July’s sizzling entertainment hits the Hot Spot

“The most popular Hot Spot event was our fourth annual two on two breakdance battle,” said Downtown Alhambra Business liaison and producer, Henry Balmaceda. “We had more than 50 dancers participate from all over the San Gabriel Valley.”

SEE MORE DETAILS, PAGE 4B

The Church of Our Savior —
An intersection of classical art and world history

By Gary Frueholz, Dilbeck Real Estate

Stained glass windows are an art form that dates back to the Middle Ages and still provides a breathtaking impact to the viewer.

Recently, I had a listing of a north Alhambra Craftsman home that had an exquisite Judson stained glass window in the dining room. The window enhanced the Craftsman feel of the home and would change color as the exterior light of the day changed its perspective. A number of classic churches and homes in the western San Gabriel Valley present some amazing stained glass windows.

The companies that make these beautiful windows have been often family owned operations and have produced these works of art for generations.

Two companies that left their mark on local architecture through their stained glass windows are Judson Studios of Highland Park and Willet Studios of Philadelphia.

Judson is a fourth-generation owned company located at 200 S. Avenue 66 in Highland Park dating back to the mid 1890s. It also produces marble carvings, mosaic art, and etched glass. David Judson, the great-great-grandson of William Lee Judson, the founder, said in 2000 that 85% of the company’s work was for religious institutions “of all different creeds, from Jewish to Christian to Islamic.”

Willet Studios of Philadelphia was family owned from its inception in 1898 through its merger with Hauser Studios in the 1970s. Willet produced stained glass windows...
For too many seniors, getting older can be a time of loss and a shrinking world, increasingly disconnected from warmth and laughter. One of the best things an older person can do for their health and happiness is to add a furry loved one to the family.

Scientific research says that bringing a pet into your family provides huge health benefits, especially for seniors. A study published in the Journal of the American Geriatrics Society demonstrated that seniors who live by themselves and have pets tend to have better physical health and mental wellbeing than those who do not. They are more active, less stressed, and have better overall health. The simple act of holding an animal can relieve symptoms of depression, lower blood pressure, and even decrease surgical patients' healing times.

A study of elderly pet owners was conclusive: pet owners had significantly lower blood pressure than their contemporaries without pets. Other studies followed widows during the first year after the death of a spouse, demonstrating that they were medically better off than those widows without pets.

According to The Humane Society, “people with pets are better able to remain emotionally stable during crises than those without. Pets can also work as a buffer against social isolation.

Often the elderly have trouble leaving home, so they don’t have a chance to interact. This can help combat depression, one of the most common medical problems facing seniors today.

The responsibility of caring for an animal may also give the elderly a sense of purpose, a reason to get up in the morning. Pets also help seniors stick to regular routines of getting up, buying groceries, and going outside, which help motivate them to eat and sleep regularly and well.”

Atherton encourages residents to bring their dogs and cats (small and medium) with them when they move into independent living. So I asked Director of Sales Bill Hull what advice he has for those who consider getting a pet.

- Talk to the people in your support circle about your ideas for a pet. Gather input from your kids, your friends, perhaps your medical doctor, and those who know you best. Talk to other pet owners and test your theories. Most people are very willing to talk about their pets, so take your time and listen well.
- Young puppies and kittens are often more excitable and require more attention than older pets, so many animal care professionals advise seniors to consider adopting an adult dog or cat. They may fit your lifestyle better, and they won’t need to be house trained.
- The first place to look is the area shelter. More than 500,000 pets are left and eventually euthanized in shelters each year due to circumstances where their owners cannot care for them. Organizations like 2nd Chance for Pets can help you to rescue one that probably already has a great track record for being a great friend.
- Make sure you understand and are ready to accept the responsibility of a new pet. No doubt there will be some noise and some mess. It takes a regular routine to stay on top of feeding, watering, grooming, exercising, and cleaning up after an animal, and there will some costs involved. Being responsible for another life often gives added purpose to the lives of those who are living alone or far from loved ones.

Dr. Dennis E. McFadden, is President and CEO of Atherton Baptist Homes, 214 S. Atlantic Blvd., Alhambra. Phone him at 626-863-1768.
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Keep cool, with friends, at the Joslyn Center

Alhambra seniors can beat the heat, and hang out with friends, at the Joslyn Adult Recreation Center, 210 N. Chapel Ave.

They can take part in varied and interesting programs, lunches, and special events that can be designed with seniors in mind. Here is some of what’s on the agenda for August:

Happy August Birthday Celebration, 11 a.m. Wednesday, Aug.7. August birthday celebrants in attendance will receive a token gift.

Bingo Tuesday, 1 p.m. Tuesday, Aug. 13. Co-sponsored by Care More. Please pre-register.

Train Your Brain seminar, 10 a.m. Tuesday, Aug. 20. Presented by the USC Davis School of Gerontology – Family Caregiver Support Program.

AARP Driver Safety Program, 12:30 p.m. to 4:30 p.m. Wednesday, Aug. 21 and Thursday, Aug. 22. This two-day defensive driving class is accepted by many auto insurance companies for a discount. Sign up in advance; checks or money orders (no cash) payable to AARP.

Man & Senior Computer Training seminar, 10 a.m. Friday, Aug. 23. Presented by Metro.

Student Country Hoodown, 4 p.m. to 7 p.m. Wednesday, Aug. 28. The fee is $10. Live entertainment and lots of fun. Price includes dinner and entertainment.

Tuesdays are “Pet-Friendly Tuesdays” at 10 a.m. These special events are designed with seniors in mind. The Joslyn Adult Recreation Center has several residents who have pets, and there are several local pet stores and pet cafes to visit.

Seniors should get a pet for health, happiness, companionship

“Companions for Seniors” program where you can receive help choosing, adopting, and getting started as a pet owner.

- Have a back-up plan. If you are planning to look at senior living options, make sure to find out if they are pet friendly. We have some wonderful characters of the pet variety at Atherton. They are good citizens who enrich the lives of more than just their owners. Also, make sure you have a relationship with someone who is willing to pinch hit for you in case of an emergency.

Getting our dog, now nearly 4 years old, was one of the best decisions we ever made. Whenever my wife is away on a trip, our faithful beagle, Mr. Calvin, is especially attentive. He crawls up next to me, lays his head on my lap, or positions himself next to me when I am working on the computer.

Nothing can replace a spouse in your heart. But companionship packed into a furry bundle of warmth can go a very long way indeed.

Downtown Alhambra hosts the bands for July Hot Spot events to celebrate community

More than 3,500 residents and visitors gathered for the fourth Annual Hot Spot presented by Downtown Alhambra. With more than 80 vendors and a stage for performers lining the northern corner of Main and Garfield in front of the Edwards Renaissance Theater, each Saturday in July was packed with entertainment for all.

Art was the first week’s theme, and Hot Spot brought visual and performing artists out to share their unique gifts with the community. Booths showed jewelry, painting, and photography paired with musical performances on the Hot Spot stage. Live painting and chalk art were featured on the corner for large crowds eager to see the final pieces.

During the second week of Hot Spot, the dancers energized the crowd with their best moves. Alhambra’s Best Dance Crew competed, and it has been a consistent success each year bringing new talent to the stage.

