



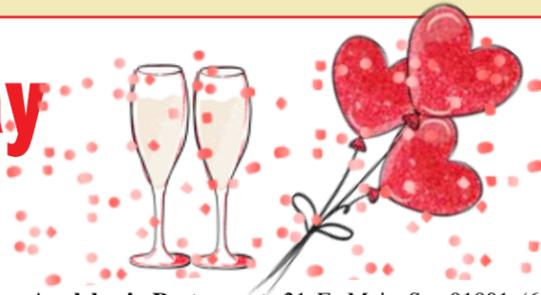
# AROUND ALHAMBRA

PUBLISHED BY THE ALHAMBRA CHAMBER OF COMMERCE

## life

community  
seniors / health  
dining / entertainment  
auto / real estate

### Valentine's Day Dining Guide



It makes for a perfect day to start the weekend by celebrating Valentine's Day Friday, Feb. 14.

Members of the Alhambra Chamber of Commerce offer tasteful feasts in celebrating this special day.

**38 Degrees Ale House and Grill**, 100 W. Main St. 91801 (626-282-2038), offers a diverse selection of ales, lagers, 38 draught craft taps, wines, and cocktails and comfort food of pastas, barbecue meat selections, burgers, and sandwiches. Check out their specials and food menu items at [www.38degreesalhambra.com](http://www.38degreesalhambra.com).

**Almansor Court**, 700 S. Almansor St., Alhambra 91801 (626-570-4600), is 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. Celebrate Valentine's Day over the weekend and enjoy their Sunday Brunch with delicious choices of food such as the carved prime rib, made to order pastas, fresh seafood, desserts, and champagne. Make a reservation online, or visit [www.almansorcourt.com](http://www.almansorcourt.com) for more information.

**Alondra Hot Wings**, 515 W. Main St., 91801 (626-576-7119), is the home of the "Best Wings in Town!" It offers a great variety of pizzas, pastas, sandwiches, burgers, and chicken wings on the menu. Happy hour is from Monday to Friday, 3 p.m. to 6 p.m. Check [www.lovealondras.com](http://www.lovealondras.com) for more information and online ordering.

**Applebee's Restaurant**, 21 E. Main St., 91801 (626-576-4621), has many delicious items on the menu from steak and ribs, fajitas, salads, pastas, and sweet desserts. Their two for \$22 menu is a great deal for the money. Happy Hour special menu is daily from 3 to 6 p.m. and 9 p.m. to closing. Find more information at [www.applebees.com](http://www.applebees.com).

**Angelo's Italian Restaurant and Pizzeria, Inc.**, 1540 W. Valley Blvd. 91803 (626-282-0153), has served homemade Italian food since 1962. Dine in or order to go their popular Sicilian-style pizza dishes or their authentic pastas with house-made sauces. Angelo's Italian Restaurant and Pizzeria offers special dinner combination, such as the warm hearty Pasta Portofino Combo, which is served with chicken breast and shrimp over linguini, garlic, sauteed tomato, and white wine sauce. Try Angelo's thickened crust pizza specialty items, or build your own pizza with choices from one item to multiple items of fresh toppings and choose from a list of in-house sauces. Contact Angelo's for more information on menu and delivery services.

**Baja Cali Fish and Tacos - Main**, 31 E. Main St., Alhambra, 91801 (626-940-5549) / Valley Blvd., 2001 W. Valley Blvd., Alhambra 91803 (626-872-0479), has a variety of genuine Baja Cali style foods on the menu such as fish tacos, burritos, tostadas, and fresh seafood cocktails. There are many to choose from at the Baja Cali's weekday specials, including the \$5, \$6, or \$7 deals. Weekday specials are valid Monday through Friday. Menu information can be found online at [www.bajacalifishandtacos.com](http://www.bajacalifishandtacos.com).

**Big Catch Seafood Restaurant**, 2 S. Garfield Ave, Suite

100, Alhambra 91801 (626-282-8590), is serving up a new menu of fresh seafood from oysters, uni, maine lobsters, and king crabs. Added on the menu are sushi and sashimi items, truffle salmon carpaccio, hotpots, and clay pots. Noodles, pasta, and rice dishes are a must try and can be paired with selective drinks from the bar. Happy hour and Chef's special menu information can be found at [www.bigcatchseafoodhouse.com](http://www.bigcatchseafoodhouse.com).

**Bun 'N Burger**, 1000 E. Main St., Alhambra 91801 (626-281-6777), is family-owned and serves traditional homemade American and Mexican dishes such as the flamed broiled 100% beef burgers, sandwiches, steaks, and serves all-day breakfast dishes. For more information on menus and restaurant hours, visit them at [www.originalbunburger.com](http://www.originalbunburger.com).

**Charlie's Trio**, 47 W. Main St., Alhambra (626-284-4943) and **Vino at Trio's wine bar**, 10 N. First St., Alhambra 91801 (626-284-4674), located in the heart of Alhambra's Main Street entertainment district, have nicely dimmed atmospheres and full menus of Italian dishes, steak, 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 website at [www.charlietrio.com](http://www.charlietrio.com) and [www.vinotrios.com](http://www.vinotrios.com) for more information on restaurant hours, special menus, and Happy Hour time.

**Denny's Restaurant**, 369 W. Main St., Alhambra 91801 (626-281-6701), is America's diner offering 24-hour service with a welcoming staff serving hearty diner food along with a mug 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](http://www.dennys.com) for menu list and restaurant specials.

CONTINUED ON NEXT PAGE

## CARLSBAD

### - MORE THAN YOU EXPECT

Championship golf. Nature. Posh resorts. Precious jewels. And, oh yes, Legoland.

Say "Carlsbad" and most of us think of Legoland. Rightfully so. This sleepy beach town, about 90 minutes to the south, was pretty much unknown until Legoland California put it on the map in 1999.

Except for golfers. Carlsbad has been top-of-mind with golfers for decades. So much so, that the city is known as "The Golf Manufacturing Capital of the World," with more than 35 golf companies including Callaway, TaylorMade, Titleist, Cobra, and Fujikura shafts calling it home!



Barbara enjoys doubles with tennis pro Steve Halverson.

TRAVELS WITH  
BARBARA BECKLEY  
STORY AND PHOTOS  
BY BARBARA BECKLEY



STORY & PHOTOS  
SEE PAGE 7B

## Alhambra Fail Safe



Gary Frucholz 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. See his stories at [www.garysstories.com](http://www.garysstories.com).



SEE FULL ARTICLE ON PAGE 14B

## VALENTINE'S DAY DINING GUIDE

CONTINUED FROM PAGE 2B

**Diner on Main**, 201 W. Main St., Alhambra 91801 (626-281-3488), is a Retro American '50s "googie" style restaurant that serves great food, fun entertainment, and a true "diner" experience. Diner on Main offers great tasting food from a menu of signature dishes of 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 other shows on their seven big-screen TVs. They are open seven days a week serving breakfast, lunch, and dinner. For restaurant hours and special Happy Hour menu list, check online at [www.dineronmainrestaurant.net](http://www.dineronmainrestaurant.net).

**Earth Kitchen**, 235 W. Main St., Unit B, Alhambra 91801 (626-766-1517), serves made-to-order crafted single-serving hot pots and other Asian snacks such as Taiwan popcorn chicken, Korean style chicken wings, and Takoyaki. Craft your own hotpot with in-bone broth, fresh vegetables, and choices of meat, poultry, or seafood. Visit [www.earthkitchenhotpot.com](http://www.earthkitchenhotpot.com) for menu items and delivery services.

**Garden Cafe**, 228 W. Valley Blvd. Suite #101, Alhambra (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.

**Genovese's Italian Kitchen**, 2900 W. Main St., Alhambra 91801 (626-289-5667), is a classic pizzeria serving favorite Italian dishes like pizza, pasta, soups, and salads. A special Valentine's Day menu will be prepared by well-known chefs Hugo Molina and Aricia Alvarado that will offer heart shaped pizzas and personally crafted lava cake with raspberry tart. Regular menu items will still be offered. With indoor dining and a nice, cozy heated outdoor patio, customers will enjoy an intimate dining experience with a comfortable atmosphere. Visit [www.genovesekitchen.com](http://www.genovesekitchen.com) for information on hours and menu items.

