



AROUND ALHAMBRA

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life

community
seniors / health
dining / entertainment
auto / real estate

Get lucky at 11th Annual St. Paddy's Day Pub Crawl

Six stops, bagpiper, prizes, fun!

Get into some fun shenanigans at Downtown Alhambra's annual St. Paddy's Day Pub Crawl from 6 p.m. to 10 p.m. Tuesday, March 17.

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 5:30 p.m. and get in line to receive a T-shirt, as they go fast. First come, first served.

Per yearly tradition, a bagpiper will lead the crowd through the Downtown Alhambra area and make stops at participating restaurants and bars.

Pub Crawl schedule:

- 6 p.m. — Ohana Brewing Co.
- 6:40 p.m. — 28 West Sports Bar
- 7:20 p.m. — Rabbit Hole Bar
- 8 p.m. — The Chicken Koop
- 8:40 p.m. — Big T Mini Mart
- 9 p.m. — Havana House Cigars & Lounge

Crawlers will also have opportunities to "get lucky" and win various prizes from local businesses. Gift cards, swag, and other cool prizes will be raffled during the crawl. To help keep pep in every-



Per yearly tradition, a bagpiper will lead the crowd through the Downtown Alhambra area and make stops at participating restaurants and bars.

one's step, Dameion "Lucky" Smith will be the master of ceremonies for the fourth year in a row.

"Our annual Pub Crawl is one of our most popular events of the year, and we are so excited to see everyone decked out in their best green duds, ready to celebrate," 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."

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 continually packed capacity on March 17.
- Space is limited at each location, and it is not 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/events/473579256874258>.



Foodies chase flavors of Dine Alhambra Restaurant Week

Downtown Alhambra held its annual foodie favorite event, Dine Alhambra Restaurant Week, from Jan. 24 to 31. Formerly called Taste of Alhambra Restaurant Week, the event was part of a bigger, statewide program called "Visit California Restaurant Month," celebrated in many major cities to help stimulate tourism and patronage at local restaurants.

Participating restaurants this year included Limerick's Tavern, Charlie's Trio, Vino at Trio's (a.k.a., Vino's Back Alley), 38 Degrees Ale House & Grill, Diner on Main, Big Catch Seafood, Bon Appetea Café, Mahan Indian, Panasia Sweet and Savory, Phoenix Inn Chinese Cuisine, Baja Cali Fish & Tacos, The Chicken Koop, and Yang's Kitchen.

The weeklong promotion gave the city a chance to show off and spotlight the diverse cuisines and culinary talents of Downtown Alhambra's bustling restaurant scene, which includes flavorful Italian, American Continental, Asian Fusion, Irish, Mexican, and Indian fares.

FULL ARTICLE ON PAGE 7B



The ensemble has performed all over the country, including the White House, and has completed multiple recordings.

The Gary Bonner Singers to perform at First Baptist Church of Alhambra

The Gary Bonner Singers, a 60-voice choral ensemble of musical excellence and versatility, will perform at 6 p.m. Sunday, March 15, at First Baptist Church of Alhambra, 101 S. Atlantic Blvd.

The ensemble has performed all over the country, including the White House, and has completed multiple recordings.

"To experience The Gary Bonner singers is to encounter incredible choral sounds, riveting precision, musical depth and richness, and a captivating flow and variety that will leave you wanting to hear more," said Ken Barker, senior editorial director, Lifeway Music.

Admission is free; free-will offerings will be accepted. For more information, please call 626-570-1511.

Girls gone wild—almost— IN CABO SAN LUCAS

Ahh ... It was wonderful to be back at The Office. Sinking into a plastic chair, I dug my toes into the sand, sipped a marguerite, and enjoyed the view of the beach and the landmark El Arco (the Arch) at Land's End.