The most popular Hot Spot event was our fourth annual two on two breakdance battle,” said Downtown Alhambra Business Liaison and producer, Henry Balmaceda. “We had more than 50 dancers participate from all over the San Gabriel Valley.”

Local performers also showcased their routines during dance week, and included Jayvee Dance Center All Stars, Pretty In Pink, Rated G, Wild Ones, PopRock Academy, and The Granada. Several dance organizations, including Alhambra High School’s Orchesis and All-Male Dance Team and Jayvee Dance Center’s All Stars, hosted a dunk tank fundraiser during the event. Proceeds will go to support the dance organizations in future competitions.

The latest trends dominated the stage during Hot Spot’s third week themed around fashion while the Hot Spot’s final Saturday evening showcased the talents of five local bands including Groveline. The crowd brought their dancing shoes and rocked out with heavy metal and rock music.

The rotating themes of Art, Dance, Fashion, and Music set Hot Spot’s weekly entertainment apart from other local events,” said Joanna Vargas, president of the sponsoring Downtown Alhambra Business Association. “Each Saturday attracts a variety of local talent. Downtown Alhambra focuses on celebrating the community’s diversity and showcasing everyone’s unique gifts.

“Hot Spot is a community event,” said Mr. Balmaceda. “Downtown Alhambra is the place to enjoy family entertainment and have fun!”

Help spread the word about Hot Spot by linking the Facebook page www.facebook.com/downtownalhambra. Next year’s pre-sale booths are available for early-bird vendors, and Downtown Alhambra is accepting volunteers to help with next year’s production.

Please contact downtownalhambra@alhambra.ca.us, or phone the Alhambra Chamber of Commerce at 626-282-8481.

Check out the August phone book ad for Weekly Home Health Care information to keep your loved ones cool and comfortable at home.

Joslyn Adult Recreation Center seniors: Register on Sept. 3 for outings to:

- Los Angeles County Museum of Art from 10 a.m. to 4:30 p.m. Oct. 22. The fee is $12. Enjoy some of the most outstanding examples of world art, and stand under a multi-ton rock.

- Mission Inn in Riverside from 12:30 p.m. to 7:30 p.m. Dec. 17. The fee is $12. Enjoy a day of browsing, shopping, eating, and the Mission Inn’s Festival of Lights with more than 2 million lights.

For more information about programs or services at the Joslyn Senior Recreation Center, please call 626-570-9506 during weekday business hours.
The number of children living in the United States declined slightly, as did the percentage of the U.S. population who are children, according to the federal government’s annual statistical report on the well-being of the nation’s children and youth.

The percentage of children living in the United States who are Asian non-Hispanic increased, as did the percentage of children who are of two or more races, and the percentage of children who are Hispanic. The percentages of children who are white non-Hispanic, and black non-Hispanic declined.

By 2050, about half of the American population ages under 17 is projected to be composed of children who are Hispanic, Asian, or of two or more races, the report stated. The report projected that, among children under age 17, 36% will be Hispanic (up from 24% in 2012), 6% will be Asian (up from 5% in 2012), and 7% will be of two or more races (up from 4% in 2012).

These and other findings are described in America’s Children: Key National Indicators of Well-Being, 2013. The report was compiled by the Federal Interagency Forum on Child and Family Statistics, which includes participants from 22 federal agencies as well as partners in several private research organizations. The forum fosters coordination, collaboration, and integration of federal efforts to collect and report data on children and families.

The report, the 16th in an ongoing series, presents key indicators of children’s well-being in seven domains: family and social environment, economic circumstances, health care, physical environment and safety, behavior, education, and health.

Among the findings in this year’s report:

• A drop for the fifth straight year in the percentage of infants born preterm, from 12.8% in 2006 to 11.7% in 2011.
• A drop in the percentage of children ages 4-11 with any detectable blood cotinine level, a measure for recent exposure to secondhand smoke, from 53% in the years 2007 and 2008 to 42% in 2009 and 2010.
• A drop in births to adolescents, from 17 per 1,000 girls ages 15 to 17 in 2009 to 15 per 1,000 in 2011 (preliminary data).
• A drop in the percentage of births to unmarried women ages 15 to 44, from 40.8% in 2010 to 40.7% in 2011.
• A rise in the percentage of male and female 12th-graders who reported binge drinking — consuming five or more alcoholic beverages in a row in the past two weeks — from 22% in 2011 to 24% in 2012.
• A drop in the percentage of children from birth to 17 years of age living with two married parents, from 65% in 2010 to 64% in 2011.
• A drop in the percentage of children from birth to 17 years with no usual source of health care, from 5% in 2010 to 4% in 2011.
• A rise in the percentage of households with children from birth to 17 years that reported housing that costs more than 30% of household income, crowding, and/or physically inadequate housing, from 45% in 2009 to 46% in 2011.
Study suggests moving more may lower stroke risk

New research finds link between frequency of exercise and stroke risk

Here’s yet another reason to get off the couch: new research findings suggest that regularly breaking a sweat may lower the risk of having a stroke. A stroke can occur when a blood vessel in the brain gets blocked. As a result, nearby brain cells will die after not getting enough oxygen and other nutrients. A number of risk factors for stroke have been identified, including smoking, high blood pressure, diabetes and being inactive.

For this study, published in the journal Stroke, Michelle N. McDonnell, Ph.D., from the University of South Australia, Adelaide and her colleagues obtained data from the Reasons for Geographic and Racial Differences in Stroke (REGARDS) study. REGARDS is a large, long-term study funded by the NIH National Institute of Neurological Disorders and Stroke (NINDS) to look at the reasons behind the higher rates of stroke mortality among African-Americans and other residents living in the Southeastern United States.

“Epidemiological studies such as REGARDS provide an important opportunity to explore race, genetics, environmental, and lifestyle choices as stroke risk factors,” said Claudia Moy, Ph.D., program director at NINDS.

More than 30,000 participants supplied their medical history over the phone. The researchers also visited them to obtain health measures such as body mass index and blood pressure. At the beginning of the study, the researchers asked participants how many times per week they exercised vigorously enough to work up a sweat. The researchers contacted participants every six months to see if they had experienced a stroke or a mini-stroke known as a transient ischemic attack (TIA). To confirm their responses, the researchers reviewed participants’ medical records.

The researchers reported data for more than 27,000 participants who were stroke-free at the start of the study and followed for an average of 5.7 years. One-third of participants reported exercising less than once a week. Study subjects who were inactive were 20% more likely to experience a stroke or TIA than participants who exercised four or more times a week.

The findings revealed that regular, moderately vigorous exercise, enough to break a sweat, was linked to reduced risk of stroke. Part of the protective effect was due to lower rates of known stroke risk factors such as hypertension, diabetes, obesity and smoking.

“Our results confirm other research findings but our study has the distinct advantage of including larger numbers, especially larger numbers of women as well as blacks, in a national sample so these provide somewhat more generalizable results than other studies,” said Virginia Howard, Ph.D., senior author of the study from the School of Public Health, University of Alabama at Birmingham.

The researchers also looked at the data according to gender. After the researchers accounted for age, race, socioeconomic factors (education and income) and stroke risk factors, the results revealed that men who exercised at least four times a week still had a lower risk of stroke than men who exercised one to three times per week. In contrast, there was no association between frequency of exercise and stroke risk among women in the study. However, there was a trend toward a similar reduction in stroke risk for those who exercised one to three times a week and four or more times a week compared to those who were inactive.

