

AROUND ALHAMBRA

PUBLISHED BY THE ALHAMBRA CHAMBER OF COMMERCE

SECTION B

life

community
seniors / health
dining / entertainment
auto / real estate

Valentine's Day Dining, Gift Guide

St. Valentine's Day 2019, Feb. 14, falls on Thursday. Members of the Alhambra Chamber of Commerce offer a treasure of great feasts and gifts appropriate for the day.



Get ready for Valentine's Day at **Adiva Intimates**, 815 S. Fremont Ave., Alhambra 91803. Adiva Intimates retails and showcases a wide selection of intimate apparel from women's lingerie, swimwear, and costumes. Valentine's Day sale goes through Feb. 14. Store hours are 10 a.m. to 6:30 p.m. Monday through Saturday and noon to 6 p.m. Sunday. Follow Adiva Intimates on all social media @ Adiva Intimates.

38 Degree Ale House and Grill, 100 W. Main St., Alhambra 91801, (626-282-2038), has the most diverse selections of ales, lagers, 38 draught craft taps, wines, and cocktails that can be paired by their delectable choices of dishes from pastas, barbecue meats selections, burgers, and sandwiches. Check out their specials and food menu items at [www.38degreesalhambra.com](http://thebigcatchseafood.com). **Almansor Court**, 700 S. Almansor St., Alhambra 91801, (626-570-4600). Situated on the Alhambra Golf Course overlooking Alhambra Lake, Almansor Court Banquet & Conference Center offers eight elegantly appointed banquet and conference rooms with varying decor and views.

Alondra Hot Wings, 515 W. Main St., Alhambra 91801, (626-576-7119). Home of the "Best Wings in Town!" has a great variety of pizzas, pastas, sandwiches, burgers, and chicken wings on the menu. Happy hour is 3 p.m. to 6 p.m. Monday through Friday. Check www.lovealondras.com for more information and on-

line ordering.

Applebee's Restaurant, 21 E. Main St., Alhambra 91801, (626-576-4621), has two for \$22 deals on the menu that include one full-sized appetizer and two entrees with the choice of salad, pasta, or chicken, or choose the two for \$27 deal that includes one full-sized appetizer and two entrees with the choice of full steak and a half rack of baby back ribs. Happy hour special menus are daily from 3 to 6 p.m. and 9 p.m. to closing. Find more information at www.applebees.com.

Baja Cali Fish and Tacos - Main (31 E. Main St., Alhambra 91801, (626-940-5549). Valley (2001 W. Valley Blvd., Alhambra 91803, (626-872-0479), has varieties of genuine Baja Cali style foods on the menu such as fish tacos, burritos, tostadas, and fresh seafood cocktails. Menu information can be found online at www.bajacalifishandtacos.com.

Big Catch Seafood Restaurant- 2 S. Garfield Ave, Suite 100, Alhambra 91801, (626-282-8590), specializes in Cajun-style cooking offering a variety of fresh seafood such as crawfish, lobster, shrimp, clams, crab legs, catfish, trout, and tilapia. Diners can choose from a variety of preparations, including grilled, charbroiled, fried, or boiled with Cajun or Butter Lemon seasoning for excellent flavorings of each dish. Happy Hour and chef's special menu information can be found at <http://thebigcatchseafood.com>.

Blaze Pizza, 100 E. Main St. #160, Alhambra 91801, (626-921-4188), offers fast-fired fresh made-from-scratch with all-natural ingredients, customized artisan pizza, for a more casual kind of Valentine's Day dining. Choices to build-your-own or order from the list of their signature pizzas such as the Meat Lover, Red Vine, and Green Stripe. Start an order online at www.blazepizza.com for carryout or delivery options.

Bun 'N Burger, 1000 E. Main St., Alhambra 91801, (626-281-6777), serves traditional American and Mexican food along with flamed broiled 100% beef burgers, sandwiches, steaks, and serving all-day breakfast dishes such as omelets and pancakes. For more information on menus and restaurant hours, visit them at www.originalbunnburger.com.

Charlie's Trio, 47 W. Main St., Alhambra 91801, (626-284-4943), and Vino at Trio's wine bar, 10 N. First St. Alham-

bra, (626-284-4674), have nice dimly lit atmospheres with sets of great full-menus of Italian dishes, steaks, and seafood dinners. Enjoy a beautiful Valentine's Day evening outdoors, and dine in the patio area. Vino at Trio's wine bar has a large selection of wine collections from California and Italy and are excellent with a delicious meal. Check their websites at www.charliestrio.com and www.vinotrios.com for more information on restaurant hours, special menus, and Happy Hour times.

Denny's Restaurant, 369 W. Main St., Alhambra 91801, (626-281-6701), is America's diner offering 24-hour service with welcoming staff serving up hearty diner foods along with mugs of fresh hot coffee. Come in for breakfast, lunch, or dinner, and enjoy a hearty meal anytime of the day for Valentine's Day. Visit their website at www.dennys.com for menu list and restaurant specials.

Dickey's Barbecue Pit, 8 W. Main St., Alhambra 91801, (626-831-9797), a barbecue chain eatery featuring a family legacy of high quality and mouthwatering hickory-smoked signature meats slowly smoked onsite. The menu features beef brisket, pulled pork, St. Louis style ribs, polish sausage, spicy cheddar sausage, smoked turkey, and marinated chicken, with an extensive variety of homestyle sides from jalapeño beans to macaroni and cheese. Check out their website for menu list and special deals at www.dickeys.com.

Diner on Main, 201 W. Main St., Alhambra 91801, (626-281-3488), has a retro American '50s restaurant atmosphere and is located in the heart of Alhambra's Main Street entertainment district. It offers great food, fun entertainment, and a true diner experience. A menu of signature dishes includes juicy burgers, salads, steaks, hand dipped shakes, and homemade pies and cakes. Enjoy martinis, 20 draft beers on tap, an extensive list of wines from the bar while watching sports and

SEE FULL ARTICLE ON PAGE 12B

5 things you didn't know were essential for landlord



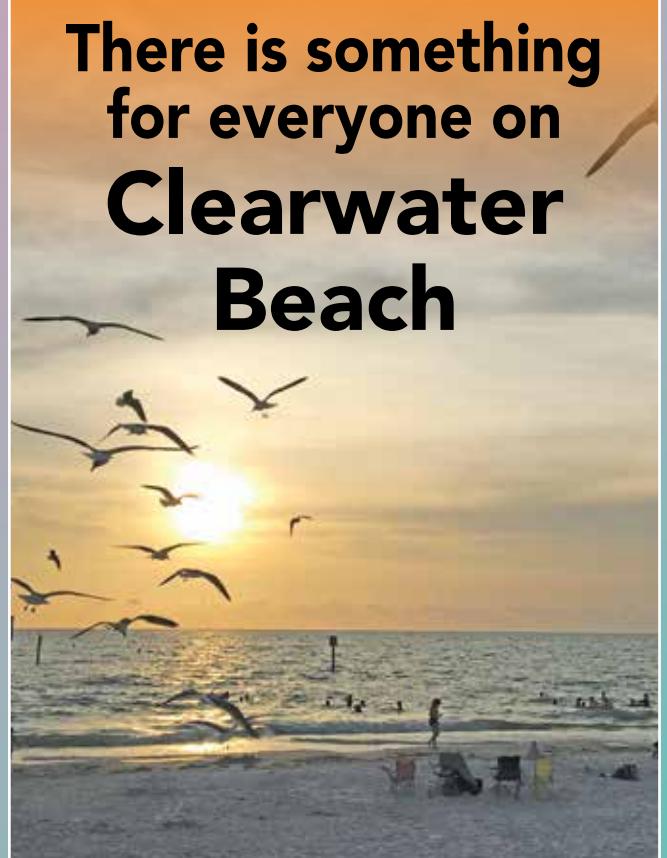
There's no such thing as landlord school. Most landlords just do a little reading online and dive right in. Which is fine, but it also means many new landlords are ill-prepared for the work of being a successful landlord. Far too many landlords fail to bring a level of professionalism to their landlord side gigs. Sure, this can lead to some irked tenants, but the person who suffers the most is the landlord — in the form of shoddy returns. Here are five habits that landlords need to develop if they want maximum profits and minimum headaches.

1. The unflinching enforcer mindset

Do you have the disposition and discipline needed to be a landlord? Tenants will push against your boundaries. Your job as a landlord is to firmly and professionally defend those boundaries. That means enforcing your lease agreement — to the letter. Rent doesn't come in on the first? Send an unofficial late-rent reminder. Rent doesn't come in before the legally mandated grace period ends? Send an official eviction-warning notice. They still don't pay after the required waiting period? File in court for eviction. You'll get sob stories, often with literal sobbing. Many people bend and give their tenants leeway — and then they give some more leeway. If you do this, you train your tenants to believe that the rent is not their most urgent bill. So why would they ever pay it on time when they have other bills

FULL ARTICLE BY MARK PAULSON ON PAGE 19B

There is something for everyone on Clearwater Beach



Every night is a sunset celebration.

STORY & PHOTOS BY BARBARA BECKLEY
SEE PAGE 2B

There is something for everyone on Clearwater Beach

Look! It's Hulk Hogan! Well ... almost. It was a life-like statue of Hogan outside his boutique, Hogan's Beach Shop, on Mandalay Avenue in Clearwater Beach, Florida. But it could have been him.

"Hogan frequents the Sandpearl Resort across the street," the store manager told me, as I perused his merchandise from championship wrestling belt replicas to posters and hoodies. "I'm staying at the Sandpearl!" I exclaimed. I kept an eye out for Hogan at the resort's AAA 4-diamond restaurant, Caretta on the Gulf, and at its ocean-front Tate Island Grill. But Hogan never appeared.

No worries. I experienced so many wonderful things that not seeing the celebrity wrestler makes an excellent excuse for a return trip.

