



AROUND ALHAMBRA

PUBLISHED BY THE ALHAMBRA CHAMBER OF COMMERCE

life

community
seniors / health
dining / entertainment
auto / real estate



Some of last year's crawlers led by bagpiper Darryl Calvillo.

Get ready for 10th Annual St. Paddy's Day Pub Crawl: eight stops, bagpiper, prizes, fun

Alhambrians and friends should get their best green duds on and celebrate St. Patrick's Day by joining the annual St. Paddy's Day Pub Crawl. In its 10th year, the event will take place from 4 p.m. to 8 p.m. Sunday, March 17. Per tradition, a bagpiper will lead the crowd through the Downtown Alhambra area and make stops at participating restaurants and bars.

The kick-off location is at Ohana Brewing Co., 7 S. First St., where crawlers can pick up free commemorative pub-crawl T-shirts. Organizers suggest arriving early at 3:30 p.m. to get in line to receive a T-shirt while supplies last.

The pub-crawl set schedule is as follows:

- 4 p.m. – Ohana Brewing Co.
- 4:30 p.m. – 38 Degrees Ale House & Grill
- 5 p.m. – 28 West Sports Bar
- 5:30 p.m. – Big Catch Seafood House
- 6 p.m. – The Chicken Koop
- 6:30 p.m. – Big T Mini Mart
- 7 p.m. – Havana House Cigars & Lounge
- 7:30 p.m. – Azul Ultra Lounge

Various prizes from local businesses will be raffled during the crawl, which will be hosted by dynamic master of ceremonies Dameion "Lucky" Smith.

"We are so excited for another fun crawl, as last year's drew the largest crowd ever and was packed with a lot of energy," said Downtown Alhambra events director Monina Castillo. Pub crawlers can join any time at the participating bars listed on the schedule, so don't worry if you can't make it to all the bars."

Some other important things to note:

- Though Downtown Alhambra has an actual Irish gastro pub in Limericks Tavern on Main Street, the crawl will not make a stop at the location due to the venue's continual packed capacity on March 17.
- Space is limited at each location, and it can't be guaranteed that everyone gets in at each stop.
- Must be 21 and over with a valid photo ID to participate.

For more info and updates on this event, check back at <https://www.facebook.com/>



Mark Keppel's MKAM, the first high school all-male dance company ever to compete on NBC's World of Dance, was featured on the Feb. 26 season 3 premier.

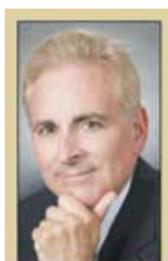
MARK KEPPEL HIGH MKAM'S HOLLYWOOD FAIRYTALE DISCOVERY LANDS THEM ON NBC'S WORLD OF DANCE WITH JENNIFER LOPEZ TO COMPETE FOR \$1 MILLION

MKAM is the first high school all-male dance team ever to compete on the show, which airs Sunday nights beginning March 3

SEE FULL ARTICLE ON PAGE 2B

Alhambra and America's native sons

By Gary Frueholz
DILBECK REAL ESTATE



"Good morning America how are you? Don't you know me I'm your native son" Arlo Guthrie, singing the *City of New Orleans*
In the song *The City of New Orleans*, Arlo Guthrie sings of the rise and demise of an American Institution, the railroad passenger train. The refrain that works its way through the melody is, "Don't you know me I'm your native son." And this phrase reminds us of the vestiges of an age past that still define us as a nation. The song calls these vestiges "native sons."

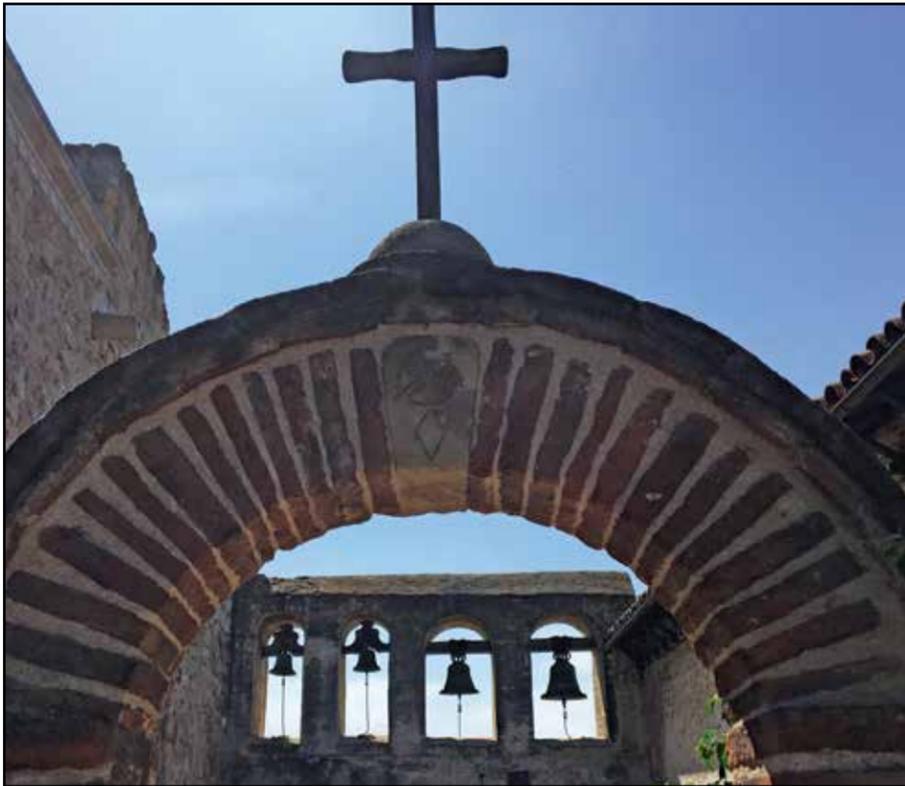
These native sons can be technologies, architecture, means of transportation, and of course people. Native sons can evolve and progress from rudimentary levels to more sophisticated strata over time.

And some of these native sons that help define the United States are also present in our city of Alhambra. With Alhambra's history dating back to the 1870s, this provides a great period of time to parallel our country's evolution.

Log cabins hold a special place in American history and are in their own right a native son. They form a bridge between our nation's rustic past and its spirit of adventure and exploration. Log cabins symbolize the American journey from an agrarian society to the industrial behemoth it now is.

Alhambra has its own log cabin. It resides at 1919 S. Palm Ave. near an off ramp of the San Bernardino Freeway, close to Fremont Avenue. Here one can see the classic architecture

FULL ARTICLE BY GARY FRUEHOLZ ON PAGE 18B



A picture-perfect moment.



Beautiful gardens at Mission San Juan Capistrano.

Day-tripping into history

– Mission San Juan Capistrano

St. Joseph's Day and the Return of the Swallows Festival is March 19

A pirate. A brilliant marketing idea. Mysteries. California's oldest continuously occupied neighborhood. When was the last time you visited Mission San Juan Capistrano?

It had been years for me, until a few weeks ago when I drove down to Orange County. Wow! The mission is more beautiful, historically accurate, and tradition-filled than ever. A careful restoration and on-going conservation have revealed beautiful treasures. Ongoing traditions — like the ringing of the bells by hand — guided tours, and classes in Native American culture offer plenty to see and do.

Outside the mission walls, the Los Rios Street Historic District is filled with cute little shops, restaurants, wine bars, and homes dating to the 1700s.

My visit was a day-trip. But it can easily be an overnight. The new 124-room San Juan Capistrano Mission Inn, a Marriott Autograph Collection hotel, is set to open across

TRAVELS WITH
BARBARA BECKLEY
STORY AND PHOTOS
BY BARBARA BECKLEY



the 237-year-old chapel could be considered 'the jewel of the jewel,'" she smiled. While small in size, the chapel is large in history.

Inside the chapel I marveled at the 200-year-old Station of the Cross XII painting, which had been hidden underneath a 1971 painting for 40 years until its recent rediscovery. And beautiful 17th century murals, once covered by layers of paint, and geometrical wall designs restored in the original 17th century pattern. Outside, on our way to the cemetery and the "secret garden," Ms. Adams pointed out where the original adobe walls, and 19th century whitewash have been purposefully exposed and conserved, above 19th century benches.

And, the crucifix with a bullet hole in it! "Wait! What?" I asked. Turns out that California's only pirate — Hippolyte de Bouchard, a privateer — attacked the mission and surrounding town in 1818. It's not clear if the bullet hole is that old, but obviously the mission has a lively history.

Entering the Mission Cemetery, it was heartwarming to see Father John O'Sullivan's newly restored tomb. He's credited with putting the mission on the world map, with his brain-storm idea of celebrating the return of the swallows on St. Joseph's Day, March 19.



Barbara explores the ruins of the Great Stone Church, often called the American Acropolis.

While the birds aren't as prevalent as in the past, the all-day festival is a wonderful time to visit, with festivities including the traditional bell ringing, music, dancing, live entertainment, performances, and a featured program on cliff swallows. The celebrations continue on March 23 with the 61st annual Swallows Day Parade & Mercado Street Faire.

CONTINUED ON PAGE 7B

Earn more with Sterling.

2.68% APY
15 Month CD*

2.10% APY
AMBASSADOR CLUB
Money Market**

In 2018, Sterling Bank & Trust was ranked among U.S. banks with between \$1B–\$10B in assets as the **Top Performing Community Bank in the United States** by SNL/S&P Global Market Intelligence.

6 Locations to Serve You

Alhambra	711 West Valley Boulevard	(626) 576-8810
Arcadia	657 West Duarte Road	(626) 446-1572
Chino Hills	2911 Chino Avenue	(909) 662-3300
Irvine	4250 Barranca Parkway	(949) 559-5822
Rowland Heights	19220 Colima Road	(626) 581-1589
Koreatown	3640 Wilshire Boulevard	COMING SOON!

sterlingbank.com

*The Annual Percentage Yield for the CD product is effective as of 10/22/18 and is subject to change without notice. The CD product requires a \$500 minimum opening balance and a penalty will be imposed for early withdrawal.
**The Annual Percentage Yield (APY) is effective as of 10/22/2018 and is subject to change without notice. To qualify for the advertised rate, Ambassador Club Membership is required. Ambassador Club requirements are: (1) make a minimum opening deposit of \$25,000 in a Sterling Eagle Checking Account, (2) make one monthly deposit (ACH, check, or cash) into the qualifying Sterling Eagle Checking Account, and (3) maintain a minimum monthly statement balance of \$25,000 in the Sterling Eagle Checking Account. Additionally, you must open the money market account with a minimum deposit of \$500 and maintain a minimum monthly statement balance of \$500. Rates are compounded monthly and paid on the entire balance in the account. Fees may reduce earnings if the average minimum monthly statement balance of \$25,000 in the qualifying Sterling Eagle Checking Account and \$500 in the money market account is not maintained.

MARK KEPPEL HIGH MKAM

CONTINUED FROM PAGE 1B



learned in August that MKAM won the chance to appear on the World of Dance Season 3 Premier and to compete on the show.