Deaths from prescription painkiller overdoses rise sharply among women

CDC study shows emergency department visits also on the rise among women

The number of prescription painkiller overdose deaths increased five fold among women between 1999 and 2010, according to a Vital Signs report released today by the Centers for Disease Control and Prevention. While men are more likely to die of a prescription painkiller overdose, since 1999 the percentage increase in deaths was greater among women (400% in women compared to 265% in men). Prescription painkiller overdoses killed nearly 48,000 women between 1999 and 2010.

“Prescription painkiller deaths have skyrocketed in women (6,600 in 2010), four times as many as died from cocaine and heroin combined,” said CDC Director Tom Frieden, M.D., M.P.H. “Stopping this epidemic in women — and men — is everyone’s business. Doctors need to be cautious about prescribing and should educate patients about using these drugs.”

Vital Signs is a CDC report that appears on the first Tuesday of the month as part of the CDC journal Morbidity and Mortality Weekly Report, or MMWR. The report provides the latest data and information on key health indicators. These are cancer prevention, obesity to tobacco, motor vehicle crashes.

For more information, please visit www.cdc.gov/VitalSigns or www.cdc.gov/DruggedriverSafety.
Aging and exercise: Be aware of normal body changes

By Sheila Yonemoto, PT

No one wants to face the fact that our bodies change as we age. The gray hairs, wrinkles, and sagging skin under the arm are reminders of the aging process. We can expect certain physiological changes that may influence how far we can push our bodies with exercise or even regular physical activity. Some normal changes that occur with aging include the fact that our lean muscle mass decreases and our fat mass increases. The water in our connective tissue decreases. There are more cross links in our connective tissue. Our mid spine starts to hump, and we lose fast twitch muscle fibers. Our maximum heart rate decreases as does our ability to do aerobic exercise. Our heart chambers get stiffer, and we lose flexibility and the ability to absorb shock. There is a greater tendency for tendon injury and decreased muscle endurance and output.

We start to look like a hunchback and have decreased reach. We lose muscle speed. We can't do as much cardio exercise. We have increased blood pressure, an increased risk for falling, more muscle wasting, and loss of strength.

This all starts when we reach 30 years of age. We start to lose strength at a rate of 10% per decade of life, and this accelerates to 15-30% per decade after the age of 60. The earlier in life that we train and build up strength, the less functional loss we will experience as we get older. For example, if at age 20 you train so you can lift 100 pounds with one arm, you might lose 10% per decade from age 30-50 and then an additional 30% during the 60s, making a total of 60% loss. By the time you reach 70, you would only be able to lift 30 pounds. Losing leg strength may be more significant since it may affect the ability to walk at age 70. This may explain why some people develop rotator cuff injuries even when they have continued to do the same exercise routine with no increase in weight, repetition, or speed. The body has changed, so the exercise becomes different and the risks may go up.

Change your exercise regime from time to time, and pay attention to the signals your body gives you. Watch for signs of increased effort, more fatigue, strain, soreness, shaking, and other indicators that you are reaching your limit. Don't assume that you should be able to do it as you always have. Longer warm-ups may be necessary. Fewer repetitions could be safer. Lowering the weight might be indicated.

Being aware of the normal changes that occur in our bodies as we get older may help you to prevent injuries and to ensure that you continue to stay active and functioning well into the later years. Start now to build up your reserves, and don't ignore the cues your body gives you.
Pregnant women, seniors face highest risk from Listeria food poisoning

Listeria can cause serious infection in certain vulnerable groups, resulting in higher rates of hospitalization and death than most other bacteria commonly spread by contaminated food.

A new Vital Signs report by the Centers for Disease Control and Prevention outlines the key groups particularly hard hit by Listeria food poisoning. It also highlights the importance of safety measures to prevent contamination of cheese and raw produce, such as those included in the 2011 Food Safety Modernization Act.

Adults aged 65 years and older are among the groups most affected; they are four times more likely to get Listeria infection than the general U.S. population. Pregnant women are 10 times more likely to get it and pregnant Hispanic women are 24 times more likely.

These groups – along with newborns and people with other health conditions that weaken their immune systems – account for at least 90% of reported Listeria infections. The Vital Signs report highlights the need to educate these groups about how to prevent Listeria infections.

The Vital Signs report provides a national snapshot of 2009-2011 illness rates and foods associated with Listeria outbreaks reported to CDC through three monitoring systems. Key findings include:

- More than 1,650 Listeria illnesses were reported to CDC over a three-year period.
- About 20% of infections caused a death. Deaths primarily occurred among older people and as miscarriages or stillbirths. Pregnant women who have Listeria infections often have only mild symptoms or fever, but their infections may result in miscarriage, premature labor and serious illness or death in newborn infants.
- Over three years, 12 outbreaks sickened 224 patients in 38 states. These include the large 2011 outbreak linked to cantaloupes from one farm.
- Of the 10 outbreaks with an identified food source, six were linked to soft cheese (mostly Mexican-style cheeses) and two to raw produce (whole cantaloupe and pre-cut celery).
- Listeria strikes hard at pregnant women, the elderly, and people with weakened immune systems, sending many to the hospital and causing miscarriage or death in as many as one in five, said CDC Director Tom Frieden, M.D.
- “We need to develop new cutting edge molecular technologies to help us link illnesses and outbreaks to foods faster to prevent illness and death.”

Since the 1990s, genetic fingerprinting of Listeria through CDC’s PulseNet has helped identify many Listeria outbreaks, which led to food industry and regulatory changes to help make foods like hot dogs and deli meat safer. Rates of illness fell by about 25% by the early 2000s; however, rates have since leveled off.

“Lower rates of Listeria infection attributed to meat and poultry over the past decade point to the success of prevention-based policies and industry best practices,” said U.S.D.A. Undersecretary for Food Safety Elisabeth Hagen, M.D.

“We have to work to continue this momentum. Additional research and continual monitoring of evolving risks will allow us to develop policies that further reduce these illness rates.”

USDA and the U.S. Food and Drug Administration recently analyzed nearly 27,000 ready-to-eat food samples from retailers to help determine the level of Listeria in them. USDA, CDC and FDA also continue to work with several states to examine which handling, storing and preparation practices may lead to cross-contamination of ready-to-eat foods.

Recent outbreaks have been linked to foods not usually linked to Listeria infection, which highlights new opportunities for control measures and highlights the need to identify more foods causing infection and keep Listeria from entering the food supply.

For more information, please visit www.cdc.gov/listeria.

Advice for consumers on preventing all foodborne diseases is available at www.foodsafety.gov.

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What you probably don’t know about dentistry

By John Chao, D.D.S.

There are many dental innovations the public does not know about yet. This article will review the latest developments.

The first is that receding gums can be treated without traditional grafting surgery. The new, patented technique, invented by this columnist, is called the Pinhole Surgical Technique.

This technique does not require cutting or stitching. Through a pinhole made by a needle, specially designed instruments are used to free the gum tissue from the bone, then the tissue is moved down to a healthy position to cover the receded area of the tooth.

The Pinhole Surgical Technique has been featured on 14 TV stations across the country. Most recently, PST was given coverage on Eyewitness News, KABC, Channel 7, Los Angeles.

