running plays in history, The Drunkard tells the story of a fallen man trying to find redemption while a villainous lawyer sets horrid traps along the way.

No performances on July 4 weekend.

Cameron Parker’s campy and cult hit Bat Knight continues at 8 p.m. Sundays. Different villains wreak havoc on the city of Gotham, and its up to the dynamic duo to bring justice back to the streets. The performance is family-friendly. Wear a homemade DC comic character costume for a chance to win $15. Due to the popularity of this show, please contact the theater for reservations and show confirmation. Tickets are $5.

On Friday, July 24, the Mosaic Lizard Theater presents the world-premiere of Saga, a new performance merging the dynamic energy of dance with the intimate intensity of live theater. Saga animates the stage in this hour-long epic re-telling of human history. The Drunkard tells the story of a fallen man trying to find redemption while a villainous lawyer sets horrid traps along the way.

Sage draws from the experiences and creative vitality of its performers to build a series of interwoven stories that manifest within the consciousness and imagination of the audience, creating a unique experience for each person who witnesses and engages with it.

Sage runs from July 24 through Aug. 2 on Fridays and Saturdays at 8 p.m. and Sunday matinees at 2 p.m. For ticket reservations, phone 626-202-2859, or visit LizardTheater.com/Saga.

On Saturdays starting July 11, the Lizard Theater’s Actor Workshops return. Mr. Langner’s Methods of Movement and Voice trains the student on body language and movement and voice inflection. The cost is $45 for four weeks. Sessions are from 2 p.m. to 3:30 p.m. Saturdays. Session one is from July 11 to Aug. 1. Session two is from Aug. 8 to Aug. 29.

Jay Parker’s Teen Improv returns from 10 a.m. to 11:30 a.m. on Saturdays, July 11, through Aug. 29. Simple improvisation exercises grow each week to different forms of improvisation and Sketch Comedy. This is a great course for introverts and extroverts. The cost is $75 for eight weeks.

Cameron Parker’s Young Actors Workshops return from noon to 1:30 p.m. July 11 through Aug. 29. Mr. Parker shares his acting experience of the craft of building characters, making choices, and scene work. The cost is $75 for eight weeks.

For more information and to enroll in the workshops, phone the theater at 626-202-2859. Join The Mosaic Lizard Theater for daily updates and information.

The T.empest.

Alhambra Performing Arts Center (APAC) presents the highly acclaimed musical show A Touch of Broadway at 7 p.m. Thursday, July 18 at Sage Granada Park United Methodist Church, 1850 W. Hellman Ave., Alhambra.

The free concert will feature several Broadway performers, including international film and theater actress, composer, and singer Joan Almedilla, who has starred as Kim in the Broadway musical Miss Saigon.

Lilybeth Evardome is a graduate of music education with an emphasis in Voice from La Sierra University in Riverside. She has performed all over the United States, Canada, Europe, Argen-
tina, and the Philippines, taking the stage at places such as the Hollywood Bowl, Great Western Forum, and the Shrine Auditorium.

Alcala Nilo is an award winning composer/chorister whose accomplishments under his name include nominations for Best Music Score at the 2003 Star Awards for Movies, Golden Screen Awards, and the 26th Metro Manila Film Festival for the movie Homecoming by acclaimed Filipino director Gil Portes.

Dr. Grace Chung is the musical director, and her group has produced a number of inspirational shows that help benefit orphanages, victims of natural disaster, and organizations for the developmentally challenged.

APAC is a member of the Consortium of Southern California Chamber Music Presenters and a member of the Alhambra Chamber of Commerce. Admission is fee. Donations are requested during performances.

For more information, contact Artistic Director Bill Yee at 626-230-5435, or e-mail blyee3@yahoo.com. Refreshments will be by Culinary Student Chefs.
**New Century BMW Collision Center – Making wrecked BMWs, Mini Coopers, Rolls Royces new again**

For the past five years, the New Century BMW Collision Center, 3001 W. Main St., has been making collision damaged BMWs, Mini Coopers, and Rolls-Royce cars look new again. The New Century BMW Collision Center was named the best overall Certified Collision Repair Center in all of North America for 2014.

The only time a BMW Collision Center can be called certified is when the facility has met all of BMW’s requirements to become certified, based on the level of training of its technicians, the types of tools and equipment used, an evaluation of customer satisfaction, and fulfilling BMW’s original parts criteria.