Adding to MKAM's stuff-of-Hollywood-legend discovery story was the secret-keeping demanded by the network until January 2019 to ensure a powerful season launch Feb. 26 of NBC's World of Dance Season 3 Premier.

In January, when NBC OK'd the announcement, Mr. Arroyo wrote, "It's been so hard to keep this secret! Thank you for watching us on NBC's World of Dance Season 3 Premier on Feb. 26. We are humbled to be the first high school all-male dance team ever to compete on NBC's World of Dance." He added, "We thank the many faculty and staff who have supported the growth of Mark Keppel's dance arts program over the last several years. Special thanks to MKHS and Alhambra Unified School District administrators and to the AUSD school board for their support in this huge accomplishment."

This is the second time this school year that Alhambra Unified students have been selected to make their national debut. The AUSD All District Marching Band was chosen to perform in the 2020 Rose Parade. "We believe arts education is a superpower, and the national performances of MKAM and the AUSD Rose Parade Band are certainly compelling examples of our ARTS Advance AUSD approach," said Alhambra USD Superintendent Denise Jaramillo. "Bravo to our teachers and students for their incredible work."

Seniors / Retirees News | Activities, Projects, Features

Taking steps to avoid falls

By Breanna Walker, Marketing Department, Atherton
214 S. Atlantic Blvd., Alhambra, CA 91801

All of us have experienced moments of dizziness or unsteadiness from time to time. Occasionally losing your footing or tripping is a part of life. However, for some seniors, balance problems can become more than an infrequent nuisance. As we age, various physical and lifestyle changes make us more prone to experience a lack of balance. In fact, these balance issues contribute to the large number of falls seen in senior populations. According to the National Council on Aging, falls are the leading cause of injuries in older Americans. Each year, one in four older adults will experience a fall.

Every 11 seconds, an older adult is treated in the emergency room for a fall, and every 19 minutes an older adult dies as the result of a fall. In addition to physical injury from a fall, there is less obvious psychological damage. The fear of falling can have a dramatically negative impact on one's life. Older adults may restrict their physical activities and social outings in order to avoid falls, which can cause a sense of isolation. A decrease in physical activity can exacerbate existing conditions and lead to weaker muscles and even poorer balance. The lack of social involvement can lead to emotional issues, including depression. Although balance problems and falls represent a significant challenge, there are many ways to recognize the contributing factors and take steps to improve balance and lessen the risk of a fall.

According to Harvard Medical School, some of the age-related changes that contribute to balance problems are inner ear problems (including vertigo), vision problems, numbness (neuropathy) in feet and legs, arthritis, circulation problems, neurological conditions like Alzheimer's or Parkinson's disease, and even side effects of various medications. Of course, if you are experiencing significant problems with balance or have significant concerns about falling, talk to your doctor. However, there are some steps you can take now to improve your balance and make

falls less likely.

- Have your vision checked regularly. If it's been a while since your last appointment with the eye doctor, it may be time to consider making one. Vision problems can make it difficult for you to see obstacles in your path and make a fall more likely. Seek treatment for conditions like glaucoma, macular degeneration, or cataracts before they compromise your vision. Also, make sure to have adequate lighting in your home.
- Ask your doctor and pharmacist to go through your list of medications with you. Ensure that none of your medications are interacting to cause dizziness. It is always helpful to be aware of potential side effects. It may be possible to switch medications or reduce the dosage of drugs that are known to cause balance problems.
- Pay attention while you are walking. Do not read or look at your cell phone. Try to reserve any conversations until you can sit down.
- Make sure you have the proper shoes. Shoes should fit well, have a low heel or no heel, and have sturdy soles.
- Be careful when standing up from a sitting or reclining position. Standing up too fast can lead to a drop in blood pressure that can cause dizziness.
- Drink enough water. Dehydration is a common cause of dizziness in older adults, and many of us find it challenging to drink adequate water as we age. In addition to drinking various beverages, try to eat foods that are high in water content, such as soup, watermelon, and various vegetables.
- Exercise can be very helpful. A combination of different types of exercise is most effective. These include aerobic exercise, strength training, and exercises to increase flexibility. Start out by walking and then advance to climbing stairs or riding a bike to increase your lower body strength. Yoga is a great way to improve balance and strength. Also, joining a tai chi class may be beneficial. Tai chi is an ancient practice made up of slow

movements, and according to Harvard Medical School, has been shown to significantly reduce the likelihood of falls in older adults. Before starting any exercise program, check with your doctor to make sure it's safe for you.

- In addition to a general exercise program, try these exercises that are specifically proven to improve balance:
 - Be aware of your posture: Stand up straight with your shoulders even and a neutral spine. Pull your abdominal muscles in so that your core is engaged. Healthy posture centers your weight over your feet and contributes to good balance.
 - Heel raises: Hold onto the back of a chair with both hands and stand straight with your feet hip-width apart. Lift up on your toes. Hold and then lower your heels to the floor. Repeat 10 times.
 - Standing side leg lifts: Stand straight behind a chair, holding the back of the chair with both hands. Slowly lift your right leg straight out to the side, about 6 inches off the floor. Hold and then return to the starting position. Repeat 10 times on each side.
 - Sit-to-stands: Stand tall with your back to a sturdy chair and your feet hip-width apart. Sit back, and slowly lower your hips onto the chair as gently as possible. Pause, and without swinging your torso, push into your heels to stand. Repeat 10 times. You may need to hold onto the wall or a sturdy piece of furniture for balance. As you get stronger, perform the move without holding onto anything.
 - Single leg stands: Stand straight with feet hip-width apart. Lift one foot an inch off the floor while keeping your torso straight and without leaning toward your planted foot. Hold for 10 to 15 seconds and slowly return your foot to the floor. Repeat on the opposite leg. Perform five stands on each leg. At the beginning you may need to hold onto something sturdy, but as your strength improves, try the move without holding onto anything.

Although balance problems and the risk of falling are significant concerns for seniors, there are many things we can do to stay healthy and safe! Being proactive and taking steps to ensure your health can grant both you and your loved ones peace of mind.

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

CHOOSE YOUR PATH

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

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

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

Download Atherton Fact Sheets at www.abh.org

Call **1.800.340.4178** to learn more about our

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

Entrance Fees start at \$113,500.



ATHERTON

Christian living for today's seniors

214 S ATLANTIC BLVD, ALHAMBRA, CA 91801



Dr. Chuck Cluff
Atherton Resident
since 2004

Alhambra is one of the few cities in the San Gabriel Valley that has a Case Management program that assists people age 60 and above to remain independent in their own home or apartment for as long as safely possible. From left: Case worker Bonnie Magallanes and clients Gayle McKinney, Martha Foster, and Peter Novoa.



JOSLYN ADULT CENTER OFFERS CASE MANAGEMENT PROGRAM

Most cities have programs for their elderly citizens. These can include social activities, enrichment classes, and a hot meal at lunch time. Fewer cities offer programs to assist people age 60 and above to remain independent in their own home or apartment for as long as safely possible. Last year, 188 individuals were assisted by this program.

Alhambra is one of the few cities in the San Gabriel Valley that has a Case Management program with this goal in mind. The program is funded by HUD, the L.A. County Workforce Development, Aging and Community Services (WDACS), the City of Alhambra general fund, and private donations from families and individuals.

The process begins with an intake interview and comprehensive assessment of a new client's needs. This enables Case Management staff to provide services which can include:

- Individual Care Plan to address client's needs.
- Monthly contact with clients to provide support and determine changes needed to be made with Care Plan.
- Temporary in-home assistance with meal preparation, basic household tasks, and light cleaning.
- Temporary in-home assistance, for frail clients, in bathing, dressing, and feeding. Help can also be arranged if a client's personal safety is in question.
- Registry: A list is maintained of service providers who offer services for hire. A background check and screening is conducted on all potential service providers.
- Telephone reassurance. Volunteers make weekly phone calls to homebound seniors to check on the safety and well-being of clients and provide social contact.
- Nutrition: Assist clients to participate in the lunch program at Joslyn Center. Seniors can also be referred to the Home Delivered Meals program and local food banks.
- Transportation: Alhambra residents aged 60 and over who are unable to drive can register for the Senior Ride service, which is a curb-to-curb service within the city limits.
- Housing: Case Management staff provides referrals, information, and assistance for placement in senior housing or skilled nursing facilities.
- Equipment: Arrangements can be made for the loan of assistive equipment such as walkers, commodes, wheelchairs, etc.

Services are based on available funding resources. For more information about services assistance to remaining at home, seniors or loved ones can call 626-570-3220, between 8 a.m. and 5 p.m.

On March 22 at the Joslyn Center, the Case Management Staff will be on hand from 11 a.m. to noon to introduce themselves, provide information on their services, and answer questions. Light refreshments will be served.

Elder Care Planning Attorney Carlos A. Arcos

Presents a FREE Workshop Series

MANAGING ELDER CARE, TRUSTS & MEDICAL
Trustees Duties and Trusts
Trustees and Planning for Aging Parents

Dates: **Thursday, March 21, 2019**
Thursday, April 25, 2019

Time: **10:00 a.m. – 11:00 a.m.**

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

No reservations required
Seating available on a first-come, first-seated basis

For more information, please call

626-284-9003 or 800-284-9003

Life at Brookdale

The Beginning of a Beautiful New Chapter



Give your loved one the opportunity to live comfortably and enjoy their own daily routine, with the confidence of safety and support through assisted living.

Phone today to schedule a tour and to learn more about our community: 626-289-3871 (Chinese speaking staff available)



Brookdale Alhambra

1 E. Commonwealth • Alhambra, CA 91801
626-289-3871 • sales24339@brookdale.com

Pechanga Casino is destination for Senior Outings March 28

March will feature a trip to the exciting Pechanga Casino in Temecula. The trip will be Thursday, March 28. Meet at the Joslyn Center, 210 N. Chapel Ave., by 8 a.m. Return is by 5:30 p.m. Please note that Senior Ride is not available for this Senior Outing.

The fee for this day of fun is only \$15. The activity level will be easy, so only light walking is required. Pechanga advertises that it has the largest casino floor in California totaling 188,000 sq. ft. The casino itself contains more than 4,000 slot machines, 154 table games, a non-smoking poker room with 38 tables, and a 700-seat bingo facility. So there is a lot of gaming activity to choose from. Remember though to always play responsibly.

Lunch is not included. Participants can choose between the inexpensive food court, buffet, sit down restaurants and coffee shops, or fine dining.

This should be a popular trip, so sign up early. For details, contact Joslyn either in person, online, or by phone at 626-570-5056. More information is also in the *Alhambra Leisure Guide*.

Discover Royal Vista San Gabriel



Royal Vista

- Assisted Living
- Memory Care
- Skilled Nursing



For more information or to schedule a tour, please phone

(626) 289-8889

901 W. Santa Anita St., San Gabriel, CA 91776

Lic. #197606796

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

Untreated sleep apnea is dangerous



Do you feel tired in the morning, can't keep your eyes open, and find yourself falling asleep everywhere you sit?