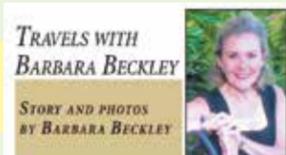
Opened in the mid-1970s with only tables and chairs stuck in the sand of Medano Beach, The Office has been a Cabo San Lucas hot spot ever since. I remember being there in the late '70s and early '90s. My most recent trip was two months ago. While the tip of Baja has exploded with development, I'm happy to report The Office remains a coveted vestige of Cabo's laid-back past.

Just as lucky, I was staying a minute's walk away at the Pueblo Bonito Rose Resort & Spa. Elaine Paluce, a girlfriend from South Pasadena, and I were on the Pueblo Bonito's "Girlfriends Getaway" package, a three-day jaunt that pairs old and new adventures.

Medano Beach is the best beach, right in town near shops, jewelry stores, art galleries, and the great restaurants and wine bars around the Cabo San Lucas Marina. We also had entrée — via a free hotel shuttle — to sister properties including the private Quivira Los Cabos complex, one of the newer developments 10 minutes



Elaine and Barbara enjoy more than gorgeous scenery on a glass-bottom boat tour.



STORY & PHOTOS SEE PAGE 3B

Seniors / Retirees News | Activities, Projects, Features

An old dog teaches important tricks

By Craig Statton

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

When I was a kid, my dad brought home a dog named Smokey. Smokey was a big, strong, wild black Labrador retriever, which was evidenced the next spring when Labrador mix puppies showed up around the town. But during the following summer, Smokey was hit by a car and had his leg broken. The vet set the leg with several casts, but Smokey kept chewing them, so the vet set a final cast too firmly, and the result was the leg withered and had to be amputated. Smokey became known as the “three-legged dog” around town. He became a very popular dog. As I look back on those years, I realize there are lessons about attitude which can be learned from my “three-legged” friend.

First, friendship is important. Smokey seemed at his best when he was around people who loved him. Dr. Bill Thomas, geriatrician and creator of the Eden Alternative, has described the three plagues of old age as loneliness, helplessness, and boredom. He said, “Loving companionship is the antidote to loneliness. Elders (seniors) deserve easy access to human and animal companionship.” Our attitude is affected by the friendships we enjoy. When we are around people who make us smile and laugh, who have our similar values and beliefs, who enjoy our company and we enjoy theirs, then life has richness and the result is happiness and a better attitude. Dr. Peter Norvid, a geriatric specialist at Adventist Hinsdale and LaGrange Memorial in Chicago, Illinois said, “Thousands of articles in virtually all popular, medical, health, and news journals tout the benefits of PMA (positive mental attitude) on longevity and many other positive aspects of aging. Optimistic people live longer, have closer personal relationships, and are able to deal with the negative things that happen to them in a way that allows them to continue to be able to be there for others so that others can help them.” I think Smokey understood that a gentle pat on the head, someone to rub his back, or just being with those who loved him in the backyard or the living room made his life better and more enjoyable.

Second, keeping active is good. When Smokey was young, he would chase anything that moved. Cats beware, rabbits or ground squirrel stay out of his way, because Smokey will chase you down! But as he got older, he slowed and instead of chasing a cat, he would look, perhaps bark, but would continue the walk. Yes, there were still trees to sniff; he was curious, but not quite as impetuous or rambunctious. Physical activity is important as we age. Once again, Dr. Thomas said people who age well incorporate three simple ideas: move well, sleep well, and eat well. As we age, we do

CONTINUED ON NEXT PAGE



Senior Outings to visit Ojai

Senior Outings will travel to Ojai Friday, March 20. The bus will leave the Joslyn Center at 8 a.m. and return at 5 p.m. The fee for this popular trip is \$15. The activity level is considered moderate.

Please note Senior Ride is not available for this Senior Outing.

The peaceful town of Ojai is filled with delightful shops, art galleries, and a host of places that provide a relaxing day of strolling and sightseeing. Walk the oak-shaded paths, and take some time to soak in the beauty of nature.

