



AROUND ALHAMBRA

PUBLISHED BY THE ALHAMBRA CHAMBER OF COMMERCE



Dine Alhambra Restaurant Week promises great food and prices that will delight foodies' palates and wallets.

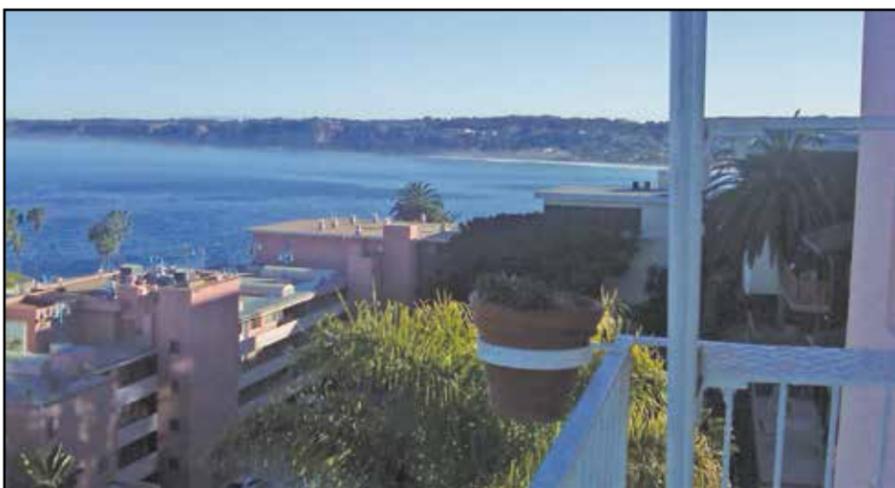
Get ready for Dine Alhambra Restaurant Week 2020

The Downtown Alhambra Business Association (DABA) is excited to present “Dine Alhambra Restaurant Week,” taking place Jan. 24 through Jan. 31. This weeklong event, formerly called “Taste of Alhambra Restaurant Week,” is part of “Visit California Restaurant Month,” which is celebrated in many major cities to help stimulate tourism and patronage at local restaurants.

Foodies can expect great food and prices that promise to delight the palate and wallet thanks to specials and prix-fixe menus from participating eateries. Restaurants are offering two- to three-course menus priced anywhere from \$10 to \$25 for lunch, and \$20 to \$40 for dinner. Patrons simply need to call and make reservations, or visit the restaurants and ask for their “Dine Alhambra” prix-fixe menus.

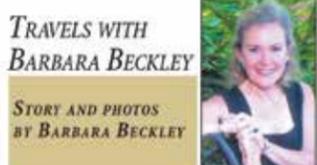
Diners can take a global culinary tour discovering the diverse and thriving food culture of Alhambra, via the 13 participating restaurants this year, including **Limerick’s Tavern**, **Charlie’s Trio**, **Vino at Trio’s** (a.k.a. **Vino’s Back Alley**), **38 Degrees Ale House & Grill**, **Diner on Main**, **Big Catch Seafood**, **Bon Appetea Café**, **Mahan Indian**, **Panasia Sweet and Savory**, **Phoenix Inn Chinese Cuisine**, and newcomers to restaurant week, **Baja Cali Fish & Tacos**, **The Chicken Koop**, and **Yang’s Kitchen**. The restaurant lineup includes Irish, Italian, Mexican, Asian Fusion, American Continental, Taiwanese, Indian, seafood cuisines, and more.

Dine Alhambra Restaurant Week prix-fixe menus will be posted after the holidays so people can view them beforehand. For more information, stay updated at dinealhambrarestaurantweek.com.



Dreamy views from the La Valencia Hotel.

TAKING A FRESH LOOK AT LA JOLLA



STORY & PHOTOS
SEE PAGE 2B

Like from a cozy Parisian apartment, I peered through French windows framed by an iron-work balcony onto a stylish street scene below. Am I in Europe? No. But the view from my room, number 812 at the La Valencia Hotel in La Jolla, was decidedly similar.

Opened in 1926, the hotel’s prime location — perched above the ocean in the heart of La Jolla Village near restaurants, shops, museums, even ocean surf breaks — makes it perfect for a



Understanding your home’s energy efficiency

It is the season for New Year’s resolutions. And a common resolution made this time of the year is to upgrade one’s home and make it “greener” and more energy efficient.

SEE FULL ARTICLE BY
GARY FRUEHOLZ ON PAGE 14B



TAKING A FRESH LOOK AT LA JOLLA
 CONTINUED FROM PAGE 1B

La Jolla stay. And hey, if “The Pink Lady,” (the nickname salute to the pink façade and 1920s tile art work of a lady dressed in pink) is good enough for stars like Frank Sinatra and Madonna, it’s good enough for us. Right?

Shopping was on my list the first morning. Sipping a latte at the hotel’s Café La Rue sidewalk terrace, I spotted Cartier across the street. Luckily Norma Kay Gifts & Designs was equally close, where I found affordable jewelry including a darling pair of big, dangly pink quartz earrings. And then a cute polished cotton black jacket at Pomegranate, a trendy woman’s boutique, half-a-block away. Around the corner, Meanley & Son Hardware, a village institution since 1948, was equally tempting with everything from designer cookware and figurines to paint.

In the afternoon, using the hotel’s free map, I saw most of the top attractions — walking roughly two miles in just over 90 minutes. La Jolla Village is surprisingly small considering all there is to see and do.

Beginning at the hotel, I walked to Park Row — a historic neighborhood so elite the homes don’t have numbers. “Park Row” is all that’s needed to deliver the mail. Then to Coast Boulevard and The Cave Store, a quirky 1902 souvenir shop built at the entry to a century-old smuggler’s tunnel. Inside, I took the self-guided cave tour, descending 145 stairs through the sandstone bluff to Sunny Jim’s Sea Cave. It’s the city’s largest sea cave. Standing dry and safe on the deck built over the water, it was awesome to watch the relentless surf crash-



A plein air painter captures the beauty of La Jolla Cove.

ing into this huge arched cavern. Continuing up onto a grassy ocean bluff, shaded by Torrey pines, views of La Jolla’s beautiful coastline spread north and south and the Pacific Ocean sparkled to the horizon. Pelicans sat at the cliff’s edge, and waves pounded the pebbly shore 100 feet below. Following the cliff-top path south, I arrived at La Jolla Cove and more sweeping views of the La Jolla Underwater Park Ecological Reserve. Divers were coming out of the crystal waters onto its small beach, and plein air painters were capturing the scene on canvas from

CONTINUED ON PAGE 7B



I was sorry to miss the harmless leopard sharks that congregate at La Jolla Shores in the summer.



Not only people enjoy the sea cliff views.



La Valencia Hotel adds to the charm of a La Jolla stay.

Community Employees Integrity Service

What we’ve been banking on for 35 years.

Arcadia · Alhambra · Chino Hills · Irvine
 Rowland Heights · Koreatown (Coming Soon)

sterlingbank.com • 1-800-944-BANK

Sterling Bank & Trust is a full-service community bank and a direct lender.

Member FDIC

celebrating 35 years

Gong Xi Fa Chai!

Happy Chinese New Year 2020

Saturday, January 25, 2020

Seniors / Retirees News | Activities, Projects, Features

It's a new day!

By Craig Statton

Atherton, 214 S. Atlantic Blvd., Alhambra, CA 91801

As a child, I remember the start of a new year in school. It was the beginning of a new year, and for our family it meant some new clothes, new crayons, pencils, and notepads. There was both excitement and anxiety as I entered a new grade and wondered which of my friends would get to be in my class, how I would get along with my new teachers, and if the subjects would be easy or difficult. The start of school was always a new beginning for me.

Since I have become an adult, I haven't had as many experiences or as regular experiences with this newness. There are the same feelings of excitement and anxiety as I start a new job or move to a new home. When I was younger, the birth of a new child signaled a stage of life was upon us and how our family would manage the addition to our family created both excitement and anxiety. But each year as I grow older, there are not as regular of changes in my life and the result is getting trapped in routines, some of which are life-giving, but also some are not helpful.

A new year represents a season of beginning. As the calendar changes to January, we have an opportunity to make those famous New Year's resolutions. Most of us make these resolutions around losing weight or exercise because of our guilt from overindulging during the holidays, but perhaps we can think about making a few more changes that will challenge us with both excitement and yes, a little bit of anxiety. Here are a few ideas:

- Get in touch with someone you haven't talked with for a while. Do you ever wonder what some of your former neighbors, coworkers, or school friends are



doing? See if you can find someone and give them a call, e-mail, or even send them a letter. They'll be happy to hear from you, and catching up will bring a smile to your face.