Dental implants can also be done now without cutting. Computerized technology allows the implants to be plotted on a CAT Scan. Then a CAD-CAM robotic machine fabricates a “stent” or template. This template guides a special drill to the exact place the implant needs to go, without having to cut the tissue with a scalpel. This is minimally invasive and lessens complications.

Crowns can now be done in one appointment. Instead of impressions, a special computerized scan takes an image of the tooth. The robotic technician makes a crown from the image based on directions from the dentist. Cavities can be filled without shots or drills.

A new technology employs “endoscopy.” This technique calls for a miniaturized camera (endoscope) that is inserted gently under the gum. An image of the root surfaces under the gum is shown on a monitor and helps the clinician see the plaque. Then an ultrasonic tip is used to vibrate off the plaque. This leaves the gum relatively unharmed because no scraping action is needed. Endoscopy is more thorough and less traumatic.

Ask your dentist about these innovations to see whether you are an appropriate candidate for these new techniques. Be sure to see your dentist regularly for checkups. Perhaps with regular care, you might not need these new methods.

For more information, contact Dr. John Chao at 626-308-9104. Visit Dr. Chao’s Web site at chickenswelcome.com

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Before

After

Small and moderate sized cavities can be cleaned out with “air-brush” technology. A miniaturized nozzle flushes out decayed tooth structure with air and powder, and cavities are filled by squeezing a composite material into the small cavities. The filling material is light-sensitive. Once cured by a special light, the fillings harden. Teeth can be deep cleaned with no scraping. Conventional deep cleaning requires the hygienist or dentist to use hand instruments. These instruments are inserted under the gum. By sense of touch or feel, the hygienist or dentist locates the plaque (calcium-bacterial deposits stuck on the roots) and remove it by scraping. Up to 70% of the plaque is left behind, even under the best conditions.

around Alhambra

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Missing link to educating children

By Karen Chao, O.D.

The California Common Core State Standards have been developed with the goal of better education for our students. The College of Optometrists in Vision Development (COVD) is excited about the potential of these standards to improve elementary and high school education in the United States, but explains there is a significant missing link to the system.

As COVD launches its annual National Children’s Vision and Learning Month campaign, they shine light on the missing link.

According to the Common Core State Standards Initiative Web site (corestandards.org), “The Common Core State Standards provide a consistent, clear understanding of what students are expected to learn, so teachers and parents know what they need to do to help them.”

The question is will everyone know exactly what to do to help the struggling students?

Typically, children with vision problems that interfere with reading and learning slip through the system undetected.

When children struggle with reading fluency, comprehension, and attention problems, they often have eye coordination and eye movement disorders contributing to their difficulties. Optometric and medical research continues to show the connection between vision problems and academic performance.

When parents suspect their children have a vision problem that is contributing to their learning difficulties, they often go to the pediatrician or the eye doctor only to be told their child’s vision is fine and they can see 20/20. But being able to see the letters on the eye chart is just one of 17 visual skills required for reading and learning.

“It is important for parents to know that when it comes to the diagnosis and treatment of vision problems which interfere with reading and learning, a comprehensive vision exam is needed,” said Dr. Damari. “These children need to see an optometrist who provides an in-office program of vision therapy and performs the in-depth testing required to determine if the child has all the visual skills required for academic success.”

The five most common signs that a vision problem may be interfering with your student’s ability to read and learn are:

1. Skips lines, rereads lines.
2. Poor reading comprehension.
3. Takes much longer doing homework than it should take.
4. Reverses letters like “b” into “d” when reading.
5. Has a short attention span with reading and schoolwork.

Any one of these symptoms is a sign of a possible vision problem. For a more in-depth checklist, e-mail my office at drkarenchao@gmail.com.

It is vital that parents take the time to learn all of the signs that a vision problem may be interfering with academic performance.

When children have vision problems, they do not outgrow them, and despite extensive tutoring or special services at school, very little improvement occurs. But, when the vision problem is identified and corrected, everything else falls in place.
New Tasty serves Hong Kong style Chinese food

By Sarah Grear

New Tasty is an Alhambra restaurant offering Hong Kong style Chinese food at 301 E. Valley Blvd., which opened at the beginning of July. The family style cuisine is paired with large portions and reasonable prices.

Breakfast, lunch, and dinner specialty dishes are rotated throughout the day from rice rolls to congee soup and fried noodles to rice plates.

With nearly 150 authentic Asian dishes on the diverse and extensive menu, each flavor is made fresh in the kitchen. “That’s how we stand out from the competition,” said co-owner and Alhambra resident, Janet Wah. “We make everything fresh to order, and we ensure the flavors are consistent each time a customer visits.”

As I walked into the restaurant on a busy Friday evening, I was greeted by Mrs. Wah. The restaurant’s interior walls were a tan color mixed with blocks of green glass tiles, and the glass windows were lined with booth seating. The 4,800 square foot restaurant can seat about 80 guests with ample free parking in the lot outside.

Many of the tables and booths were filled with families eager to try the dinner menu items. Mrs. Wah entrusts her chef with creating the menu items, but she is always there to make sure the quality is up to her meticulous standards.

“My personal favorite is the honey walnut pork with mayonnaise and the rice rolls made from scratch” said Mrs. Wah. The dish is crispy fried pork served hot with a sweet and savory sauce smothered in a dollop of mayonnaise.

As I browsed the menu, I was excited to see many tasty

CONTINUED ON NEXT PAGE
New Tasty opens new Chinese restaurant

Continued from previous page

and delicious choices. Breakfast ranges from $4 – $6.25, lunch specials range from $5.95 – $7.95, and the full dinner menu prices are $4.50 – $14.75. Some of the menu highlights include rice plates, noodle dishes, barbeque plates, meat dishes, chef specials, noodle soup, rice appetizers, lettuce wraps, and fried noodles.

“Customers love the freshly steamed, homemade rice paper with shrimp or beef,” said Mrs. Wah.

The restaurant also hosts private events and offers local catering. The catering menu services nearby cities, including Monterey Park, San Gabriel, Alhambra, and Rosemead. The food menu complements an extensive list of 30 teas, coffees, fruit juices, milkshakes, yogurt, and fountain drinks. I tried the tasty Hong Kong style red tea with condensed milk, and each mouth-watering sip was spectacular, rich, and bold.

With so many options on the menu, several visits are warranted to try different items from the New Tasty menu. “We invite the community to come over and try our signature dishes,” said Mrs. Wah. For the month of August, New Tasty will offer a wonton soup promotion for $4.99, which includes six dumplings.

With 18 employees, the restaurant serves the community in five languages including English, Cantonese, Mandarin, Spanish, and Vietnamese.

New Tasty is open 365 days per year from 7 a.m. to 1 a.m. Monday – Sunday. Breakfast is served from 7 a.m. to 11 a.m., lunch is from 11 a.m. to 5 p.m., and dinner hours are from 5 p.m. to 1 a.m.

The phone number is 626-300-9922.

‘We make everything fresh to order, and we ensure the flavors are consistent each time a customer visits.’
Performing Arts Center presents
Dr. Elvin Rodriguez, Javier Gonzalez

The Center for the Visual & Performing Arts (CVPA) at Sage Granada Park United Methodist Church, 1850 W. Hellman Ave., Alhambra, presents award-winning master of the keyboard Dr. Elvin Rodriguez and tenor Javier Gonzalez at 7 p.m. Saturday, Aug. 17.