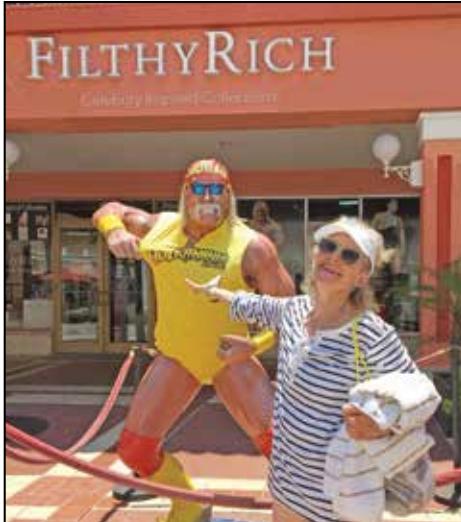
This was my first visit to Clearwater Beach — a bustling barrier island 22 miles west of Tampa on the Gulf Coast. I was as enthralled with the white sandy beaches, mangrove-fringed lagoons, and dreamy sunsets as were the 19th century fun-in-the-sun-seekers, who arrived in 1897 at the new Bellevue Inn — the first hotel to open on Florida's west coast. The venerable property is still there and grander than ever, thanks to a meticulous restoration and expansion completed in December 2018.



Who needs flukes! Winter, the movie star dolphin, at home in the Clearwater Marine Aquarium.

Of course, Clearwater has grown over the years. Its dozens of hotels include the region's three finest: the Bellevue Inn, and the Sandpearl Resort and Opal Sands Resort, both of which I experienced and am happy to recommend; plus water tours, sports and fishing; nightly sunset celebrations, shops, restaurants; and the Clearwater Marine Aquarium (CMA), which is world renowned for its marine rescue, reha-

TRAVELS WITH
BARBARA BECKLEY
STORY AND PHOTOS
BY BARBARA BECKLEY



Look! It's Hulk Hogan.

bilitation, and release (when possible) program. Clearwater Beach was named No. 1 Beach in America by the 2018 TripAdvisor Travelers' Choice Awards.

Turns out Hogan isn't the only celebrity in town. And not all of them are human.

Perhaps the most beloved celeb is Winter the Dolphin, who lives at the CMA. She starred in the 2011 movie *A Dolphin Tale* also starring Morgan Freeman, which chronicled her rescue and recovery by the

CMA after she lost her tail flukes and was filmed at the CMA. I took the behind-the-scenes tour and was thrilled to see Winter up close and heartened to learn about the good work it's doing from rescuing tiny seahorses and helping repopulate Ridley sea turtles on the East Coast to having a marine rescue van at the ready 24/7.

Healthy tail flukes enabled the wild dolphins to splash and play in the glistening waters of Clearwater Bay, much to my delight and others on the Encounters With Dolphins tour on its Little Toot tugboat-like vessel. "There are 120 dolphin in the bay," the captain announced, "and all of them have names. One was a CMA rescue, released back into the wild." Phones snapped and video rolled as the friendly mammals entertained us — and themselves. "We guarantee dolphin sightings or a free tour," the captain continued. I was impressed when my seatmate told me he drove from Orlando, 95 miles away, just to take this tour. It's that highly recommended, he said. I also was impressed when the captain pointed out Hulk Hogan's mansion among the many elegant waterfront homes.

Seashells dangling in the trees, finding two shiny red conch shells in the undisturbed sand, and floating in the turquoise waters, were highlights of my morning sail to Caladesi Island State Park. After a scenic sail across the harbor, Paddle Out Adventures' pontoon tour boat anchored, and the captain lowered kayaks so we could paddle through the



My view at the Opal Sands Resort.

mangroves to the deserted beaches. Caladesi is accessible only by boat and is one of the few still untouched islands on Florida's gulf coast. Visitors who do get there, have for years, hung seashells on the surfside vegetation to honor its natural beauty. In keeping with tradition, before we left, I hung a seashell — no, not the conch shells, I kept those — on a sea apple tree.

Glorious sunsets make every night worth celebrating. The official sunset celebration happens nightly on Pier 60, with artisans, street performers, and flocks of photogenic seabirds. But anywhere with an ocean view is wonderful. I also celebrated at the Sandpearl Resort's beach fire pits and the oceanfront palapa-topped Sandbar at the Opal Sands Resort. The sun had set by the time I enjoyed Neapolitan-style pasta and fresh-from-the-sea local Hogfish, both house specialties, at the Opal Sands' fine dining Sea-Guini restaurant. I even made my own Neapolitan-style pizza — courtesy of the Sea-Guini chef's group pizza-making classes.

I also followed the locals to the award-winning Marina Cantina for margaritas and seafood enchiladas overlooking the yachts in Clearwater Marina.

My favorite find — much to my heart's delight — was the Freaky Tiki Surf Shack. It's been a Clearwater Beach fixture since 1976! And is renowned for locally designed and made tiki-themed apparel and gifts and décor. I love all things tiki. Now that I'm home, my Freaky Tiki hoodie brings back fond memories of Clearwater Beach and my need to return to see Hulk Hogan and another sunset.

For more on Clearwater Beach, go to www.visitclearwaterflorida.com and www.visitstpeteclearwater.com



Wonderful shelling on Caladesi Island.

Innovative technology for health offered at J & N's Formula to Wellness

For centuries, eastern medicine has known about the use and benefits of the body's acupuncture points to stimulate health, reduce pain, and promote well-being. Today, the LifeWave Company has made a major breakthrough in this ancient practice. The company has developed a series of patches that, when applied to the skin at acupressure points, promote the health benefits of acupuncture, without drugs, while eliminating the need for using the needles traditionally associated with acupuncture.

In Alhambra, LifeWave is represented by Nickie Chan and Julian Chung through their company J & N's Formula to Wellness at 7 N. Fourth St. Ms. Chan is proud that their mission is, "to promote the highest standard of health and well-being with application of a new and innovative technology that is changing the lives of many of our clients."



LifeWave is represented by Nickie Chan, left, and Julian Chung through their company J & N's Formula to Wellness at 7 N. Fourth St.

Both women are active in the community. Volunteering for the Chamber of Commerce, Nickie has served as an Ambassador president and is a Chamber board member. Julian has also been an Ambassador and is now the membership liaison for the Chamber.

They are not alone. LifeWave's non-drug, non-transdermal patch technology is being used successively by many health care practitioners, celebrities, Olympic and professional athletes, and average people in over 110

CONTINUED ON PAGE 6B

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Winner is solely responsible for all applicable federal, state, and local taxes and any expenses associated with the prize.

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Seniors / Retirees News | Activities, Projects, Features

Tips to make sure medications accomplish purpose

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

A few months ago, I went to the doctor. After a routine exam, he suggested I begin taking a baby aspirin every day as a step in minimizing the effects of a heart attack. There were several factors that led to this diagnosis, but this was his recommendation. I followed my doctor's orders strictly for a few weeks ... and then I began to miss a day here and there, then a couple of days, and eventually it became even more sporadic. I haven't told my doctor about my pattern, but my guess is he would say that the medicine is only as good as the administration. It cannot help you if it is not in your system.

I am I sure that I am not an exception. In fact, I may be the rule, because medication management is one of the major problems for senior adults. According to the Robert Wood Johnson Foundation, nearly three out of four people aged 65 or older have multiple chronic health conditions. The treatment for many conditions associated with aging, such as high blood pressure, depression, and arthritis, includes medication. Another study says that 87% of seniors take one prescription drug and 36% take five or more. Add to this the issues of declining eyesight, grip strength, mobility, and memory issues that seniors face, and you have a recipe for problems. The advances in modern medicine, especially drug therapy, have been remarkable in the 20th and 21st centuries, but these drugs only work well when administered in the right amounts at the right time. In fact, when these factors are not in place, a person can have more problems and complications. With this in mind, here are a



few ideas to make sure your medications, or those of a loved one, accomplish their purpose and don't cause problems.

1. Keep all medications, vitamins, OTC meds, and supplements in one location

If they're all stored in different locations, it's easy to lose track of medications, vitamins, over-the-counter medications, or supplements that are being taken. For example, some older adults might keep certain pills in the kitchen, some on their bedside table, and others in the bathroom medicine cabinet. It's especially important to include over-the-counter medications because they could negatively interact with prescription medications. A good habit is to gather everything into one place. That way, you can see exactly what is being taken, make sure similar prescriptions aren't being prescribed for the same health condition, and dispose of expired medications.

2. Make sure medication is stored properly

In general, medication should be kept in a cool and dry place. This means the bathroom cabinet isn't a good place to keep meds — moisture and heat can affect drugs. Medications should also be kept safely away from children or pets.

To stay organized and increase medication safety, keep all the pill bottles and packages in a clear plastic storage bin. You'll be able to store them more securely and make sure everything stays together.

3. Create and maintain an up-to-date medication list

To prevent negative drug interactions, it is essential to know exactly what medications are being taken. That's why it is so important to always have an up-to-date list of medications, vitamins, supplements, and over-the-counter medications. You need to be aware of the name of the medication, how often to take it, the proper dosage, who prescribed it, the purpose of the medication, and whether it is for long-term or short-term use.

4. Pre-sort medications for the week

Staying organized is essential to good medication management for seniors. Using a pill organizer allows you to pre-sort medications for the week. The best type of pill organizer, especially for older adults, is one with enough compartments for every dose needed throughout the day. If any pills need to be split, it may be best to do this ahead of time and include those halves in the pill organizer compartments.

5. Double check for negative drug interactions

Many older adults are taking multiple medications, vitamins, over-the-counter medications, or supplements. That's why it's important to double-check to make sure none of them cause serious negative interactions. You can always consult your pharmacist about these issues. Asking questions is a great way to get information and build a relationship for future needs.