This isn’t a typical body shop that will repair multiple makes and models of cars. The New Century BMW Collision Center only works on vehicles that belong to the Bavarian Motor Works family, which includes Mini and Rolls-Royce Motor Cars. BMW routinely audits its certified collision centers to make sure that they maintain a high quality standard for repairs.

“Our objective was to overcome the negative stigma that a lot of body shops have and to have a highly skilled and highly trained group of people to work on our cars with the most cutting-edge technology.”

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**Chicago assembly plant welcomes new 2016 Ford Explorer**

Ford employees at Chicago Assembly Plant officially welcomed the new 2016 Ford Explorer in June. Since launch in 1990, more than 7 million Explorers have been sold, making it the best-selling SUV in America over the last 25 years. Now, building on decades of performance and innovation, the 2016 Explorer represents a significant update to the iconic SUV. It sports a new look, new 2.3-liter EcoBoost(r) engine, a new Platinum series and the industry’s most cutting-edge technology.

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Toyota captures top non-luxury brand award in Edmunds.com Best Retained Value Awards

Toyota was named the top non-luxury brand in the fifth annual Edmunds.com Best Retained Value® awards. Four Toyota models also took home the top prize in their segments for best resale value, more than any other brand. They were: Tacoma pickup (midsize truck); Tundra pickup (large truck); Highlander (midsize SUV); and Avalon (large car). The awards “recognize the brands and 2015 models that have the highest projected residual values after five years based on their average Edmunds.com True Market Value(r) (TMV(r)) price when sold new.” “Earning the Edmunds.com ‘Best Retained Value(r)’ award is a great honor and a testament to Toyota’s commitment to quality, durability and reliability, all key ingredients for great value,” said Bill Fay, group vice president and general manager, Toyota Division.

SCION FR-S Waits for No One

2014 Prius C

FCA begins all-new 2015 Ram 1500 Rebel

FCA US LLC began production in June of the all-new 2015 Ram 1500 Rebel at its Warren Truck Assembly Plant in Michigan. The one-of-a-kind, full-size truck is assembled by more than 4,000 employees across 3.3 million square feet of the company’s 75-year-old truck plant.

The Ram 1500 Rebel makes a statement with an all-new, blacked-out grille and distinctive “RAM” letter badge. Rebel is designed with increased ride height, standard 33-inch tires, skid plates, tow hooks, and a unique brawny interior starting at $42,790. Building more than 286,000 available combinations of the Ram 1500, the plant has produced more than 12.5 million trucks since its operations began in 1938.

New Century BMW

CONTINUED FROM PAGE 18B

the factory specified tools and equipment,” explained Ed Cobett, the Collision Center manager at New Century BMW.

There are 22 full-time people on the New Century BMW Collision Center’s team who are completely dedicated to restoring a customer’s collision damaged BMW. Most of Mr. Cobett’s team members are local to the Alhambra area. His team services about 200 cars per month. He has staff members who speak Mandarin, Cantonese, Vietnamese, and Spanish in addition to English to serve the local community.

Mr. Cobett has worked with BMW to hire graduates from the local community college auto technician programs. One of his young employees, Oscar Martinez, graduated from Cerritos College’s auto technology program and then went through the BMW step service training and education program for collision. Since he has been working for Mr. Cobett, Mr. Martinez has been able to purchase his first home and is getting ready to buy another.

Mr. Cobett explained that Mr. Martinez is an example of how New Century BMW Collision Center can employ local talent, who can help stimulate the local economy.

CONTINUED ON PAGE 22B
2015 Nissan Quest earns top spot in Minivan segment

The 2015 Nissan Quest is the top compact car in the 2015 J.D. Power Initial Quality Study, the industry benchmark for new-vehicle quality. Quest -- also awarded an IIHS “Top Safety Pick” earlier this year -- received the award yesterday at the Automotive Press Association (APA) recently in Detroit.

Additionally, the 2015 Nissan Quest earned the top spot in the Minivan segment.

Now in its 29th year, the Initial Quality Study is based on responses from more than 84,000 purchasers and lessees of new 2015 model-year vehicles surveyed after 90 days of ownership. Initial quality is determined by the number of problems experienced per 100 vehicles (PP100), with a lower score reflecting higher quality. The study was fielded between February and May 2015.

“In the very competitive segment of compact sedans, Quest continues to separate itself with a strong combination of quality, safety, value, style and more,” said Fred Diaz, senior vice president, Nissan Sales & Marketing and Operations. “Driven by owner feedback, the J.D. Power Initial Quality Study serves as an important benchmark for new vehicle quality, further demonstrating the worth of Quest as top contender in their respective segments.”