**Jasmine House**, 11 W. Main St. 91801 (626-284-8000), features family-style delicious Chinese cuisines and barbecue from Roasted Pork Belly, Peking Duck, Mongolian Beef, Kung Pao Chicken, various rice and noodle dishes, special seafood dishes, and more items from the chef's recommendations. Special menu items are available for lunch and dinner. More information on restaurant hours and menu items are available on their website at [www.jasminehousedelivery.com](http://www.jasminehousedelivery.com).

**JJ2 Bakery**, 150 E. Main St., #100, Alhambra 91801 (626-741-5388), serves daily freshly baked desserts, cakes, and breads. Celebrate Valentine's Day with some sweet treats like the Mango Mousse cake, Tiramisu, varieties of cookies, fruit tarts, and smoothies or tea drinks. Visit their website at [www.jjsquaredbakery.com](http://www.jjsquaredbakery.com) for menu and hours information.

**Limericks Tavern**, 300 W. Main St., Suite #110, Alhambra (626-872-1504), is a modern gastropub that delivers classic Irish and American comfort food and 60 kinds of beer on draught. They have a great number of delicious popular dishes on the menu like the Irish nachos, fish n' chips, and braised short ribs. Enjoy the comfortable ambience in their large dining area, or have a crafted cocktails or beer on tap at the bar. Weekday specials and happy hour menu is available online at [www.limerickstavern.com](http://www.limerickstavern.com)

**Mancora Peruvian Cuisine**, 240 W. Main St., Unit A, Alhambra (626-940-5402), is open from Monday through Sunday from 11 a.m. to 10 p.m. This casual-dining Peruvian restaurant features flavorful dishes like the Lomo Saltado and the Ceviche de Pescado. Special chef items will be offered during Valentine's Day. Pair any dish with their selections of beers and cocktails. Outdoor patio seating is also available. Check out their website [www.mancoraperuvian.com](http://www.mancoraperuvian.com) for menu list information.

**Marie Callender's Restaurant**, outside Alhambra located at 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 menus from 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](http://www.mariecallenders.com).

**Panasia Sweet & Savory**, 45 S. Garfield Ave., Alhambra 91801 (626-281-0228), serves modern Pacific Asian food, desserts, and drinks. 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 coffees. Enjoy the outdoor seating in the patio area. Check out more information and the menu list at [www.panasiausa.com](http://www.panasiausa.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 for nice, sweet desserts. They offer Chinese cuisine and desserts with many delicious and savory items on the menus. 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](http://www.phoenixfood.us).

**Ritter's Steam Kettle Cooking**, 1800 W. Valley Blvd., Alhambra 91803 (626-872-6464), serves 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 Monday to Sunday 8 p.m. to closing with offers of \$3 off on all starters, \$1 oysters ordered by half dozen or a dozen, and \$8 to \$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](http://www.rittersskc.com).

**Saigon Eden**, 29 S. Garfield Ave., Alhambra 91801 (626-289-0239), serves authentic Vietnamese food through a blend of unique flavors and textures. They have a great variety of affordable and delicious appetizers and desserts, including banh mi (French bread sandwiches), fried rice noodles, and noodle soups such as the local favorite Pho soups and banh xeo (pan fried rice crepe with shrimp). New restaurant hours are Friday through Wednesday from 9 a.m. to 9 p.m.

**Shakey's Pizza**, 2234 W. Valley Blvd., Alhambra 91803 (626-576-7851), is open Sunday – Thursday 11 a.m. to 10 p.m. and Friday – Saturday 11 a.m. to 11 p.m. 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](http://www.shakeys.com).

**Sichuan Impression**, 1900 W. Valley Blvd., Alhambra 91803 (626-283-4622), serves authentic Sichuan style dishes such as free range stir-fried Chili Chicken, boiled fish with Rattan Pepper, braised intestine pot with potatoes. Try some exotic and spicy dishes on the menu such as the Ginger Rabbit of Zigong. More information on menu and restaurant hours are available at [www.sichuanimpression.com](http://www.sichuanimpression.com).

**Steven's Steak & Seafood House**, 5332 Stevens Place, Commerce 90040, (323-723-9856), is presenting the Wiseguys Valentine's Day Frank Sinatra Tribute show. Tickets are \$35 per person, and it includes a sit-down steak and shrimp dinner and the Wiseguys show. Celebrate an intimate night with great food, drinks, and dancing. For information on restaurant hours, menu list, reservations, and schedules of events, check their website at [www.stevens-steakhouse.com](http://www.stevens-steakhouse.com)

**Tastea**, 349 E. Main St., Suite 104, Alhambra 91801 (626-289-8886), serves innovative and delicious smoothies and tea drinks. Grab a drink after a delicious Valentine's Day dinner at Tastea and enjoy handcrafted drinks like their popular Bootea Shaker made with mango, peach, and pineapple tea with black jelly, or try the matcha milk tea. Add more flavors with yummy add-ons like honey boba, egg pudding, and many more. Visit [www.gotastea.com](http://www.gotastea.com) for online orders, menu, and store hours.

**The Chicken Koop**, 101 W. Main St., Unit C, Alhambra (626-293-5520), is a house of chicken restaurant offering the specialty of roasted chicken with homemade dipping sauces. Their oven roasted chickens are brined for 24 hours to keep the moisture and flavors of chicken, making every bite delicious and tender. The Chicken Koop has a variety of dishes on the menu from appetizers, salads, tacos, sandwiches, and combination plates. Lunch, dinner, and Happy Hour specials are available. Enjoy crafted cocktails or some tap beers at the bar. Visit [www.thechickenkoop.com](http://www.thechickenkoop.com) for hours, menu, and online ordering options.

**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. A lunch special is served daily from 11 a.m. to 3 p.m., and a dinner special is from 3 p.m. to 9:30 p.m. More information is available at [www.thaiparadise.com](http://www.thaiparadise.com).

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

**Wing Stop**, 100 E. Main St., Suite 150, Alhambra 91801 (626-282-9464), is a buffalo-style chicken wing restaurant offering 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 homemade ranch, bleu cheese, or honey mustard dip. Check their website at [www.wingstop.com](http://www.wingstop.com) for information on menu, restaurant hours, and other special deals.

**Yang's Kitchen**, 112 W. Main St., Alhambra 91801 (626-281-1035), serves the new generation of traditional Asian dishes. Order up and sit-down style of dining with a very modern atmosphere, Yang's Kitchen is a great place to celebrate Valentine's Day. Popular dishes like the pork stroganoff, beef noodle soup, and the beef scallion pancake wraps are prepared with fresh local sourced ingredients. Yang's Kitchen offers various flavors of kombucha on tap, agua fresca, 18-hour steeped cold brewed tea, and soft serve, all unusual to find on other Asian restaurant menus. Yang's Kitchen offers gluten free, vegetarian, and vegan options. For more information on menu, restaurant hours, and take-out ordering, visit [www.yangskitchenla.com](http://www.yangskitchenla.com).

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# Seniors / Retirees News | Activities, Projects, Features

## A lovely, lovely life

By Craig Statton

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

When I was in grade school, February was an exciting month because we handed out Valentines to all our classmates. Our teachers would have us create a Valentine's card for our parents, and my mom would buy a box of cards and I would sit at the kitchen table and write a Valentine to each one of my classmates, drop a heart-shaped candy in the envelope, and seal it. As I remember, the best part of the celebration was tearing open the envelopes and eating the candy. Sometimes I even read the cards.

As I grew older, Valentine's Day became a day to either impress a young lady I was interested in or celebrate the romantic relationship I already had. I was following a very old tradition, which was started among the Romans with the festival of Lupercalia. This festival was held in mid-February and celebrated the coming of spring "when love was in the air." At the end of the fifth century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day, named after a Christian saint. The season was a time to celebrate romantic love and the decisions and desires that bond us so closely with another human being.

Over the years, I have watched my children follow this same cycle from cards and candies, to boyfriends and girlfriends, to spouses, and now we are beginning again with our grandchildren. This year, my wife and I will write cards, buy candies, and maybe even babysit so our children can have a night out and a little rest from the challenges of parenting two small children. But the season also reminds me of the joy and meaning that intimate relationships provide in our journey through

*The desire for meaningful conversations, the gentle touch, and the personal connection of conversations and affection are always important and may be one of the best antidotes to the plague of loneliness.*



this life.