6. Make sure medication instructions are clear

With medications, it's important to follow the doctor's instructions. This minimizes the risk of negative drug interactions, side effects, and the drug losing effectiveness. Make sure you understand which medications are safe to take at the same time and which need to be spaced out to prevent negative side effects. Some medications need to be taken on

CONTINUED ON NEXT PAGE

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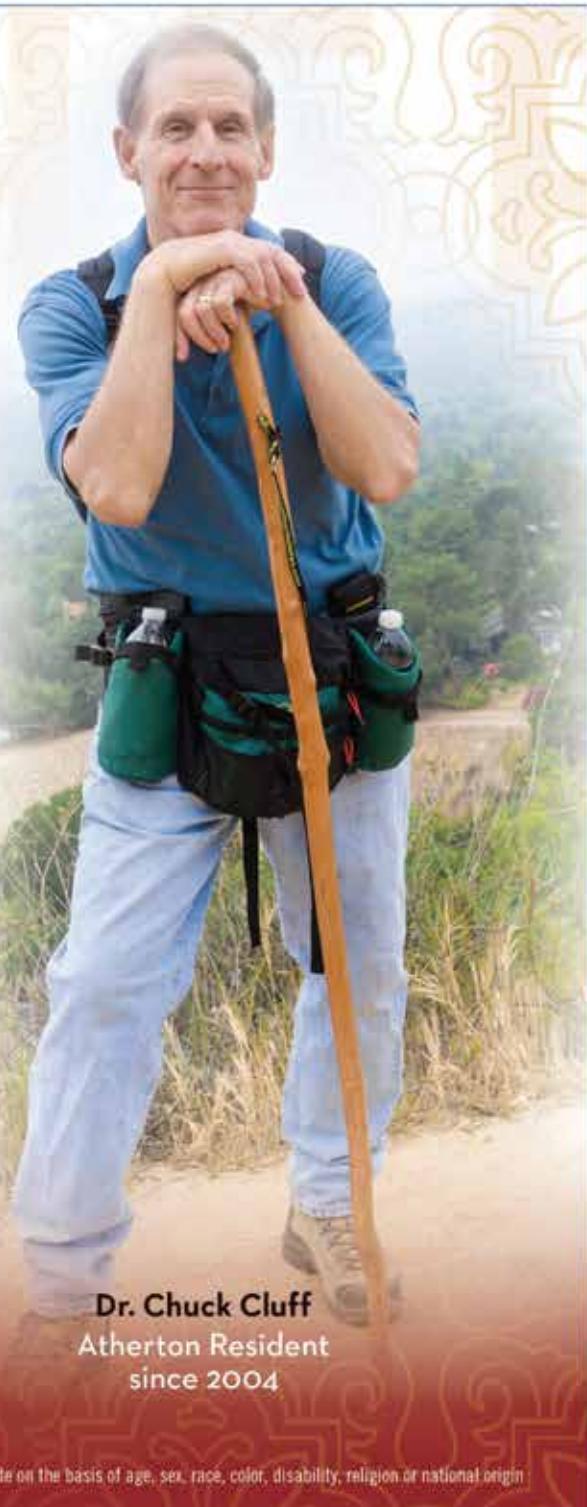
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TIPS TO MAKE SURE MEDICATION ACCOMPLISH PURPOSE

CONTINUED FROM PAGE 3B

a full stomach while others need an empty stomach. If there is any uncertainty, don't be afraid to ask the doctor for explanations and detailed instructions. Their job is to make sure the medications will work effectively, and the only way that can happen is if they're taken correctly.

7. Set up a medication reminder and tracking system

With so many medications, it can be tough to remember when to take each dose. A medication reminder system and tracking log can help you know that the correct meds have been taken at the right times. A simple way of tracking when medications were taken is to take notes with paper and pen. You could create a simple chart with the medication name and dose, day, and time of day. To help remember when it's time to take medicine, there are a variety of ways to set reminders. Some older adults might like to set a series of

alarms on their mobile phone. Tech-savvy seniors might find a medication management app. If you aren't tech-savvy and only take a couple of doses per day, a basic alarm clock could work well. For others, a telephone-based reminder might work better and allow for more doses through the day.

8. Understand the likely side effects of medications

Knowing about potential side effects and drug interactions helps you watch out for any health changes that could happen after starting a new medication, increasing dosage, or combining medications differently. If you do notice changes, contact the doctor right away. Common side effects could increase fall risk, upset the stomach, cause pain or weakness, and more.

Modern medications can increase the quality and the longevity of one's life. But not properly taken, they can create additional problems. We will probably all take some type of medication in our lifetimes, so proper management is essential to the quality of life. I guess that means I should revisit my doctor's orders and get some new habits in place!

**Elder Care Planning Attorney
Carlos A. Arcos**

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Trustees Duties and Trusts

Dates: **Thursday, February 21, 2019**
Thursday, March 21, 2019

Time: **10:00 a.m. – 11:00 a.m.**

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

No reservations required

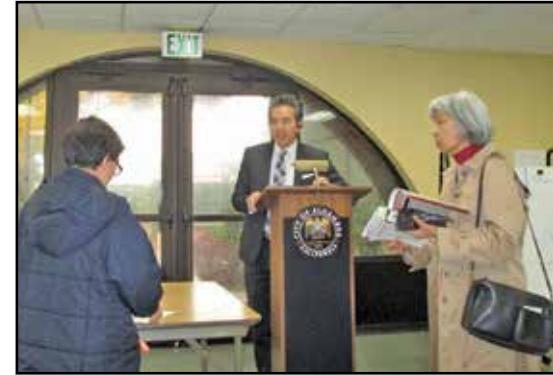
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For more information, please call

626-284-9003 or 800-284-9003

**Joslyn to host
'Understanding
& Reviewing
Your Trusts'**

Feb. 21



Attorney Carlos Arcos has shared his wealth of knowledge with Joslyn Center clients for 20 years.

Do not put off planning for end of life care and allocating an estate to heirs. If this is not done, someone else, perhaps a stranger, will make the decisions.

At Joslyn Adult Center, 210 N. Chapel Ave., monthly seminars in estate planning and elder care are offered by Carlos Arcos, an elder care planning attorney. Mr. Arcos has shared his wealth of knowledge with Joslyn Center clients for 20 years.

In January, his seminar was Trusts, Medi-Cal, and Elder Care. Among subjects he covered were Wills and Trusts, Power of Attorney, Accounting, Long-Term Care, Medi-Cal benefits, trustees, reverse mortgages, and more. His hour-long presentations include plenty of time for questions and answers as he shares some of the real life cases he has seen and hypothetical problems that many people could face.

These popular seminars are well attended, even during the recent rains. His next session will be presented from 10 to 11 a.m. Thursday, Feb. 21, and is titled Understanding and Reviewing Your Trusts.

Find future programs and dates for Mr. Arcos in the *Alhambra Leisure Guide* on page 25, or call the Joslyn Center at 626-570-5056 for details. Don't put it off!

**Senior Outings to visit
Yakult factory on Feb. 28**

The factory floor might not sound like a pleasant place to visit, but it is if the factory is producing the probiotic drink Yakult. That is where Senior Outings is going from 8:30 a.m. to 4:30 p.m. Thursday, Feb. 28. The cost is only \$15. The tour is rated as active, so plan on some walking.

The Yakult factory is in nearby Fountain Valley. There will be a trip through the state-of-the-art production facility, the only one in the United States, to see how Yakult is made and to learn more about the health benefits of probiotics. Guests will also get to see how the factory makes, fills, seals, and packages the iconic little bottles. The facility can produce up to 400,000 bottles a day.

After the tour, have lunch (not included) at the ever popular Block at Orange with its great assortment of restaurants and shopping. Remember to preregister at the Joslyn Adult Center. See the Leisure Guide for details, or call 626-570-5056.

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



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.

Give kids a smile

Dr. Dara and Advanced Dentistry of Alhambra, 70 S. Palm Ave., Alhambra, will host a no-cost Kids Dental Day Wednesday, Feb. 13, in honor of National Children's Dental Health Month. There will be free dental care for children ages 4 to 17 in need from 9 a.m. to 5 p.m.

During this event, children will receive a free exam, digital x-rays, cleaning, fluoride treatment, sealants, and fillings if necessary. Parents will be given information on how to educate and motivate their kids to maintain good oral hygiene.

Parents who are interested in having their children seen on this day should call and register in advance. Appointments will be made until the appointment slots are filled. A parent or guardian must be present at the time of the appointment.

Dr. Dara wants to use this opportunity to raise awareness about the importance of oral health starting at an early age. Unfortunately, not every child in the United States has access to dental treatment necessary to avoid serious oral health problems.

During the whole month of February, the office will give away toothbrushes to kids. Please feel free to stop by to pick up a toothbrush.

Call to schedule an appointment at 626-289-6131.



Wednesday, February 13

A day of FREE exams, x-rays, cleanings, sealants, fillings for children 4-17 years old

70 S. Palm Ave, Alhambra, CA 91801

Call to schedule **(626)289-6131**

Parent/ Guardian must be present.

During the whole month of February we will be giving away toothbrushes. Please feel free to stop by and pick up a toothbrush for your child.



ADVANCED DENTISTRY
— of Alhambra —



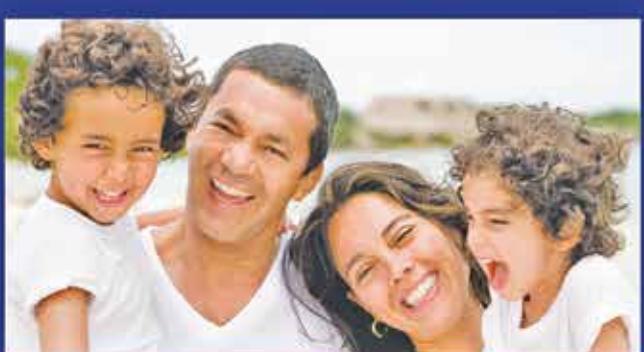
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A season of bliss is possible

BY SHEILA YONEMOTO, P.T.