The elegant, modern and refined exterior of the Quest combines fluid sculptural elements with a dynamic mass and crafted details. The low sliding door step-in height is helpful for small children or older adults getting into the second or third rows and to assist entry further, the second row features a standard walk-in device for easier access to the third row. A one-touch unlock/open power rear liftgate is standard on Quest SL and Platinum models. Third row power return seatbacks are standard on Quest Platinum.

The boldly styled Nissan Quest is offered in four well-equipped models: S, SV, SL and Platinum. It offers a range of family friendly features, including one-touch power sliding doors, quick release fold-flat second and third row seats, Advanced Climate Control System and an always-available rear storage well.

Safety and security features standard on all 2015 Sentras include the Nissan Advanced Air Bag System (AABS) with dual-stage supplemental front air bags with seat belt and occupant classification sensors; front seat-mounted side impact supplemental air bags; roof-mounted curtain side impact supplemental air bags for front and rear seat outboard occupant head protection; three-point front and rear seatbelts; front seat belts with pre-tensioners and load limiters and adjustable upper anchors; and LATCH System (Lower Anchors and Tethers for Children).

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2015 Nissan Sentra

The 2015 Nissan Sentra is the top compact car in the 2015 J.D. Power Initial Quality Study, the industry benchmark for new-vehicle quality. Sentra -- also awarded an IIHS “Top Safety Pick” earlier this year -- received the award yesterday at the Automotive Press Association (APA) recently in Detroit.

Additionally, the 2015 Nissan Sentra earned the top spot in the Minivan segment.

Now in its 29th year, the Initial Quality Study is based on responses from more than 84,000 purchasers and lessees of new 2015 model-year vehicles surveyed after 90 days of ownership. Initial quality is determined by the number of problems experienced per 100 vehicles (PP100), with a lower score reflecting higher quality. The study was fielded between February and May 2015.

“In the very competitive segment of compact sedans, Sentra continues to separate itself with a strong combination of quality, safety, value, style and more,” said Fred Diaz, senior vice president, Nissan Sales & Marketing and Operations. “Driven by owner feedback, the J.D. Power Initial Quality Study serves as an important benchmark for new vehicle quality, further demonstrating the worth of Sentra and Quest as top contenders in their respective segments.”

The elegant, modern and refined exterior of the Sentra reflects a “professional” character targeted at buyers who aspire to drive something more premium than traditionally available in this segment. It features Nissan’s bold signature trapezoid-shaped grille and large wraparound headlights with standard LED accents and LED tailights.

The refined look continues inside with a high-quality interior design featuring materials not usually found in compact vehicles, including soft-touch instrument panel and door armrests, available leather-appointed seating and available maple wood-tone trim. Along with offering ample noisiness in a compact-size exterior, including an outstanding 37.4 inches of rear seat legroom, the intuitive interior layout emphasizes driver control and outstanding seat comfort for all occupants.

Sentra uses a fuel-efficient 1.8-liter 4-cylinder engine, which along with the next-generation Xtronic transmission with sub-planetary gear, helps the Sentra FE+ S model deliver 30 mpg city/40 mpg highway and 34 mpg combined - resulting in a more than 415-mile real-world driving range.

Safety and security features standard on all 2015 Sentras include the Nissan Advanced Air Bag System (AABS) with dual-stage supplemental front air bags with seat belt and occupant classification sensors; front seat-mounted side impact supplemental air bags; roof-mounted curtain side impact supplemental air bags for front and rear seat outboard occupant head protection; three-point front and rear seatbelts; front seat belts with pre-tensioners and load limiters and adjustable upper anchors; and LATCH System (Lower Anchors and Tethers for Children).
Volkswagen reveals 2016 Jetta GLI

The performance version of Volkswagen’s best-selling car, the 2016 Jetta GLI, offers new features and a sporty new look for the 2016 model year. It was revealed June 10 by Volkswagen of America. The 2016 Jetta GLI is the sedan equivalent of the Golf GTI. It is equipped with a specially tuned sport suspension and a 210-horsepower, 2.0-liter TSI® turbocharged and direct-injection EA888 four-cylinder engine. The GLI offers a compelling blend of value, performance and practicality.