Lunch is on one's own, and there are lots of choices. The restaurants range from gourmet cuisine to casual burger joints. Many of them offer local foods: meats, organic, vegan, and produce items.

And of course there is the unforgettable atmosphere in the heart of beautiful Ojai valley. See the website of the Ojai Chamber of Commerce to learn what there is to see and do.

Registration is required for all Senior Outings. To register, come to the Joslyn Adult Center, or register online at cityofalhabra.org. Registration will be accepted during regular office hours, Monday through Friday 7 a.m. to 5:30 p.m.

Tickets can be purchased at the Joslyn Center with cash (exact amount), check or money order (payable to the City of Alhambra), or Visa/MasterCard/Discover. Tickets are non-refundable. Online transactions are paid by credit card. When all tickets are sold, a waiting list is established. Outings include round-trip deluxe motor coach transportation.

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Joslyn Center to host 'Dealing with Dementia' workshop

The USC Family Caregiver Support Center (FCSC), which is a part of the USC Leonard Davis School of Gerontology, will offer a two-day workshop at the Joslyn Center, 210 N. Chapel Ave., on "Dealing with Dementia." The dates of the class are on two consecutive Tuesdays, April 21 and April 28. The class will meet both days from 1:30 p.m. to 3:30 p.m. The two sessions will provide a printed guide for attendees to take home with them. The topics that will be covered are "understanding dementia," "managing problem behaviors," "handling stress," and "finding time for you."

The aim of the workshop is to prepare a caregiver to easily access the information they need from the guide. Yvonne Kuo, MSG, CMC, from the FCSC, will present the class. There is no fee for this class, however pre-registration is required. Attendees need to attend both sessions. Note that seating is limited to 15 individuals.

The FCSC specializes in assisting family members of individuals undergoing forms of memory loss. They provide support for caregiving, including diagnosis, prognosis, and services that help maintain the care recipient's

independence and abilities, helping family caregivers care for themselves, and manage their own well-being.

The Joslyn Adult Center provides support services, programs, leisure activities, outreach, and some meals to Alhambra's senior citizens.

To register and learn more about the program and the other resources offered by the USC Family Caregiver Support Center, contact Ms. Kuo at 213-821-6919.



Yvonne Kuo, from the USC Family Caregiver Support Center, will present "Dealing with Dementia" workshop at the Joslyn Center.

AN OLD DOG TEACHES IMPORTANT TRICKS

CONTINUED FROM PAGE 2B

not move as fast, but we must continue to move. Regular exercise keeps our muscles and joints more limber and our blood flowing better. We do not have to run long distances or lift heavy weights to be fit. Over exertion may, in fact, cause an injury that will make regular physical activity more difficult. Regular walking, biking, stretching, or swimming keeps our bodies moving; and with mobility comes both freedom of the body and the soul. When we feel better, we are happier; we have a better attitude.

Finally, enjoy the journey. As Smokey aged, he seemed to enjoy our walks together even more. The walks started to help Smokey with her daily constitution, but soon turned into observations of the world. Way too many times I was in a hurry, and Smokey obliged. Now as I look back on those times, I realize that in much of life, "the journey is the destination." Finding the joy in the journey is not a bad philosophy and relieves many of the stresses that accompany life. This kind of attitude is difficult to cultivate without some practice. The ancient religious masters from many faiths have spoken of the importance of meditation, reflection, and prayer as central to a healthy soul and good attitude. The ancient poet-king David spoke of meditating on God's commands and ways, even when his enemies slandered him (Psalm 119). The ability to reflect on our life helps us understand our circumstances so we can gain a bigger picture of our relationship to life. When we come to understand the meaning, we have a better attitude as we face the issues of our life. Still in his 20s, Michael O'Hara had his left leg amputated because of bone cancer. Today he works with amputees at the University of North Carolina Wellness Center and said, "I have a great life, and my amputation doesn't define me. I try to help people realize that they can do much more than they think they can. If I can inspire just one person to give little more effort each day to stay healthy and fit, then I know that my amputation is helping others." Michael's physical disability has not limited him in life; instead it has become a source of purpose and mission in his life.