During the holiday season, we reflect on friends and family and being grateful. It's a time for hope and thinking about new beginnings.

A transition in health care has scientists and medical professionals looking at putting basic tools into the hands of individuals so they can improve their own health. It's a multifaceted approach incorporating good changes into our daily routine. These are things we can control, ultimately lowering health care costs and improving life.

Many are calling this a new decade of medicine, emphasizing what we eat, how we sleep, how we move, and how we manage stress. Our bodies are 1% human DNA and 99% microbial DNA. Many of our feel-good neurotransmitters are produced by the good bacteria in our bodies. Healthy breast tissue has different bacteria than cancerous breast tissue, making it a possible diagnostic tool in the future. The microbiome, or the microbial soup in the body, differs in each individual and is influenced by myriad factors, mainly what you eat. But other things like wireless energy also affect the microbiome, often killing off the good bacteria in our gut. We are an ecosystem of multiple living organisms, and the more diverse our microbiome is, the healthier we are.

I recently told a patient to eat a diet with no processed sugar, no fried foods, as much organic as possible, and only animal protein, grass fed, without hormones, antibiotics, or grains, especially wheat. She normally ate fast food, limited vegetables and fruits, and a lot of sugar. She had total body pain and depression. I told her to follow the diet for two weeks. To her sur-



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.

prise, all her pain went away, and she was happy for the first time in a very long time. It seemed remarkable that such a simple change could result in such a dramatic improvement.

It's a simple experiment to try for two weeks. Feeding your good microbes with the right food means eating mostly plants and the diverse fiber that comes from plants. They can produce the feel-good neurotransmitters that can give you bliss.

INNOVATIVE TECHNOLOGY FOR HEALTH CONTINUED FROM PAGE 2B

countries. Further, it has the research of more than 70 clinical studies to back it up. The patches provide health benefits that could potentially provide a better and healthier lifestyle for those who use them.

"Alhambra's LifeWave is able to help you revitalize your own natural energy, get a restful night's sleep, alleviate body pains, protect your body from harmful radiation, and even turn back time with their patented nanotechnology that specializes in anti-aging benefits," Nickie and Julian pointed out.

In January 2019, LifeWave introduced a new patch called X-39. It is a 3rd Generation Technology patch designed to elevate a peptide known to activate stem cells in the body without injections. You can check out this revolutionary new patch and all the different LifeWave patches at <https://www.lifewavesuccess.com/ANewWayOfThinking/>.

The benefits of X-39 are increased energy, improved quality of sleep, dramatic pain relief, wrinkle reduction (activating stem cells leads to an increased collagen in the skin, which decreases the appearance of lines and wrinkles), improved sports performance and increased recovery after exercise, scar reduction, and dramatic wound healing.

Don't hesitate to ask Nickie and Julian about why and how to get involved in LifeWave. For additional information regarding LifeWave products and how to use them, call Nickie and Julian at 626-616-0669.

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One of the benefits of Patch X-39 is dramatic wound healing.

Senile plaque associated with Alzheimer's disease linked to gum disease

A recent study published in *Plos One* suggests that periodontal (gum) disease may initiate Alzheimer's disease. Long-term exposure to periodontal disease bacteria causes inflammation and degeneration of brain neurons in mice that is like the effects of Alzheimer's disease in humans, according to this study from researchers at the University of Illinois at Chicago (UIC).

Although other studies have demonstrated a close association between periodontitis and cognitive impairment, this is the first study to show that exposure to the periodontal bacteria results in the formation of senile plaques that accelerate the development of neuropathology found in Alzheimer's patients.

To study the impact of the bacteria on brain health, UIC established chronic periodontitis in 10 wild-type mice. Another 10 mice served as the control group. After 22 weeks of repeated oral application of the bacteria to the study group, the researchers studied the brain tissue of the mice and compared brain health.

The researchers found that the mice chronically exposed to the bacteria had significantly higher amounts of accumulated amyloid beta — a senile plaque found in the brain tissue of Alzheimer's patients. The study group also had more brain inflammation and fewer intact neurons due to degeneration.

These findings were further supported by amyloid beta protein analysis, an RNA analysis that showed greater expression of genes associated with inflammation and degeneration in the study group. DNA from the periodontal bacteria was also found in the brain tissue of mice in the study group, and

Smile Talk



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

a bacterial protein was observed inside their neurons.

This data, according to the researchers, not only demonstrates the movement of bacteria from the mouth to the brain, but also that chronic infection leads to neural effects like Alzheimer's.

The researchers say these findings are powerful in part because they used a wild-type mouse model. Most model systems used to study Alzheimer's rely on transgenic mice that have been genetically altered to more strongly express genes associated with the senile plaque and enable Alzheimer's development.

In conclusion, since gum disease is a risk factor for the development of Alzheimer's, it is critical that you see your dentist regularly and observe good oral hygiene practices.



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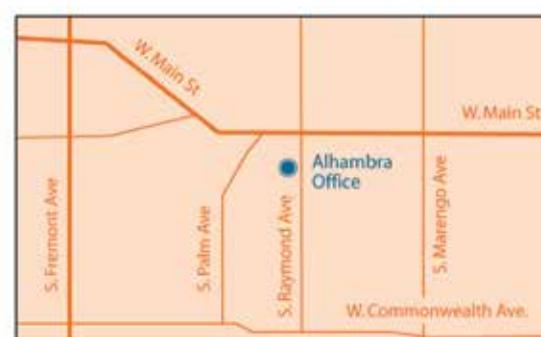
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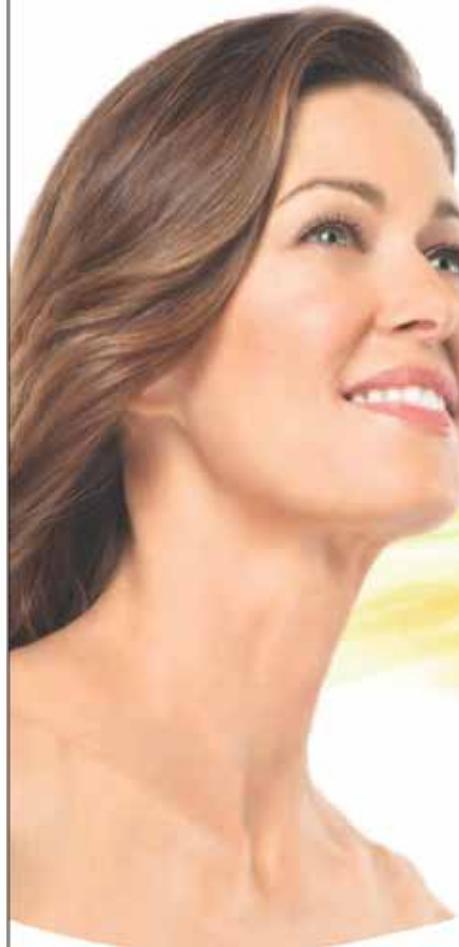


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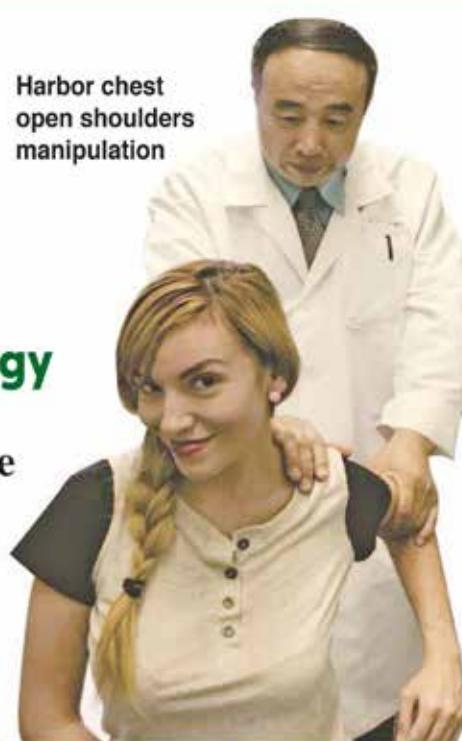
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Dining & Entertainment What's Happening for Food & Fun

Yama Seafood Market: a hidden gem

There is a tradition in Europe that when shopping, people buy bread in one place, cheese in another, and meat in a different store. That is rare in supermarket America. But tucked away in a small store in San Gabriel there is a man selling only the freshest fish for Japanese style sushi and sashimi.

Yama Seafood Market, 911 W. Las Tunas Drive in San Gabriel, has quietly been selling the unique fish of Japanese cuisine since 1984. The owner, Mr. Yamamoto, was born in Kyoto, Japan, and at an early age learned the ways of fresh fish. Every morning he drives to the wholesale markets where his practiced eye looks for the best grade of tuna (ahi, yellowtail, and blue fin) and salmon. He also finds fresh uni, salmon roe, and yellowtail collar.

On some days, other fish might be available depending on what Mr. Yamamoto likes based on his decades of experience. He only buys what he thinks he can sell that day. He does not hold anything over for tomorrow. But he is likely to throw in a little something extra in an order to assure he won't have leftovers.

His customers continually remark on the freshness of the fish. Mr. Yamamoto is not shy when he says, "I know fish." One customer remarked recently that she keeps coming back because of him, his knowledge, and his friendliness and determination to give the customer what they want at the best price around.

His dedicated customers drive to his small store from all over Southern California to find him behind the counter personally cutting the fish and making sushi rolls and sashimi plates. He doesn't put on a show as in the expensive restaurants. He is all business, and his low prices are among the most frequently mentioned advantage of shopping at Yama Seafood Market. He also carries other Japanese products including beer, curry, crackers, and dry ramen noodles to complement meals.

The food at Yama is take out only. This is not a restaurant. Fans of fresh sushi and sashimi can't do better in price and quality than Yama Seafood Market.

For more information, call Yama Seafood Restaurant at 626-281-8045. It is closed on Tuesdays. Hours every other day are 10 a.m. to 7 p.m. except Sunday when it opens at 11 a.m. There is free parking behind the store.