- Buy an article of clothing you'd never think about buying. How about a bright colored jacket or sweater? Some new wool socks with a wild print? A new dress in a new style or the most comfortable shoes you can find?
- Read a different kind of book or watch a television series you wouldn't normally choose. Do you have children or grandchildren who watch a certain show? Ask them for a recommendation and give it a go. It will give you something new to talk about with them.
- Similarly, listen to new music or a new radio station. New sounds can bring back memories or even cause us to have new, creative thoughts — worth a try.
- For those who use the internet, consider taking an online course. Look into the classes yourself, or ask a friend or family member to assist you.
- Some seniors find it rewarding to set aside time to write letters to family members. It's an opportunity to let you tell them how much you love them, and you can include photos or other mementos in the letters. Not only is this enjoyable, but it will be a lasting, priceless keepsake for your loved ones.

- Try a new activity. This may sound like exercise, but we're talking about something fun. Try to increase the number of steps you take each day by walking more, doing leg exercises while watching TV or sitting in your comfortable chair, or get out of the house more often to explore new sights. How about trying something like drawing, painting, knitting, crafting, or doing jigsaw puzzles? How about singing or playing a musical instrument? Many towns or churches have choirs who are always looking for a good voice. You may have done these activities years ago, so picking them up now will be a fun challenge.
- How about creating a year-long goal? A friend of mine decided to try to read one book a week. Some people adopt a reading plan to read through the Bible in a year.
- How about writing your history? Even though our memories are sometimes spotty, I have found that our friends and family members love to hear the details of your life. My, hasn't the world changed since we first started out in life.

These are just a few; you can probably think of some others on your own. The important point is taking advantage of a moment when a new beginning can be created. There is not a better way to start a new year. Happy New Year!

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

CHOOSE YOUR PATH

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

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

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

Download Atherton Fact Sheets at www.abh.org

Call **1.800.340.4178** to learn more about our

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

Entrance Fees start at \$113,500.



ATHERTON

Christian living for today's seniors

214 S ATLANTIC BLVD, ALHAMBRA, CA 91801



Dr. Chuck Cluff
Atherton Resident
since 2004



Welcome to Joslyn

The Joslyn Adult recreation Center is headquarters for senior fellowship, fun, and learning. Information at 626-570-5056, and please note special postings at the entrance of other programs and activities. Senior luncheon requires reservations one day in advance. Phone 626-458-4455 weekdays between 9:30 a.m. and noon. Suggested donation is \$3, unless otherwise noted as a free event. Informational Seminars are free, unless otherwise noted, but due to space limitations, advance registration is required. Contact the Joslyn office.



The dance regulars are extremely dedicated to the art form of the dance.

Golden Age Dance Club still going strong at Joslyn Center

For the past 29 years, the Joslyn Center, 210 N. Chapel Ave., has hosted the Golden Age Dance Club. For 28 years, the weekly Thursday afternoon dance was led by Francis Cherro. She stepped aside this year at age 99. Her friend Dennis La Pron has stepped up to fill in for her.

Mr. La Pron has an extensive musical and dance background having played in the bands of Tommy Dorsey and Woody Herman. Besides collecting the \$4 admission from the 25 to 35 dancers who show up each week, he sings with the band, called The Time Machine, and his two friends Gary Meyers and Eric Ekstrand.

The \$4 weekly fee pays for the band, cookies, and coffee. It also buys a raffle ticket. The winning ticket gets the owner free admission to the next dance. Participants come from all over to be a part of the afternoon dance party. Cathey, who has been assisting at the dance for over 20 years, drives in weekly

from Santa Monica.

The Thursday afternoon dance starts at 1 p.m. and ends at 3 p.m. The Time Machine plays dance favorites, such as the waltz, fox trot, cha-cha, polka, tango, and more for an hour and then, after the 2 p.m. break, they play requests. There are no wall flowers in this group. From the very first note, dancers are on the floor strutting their stuff. Whether it be a polka or a line dance, the couples move around the dance floor like practiced veterans. It seems like a competition to see which couple can get out on the floor first.

Mr. LaPron said they once had as many as 60 dancers at a time, but the 26 people who showed up at a dance on a cool day in November are regulars and extremely dedicated to the art form of the dance.

For information about the Golden Age Dance Club, call the Joslyn Center at 626-570-5056, or contact Mr. La Pron at 818-517-3004.

Elder Care Planning Attorney Carlos A. Arcos

Presents a FREE Workshop Series

MANAGING ELDER CARE, TRUSTS & MEDICAL

Understanding and Reviewing Your Trusts

Dates: **Thursday, February 20, 2020**

Time: **10:00 a.m. – 11:00 a.m.**

Location: **Joslyn Senior Center
210 N. Chapel
Alhambra, CA 91801**

Seating available on a first-come, first-seated basis

For more information, please call

626-284-9003



Senior Outings will visit Pala Casino and Resort Wednesday, Jan. 22.

Senior Outings' visit to Pala Casino and Resort is popular trip

The first Senior Outing of 2020 will be to the Pala Casino and Resort, just south of Temecula, Wednesday, Jan. 22. The bus will leave the Joslyn Center, 210 N. Chapel Ave., at 11 a.m. and return around 6 p.m. Please note the Senior Ride bus will not be available for this Senior Outing.

The fee is \$15. The activity level is considered to be easy. This is always a popular trip, so sign up as soon as possible. See the winter issue of the *Alhambra Leisure Guide*, or call the Joslyn Center at 626-570-5056 for details, more information, and to register for this event.

With over 2,000 state-of-the-art slot and video machines, 78 table games, an eight-table poker room that hosts live play and championship tournaments, 10 great restaurants, two lounges with live entertainment daily, and the 2,000-seat Pala Events Center and outdoor Starlight Theater there's always something fun to do at Pala.

Participants must be 21 or older to gamble. Please play responsibly.

There are many choices for lunch. Find out about them on Pala's website at <https://www.palacasino.com/>. Lunch is not included in ticket price.

Discover Royal Vista San Gabriel



Royal Vista

- Assisted Living
- Memory Care
- Skilled Nursing



For more information or to schedule a tour, please phone

(626) 289-8889

901 W. Santa Anita St., San Gabriel, CA 91776 Lic. #197606796

Health & Medical News | Hospitals, Physicians, Dentists, Facilities

How to beat dental fear



Dental anxiety exists and is more common than you think. About 20% of Americans have some form of it.

Why is the fear of the dentist the most common fear and why do some people experience it to the degree that they avoid going to the dentist at all cost?

The reasons are many, and determining them allows us to help in most cases of anxiety.

Some people anticipate pain, usually due to a previous dental experience. Others worry if a procedure is safe and if it has possible complications. That is commonly due to the fact that patients are not clear about their problems and the nature of the treatment they need.

As a result, these patients ignore minor dental pain that are easily treatable, such as bleeding, beginning infections, and small cavities for many years until they wake up one day with an abscess or are in a lot of pain.

It is a fact that people with dental fears are at higher risk of tooth loss.

Here are some practical tips to help you tackle your dental fears:

- **Talk to your dentist and try to identify your**

fears. Are you afraid of the pain or the needle, or are you simply not sure how safe this procedure is? Expressing your concerns will help your dentist adapt the treatment to your needs. Warming up the anesthetic and massaging the area before delivering the anesthetic is a great painless numbing technique for example.

- **Let your dental team explain what to expect on your visit.** They can even show you the tools they will use. Don't hesitate to tell the staff if something makes you tense.
- **Don't forget to breathe.** Focus on your breathing: deep, slow, regular breaths. When people are nervous, they tend to hold their breath or breathe fast and shallow.
- **Listen to some tunes.** If the sound of the drill bothers you, bring along your favorite music, or watch a movie if available in your office. Any distraction is welcome.
- **Experiment with different chair positions.** You may find that a slightly elevated position for your head makes you feel more in control and helps dramatically to lower your anxiety.
- **Use hand signals.** Discuss with your dentist a hand signal that you can use to communicate that you feel uncomfortable. All my patients know that they can lift up their left hand any time they need me to stop. That gives them a little more control.
- **Get recommendations.** If you're in search of a dentist, ask a trusted friend or relative for recommendations. The least you can do is inform yourself about the office through the dentist's website



Ask
Dr. Dara,
D.D.S.

Dr. Dara Gashparova, D.D.S. is located at 70 S. Palm Ave., Alhambra 91801. Readers with dental questions or concerns should contact her at 626-289-6131, or email daradds@yahoo.com.

and online reviews.

- **Visit your dentist at least twice a year.** Find time for your routine checkups. These types of visits typically don't involve any pain and help you build a relationship and trust with your dental office. The more familiar you get, the less afraid you will feel. Also, that will help you avoid serious dental problems. When an emergency arises, the procedure is usually more uncomfortable. The area is tender, and to top it off the anesthetic in the swollen tissue may not work 100%. That maintains an endless cycle of anxiety and pain.

Along with these approaches, there are also pharmacological approaches. The use of sedation or general anesthesia is the last resort when searching to help patients with anxiety. There are available prescription medications for sedatives like valium to make procedures less stressful. These medications help patients feel calmer and relaxed while still completely conscious and able to communicate during the procedure.