Does your spouse or partner wake you up and ask you to change position because you are snoring loudly? Do you feel tired in the morning, can't keep your eyes open, and find yourself falling asleep everywhere you sit?

If yes, you might be suffering from sleep apnea.

Obstructive sleep apnea (OSA) affects tens of millions of Americans. This is a serious condition in which your breathing is restricted, causing you to briefly stop breathing. The breathing can stop a hundred times in a night resulting in poor flow of oxygen in the blood and the brain.

People with OSA have more of a choking sound to their snores and often wake up with gasps for air. People with just snoring without OSA do not stop breathing. It could be very loud, but there are no pauses in the breathing pattern.

What is causing the obstruction?

During an OSA episode, the tongue and flappy tissue around the tongue can collapse, causing a blockage of the air passage.

- **Body structure:** Some people have narrower air passages and lower muscle tone.
- **Medications and alcohol:** Some can increase muscle relaxation, leading to blockage.
- **Sleep position:** Snoozing on your back can cause the flesh in your throat to relax, blocking the airway.
- **Weight gain:** Poor muscle tone and fatty tissue around the neck and throat can obstruct the airways

Common signs and symptoms of sleep apnea

People experiencing short stops in their breathing patterns often have no recollection of it, which is why many people never know they have sleep apnea. Usually the partner is the one witnessing the process. Here are some symptoms to watch out for:

- Daytime sleepiness and feeling tired.
- Low resistance to common cold due to inefficient and restless sleep.
- Difficulties staying awake when sitting in one place. Patients report falling asleep while waiting on a red light.
- Headaches in the morning.
- Difficulties concentrating.
- Irritableness and trouble controlling emotions.
- Dry mouth or sore throat in the morning.

Left untreated, OSA can cause serious medical conditions ranging from increased blood pressure to cardiac changes.

Do you have sleep apnea?

Diagnosis of sleep apnea is first established by a physician. This may involve a sleep test, where the patient sleeps



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.

overnight in a sleep center to check the breathing pattern and blood oxygen level.

Treatment for obstructive sleep apnea

- Common treatment is a positive airway pressure (CPAP) device, which is connected to a facial mask that goes over the nose or mouth and blows continuous air throughout the night.
- Dental appliances are quite effective at alleviating this blockage. They work by repositioning the tissues by lifting up the tongue and bringing it forward. The appliance is designed to stabilize the jaw in the forward position and prevent the tongue from collapsing back and keep the airway open. They are quite well accepted by patients: inexpensive, non-invasive, and easy to get used to.
- Lifestyle changes are often recommended as treatment, such as weight loss, decreasing alcohol consumption, and changing sleeping positions.
- Facial exercises that improve the strength of the floor muscles. They are very effective, easy to do, and take 5 to 10 minutes a day.



ADVANCED DENTISTRY
of ALHAMBRA

Healthy Teeth & Bright Smiles for the Whole Family!



Dr. Dara
Gashparova

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



(626)289-6131

www.DaraDDS.com

70 S Palm Ave
Alhambra 91801

OPEN SATURDAYS

0% Interest
PAYMENT PLANS

**PORCELAIN CROWNS IN
ONLY ONE VISIT!**



- Precise Fit
- Natural Look
- Comfortable Digital Scan

Latest Technology!

FREE CONSULTATION

New Patient Offer

\$69

- Digital X-Rays
- Comprehensive Exam
- Regular Cleaning

Reg. price \$270.

It's Your Choice

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

Valarie Gomez
West San Gabriel Valley YMCA



55 South Raymond Ave, Suite 100 Alhambra, CA 91801

CALL FOR A FREE CONSULTATION
626.576.0591

www.YONEMOTO.com



Home Medical Equipment Supplies / Service / Repairs

FROM YOUR TRUSTED
NEIGHBORHOOD SUPPLIER

- ★ Respiratory care services
- ★ Home Oxygen / portable systems
- ★ Air Travel Oxygen
- ★ CPAP / Bi-PAP for sleep disorders
- ★ Home Ventilators
- ★ Nebulizers
- ★ CPM/Tens Units
- Scooters,
- Manual Wheel chairs
- Motorized Wheelchairs
- Hospital Beds, /Air Mattresses
- Wheelchair Ramps
- LiftChairs, / Walkers
- MassageChairs
- Incontinent Supplies
- Diabetic Supplies, Shoes
- Wound Care Supplies
- Patient /Ambulatory Aids
- Compression Stockings
- Orthopedic Supplies
- Power Chair & Scooter Repair
- Sigvaris Compression Stockings
- Blood Pressure Monitoring Systems
- Littmann & other Stethoscopes



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

1430 W. Valley Blvd., Alhambra,
California 91803

CALL US FOR DETAIL (626) 282-2200

(24 HRS/7DAYS A WEEK)

Website: www.metro4mediequip.com



Shoulder health

BY SHEILA YONEMOTO, P.T.

Sometimes patients tell me, "All I did was turn to get my purse from the back seat of the car, and I felt an aching in my shoulder." The pain seemingly comes from nowhere, and movement is markedly limited in all directions, hence the term "frozen shoulder." The ligament surrounding the shoulder joint gets very tight and sticks to itself making overhead movements particularly difficult. A portion of this ligament in the armpit region has enough "material" to allow the arm to go overhead, similar to the underarm region of a jacket sleeve.

The shoulder consists of a system of four joints: the breastbone, the collarbone, the shoulder blade, and the upper arm bone, which attaches onto a fairly flat socket on the shoulder blade and is suspended and supported by ligaments and muscles.

Tendonitis is inflammation of a tendon, the part of the muscle attached to the bone. Inflammation is the body's way of healing an injured area and usually warns of an injury caused by overuse or strain. To treat tendonitis, you need to rest from activities triggering the pain and swelling. The body cannot heal an injured area if you continue to use it. Ice often helps decrease swelling. The swelling puts pressure on nerves and causes pain. Reducing scar tissue with massage techniques helps by reducing tension occurring from these tight structures pulling on the bones.

Finally, the muscles need to be re-trained to move in a balanced fashion so the strain does not recur. Shoulder pain may increase at night due to your arm position causing more pressure on the injured structures. The body uses pain as a means of communicating potential injury, warning you to change positions.

Use extra pillows to support the arm and shoulder. A cold pack decreases



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.

es pressure and may slow down pain impulses. Drinking chamomile tea, (an herbal anti-inflammatory), practicing deep breathing, and doing relaxation exercises may help. Since the shoulder relies on the balance between the muscles surrounding the joint, influenced by posture and activity, it is important to maintain a balanced length, strength, and proper coordination of muscle activity. Hopefully, by doing this you will get a peaceful night's sleep.

\$20
for Acupuncture
& Free Herbal
Medicines for
Flu or Pollen Allergy

Harbor chest
open shoulders
manipulation

**Center of Acupuncture
and Herbs**

701 W. Valley Blvd., #30
Alhambra, CA 91803
626.679.0197 or
626.888.2189



High blood pressure hard to control? It may be your gums

It is currently estimated that one in three U.S. adults is living with high blood pressure, yet less than half have their condition under control, according to the American College of Cardiology. A recent study confirmed the link between gum disease and high blood pressure. This study, published in the American Heart Association journal Hypertension, included more than 11, 750 U.S. adults who were examined between 2009 and 2014. The goal of the study was to see if gum disease has any impact on blood pressure control.

After analysis, researchers found that among those with high blood pressure, those with gum disease had 2.3 – 3 mm Hg higher systolic blood pressure than those with healthy gums. Furthermore, patients with gum disease were also less likely to have their blood pressure under control with medication than those with good oral health.

The authors of this study suggest that gum disease may impact outcomes in patients with high blood pressure, since these results indicated treatments for high blood pressure may not be as effective in patients with gum disease as it would in patients with good oral health. Hence, taking care of the teeth and gums may be an important way to help promote a healthy blood pressure.

Although the investigators cannot state, yet, there is a cause and effect between the two diseases, they point out that their findings add to a body of evidence linking gum disease to poorer heart health.

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

Gum disease, also referred to as periodontal disease, causes chronic inflammation of the gums. It currently affects nearly half of Americans over 30. Experts believe that inflammation from gum disease may trigger or worsen inflammation in other parts of the body, including blood vessels and arteries.

The best way to prevent gum disease is to see your dentist regularly and follow home care instructions, especially as to minimizing sugar intake.

So, if you follow your dentist's advice, your dentist not only can save your teeth, but also your life.



Our Approach to Care Centers on You

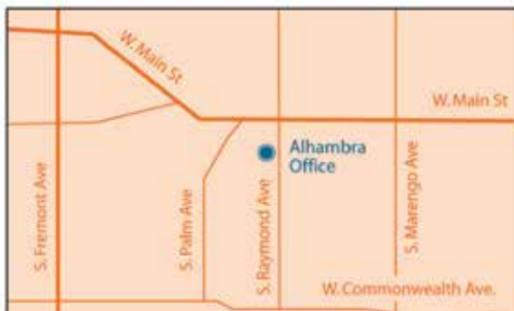
A New Model of Patient-Centered Care in Your Community

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

Meet Your HealthCare Partners

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

Dr. Gayathri Selvakkumuran • Pediatrics	Dr. Alexander Thuya Chan • Internal Medicine	Dr. Huey-Yuan Wu • Internal Medicine
---	--	--



Stop by to meet our doctors.

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



Medical Group and Affiliated Physicians

Healthy Lifestyles Begin at

Wellness Club

仁愛健康俱樂部





Join Today!
It's FREE!



An ounce of prevention is a worth a ton of cure!

Get rewarded for participating in your own healthier lifestyle!

Here's how it works:

- Join! It's FREE!
- Earn points by attending & participating in preventive and wellness programs offered by Alhambra Hospital.
- Collect your prizes at 10 & 20 points!



仁愛醫院

Tel: (626) 570-1606

Please call 626-458-4787 if you have any questions!

DAY-TRIPPING INTO HISTORY

CONTINUED FROM PAGE 2B

Behind the cemetery, the Sacred Garden, also called the secret garden, is a photographer's and a bride's dream, with the bells in the 1813 Campanario silhouetted against the sky. "This is a favorite spot for wedding proposals," Ms. Adams told me. And not just modern ones. In 1915, silent film star Mary Pickford spontaneously renewed her vows here to then-husband Owen Moore.

The mission's visitor offerings include guided tours and new self-guided audio tours in English, Spanish, French, and German. Regularly scheduled free activities, such as a Native American Basket Weavers class, which I attended, and Native American Storytelling. Both are taught by Jacques Nunez, a ninth generation descendant of one of Father Serra's soldiers (who's family still owns the soldier's original 17th century home on Los Rios Street), and award-winning indigenous educator and master storyteller. "It took 200 hours to make one basket," she explained in her class. No wonder they are so beautifully made, I thought, even if they were used to carry acorns, or abalone, which was traded for obsidian with inland tribes around Palm Springs, she explained.