Dr. Rodriguez is professor of music and chairman of the Department of Music at La Sierra University. He frequently performs in solo and chamber recitals and has presented at local, state, and national workshops and conferences in the areas of keyboard pedagogy, Baroque keyboard performance practice, improvisation for beginners, and the integration of music technology in the piano curriculum.

Dr. Rodriguez has worked with state, national and international prize winning pianists of all ages and is a frequent adjudicator for advanced and professional adjudications and competitions.

He has received many awards and won many competitions, including the prestigious Young Artist Guild given by the Music Teachers Association of California, and received the distinction of Promising Young Artist from the national ARTS organization.

He is lead organist at the Lake Avenue Congregational Church in Pasadena and Minister of Music at the La Sierra University. He frequently performs in solo and chamber recitals and has also performed on the stage of Carnegie Hall in New York City under the baton of world-renowned composer John Rutter.

Mr. Gonzalez has recently completed his Masters degree in vocal performance and choral conducting at the University of New Mexico and has been a voice teacher on the voice faculty at UNM since 2010.

In 2008, Mr. Gonzalez was recipient of the first place prize in the Barry Alexander Vocal Competition in New York City, was a finalist in the Domingo-Cafritz Young Artist competition in 2005, and first place winner of the UNM competition of New Mexico in 2010.

CVPA is a non-profit community outreach program of Sage Granada Park United Methodist Church and is a member of the Consortium of Southern California Chamber Music Presenters and the Alhambra Chamber of Commerce.

For more information, contact Bill Yee, artistic director, 626-230-5435, or e-mail bizwind@yahoo.com.

Admission is free. Donations are accepted during intermission. The center’s Web site is http://www.cvpaministry.com.
Tuesday, Aug. 6 - National Night Out Against Crime - 5:30 p.m. to 8:30 p.m. at the Alhambra Police Department. Bring the family for a picnic-style celebration featuring police demonstrations, police facility tours, crime prevention publication handouts, and free entertainment and hot dogs. Location: 211 S. First St., Alhambra 91801.

For more information, phone 626-570-5177.

Wednesday and Thursday, Aug. 7 and Aug. 8 – $1 Summer Movie Express: Aug. 7 – Chippanzeer (G); Aug. 8 – Hoodwinked Tool Hood vs. Evil (PG) – 10 a.m. Moviegoers of all ages will enjoy this summer movie for just $1 - sponsored by Yonemoto Physical Therapy. Seating is limited to theater capacity, so first-come, first-served. Location: Alhambra Renaissance Theater, 1 E. Main St. For more information, contact the theater at 626-300-8312.

Thursday, Aug. 8 – From the Domini- can Republic – Eduardo Vargas: “El Rey Supremo” – 8 p.m. Tickets: $25 pre-sale. Location: The Granada LA, 17 S. First St. For more information, phone 323-373-7915.

Friday, Aug. 9 – Alhambra Summer Ser- enade - 7 to 9 p.m. at the Alhambra Park Bandshell, 500 N. Palm Ave. – Aug. 9 event will kick off with Alhambra's own hometown hero, June Kuramoto, of the musical group "Hiroshima" and two additional players from the group, Kimo Cornwell and Dan Kuramoto. A "Kendo" Japanese martial arts demonstration is scheduled to precede the concert. This event will also take place on Aug. 16, 23 and 30.

Tuesday, August 13 - Alhambra Dodger Night - 7:10 p.m. at Dodger Stadium. The Alhambra community gets its own day at Dodger Stadium as the Dodgers play the New York Mets. First pitch by Mayor Placido and free Dodger caps, too. Get tickets now at 1/2 price (just $15 available at the Civic Center Library). Individuals and businesses interested in buying tickets for Little League teams, e-mail Councilmember Gary Yamauchi at garyyama@hotmail.com.

Wednesday and Thursday, Aug. 14 and 15 – $1 Summer Movie Express: Aug. 14 - Our Chrestmas (G); Aug. 15 – The Smurfs (PG) – 10 a.m. Moviegoers of all ages will enjoy this summer movie for just $1 - sponsored by Yonemoto Physical Therapy. Seating is limited to theater capacity, so first-come, first-served. Location: Alhambra Renaissance Theater, 1 E. Main St. For more information, contact the theater at 626-300-8312.

Saturday, Aug. 17 – Alhambra Community College presents “The Arizona” – 8 p.m. Location: Alhambra Community College, 181 W. Main St. For more information, call 626-575-1721.

Saturday, Aug. 17 – Alhambra Summer Serenade: Alhambra Community College presents “The Arizona” – 8 p.m. Location: Alhambra Community College, 181 W. Main St. For more information, call 626-575-1721.

Sunday, Aug. 18 – Alhambra Do- g Days: 11 a.m. to 3 p.m. at the Alhambra Park Bandshell. Pups and their masters will be treated to music, face painting, pet portraits, and pet contests. Location: Alhambra Park Bandshell, 500 N. Palm Ave. From the published title as well as a pack of pup portraits that will surely make you smile. Location: 210 E. Main St.; 626-458-7477.

Monday, Aug. 19 – Alhambra Summer Serenade: Alhambra Community College presents “The Arizona” – 8 p.m. Location: Alhambra Community College, 181 W. Main St. For more information, call 626-575-1721.

Tuesday, Aug. 20 – Alhambra Summer Serenade: Alhambra Community College presents “The Arizona” – 8 p.m. Location: Alhambra Community College, 181 W. Main St. For more information, call 626-575-1721.

Wednesday, Aug. 21 – Classic Vintage Car Show at the Diner – 5 p.m.to dark. View pre-1975 vehicles, including hot rods, customs, muscle cars, modified trucks, custom motorcycles, rat rods, and fire trucks. While there, stop into the Diner and order something from the restaurant's '50s style menu. Location: 201 W. Main St.; 626-281-3488. For car show information, phone John Chappell at 626-363-1552.

Nucleus unleashes a collection of watercolor and ink from the artist including the original pages and their twitter (dog_haus).
Hot Red Bus named to ‘10 Best Fish & Chips’ list

L.A. Weekly’s recent 10 Best Fish & Chips in Los Angeles list named local British-Indian chip shop, Hot Red Bus, as No. 8, beating nearby Lucky Baldwin’s in Pasadena at No. 9 and the famous Water Grill in Downtown L.A. at No. 10.

“The thin long strips are lightly battered . . . the flesh is plenty tasty, with a bright and almost slightly sweet taste that works well with the vinegar-laced tartar sauce or housemade curry ketchup,” said L.A. Weekly of the restaurant’s authentic British-style fish and chips, which has become the best-selling item on its menu.

“We were honored to be recognized,” said Sonny Sehmi, Hot Red Bus owner. “It’s a true testament to all of our hard work. It has inspired us to aim for an even better spot next time. Of course, we ultimately want to be No. 1, but for now Top 10 is a huge accomplishment.”

Hot Red Bus, 31 E. Main St., Alhambra, opened in late 2012 and is growing in popularity with local residents as well as attracting customers from other areas. Not just a chip shop, Hot Red Bus offers Indian-inspired fare popular in the English Midlands.