Smokey is now gone, but the lessons of his life live on within me. Yes, even a dog can teach an old master some new tricks for living.

GIRLS GONE WILD — ALMOST — IN CABO SAN LUCAS

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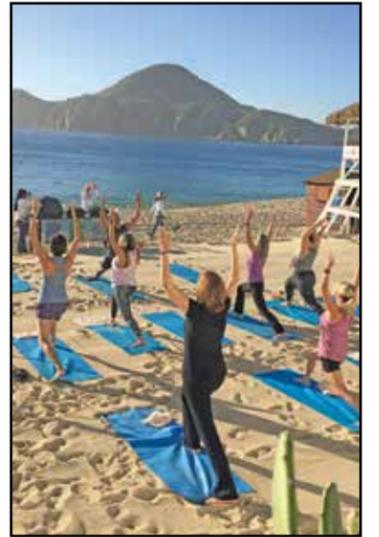
north on the Pacific coast. Quivira includes the Jack Nicklaus-designed Quivira Golf Club, the Pueblo Bonito Sunset Beach Golf & Spa Resort, Pueblo Bonito Pacifica Golf & Spa Resort, and private residences.

"The color of the water: a beautiful aquamarine," Elaine answered, when I asked what about Los Cabos most impressed her. This was her first time here. And she's an artist. We were having breakfast on our balcony, overlooking the beach, El Arco and the Sea of Cortez, when I asked. She'd also admired the water earlier, while we were doing yoga on the beach at 7:30 a.m. with the hotel's instructor.

The water colors and the landscape were even more impressive as we cruised into the Sea of Cortez on a glass-bottom boat tour. As the craft bobbed in place, we watched fish swimming and seagrass waving beneath us through the boat's glass bottom. Better yet, El Arco — and romantic photo-op-must Lovers Beach — were just feet away. Camera phones snapped as our captain-guide slowed the boat, then rounded Land's End into the Pacific for different equally stunning vistas. Views of Los Cabos' vast coastline curved to the eastern horizon on the sail back.

A jolly-looking sea lion made a surprise appearance hitching a ride on a small fishing vessel. "He does this daily," our guide chuckled. "He's big enough; he can do whatever he wants."

Next was shopping! Elaine and I took advantage of the butler-guided shopping excursion that was part of our package. We got the inside scoop on shops such as



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Cabo San Lucas famous "El Arco" rock formation at the tip of the Baja Peninsula.

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

Most common misconceptions about teeth whitening

Having a beautiful smile is very important for a lot of people. After all, a set of white teeth is an externalization of good dental care and personal oral hygiene. But I have seen plenty of people with great oral hygiene who visit the office on a regular basis and take good care of their teeth and still don't have naturally white pearls.



Whitening is a touchy subject. In my practice I don't like to start the conversation about whitening. However, I'm more than happy to answer any questions about it.

Here are a few very common misconceptions about teeth whitening.

- **Natural home remedies are safer than the whitening gels.**

You can find endless recipes online of natural products whitening the teeth from baking soda and strawberries to lemon and charcoal. It is true that these products help remove external stains, but you want to

be very careful about it. Most of them are highly acidic and very abrasive. They increase the risk of decay and cause permanent erosions and sensitivity.

Another thing to consider is that they only remove the external stains and are not effective in whitening deeply stained teeth

- **The stronger, the better.**

Most professional gels bought from the dental office are professional strength. That means the active ingredient is in a higher concentration than the one over the counter. It is true that high concentrated solution will be more effective, but my advice is try the lower one first and if that helps, stay with it. While the stronger one will bring results sooner, it can also cause more sensitivity and temporary discomfort.