One specialized area of expertise that Mr. Cobett is proud of is having more trained technicians who are able to repair electric cars than any other dealer in the country. He said that a lot of dealers devote one or two technicians to repairing electric cars. Mr. Cobett has 10 trained technicians who can fix BMW’s carbon fiber electric vehicles.

Owners of BMW products that are in need of body work should contact Mr. Cobett and his team at the New Century BMW Collision Center, 626-282-2233. They use original BMW manufactured parts and follow the BMW recipe for repairs.

Oscar Martinez is a graduate of a local community college auto technician program and a BMW training program.

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2016 Mazda CX-3 leads class in EPA fuel economy

The all-new 2016 Mazda CX-3 subcompact crossover utility vehicle has been rated with an EPA-estimated fuel economy as high as 29 mpg city/35 mpg highway which positions CX-3's fuel economy as class-leading among all 2015 and 2016 subcompact crossover utility vehicles.

As Mazda’s first foray into the quickly burgeoning subcompact crossover class of vehicles, CX-3 provides those seeking a purposeful, stylish and sporty vehicle option that bucks convention. CX-3 offers standard keyless ignition and backup camera, and is available with features that are unrivalled in its class like Mazda Radar Cruise Control, adaptive LED headlights and Mazda’s signature driving experience.

Front-wheel-drive models have EPA-estimated fuel economy of 29 mpg city/35 mpg highway/31 mpg combined, while models equipped with Mazda’s predictive i-ACTIV AWD have EPA-estimated fuel economy of 27 mpg city/32 mpg highway/29 mpg combined. That makes it among the most-efficient all-wheel-drive vehicles available in the U.S.

“SKYACTIV Technology means we don’t have to compromise when it comes to performance, efficiency and fun-to-drive dynamics,” said Jim O’Sullivan, president and CEO, Mazda North American Operations. “CX-3 will deliver all of the core values customers have come to expect with the sixth-generation lineup of Mazda vehicles, and we hope to reach new audiences with CX-3.”

All 2016 Mazda CX-3s will come powered by a 2.0-liter SKYACTIV-G engine.

Shop for a new car in Alhambra and get a great deal

The Alhambra Chamber of Commerce salutes Alhambra Auto Row

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The Chamber of Commerce urges all residents to shop locally for their new or used cars and trucks.

KEEP ALHAMBRA GREEN!
International investors and Alhambra real estate

By Gary Frueholz, Dilbeck Real Estate

Why is real estate in Southern California and Alhambra so appealing to foreign investment? The National Association of Realtors reports that United States real estate sales to foreign investors have increased 35% in the year between April 2013 and March 2014. Sales rose from $68.2 billion to $92.2 billion during this period.

Another internationally respected organization, AFIRE (Association of Foreign Investors in Real Estate), tracks how foreign money thinks. And when it comes to American real estate, foreign money prefers this to other countries real estate in a big way.

The AFIRE polls its international members and has found that by a three to one margin that the United States is viewed as the best opportunity for appreciation over the United Kingdom, Germany, China, and Canada. Also, by a similar margin the United States is seen as being more stable and secure by foreign investors.

One of the supporting issues with these results is the form of ownership here in the United States. It is called fee simple absolute, which is the highest form of ownership. This is held in this manner.

International capital seeks acceptable risk, favourable returns, quality properties, affordable and available credit, desirable location, and transparent markets. Southern California offers all of the above, and so does Alhambra.

It is held in this manner.

Many times in other countries the right to use real estate as a form of collateral or to pass ownership on to whom the owner wishes is not part of their concept of real estate transactions.

American real estate is viewed internationally as a good hedge against inflation and currency fluctuations. Even with significant government deficit spending, the dollar has generally been holding well versus foreign currencies. The U.S. dollar is the single most popular currency and dominant reserve currency in the world.

With real estate not being transacted in a currency that has volatile fluctuations, the real estate itself looks more appealing. Another factor that encourages investment in American real estate is the Internet. Multiple Listing Services (MLS) download into public Web sites that can be viewed around the world.

Reliable Internet access facilitates communication between real estate professionals and their clients. And even more importantly, consumers get better informed on real estate through the Internet.

The United States has the greatest concentration of financial institutions in the world. This concentration of available capital through lending institutions within our country again helps real estate in our country appear appealing.

Southern California has added as a result of its geography tying into the Pacific Rim economy, which includes the vibrant economies of China, Japan, South Korea, Taiwan, and Singapore.