Dr William Thomas, a world-renowned geriatrician, wrote that the three plagues of aging are "helplessness, loneliness, and boredom." He believes that as people grow older, many are not able to do as many things as they could when they were younger, they have fewer relationships with others because of either an inability to get out as much or the loss of their friends, and finally that they are not engaged in as many activities that give them meaning as when they were younger. The challenge for family members, friends, and professionals who work with seniors is to create programs that fight these plagues by empowering people, creating networks of relationships, and providing meaningful activities for seniors that engage both heart, mind, and body.

The desire for intimate relationships never goes away. Seniors may no longer be as interested in the sexual nature of intimacy; however, the desire for meaningful conversations, the gentle touch, and the person-

al connection of conversations and affection are always important and may be one of the best antidotes to the plague of loneliness.

A couple of years ago, we invited several of our couples at Atherton to tell us their love stories. It was exciting to hear how they met and fell in love, how they had endured the ups and downs of life, and the advice they would give younger couples in their journey. One of the gentlemen, Paul DeVaughn, who had been married 68 years to his wife, Juanita, said, "If you can keep that feeling alive that you had when you first met, and if you mean what you say when you say it, you will have a lovely, lovely life."

This is the intimacy that is sown over the years and combats the loneliness of age as well as nurtures the soul of a human being. It is the truest sense of romance and the most satisfying of human need. It is sometimes found in young passion but finds its deepest expression in maturity. It is what the Apostle Paul referred to as the greatest of all virtues. It is love.

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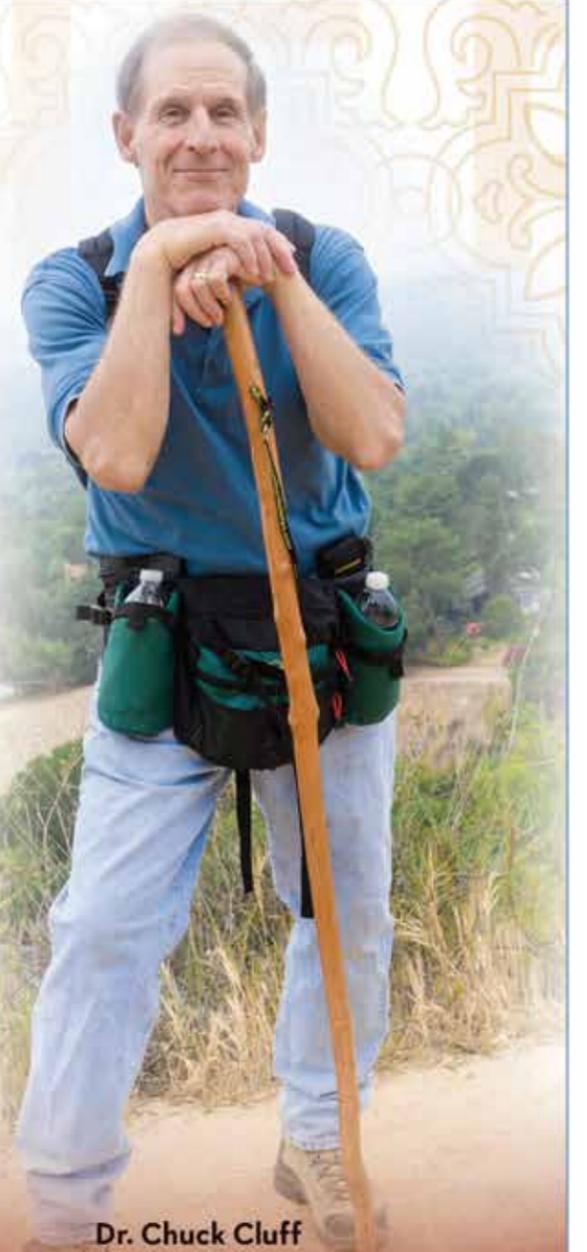
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## Welcome to Joslyn

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.



Shawn Herz counsels a client.

## The challenges of living alone

After sharing everything from a bed to meals with another person for much of life, living alone can be a major lifestyle change in many ways. In March, the Joslyn Center, 210 N. Chapel Ave., Alhambra, will present a two-week class to address this issue. The class will meet from 1 to 2:30 p.m. on two consecutive Mondays, March 9 and 16, and offers advice and support for elderly people finding themselves living alone for perhaps the first time.

The facilitator is Shawn Herz, who earned her Masters of Science in gerontology and LMFT from USC. She has served for 35 years helping people with family care issues and mental health challenges that affect older people and their families. She works through the Heritage Clinic at 447 N. El Molino Ave, Pasadena 91101.

Heritage provides services and resources to people aged 55 and older and includes individual counseling and crisis intervention, both in-home and in the clinic; clinical case management and linkage to community resources; alcohol and substance abuse intervention; crisis intervention; grief and bereavement; and family and caregiver support. Ms. Herz will answer questions after her talk. To find out more about the Heritage Clinic, call 626 577-8480, or Google Heritage Clinic Pasadena.

There is no fee for these two classes; however, preregistration is required. Please contact the Joslyn Center at 626-570-5056.

### Elder Care Planning Attorney Carlos A. Arcos

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Dates: **Thursday, February 20, 2020**  
**Thursday, March, 19 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**



## Tour close to home

Senior Outings takes people to fascinating places throughout Southern California, so sometimes forgotten are the remarkable places to visit close to home. On Thursday, Feb. 27, the destination couldn't be closer. It's Pasadena!

Participants will explore the 10 bustling blocks of shops, salons, and boutiques along the tree-lined boulevard of South Lake Avenue. Lunch is on one's own at any of the popular national or local restaurants of South Lake Avenue.

In the afternoon, enjoy a tour of the Tournament of Roses House, the headquarters of the world famous Rose Parade on New Year's Day. This Italian Renaissance-style mansion was presented to the City of Pasadena in 1958 by its previous owners the Wrigley (chewing gum) family with the understanding that it would become the headquarters for the Tournament of Roses. The house has served as the heart center of the parade ever since. Besides a tour of the house, check out the garden, which specializes in varieties roses, of course.

For this trip, the bus will leave the Joslyn Center at 11 a.m. and return at 5 p.m. The cost will be \$15. The activity level is considered moderate. Discover the wonders that are close by with this cultural trip to Alhambra's neighbor, Pasadena.

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Monday

February 17, 2020

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

## How do I know if I need a dental crown?

**Q:** My wife had a dental exam, and our dentist recommended a crown for a tooth that has a large cavity. Are there less expensive alternatives? I just don't want to pay more than is necessary.

**A:** A second opinion would not hurt, but I would assume that you have been with your dentist for some time now and he is trustworthy.



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.

Dental crowns are used for a few very important purposes: to protect a weak tooth from breaking down and to restore the broken one to function as normal once again. In that sense, a large cavity could weaken a tooth significantly, and your dentist is trying to get ahead of the problem instead of waiting until it turns into a painful emergency.

### What is a dental crown?

Dental crowns are caps that are fitted over an existing tooth after the tooth is prepped.

The first evidence of dental crowns were found



around 700 B.C. The Etruscans, an ancient Italian civilization, used gold wire to cover their teeth and to attach missing ones to existing stable teeth. Believe it or not, today we still use the same principals. Of course material and technology have changed a lot from the time of the Etruscans.

Besides gold, crowns are also made from white metal (zirconia) and porcelain, or a combination of different materials, so that crowns closely resemble natural teeth.

Following is a simple guide I created to help you better understand the purpose that dental crowns serve and determine for yourself if you need one.

Let's say there are two main reasons you might need to get dental crowns: cosmetic (make them better looking) or function (make them work better). In many instances however, we want both.

### Cosmetic:

Hide a tooth that is discolored from medications or old fillings. Unfortunately, the stains from medications and old silver fillings cannot bleach even with the strongest whitening gel.

### Functional:

- Prevent a badly decayed tooth from cracking.

- Prevent a tooth with multiple fillings from cracking.
- Hold a broken tooth together.
- Restore a severely worn-down tooth to its full size.
- Hold dental bridges in place.
- Protect a tooth that has received root canal treatment from breaking down. Teeth with root canals are very brittle due to a lack of blood supply.
- Top a dental implant. Implants are placed first. They function like the roots of the teeth. Crowns are attached later when the implants are completely healed and solid in the jaw bone.