If you are using strong gel, make sure you are using it for a shorter time. Every home whitening custom bleaching kit should be given with instructions of use.



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.

- **Whitening is permanent.**

Teeth that are whitened can remain bright for a long time, but whitening is not permanent. Coffee, tea, coke, wine, and chocolate are a few to mention that are responsible for teeth staining.

Of course, avoiding them can help you keep your teeth white for a longer time.

Regular touch-ups are recommended, once or at the most twice a year, to maintain the brightness of the teeth.

Using reusable custom trays is the more economical and gentler option available for professional bleaching.

- **Crown, veneers, and bonding will bleach as well.**

Whitening is a process during which stains are removed from the inside of the tooth. The gel can only penetrate organic structure because the teeth have natural pores. Simply said, your natural teeth will bleach, but your restorations will not. If you have a lot of restorations, you may need to replace them after you bleach your teeth because they will appear darker compared to your whitened teeth.

Discuss your bleaching plans with your dentist if you are getting any restorations done. Your dentist may need to consider a brighter color for your crown to avoid replacing it later.

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LIVE A BALANCED LIFE

BY SHEILA YONEMOTO, P.T.

Illness indicates that one's life is out of balance, perhaps due to unbalanced diet, unbalanced sleep to activity ratio, unbalanced finances, or work to personal life out of balance. Here are some of my ideas about balance.

Posture: A resting forward head posture (from a side profile, the ears come in front of the shoulders) is bad because the length of the muscles is not in balance. The neck bones are held up by a balanced tension of muscles around the bones. With a balanced tension, none of the muscles have to do much. However, if one muscle is shorter than the others, it pulls the bones out of balance, and the other muscles have to use more tension.

Pacing: If you usually feel good in the morning but by early afternoon you are tired and in pain, your pace of activity is out of balance. After a good night's rest, the body feels refreshed. You then try to do as many activities as possible before the pain returns, thus overloading your system, causing you to suffer fatigue and pain by 2 p.m. Try interspersing short rest periods between activities allowing the body to recover and refuel. Although it seems to take longer, you will have greater endurance with no pain or fatigue.

Standing balance: Standing on one leg creates balance involving the coordination of the muscles, so each muscle surrounding a joint is putting in the right amount of effort to keep the body upright. Much of balance is influenced by vision, but there are also sensors in the joints giving information to the brain for better coordination of effort. These sensors are particularly helpful when walking



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.

on uneven terrain. Stand on one leg and see how long you can maintain your balance. Patients are often shocked that they cannot do this for five seconds. Tandem walking, i.e. walking one foot in front of the other in a straight line also helps. Other ways of practicing balance are taught in ballet, yoga, martial arts, and gymnastics.

Colorectal cancer may be started, accelerated by oral bacteria

Two recent studies suggest that a type of gut bacteria found in the mouth may trigger colorectal cancer by influencing the immune response and switching on cancer genes. The researchers believe their findings may lead to more timely and improved ways of diagnosing, preventing, and treating colorectal cancer, the second leading cause of death from cancer among Americans. The culprit is called Fusobacteria, a type of bacteria in the mouth that is associated with periodontitis, more commonly called "gum disease." This gum condition is the leading cause of tooth loss among adults.

These two studies were recently published in the *Journal of Cell Host and Microbe*. In the first study, the researchers determined the oral bacteria, called Fusobacterium, were found in benign tumors that later turned cancerous. Furthermore, in the mice model they found that Fusobacterium sped up tumor formation through the release of a type of immune cell called "myeloid cells." The latter cells penetrate tumors and trigger inflammations that can lead to cancer. The researchers, Wendy S. Garrett, MD, PhD, from the Dana-Farber/Harvard Cancer Center said, "Fusobacteria may provide not only a new way to group or describe colon cancers but also, more importantly, a new perspective on how to target pathways to halt tumor growth and spread."