Outside the mission grounds, it's time for shopping, dining, cocktails, and more sightseeing. While Ms. Nunez' family home, the 1794 Rios House, is private, the Dona Montanez Adobe, also built in the late 1700s, is open to the public, displaying early photos and artwork. I found darling home décor and Victorian miniatures inside The Art Garden, a cozy 1910-home-turned gift shop. For dining and camaraderie, I enjoyed the Five Vines Wine Bar and brew pub. Locals recommend the quaint Hummingbird Café for delicious soups. For brunch and lunch, The Ramos House Cafe, circa 1881, serves Southern-style cuisine and huge Bloody Marys on the shaded patio.

To learn more, visit www.missionsjc.com.



Beautiful gardens at Mission San Juan Capistrano.

Stonegrill
400-degree heated natural volcanic stones

Beef Short Ribs \$12
11:30 to 5pm Fri - Sun

DRINK

PINTS \$ PITCHERS
BUY 1 GET 1
50% OFF
Everyday

#SCALASTONEGRILL

Reservation: **626-782-7898**
www.ScalaStonegrill.com

1411 S Garfield Ave. Ste 104. Alhambra, CA 91801
Between Valley Blvd & Garfield Ave

Dining & Entertainment

What's Happening for Food & Fun

La Parrilla Mexicana Restaurant celebrates 25 years

By Glenn Barnett

February marked the 25th year that family-owned La Parrilla Mexicana Restaurant, 2938 W. Valley Blvd., Alhambra, has served their own creations of traditional Mexican cuisine. The mole sauce for instance is made on site from 33 different ingredients and simmered to delicious perfection. The chicken mole falls off the bone and melts in your mouth. So good. You can't go wrong.



La Parrilla Mexicana Restaurant owners Anita, left, and Tayde Garcia have served Alhambra for 25 years.

Other great meals include the shrimp enchilada plate (enchilada de camarones) and a breakfast favorite machaca con huevos. It's like steak and eggs only better. While you're thinking about it, make a note on your calendar to buy your Christmas tamales at La Parrilla, another on-site made delight. The chicken soup also comes highly recommended.

Owners Tayde and Anita Garcia previously had a restaurant in Boyle Heights for eight years before moving to Alhambra, where they settled in for good. In their time here, they have served a member of Congress, a state senator, and an L.A. county supervisor. They are also proud that La Parrilla is the neighborhood favorite of Alhambra Councilmember Adele Andrade-Stadler. From the entertainment world, customers have included Jaime Luis Gomez (known as Taboo) of the popular hip-hop group The Black Eyed Peas.

There is a good deal of customer loyalty at La Parrilla. Customers who were children when they first came to eat here now bring in their own children. One regular customer was a waitress at the restaurant that used to be on the site. Another recent customer, Raul from Palm Springs, had to stop by for breakfast when visiting Alhambra.

As a part of their outreach to the community, La Parrilla hosted a Chamber of Commerce sponsored Business to Business networking event last month. Find out for yourself what the buzz is all about. Visit La Parrilla the next time you are hungry. That could be soon, and for your convenience they are open every day from 8 a.m. to 9 p.m.

BAJA Cali
FISH & TACOS

\$1.99

SHRIMP TACOS
EVERY WEDNESDAY

2001 W. Valley Blvd Alhambra, CA 91803 & 31 E. Main St. Alhambra, CA 91801

@bajacalifishandtacos | www.bajacalifishandtacos.com

BUY ONE, GET ONE FREE SHRIMP TACO*

*LIMIT ONE PER CUSTOMER. EXCLUDES WEDNESDAYS | EXP. MAR. 31, 2019

Verdugo Hills Chorus to present Divas and Desserts March 30

Verdugo Hills Chorus, a chapter of Sweet Adelines, will present its annual Divas and Desserts at 2 p.m. Saturday, March 30, at Burbank First Methodist Church.

The event is an opportunity for all the quartets in the area who are going to compete at the regional level to have a chance to sing for the public and to receive feedback from a judging panel.

The \$10 ticket includes all the quartet performances, Verdugo Hills Chorus singing its competition set, and a social hour of coffee and desserts with all the performers.

Burbank First Methodist Church is located at 700 N. Glenoaks Blvd., Burbank 91502.

For tickets, call Sheila Stinnett at 909-985-7552, or e-mail luvBBshop@yahoo.com.

Fine Dining for Thai Cuisine

Thai Paradise

San Gabriel, California

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

TheThaiParadise.com

Check Our Web Site for Menu, More Special 10% Discounts and FREE Items with Purchase

5% OFF on \$20 minimum order

Please bring in this coupon for discount on dine-in or takeout orders - Expires 03-31-19

FREE DELIVERY within 3 miles radius • Small fee for delivery beyond 3 miles



KTLA News: Downtown Alhambra restaurants showcased its Taste of Alhambra Restaurant Week menus. From left: James Brown and Chef Denni Marroquin of Limericks Tavern; Monina Castillo of DABA; Nick Chang and Chef Ronnie Ng of Panasia Sweet and Savory; KTLA anchors Lynette Romero and Mark Mester; and Chef Guillermo Hung and Jorge Wong of Mancora Peruvian Cuisine.



The Tennessee Hot Fried Chicken was featured on Alondra Hot Wings' Taste of Alhambra prix-fixe menu.



Mancora Peruvian Cuisine's Amuse Bouche featured on Taste of Alhambra prix-fixe menu: Tiradito Seafood with Shrimp, Calamari, Octopus in Aji Amarillo Leche de Tigre sauce prepared by Chef Guillermo Hung.

Hungry foodies flock to 2nd Annual Downtown Alhambra Restaurant Week

Downtown Alhambra held its second annual Taste of Alhambra Restaurant Week from Jan. 27 to Feb. 2 as part of Visit California Restaurant Month.

Presented by the Downtown Alhambra Business Association (DABA), the weeklong event generated a lot of buzz, attracting Alhambra locals and in-the-know foodies, along with new patrons in neighboring Los Angeles cities. The food was the main attraction, but the great deals also drew people into restaurants. Diners got a chance to experience great meals and prices that appealed to the palette and wallet thanks to specials and prix-fixe menus ranging from \$15 to \$50.

The promotion also gave the city a chance to show off and spotlight the culinary talents and diverse cuisines of Downtown Alhambra's bustling restaurant scene, such

as Italian, American Continental, Asian Fusion, Japanese Fusion, Thai, Korean, Irish, Peruvian, Indian, and more.

Thirteen restaurants participated this year, including Limericks Tavern, Mancora Peruvian Cuisine, Charlie's Trio Café, Vino at Trios, 38 Degrees Ale House & Grill, Diner on Main, Big Catch Seafood House, Bon Appetea Café, Dickey's BBQ Pit, Mahan Indian, and newcomers to restaurant week: Panasia Sweet and Savory, Phoenix Inn Chinese Cuisine, and Alondra's Hot Wings.

An appearance on the KTLA Morning News Weekend Edition on Jan. 27 helped kick-start restaurant week with a bang. Representatives from Limericks Tavern, Panasia Sweet and Savory, and Mancora Peruvian Cuisine showcased some of their respective Restaurant Week menus, which the weekend anchors heartily sampled.

"We saw even more excitement and engagement for this year's Restaurant Week on our social media portals and were thrilled to have increased traffic to our restaurants," said Downtown Alhambra events director Monina Castillo. "Restaurant Week totally energizes the community, and we hope to continue on this upward trend going forward."

Stay tuned for news on next year's event, via <https://tasteofalhambra.com>.



ST. PATRICK'S DAY



PUB CRAWL

SUNDAY | MARCH 17, 2019 | 4PM-8PM



MEET US AT 4PM AT OHANA BREWING CO.
7 S. 1st Street, Alhambra

FIRST 50 CRAWLERS...

WILL RECEIVE FREE PUB CRAWL T-SHIRTS!
(limited sizes available)

8 STOPS * BAGPIPER * PRIZES * FUN

More info: [f](https://www.facebook.com/downtownalhambra) [i](https://www.instagram.com/downtownalhambra) [@DOWNTOWNALHAMBRA](https://www.downtownalhambra.com)

ST. PATRICK'S DAY 2019



LIMERICKS TAVERN

LOS ANGELES • ALHAMBRA
UPLAND • CHINO HILLS

300 W. MAIN ST #110, ALHAMBRA
(626) 872-1504 • LIMERICKSTAVERN.COM

Plaza of the Arts
(near Vicent Price Art Museum)

East Los Angeles College
1301 Avenida Cesar Chavez
Monterey Park, CA 91754



FESTIVAL of the *arts*

art • theater • dance • music
spoken word • animation

Join us for the first ever ELAC Festival of the Arts March 21 – 23 located in the Plaza of the Arts (near Vincent Price Museum). This three-day festival is free of charge and open to the public. There will be a variety of different art all done by East Los Angeles College students. If you're a fan of spoken word we have book readings and poetry. If performing arts is more your thing you can enjoy dance, theater and music performances. There will also be an animation film presentation and art walk.

more info: bit.ly/ELACFestivalofArts



MARCH 21st-23rd

THURSDAY, MARCH 21st

all day	Art and Animation Club - curated show Catalyst OPEN 3/1 - 4/20	VPAM Community Focus Gallery
all day	Theater Design Display	P2 Lobby
9 am - 2 pm	Dance Master Class	S2-102 and 106
12 pm - 1:30 pm	Milestone Reading/OBOC unveiling	S1 Lecture Hall
2 pm - 5 pm	Dance Blocking on stage for performers	S2-Recital Hall
5 pm - 7 pm	ART WALK	E3 Walkway
5 pm - 8 pm	Dance Performance	S2-Recital Hall
7 pm - 10 pm	DROP THE MIC	F5 Multipurpose Room

FRIDAY, MARCH 22nd

all day	Theater: Design Display	P2 Lobby
1 pm - 2 pm	Art and Animation Club-curated show Catalyst opening reception	VPAM Community Focus Gallery
2 pm - 3:30 pm	Theater: Visions of Boyle Heights	P2-201
8 pm - 9:30 pm	Theater: Visions of Boyle Heights	P2-201

SATURDAY, MARCH 23rd

10 am - 4 pm	Animation Film Festival	S1-112
all day	Closing performances for Regeneración: Three Generations of Revolutionary Ideology	VPAM
3 pm - 4 pm	Dub Lab DJ set	S2 Quad
8 pm - 9:30 pm	Theater: Visions of Boyle Heights	P2-201

Schedule subject to change. Visit event website for updates.

Ritter's Steam Kettle cooking brings taste of the South

By Jewelyn Co

Ritter's Steam Kettle Cooking adds a new kind of variation of dining in Alhambra with its style of Cajun-Creole steam kettle cooking. With a bar style of steam kettle cooking and a large dining area, Ritter's is an excellent place to enjoy a good meal with accommodating staff who engage in friendly conversation with their patrons. After working as an exhibition chef for 26 years and developing

recipes for the Oyster Bar in Palace Station, Las Vegas, Michael Ritter was inspired to open his own restaurant in Santa Ana in 2013. Soon after, he opened his second restaurant in Huntington Beach in 2014, and the third location in Alhambra in 2017.