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Matt Barber performs with a passionate, uplifting style reminiscent of Frank Sinatra, Barry Manilow, and Michael Buble.

Performing Arts Center presents Matt Barber — Sinatra Nights

Alhambra Performing Arts Center, under the direction of Chef/Artistic Director Bill Yee, will present popular singer Matt Barber and his Sinatra Nights show in a free post-Valentine's Day concert at 7 p.m. Sunday, Feb. 17, at Sage Granada Park United Methodist Church, 1850 W. Hellman Ave., Alhambra.

With a passionate, uplifting style reminiscent of Frank Sinatra, Barry Manilow, and Michael Buble, Mr. Barber delivers songs known and loved with a sincere, meaningful approach. His passion for his music comes through in every song. Mr. Barber's music has recently been featured on Los Angeles jazz station KJAZZ 88.1 FM. He has had the honor of performing at notable venues, including The Four Seasons Hotel in Beverly Hills, Andy Williams' Moon River Restaurant in Branson, as well as the Illinois State Fair in his home state.

For the Sinatra Nights concert, Mr. Barber will perform many of Sinatra's hits, including *I've Got You Under My Skin* and *New York New York*. His goal is to not only entertain but to also uplift and encourage as many people as possible. His show, The Matt Barber Experience, consists of fun, upbeat, and relaxing music from the heart.

Seating is limited; first come first served.

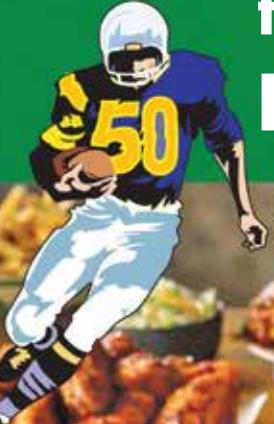
Refreshments will be provided by the chefs from the Alhambra Culinary School. Free-will offerings are accepted during the intermission and are used to support the artists and free culinary training for veterans including uniform and cooking equipment.

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

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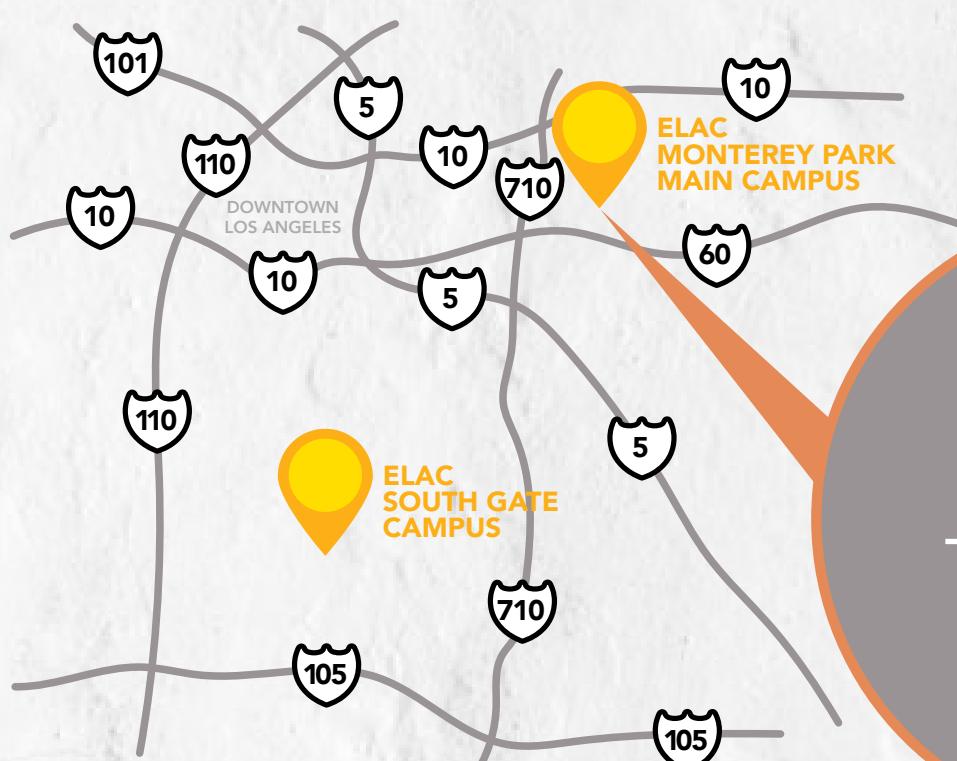


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VALENTINE'S DAY DINNING, GIFT GUIDE

CONTINUED FROM PAGE 1B

other shows on 7" big-screen TVs. They are open seven days a week and serve breakfast, lunch, and dinner. For restaurant hours and special Happy Hour menu lists, check online at www.dineronmainrestaurant.net.

Dog Haus, 410 E. Main St., Alhambra 91801, (626-282-4287), has a great, casual ambience with a biergarten of a wide variety of local craft beers and wines. They serve signature all beef Haus Dogs and hand-crafted proprietary Haus Sausages, as well as their 100% genetically tested, humanely raised Black Angus beef using no hormones and no antibiotics. All dogs, sausages, and burgers are served on grilled King's Hawaiian rolls and crafted with savory toppings. Guests can choose from signature, one-of-kind Haus creations or customize their own from a wide array of unique toppings. Happy Hour menus are available from 3 p.m. to 6 p.m. Monday through Friday, 10 p.m. to midnight Monday through Thursday, and 3 p.m. to midnight Sunday. Dog Haus is open for lunch and dinner daily from 11 a.m. to midnight. Find out more information at www.doghaus.com.

Garden Cafe, 228 W. Valley Blvd. Suite #101, Alhambra 91801, (626-289-1833). Chinese, American, and Hong Kong style cafe that serves grilled chicken, steak, pork, and seafood dishes, pastas, sandwiches, and Chinese noodles and rice dishes. With many choices and options of dishes on their menu, Garden Cafe has something for everyone. Garden Cafe is open from 7 a.m. to 4 a.m. daily.

Jasmine House, 11 W. Main St., Alhambra 91801, (626-284-8000), features family-style delicious Chinese cuisine that includes Peking duck, Mongolian beef, kung pao chicken, various rice and noodle dishes, special seafood dishes, and more items from the chef's recommendation. Special menu items are available for lunch and dinner. More information on restaurant hours and menu items are available on their website at www.jasminehousela.com.

La Parrilla Mexicana Restaurant, 2938 W. Valley Blvd., Alhambra 91803, (626-289-2412), serves homestyle Mexi-

can dishes such as enchiladas, fajitas, burritos, seafood, burritos, and other familiar Mexican dishes. Choose to have the Chef's Special to celebrate the occasion and pair it with a domestic or imported beer or even with a wine margarita.

Limericks Tavern, 300 W. Main St., Suite #110, Alhambra 91801, (626-872-1504), is a modern gastropub that serves classic Irish and American comfort food and 60 kinds of beer on draught. They have a great number of delicious signature dishes on the menu such as the Irish nachos, fish n' chips, and braised short ribs. Enjoy the comfortable ambience in their large dining area, or have a crafted cocktail or beer on tap at the bar. Weekday specials and the Happy Hour menu are available online at www.limerickstavern.com

Los Amigos Mexican Grill and Cantina, 118 W. Main St., Alhambra 91801, (626-313-0130), is "Where Amigos are Made" and serves a variety of authentic delicious Mexican dishes such as fajitas, tostadas, enchiladas, tacos, burritos, and caldos. Lunch specials and combinations, such as enchilada and flautas, mini changa burrito, and the Los Amigos Signature Burger are affordable and great in portion. Special Happy Hour and dinner menus have a list of a variety of choices of food and drinks. Enjoy the ambience and cocktail or imported beers at the bar. Reserve seating is available, and information can be found on their website at www.losamigosonmain.com.

Mancora Peruvian Cuisine, 240 W. Main St., Unit A, Alhambra 91801, (626-940-5402), is open from 11 a.m. to 10 p.m. Monday through Sunday. This casual dining Peruvian restaurant features a wide variety of items prepared fresh to order every day, like the Seco De Lomo, a filet mignon cut topped with cilantro sauce and served with aji amarillo risotto and salad, and the Arroz con Mariscos, an excellent combination of colorful rice and tasty seafood mix. Outdoor patio seating is also available. Check out their website at www.mancoraperuvian.com for menu information.

Marie Callender's Restaurant, 220 S. Atlantic Blvd., Monterey Park 91754, (626-281-9548), offers daily lunch, dinner, and Happy Hour specials on their menu along with their delicious famous pies and desserts. Marie Callender's has an

extensive list of dishes on their menu including pastas, burgers, sandwiches, desserts, and other signature dishes like the chicken pot pie. Restaurant hours and full menu information are available at www.mariecallenders.com.

Next Republic Artisan Kitchen, 119 W. Main St., Alhambra 91801, (626-940-5822), is a casual dining fusion restaurant serving next generation dishes, such as their signature steakhouse style sizzling teppan dishes served on a hot grill. Next Republic diners can pair their meals with a delightful cocktail or wine. Couples who are dining will get a glass of wine of choice and also if they check in on Yelp. Must show the check-in on Yelp to

server. Find more information online at www.nextrepublic.us for Happy Hour specials, menus, and restaurant hours.

PanAsia Sweet & Savory, 45 S. Garfield Ave., Alhambra 91801, (626-281-0228), was inspired by the traditional notion of Dai Pai Dong (street food movement), and has created a comfortable and casual gathering place for friends and family to enjoy honest Asian comfort food such as curry fish balls, sweet chili turmeric hot wings, and curry chicken somosas. They have a great variety of dishes on the menu of signature plates like the Hainan chicken boneless, noodle soups, fried rice and noodles, and seasonal vegetables. They also serve sweet, delicious desserts and refreshing drinks like smoothies, green teas, and coffee. Enjoy the outdoor seating in the patio area. Check out more information and the menu at www.panasiusa.com.