Most importantly, remember the dental field is changing every day to deliver more comfortable and more efficient care.



Our Approach to Care Centers on You

A New Model of Patient-Centered Care in Your Community

- Same-day appointments
- Access to a broad network of medical specialists
- Affiliation with Huntington Memorial Hospital
- Online appointment scheduling and secure online access to test results
- Most health insurance, Medicare, credit cards, and cash welcome

Meet Your HealthCare Partners

Many of you may already know our doctors through their service to our community and affiliation with Huntington Memorial Hospital. We invite you to stop by and see our office, meet the staff, and talk to the doctors.

Dr. Alexander Thuya Chan
• Internal Medicine

Dr. Huey-Yuan Wu
• Internal Medicine



Stop by to meet our doctors.

55 S. Raymond Ave., Suite 200
Alhambra, CA 91801
626.570.8005
www.healthcarepartners.com
Office Hours:
Mon. - Fri., 8 a.m. - 5 p.m.



Medical Group and Affiliated Physicians



ADVANCED DENTISTRY

— of ALHAMBRA —

Healthy Teeth & Bright Smiles for the Whole Family!



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



Dr. Dara Gashparova

(626) 289-6131

70 S Palm Ave., Alhambra, CA 91801
www.DaraDDS.com

OPEN SATURDAYS • 0% Interest payment plans

New Patient Offer

- Digital X-Rays
- Comprehensive Exam
- Regular Cleaning

\$69

Reg. price \$270

PORCELAIN CROWNS IN ONLY ONE VISIT!

Latest Technology!

- Precise Fit
- Natural Look
- Comfortable Digital Scan

FREE CONSULTATION

It's Your Choice

"After being in an automobile accident, I turned to Yonemoto Physical Therapy. They developed a rehabilitation plan that was right for me, and helped me recover much faster than I expected. I was very impressed by YPT's caring attitude and wonderful facility."

Valarie Gomez
West San Gabriel Valley YMCA



55 South Raymond Ave, Suite 100 Alhambra, CA 91801

CALL FOR A FREE CONSULTATION
626.576.0591

www.YONEMOTO.com



Home Medical Equipment

Supplies / Service / Repairs

FROM YOUR TRUSTED NEIGHBORHOOD SUPPLIER

- ★ Respiratory care services
- ★ Home Oxygen / portable systems
- ★ Air Travel Oxygen
- ★ CPAP / Bi-PAP for sleep disorders
- ★ Home Ventilators
- ★ Nebulizers
- ★ CPM/Tens Units

- Scooters,
- Manual Wheel chairs
- Motorized Wheelchairs
- Hospital Beds, /Air Mattresses
- Wheelchair Ramps
- LiftChairs, / Walkers
- MassageChairs
- Incontinent Supplies
- Diabetic Supplies, Shoes
- Wound Care Supplies
- Patient /Ambulatory Aids
- Compression Stockings
- Orthopedic Supplies
- Power Chair & Scooter Repair
- Sigvaris Compression Stockings
- Blood Pressure Monitoring Systems
- Littmann & other Stethoscopes



**Metro Home Healthcare
Equipment & Supply Inc.**

1430 W. Valley Blvd., Alhambra,
California 91803

CALL US FOR DETAIL (626) 282-2200

(24 HRS/7DAYS A WEEK)

Website: www.metro4mediequip.com



CARE PATHWAYS MATTER

BY SHEILA YONEMOTO, P.T.

At the recent Physical Therapy Tri-state Conference, one talk addressed the problem of pain in the United States and the opioid use epidemic. Low back pain is the number one condition for which opioids are prescribed. Approximately one out of four people prescribed opioids go on to chronic abuse. Patients referred to physical therapy in the first 90 days of pain have fewer doctor visits, MRIs and surgeries, decreased injections and opioid use, and overall lower medical costs. If patients are given an MRI before physical therapy, they are five times more likely to have injections and four times more likely to have surgery. On average, less than 7% of patients received physical therapy in the first 90 days.

Where you enter the medical care system determines which pathway you take. Entering the physical therapy, chiropractic, or acupuncture pathway ends up in lower costs, less opioid usage, and more functional outcomes. Getting MRIs before these types of care leads to more use of opioids and surgery.

Advanced imaging tests like MRIs often show degenerative changes even with people who have no pain or functional loss. Changes in the joints are normal with aging, similar to face wrinkles, and don't necessarily mean surgery is necessary. One sports injury orthopedist did MRIs on professional athletes at the top of their game who had no problems with their joints. He stated that, with the MRI tests, he could justify almost any surgery to any insurance company, even though there was no need. He further stated there are probably a fair number of unnecessary surgeries performed because of these MRI results. What's more, he said there is a 75% disagreement among surgeons on



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

how to treat the patient after looking at the MRI.

A Swedish study showed no change in outcome after 10 years with conservative care versus surgery. In summary, patients did better and costs were significantly less when they took the pathway of conservative care, manual therapy, and exercise. Much to the surprise of health care providers, 78% of patients prefer to try methods other than drugs or surgery.



Veterans health clinic now in San Gabriel Valley

Veterans in the San Gabriel Valley no longer have to drive an hour to the nearest Veterans Affairs facility in Loma Linda, Long Beach, or West Los Angeles. In May of 2019, a Veterans Affairs clinic opened in Arcadia. The new local clinic offers basic clinical services, not including surgery. These services include primary care, social work, mental health, women's health, and laboratory services (specimen collection only at this time).

The establishment of the clinic was the result of the combined work of Congressional Reps Judy Chu, Grace Napolitano, and Adam Schiff in cooperation with the Department of Veteran Affairs and veteran's organizations such as the Veterans of Foreign Wars, American Legion, and Disabled American Veterans, and local community leaders.

The clinic is only a temporary fix and will be in business for three to five years. Then it is planned it will be replaced by a permanent, full service clinic. That clinic will be located somewhere between Pasadena and Pomona. For now, the Arcadia clinic is located at 7 W. Foothill Blvd., Arcadia 91006. The site was chosen due to its proximity to freeways and public transportation.

The Arcadia clinic is open from 8 a.m. to 4 p.m. Monday through Friday. Veterans can make an appointment by calling the clinic at 877-251-7295.

Breath odor

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 impact 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.

Out of 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 to frequently and regularly floss between the teeth and meticulously cleanse 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 microbes. 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.

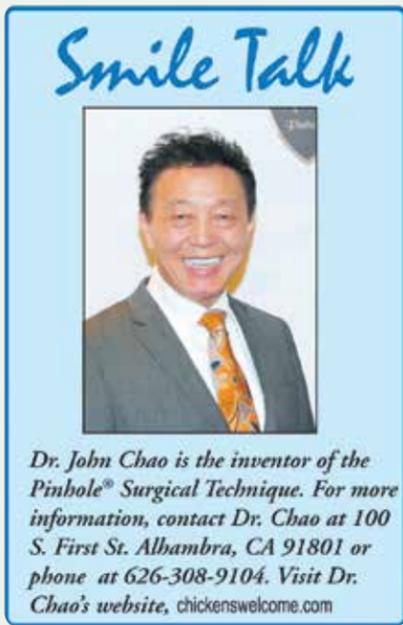
Self-diagnosis is not a reliable way to tell whether halitosis is present. It is suggested that a reliable family member or friend may be persuaded to smell test a used piece of dental floss or scraping from the tongue.

Some medical devices are currently used to attempt to objectively quantify volatile sulfides and other gaseous compounds in the mouth. The gold standard is still the sniff test, which grades odor on a six-point scale by trained personnel.

Much research continues on the subject of halitosis. 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 level of sulfide producing microbes in the mouth, according to some researchers. This is accomplished by “deep cleaning your teeth,” and use of topical or systemic antibiotics indicated by the test results. Filling cavities and food traps between the teeth may also be part of the program. An oral hygiene program that includes instruction on brushing, flossing and tongue brushing and regular maintenance visits are important for success. Ask your dentist for other newer FDA approved methods for bacterial control that might also help. If you or your dentist suspect there might be a medical condition contributing to malodor, you may be referred to a physician for consultation.



TAKING A FRESH LOOK AT LA JOLLA

CONTINUED FROM PAGE 2B

bluff-top Scripps Park. I looked down on the seals lolling on what was once the Children’s Pool Beach. Turning up Cuvier Street, I was back in the village near the Museum of Contemporary Arts San Diego and the hotel.

For dinner, the Whisknadle, a casual bistro that made the *Conde Nast Traveler* Hot List the year it opened in 2008, was a tasty choice. Chef Ryan Johnston ensures everything is farm-fresh and made-from-scratch from house-pickled veggies and house-cured meats to his unique Charred Bone Marrow, a house specialty served with the bone split open to easily scoop out the marrow, accented with parsley, capers, lemon zest, and pan de mie. Wonderful!

The great outdoors was calling the next day. I hit the beach at La Jolla Shores on the two-hour “Original Kayak Cave Tour” with Bike and Kayak



A latte with a view at Café La Rue.