In the second study, another group of researchers found that Fusobacterium uses a molecule that lives on the surface of the bacterial cells. This molecule allows the bacteria to stick to the human cells and facilitates the invasion of the normal human cell. The molecule called Fusobacterium adhesion A (FadA) switches on genes that spur cancer growth, triggering inflammation in the human cancer cells. The end result may be cancer. The researchers also found that the FadA is much lower in normal patients. This report also said that they identified a compound that can stop the effects of FadA on cancer cells. Even better news is that FadA, according to author Yiping Han of Western Reserve University of School of Medicine, is a "marker that can be used for the early diagnosis of colorectal cancer. Furthermore, FadA can be used to find "therapeutic targets to treat or prevent this common and debilitating disease."

The conclusion to be drawn from these two studies, as far as dentistry is concerned, is the importance of dental hygiene and regular professional dental care. Keeping the mouth as clean as possible, following common sense instructions, and seeing the dentist and the dental hygienist on a regular basis is the best way to prevent abnormal growth of "bad" bacteria, including the latest villain Fusobacterium. Thus it can be said that you have a lessened risk of colorectal cancer as well as other cancers if you keep your oral health in the optimal condition.

Also remember increased inflammation in the mouth may increase the inflammation index for the whole body. Abnormal inflammation in the body is associated with many diseases, such as Alzheimer's, rheumatoid arthritis, heart ailments, and diabetes, to name just a few. As the eyes are windows to the soul, the mouth is the same to the body.

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

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All of The Shredded Carrot's sweets are made in the small kitchen in back from scratch and overseen by Suzanne.

THERE IS ALWAYS SOMETHING TASTY AT THE SHREDDED CARROT

By Glenn Barnett

Ten months ago, Suzanne Eggli launched a bakery she had envisioned for a long time. She had long gotten praise for her homemade carrot cake and other goodies, so she wondered if her 30 years as a baker of sweet delights would be a good business model. As it turns out, it is.

From their launch date in 2019 of The Shredded Carrot, 2428 W. Valley Blvd., Suzanne and her two sons Brent and Jonah began serving favorites like chocolate cake, varieties of cheese cake, pineapple upside down cake, layered tres leche, and Salvadorian quesadilla. Since then they have refined and expanded their offerings and updated the recipes. All their sweets are made in the small kitchen in back from scratch and overseen by Suzanne.

Their blueberry muffins in particular have benefited from the increased attention and love. Further, they now serve cake by the slice. So early morning customers on their way to work can grab a slice and a cup of Don Raúl Colombia Coffee and be on their way. But that's not all. There are muffins, cookies, brownies, cake pops, cupcakes, and bread puddings, tarts, and pies (try the key lime pie, a popular favorite). And get this. They even sell dog treats that are sure to please your canine friends. If you are vegan, gluten free, or keto, or all three, there is plenty to choose from, including key lime pie (vegan, gluten free), plum and vanilla custard tarts (vegan, gluten free), pumpkin snickerdoodle cookies (keto), dark chocolate raspberry cups (keto), and much more.

The Shredded Carrot also bakes custom-ordered cakes for birthdays, weddings, quinceañeras, gender reveal, and other events. Suzanne's son Jonah, who alternates with his brother Brent working behind the counter, said the operation has become more organized as they have learned the business.

For more information, call The Shredded Carrot at 626-660-6071, and visit their website at theshreddedcarrot.com, where you can learn about everything they have to offer. The Shredded Carrot's hours are 6 a.m. to 7 p.m. Tuesday through Friday and 9 a.m. to 5 p.m. on Saturday and Sunday. They are closed on Monday, and after everything they do, who can blame them.