Phoenix Inn Restaurant & Dessert, 208 E. Valley Blvd., Alhambra 91801, (626-299-1238), is a place to go for full-service dining, fast-casual dining, or simply a nice sweet dessert. They offer Chinese cuisine and desserts with many delicious and savory items on the menu. Dine in and order family-style dishes such as lo mein noodles, fried noodles, beef, chicken, pork, seafood dishes, and fried rice. Enjoy sweet desserts and drinks, such as their signature puddings, rolls, and mixed fruit delight. Check out their lunch and dinner special menu at www.phoenixfood.us.

Ritter's Steam Kettle Cooking, 1800 W. Valley Blvd., Alhambra 91803, (626-872-6464), has a unique style of Creole/Cajun cooking where dishes are made to order and cooked using steam kettles. Diners can sit at the steam kettle bar for an experience and watch the chef cook the dish in front of them. Ritter's has many delicious southern dishes from famous pan roasts, gumbos, clam chowder soups, Po'Boy sandwiches, and fresh seafood. Ritter's also has a special Happy Hour menu from 8 p.m. to closing Monday through Sunday with offers of \$3 off on all starters, \$1 oysters ordered by a half dozen or a dozen, and \$8-\$10 draft beer pitchers, \$3 off a glass of draft beer, and \$2 off a glass of wine. For more information on Ritter's and specials, check out www.rittersskc.com.

Saigon Eden, 29 S. Garfield Ave., Alhambra, 91801 (626-289-0239), serves authentic Vietnamese dishes with a blend of unique flavors and textures. They have a wide selection and choices of delicious appetizers and desserts, including banh mi (French bread sandwiches), fried rice noodles, and noodle soups. Local favorites are the pho soups and banh xeo (pan fried rice crepe with shrimp). Restaurant hours are 9 a.m. to 9 p.m. Sunday through Thursday and 9 a.m. to 10 p.m. Friday through Saturday.

Scala Stonegrill, 1411 S. Garfield Ave., Unit 104, Alhambra 91801, (626-782-7898), a juicy steakhouse with a modern twist, serves the finest cuts of meats and seafood. Scala Stonegrill offers an innovative way of dining with its style of cooking the choice of meats on 400 degree heated natural volcanic stones without adding oils or fats. The cooking locks in the natural flavors of the food. They have a large list of delectable selections of dishes on their menu, including tapas, noodle soups, pastas, and stone grills. Happy Hour menu specials and menus are available online at www.scalastonegrill.com.

Shakey's Pizza, 2234 W. Valley Blvd., Alhambra 91803, (626-576-7851), is open from 11 a.m. to 10 p.m. Sunday through Thursday and 11 a.m. to 11 p.m. Friday through Saturday. Dine in to enjoy freshly baked Shakey's classic pizzas or build your own with choices of toppings. Make a pizza combo by adding chicken and mojo potatoes. Shakey's has a bunch of Lunch special deal with unlimited pizza, fried chicken, garden salad, Mojo's, pasta, desserts, and more. Information on Happy Hour specials and restaurant hours are available online at www.shakeys.com.

Sichuan Impression, 1900 W. Valley Blvd., Alhambra 91803, (626-283-4622), serves authentic Sichuan style dishes such as stir-fried chili chicken, "Xi-zhi" wok-fried crab, and ginger rabbit of Zigong. Be daring and try the spiciest and rarest dish on the menu. More information on menus and restaurant hours are available at www.sichuanimpression.com.

Spanglish Kitchen, 526 N. Atlantic Blvd., Alhambra 91801, (626-589-0482), serves authentic Mexican dishes. This walk-up-and-order restaurant has a great selection of tacos, burritos, sopes, tortas, huarache, enchiladas, and quesadillas. Dine in and enjoy a meal

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VALENTINE'S DAY DINNING, GIFT GUIDE

CONTINUED FROM PREVIOUS PAGE

on their outdoor seating patio. Find them on yelp, and get more information on restaurant hours and menu items.

Steven's Steak & Seafood House, 5332 Stevens Place, Commerce 90040, (323-723-9856), has a wide variety of dishes on the menu, such as their famous prime ribs, steaks, fresh seafood, pastas, salads, and sandwiches. Pair a dish with a glass of wine from their collection of wines. Steven's has weekly events and entertainment for everyone to enjoy. For information on restaurant hours, menu, reservations, and schedules of events, check their website at www.stevenssteakhouse.com

The Thai Paradise, 909 W. Las Tunas Drive, San Gabriel 91776, (626-570-8887), serves authentic Thai dishes like pad Thai, yellow curry, pineapple fried rice, and Tom Yum Paradise noodle soup. Lunch special is served daily at 11 a.m. to 3 p.m., and dinner special is served at 3 p.m. to 9:30 p.m. More information is available at www.thethai paradise.com.

Tomomi Sushi, 17 W. Main St., Alhambra 91801, (626-458-0388), is a sushi and sake bar that has a great selection of dishes on the menu, including sushi hand and cut rolls, fresh sashimi, combo bento boxes, udon and yakisoba soups, and Japanese curry. Happy Hour special is available all day Monday through Thursday. Information on menu, restaurant hours, and special deals can be found in their website at www.tomomisushi.com.

Wing Stop, 100 E. Main St., Suite 150, Alhambra 91801, (626-282-9464), is a buffalo-style chicken wing restaurant and has many choices and flavors of chicken wings on the menu. Order by group packs or by pieces, and add a choice of sides such as seasoned fries, veggie sticks, and Cajun fried corn. Make it more flavorful by dipping the wings in home-made ranch, bleu cheese, or honey mustard dip. Check their website at www.wingstop.com for information on menu, restaurant hours, and other special deals.

Z Sushi, 1132 N. Garfield Ave., Alhambra 91801, (626-282-5636), serves authentic Japanese food available at the sushi bar or the kitchen, such as sushi hand and cut rolls, fresh sashimi, teriyaki chicken, filet mignon, udon soups, combination plates, and special crafted dishes and specialties made by the Z Sushi chef. They have a large selection of beer and wine at the bar. Information on restaurant hours and menu are available on their website at www.zsushi.com.

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Wendy's Restaurant has undergone an extensive remodeling.



Wendy's will soon introduce three new sandwiches: Barbeque Cheeseburger, S'awesome Bacon Cheeseburger, and Peppercorn Mushroom Melt.



Wendy's offers two brand new Coca-Cola Freestyle Coke machines.

Wendy's starts fresh

Someone who hasn't been to the Wendy's Restaurant at 245 S. Atlantic recently might not recognize it. The family-owned and -operated franchise has undergone an extensive remodeling, and Wendy's is now better than new.

They took the interior down to the bare walls and started over. They bought all new tables and chairs and installed a new big screen TV with a community table, where 10 sports fans can enjoy the game while polishing off their orders of burgers and fries. Nearby, there is a new smoke-free electronic fireplace that gives a cozy glow and relaxing atmosphere to that corner of the dining room.

Check out the two brand new Coca-Cola Freestyle Coke machines. They are state-of-the-art touch-screen soda fountains that allow customers to mix their own drinks from dozens of Coca-Cola products in order to create drinks that give them the exact flavors they want.

Of course people really go to Wendy's for the food. The salads are made fresh every morning. A new batch chili is slow simmered for four hours each day, and the meat is fresh, never frozen.

Speaking of starting fresh, Wendy's will soon introduce three new sandwiches. They include Barbeque Cheeseburger, S'awesome Bacon Cheeseburger, and Peppercorn Mushroom Melt.

Start the New Year off with fresh choices and new surroundings at Wendy's.

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Chocolate Cream	Double Cream Lemon
Coconut Cream	German Chocolate
Custard	Lemon Meringue

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Cream Cheese	Lemon Cream Cheese
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Automotive News | Auto Dealers, Repairs, Services



The RDX is on pace to surpass 60,000 units, setting a new all-time record.

2019 Acura RDX: America's best-selling compact luxury SUV earns highest possible 2019 Safety Award from IIHS

The 2019 Acura RDX has earned the highest possible award and safety ratings from the Insurance Institute for Highway Safety (IIHS). The 2019 RDX qualified for Top Safety Pick+, thanks to a top rating of good in all crashworthiness tests, standard AcuraWatch™ active safety technology that earns a superior rating, and available good-rated headlights. Since its launch in June, the all-new RDX has recorded six consecutive monthly sales records to take the lead as America's No. 1 retail-selling compact

luxury SUV for 2018. Total sales for the year are on pace to surpass 60,000 units, marking a new all-time record for RDX.

According to the IIHS, "The 2019 Acura RDX excelled in our six crashworthiness evaluations, including the roof strength test. Our testing apparatus applied over 21,000 lbs of force to the RDX's roof before it crushed 5 inches. That's more than five times the weight of the vehicle."

"The 2019 Acura RDX offers the highest level of standard safety and driver-assistance

features in its class, so earning class-leading safety ratings is a strong proof point of the technology and design innovation we're bringing to the game," said Jon Ikeda, Acura vice president and general manager.

Developed by the company's U.S. R&D team, the 2019 RDX has the newest generation of Acura's Advanced Compatibility Engineering™ (ACE™) body structure, new high-strength steel door stiffener rings, and for the first time, eight airbags, including new driver and front-passenger knee airbags. Furthermore, RDX features the AcuraWatch suite of safety and driver-assistive technologies as standard equipment, including Collision Mitigation Braking System™ (CMBS™), Adaptive Cruise Control with Low-Speed Follow, and Road Departure Mitigation. RDX also features Acura JewelEye™ LED headlights to help achieve its best-in-class ratings.

To earn the 2019 Top Safety Pick+ award, a vehicle must earn good ratings in the driver- and passenger-side small overlap front, moderate overlap front, side, roof strength, and head restraint tests. It also needs available front crash prevention that earns an advanced or superior rating and available good-rated headlights. The RDX's standard Jewel Eye™ LED headlights are rated good, while the curve-adaptive LED headlights equipped with the Advance Package are rated acceptable.