Tours. The surf was up, so the guide literally pushed me in my kayak through the surf before hopping into his and leading us through the shadowy caverns. I saw orange Garibaldi, California’s state fish, but was disappointed not to see any gentle and harmless leopard sharks. They’re seasonal, the guide explained, migrating to La Jolla in the summer to give birth to their young.

Then I hiked in Torrey Pines State Nature Reserve 15 minutes north. The invigorating fragrance of pine trees and salt air welcomed me to the Torrey Pines Beach Route trailhead, a scenic pathway that zigzags from under the pines out across an oceanfront mesa into a narrow, deep-walled — with built-in log steps — and finally onto the black sands of Torrey Pines State Beach. California sage bloomed along the way. Red Butte Lookout, named for its rusty-colored soil, provided an idyllic ocean view framed by a single Torrey Pine. I spotted a sizeable clam shell washed up with driftwood and seaweed along the cliff-lined beach.

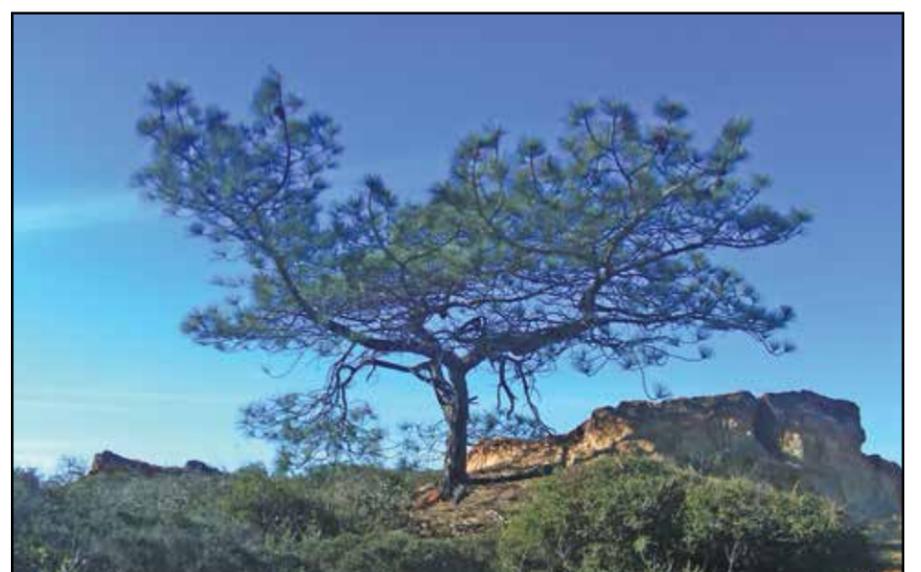
A live performance at the non-profit La Jolla Playhouse rounded out the night. Founded in 1947 by Hollywood celebrities Gregory Peck, Dorothy McGuire, and Mell Ferrer, the contemporary glass and steel Mandell-Weiss Theatre Culture is tucked under tall eucalyptus trees on the UC San Diego campus about 20 minutes from La Jolla Village. It’s known for new works that frequently go on to Broadway and Tony Awards. Upcoming shows include *Fly*, based on the novel *Peter Pan*, Feb. 18 to March 29.

Across from the hotel, I joined the locals at The Cottage, an early-20th century bungalow-turned-local-favorite breakfast spot on my last day. The place was packed; I was lucky to get a table under a bright yellow umbrella on the deck framed with flowering vines and a picket-fence. A perfect setting for perfect — sipping a mimosa, enjoying their amazing lemon ricotta pancakes, and watching the world go by.

To learn more, visit www.lajollabythesea.com.



A bit like Paris — the view from Barbara Beckley’s room at the La Valencia Hotel.



On the Beach Trail in Torrey Pines State Natural Reserve.

Dining & Entertainment

What's Happening for Food & Fun

Alhambra Chamber of Commerce Holiday Mixer



Merry Christmas and happy New Year from the Grinch and the Chamber of Commerce!



Entertainment was provided by PopRock Academy, under the direction of Paul Kwo: the Mini-PopRockers and the KPop Performance Troupe.



The Beatlemaniacs will perform a fab and gear Beatles tribute show.

Alhambra Performing Arts Center presents 2020 BeatleMania Singalong Jan. 26

Alhambra Performing Arts Center (APAC), under the direction of Chef/Artistic Director Bill Yee, is starting its 14th season featuring the popular BeatleMania Singalong at 7 p.m. Sunday, Jan. 26, in a free concert at Sage Granada Park United Methodist Church, 1850 W. Hellman Ave., Alhambra.

The Beatlemaniacs, as coined by Mr. Yee, will perform a fab and gear Beatles tribute show. They invite everyone to sing along as they ferry down the Mersey to the sound of magical songs of the Fab Four.

Bob Schuster, guitar and vocals, is the leader of the band. Born in Caracas, Venezuela, he grew up exposed to a world of music. Finally getting his hands on a guitar at age 12, he never looked back. Decades of creating and performing original music in the recording studio, for film and television and the live stage, allows him to change musical colors in a heartbeat. He has played with such diverse acts as The Coasters, The Platters, The Drifters, The Shirelles, Jan and Dean, members of The Beach Boys, Bob Dylan, members of Aerosmith, Michael McDonald, Patti LaBelle, Trisha Yearwood, and Vince Gill to name a few. His experience as a conductor and accompanist for show biz legends such as Milton Berle, Danny Thomas, Steve Allen, Ray Romano, Charo, Don Ho, James Darren, Buddy Greco, Lani Kazan, Casey Kasam, and Ed Harris has seasoned him into the consummate professional. He is a founding member of the best party band in the universe, The Hodads.

Tom Kolb, guitar and vocals, is a guitar instructor at Musician's Institute. He has toured and played with Mark Lindsay (Paul Revere and the Raiders) and many others. He plays in the Beatle tribute band Sergeant Pepper and his original rock band, The Gurus.

Jeff Toczyński, bass and vocals, is the founder of the Beatle tribute band Ticket to Ride.

Bill Severance plays drums and sings lead and background vocals. He has recorded and toured with The Captain and Tenille, Jim Messina (Loggins & Messina), Maureen McGovern, and Diana Carroll.

All concerts are free, but donations are requested to help support the artists. Refreshments will be provided by Romanian Pastry Chef Maria Luiza Brito, who is also a member of Chef Yee's LA Omelets Catering Service.

For more information, contact Mr. Yee at 626-230-5435, or e-mail bizwind@yahoo.com.

Mr. Yee is an award-winning chef who also owns the Alhambra Culinary School. He is a vice president of the LA Chapter of the American Culinary Federation (ACF), which helps to set the standards for American cooking, and past two-term president of the Le Cordon Bleu Alumni Association. In addition to singing with the 120-voice Lake Avenue Church Sanctuary Choir for the past 14 years, he is also in the renowned Dickens Holiday Carolers and in 2019 also joined the award-winning 91-voice Towne Singers.

Alhambra Performing Art Center 2020 performances

- Sunday, Jan. 26 - Beatlemania Singalong
- Sunday, Feb. 23 - Matt Barber Sings Sinatra
- Sunday, March 29 - Music from Argentina with Belan Pachalian
- Sunday, April 26 - Miskey Mountain Boys/Bluegrass Music at its best
- Saturday, May 23 - Flamenco Alhambra featuring Inesita and ensemble
- Sunday, June 21 - Tchaikovsky Violin Concerto - Jacqueline Suzuki
- Sunday, July 19 - Tango Nights featuring the Lobo Ensemble
- Sunday, Aug. 23 - Hanna Yi - award winning violinist
- Sunday, Sept. 20 - Hanbyul Jang Trio
- Sunday, Oct. 24 - Chicago Tribute Group
- Sunday, Nov. 22 - Pianist Tae Yeon Lim
- Sunday, Dec. 13 - Dickens Christmas Carol Singalong

It's a Classic

Wings & Football Get great wings here

See games here or at home




CLASSIC AND BONELESS WINGS

11 CRAVEWORTHY FLAVORS • HAND-CUT SEASONED FRIES • SCRATCH-MADE SIDES & DIPS

Alhambra

101 EAST MAIN STREET • (626) 282-WING (9464)

SKIP THE WAIT. ORDER @ WINGSTOP.COM

FREE DRINK WITH ORDER
OF 10 WINGS OR MORE

Not valid with any other specials, promotions or offers. Present coupon at the time of purchase. Valid only at participating locations. One coupon per customer visit.

Expires 01/31/20

\$5 OFF WITH ANY FAMILY PACK ORDER

Not valid with any other specials, promotions, gift card purchases or offers. Present coupon at the time of purchase. Valid only at participating locations. One coupon per customer visit.

Expires 01/31/20



Diner on Main is located at 201 W. Main St.



Host Sebastian Cervantes serves freshly brewed coffee.