### Top care tips for crowns

A well fitted dental crown can last a decade or longer. You should protect your crown the same way you protect a normal tooth. You should always avoid activities like crashing ice, biting your fingernails, or opening packages with your teeth.

Also, practice good oral hygiene by brushing and flossing. Crowns do not get decay, but your tooth underneath the crown can and if that occurs, the crown has to be replaced.

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# PREVENTING INJURY

BY SHEILA YONEMOTO, P.T.

Back pain sufferers say they knew the correct way to lift but didn't follow the method because it was too slow. Athletes who felt a muscle start to tighten up kept on playing thinking it would work itself out. When lifting things from the floor, use the big strong muscles in your legs instead of the smaller ones in your back. Start by bending your knees and keeping your back fairly straight without twisting the spine. That way you lift by straightening the knees, thereby getting the power of the lift through the legs instead of the back. Keep the object as close to your body as possible.

When at the computer, move every 15-20 minutes. Even a short standing or walking break provides relief to the back and legs. People in wheelchairs should lift their bottoms off the seat every 15-20 minutes if possible to prevent getting pressure sores. Also vary the focusing distance of your eyes to exercise the eye muscles. If you feel a strain in your muscles, pay attention.

Listen to your body. See if a short rest stops the feeling of strain and then move the muscle slowly to test its ability to move. You may need to slow the activity, decrease the intensity, or stop it altogether. Resting at the early stages of injury often leads to quicker recovery allowing the repair action of the body to take place. Use the muscles as you can without any strain.

To protect yourself from injury, use common sense. Do things within the safe limit of your abilities. Pace yourself by allowing for rest periods as needed. Keep alert and listen to signals from your body warning you to slow down or stop. Be sure you get some daily exercise to keep



*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](http://www.yonemoto.com).*

you on the road to fitness.

Although I work mostly with injuries, I would rather educate people about staying healthy. Perhaps physical therapists will someday be more like dentists encouraging people to come in for yearly check-ups for preventative maintenance, rather than doing the repair work we do now.

## Obesity, gum disease may have connection

There is a connection between obesity and gum disease, says a study conducted at the Case Western University School of Dental Medicine and published in the *British Dental Journal* recently. This study showed that increased body mass, waist circumference, and percentage of body fat may be associated with increased risk to gum disease. However, there is not yet enough concrete evidence to establish a cause and effect connection.

Nevertheless, this study showed that changes caused by obesity or gum disease create changes in body chemistry that leads to inflammation. The more the inflammatory burden in the body, the more likelihood for diseases of an inflammatory nature, such as diabetes, heart disease, and pulmonary disorders to develop.

On the other hand, the more we can reduce inflammation in the body, the healthier we are and the longer and healthier our lives. This column has previously discussed the statistical connection between gum disease (periodontitis) and a variety of systemic diseases, such as Alzheimer's, cardiovascular disorders, pancreatic cancer, ulcers, and pulmonary diseases, all of which involved abnormality in the level of chronic inflammation. Therefore, resolving gum disease just may reduce the risk of developing the above conditions. And perhaps keeping the gums healthy will also lessen the risk of obesity.

The new "thought" of the researchers is that perhaps effectively treating obesity may also reduce the risk of periodontal disease as well as other inflammatory disease of the body.

It is entirely possible that eliminating obesity may also make the treatment of periodontal disease more effective and long lasting.

See your dentist regularly. Keep your teeth and your health all at the same time!

### 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](http://chickenswelcome.com)*

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## Dining & Entertainment

### What's Happening for Food & Fun

# Alhambra Performing Arts Center presents Matt Barber sings Sinatra



The Performing Arts Center will present singer Matt Barber Sunday, Feb. 23.

The Alhambra Performing Arts Center, under the direction of Chef/Artistic Director Bill Yee, will present another free concert event featuring award-winning Matt Barber and accompanists as he sings many of Frank Sinatra's popular hits at 7 p.m. Sunday, Feb. 23, at Sage Granada Park United Methodist Church, 1850 W. Hellman Ave., Alhambra.

Mr. Barber performs the finest jazz, pop, and variety. He has performed over 300 concerts per year

around the world since 2005. With a passionate, uplifting style reminiscent of Barry Manilow and Michael Buble, Mr. Barber delivers songs everyone knows and loves with a sincere, meaningful approach. His passion for his music comes through in every song. His 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, and the Illinois State Fair.

Matt's show, "The Matt Barber Experience," consists of fun, upbeat, and relaxing music from the heart, providing an extensive repertoire of music, making for a fun, relaxing, and interesting experience for a romantic evening with that special person, or a fun night which you can bring the whole family to enjoy.

Contact Mr. Yee for more information to this usually sold-out performance at 626-230-5435, or e-mail [bizwind@yahoo.com](mailto:bizwind@yahoo.com).

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 at this non-profit venue.

## CARLSBAD — MORE THAN YOU EXPECT

CONTINUED FROM PAGE 1B

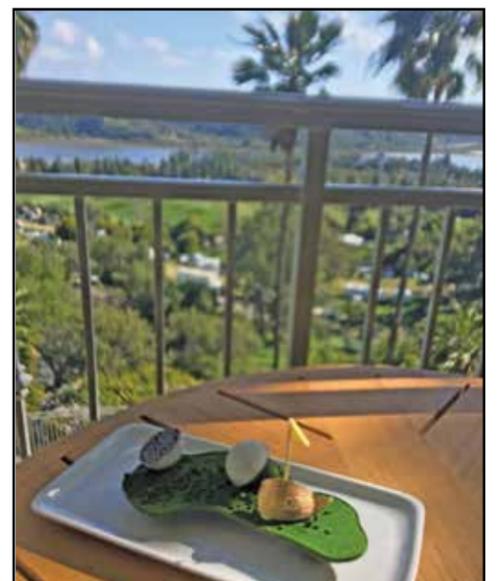
No surprise then, that when I stayed at Carlsbad's Park Hyatt Aviara Resort Golf Club & Spa, I learned the resort predated Legoland by two years, opening in 1997 as a posh golf attraction, boasting California's only coastal golf course designed by legendary Arnold Palmer.

I'd always been curious about the Park Hyatt, hidden as it seemed to me, in the no man's land of rolling coastal hills off the I-5 midway between Alhambra and San Diego. It turned out to be elegant — and fun. It is set on 200 acres adjacent to Batiquitos Lagoon Ecological Reserve and overlooking the Pacific Ocean. Worth the splurge when you're visiting nearby Legoland (the Park Hyatt has a Legoland package), love to golf, or just to pamper yourself.

For golfers, next month — March — is the perfect time to visit. The resort is hosting the 2020 LPGA Kia Classic golf tournament March 23 – 29. This is the eighth consecutive year the championship 18-hole Arnold Palmer-designed Aviara Golf Club has hosted this prestigious competition of the world's top women players. Expected players include World No. 1 Jin Young Ko, Lexi Thompson, Brooke Henderson, and Danielle King.

For Legoland fans, April is the prime time to visit. The attraction's biggest addition ever — The Legoland Movie World

CONTINUED ON NEXT PAGE



A room with two views — Batiquitos Lagoon and an edible golf green!

## CARLSBAD — MORE THAN YOU EXPECT

CONTINUED FROM PAGE 7B

— is set to open in April. Based on the Lego movies, the new two-acre theme park will immerse visitors in the world of Bricksburg, with interactive experiences including the signature Emmet's Flying Adventure ride. Staged on a triple-decker flying couch, it promises to be an incredible experience, with 180-degree turns and flights over Middle Zealand, Cloud Cuckoo Land, and Pirates Cove.



Aargh, matie! We can't wait for Legoland's biggest addition ever — *The Lego Movie World* — to open in April.



Live from the NBC Golf Channel's portable broadcast studio.

I was lucky to be at the Park Hyatt during the 2019 LPGA Kia Classic. I felt very “pro,” as I participated in the “Behind the Ropes” VIP Experience, following top seeds Jaye Marie Green and Celine Herbin from hole to hole right on the green. Then watched from the patio Skybox at the Aviara Golf Clubhouse overlooking the 18th hole, as 20-year-old Nasa Hataoka of Japan won the tournament. Both experiences are part of the Park Hyatt's \$500 LPGA Classic VIP package. But even outside the ropes it's easy to watch the players because this layout isn't overly crowded. And this year, 2020, there's a new enhanced viewing area on Hole 16.