When faced with choosing a career path in music or cooking, Mr. Ritter decided to pursue his passion for cooking. His biggest influence for his love for cooking

was his mother, and he felt that it was something he was passionate about since the age of 10. When he was given the opportunity to work as a chef at the Oyster Bar, he knew that it was the kind of kitchen he wanted to be in: cooking in front of diners and interacting with them while they dined. "I really love what I did, and I had helped develop recipes to bring the tastes of Southern foods," he said. "Knowing that I would probably not do anything with music, I decided to open a restaurant. I love the reaction of people when they are enjoying a good dish."

Seating at Ritter's bar counter has a wonderful view

of the rows of steam kettles where foods are prepared and cooked by the chef. This innovative style of cooking has a specific setting of temperature, and the surface area of the kettles makes cooking the food evenly and fast to prevent overcooking. Ritter's delectable dishes on the menu include local favorites such as the pan roast, bouillaroast, chowder fries, raw oysters, and craft beer selections. Premade house sauces and bases are filled with flavors and fresh ingredients made daily. Chowder fries, covered with New England clam chowder topped

with cheddar cheese, tomato, bacon, and green onions, are good for starters. Ritter's famous gumbo dishes, such as the house gumbo and lobster gumbo, are loaded with okra, Cajun trinity, and andouille pork sausage cooked in a full flavor dark roux sauce and served with rice. The pan roast dishes are made with tomato cream based creole with Cajun trinity served with rice. The aromatic cioppino is cooked with whitefish, shrimp, crab, calamari, mussels, clams, and brothed in sherry wine tomato served with linguine. The bouillaroast is hefty in portions of fresh seafood such as shrimp, crab, lobster, whitefish, mussels, and clams and then cooked in a tomato leek-based soup with saffron and tastes magnificent with either rice or pasta. Each dish can be customized to the liking of diners, including the choice of the spice level of dishes from levels one to 10.



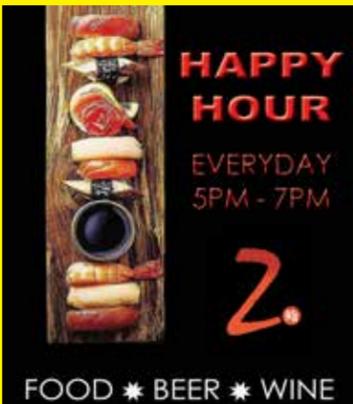
Chef Ritter cooks up a dish with steam kettle.



Ritter's serves Cajun-Creole steam kettle cooking.



Ritter's Steam Kettle Bar.



HAPPY HOUR
EVERYDAY
5PM - 7PM

2.

FOOD * BEER * WINE

2. **SUSHI JAPANESE CUISINE**



Shabu Shabu Hot Pot

10% OFF ENTIRE ORDER
NOT DURING HAPPY HOUR 5PM - 7PM

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

EXPIRES 1/31/19 3/31/19

2. **SUSHI JAPANESE CUISINE**

FREE 1 Free California Roll with *purchase.

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

EXPIRES 1/31/19 3/31/19

2. **SUSHI JAPANESE CUISINE**

1132 N. Garfield Ave. Alhambra * (626) 282-5636 www.zsushi.com *Next to IN-N-OUT*



Bouillaroast dish.

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

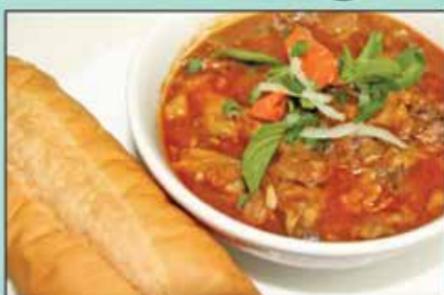
Welcome to **1**

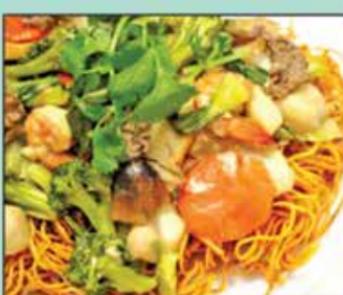
saigon eden

VIETNAMESE RESTAURANT

29 SO. GARFIELD AVE. ALHAMBRA, CA 91801

Featuring Favorite Dishes from Southeast Asia





SERVING EXCELLENT Craft Beers

626-289-0239

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

626-289-0239

Receive a FREE Spring Roll with purchase of more than \$25 of menu items thru Mar. 31, 2019

Ritter's always has promotional deals and specials going on. The Happy Hour special runs daily from 4:30 p.m. to 7 p.m. Dishes on the Happy Hour menu include the fresh daily shucked raw Louisiana oysters at \$1 each, draft beer pitchers from \$8 to \$10, and more. Specials and promotions are announced on social media on Facebook @rittersskcalhambra and Instagram @rittersskc. More information can be found on the website at www.rittersskc.com.



Mike Savedra (Memphis Mic) and his Swinging Eight Balls will perform Sunday, March 17, at Sage Granada Park United Methodist Church, 1850 W. Hellman Ave., Alhambra.



Ono Hawaiian BBQ, 2320 W. Commonwealth Ave., Suite 306, Alhambra, had its Grand Opening Feb. 8. Ono Hawaiian BBQ specializes in a delicious selection of Plate Lunch and other Hawaiian inspired foods. The restaurant is passionate about combining the culture and Aloha spirit of Hawaii into their restaurants to bring customers a taste of the islands.

Performing Arts Center

Elvis Concert to fund Veterans Culinary Training

Alhambra Performing Arts Center, under the direction of Bill Yee, award-winning Le Cordon Bleu trained chef and artistic director, will present a Tribute to Elvis featuring rockabilly performers Mike Savedra (Memphis Mic) and his Swinging Eight Balls at 7 p.m. Sunday, March 17, at Sage Granada Park United Methodist Church, 1850 W.

Hellman Ave., Alhambra.

Chef Yee also owns the Alhambra Culinary School and has been providing free back-to-work culinary training for formerly homeless veterans at March Air Reserve Base in Riverside County. The donations from the Performing Arts Center performances help pay the artists and fund the veterans' culinary training.

Band leader Memphis Mic started the Swinging Eight Balls after giving an Eight Ball keychain to his dad after restoring their '56 Chevy truck. The Tribute to Elvis will consist of his hits and songs from the '50s and include hits from Hank Williams, Johnny Cash, Jerry Lee Lewis, Buddy Holly, Richie Valens, Eddie Cochran, and Karl Perkins.

Chef Yee is the vice-president of the Chefs de Cuisine Association of California, a chapter of the American Culinary Federation. In 2017, he started the Free

Entry Level Prep Cook Workshop for veterans, which provides basic knife skills, sauté cooking, and complete uniform, chef knife, and cooking equipment. This workshop helps veterans seeking employment to start off as entry level prep, which is in high demand at most eateries.

The Tribute to Elvis concert is free to the public and accepts donations during intermission. The next class is March 23.

For more information, call Chef Yee at 626-230-5435. E-mail bizwind@yahoo.com.



Big T Mini Mart now serving Krispy Krunchy Chicken

By Glenn Barnett

Have you ever heard of Krispy Krunchy Chicken? This Louisiana brand is quietly and quickly growing around the country. It does this by operating out of convenience stores, and it is very convenient. The newest store to carry this Louisiana style chicken is Alhambra's family-owned and -operated Big T Mini Mart at 240 W. Main St. This growing brand is already a favorite with trend setting teens.

They know that for just \$5 they can take advantage of the two-piece chicken deal that includes a side (red beans and rice; mac and cheese; mashed potatoes; or boudin bites, which are a combination of rice, pork, and Cajun seasonings) and a melt-in-your-mouth honey butter biscuit. But that's not all.

You can get Cajun style sweet and sour chicken wings, Cajun fish, Krispy shrimp, Cajun tenders, fried potatoes, and chicken sandwiches. For large orders, call Big T ahead of time at 626-289-2448 to guarantee freshness. See the Big T website at <http://bigtminimart.com/> for store hours. The freshest chicken in town, fresh, never frozen, is sold between 11:30 a.m. and 8:30 p.m. Monday through Friday and between 11 a.m. and 8 p.m. Saturday and Sunday.

When Big T owner Trent Yamauchi first brought the Krispy Krunchy Chicken brand to Alhambra, he asked the company representatives if they offered coleslaw as a side. He quickly learned that coleslaw with fried chicken is a Kentucky tradition and that in Louisiana they do things differently. Why not? If you are going to experience regional cuisine, why not keep it authentic?

Is Krispy Krunchy Chicken the best tasting chicken in town? The beautiful thing is that you can decide for yourself. Stop in at Big T Mini Mart and taste the difference.

\$2 \$4 \$6 \$8 VALUE MENU
WITH VALUE OPTIONS STARTING AT \$2, OUR VALUE MENU® HAS SOMETHING FOR EVERYONE.

STACK OF PANCAKES

FRIED CHEESE MELT

LOADED BREAKFAST SANDWICH

CHICKEN LOADED POTATO SIZZLIN' SKILLET

20% OFF
ENTIRE GUEST CHECK

One coupon, per table, per visit. Not valid with any other coupons or promotional offers. Coupon has no cash value. No change returned. Taxes and gratuity not included. Alcoholic beverages not included. Valid at participating Denny's restaurants. Selection and prices may vary. Only original coupon accepted. Photocopied and Internet printed or purchased coupons are not valid. No substitutions. © 2018 DFO, LLC. Printed in the U.S.A. Offer valid for dine in only. Not valid for online orders. Offer ends 3.31.19

88880716

© 2018 DFO, LLC. Printed in the U.S.A. At participating restaurants for a limited time only. Selection and prices may vary.

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

ORDER ONLINE.

WORTH THE WAIT WITHOUT WAITING

ALHAMBRA
100 E. MAIN ST • 626-282-WING(9464)
SKIP THE WAIT. ORDER @ WINGSTOP.COM

FREE REGULAR HAND-CUT SEASONED FRIES

WITH ANY WING PURCHASE

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

Expires 3/31/19

\$5 OFF ANY FAMILY PACK

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

Expires 3/31/19



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



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



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

Automotive News

Auto Dealers, Repairs, Services



For the first time, it will be possible to pre-order a brand new BMW vehicle online.

BMW X7 is new definition of automotive luxury

The BMW X7, arriving in March, is the pinnacle of BMW's X Sport Activity Vehicle lineup. The BMW X7 builds on the class leading comfort, handling, safety, and technology of all the previous BMW X Sport Activity Vehicle model lines that have been produced at Plant Spartanburg since 1999.

The 2019 BMW X7 offers standard three row seating for seven with optional second-row Captain's Chairs offering a more exclusive seating arrangement for six. Standard two-axle air suspension, 21-inch alloy wheels, and advanced driver assistance systems ensure that the new BMW X7 lives up to expectations of style, driver engagement, passenger comfort, and all-weather and all-terrain capability.

For the first time, BMW customers will have the opportunity to pre-order the first-ever BMW X7 online through www.BMWUSA.com. Customers who pre-order online will also enjoy priority vehicle production.