Diner on Main has been classic, retro for 15 years

By Jewelyn Co

Diner on Main, 201 W. Main St., has remained the classic American '50s "Googie" style restaurant for 15 years on Downtown Alhambra's Main Street. Diner on Main branched off from an original family concept of the Salt Shaker Snack Shop. It was opened in 2005 by partners Randy Hoffman and David Yost. They thought the '50s motif was a perfect concept for the old building. The throwback music from the jukebox, checkered tile floor, retro furniture of red vinyl bar seats next to the counter, classic diner booths, and the vintage pictures of 1950s iconic Hollywood stars like Marilyn Monroe and James Dean would take diners back to the '50s era.

The outside patio has a large seating area and is great for enjoying a view of Main Street. Having a service bar in the corner of the restaurant, which serves martinis, draft beers on tap, mules, and wines, keeps Diner on Main classic and traditional. "We are keeping the Diner traditional," Mr. Hoffman said. "We may do slight remodeling once in a while to keep fresh and new, but we are not going to change our style. It is incredible to see how we have maintained and see the changes around Alhambra, and to see what has come and gone. For us to stay relevant, we are very proud to stay in Alhambra even with all the other competition around us." Diner on Main is a family operated restaurant along with its sister restaurants Shakers in South Pasadena, Canoe

House in South Pasadena, Central Grille in Glendale, and The Proper in La Canada.

With an extensive list of dishes on the menu from breakfast served all day, lunch specials, and full servings of dinner entrees, Diner on Main stays old fashioned but prepares food in a conventional way. Dishes from pasta, juicy burgers, sandwiches, salads, tacos, steaks, hand dipped shakes, and homemade pies and cakes deliver satisfying flavors to each taste pallet while keeping prices affordable and reasonable. "We continue to evolve our menu, and we try to introduce new items, but we also like to keep some of our traditional favorites," Mr. Hoffman said. "Every month, there is a seasonal special menu with seven items on the list."

Out of the ordinary to see on a diner's menu is the bacon fried rice served with wok-fried Portuguese sausage, bacon, and topped with a fried egg. Loaded with flavors from the well combined ingredients, the bacon fried rice is also great in portion and is shareable. Diner on Main offers pasta and seafood on the menu,

CONTINUED ON NEXT PAGE



Siete Mares linguini dish.



Bacon fried rice.



The Diner on Main's famous zucchini bread.

Proud to be One of Alhambra's Fine Downtown International Restaurants

Welcome to **saigon eden**

29 SO. GARFIELD AVE. ALHAMBRA, CA 91801

VIETNAMESE RESTAURANT

Featuring Favorite Dishes from Southeast Asia

SERVING EXCELLENT **Craft Beers**

OPEN 9-9 SUNDAY-THURSDAY • 9-10 FRI-SAT

626-289-0239

Receive a FREE Spring Roll with purchase of more than \$25 of menu items thru Jan. 31, 2020.

DINER ON MAIN HAS BEEN CLASSIC, RETRO FOR 15 YEARS

CONTINUED FROM PAGE 9B



Classic jukebox



Zucchini noodle salad

such as the Siete Mares linguine with salmon, shrimp, sole, calamari, clams, and linguine pasta in a tomato-basil shallot sauce. For dessert, freshly baked pies, such as the warm boysenberry pie or the deep dish apple pie can be ordered as whole or by the slice. Very popular, homemade, and baked fresh daily is the delicious zucchini bread with sizes from small to large loaves. The Diner serves fresh hot brewed coffee from the Apffles Company and does not plan to change distributors anytime soon. Enjoy Happy Hour from 3 p.m. to 6 p.m. Cocktails and tasty appetizers are served.

Diner on Main has been a local eatery to some customers for many years. "I love working here," said Christal Zimmermann, who has been with the diner since it opened and with the location for about 45 years. "We have locals who come in every week and sometimes come every day. I have customers who have been coming for over 20 years."

"The Diner on Main has a hometown feel with the community coming in to eat," said Steven Galarza, general manager assistant. "It is great to know the community and the people. We make our food from scratch. We have a family friendly environment. Most people know us on a first name basis."

Diner on Main hosts Charity Nights and offers opportunities to host fundraisers at their location and receive from 20% to 30% back. Fundraising events can be booked by calling the main office at 626-796-8866, available five days a week from Sunday night through Thursday night.

For information about the menu, social media, restaurant hours, and online ordering, visit their website at www.dineronmainrestaurant.net. Check out reviews on Yelp.com. Contact Diner on Main at 626-281-3488.

Denny's

NEW! SUPER DUPER SLAM™
NOW WITH ALL YOU CAN EAT BUTTERMILK PANCAKES

NEW! PARMESAN CHICKEN SIZZLIN' SKILLET

© 2019 DFO, LLC. Printed in the U.S.A. At participating restaurants for a limited time only. Selection and prices may vary. While supplies last.

20% OFF
ENTIRE GUEST CHECK

One coupon, per table, per visit. Not valid with the 2468 Value Menu™, Super Slam™, AARP or any other coupons or promotional offer. This offer can be redeemed only once by the original recipient. Coupon has no cash value. No change returned. Taxes and gratuity not included. Alcoholic beverages not included. Valid at participating restaurants for a limited time only. Selection and prices may vary. Only original coupon accepted. Photocopied and Internet printed or purchased coupons are not valid. No substitutions. © 2019 DFO, LLC. Printed in the U.S.A. Offer valid for dine in only. Not valid for online orders. Restrictions apply. Offer ends 2.29.20

Denny's

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

Fine Dining for Thai Cuisine

Thai Paradise
San Gabriel, California

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

TheThaiParadise.com
Check Our Web Site for Menu, More Specials

5% OFF on \$25 minimum order
DINE-IN ONLY • Expires 01-31-2020
Please bring in this coupon for discount
FREE DELIVERY within 3 miles radius • Small fee for delivery beyond 3 miles

Daryl Ellis & the St. Mark Recording Choir

Big Gospel Choir & Big Jazz Band Ensemble
The 1st Time Ever Recorded Together in Gospel Music History
With All Great Original Music - LIVE!

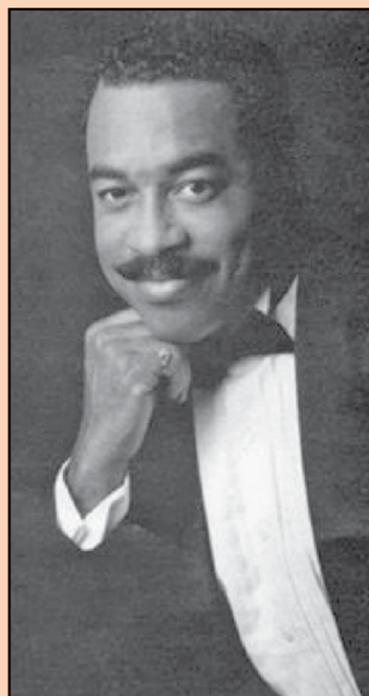
Epic, Historic & Uplifting Praise, Joy and Worship - Live!

Composed and Produced By Daryl Ellis. Recorded at TU with the St. Mark MBC Recording Choir and Big Jazz Band Ensemble members from BGSU.

In loving memory of Rev. I. J. Johnson, founding Pastor of St. Mark MBC, and to all of the loved ones that have passed on to Glory.

Daryl Ellis & The St. Mark Recording Choir Live CD

Multiple nominations announced for Alhambra's music man



Daryl Ellis has been nominated in eight categories for the upcoming 2020 Rhythm of Gospel Music Awards.

Daryl Ellis, an Alhambra musician/producer/composer/teacher, has multiple nominations for the upcoming 2020 Rhythm of Gospel Music Awards. He has been nominated in an impressive eight different categories with his *Daryl Ellis & The St. Mark Recording Choir Live CD*.

The categories are Special Event CD of the Year, Praise & Worship CD of the Year, Traditional CD of the Year, Rhythm of Gospel CD of the Year, Church Choir CD of the Year, Traditional Choir CD of the Year, Best Recording Artist with Featured Soloist, and Best Performance by Choir/Director.

Mr. Ellis is the winner of Disney's Lion King Gospel Music Rewrite Contest held at the Pantages Theatre in Hollywood and has previously worked as Stevie Wonder's top songwriter in Stevie's Hollywood, California, Writers Quarters West after Stevie won an Oscar for his song *I Just Called in the Pretty Ladies* movie. Mr. Ellis has also won an award as a songwriter in the National Billboard Songwriters Contest.

Mr. Ellis has shared his talents in music for several years with many Alhambra School District elementary school students.

Automotive News | Auto Dealers, Repairs, Services



The sleek crossover has the flowing beauty of a coupe and the bold proportions of an SUV.