“We aim to be fan-friendly so everyone can watch the players up close and personal,” Tournament Director, Kia Classic, Lindsay Allen told me. Being a journalist, I took him at his word and talked myself into the NBC Golf Channel's portable broadcast studio — inside a large truck in a parking lot away from the golf course — for a quick look.



Cheering the 18th hole action at the 2019 LPGA Kia Classic.

CONTINUED ON NEXT PAGE

## CELEBRATE ST. PATRICK'S DAY IN DOWNTOWN ALHAMBRA



Pub crawlers will get to enjoy a brew or two at participating Downtown bars and restaurants on St. Patrick's Day. Photography by Julie Leopo.

Celebrate St. Patrick's Day Tuesday evening, March 17, in Downtown Alhambra by joining in the annual “St. Paddy's Day Pub Crawl.” Crawlers will get to enjoy a brew or two at participating Downtown bars and restaurants. The event is free and there's no cover, but price of drinks and food are dependent on each bar or restaurant on the crawl.

Participants must be 21 and over. More information about the Pub Crawl hours, schedule, and participating bars will be posted in early March. Check back at Downtown Alhambra Event Page: <https://www.facebook.com/events/473579256874258/>.

## Alhambra is a culinary destination

By Glenn Barnett

Every year, the *Los Angeles Times* issues a list of the “101 Best Restaurants in L.A.” The list has traditionally been weighted heavily toward the West Side and Downtown, but increasingly restaurants in and near Alhambra are being included, and with good reason.

The 2019 *Best Restaurants* list included two Alhambra eateries, one on Main Street and the other on Valley Boulevard. The two restaurants that made the Times “Best 101” this last year are Lunasia, 500 W. Main St., and Chengdu Taste, 828 W. Valley Blvd.

The Times reviewer noted that of all the dim sum restaurants in the San Gabriel Valley, “I return to Lunasia in Alhambra more than any of the others.” Dim sum is so popular in its service at lunch time that the owners of Lunasia keep the party going by continuing to serve their delicious dim sum treats for dinner as well. They remain open most evenings until 10 p.m. The long lines and wait times attest to their popularity.

Meanwhile, over on Valley Boulevard there is Chengdu Taste. A perennial favorite among foodies since it was reviewed favorably by emi-

nent food critic, the late Jonathan Gold, in 2013. Chengdu Taste features the fiery regional food of Sichuan Province in China. The Times quoted Mr. Gold when he said of the food served here that it was, “a mysteriously pleasurable punch to the mouth.” The Times, and regular customers, know that a reliably excellent dish is the delicious toothpick lamb. Spicy Sichuan food is an acquired taste. Acquiring it at Chengdu Taste comes recommended by critics and natives of Sichuan.

Other praise for Alhambra restaurants comes from the *L.A. Times* Food Section (Dec. 26, 2019). Reviewer Patricia Escarcega rates the beef noodle soup at Yang's Kitchen, 112 W. Main St., as one of the 15 best dishes of 2019 (see *Around Alhambra* Nov. 2019, page 9B). Chef Chris Yang starts with California ingredients, sourcing his beef from a noted ranch near Bakersfield and has the grain for his noodles milled in Pasadena. He simmers his broth for 36 hours. Lots of little touches add up to a fantastic bowl of soup.

These and other culinary adventures await you in Alhambra. Be adventurous and try something new next time you are out on the town.



Yoga on the green at the Park Hyatt Aviara Resort Golf Club & Spa.

**CARLSBAD — MORE THAN YOU EXPECT**  
CONTINUED FROM PAGE 8B



Barbara goes Behind the Ropes with the Park Hyatt Aviana sales director.

The Park Hyatt is also food- and activity-friendly. Dining at the golf club's Argyle Steakhouse, I was pleasantly surprised when the Steak Knife Concierge appeared armed with a box full of knives to make a Crusader proud. "Pick one," he smiled. I did. But I hardly used it. My 18 oz. bone-in-rib eye, with a phenomenal truffle butter crust, was so tender. Easy to see why the Argyle is considered Greater San Diego's best steakhouse.

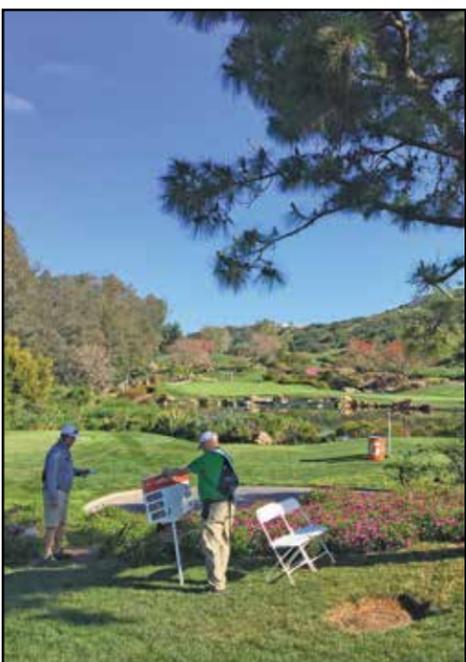
Yoga on the lawn and a group tennis clinic with tennis pro Steve Halverson helped work off the calories the next day. Nice to know, the tennis program offers complimentary racquets and tennis shoes if you forgot yours. I also took a peek at VeraVia, an integrative health and wellness program that uses the resort for its week-long retreats, designed for top executives and other high-stress folks. I sat in on the "Mind Body Stress Workshop," part of its introductory "1 Day Wellness Experience." My take away? Relax, stay focused, and think positively.

It was easy to be positive looking out my guestroom window seeing beautiful Batiquitos Lagoon Ecological Reserve framed by rolling hills and the Pacific Ocean glistening in the distance. On the table in front of the window, a miniature (and edible) golf green added its own scenic charm.

The lagoon and the 1.6-mile Lagoon Trail is just a short walk — or free resort shuttle ride — from the resort. Encompassing 544 acres, it's one Southern California's few remaining tidal wetlands



Choosing a knife at the Argyle Steakhouse.



Following LPGA players Behind the Ropes as part of the VIP package.

and is a protected coastal wetland habitat. The wide flat trail can accommodate strollers and wheelchairs. The Batiquitos Lagoon Foundation Nature Center is open most days, depending on the volunteer docents' schedules, offering free activities including guided nature walks, a trail guide for do-it-yourselfers, a daytime speakers' series, and bird watching and counting.

Jewelry enthusiasts, like me, will be thrilled to know that Carlsbad is headquarters to the Gemological Institute of America (GIA), the world's leading authority and educator on diamonds, colored stones, and pearls. It's open to the public, with exquisite gem and jewelry exhibits including the signature "Tower of Brilliance," the world's largest crystal octahedron, created by D. Swarovski & Company.

For more, go to [www.visitcarlsbad.com](http://www.visitcarlsbad.com), [www.parkhyattaviara.com](http://www.parkhyattaviara.com), [www.lpga.com](http://www.lpga.com).

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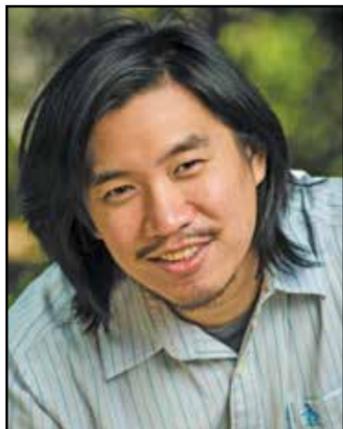
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# Alhambra resident Howard Ho nominated for Best Sound Design for *Man of God*



Alhambra resident Howard Ho was recently nominated for an Ovation Award.

Howard Ho, a long-time Alhambra resident, was recently nominated for an Ovation Award for Best Sound Design, Large Theater, for *Man of God*. The Ovation Award is the most prestigious theater award in the Los Angeles area and is the only L.A. theater award voted on by fellow theater professionals. Ovation Awards was held on Jan. 13 at the Theatre at the Ace Hotel in Los Angeles.

"I'm glad to be recognized because the play the nomination was for, *Man of God*, was one I felt passionately about and worked really hard to push my craft to new

heights and depths," Mr. Ho said.

*Man of God* was a world premiere play last year at East West Players. Mr. Ho has been involved in the theatrical productions for the past 12 years as a sound designer and playwright including many past productions at East West Players.