Replicating what someone might get walking into a Brit-Indian restaurant there, the “Bus” adds its own twist on the menu that sets the restaurant apart from other British establishments in Southern California.

The 2013 Summer Series Classic Car Cruz and Vintage Rides car shows will be presented from 5 p.m. till dark every Wednesday, at the Diner On Main restaurant, 201 W. Main St., Alhambra. The next show is on Aug. 21.

Classic Car Shows

Sizzling promotions from Alhambra’s auto businesses

Take advantage of Alhambra’s promotions this summer. From tire and brake services to timing belt repairs, the city has all auto needs covered. Promotions in August include tire price discounts and free appraisals for the community. Each auto company welcomes the opportunity to fill car needs precisely.

Bob Wondries Ford service department is offering The Works Fuel Saver Package for $39.95 or less with a $10 mail-in rebate. Customers can also take advantage of buying four select tires or purchasing a brake service to receive mail-in rebates from $40-$70.

400 S. Atlantic Blvd. • Alhambra 91801
626-289-3591 • www.bobwondriesford.com

CSC Tire & Auto Service will celebrate the traditional Mid-Autumn Moon Festival by offering a free box of Moon Cakes with every set of four tires purchased between Aug. 15 and Sept. 30, 2013.

CSC Tire & Auto Service has been family owned and operated in Alhambra since 1975. They offer a full line of passenger and truck tires from Toyo Tires, Nexen Tires, and Duro Tires, as well as custom wheels by XXR, Enkei, and other brands. The shop can perform mechanical repairs, including brakes, timing belts, and wheel alignments. Business hours are Monday to Saturday between 7:30 a.m. and 6 p.m. and Sunday 9 a.m. to 1 p.m.

2101 W. Valley Blvd. • Alhambra 91803
626-281-2501 • www.csctires.com

Goudy Honda celebrated its latest Honda video that is going viral online. View the video by typing “Honda Hands” into Google.

1400 W. Main St. • Alhambra 91801
626-576-1114 • www.goudyhonda.com

Volkswagen Alhambra invites the community to bring any make or model vehicle in for appraisal and receive a free limited edition dealership T-shirt. This special is good for the month of August.

1811 W. Main St. • Alhambra 91801
626-407-0500 • www.vwalhambra.com

Alhambra’s Auto Row

Buy a Car in Alhambra from People You Know and Trust

Sierra Acura of Alhambra
Discover a New Legend

All New 2014 Acura RLX

EXPERIENCE THE EXTRAORDINARY STYLING OF THE NEW 2013

Sierra Acura of Alhambra
1700 W. Main St. • Alhambra
(626) 284-8333 • www.sierraacura.com

Saw this ad? Help us know by taking a poll.
After testing six vehicles for fuel efficiency, practicality, driving ability, comfort and features, experts from three major media outlets and a family representing the average mid-size SUV buyer have named the new 2014 Jeep® Grand Cherokee the winner of the 2013 Cars.com/USA Today Midsize SUV Challenge.

“After extensive testing, the Jeep Grand Cherokee took the top spot in the Cars.com/USA Today Midsize SUV Challenge, thanks to its luxurious interior, impressive multimedia system and overall driving capability,” said Patrick Olsen, Cars.com’s editor-in-chief. “Jeep Grand Cherokee has long been considered a true, off-roading SUV, and thanks to some serious refinement, today’s incarnation of the Grand Cherokee edges out the other, very worthy, midsize SUV options available to shoppers.”

The Cars.com/USA Today Midsize SUV Challenge included:

• 200 miles of driving on varying roads to test each SUV for real-world fuel economy.
• One day of round-robin driving where each expert tested each SUV on the same route back-to-back to gather impressions.
• A day of family testing where a family of four evaluated each of the six SUVs for comfort, family-friendly features, styling and ride quality.

“Winning this award is especially gratifying since the judges included a typical family of four, in addition to experts from three prestigious media outlets,” said Jeep Brand President and CEO Mike Manley. “We are delighted that the judges recognized the improvements we’ve made to the Jeep Grand Cherokee—the most awarded SUV ever—that make it even better.”

New 2014 Jeep® Grand Cherokee named winner of Cars.com/USA Today Midsize SUV Challenge
Toyota issues statement regarding ongoing collaboration with Ford; reaffirms its commitment to hybrids

Toyota and Ford have completed their feasibility study for collaboration on the development of a new hybrid system for light trucks and SUVs, which was first announced in August of 2011.

As a result, Toyota and Ford have agreed to develop hybrid systems individually. The automakers continue to evaluate the feasibility of working together on next-generation standards for telematics and will consider other areas for future collaboration as well.

Toyota’s management said its commitment to hybrid technology is unwavering. They have sold more than 2 million Toyota and Lexus hybrid vehicles in the U.S., representing 70% of the U.S. auto industry’s total hybrid sales, and more than 5 million hybrids worldwide. In addition, Toyota remains on track to offer 18 new or redesigned hybrid models globally by the end of 2015, the company said.

All told, Toyota estimates that its global fleet of nearly 20 hybrid vehicles (12 available in the United States) has resulted in approximately 34 million fewer tons of CO2 emissions than those emitted by gasoline-powered vehicles, and have saved their owners more than 3 billion gallons of gasoline.

Volkswagen Passat, GTI ranked most appealing cars in classes by J.D. Power 2013 APEAL study

Volkswagen of America, Inc. of Herndon, Va., has announced that its Passat has been awarded the most appealing Midsize Car in the J.D. Power 2013 Automotive Performance, Execution and Layout (APEAL) Study. This is the second consecutive year that the Passat has ranked highest in this highly contested category, which included 14 vehicles for 2013.

The Volkswagen GTI ranked highest in the Compact Sporty Car segment. The Beetle and Golf were second and third respectively in the Compact Car segment, while the Tiguan was second in the Sub-Compact SUV segment. Overall, Volkswagen ranked 14th in the study, outpacing the non-premium average.

“Volkswagen is very gratifying for everyone in the company and especially for our employees at the Passat plant in Chattanooga that buyers are so pleased with their cars. The Passat is an industry leader in generating conquest sales and this award highlights why that is the case,” said President and CEO Jonathan Browning of Volkswagen of America.

The APEAL study examines how rewarding a new vehicle is to own and drive, based on owner evaluations of 77 vehicle attributes. The 2013 APEAL study is based on responses gathered between February and May of 2013 from more than 83,000 purchasers and lessees of new 2013 model-year cars and trucks who were surveyed after the first 90 days of ownership.

Gas Misers for the 21st Century

Prius c One

Estimated mpg:
- 53 city / 46 highway
- Starting MSRP at $18,950

SCION IQ

iQ THEREFORE i AM

Estimated mpg:
- 36 city / 37 highway
- Starting MSRP $15,995

Don’t let size fool you, this little car is loaded with big features, all within a modern, intelligent design.
Ford announces hiring initiative of 3,000 new jobs

Ford Motor Company will hire an additional 800 salaried employees for a total of more than 3,000 salaried employees in 2013, the company announced from its Dearborn, Mich. headquarters, July 23.

The new hiring represents a 36% increase over the original projection of 2,200 additional salaried jobs announced in January. With only a 2.7% attrition rate, the majority of these jobs are new.