Feel completely at ease in CX-30's embrace

Mazda has always adopted a human-centric approach to building cars. With the U.S. debut of the all-new Mazda CX-30, the brand has taken this approach to another level. The CX-30 has a feeling of oneness that extends beyond the drive. It is a five-seat crossover made for a wide range of fans, especially young people who are approaching significant life transitions. Mazda wants the CX-30 to be able to help these fans enjoy those milestones to the fullest and become an essential partner in their daily lives.

The CX-30 is the second model to adopt the latest evolution of Kodo design, a more mature interpretation of the striking design ethos. Based on sleek and bold styling, CX-30 is meant to evoke creativity in one's life. Realizing two contrasting expressions, the compact crossover has the flowing beauty of a coupe and the bold proportions of an SUV. Mazda's signature wing takes on a sharper and deeper form to achieve a strong, refined front end that is suggestive of forward motion. The diagonal angle of the rear window gives the vehicle a coupe-like silhouette while the narrowed arch shape of the liftgate makes the body look shorter and wider for a powerful stance. This allows for purposeful design of the trunk that maintains its usefulness without giving the CX-30 a box-like appearance. Offered in seven body colors, including Polymetal Gray, which was recently introduced for the 2019 Mazda3. Going beyond beauty, CX-30 is meant to look compact on the outside, but spacious on the inside.

The appealing exterior is matched with a comfortable, premium-feeling interior. By studying the human body, engineers focused on developing seats that can help provide the proper posture for all occupants, not

just the driver. The idea is for each ride in the CX-30 to be a pleasant time for all. The human-centric cockpit helps the driver feel connected with the vehicle but is not isolating from the other occupants. The floor console is outfitted with convenient, easy to access features and storage compartments, but intentionally eschews a distinct divide between the driver and front passenger. The openness of the cabin encourages conversation that helps bring people together through the time spent in the CX-30. A focus on interior comfort and everyday user-friendliness makes this all-new compact crossover a car for everyone.

With an inviting cabin, the engineers wanted to preserve the peaceful environment by focusing on the noise, vibration, and harshness (NVH). Nearly every aspect of the CX-30 was measured, from the tires to the headliner, to minimize any road noise. During a comprehensive study on how sounds are transmitted through the vehicle's cabin, speakers were repositioned depending on their frequency to produce a better sound. One of those changes was to mount the woofers, normally found in the doors

of most cars, onto the side cowls. This allows for an audio system with more bass that won't rattle the doors. As an additional benefit, the lack of a speaker port in the door reduced another area where potential road noise could disrupt the experience in the CX-30. Ingenious solutions such as this reflect the passion and attention to detail by Mazda engineers and designers working together to achieve a common goal of providing the best experience possible for the brand's fans.

Other design features include the rear footwell being slightly slanted to provide rear passengers optimal space to sit relaxed in the rear seats. The side sills in the door jams are subtly rounded to ensure comfort when entering or exiting the CX-30 in case one's legs inadvertently make contact with it, while not creating a gap in the door seams. Significant effort goes into the craftsmanship of a Mazda vehicle. While attention to those efforts might not be noticed right away, it will be felt throughout the enriching experience of driving and owning a Mazda.

Another key focus of a human-centric approach is helping the driver drive with peace of mind. Being one with the CX-30 is more than just the driving dynamics, it's the feeling of confidence and security in the cabin. The ideal seating position is important, especially for the driver. The driver's seating position is set high to provide a clear field of view and let the driver focus on the road ahead. For clear visibility, the shape and thickness of the a-pillars and c-pillars are minimized to help reduce blind spots, while a rear quarter window offers a way to perceive potential vehicles or objects in the rear. Further, attention was taken when positioning all of the instruments in the CX-30. For example, the positioning of the shifter and commander control on the floor console is optimized for operating stability, ease, and comfort. The available Active Driving Display, meters, and standard 8.8-inch center display were all redesigned to present information in a simple fashion, while the fonts used were unified to create a pleasing and consistent look.



mazda®

Browning Mazda of Alhambra

FASTEST GROWING MAZDA DEALER

Mazda6



**2018 Mazda6 now on sale priced
from an MSRP* of \$21,950.**

*plus tax, tag, delivery, financing and options.

**1200 West Main Street
Alhambra, CA 91801**

**Pre-Owned Cars
starting at \$5995**

www.AlhambraMazda.com

Sales: 877-972-3444 • Service: 877-972-4111 • Parts: 877-972-3555



**Open 7 days a week
626-282-5666**



Full Service Polish Dept.

\$17.99

Expires 01-31-20

FULL SERVICE
WASH

\$2 OFF

Expires 01-31-20

ANY CAR WASH
PACKAGE

Alhambra Car Wash

704 W. Main Street, Alhambra, CA 91801



**1811 W MAIN ST
ALHAMBRA CA 91801
626.407.0500
vwalhambra.com**

Visit Volkswagen Alhambra today to schedule a test drive!



The Volkswagen ID. SPACE VIZZION concept previews a sleek electric crossover for America

Inside, the ID. SPACE VIZZION seats four in limousine-like comfort with a sizable center console; the production version will likely offer a more traditional back seat. Most of the driving information is shown on a head-up display rather than a traditional instrument panel, and next to the driver sits a 15.6-inch touchscreen. All seating surfaces and some trim use a new material known as AppleSkin™ — which uses the byproduct of apple-juice making to create a fabric that feels like leather without any animal content.

Behind the seats the concept has a 20.7 cubic feet luggage compartment, like many SUVs, with two electric skateboards stowed underneath the storage floor that can be used to get you to the destination a car can't take you, like the beach at Venice, California.

While the ID. SPACE VIZZION looks laid back, it can hustle when needed. Power comes from a 275-hp electric motor driving the rear wheels, drawing from an 82-kWh battery. An additional 101-hp motor on the front axle can provide all-wheel-drive capability and a combined peak output of 335 hp. This 4MOTION version of the ID. SPACE VIZZION can hit 60 mph in 5 seconds, with a projected range under U.S. testing standards of up to 300 miles.

Underneath all the design and technology, the ID. SPACE VIZZION relies on the same set of basic components as all other ID. concepts. Known as the modular electric toolkit, or MEB in its German acronym, Volkswagen expects the chassis to underpin about 20 million vehicles worldwide by 2029. That includes the upcoming production version of the ID. CROZZ concept and the production version of the ID. BUZZ concept revival of the Volkswagen Bus. After those two arrive, Americans may get a chance to sample a more spacious vision of an electric future.



This is the second time Honda has won Green SUV of the Year and the sixth time a Honda vehicle has earned recognition from Green Car Journal.

2020 Honda CR-V named Green SUV of the Year by Green Car Journal

The freshened 2020 Honda CR-V and all-new CR-V Hybrid have been named the 2020 Green SUV of the Year by *Green Car Journal*, the second time Honda has won Green SUV of the Year and the sixth time a Honda vehicle has earned recognition from *Green Car Journal*.

“Honda’s CR-V is already efficient as a conventionally powered model and well-established as a driver favorite,” said Ron Cogan, editor and publisher of *Green Car Journal* and *GreenCarJournal.com*. “The addition of a new all-wheel drive CR-V using Honda’s proven two-motor hybrid system is an exceptional move, offering buyers an even more compelling reason to consider this award-winning model at the showroom.”

The 2020 CR-V went on-sale in October with freshened exterior styling and upgraded features, including standard Honda Sensing® safety and driver-assistive technology for all trims (previously EX and above), and a more powerful engine for the CR-V LX — Honda’s 1.5-liter turbo. The all-new 2020 CR-V Hybrid is Honda’s first hybrid SUV in America and is expected to be the company’s top-selling hybrid model.

Honda was recently recognized by the U.S. EPA as having the highest fleet-average fuel economy of any automaker. In pursuit of its goal to halve the company’s glob-

CONTINUED ON NEXT PAGE

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

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

	Main Street	Atlantic Blvd.
	Commonwealth Ave.	
	Mission Rd.	
	Valley Blvd.	

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

ALL-WHEEL ELECTRIC THRILL
THE BMW X5 xDRIVE40e WITH eBOOST TECHNOLOGY AND 56 MPGe*

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

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

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



Mustang Mach-E embodies the Mustang spirit – from its sleek silhouette and muscular curves to exhilarating drive experiences that offer unique driving dynamics and sounds.

Ford Mustang Expands family: All-Electric Mustang Mach-E delivers power, style, freedom for new generation

For the first time in 55 years, Ford is expanding the Mustang family, bringing the famous pony into the electric age with Mustang Mach-E, an all-new, all-electric SUV born of the same all-American ideals that inspired the best-selling sports coupe in the world.

Ever since the original Mustang took the world by storm in 1964, it quickly came to represent the best of the American spirit: freedom, progress, fast performance, and a touch of rebellion. Now, Mustang is ready to reimagine these ideas for a powerful electric future, with space for customers' growing needs and advanced over-the-air updates that continue to improve the vehicle.