International capital seeks acceptable risk, favourable returns, quality properties, affordable and available credit, desirable location, and transparent markets. Southern California offers all of the above, and so does Alhambra.

Support Alhambra Businesses

They support you
A local real estate broker, Rudy L. Kusuma, will team up with Jack Canfield, the creator of Chicken Soup for the Soul, to release a new book to benefit consumers looking to buy or sell homes in Alhambra and the San Gabriel Valley area.

A portion of the royalties earned from this book will be donated to Entrepreneur's International Foundation, a not for profit organization dedicated to creating unique launch campaigns to raise money and awareness for charitable causes.

“My team and I manage more than $1.3 billion of real estate assets,” said Mr. Kusuma. “I have advised and counseled homebuyers, sellers, and real estate investors from every walk of life. CEOs, executives, and business owners hire my team because their businesses are teams. “Sales professionals and marketing oriented entrepreneurs hire my team because they quickly recognize the superiority of our sophisticated system for selling homes as quickly as possible for top dollars.

“Doctors, hospital administrators, and nurses hire us because, like the executives, they are thoroughly familiar with the benefits of a team approach.

“Exceptionally busy couples hire us because our home selling system features methods of marketing and selling homes that minimizes their involvement and inconvenience,” he said.

California home sales soften in May but spring home-buying season continues momentum

Source: California Association of Realtors®

California home sales softened in May, but the housing market momentum continued to be solid as the spring home-buying season marked higher year-over-year home sales and prices for the fourth straight month, the CALIFORNIA ASSOCIATION OF REALTORS® (C.A.R.) said June 15.

Home sales rose above the 400,000 mark in May for the second straight month since October 2013 and were the second highest level in nearly two years. Closed escrow sales of existing, single-family detached homes in California totaled a seasonally adjusted annualized rate of 423,360 units in May, according to information collected by C.A.R. from more than 90 local Realtor® associations and MLSs statewide.

The statewide sales figure represents what would be the total number of homes sold during 2015 if sales maintained the May pace throughout the year. It is adjusted to account for seasonal factors that typically influence home sales.

The May figure was down 1.1% from the revised 427,880 homes sold in April, slightly below the long-run April-to-May average sales increase of 0.6%. Home sales were up 8.9% from a revised 388,690 in May a year ago though, and the statewide sales figure so far has outpaced last year by more than 5%.

“The spring home-buying season continues to be strong, especially in areas where insufficient housing supply is less of an issue,” said C.A.R. President Chris Kutzkey. “With mortgage interest rates edging up recently and an imminent increase in rates by the Federal Reserve, housing affordability concerns will be heightened but may also prompt prospective buyers to feel a sense of urgency to act quickly.”
Median price of an existing, single-family homes edge up

CONTINUED FROM PREVIOUS PAGE
to enter the market.*

The median price of an existing, single-family detached Califor- nia home edged up in May from both the previous month and year for the fourth consecu- tive month.

The median home price was up 0.8% from $481,880 in April to $485,830 in May; the highest level since November 2007. May’s median price was 4.4% higher than the revised $465,470 recorded in May 2014.

The median sales price is the point at which half of homes sold for more and half sold for less; it is influenced by the types of homes selling as well as a gen- eral change in values.

A healthy growth rate in home prices is an essential ingre- dient to a sustainable housing market, said C.A.R. vice president and chief econo- mist Leslie Appleton-Young.

“The statewide median price increasing at a pace more in line with the historical norms since late 2014, regional markets across the state are finally show- ing sales improvements this year,”

Other key points from C.A.R.’s May 2015 resale hous- ing report include:

• While sales continued to improve from last year at the state level, the number of active listings dipped slightly from the previous year, keeping the sup- ply of homes on the market flat. The May Unsold Inventory Index was unchanged from the 3.5 months reported in April. The index, which indicates the number of months needed to sell the supply of homes on the mar- ket at the current sales rate, stood at 3.7 months in May 2014. A six- to-seven-month supply is considered typical in a normal market.

• The median number of days it took to sell a single-family home fell in May, down from 34.3 days in April to 28.5 days in May and 31.8 days in May 2014.

• According to C.A.R.’s new- est housing market indicator—sizing sales-to-list price ra- tio—properties are again gener- ally selling below the list price, except in the San Francisco Bay Area, where a lack of homes for sale is pushing sales prices higher than original asking prices.