This is the second time Mr. Ho has been Ovation-nominated for sound design. His first nomination was in 2017 for a play called *Bloodletting* at Playwrights' Arena at Atwater Village Theatre.

*Man of God* was also nominated for Best Playwriting for an Original Play and Best Fight Direction.

Mr. Ho is writing a short play about growing up in Alhambra that will be produced at Company of Angeles and directed by July Lee in March. It will be included as part of the Company of Angels Short Play Festival, featuring eight plays about L.A. relationships.

Mr. Ho was born in the San Gabriel Valley, attended Emmaus Lutheran School in Alhambra, and graduated from Alhambra High School. He holds a bachelor's degree in communication and music history from UCLA and a Master Professional Writing from USC.

# La Parrilla Mexicana under new management

By Jewelyn Co

La Parrilla Mexicana, 2938 W. Valley Blvd., has been temporarily closed since Dec. 26 due to the transferring of new management and renovations being completed. After being in the restaurant business for almost 26 years, business partners Tayde and Anita Garcia decided to put La Parrilla Mexicana up for sale. Shortly after an offer was made, the business partners did not hesitate and closed the deal.

Tayde and Anita bought the family-owned restaurant in 1994 from a customer they had at their previous restaurant in Boyle Heights. "Back then, we thought it was a good opportunity since the restaurant was in a good neighborhood, and so we decided to open a business in Alhambra," Tayde said.

La Parrilla Mexicana served homemade traditional Mexican cuisine, including fajitas, enchiladas, burritos, mole, seafood, and other authentic Mexican dishes. Customers did not just come for the food, they came for the experience. "There are many memorable moments that happened at La Parrilla Mexicana these past years," Anita said. "People celebrated anniversaries and got married at the restaurant, and there were funeral receptions and many other celebrations of special occasions. There is a couple who celebrated its anniversary at La Parrilla every year since we opened because they had their first date at the restaurant and got married at the restaurant."



Anita Garcia, left, and Tayde Garcia, La Parrilla owners.

La Parrilla Mexicana offered special events like Mother's Day brunch and hosted Alhambra Chamber of Commerce networking events, such as the morning Business to Business and the after-hours Mixer.

La Parrilla Mexicana had loyal customers who came for many years and brought their families, and their kids brought their kids. Tayde and Anita saw young generations grow. They were always grateful to see their customers return. They even had customers who used to work at the previous La Parrilla. They also welcomed celebrities, members of Congress, a state senator, an L.A. County Supervisor, and our very own Alhambra councilmember Adele Andrade-Stadler. "It is important to have good service and good food," Tayde said. "We had good memories at La Parrilla. I will definitely miss the chicken mole. We are happy but sad at the same time."

It is not the ending for La Parrilla Mexicana and the Garcias. There will be exciting ventures for all in the future. A different style of menu may be served at La Parrilla Mexicana, and the ladies have enthusiastic plans. "I have a new project that I am working on," Anita said. "I will be opening another business in Alhambra, but it's not going to be a restaurant." Tayde will be enjoying her retirement and plans to travel more and be with family. The Garcias expressed their gratitude: "We would like to thank all of our customers, the City of Alhambra, and the Alhambra Chamber for the support and many memorable moments we had these past years in business."



A picture of their family in a farewell celebration at La Parrilla.

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Telluride's style and value earned high marks in its category.

## Kia Telluride wins 2020 Edmunds Top Rated Award

The Kia Telluride has earned a 2020 Edmunds Top Rated Award, taking the win in its category to earn the title of Top Rated SUV.

"We 'gave it everything' during each phase of the Telluride's development, making sure that quality and attention to detail were second to none," said Michael Cole, president, Kia Motors America (KMA). "For the esteemed Edmunds experts to recognize the Telluride as one of the best vehicles on the road today is a grand

achievement and yet another validation of Kia's commitment to building world-class vehicles."

The 2020 Edmunds Top Rated Awards honor the overall best vehicles of the year based on their extensive vehicle testing and rating process. An Edmunds Top Rated Award represents the "gold standard of automotive excellence" and signifies that a vehicle is one of the best-of-the-best on the road today. Rather than honoring the newest vehicles, which may not be available yet, Ed-

munds Top Rated provides a list of the seven best vehicles that shoppers can buy now.

"Stylish, roomy, and practical, Kia hit it out of the park with the 2020 Telluride," said Alistair Weaver, Edmunds editor-in-chief. "Not only does it drive well, but it looks and feels like a luxury SUV without the high price tag. No other SUV in its class is as comprehensively accomplished as the Telluride, which is why it is our Top Rated SUV of the year."

Kia's popular three-row SUV has earned lots of praise for its rugged looking exterior, modern cabin, and available features offered on higher priced luxury vehicles. Designed with families in mind, the Telluride is also available with family friendly systems, such as Rear Occupant Alert with Ultrasonic Sensors, Driver Talk, Quiet Mode, and more.

### About Kia Motors America

Headquartered in Irvine, California, Kia Motors America has been the highest ranked mass market brand in initial quality for five consecutive years according to J.D. Power and is recognized as one of the 100 Best Global Brands by Interbrand. Kia serves as the "Official Automotive Partner" of the NBA and offers a complete range of vehicles sold through a network of nearly 800 dealers in the U.S., including cars and SUVs proudly assembled in West Point, Georgia.

Kia received the lowest rate of reported problems among mass market brands in the J.D. Power 2015-19 U.S. Initial Quality Studies of new vehicle owners' experiences with their own vehicle after 90 days of ownership.

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**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.



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Acura RDX.

## Acura Certified Pre-Owned Vehicle Program named 2020 IntelliChoice Best Premium Brand Warranty

Significantly enhanced in 2019, the Acura Certified Pre-Owned (CPO) Vehicle Program has been named Best Premium Brand Certified Pre-Owned Program Warranty by IntelliChoice. Acura introduced major upgrades to its CPO program, including an extended limited warranty that doubles the non-powertrain coverage period, plus additional benefits for owners such as a new and complimentary first scheduled maintenance — which includes oil and filter, tire rotation, air intake filter, cabin air filter, rear differential fluid, and brake fluid change — and a three-month AcuraLink® trial subscription.

The IntelliChoice award marks the first time Acura has secured a best warranty award for its premium CPO vehicles. IntelliChoice also lauded the Acura CPO program warranty for its non-powertrain limited warranty 72 months/100,000 miles comprehensive coverage from the original in-service date. For vehicles outside the new car warranty period, the coverage is 24 months/100,000 miles, with the powertrain coverage at 84 months/100,000 miles from the original in-service date.

In assessing its Certified Pre-Owned awards, IntelliChoice — the automotive research and data analytics firm and MotorTrend Group subsidiary — considered nine elements of auto manufacturers' CPO programs, including extended manufacturer warranties, certified inspection process, roadside assistance, title verification, special financing, return and exchange policies, dealer compliance, market penetration, and used cost of ownership. Full information on the accolade can be found at <https://www.motortrend.com/news/cadillac-kia-top-2020-intellichoice-certified-pre-owned-car-awards/>.

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Consumers can now order the most affordable premium EV in the US by visiting their local MINI dealer or going online at [MINIUSA.com](http://MINIUSA.com).

## MINI USA launches ordering site for all-new battery electric Mini Cooper SE

In response to over 15,000 hand-raisers and growing, MINI USA is pleased to announce that consumers can now place their order for the all-new battery electric MINI Cooper SE at the MINI Electric page on [MINIUSA.com](http://MINIUSA.com) or at [ShopMINIUSA.com](http://ShopMINIUSA.com). The 2020 MINI Cooper SE will reach U.S. showrooms in early March with a Manufacturer's Suggested Retail Price (MSRP) of \$29,900 plus an additional \$850 destination and handling fee.

"On the emotional side, 'fun to drive' is the number one reason why consumers purchase a MINI, and this new MINI Electric offers the same fun-to-drive, go-kart reflexes we've built into our MINI Cooper S hardtop," said Michael Peyton, vice president, MINI of the Americas. "On the rational side, 80% of all MINI households own two or more cars, and with an accessible price, the MINI Electric is a perfect complement in offering more customers attainable, emission-free driving."