"At the first-ever Detroit auto show, Henry Ford said he was working on something that would strike like forked lightning," said Bill Ford, executive chairman, Ford Motor Company. "That was the Model T. Today, the Ford Motor Company is proud to unveil a car that strikes like forked lightning all over again. The all-new, all-electric Mustang Mach-E. It's fast. It's fun. It's freedom. For a new generation of Mustang owners."

Developed in a century-old brick building a few blocks away from Henry Ford's first factory in Detroit, Ford brought the Mustang Mach-E to life through a development process concentrated entirely on customer needs and desires. The result is a sleek, beautiful SUV that delivers spirited ride and handling, with state-of-the-art connected vehicle technology that makes Mach-E even better over time.

When it arrives in late 2020, Mustang Mach-E will be available with standard and extended-range battery options with either rear-wheel drive or all-wheel drive powered by permanent magnet motors. Equipped with an extended-range battery and rear-wheel drive, Mach-E has a targeted EPA-estimated range of at least 300 miles. In extended-range all-wheel-drive configurations, Mach-E is targeting 332 horsepower and 417 lb.-ft. of torque, with the standard all-wheel drive variation targeting quicker times to 60 mph than the base Porsche Macan series.

Using Ford's new all-electric architecture that places batteries inside the underbody, Ford engineers and designers were able to create a vehicle that's not only true to Mustang but also maximizes SUV space for five passengers and cargo.

As electric vehicle owners do 80% of their charging at home, Ford offers a Ford Connected Charging station that can add an estimated average range of 32 miles per charging hour on a 240V outlet, based on extended-range, rear-wheel drive configuration. The Ford mobile charger, included with the vehicle, can add an estimated average range of 22 miles per charging hour on a 240V outlet, the same used for a conventional oven. Ford is teaming up with Amazon Home to facilitate easy customer home installation by a licensed electrician.

2020 HONDA CR-V

CONTINUED FROM PAGE 12B

al CO2 emissions by 2050, compared to 2000 levels, Honda is aiming to electrify two-thirds of its global automobile sales by 2030. In the U.S., Honda electrified vehicle sales in 2019 are up 34% from year-ago results to more than 50,000 hybrids, plug-in hybrids, and fuel cell vehicles, with hybrid sales alone up 82% for the year.

The 2020 CR-V and CR-V Hybrid mark the sixth time Honda has been awarded by *Green Car Journal*. Last year, the 2019 Honda Insight became the fourth Honda passenger car to win Green Car of the Year, joining prior winners the 2012 Honda Civic Natural Gas, 2014 Honda Accord, and 2018 Honda Clarity Plug-In Hybrid, Clarity Electric and Clarity Fuel Cell, while the 2016 Honda HR-V won Green SUV of the Year.

About Honda

Honda offers a full line of reliable, fuel-efficient and fun-to-drive vehicles with advanced safety technologies sold through over 1,000 independent U.S. Honda dealers. The Honda lineup includes the Fit, Civic, Insight, Accord and Clarity series passenger cars, along with the HR-V, CR-V, Passport and Pilot sport utility vehicles, the Ridgeline pickup and the Odyssey minivan.

Honda has been producing automobiles in America for more than 35 years and currently operates 19 major manufacturing facilities in North America. In 2018, more than 90% of all Honda brand vehicles sold in the U.S. were made in North America using domestic and globally sourced parts.

Additional media information, including detailed pricing features and high-resolution photography of all 2020 Honda models, is available at hondanews.com. Consumer information is available at automobiles.honda.com. To join the Honda community on Facebook, visit facebook.com/honda.

WHY PAY CAR DEALERSHIP PRICES?



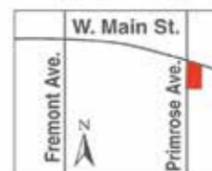
CARROLL'S BRAKE SERVICE

ABS Diagnostics & Repair

4 Wheel Computerized Wheel Alignment & Suspension Repair

Family Owned & Operated Since 1946

2360 West Main Street • Alhambra, CA 91801



Phone 626-281-0993

Web www.carrollsbakeservice.com

8:00 am To 4:30 pm
Monday Thru Friday



Find a car you like
and want on
**Alhambra's
Auto Row**

Get Wonderized...

Wondries
Family COLLISION CENTER

FREE Towing to Our Shop-24/7

FREE Rental Assistance

FREE Insurance Estimates

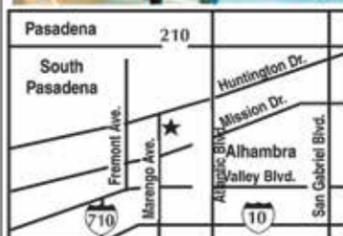
Ask About No Cost Insurance Claims

In Business Since 1949

FREE Consumer Guide, Virtual Tour
www.WondriesCollisionCenter.com

Next to Home Depot on
Marengo in Alhambra

626-414-1900



"We Speak Your Language"

**328 South Marengo Ave.
Alhambra, CA 91803**

Real Estate News | Residential, Commercial, Loans

UNDERSTANDING YOUR HOME'S ENERGY EFFICIENCY

CONTINUED FROM PAGE 1B

You may be wanting to make your home more energy efficient, but you just don't know where to start. The key here is to not be overwhelmed by the scope of all this, but to just get started. Understanding the terms of energy efficiency is a good starting point.



First, think of your home in terms of windows, doors, walls, roof, and cooling/heating systems. These elements form what energy experts call a "thermal envelope." As you visualize this "thermal envelope," you can get your arms around this whole energy efficiency discussion.

Heating and cooling account for 50 to 70% of the energy used in the average American home. So insulation is a good place to start to improve the energy efficiency of your home.

No matter how efficient your heating and cooling systems are, they won't make a big difference if your home's walls cannot protect you from the outside temperatures. Better insulation will lead to lower utility bills, higher resale value, increased comfort for your family, and better durability of your home.

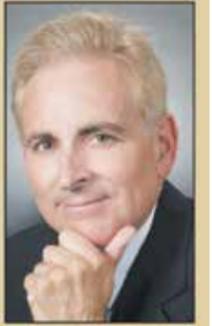
When discussing insulation, the term R-value will come up. The R-value of an insulation material is a measure of how well the product resists heat transfer. This means how much heat (or cold) escapes from the inside of the home. Higher R-values are better. The formula is complicated and considers the difference of inside and outside temperature relative to the thickness of the insulating material.

Your contractor will be able to specifically explain the appropriate R-value for your home. The specific value needed to insulate a home depends on climate, type of heating system, and other factors. A one-inch thick piece of plywood has an R-value of 1.25, while specially treated insulating wall materials can increase

Understanding Real Estate

By Gary Frueholz
DILBECK REAL ESTATE

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



$$R \text{ Value} = \frac{l \text{ (material thickness)}}{W/mK \text{ (conductivity)}}$$

R-values up to the range between 8 and 12. A 1 3/4-inch thick solid core door will have a R-value around 2.2, while a metal door insulated with polyurethane can increase the R-value by two to three times.

A significant way to increase energy efficiency is through insulating your attic. Insulating the walls on a constructed house can be expensive, but you can make a lot of progress with insulating your attic. Attic insulation is categorized by its type, thickness, and R-value. Materials to insulate your attic can be rolled out like carpet, laid in place like panels, or sprayed on. Floors can also be insulated without the complexity of breaking into walls.

Another effective way to make your home more energy efficient is with its windows. A typical home loses over 25% of its heat through the windows and can reduce its heating and cooling costs by 10 to 25%. And don't get caught up only in figuring out how many years your investment in new windows will be paid back in. New windows will make your home more comfortable, quiet, attractive, and less prone to water penetration.

New windows not only save energy by creating a tighter gasket in your "thermal envelope," but they also can employ insulating features such as heat-reflecting surfaces, low e-coatings, and argon gas between dual pane windows.

E-coatings are microscopically thin layers of metallic oxide that is bonded to the surface of a window. It is so thin that you can't see the e-coating, but it works like a mirror and prevents heat and ultra-violet (UV) rays from passing through. Lower e-coating values are better and consequently help seal your "thermal envelope."

It is not just the material of the window, but its style can be energy efficient. Sliding windows are less efficient, while casement or awning style windows are better.

The material also affects the efficiency of windows. Consumer Reports studies show that wood and fiberglass frame windows are best in holding in heat and cold. Windows made out of metal are less efficient since metal conducts heat and cold so well and then transmits it through to the inside. Dual pane windows help with keeping the temperature of the outside from working its way into your home.

You probably can remember hearing the howl of air rushing through the gap between the bottom of a door and the floor. Correcting this draft is easy. It can be accomplished by adjusting the door threshold with a threshold extender or weather stripping placed on top of the threshold. Also, the bottom of the door can be adjusted with a door bottom extension or door sweep.

Door sweeps are more complicated to install since the door is removed and the sweep is attached to the bottom of the door. Adjusting the threshold up is an easier solution since the door is left in place.

When you talk about door efficiency, you will hear about its U-factor. This is another measure of efficiency. The lower the U-factor, the more efficient the door.