2019 Acura RDX

Debuting the next-generation of Acura design, performance, and technology and the model's first-ever A-Spec variant, the all-new 2019 Acura RDX went on-sale June 1 at Acura dealerships nationwide with a class-leading array of premium features and

CONTINUED ON PAGE 16B

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302A package, 2.7l ecoboost, 10 speed auto, navigation system, XLT sport appearance package, trailer tow package, reverse sensing system, 26 hwy mpg.

NEW 2018 FORD FIESTA S SEDAN
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TOTAL SAVING \$3,733
Vin# JM139935



NEW 2018 FORD EXPLORER BASE SUV
YOUR PRICE: \$25,245
TOTAL SAVING: \$8,085
Vin# JGC28204



NEW 2019 FORD EXPLORER
LEASE \$269 PER MONTH
Vin# KGA41707



\$3999 customer cash, \$2000 rebate, \$500 college grad rebate, 36 months, 10500 miles per year, 20 cents per excess miles.
Auto, A/C, rear camera, remote keyless entry, sync with applink, advancetrac with rsc, curve control, 24 hwy mpg.

NEW 2018 FORD EXPEDITION XLT
LEASE \$499 PER MONTH
Vin# JEA43801



\$4999 customer cash, \$3500 rebate, \$250 vin customer rebate, \$500 college grad rebate, 36 months, 10500 miles per year, 25 cents per excess miles.
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TOTAL SAVING \$5,194
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Honda Dream Drive to deliver next-generation infotainment, commerce, services, rewards to drivers, passengers

Delivering on customer expectations for the full integration of mobile services into the vehicle experience, Honda is demonstrating its prototype Honda Dream Drive, the automotive industry's first integrated driver and passenger infotainment, commerce, services, and rewards dashboards within the vehicle environment. First shown as a concept at CES 2017, Honda Dream Drive has evolved to offer drivers and passengers a broad range of convenient services and engaging entertainment options, while minimizing the potential for driver distraction.

The new prototype mobile-based dashboards provide services and experiences designed specifically for both drivers and passengers:

The expansion of Honda's in-vehicle payment technology concept, first introduced at CES 2017 with Visa, enables drivers to pay for goods and services like fuel, movie tickets, and parking, make restaurant reservations, order food for pickup or delivery, and even share the driver's location with friends and family.

Passengers have the ability to play mixed reality games, watch movies, listen to music, read original comics stories, use travel applications, explore new points of interest along the route, and control the radio and cabin features all from the passenger's mobile device.

Moreover, customers will have access to purchase Honda Dream Drive content, movie or event tickets, order ahead, and a variety of other convenience options provided by Honda's collaborators.

"Honda has teamed up with industry leaders who want to understand how to best provide in-vehicle services to our customers," said John Moon, managing di-

rector, Strategic Partnerships, Honda Innovations. "These collaborations are important to test consumer desire so we can understand how to mutually serve our customers."

Partnering with leading brands on voice-enabled driver applications

Honda Dream Drive is both voice and touch enabled, providing users with convenient, safe, and easy access to services. Honda collaborated with a host of industry leaders — Atom Tickets, Chevron U.S.A. Inc., The Coffee Bean & Tea Leaf®, Grubhub, Glympse, iHeartRadio, IPS Group, Arrive, Parkopedia, Phillips 66, Yelp, and USAA — for its voice enabled, driver dashboard for parking, gasoline payment, restaurant reservations, ticketing, audio, location sharing, and rewards.

Honda collaborated with AAA, DC, Entercom/RADIO.COM, the LEGO Group, Silvergate Media, and the Octonauts team, and Univision Music to create its passenger dashboard for entertainment, education, travel, commerce, and rewards experiences.

Expanded in-vehicle payment partnerships

Since 2016, Honda has worked with Visa to build and enhance the in-vehicle payment experience to make payments more convenient and secure. Now, Honda is expanding its in-vehicle payment collaboration to include Mastercard and PayPal. Collectively, Honda is working with these partners to create the vehicle experience of the future.

Rewards program for Honda customers

In an effort to create new value for vehicle owner-



Honda Dream Drive has evolved to offer drivers and passengers a broad range of convenient services and engaging entertainment options, while minimizing the potential for driver distraction.

ship and use, Honda Developer Studio is user testing a new points-based rewards program to benefit drivers and passengers for using Honda products and services. Drivers and passengers can earn rewards points for participating in a variety of activities including purchasing services, watching and listening to media, and playing games.

"The gamification of everyday travel experiences with rewards points provides Honda with a unique opportunity to connect with its drivers and passengers, to establish a more personal engaging relationship with them, and to enhance customers' daily lives with the automotive industry's first frequent driving and riding program," said Bryan Biniak, CEO of Connected Travel®. "Honda drivers and passengers earn points from common activities as well as extraordinary experiences created with market leading brands and developers and then redeem their reward points at their favorite local and online retailers."

To learn more about Honda Developer Studio, visit Developer.Hondainnovations.com and follow @HondaInnovation on Twitter.

What our collaborators are saying

CONTINUED ON NEXT PAGE

Volkswagen Golf SportWagen named best wagon in 2019 Autoweb Buyer's Choice Awards

Volkswagen of America, Inc., announced the 2018 Golf SportWagen was named Best Wagon in the 2019 AutoWeb Buyer's Choice Awards. The awards represent the most in-demand vehicle in each category, based on price quote requests submitted on AutoWeb's network of automotive websites.

"We are very proud of this win for Golf SportWagen," said Derrick Hatami, executive vice president of Sales, Marketing, and After Sales for Volkswagen of America, Inc. "The SportWagen offers a unique blend of style, spaciousness, and Volkswagen's hallmark fun-to-drive nature. Awards like this serve as proof point that we are hitting the mark with buyers."

"Unlike awards composed of editors' top picks, the AutoWeb Buyer's Choice Awards represent the most in-demand vehicles among millions of consumers," said Jared Rowe, president and CEO of AutoWeb. "This year's winning manufacturers are clearly delivering products that best meet the needs of today's car buyers. More than ever, consumers expect the best in buying, driving, and ownership experiences. Congratulations to all the winners for developing vehicles that match, and often exceed, these expectations."

The Buyer's Choice Awards are compiled from price quote data from more than 120 million consumers who visited AutoWeb's network of automotive websites from October 2017 to October 2018, compared to all other vehicles in their competitive sets. Data in 17 car shopping sub-categories was analyzed for these awards.

The 2018 Volkswagen Golf SportWagen is the only German-engineered mass-market wagon on sale in the U.S. and boasts a potent blend of performance and practicality. The 2018 Golf SportWagen comes standard with a 1.8-liter 170hp engine, is available in three trim levels — S, SE, and SEL — and offers available 4Motion® all-wheel drive. MSRP starts at \$21,685.

For more information about the Buyer's Choice awards and AutoWeb, visit www.autoweb.com.

About AutoWeb, Inc.

AutoWeb, Inc., provides high-quality consumer leads, clicks, and associated marketing services to automotive dealers and manufacturers throughout the United States. The company also provides consumers with robust and original online automotive content to help them make informed car-buying decisions. The company pioneered the automotive internet in 1995 and has since helped tens of millions of automotive consumers research vehicles; connected thousands of dealers nationwide with motivated car buyers; and has helped every major automaker market its brand online.



The German-engineered wagon built for practicality and performance hits a home run with buyers.

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ACURA RDX**CONTINUED FROM PAGE 14B**

technologies and a Manufacturer's Suggested Retail Price (MSRP) starting at \$37,300, excluding \$995 destination and handling.

The 2019 RDX is built on an all-new, Acura-exclusive body and chassis architecture and incorporates a host of new premium features and technologies, including Acura's award winning True Touchpad Interface™, an ultra-wide panoramic moonroof, available Acura ELS Studio 3D™ premium audio system, and next-generation Acura sport seats with up to 16-way power adjustability.

The 2019 RDX is powered by a direct-injected and turbocharged 2.0-liter, 16-valve powerplant with DOHC VTEC® valvetrain mated to the segment's only 10-speed auto-

matic transmission (10AT). Peak output of 272 horsepower and 280 lb.-ft. of torque (SAE net) bests RDX's key competitors from Mercedes, BMW, Audi, and Volvo. The RDX is available with Acura's Super Handling All-Wheel Drive™ system, capable of distributing up to 70% of torque to the rear wheels and up to 100% of that torque to either the left or right rear wheels, creating outstanding control and agility.

The 2019 Acura RDX is the first RDX to be designed and developed in America. Like its predecessor, the new RDX is manufactured in East Liberty, Ohio, using domestic and globally sourced parts, with the powertrain produced at the company's plants in Ohio and Georgia.

HONDA DREAM DRIVE**CONTINUED FROM PREVIOUS PAGE**

"Parking is an essential component of the driving experience," said Yona Shtern, CEO of Arrive. "We are excited to partner with Honda and Connected Travel to power voice-enabled parking in Honda Dream Drive, helping Honda drivers reduce time in traffic, save money, and make it simpler and safer for them to reach their destinations."

"We're constantly looking at market-leading channels to deliver the Atom Tickets experience to consumers," said Matthew Bakal, chairman and co-founder of Atom Tickets. "Teaming with Honda on Dream Drive to deliver next-generation passenger and driver movie ticketing services was a natural fit since our companies share the same goal of bringing convenience and entertainment to the consumer. Innovation is at the forefront of our company's DNA, and we hope consumers will enjoy seeing Atom pop up in more unexpected places in the future."

"Honda Dream Drive takes full advantage of vehicle connectivity to bring consumers new experiences that will simplify their lives, and we are excited to work alongside Honda to extend this innovation to the in-vehicle audio experience by seamlessly blending broadcast radio with all of the streaming offerings of iHeartRadio," said Michele Laven, president, Strategic Partnership Group for iHeartMedia. "Radio has always been a major point of influence before a consumer makes a purchase, and we are thrilled to work with Honda on Dream Drive to make these transactions simpler than ever for listeners and drivers."