The Cooper SE makes electric mobility more "MINI" by maintaining authentic attributes of design, handling, and fun that are found in every MINI model. The MINI Cooper SE harkens back to the mission of the very first Mini developed by Sir Alec Issigonis in 1959 — to develop a creative solution for a highly efficient car with a small footprint that was fun to drive and accessible to the masses.

### Power and performance

With a low center of gravity, a powerful electric powertrain, and dynamic handling, the MINI Cooper SE is a true performance car that retains all the fun-to-drive attributes MINI owners have come to know and love. The front wheel drive electric motor generates 181hp and 199

lb.-ft. of torque enabling the new MINI Cooper SE to go from 0 – 60 mph in 6.9 seconds and achieve a top speed of 93 mph.

### Attainable electric mobility

While the MINI Cooper SE has an MSRP of \$29,900, the federal EV credit of \$7,500 along with available state EV incentives make the MINI Cooper SE even more attractive. In some cases, qualified consumers can get a MINI Cooper SE below \$20,000.

There are also a number of states that offer \$1,500 – \$1,700 in credits, along with some states that offer additional benefits such as access to HOV lanes.

The value equation goes up more when one factors in fuel savings on top of federal and state incentives.

With this estimated fuel cost savings, the MINI Cooper SE becomes even more attainable.

The MINI Cooper SE comes standard with the Signature base trim level that offers a full complement of premium features and equipment. Beyond the standard equipment, two additional trim levels will be offered giving customers the choice to easily add two bundled packages of premium equipment.

### MINI DNA carries on in electric form

Based on, and dimensionally almost identical to the MINI Hardtop two-door launched in 2014, the MINI Cooper SE has been engineered to be electric. Modifications include a height increase of 18 mm (.7 inch) to accommodate floor mounted battery packs and a new, more efficient HVAC heat pump to maximize range during colder weather. Despite these modifications, the MINI Cooper SE has the same distinctive style and identical interior dimensions and cargo space as the internal combustion MINI Hardtop. It also includes a closed, uniquely styled grille for better aerodynamics.

### Charging and regeneration

The MINI Cooper SE comes standard with AC charging at up to 7.4 kW, which allows for a 100% charge at home in as little as four hours, as well as DC charging at up to 50 kW, which allows for charging at public stations in as little as 40 minutes to achieve an 80% charge, and uses the SAE Combo fast charging standard. From the outside you will immediately notice the new EV Specific Filler Flap with LED status indicator for when the vehicle is in charge mode. The MINI Cooper SE also includes a programmable locking feature that can prevent the charge cord from being unplugged when charging and can automatically unlock when fully charged to allow others needing charge access to the charger. The MINI Cooper SE also comes standard with a two-mode regenerative braking system to help maximize the recharging of the battery while also meeting personal driving style preferences.

### Inside the cockpit

The MINI Cooper SE comes standard with a new Dynamic Digital Instrument Cluster that features a digital speedometer and graphic indications for Charge Level and Power Level, as well as scrollable data including remaining range and charging/charge level during charging. This puts essential EV operations and energy consumption data all in one convenient place.

### About MINI in the U.S.

MINI is an independent brand of the BMW Group. In the United States, MINI USA operates as a business unit of BMW of North America, LLC, located in Woodcliff Lake, New Jersey, and includes the marketing and sales organizations for the MINI brand.

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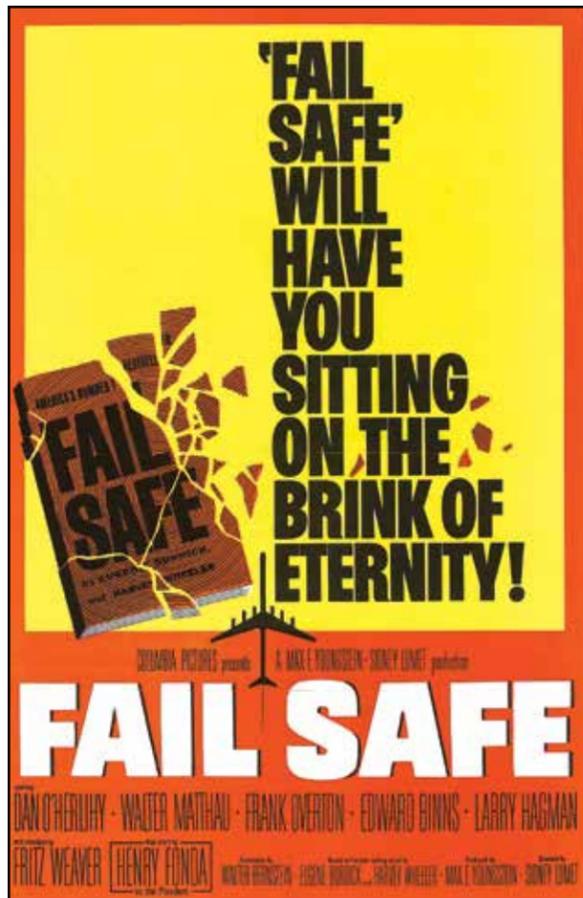
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# Real Estate News | Residential, Commercial, Loans

## ALHAMBRA FAIL SAFE

CONTINUED FROM PAGE 1B



The tranquility of the 1950s masked a stark reality of the Cold War that the real estate of Alhambra and Los Angeles faced.

Alhambra real estate enjoyed an idyllic existence during the 1950s. It was locally an era of economic growth, job opportunities, and affordable priced real estate. Alhambra's location placed it close to the cultural and sporting events of Los Angeles, Hollywood, and Southern California beaches.

During this period of Ozzie and Harriet, there was another side of the real estate utopia in the western San Gabriel Valley that many Alhambrians were not aware of. It was a very serious side that reflected the realities of the Cold War during the 1950s. It was a side of that era captured by Site LA-09.

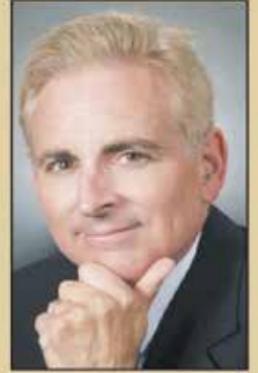
Site LA-09 sat atop Mount Disappointment above Altadena, just over 10 miles from Alhambra. Site LA-09 was a Nike Missile launch base.

During the 1950s, Nike Missiles were the tactical delivery system that the United States used to deliver nuclear warheads to intercept incoming air attacks. New bombers of the post World War II era flew at altitudes of 60,000 feet and presented ever increasing speeds. Old technologies of existing gun-based systems were incapable of dealing with these new technologies. The name Nike, derived from the Greek goddess of victory, was given to this new defense system.

## 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.



Alhambra and the Los Angeles Basin were surrounded by 16 Nike Missile bases. They ranged between Fort MacArthur in San Pedro, Long Beach, the west side of LAX, South El Monte, Puente Hills, and up to Malibu. Remnants of some of the sites still exist, but most have been demolished.

The progressive generations of Nike Missiles were named Nike Ajax, Nike Hercules, Nike Zeus, and Nike-X. After the initial version of Nike Ajax, Nikes were equipped with nuclear warheads to intercept incoming bombers. The nuclear warhead dramatically increased the probability of a kill.

A chilling aspect of the Nikes were that they were the weapon of last resort. If Nikes were deployed, it meant that initial United States intercepts of incoming Soviet bombers over Alaska and Canada had failed. Later Nikes were also designed to intercept Inter Continental Ballistic Missiles (ICBM's), but their main application was against attack aircraft.

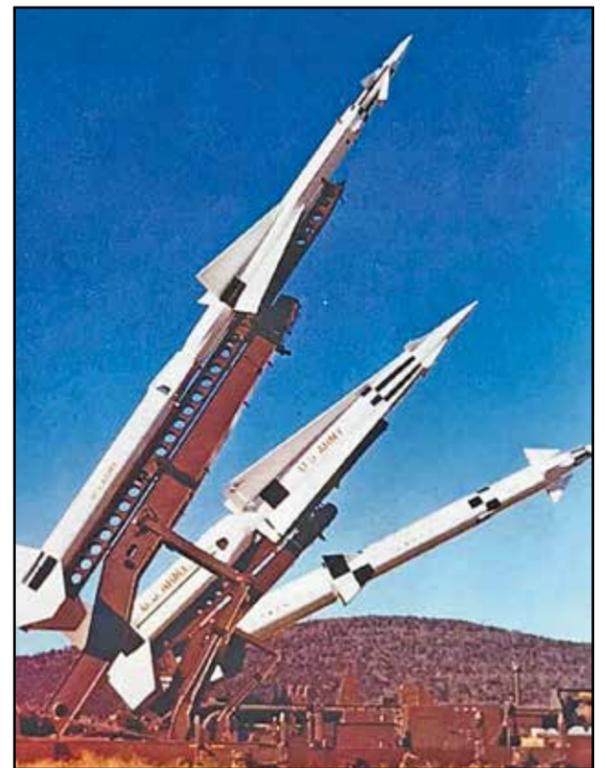
The National Archives and Records Administration released in 2006 a previously classified document referred to as Target Category No. 275. The document detailed potential targets for atomic bombers in the event of war with the Soviet Union as it was anticipated to play out in 1959. The Los Angeles Basin was one of the top three targets.