There is a lot to the topic of energy efficiency in your home. But these are some practical places to start with. As you get more involved with creating an energy efficient home, the U.S. Department of Energy offers all sorts of additional ideas at its website, www.energy.gov. Here you can see detailed explanations on selecting energy-efficient heating/cooling systems and appliances to use with your home's improved "thermal envelope."

341 Story Place, Alhambra
4 Bedrooms, 2 Bathrooms

200 N. 5th Street, Alhambra
1 Bedroom, 1 Bathroom

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

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

Anthony Venti Realtors, Inc.

626 282-6121 626 674-1351

OFFICE AFTER HOURS

1129 E. Main St., Alhambra, CA 91801 DRE# 00465088

Habla Español - Bilingual Agents

Call for a Free Market Evaluation

www.ventirealtors.com

Your Neighborhood Professional Realtors for over 40 years

Happy New Year 2020

Around Alhambra

For advertising rates and other information, contact

Alhambra Chamber of Commerce
104 S. First St., Alhambra, CA 91801
Tel: 626-282-8481 Fax: 626-282-5596
www.alhambrachamber.org

Tenant rights to smoke cigarettes or marijuana in rental units

There is no absolute right to smoke



Tenants don't have a universal right to smoke in their rentals. There is no law, either state or federal, that provides people with the freedom to smoke when and where they want. Nor are bans on smoking discriminatory: State and federal laws prohibit discrimination on the basis of certain attributes, such as age and national origin, but being a smoker isn't one of them.

In fact, states, cities, and the federal government can place restrictions on all types of smoking. However, the laws regarding how, what, and where people can smoke vary.

Federal smoking laws

The federal government has the power to regulate almost any substance you might consider smoking, including tobacco and controlled substances such as marijuana.

Tobacco. Smoking tobacco is legal under federal law. The federal government doesn't restrict its use in private rentals but does restrict it in public housing. The U.S. Department of Housing and Urban Development (HUD) requires all public housing agencies to prohibit certain tobacco

products but allows public housing agencies to decide whether to prohibit e-cigarettes. Each public housing agency can also decide to be entirely smoke free or create stricter anti-smoking rules than HUD's. No matter what, if you live in public housing, you won't be able to smoke in your unit.

Marijuana. Using and possessing marijuana for any purpose, including medical reasons, is illegal under federal law. Because it is a banned substance, using it anywhere — even in the privacy of your rental unit — exposes you to the possibility, even if remote, of being charged with a federal crime.

State and local smoking laws

States and cities have the power to pass laws and ordinances that protect the health and safety of the public. This power includes the ability to restrict or ban smoking in rental properties.

Many states and cities have laws that prohibit or limit smoking in or around multiunit buildings due to the fact that smoke migrates so easily across shared spaces. In some areas, even buildings with as few as two units are considered multiunit for

products:

- In all indoor areas, including individual units.
- All outdoor areas within 25 feet of a building.

HUD makes all public housing agencies ban the use of cigarettes, cigars, pipes, and water

these purposes. Often, if the law doesn't ban smoking altogether, it prohibits it in a certain percentage of units or in shared spaces such as common areas and parking lots. It's also possible for a state or city to pass a law banning smoking in all rental properties — even single-family homes.

Most state and local anti-smoking laws clearly define what activities are considered smoking. For instance, a law might prohibit the use of pipes, cigars, and cigarettes. When a law is unclear about the definition of smoking, though, it's probably safe to assume that it applies to anything that involves lighting or heating and inhaling the substance. Many anti-smoking laws also apply to vaping and using electronic smoking devices such as e-cigarettes.

Marijuana. The personal use of marijuana is illegal in California, but state and local anti-smoking laws definitely apply to it. Some anti-smoking laws carve out an exception for smoking medical marijuana. Others define "smoking" as involving, or even define "tobacco" itself as, any plant matter that can be smoked. Many others are silent on the matter. To find out what the law is in your area, do an internet search for "anti-smoking laws" or "smoking ban."

Although landlords who manage properties subject to laws that limit or prohibit smoking should attempt to inform tenants of the rules, it's the tenant's responsibility to be aware of and comply with the law.

TO BE CONTINUED.



Commercial Real Estate

By MARK PAULSON
ANTHONY VENTI REALTORS, INC.

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

21 SUGGESTIONS FOR 2020

1. Marry the right person. This one decision will determine 90% of your happiness or misery.
2. Work at something you enjoy and that's worthy of your time and talent.
3. Give people more than they expect and do it cheerfully.
4. Become the most positive and enthusiastic person you know.
5. Be forgiving of yourself and others.
6. Be generous.
7. Have a grateful heart.
8. Persistence, persistence, persistence.
9. Discipline yourself to save money on even the most modest salary.
10. Treat everyone you meet like you want to be treated.
11. Commit yourself to constant improvement.
12. Commit yourself to quality.
13. Understand that happiness is not based on possessions, power or prestige, but on relationships with people you love and respect.
14. Be honest.
15. Be a self-starter.
16. Be decisive even if it means you'll sometimes be wrong.
17. Stop blaming others. Take responsibility for every area of your life.
18. Be bold and courageous. When you look back on your life you'll regret the things you didn't do more than the ones you did.
19. Take good care of those you love.
20. Be healthier.
21. Don't do anything that wouldn't make your mom proud.



John Man
Broker
DRE #01388408



JOHN MAN GROUP

Ranked #1 Listing Team in West San Gabriel Valley

Probate & Trust Sale Specialists



119 S. Atlantic Blvd, Monterey Park

John Man's Track Record

- ◆ 100% of Properties SOLD
- ◆ 79% Sold Over Asking
- ◆ 500+ Transactions with over \$500 Million in Volume



27 Quick & Easy Fix-ups to Sell Your Alhambra Home Fast and for Top Dollar

Order your FREE report today!

Call or Text YES to (626)498-2737

Email: JMG@ManRealty.com

PLUSHDERMA



SKIN CLINIC & SURGICAL CENTER
DR. REZA GHAZI, MD

Open on Nights & Weekends!
Mon & Wed to Sat: 9 am to 8:30 pm
Sun & Tues: 9 am to 5 pm
Walk-ins Welcome
Sun & Tues by Appointments Only

NEW SERVICE

Proven Cellulite Solution!

Speedy Recovery, Lasting Results and Minimal Pain with Cellfina



Untouched Photos of Real Patients for One Cellfina Treatment After 2 Years



Three Locations!

CARSON
276 E Sepulveda Bl. 90745
Call (424) 364-0032

EL MONTE
11008 Valley Mall #202
zip 91731
Call (626) 774-7478

HUNTINGTON PARK
2140 E. Florence Ave
#2164, zip 90255
Call (626)774-7809



TOTAL BODY MAKEOVER!!!

Affordable, Fast Recovery, Minimally Invasive

JANUARY SPECIALS!

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

Get Youthful Facial Volume with **Radiesse \$450** per Syringe

Treat Sun Damage, Broken Capillaries Freckles and Pigmentation with **IPL Photofacial \$180** and up

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

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

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

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

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

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

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

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

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

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

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

REAL PATIENTS



Laser Hair Removal Specials!



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

Sideburns	\$35	Feet	\$25
Lips	\$20	Abdomen	\$50
Chin	\$20	Tummy Trail	\$35
Ears	\$35	Buttocks	\$40
Ladies' Face	\$55	Shoulders	\$40
Gentlemen's Face	\$75	Women's Chest (Partial)	\$30
Arreola (Nipples)	\$30	Women's Chest (Full)	\$60
Underarms	\$30	Men's Chest (Partial)	\$50
Neck (Front)	\$30	Men's Chest (Full)	\$80
Neck (Back)	\$35	Full Back (Women)	\$85
Half Arms	\$50	Full Back (Men)	\$110
Full Arms	\$80	Lower Body (Women)	\$185
Bikini (Standard)	\$35	Upper Body (Women)	\$215
Bikini (Strip)	\$45	Lower Body (Men)	\$215
Bikini (Brazilian)	\$55	Upper Body (Men)	\$245
Full Bikini (Men)	\$75	Full Body (Women)	\$380
Legs (Lower)	\$70	Full Body (Men)	\$450
Legs (Upper)	\$70	Touch-up (15 Min)	\$80
Legs (Full)	\$120		

Botox \$8 per Unit

Dysport \$8 per 3 Units

Other Cosmetic Procedures

Full Face IPL Photofacial	\$180
<small>(price per treatment)</small>	
Hands IPL <small>(per treatment)</small>	\$150
Belotero <small>(per syringe)</small>	\$330
Juvederm <small>(per syringe)</small> Ultra Plus XC	\$450
Radiesse <small>(per syringe)</small>	\$450
Restylane <small>(per syringe)</small>	\$400
Acne Scar Removal	\$250+
<small>(starting price)</small>	
Spider Vein Removal	\$200+
<small>(starting price)</small>	
Tattoo Removal	\$100+
<small>(starting price)</small>	