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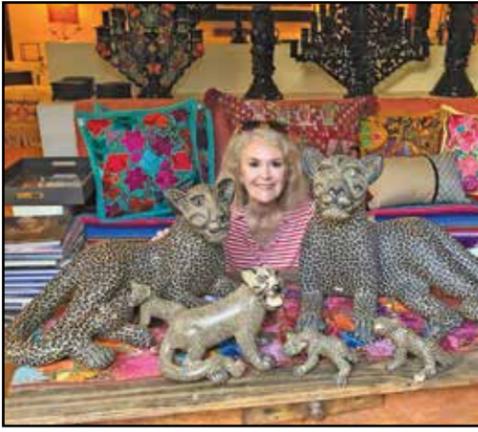
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GIRLS GONE WILD — ALMOST — IN CABO SAN LUCAS

CONTINUED FROM PAGE 3B



Authentic art temps Barbara at the La Coyota boutique.



Hand-blown glass hearts demonstrate Cabo's love for the environment.

La Coyota, a beautiful craft boutique set in a two-story Mexican hacienda-style building. Every room brimmed with original art, apparel, and jewelry from throughout Mexico. I loved the huge jaguar figurines but settled for two tiny jaguar head keyrings.

And a hand-blown glass heart. Turns out these are Cabo's salute to the environment. Made from used glass bottles recycled by Pueblo Bonito and other hotels to the local San Miguel Blown Glass Factory, which turns them into art.

Dining the next evening at La Frida gourmet Mexican restaurant in the Pueblo Bonito Sunset Beach resort, considered Cabo's best, with an AAA four-diamond rating — the centerpieces were these recycled glass artworks — paired with original works by Frida Kahlo herself!

Earlier, we'd sipped mimosas at the Whale Watching VIP Lounge and relaxed under a cabana on the sweeping Pacific Coast beach at the adjacent Pueblo Bonito Pacifica resort then lunched at the casual-chic Quivira Golf Clubhouse.

I'm not a good golfer. But I can drive a golf cart. And I wanted to see the Quivira course, which *Golf Vacation Insider* called "The Pebble Beach of Mexico."

OMG! It was like Mr. Toad's Wild Ride. Winding and abruptly turning along the edge of sky-high ocean cliffs. At one point it looked as if the path would drop into the sea. The greens were gorgeous, perched in pockets along the craggy ledges, backed by the wide-open ocean. A must-play for any golfer visiting Cabo San Lucas — and my next trip!

For details, see www.visitlocabos.travel and www.pueblononito.com.

FOODIES CHASE FLAVORS OF DINE ALHAMBRA RESTAURANT WEEK

CONTINUED FROM PAGE 1B

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 palate and wallet thanks to prix-fixe menus ranging from \$10 to \$40.

Patrons were also excited for new restaurants on this year's lineup. Yang's Kitchen, which opened last September, featured buzz-worthy dishes, such as the Pork Strozzapreti, Scallion Pancake Wrap, and Beef Noodle Soup. Popular gastropub, the Chicken Koop Alhambra, served comfort-based favorites like their Roasted Garlic Chicken, Loaded Nachos, Poutine and Naan bread. While Baja Cali Fish & Tacos spiced things up with some seafood tacos.

Returning restaurants, Limericks Tavern and 38 Degrees Ale House & Grill, launched new items and new menus (respectively). Diners enjoyed concoctions like Drunken Mush-



Some of the menu items featured on Limericks Tavern's Dine Alhambra Restaurant Week menu include Drunken Mushrooms, Loaded Potato Balls, Spicy Chicken Sandwich, and Limericks Burger. Photo by Monina Castillo

rooms, Loaded Potato Balls, Spicy Chicken Sandwich, and Lomo Saltado from Limericks and Spicy Jambalaya, Pork Schnitzel, and sweet Bread Pudding from 38 Degrees.

"We were thrilled to hold our third restaurant week," said Down-

town Alhambra Business Association President Liza Rodriguez. "I hope this event keeps growing and people will continue to chase the flavors of Downtown Alhambra, which has some great gems definitely worth driving through L.A. traffic for!"