"As an innovation leader in Smart Parking for Smart Cities, IPS Group is proud to partner with Honda in this exciting evolution of an enhanced driving and parking experience," said Chad Randall, chief operating officer, IPS Group.

"We continuously explore the opportunities offered by new technologies to create fun and creative play experiences for children in various play environments, physical and digital," said Tom Donaldson, senior vice president of Creative Play Lab at the LEGO Group. "This demo, while not a commercially available experience, is yet another way

in which we aim to experiment with how children interact with LEGO play in a fun mixed-reality scenario."

"From the comfort of their homes to the confines of their cars, people want to make purchases when they want and where they want," said Sherri Haymond, executive vice president, Digital Partnerships, North America, Mastercard. "Our familiarity of shopping with mobile and voice-activated devices has created the expectation for almost every device to be a way to shop and pay. At Mastercard, we're bringing our technology and experience to ensure these experiences are simple, intuitive, and secure."

"We understand consumers want to fuel up, pay, and quickly be on their way," said John Barbour, manager of Payments and Card Services at Phillips 66. "Now consumers can use the Phillips 66 apps in Honda cars to pay for gas at the pump in a fast, friendly, and seamless way."

"We're delighted by this opportunity for kids to enjoy Octonauts via this new app platform," said Ron Allen, EVP Commercial, Silvergate Media. "It's a great new chance for them to explore, rescue, and protect the oceans!"

"Univision is thrilled to collaborate with Honda's platform to jointly develop next-generation radio experiences for connected and autonomous vehicles, said Jesus Lara, president of Univision Radio. "Working closely with Honda we seek to develop highly immersive and engaging user experiences and advertising solutions that deliver results for our partners. We look forward to showcasing Uforia with Honda at CES this year."

"By continuing our partnership with Honda, a leader in automotive innovation, we are furthering the development of in-car commerce solutions that focus on security, safety, and convenience for the driver," said Olabisi Boyle, vice president of IoT, Visa. "Combining Visa's payment expertise and Honda's expansive platform, we are one step closer to transforming the car into a new epicenter for commerce."

About Honda Innovations

Honda Innovations drives transformative collaboration within all areas of Honda. As part of Honda Innovations, Honda Xcelerator and Honda Developer Studio, two open innovation programs, serve as catalysts to discover and experiment with new technologies and business concepts. Honda Innovations partners with innovators of all shapes and sizes from startups to global brands and design and development communities to create cutting edge products and services. Honda Innovations is based in Silicon Valley and operates globally. To learn more, visit HondaInnovations.com.

About Connected Travel

Founded in 2016, ConnectedTravel® has developed a comprehensive cloud-based platform service that uses Artificial Intelligence (AI) and Machine Learning (ML), data fusion, behavior science, and gamification technology to capture, understand, and drive consumers' day-to-day mobile activities. ConnectedTravel® has developed, owns, and operates a driver and passenger location-based application services platform and business that serves the automotive ecosystem on a SaaS basis. The platform provides data driven infotainment applications and APIs, realtime behavioral management and analytics tools, as well as geotargeted advertising and attribution services. For more information, visit www.connecttravel.com.



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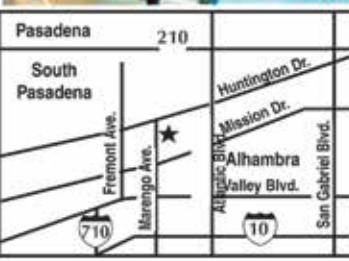
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The 2020 Kia Soul EV is powered by a state-of-the-art liquid-cooled lithium ion polymer 64 kWh battery.

All-new 2020 Kia Soul EV combines soul-ful vibe with all-electric buzz

Kia Motors America (KMA) recently introduced the 2020 Soul, a completely new version of Kia's beloved, award-winning and unconventional compact utility vehicle. In conjunction with that world-debut, the all-electric, battery-powered Soul EV was also unveiled. Just as quirky, fun-loving, and crowd-pleasing, the Soul EV provides the opportunity for lovers of the Soul to drive without ever stopping for gas.

A much better battery

The new Soul EV has a new state-of-the-art liquid-cooled lithium ion polymer 64 kWh battery, which is expected to mean much less need for daily charging, and with Combined Charging System (CCS) DC fast-charge as standard equipment, battery refills should be brief so road trip fun can

happily continue after only a short break.

The new battery is being tested to ascertain precise EPA-estimated range. Results are expected early in 2019 and will be announced at a later date.

Driving dynamics – the Soul EV is more fun than ever

The Soul EV has always provided a bit of a magic carpet ride, whisking along silently with seemingly effortless pull. Now, with 201 horsepower and 291 lb.-ft. of torque (way up from 210 lb.-ft. in the outgoing model), drivers will feel like a virtual Aladdin. Handling and driving dynamics are also much improved, thanks to the addition of independent rear suspension. The new Soul EV also provides plenty of tools for drivers to customize their driving experience and their battery usage.



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5 things you didn't know were essential for landlord

CONTINUED FROM PAGE 1B

they need to pay in which excuses are not an option? Enforce your lease agreement and your tenants will know they can't get away with whatever they want. They'll know the rent is their highest priority because you will enforce the late fee and evictions.

2. The discipline to do recurring, scheduled work (even when it doesn't "feel" necessary)

Landlords have monthly, semi-annual, and annual work they should be doing. Set reminders on your calendar if need be. Every six months, you need to inspect your rental units. Semi-annual inspections should be written right into your lease agreement. It doesn't feel urgent. It's not a frantic midnight phone call about a burst pipe. So, most landlords don't do it. But again, it comes down to setting expectations with your tenants. Send a loud, clear message that you care about the property, you care about the lease terms, and (if you do it right) you care about the tenants. Check that they don't have unauthorized people or pets living there. Make sure they're keeping the property clean. Confirm that they've changed the air filters. And use that face time to build more of a relationship with your tenants: Ask about their jobs, their kids, their lives. Then, every year, you need to raise the rent. Many landlords wring their hands and fret about it, but the alternative is allowing rents to fall below market value — then hitting your tenants with a too-drastic rent hike all at once.

3. Budget like a business (because you are one)

As a landlord, you're a small business owner, whether you think of yourself that way or not. The expenses involved in owning a rental property are largely hidden because they're irregular (but big when they happen). Expenses like turnovers, repairs, and vacancies. Here's what rental property cash flow looks like visually: smooth periods interrupted by huge spikes in expenses. What does that all mean for you as a landlord? It means you don't want to be that chump

standing there with his jaw hanging open asking: "How am I supposed to pay for this \$5,000 roof bill?!" Here's how: by setting aside money every month for these potential expenses. In a word, by budgeting. And while we're at it, if you ever want to retire with your rental income, budget your personal finances too. What's the point of all the hard work building, and managing,

your rental portfolio if you're just going to turn around and spend it all on new shoes and dinners out? If you want to get ahead, both as a landlord and as a person, get comfortable and disciplined with your budgeting.

4. Think long term to vanquish vacancies

Turnovers are where most of the work and costs involved in being a landlord lie. You'll have to repaint the unit. Maybe re-carpet it. You'll have to go through and fix all the little things that the outgoing tenants either messed up or just lived with. Then there's the lost rent, even as you continue carrying the costs of owning the property. In other words, you have to spend money that you wouldn't have had to if the tenants had stayed. Then there's the stress and headaches and work of advertising for new tenants, coordinating with contractors, screening tenants, signing a lease agreement, doing move-in and move-out inspections, etc. It's labor. If you have a property manager, they'll charge you dearly for that labor. Speaking of tenant screening, your goal is not to fill the unit as quickly as possible with an acceptable tenant. Shift your thinking to the long term, and instead make it a priority to fill the unit with a high-ROI, low-maintenance, long-term tenant. You want someone who will be low-impact and treat your property with kid gloves. Someone who will pay the rent on time every month so you don't have to chase them. Someone who will stick around for the long haul so you don't have to worry about all the costs and headaches involved in a turnover.

5. The meticulous mindset: records, documentation, and attention to detail

I'm just going to say it: If you're not the anal-retentive type, hire someone to manage your rentals who is. You need to be exacting in your record keeping, your documentation, and your attention to detail. For example, did you walk through the unit before your renters moved in to document the condition with them? Did you both sign the condition statement? Did you take photos with timestamps of every room from every angle? Then what did you do with the photos and documentation? Is it stored securely on your computer or in your file folder where you can access it at a moment's notice? I'll stop beating this horse; you get the idea. Active landlord is not a good fit for the laid-back and leisurely. There's nothing wrong with hiring a property manager if you don't have this meticulous personality type — the important thing is the self-awareness to acknowledge the bad fit and outsource your property management. You're in business — be professional. Effective landlords have effective habits that revolve around thinking long term and embracing minor headaches today to avoid massive headaches tomorrow. Keep a friendly but professional distance from your tenants; they're your clients. Set a budget for expenses like you're a professional because you are. Set recurring reminders on your professional calendar, and then follow through to actually execute them!

Catching a theme here? The landlords who succeed are the ones who bring professionalism to their rental management.



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BY MARK PAULSON

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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.

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Legs (Upper)

Legs (Full)

Feet

Abdomen

Tummy Trail

Buttocks

Shoulders

Women's Chest (Partial)

Women's Chest (Full)

Men's Chest (Partial)

Men's Chest (Full)

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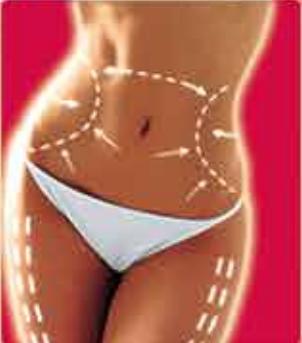
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