This salaried hiring initiative is the largest since 2000, and is necessary for Ford to meet surging demand for its products and continue its aggressive global growth. Ford’s U.S. market share is up almost a full percentage point from last year, and the company reported its best June sales since 2006, fueled by share gains on the east and west coasts and surging demand for Ford Escape and Ford F-150.

Of the 5,000 new jobs, 2,400 will be technical professionals who will work in product development, manufacturing, quality, purchasing and information technology. Ford is halfway to its goal of hiring the 3,000 salaried employees this year.

Felicia Fields, Ford group vice president of human resources, said the company is still looking for people who are “interested in working for a diverse global leader in a huge growth mode” to fill the more than 1,500 positions that remain.

“Engineers and technical professionals are in as much demand as our cars, trucks and SUVs,” said Ms. Fields. “Global demand and increasing capacity in North America and Asia requires that we aggressively seek out technical professionals who will work in sales, engineering, manufacturing, technical professionals that will work in sales, engineering, manufacturing, technical professionals, quality, purchasing and information technology.

“The campaign encourages candidates to bring their talents to Ford and contribute to serving customers through ingenious solutions.

“We created the campaign to align with Ford’s global brand promise and highlight that when you join Ford you will become part of a team already leading the way in imagination and creation,” Ms. Fields said. “We want a fresh and innovative image that reflects Ford and what we stand for.”

The new initiative will engage job candidates on the three major social sites the company uses for recruiting – Facebook, Twitter and LinkedIn, as well as the corporate careers website.

Added to these salaried hires, Ford announced in April it was hiring an additional 2,000 hourly employees at Kansas City Assembly Plant.

This salaried hiring initiative is part of a team already leading the way in imagination and creation,” Ms. Fields said. “We want a fresh and innovative image that reflects Ford and what we stand for.”

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Mazda North American Operations (MNAO) in Irvine, Calif. has announced updated pricing of its all-new 2014 Mazda6 midsize sedan, now featuring the ground-breaking regenerative engine braking system known as i-ELOOP. When coupled with SKYACTIV® technology, the brand’s fuel-efficient and performance-oriented engineering philosophy, the Mazda6 will achieve best-in-class fuel economy amongst competing gasoline-powered vehicles with an EPA-rated 28 city/40 highway/32 combined mpg.

When not i-ELOOP-equipped, the 2014 Mazda6 still achieves class-leading highway fuel economy at 38 mpg.

With its name derived from Intelligent Energy Loop, i-ELOOP is a capacitor-based regenerative engine braking system that converts a vehicle’s kinetic energy into electricity as the car decelerates. The electricity captured is then stored for later use to power all the vehicle’s electrical components, such as headlights, climate control and audio systems.

This reduces the need for the engine to burn extra fuel in order to generate electricity and, therefore, improves fuel economy without sacrificing driving performance. In order to efficiently recapture the kinetic energy and convert it into electricity, i-ELOOP uses a 12- to 25-volt variable voltage alternator, a DC/DC converter and a low-resistance, high-capacity electric double layer capacitor (EDLC).

Conventional alternators are constantly charging the battery in an effort to keep up with a vehicle’s electrical loads, which means using engine power to operate the alternator, which, in turn, consumes fuel. With the i-ELOOP system in operation, the alternator is free-wheeling, creating almost no parasitic drag on the engine, which reduces the amount of fuel used.

Upon vehicle deceleration, the engine and alternator continue to spin as the vehicle slows down, working off of the vehicle’s inertia. To take advantage of this free energy, i-ELOOP’s special variable-voltage alternator kicks in and generates short bursts of electricity that is stored within the capacitor. The capacitor then meters power out into a smooth, continuous flow to satisfy energy loads.

While the increased engine braking caused by the hard-charging alternator is too small for drivers to feel, the smooth power delivery coming from the capacitor means the electrical systems do not operate differently with i-ELOOP. Exact fuel savings will vary based on electrical load and individual driving habits.
Any encouraging signs for home buyers?

By Lee Lieberg

The past year has been discouraging for many would-be home buyers, submitting offer after offer, usually biding against several other buyers, and often losing out to someone with cash. This buying frenzy is the result of depressed values, record low interest rates, and an extremely low number of homes for sale. In the first half of 2013, prices have jumped up, and interest rates have spiked about three quarters of a point. As both make the cost of home ownership higher, many feel like they missed an opportunity. But real estate still makes sense, and if you are thinking about buying you may regret waiting much longer.

It is true that prices have moved higher, but the recent pace at which prices are increasing is unsustainable and prices appear to be plateauing. Even though prices are higher than they were last year, they are still significantly lower than their peak in 2007. More importantly however, is that mortgage payments are still low relative to the cost of renting.

A benefit to the prices moving up is that more property owners are willing to sell. Six months ago, there were only 22 homes for sale in Alhambra; now there are 52.

We are still selling about 20 homes a month, which means that while it is still a seller’s market, the conditions will not be as difficult for buyers.

Also taking some of the steam out of the market is the rise in interest rates. Rates that were generally around 3.75% are now about 4.5%. That increased interest on a $400,000 mortgage will cost the consumer an additional $175 per month.

The question now becomes whether you want to gamble on interest going back down or if you would rather lock in rates that are still historically low?

So while the recent news has not been great for buyers, a more stable market might be better for everyone, including buyers. Ultimately, it comes down to the buyer’s personal set of circumstances.

Summertime heat, inefficient A/C can drain landlords’ profits

By Mark Paulson, Anthony Venti Realtors

Is the air conditioning operating correctly in your rental unit? Let’s hope so. But if you are like many landlords across the country, you’ll have a glitch from time to time.

When the heat is on, but the air is not, your tenant is not the only one who will suffer. Landlords are poised to lose money when this happens, and expenses are not just limited to the cost of repairing the air conditioner.

Here are some additional ways to keep your rental units cooler so tenants don’t put as much strain on your air conditioning:

- Encourage your tenants to keep their window coverings drawn during the heat. This will help keep the rest of the unit cooler as well.
- Encourage your tenants to keep their windows open at night to help cool the air in the unit.
- Encourage your tenants to use fans in the room to help circulate the air and keep the temperature down.
- Encourage your tenants to take showers instead of baths to help reduce the heat in the unit.
- Encourage your tenants to use energy-efficient light bulbs to help reduce the amount of heat generated by the light bulbs.
- Encourage your tenants to wear light clothing to help reduce the amount of heat generated by their bodies.
- Encourage your tenants to close their doors and windows to help keep the outside air out and the inside air in.
- Encourage your tenants to use natural ventilation to help reduce the amount of heat generated by the air conditioning system.
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CONTINUED FROM PAGE 1B in all 50 states and 14 foreign countries. It also created the main chancel window for the Cadet's Chapel at the United States Military Academy at West Point. Churches have been a favorite client of Willet and Judson stained glass windows over the years. A local church with both Willet and Judson stained glass windows is The Church Of Our Savior in northern San Gabriel at 535 W. Roses Road. And here, at The Church Of Our Sav- ior, we have an interesting intersection of classic art and San Gabriel Valley history.

One of the San Gabriel Valley's most historically significant and financially powerful families was the Patton family. In San Marino, there are two streets named in their honor, Patton Way and Patton Court, near the Huntington Lib- rary. During the 1880s, the Patton famil- ied on a 2,000-acre estate in what is now San Marino.