The statewide measure sug- gests that homes are selling at a median of 99% of the list price, essentially flat compared to a ra- tio of 98.8% at the same time last year. The Bay Area is the only region where homes are selling above original list prices due to constrained supply with a ratio of 107.3%, up from 104.9% a year ago.

• The average California price per square foot** for an existing single-family home was $226 in May 2015, a decrease of 0.4% from the previous month but 3.2% increase from May 2014.

Price per square foot at the state level has been on an upward trend since early 2012, and has been rising on a year-over-year basis for 40 consecutive months. In recent months, however, the growth rate in price per square foot has slowed down as home prices level off.

San Francisco-County had the highest price per square foot in May at $818/sq. ft., followed by San Mateo ($775/sq. ft.), and Santa Clara ($791/sq. ft.).

The three counties with the lowest price per square foot in May were Siskiyou ($104/sq. ft.), Kings ($116/sq. ft.), Mariposa ($171/sq. ft.) and Tulare ($177/ sq. ft.).

• Mortgage rates increased in May, with the 30-year, fixed- mortgage interest rate averaging 3.84%, up from 3.67% in April but down from 4.19% in May 2014, according to Freddie Mac.

Adjustable-mortgage interest rates edged up in May, averaging 2.49%, up slightly from 2.46 in April and 2.43% in May 2014.

Notes: The County MLS me- dian price and sales data in the tables are generated from a sur- vey of more than 90 associations of Realtors throughout the state, and represent statistics of exist- ing single-family detached homes only.

County sales data are not ad- justed to account for seasonal factors that can influence home sales. Movements in sales prices should not be interpreted as changes in the cost of a standard home.

The median price is where half of homes sold for more and half sold for less; medians are more typi- cal than average prices, which are skewed by a relatively modest number of transactions at either the lower-end or the upper-end.

Median prices can be influ- enced by changes in cost, as well as changes in the characteristics and the size of homes sold. Due to the low sales volume in some areas, median price changes may exhibit unusual fluctuation. The change in median prices should not be construed as actual price changes in specific homes.

Sales-to-list price ratio is an indicator that reflects the nego- tiation power of home buyers and home sellers under current market conditions. The ratio is calculated by dividing the final sales price of a property by its last list price and is expressed as a percentage. A sales- to-list ratio with 100% or above suggests that the property sold for more than the list price, and a ra- tio below 100% indicates that the price sold below the asking price.

**Price per square foot is a measure commonly used by real estate agents and brokers to deter- mine how much a square foot of space a buyer will pay for a prop- erty. It is calculated as the sale price of the home divided by the num- ber of finished square feet. C.A.R. currently tracks price-per-square foot statistics for 33 counties.

Leading the way.* In Cali- fornia real estate for more than 100 years, the California Asso- ciation of Realtors® (www.car.org) is one of the largest state trade organizations in the United States with 175,000 mem- bers dedicated to the advancement of professionalism in real estate. C.A.R. is headquartered in Los Angeles.

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Looking for a computer, or maybe a camera, or a pair of shoes! Downtown Alhambra has everything you need. Shop for clothes, furniture, cell phones, greeting cards, musical instruments, sports goods, art, CDs, perfume, and so much more. You name it, Downtown Alhambra has it!

Downtown Alhambra has plenty to keep you entertained. Nightclubs, dance studios, plays, movies, and live music on the streets on Saturday evenings attract people from all over the San Gabriel Valley.

Dine
What kind of food do you like? Chances are Downtown Alhambra offers it. More than 40 restaurants offer cuisine from China, Cuba, India, Italy, Japan, Malaysia, Mexico, Thailand, and Vietnam. There are also traditional American style eating establishments and other fun places to grab a bite. Downtown Alhambra is famous for its “around the world” cuisine.

Live
Alhambra’s mixed-use facilities combine residential and commercial aspects, providing an urban living setting for those who prefer to live/work without the commute, or for those who need convenient access to shopping, medical/hospital facilities, banks and other service establishments—as well as major retail plazas, such as the Alhambra Courtyard which includes a Ralph’s grocery store and many smaller commercial units. Mixed use facilities include the Alhambra Regency Plaza and Plaza on Main. Senior public housing complexes are also located in Downtown Alhambra.

Work
Alhambra is strategically located in the heart of Southern California, the nation’s largest consumer market. The City’s close proximity to downtown Los Angeles, as well as its own award winning downtown business district and vibrant commercial/industrial area offers a vast range of job opportunities to those seeking employment.

Shop
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Procedure

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