"It is disturbing, for sure, to see the population centers targeted," said William Burr, a senior analyst at the National Security Archive, in a 2006 interview with the *New York Times*. Mr. Burr said he believed report No. 275 was the most detailed list of potential targets the Air Force had ever made public.

Two of the most compelling motion pictures concerning the potential of nuclear conflict made in the 1960s were Stanley Kubrick's *Dr. Strangelove* and Columbia Pictures *Fail Safe*. Both movies presented the dilemma of a military infrastructure that once set into motion could not be stopped. In each film, aircraft bombers are the delivery system of the nuclear capacity.

While *Dr. Strangelove* presented a comical indictment of the military complex with Academy Award winner George C. Scott and Peter Sellers, *Fail Safe* portrayed a more chilling portrayal of decent and honest military personnel who had no desire to

engage in nuclear war, but had created a system that once set into motion, could not be stopped. U.S. bombers in the movie are equipped with Fail Safe boxes that theoretically provided clear and irrefutable instructions to pilots.



Columbia Pictures movie *Fail Safe* portrayed an unstoppable nuclear defense system once it was set into motion.

*Fail Safe* starred Henry Fonda in one of his most critically acclaimed roles as a president struggling to stop a system out of control. A young Larry Hagman and Walter Matthau also provide riveting performances.

The Nike Hercules and Nike Zeus missiles armed with nuclear warheads surrounding Alhambra and Los Angeles were never deployed. By 1963, the policy of deterrence with the threat of massive reprisals was replacing the Nike approach of actively engaging incoming aircraft. ICBM silos in Kansas took the place of Nike bases. The various bases around Los Angeles to a great extent were then dismantled.

I have followed Trip 29 of John W. Robinson's hiking book, *Trails of the Angeles*, to the remnants of Site LA-09. A few buildings and tarmacs remain, but most of the base has been demolished and replaced with pine trees. It is a grim reminder of something that still has not gone away.

Alhambra and its real estate was a utopia enjoying the California dream in the 1950s. The tranquility of this era masked the stark reality of our city being surrounded by Nike missile bases that had the capacity to launch rockets with nuclear warheads. Fortunately, the scenarios of the declassified document referred to as Target Category No. 275 never occurred and allowed Alhambrians to enjoy some of our city's most pleasant times during the 1950s and 60s.

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# Tenant rights to smoke cigarettes or marijuana in rental units *Part 2*



## 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.

### Can a landlord evict a tenant for smoking?

A clear no-smoking policy prohibits all forms of smoking, including smoking marijuana for medical reasons. A landlord who has included a no-smoking policy in a lease or rental agreement can terminate the tenancy of or evict a tenant who smokes. When the no-smoking policy is part of the rental's rules and regulations, but not incorporated into the lease or rental agreement, the landlord might only be able to terminate the tenancy or evict if the tenant repeatedly violates the rules.

Landlords might also be able to end a tenancy or evict based on a lease's or rental agreement's "illegal activity" clause. Again, under federal law, possessing and using marijuana is a crime. Whether a landlord will be able to evict a tenant for smoking marijuana based solely on the illegal activity clause depends on the circumstances. Many judges won't evict when the tenant doesn't have a history of breaking the law, and the illegal act is relatively minor, especially if marijuana is legal under state law.

If you plan to smoke in your unit, it's best to find out the smoking policies before you sign a lease or rental agreement. If a landlord tells you that you'll be able to smoke in your unit, make sure you get that statement in writing. Otherwise, don't enter into a lease or rental agreement knowing that you're going to violate the no-smoking rule. Hold out for a rental that meets your needs — the risk of legal hassles or even eviction just isn't worth it.

Source: *Nolo.com*

### Landlords have the right to restrict smoking

Even when there's no applicable anti-smoking law, landlords can limit or prohibit smoking anywhere on the rental premises, including individual units. Health concerns about secondhand smoke aside, landlords often prohibit smoking in an effort to limit fire hazards on the property, reduce fire insurance premiums, and avoid stains and odors. Landlords might also prohibit smoking to avoid lawsuits — tenants have sued landlords who allow smoking on various legal grounds, such as:

- Nuisance, for example, odors from smoking annoy other tenants.
- Breach of the duty to keep the rental habitable, for example, units subject to secondhand smoke being uninhabitable because of health concerns.

Landlords typically inform tenants of a no-smoking policy or smoking restrictions through a clause in their lease or rental agreement. Most likely, such a clause applies to smoking of any sort, not just tobacco, but if you're not sure, ask your landlord — preferably before you sign anything. However, even if your lease or rental agreement doesn't mention smoking, you should familiarize yourself with any state and local smoking laws, as they might apply regardless of what's in your lease.

## Understanding the new California rent control law under AB1482

As of Jan. 1, California now has state-wide rent control. California is capping how much rent can increase each year for renters across the state.

Assembly Bill 1482, known as the "Tenant Protection Act of 2019," is written to prevent outrageous rent hikes across the board for all Californians. Lawmakers say it is necessary to provide relief to renters in the state as many cities are wrestling with the housing shortage, homelessness, and poverty rates of 18.2%, the second-highest in the nation. "Millions of California renters are just one rent increase or eviction away from experiencing homelessness," said the bill's author Assemblymember David Chiu (D-San Francisco). These protections are a small way the state is helping to stabilize homes for those who need it most.

### How does this affect you as a landlord?

#### Will my building be rent-controlled?

That depends on where your property is located. If your property is in a city that does not already have a local rent control law and is at least 15 years old, then you will now be a rent-controlled building. State law also will exempt buildings constructed in the last 15 years on a rolling date.

#### What types of buildings are impacted?

All apartments and multi-family buildings will be affected by the new law, with some exceptions. Condos and single-family homes will be exempt unless they are owned by a corporation or real estate investment trust. Duplexes, where the owner lives in one of the units, will also be exempt.

#### How much can rents increase?

Landlords are now limited to increases of no more than 5%, plus the local rate of inflation, capped at a total of 10%, in one year. Simplified as the formula below:

$$5\% \text{ increase} + \text{local inflation rate} < 10\% \text{ in one year.}$$

#### What else is in the bill?

Under AB 1482, landlords need to provide evidence of "just cause" when terminating any lease, such as failure to pay rent, violating the terms of a lease, and committing a crime on the property.

Converting a property to condos or "substantially" remodeling the property will require relocation fees equal to at least one more of rent.

For more information or help with any related matters, contact John Man at 626-236-2911.

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# California's New Rent Control Law and What You Need to Know!

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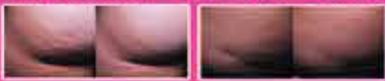
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Lips	\$20	Abdomen	\$50
Chin	\$20	Tummy Trail	\$35
Ears	\$35	Buttocks	\$40
Ladies' Face	\$55	Shoulders	\$40
Gentlemen's Face	\$75	Women's Chest (Partial)	\$30
Arreola (Nipples)	\$30	Women's Chest (Full)	\$60
Underarms	\$30	Men's Chest (Partial)	\$50
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	\$150
<small>(per treatment)</small>	
Belotero	\$330
<small>(per syringe)</small>	
Juvederm Ultra Plus XC	\$450
<small>(per syringe)</small>	
Radiesse	\$450
<small>(per syringe)</small>	
Restylane	\$400
<small>(per syringe)</small>	
Acne Scar Removal	\$250+
<small>(starting price)</small>	
Spider Vein Removal	\$200+
<small>(starting price)</small>	
Tattoo Removal	\$100+
<small>(starting price)</small>	