The new 2019 X7 becomes the fifth BMW model to be currently produced in Plant Spartanburg, South Carolina. The new X7 will be added to the 1,400 vehicles, including the X3, X4, X5, and X6, which are already produced every day at BMW Group's largest global production plant. In 2017, the 10,000 employees of Plant Spartanburg produced 371,284 vehicles, 70% of which (272,346), were exported to 140 countries around the world, making BMW

CONTINUED ON PAGE 16B

SALES EVENT GOING ON NOW

FREEWAY CLOSE, 10 FWY., EXIT ATLANTIC BLVD. GO NORTH ONE MILE

GREAT DEALS ON NEW MODELS

<p>NEW 2018 FORD ESCAPE \$6000 TOTAL SAVINGS OFF MSRP AFTER DISCOUNTS AND REBATES</p> <p>Vin# JUB44162</p>	<p>NEW 2019 FORD F SUPER CREW \$7500 TOTAL SAVINGS OFF MSRP AFTER DISCOUNTS AND REBATES</p> <p>Vin# JFE77735</p>	<p>NEW 2018 FORD EDGE SEL \$6000 TOTAL SAVINGS OFF MSRP AFTER DISCOUNTS AND REBATES</p> <p>VIN# JBB86539</p>	<p>NEW 2018 FORD EXPLORER \$8000 TOTAL SAVINGS OFF MSRP AFTER DISCOUNTS AND REBATES</p> <p>Vin# JGB09352</p>
<p>NEW 2019 FORD EXPLORER \$3500 TOTAL SAVINGS OFF MSRP AFTER DISCOUNTS AND REBATES</p> <p>Vin# KGA41707</p>	<p>NEW 2018 FORD EXPEDITION XLT \$8500 TOTAL SAVINGS OFF MSRP AFTER DISCOUNTS AND REBATES</p> <p>Vin# JEA43801</p>	<p>NEW 2018 FORD MUSTANG ECOBOOST COUPE \$6000 TOTAL SAVINGS OFF MSRP AFTER DISCOUNTS AND REBATES</p> <p>Vin# J5172472</p>	<p>NEW 2018 FORD FLEX SE SUV \$5000 TOTAL SAVINGS OFF MSRP AFTER DISCOUNTS AND REBATES</p> <p>Vin# JBA22762</p>

400 S. Atlantic Blvd.
Alhambra
626.289.3591

AUTHORIZED FORD-LINCOLN-MERCURY REPAIR AND PARTS FACILITY SERVICE DEPT.

SALES, PARTS and SERVICE

OPEN 7 DAYS A WEEK

626-249-4788

bobwondriesford.com

All advertised prices are in addition to government fees and taxes, and finance charges, any dealer document preparation charge and any emission testing charges. On approved credit. Photos for illustration purposes only. All prices in this ad expire 03-31-2019.



New 2020 F-Series Super Duty will offer its highest-ever conventional, gooseneck, and fifth-wheel towing and payload ratings

New Ford F-Series Super Duty Pickup raises bar again with next-level capability, power, technology

Ford, America's truck leader, introduces the next level of Built Ford Tough heavy-duty pickup truck capability, power, and technology with the new 2020 F-Series Super Duty pickup.

"Super Duty customers have demanding and diverse needs, from towing heavy trailers to repairing critical infrastructure," said Kumar Galhotra, Ford president, North America.

"Productivity is their lifeblood, and their truck is their biggest tool. Our new Super Duty has more power, more payload and towing capability, and better technology than ever to help these customers build a better world."

F-Series Super Duty had the most market share in industries such as government with more than 60% share, petroleum with 50% share, and utility services with more than 45% share, according to Ford analysis of IHS

Markit TIPNet registration data, January 2017 through November 2018. Assembled in the United States, Ford's F-Series Super Duty is built with pride at both Kentucky Truck Plant in Louisville and Ohio Assembly Plant in Avon Lake.

New F-Series Super Duty improvements include new gas and diesel engines, an all-new 10-speed automatic transmission, chassis upgrades, exterior and interior design updates, and smart advanced technology that raises the bar again in towing, payload, and connectivity.

All-new powertrains for improved performance and capability

An all-new Ford-designed and Ford-built 7.3-liter V8 joins the standard 6.2-liter V8 in Super

Duty's gas engine stable. The Ford-designed and Ford-built third-generation 6.7-liter Power Stroke® diesel V8 is upgraded to deliver more pow-

er and torque. An all-new Ford-designed and Ford-built 10-speed heavy-duty TorqShift® automatic transmission is paired with the 7.3-liter V8 and third-generation 6.7-liter Power Stroke® diesel V8. Ford is the only manufacturer to design and build all of its heavy-duty engine and transmission combinations, ensuring the powertrain works seamlessly with all chassis components and vehicle calibrations.

"With the addition of the 7.3-liter V8, upgrades to our 6.7-liter and the debut of an all-new 10-speed transmission, we are delivering the strongest, most capable Super Duty powertrain offerings yet," said Mike Pruitt, Ford Super Duty chief engineer.

Super Duty's third-generation 6.7-liter Power Stroke includes a new 36,000-psi fuel injection system with all-new injectors that precisely meter and spray up to eight times per stroke to control noise levels and optimize combustion. This innovative inboard exhaust diesel V8 features a redesigned electronic-actuated variable-geometry turbocharger that provides improved pumping efficiency and throttle response. Structural enhancements increase the strength of the cylinder head, block, connecting rods, and bearings to handle higher cylinder pressure and increased output. New steel pistons provide higher firing pressure capability and less friction, meaning improved performance and more horsepower and torque than ever.

The truck's standard 6.2-liter gas V8 rounds out the three engine choices for Super Duty customers. This workhorse offers heavy-duty truck customers proven capability at an affordable price.

For 2020, class-exclusive new Pro Trailer Backup Assist makes negotiating even the largest trailers into the tightest of spaces easier than ever before.

Because today's work is a 24/7 proposition, staying connected is essential. Every new 2020 Super Duty includes FordPass Connect™ embedded 4G LTE modem with Wi-Fi access for up to 10 devices, keeping crews in communication no matter where the job might take them.

Ford's new 2020 F-Series Super Duty will start shipping to dealers this fall.



The 2020 Toyota Corolla has an all-new dynamic design.

All-new 2020 Toyota Corolla ready to rock sedan world

With more than 46 million Toyota Corollas sold globally since its introduction in 1966, it would be difficult to find a driver who did not recognize the name. Everyone, it seems, has a Corolla story. Many though are going to be doing double takes when they see the re-imagined and reconfigured 2020 Toyota Corolla sedan. And that's exactly the point.

The 12th-generation Toyota Corolla made its arrival in two chapters: the all-new Corolla hatchback arrived earlier this year, and now comes the current best-selling Corolla body style, the sedan. Both are based on the Toyota New Global Architecture (TNGA), which is far more than a new body structure, bringing together new approaches to engineering, design, assembly, and materials.

TNGA transforms both Corolla styles into drivers' delights while also bolstering the model's renowned value and reliability. Both draw from the same DNA and share powertrains. It's no surprise, then, that the 2020 Corolla sedan dramatically elevates this model's focus on comfort and refinement while also infusing it with the Corolla hatchback's feisty personality.

The Corolla sedan's bold new look is a perfect reflection of the bumper-to-bumper, wheels-to-roof transformation that has taken place. The TNGA platform means an available engine that produces more power than its predecessor yet delivers better fuel efficiency. TNGA imbues the Corolla sedan with greater agility, yet also with its smoothest, quietest ride. TNGA also means an elevated feeling of quality in every surface, switch, and control the driver sees and touches. And, critically, TNGA delivers on Toyota's commitment to driver and passenger safety with the Toyota Safety Sense 2.0 suite of active safety systems — standard on every Corolla sedan model.

What better way to showcase the Corolla sedan's dramatic new sheet metal than with a dramatic new color? The new hue is a highly iridescent Celestite Grey Metallic. The rest of the palette includes Blizzard Pearl, Super White, Classic Silver Metallic,

Black Sand Pearl, Barcelona Red, Blue Crush Metallic and Blueprint.

The Corolla sedan comes standard with a 4.2-inch thin film transistor (TFT) Multi-Information Display (MID), with an available 7-inch MID located between the high-grade tachometer and speedometer. With the larger display, the driver can switch between analog and digital speedometer styles.

The Corolla sedan may break tradition in the styling department, but it keeps to Toyota tradition when it comes to passenger room and comfort. The rear seat area retains excellent headroom, despite the lower roofline. Legroom is also plentiful, fulfilling a basic mission of sedans.

What you don't get in the 2020 Corolla sedan is noise. Powertrain and road noise have been culled thanks to revised drivetrain efficiencies, plus the widespread implementation of sound-absorbing materials, including Thinsulate, sealants, foams, and silencers. The TNGA structure uses additional seals in its body panel gaps to insulate noise penetration and enhance air-sealing performance. As one example, the floor silencer pad is now one large piece, instead of many smaller elements. The inner and outer dash silencers are thicker. Combine all that with Corolla sedan's quieter powertrain, and it's one tranquil ride.

The 2020 Corolla sedan comes ready to pair with the driver's digital life. The standard Entune 3.0 Audio includes an available 8-in. touchscreen display; six speakers; Apple CarPlay compatibility; Amazon Alexa; Entune 3.0 App Suite Connect; Safety Connect; Wi-Fi Connect; Scout GPS Link Compatible; Siri Eyes Free; auxiliary audio jack and USB 2.0 port with iPod connectivity and control; AM/FM; MP3/WMA playback capability; hands-free phone capability; voice recognition and music streaming via Bluetooth; customizable home screen; and weather/traffic info via Entune 3.0 App Suite.

The LE and SE grades get Entune 3.0 Audio with an 8-inch touch screen and 2 USB ports.



**Alhambra
CAR WASH**
ATLANTIC and MAIN

Open 7 days a week
626-282-5666



Full Service Polish Dept.

\$16.99
Expires 03-31-19
FULL SERVICE WASH

\$2 OFF
Expires 03-31-19
ANY CAR WASH PACKAGE

Alhambra Car Wash
704 W. Main Street, Alhambra, CA 91801



2019 Mazda3 goes on sale in March with a starting MSRP of \$21,000.

2019 Mazda3 leads Mazda into bold new era

Mazda3 is part of a long line of groundbreaking Mazda vehicles that have helped make it the best-selling Mazda in the world. The 2019 Mazda3 sets a new milestone as the first production model to lead Mazda into a bold new era. Blending beautiful design and exhilarating driving dynamics, Mazda3 was developed to inspire and create an emotional bond with its customers in two very distinct ways.

Mazda's further-evolved KODO design is skillfully applied to the sedan's hood, cabin, and trunk and evokes an air of elegance and sense of sleekness. The body features a horizontal flow that accentuates the look of a wide and low stance, while presenting a calmness that appeals to a sophisticated audience. Exclusive to the Mazda3 hatchback, Polymetal Gray is a newly developed exterior paint option that fuses the hard appearance of metal with the glossy, smoothness of plastic to create an entirely new expression of style.