Mr. Patton was a lawyer and district attorney of Los Angeles County. In 1884, he married Ruth Wilson, the daughter of Benjamin Wilson, who was the first mayor of Los Angeles, land baron of Southern California, and the man the local moun- tain is named after. Ruth and her sister, as children, get some credit for nam- ing Alhambra when they convinced their father to name a new housing project in the west end of the San Gabriel Valley af- ter Washington Irving's romantic book on the west end of the San Gabriel Valley af- Ter Washington Irving's romantic book on

American troops at Bastogne in the Battle of the Bulge. Patton was a four star general at end of the war. The Patton family had a long relationship with The Church Of Our Savior on Roses Road. Patton's parents, George St. and Ruth, worshiped at the Episcopal Church and Ruth's father, Benjamin Wil- son, donated the land for the church and the adjacent cemetery.

The Church Of Our Savior, which in- corporates elements of classic Gothic and Renaissance architecture, has 32 stained glass windows of which five are dedicated to the Patton family. All five of the Patton windows were made by Willet Studios, two windows created by Tiffany, and the balance done by Judson Studios.

One of the five Patton windows is spe- cifically dedicated to General Patton and his military exploits. It is called the Gen- eral George S. Patton Memorial window and shows General Patton in military uni- form riding on an army tank. An army general riding on a tank may seem somewhat out of the norm for a church stained glass window, but Patton was one-of-a-kind and had tremendous historical impact on our nation.

The design of the General Patton Me- morial stained glass window was adapted from an original needlepoint embroidery his daughter had made. The main figure of the window is Saint George conquer- ing the dragon. The scales of the dragon are composed of Nazi swastikas. The blan- ket of the home Saint George is riding has a pattern made up of insignias of various Armored Corps which Patton com- manded. The lower portion of the win- dow shows Patton advancing on the tank.

Major battles that Patton participated in, such as Regensburg and Bastogne, are presented on the window, and the rivers that The General conceived in his German Campaign, the Rhine, the Somme, the Danube, the Saar, the Ems, and the Meuse, are given a decorative treatment on the window.

Monuments were erected for George S. Patton, highways named in his honor, and a stained glass window memorials him at the Church of our Savior in north San Gabriel. Time Magazine and Newweek Magazine simultaneously placed George S. Patton on their respecti- ve covers with the July 26, 1943 editions.

Seven months after the end of World War II in Europe, Patton suffered a criti- cal spinal injury in a car accident in Speyer, Germany, that paralyzed him and he would die two weeks after the crash on Dec. 21, 1945. One year later, the stained glass window at The Church Of Our Sav- ior was dedicated to commemorate his achievements and contributions to our country and to remind us of his warning which the 20th Century Fox Academy Award winning motion picture on Patton ends with, “that all glory is fleeting.”

Go to http://www.garystories.com to see more stories on Alhambra.

Gary Frueholz is a realtor with Dilbeck Real Estate, a past member of the Alhambra Planning Commission, and a certified Senior Real Estate Specialist. He can be reached at 626-318-9436, or e-mail him at gfrueholz@dilbeck.com.

Summertime heat, inefficient A/C can drain landlords’ profits

CONTINUED FROM PREVIOUS PAGE of the day to prevent units from heating up as much. It also helps to keep windows closed during the day when they might be off at work, so the hot air doesn't seep into the unit as quickly.

• Running an electric fan increases the effect- iveness of the air conditioning. When the heat wave hits and the ac goes down, encourage your tenants to avoid running kitchen appliances like the dish- washer or oven during peak heat. This might be the perfect time for a microwave dinner, or you can order up some take- out food.

Another thing you can do is supply a common area room where tenants can hang out while their air conditioning is being repaired. This is particularly impor- tant for those who suffer most from the heat, like someone in poor health.

Tenants who feel cared for are not as likely to lose their tempers, or call in the re- cuiters — like a building inspector or their favorite local investigative news channel.

New Listing!

100 Garfield Ave, St. Patrasia
Magnificent Pecan trees. Magnificent Pecan trees are composed of Nazi swastikas. The blan- ket of the home Saint George is riding has a pattern made up of insignias of various Armored Corps which Patton com- manded. The lower portion of the win- dow shows Patton advancing on the tank.

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Questions and Answers about Social Security

Whether you’re close to retirement or years away from receiving Social Security benefits, you may not know much about the intricacies of this important program. Here are some questions and answers that can help you learn more.

Will Social Security be around when you need it?
You’ve probably heard media reports about the worrisome financial condition of Social Security, but how heavily should you weigh this information? While it’s very likely that some changes will be made to Social Security (e.g., payroll taxes may increase, benefits may be reduced by a certain percentage, or cost-of-living adjustments may be calculated differently), there’s been no proposal to eliminate Social Security. Although no one knows what will happen, if you’re approaching retirement, it’s probable that you’ll receive the benefits you’ve been expecting. If you’re still a long way from retirement, it may be wise to consider various scenarios when planning for Social Security income.

How does the Social Security Administration know how much you’ve earned?
If you work for an employer, your employer will deduct Social Security taxes from your paycheck and report your wages to the Social Security Administration (SSA). If you’re self-employed, you pay your self-employment Social Security taxes and report your earnings to the SSA by filing your federal income tax return.

To view your lifetime earnings record, you can sign up to access your Social Security Statement online at the SSA’s Web site, www.socialsecurity.gov. You have a limited opportunity to change your earnings record, but changes made after you’ve applied for benefits will result in a lower benefit. You may not change your earnings record, will your benefit be reduced as a result?

If someone else receives benefits based on your application, as well as any investment earnings, or capital gains, does not apply.

Do IRA withdrawals count toward the Social Security earnings limit?
If you delay receiving benefits until after full retirement age, your benefit will be modified, resulting in a lower Social Security benefit.

If someone else receives benefits based on your earnings record, will your benefit be reduced as a result?
Your benefit will not be affected if other people, such as your spouse, former spouse, or dependent children, receive Social Security benefits based on your earnings record.

If you delay receiving benefits until after full retirement age, should you still sign up for Medicare at age 65?
Even if you plan on waiting until full retirement age or later to take your Social Security retirement benefits, make sure to sign up for Medicare three months before you reach age 65. If you enroll late for Medicare Part B (medical insurance) your coverage may be delayed or cost more later. Visit the Medicare Web site, www.medicare.gov, to learn more.

Will IRA withdrawals count toward the Social Security earnings limit?
Prior to full retirement age, an earnings limit applies if you receive Social Security benefits. If you earn more than this amount, your benefit will be reduced. However, only wages from a job or net earnings from self-employment count toward this limit. Unearned income, such as IRA withdrawals, investment earnings, or capital gains, does not count.

What if you change your mind about when to begin Social Security benefits?
You have a limited opportunity to change your mind after you’ve applied for benefits. You can complete Form SSA-521, Request for Withdrawal of Application, and reapply at a later date. But if you’ve already receiving benefits, you can withdraw your claim only if it has been less than 12 months since you first became entitled to benefits, and you’re limited to one withdrawal per lifetime. In addition, there are financial consequences — you must repay all benefits already paid to you or your family members based on your application, as well as any money withheld from your checks, including Medicare premiums or income taxes.

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