Mazda's design ethos continues with an all-new interior and cockpit environment that helps drivers experience a perfect fit and connectedness while driving the 2019 Mazda3. The center console has been redesigned with the shift knob, new commander control and armrest moved forward, while the cupholders are repositioned to the front. This new configuration is meant to provide a more natural feeling for any driver. Mazda3 is the first to introduce an all-new 8.8-inch MAZDA CONNECT infotainment screen to the brand, which comes standard on all models. Also standard is an all-new three-way layout eight-speaker sound system, new steering wheel design featuring illuminated controls and switches, 7-inch TFT reconfigurable gauge cluster display, LED headlights and taillights, Bluetooth phone

and audio pairing, HD radio, remote keyless entry, push-button ignition, electronic parking brake, new knee air bags, rearview camera, and two USB audio inputs, among a long list of other standard features.

The 2019 Mazda3 offers two new interior color options. First is a new Greige leatherette interior color that combines the cool tones of gray with the soft feel of beige to create a pleasing sensation of vitality, warmth, and sophistication. The new Red leather interior color is exclusive to the Mazda3 hatchback and offers a deep, vivid appearance that helps heighten the emotion of the exterior design.

Mazda3 sedan comes standard with 16-inch alloy wheels, cloth seating surfaces and door trims, power windows with one-touch down/up feature. Mazda3 hatchback is standard with a rear roof spoiler, 18-inch alloy wheels, Apple CarPlay™ and Android Auto™ infotainment technologies, leatherette seating surfaces and door trims, leather-wrapped steering wheel and shift knob, automatic dual-zone climate control, power windows with one-touch driver down/up feature, rain-sensing windshield wipers, and Mazda Advanced Keyless Entry. Standard i-ACTIVSENSE safety features in the Mazda3 hatchback includes an all-new, first for the brand Driver Attention Alert that displays an alert and sound when it detects driver fatigue or decreased attentiveness, along with Smart City Brake Support, Smart Brake Support, Blind Spot Monitoring with Rear Cross-Traffic Alert, Lane Departure Warning with Lane-Keep Assist, High Beam Control, and Mazda Radar Cruise Control.

The 2019 Mazda3 will introduce new package options meant to appeal to a wide

CONTINUED ON PAGE 17B

BMW X7

CONTINUED FROM PAGE 14B

the largest exporter of vehicles from the U.S. by value.

BMW has pulled back the covers on a new definition of automotive luxury. The BMW X7 blends presence, exclusivity, and spaciousness with the versatile and agile driving properties customers would expect from a BMW Sports Activity Vehicle (SAV). The newest and largest model in the BMW X line-up uses outstanding powertrain options and chassis technology, plus generous levels

of space in each of its three rows of seats, a luxurious ambience and advanced equipment features, to deliver unparalleled experiences for the driver and passengers.

The arrival of the BMW Intelligent Personal Assistant ensures there is always a genuine BMW professional on board. He is able to explain all sorts of different functions ("How does the High Beam Assistant work?"), provide current status information ("Is the oil level okay?") and help answer questions ("What warning messages do I have?"). He knows the driver's favorite settings and can even activate a combination of them to enhance well-being. For instance, "Hey BMW, I feel tired" triggers a vitality program that adjusts the lighting mood, music and temperature, among other things, in order to make the driver feel more awake.

The BMW Digital Key employs Near Field Communication (NFC) technology to allow the new BMW X7 to be locked and unlocked from a compatible smartphone, removing the need for a conventional car key. Holding the smartphone up to the door handle opens the car. Once inside, the engine can be started as soon as the phone has been placed in the wireless charging or smartphone tray. Accessible via the BMW Connected app, the Digital Key offers unrivalled flexibility. The BMW Digital Key is compatible for all NFC-capable Samsung Galaxy smartphones running Android 8.0 and above. Compatibility is limited to select carriers.

The Remote Software Upgrade feature keeps the vehicle up to date with the latest software. All updates can be loaded over the air, similar to smartphones. The upgrades can be loaded onto a smartphone via the BMW Connected app when connected to a domestic Wi-Fi network or imported directly via the BMW's built-in SIM card, which happens automatically for important vehicle upgrades.



mazda®

Browning Mazda of Alhambra

FASTEST GROWING MAZDA DEALER

Mazda6



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

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

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

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

www.AlhambraMazda.com

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



Get Wonderized...

FREE Towing to Our Shop-24/7

FREE Rental Assistance

FREE Insurance Estimates

Ask About No Cost Insurance Claims

In Business Since 1949

**Next to Home Depot on
Marengo in Alhambra**

FREE Consumer Guide, Virtual Tour

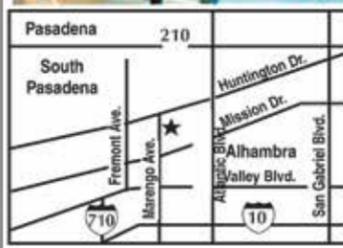
www.WondriesCollisionCenter.com

626-414-1900

"We Speak Your Language"

328 South Marengo Ave.

Alhambra, CA 91803





The 2019 Chevrolet Silverado Chassis Cab 4500HD.

2019 Chevrolet Silverado Chassis Cab 4500HD MSRP starts at \$48,465

The manufacturer suggested retail prices for the 2019 Chevrolet Silverado chassis cab trucks start at \$48,465. This includes a \$1,495 destination charge, but excludes taxes, title, and additional dealer fees. Customers can visit one of more than 400 Chevrolet commercial medium duty dealers to customize and price the all-new work truck.

“These new Silverado chassis cabs are a great addition to our lineup because we can now offer small businesses and large fleets a truck that can be upfitted to do many jobs including construction, utility and landscape work, tow truck operations, first responder calls and more,” said Ed Peper, U.S. vice president, GM Fleet. “Chevrolet was obsessed with making these Silverado trucks easy to upfit, drive, and own.”

The Silverado is available in 2WD and 4WD and is powered by a Duramax 6.6-liter diesel engine with 350 horsepower and 700 lb.-ft. of torque and Allison transmissions with a Power Take Off (PTO) option.

The frame is designed with one-piece straight rails with no rivets or brackets on

top to interfere with the mounting of custom-made bodies. There are no obstacles to work around helping to save time and money during the upfit process.

More frame lengths are offered compared with key competitors, which can help customers specify the exact truck to suit their needs.

The truck is designed to be easy to service, with a clamshell hood and a wheel cut of up to 50 degrees that can give technicians better engine access than trucks with conventional hoods.

Optional equipment includes a twin-tank fuel capacity of up to 65 gallons, a factory-installed air suspension, and a full suite of available connectivity, including OnStar, Commercial Link, and a built-in 4G LTE Wi-Fi hot spot.

The ultimate Chevrolet Silverado is the 6500HD, which is similar in size to the 4500HD and 5500HD but is rated to 22,900 pounds GVWR.

“Bucket truck builders, fleet managers, and many other customers told us they face a dilemma when their GVWR needs

exceed 19,500 lbs.,” said John Schwegman, director of Commercial Product and Medium Duty at GM Fleet. “Some pay for expensive aluminum bodies to save weight so they can stay with a Class 5 chassis. Others

may spend \$10,000 or more to purchase a larger truck with much more GVWR than they need. The Silverado 6500HD gives them capability and protects their bottom line. It’s a great solution.”

2019 MAZDA3

CONTINUED FROM PAGE 16B

range of customers. In addition to the standard models, Mazda3 sedan will be available in Select, Preferred, and Premium packages, while Mazda3 hatchback will be offered in Preferred and Premium packages.

As a brand that keeps purist drivers in mind, Mazda continues to champion the manual transmission, offering Mazda3 Premium package front-wheel drive hatchbacks with an available SKYACTIV-MT six-speed manual transmission.

All 2019 Mazda3s come equipped with a SKYACTIV-G 2.5-liter engine that is rated to deliver 186 horsepower at 6,000 rpm and 186 lb-ft of torque at 4,000 rpm. While

front-wheel drive is standard, Mazda’s predictive i-ACTIV all-wheel drive is available on the Mazda3 hatchback and Mazda3 sedan option packages. To build upon the fuel efficiency Mazda’s SKYACTIV engines are known for, cylinder-deactivation technology is standard on all Mazda3 hatchbacks, Mazda3 Premium package sedans, and Mazda3 sedans equipped with i-ACTIV all-wheel drive. Along with G-Vectoring Control Plus vehicle dynamic enhancements standard on all 2019 Mazda3 models, various improvements, such as redesigned seats, retuned body structure, and an all-new suspension, absorb road vibrations to help provide a smoother and more enjoyable driving experience.

WHY PAY CAR DEALERSHIP PRICES?



CARROLL'S BRAKE SERVICE

ABS Diagnostics & Repair

4 Wheel Computerized Wheel Alignment & Suspension Repair

Family Owned & Operated Since 1946

2360 West Main Street • Alhambra, CA 91801

W. Main St.
Fremont Ave. Primrose Ave.

Phone 626-281-0993

Web www.carrollsbrakeservice.com

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








Hi-Quality Auto Body

Fixed Once- Fixed Right
REPAIRS GUARANTEED!

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

Main Street
Commonwealth Ave.
Mission Rd.
Valley Blvd.

Atlantic Blvd.
Fremont Ave.

HI-QUALITY AUTO BODY
FREMONT PLAZA

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

www.hiqualityautobody.com









1811 W MAIN ST
ALHAMBRA CA 91801
626.407.0500





What's your VW story?

Maybe it's the tale of the first car you ever owned.
Or the SUV that fits your family road trips just right.
Or maybe it's just plain freedom.

Whatever it is, if it's in a Volkswagen, we want to hear about it.
Visit our social media pages and tell us our story!



@VWAlhambra



<https://www.facebook.com/VolkswagenAlhambra>



<http://www.youtube.com/c/VolkswagenAlhambra>



https://twitter.com/vw_alhambra



Volkswagen

Real Estate News

Residential, Commercial, Loans

Alhambra and America's native son

CONTINUED FROM PAGE 1B



Alhambra's log cabin shows the historical linkage to our country's past

that typified log cabins with horizontal logs stacked upon each other and intersecting at right angles at the building's corners. The mere use of timber reinforces the historical linkage to our resource wealthy country's past. Interestingly, nearly half of our city's homes are older than Alhambra's log cabin. In reality, Alhambra's log cabin was built in 1937 as a Boy Scout project. But this native son of Alhambra not only ties into a classic American architecture, but also into an American institution, the Boy Scouts.

Another architectural native son adjacent to Alhambra is the San Gabriel Mission. The mission not only spans the history of our country with its construction between 1771 and 1805 but also is a native son of California's Spanish and Mexican past. Curiously, its architecture is not the typical Spanish Mediterranean design of California missions, but rather reflects a Moorish construction resembling a fortress with tall walls and capped buttresses against the walls to provide additional strength to the structure. No other California mission has this appearance.

This native son illustrates Moorish architecture, seen in southern Spain in cities like Cordoba and Granada, with the Alhambra Palace. And most experts feel this results from the Catholic priest placed in charge of the design and construction of the original Mission San

Gabriel Archangel, Father Cruzado. Father Cruzado was born and raised in the cross cultural city of Cordoba, Spain, where Spanish and Moorish cultures blended.

Technological native sons not only established the United States' identity, but also helped define Alhambra.

While our country innovated air travel during the 1920s, Alhambra constructed one of Southern California's first commercial airports between Valley Boulevard and what is now the San Bernardino Freeway. Alhambra's Airport outpaced the Burbank Airport and fledgling LAX during this period.

In the 1950s, Alhambra's civic leadership along with the largest private helicopter company in the United States, Los Angeles Airways, paralleled America's transportation boom by building a heliport on what is now the 10th hole of the Alhambra Municipal Golf course. During this period, Alhambra became one of the leading hubs of helicopter transportation in Southern California.

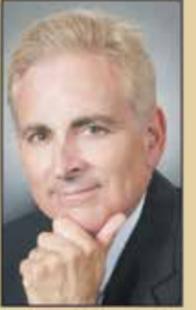


Alhambra's heliport established our city as a leader in a new technology.

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.



And America's second transcontinental rail line ran through Alhambra along what is now Mission Road when it was completed in 1881 by the Southern Pacific Railroad. Alhambra's airport and heliport no longer exist while the at grade rail line has been placed into the railroad trench along Mission.

Over the years, Alhambra's literal native sons have mirrored that of the United States with dramatic growth and diversity. Both have tripled their populations between 1930 and today. Alhambra has grown from 29,500 citizens to now 85,000.

Many of the native sons that form the United States are mirrored by our own city of Alhambra. We may take these native sons for granted but take notice of them because these vestiges of ages past give us perspective and appreciation of our country and our own city of Alhambra.



Construction on the San Gabriel Mission began in 1771.



John Man ~ Alhambra High Alumni
Your Neighbor for Over 30 Years!
John's Cell: (626) 236-2911

\$1,300,000 **COMING SOON!**

1066 S. Ridgeside Dr, Monterey Park
4 Bed/2 Bath House + 2,688 sq. ft. + 180° view

\$588,000 **JUST LISTED**

7941 Lake Knoll Dr, Rosemead
3 Bed/2 Bath House + 1,346 sq. ft.

\$688,000 **JUST LISTED**

1900 Graylock Ave, Monterey Park
3 Bed/2 Bath House + 1,637 sq. ft.

\$615,000 **JUST LISTED**

503 Cobb Ct, La Puente
4 Bed/3 Bath House + 2,257 sq. ft.

SOLD OVER ASKING!

1852 Rainbow Terrace Ln, Montebello
3 Bed/2 Bath Condo + 1,448 sq. ft.

\$278,000 **PRICE REDUCED**

2121 James M. Wood Blvd #406, LA
Penthouse Loft Condo + All Utilities Included

COMMERCIAL LISTING

228 E. Main St, Alhambra
5 Retail Units | 12,220 SF | 15,979 SF Lot

COMMERCIAL LISTING

800 Yale St, Los Angeles
4 Retail & 7-Res Units | 10540 SF | 8966 SF Lot

SOLD OVER ASKING!

825-835 & 849 E. Garvey Ave, MPK
Liquor Store | 9-unit Apt | Auto Repair Shop

COMMERCIAL LISTING

2095 S. Atlantic Blvd #L, Monterey Park
Shopping Center Storefront | 617 SF

JOHN MAN GROUP

Top 1% Listing Team in San Gabriel Valley



PROBATE & TRUST SPECIALISTS 遺產管理及遺產信託專家



MAN INVESTMENT GROUP
Property Management & Investment Company

MR ManRealty.com
1-855-SOLD-911

Experience the Difference
jmg@manrealty.com

BRE Lic# 01864766

119 S. Atlantic Blvd, Monterey Park



Landlord-tenant relationships are changing, thanks to cryptocurrencies, Airbnb, more ...



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.

This could be a great time to be a landlord. The real-estate market still only has enough supply for half the population. We're still seeing high divorce rates, so people need more places to live. And households are still being created faster than the housing supply. All that combined means higher rents, and that trend looks likely to continue for a long time.

In fact, according to the Mortgage Bankers Association, rising rates on 30-year mortgages — now firmly above 5% and on track to reach 5.8% by the end of the year — will help to drive rents higher in the coming year as more people get priced out of home buying by these higher interest rates. According to an analysis by Zillow, rent growth will pick up in 2019 as the Federal Reserve continues to raise rates.

For landlords, this is all very good news. And, given the evolution that the real-estate market has gone through over the last couple of decades — expanding to include short-term rentals, absentee owners, do-it-yourself property managers, and more — the future looks bright for all involved.

But that doesn't mean there aren't pitfalls. Here are a few trends that DIY landlords and others new to the industry should look out for in 2019.

The changing landlord-tenant relationship

Short-term rental platforms such as Airbnb and HomeAway have created a great opportunity for both homeowners and renters. Now, with an app, you can turn your property into a weekend retreat. But, it's important to note that your tenants can do the same with their couch or spare room.

In the second half of 2018, we saw a spike in listings for short-term rental units, which were also under long-term leases. Short-term rental sites are now

even posting a new tag on some listings: "Landlord Approved." It's subletting, circa 2019.

For landlords, it's important to create protocols for tenants who might be interested in offering short-term rentals on your property. Consider charging for the right — some landlords are charging tenants a flat fee of \$50 a month for the right to offer the property to short-term renters, while others charge a percentage of short-term income — and also factor in any potential liability costs. In addition, limitations on noise after certain hours, repair responsibilities for short-term tenants, and even requirements for renters insurance are worth including in a lease addendum with "short-term rental rules" that should be signed by both parties.

Remember, it's still your property, even if your tenant wants to rent it out. You should set the terms.

Crowdsourcing for real estate

The barrier to investing in real estate has long been financial. It takes a sizable down payment to purchase a rental property.

Not anymore. Technology now allows smaller investors to get into the space via crowdsourcing platforms. Functionally similar to Kickstarter, these investing platforms allow groups to go in on deals together, buy property as a partnership, and collectively share in the proceeds. Some groups even include property management as a service that is shared among the investors. Roofstock, for instance, allows investors to buy a portion of a rental property for as little as \$5,000.

It's a great way for new investors to get into real estate, but watch out for excess fees and any costs that might eat into your returns down the line.

iBuyer programs

Zillow, Opendoor, and Bunglo, to name a few,

have begun to use what are known as iBuyer programs. These are data-driven valuation estimates that the companies are generating for single-family homes.

In short, they're using this data to evaluate potential deals, making purchase offers to owners sight unseen on little more than a recommendation from the database.

These programs can be great for property owners who are looking to sell fast or have a property that might need some repairs. But, for landlords, having an iBuyer-based sale near your rental raises different questions. Since iBuyers are incentivized on the transaction, they typically look to sell quickly. If they can't find anyone, then they will rent it out as an investment property, often at lower than average rents.

This can create problems in the local market in the short-term that landlords need to be aware of.

Online payment fraud

With the rise in cryptocurrencies, we're seeing more people using these digital tokens in the real estate space, and this has helped create a new market for foreign investors interested in buying properties in the U.S., particularly from China.

Oddly enough, it's domestically where we're seeing the most fraud around this practice. Crypto-backed purchase offers that arrive from overseas are often legitimate, whereas those from buyers in the U.S. are more likely to be fraudulent. Either way, any e-mail or online offer should be fully vetted before moving forward.

Venmo, too, has become a very popular way to collect rent but recently has experienced a spike in payment fraud. As more online payment platforms pop up, it is important to look for services that focus specifically on rent, given the larger amounts being sent between tenants and landlord.

All in all, 2019 looks to be a good year for real estate, especially for DIY landlords. Take note of the above trends, and be careful as you grow your business.

Source: marketwatch.com.

Around Alhambra

For advertising rates and other information, contact
Alhambra Chamber of Commerce

104 S. First St., Alhambra, CA 91801

Tel: 626-282-8481

Fax: 626-282-5596

www.alhambrachamber.org

Anthony Venti Realtors, Inc.



626 282-6121
OFFICE

626 674-1351
AFTER HOURS

1129 E. Main St., Alhambra, CA 91801
Habla Español - Bilingual Agents

Call for a Free Market Evaluation

www.ventirealtors.com

DRE# 00465088

Your Neighborhood Professional Realtors for over 40 years



PLUSHDERMA

SKIN CLINIC & SURGICAL CENTER
DR. REZA GHAZI, MD

- ✓ Affordable
- ✓ Non-Surgical
- ✓ Minimal Pain
- ✓ Minimal Downtime

Total Makeover!

3 Convenient Locations!

CARSON

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

EL MONTE

11008 Valley Mall #202
zip 91731

Call (626) 774-7478

HUNTINGTON PARK

2140 E. Florence Ave
#2164, zip 90255

Call (626) 774-7809

Open On Nights & Weekends!

Mon & Wed - Sat
9 am to 8:30 pm
Sun & Tues: 9 am to 5 pm
Walk-ins Welcome
Sun & Tues by
Appointment Only



Full Lashes

Get Sexy Full Lashes with Latisse 5mg for \$130 + tax

Scar-Free Skin

Get Rid of Scars for a Youthful Look with Skin Resurfacing



Ageless Skin

Refresh Damaged and Aged Skin with ActiveFX, Minimal Downtime



No Burn & No Scar

Soften Deep Scars and Burns for a Flawless Look with ScarFX



No Sweaty Armpit

Stop Underarm Sweat and Odor with FDA-cleared FDA-Cleared MiraDry

No Draping Fat Layers

Get Your Dream Body with TickleLipo, No Anesthesia Minimal Pain, Minimal Downtime Only \$1500 per area

Tattoo Removal

Safely & Quickly Erase Tattoo Anywhere On The Body Starting at Only \$100



Line-free Forehead

Erase or Soften Forehead Lines Botox Only \$8 per unit | Dysport \$8 per 3 units

Ample Cheeks

Add Volume with Radiesse to Get a Youthful Face for Only \$450 per Syringe



Zero Sun Damage

Treat Sun Damage, Broken Capillaries Freckles and Pigmentation, with IPL Photofacial Starting from only \$180

Sexy Full Enhanced Lips

Get a Sexy Pout with Juvederm for Only \$450 per Syringe

No Second Chin

Remove Fat Cells Under Chin with FDA-Approved Kybella Injection for Only \$500 per Vial

Tight Youthful Skin

Lift & Tighten the Neck, Chin, Brows with Ultherapy for Only \$2500

FDA-approved non-surgical skin-lifting and tightening using ultrasound technology

No Mole, No Skin Tag



Eliminate Moles Safely with RF Surgery No Stitches, No Downtime \$150 to \$400

Shapely Silhouette

Trim You Shape with FDA-Cleared 25 Minutes Non-Invasive SculpSure Minimal Pain | No Downtime Only \$300 per Applicator

No Stubborn Fat

Remove Stubborn Fat Safely with CoolSculpting No Diet or Surgery Needed \$600 per area



Say Goodbye to Unwanted Hair with **Laser Hair Removal Monthly Specials!**



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

Other Cosmetic Procedures

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

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