Music of Argentina comes to Performing Arts Center



Internationally acclaimed Music of Argentina will be presented in a free concert at 7 p.m. Sunday, March 29, at the Alhambra Performing Arts Center.

Alhambra Performing Arts Center (APAC), under the direction of Chef/Artistic Director Bill Yee, will present internationally acclaimed Music of Argentina in a free concert at 7 p.m. Sunday, March 29, at Sage Granada Park United Methodist Church, 1850 W. Hellman Ave., Alhambra.

Group leader M. Belén Oliva de Pachalian was born in Córdoba, Argentina, and began her mu-

sical studies in the School of Children Singers of Córdoba, singing as a part of choirs and as a soloist in Brazil, Chile, Uruguay, and Argentina. Belén's group will focus on composers from Argentina, Spain, and Latin America. Everyone is invited to a musical journey to discover roots and the development of music in Argentina. This trip will guide the audience from the northwest, the "Altiplano" in the Andes,

which connects Peru and Bolivia in South America, where the indigenous songs echoed in the solitude of the mountains. Continue on to the center of the country, the "Pampas" where the "gauchos," the Argentinian cowboys, played the guitar and bombo after working hard in their rural work. Feel the horses running in the solitude of the plains. Then, moving ahead in time and finishing in the urban center of Buenos Aires, where the immigrants from Europe came with their music, instruments, and nostalgia to culminate in the most delicate mix of musical elements, the Tango.

APAC is starting its 14th season presenting world-class performers from classical to jazz, pop, dance, and more. Mr. Yee is also an award-winning Le Cordon Bleu chef who owns the Alhambra Culinary School and LA Omelets Catering Service.

Refreshments will be provided by the chefs at the Alhambra Culinary School.

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

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Clarity Plug-in Hybrid nets 47-mile all-electric driving range rating.

2020 Honda Clarity Plug-In Hybrid delivers premium driving experience with excellent driving range, fuel economy ratings

The 2020 Honda Clarity Plug-In Hybrid arrived at dealerships with an award-winning combination of an excellent electric-only range, interior space and comfort, and unmatched driving refinement in its class. With a Manufacturer's Suggested Retail Price (MSRP) of \$33,400¹, the 2020 Clarity PHEV carries forward all

the elements that have made it a fixture among Kelley Blue Book's Best Buys award winners since its introduction three years ago. New for the 2020 model year is an updated Acoustic Vehicle Alert System (AVAS) that functions whenever the car is operating at low speeds on electric power only (unless in park), enhancing aware-

ness for pedestrians, bicyclists, and other road users.

The 2020 Clarity PHEV received a 47 miles of all-electric driving range rating with a full charge and an EPA fuel economy rating of 110 MPGe. For longer trips, the hyper-efficient 1.5-liter Atkinson cycle 4-cylinder gasoline engine engages to generate electricity for the electric motor and, under certain conditions, to act as a direct power source. When using the gasoline engine, Clarity received 44/40/42 MPG EPA fuel economy ratings (city/highway/combined) and a 340-mile EPA total driving range rating. Drivers can select between Normal, Econ, and Sport to customize their driving experience to maximize efficiency or performance, while a special HV mode that maintains the battery's state of charge can be used in all modes.

Clarity PHEV's drive motor produces 181-horsepower and 232 lb.-ft. of torque, drawing power from electricity generated by the gasoline engine and from a 17-kilowatt hour (kWh) battery pack with a recharge time of just 2.5 hours at 240 volts. Total system output of the Clarity Plug-in Hybrid's two-motor hybrid powertrain is 212 horsepower.

2020 Clarity PHEV pricing and EPA fuel economy ratings

Clarity PHEV comes standard with a Display Audio system with an 8-inch touchscreen that includes Apple CarPlay® and Android Auto™ integration, push-button smart and keyless entry, heated front seats, rain-sensing wipers, and the Honda Sensing® suite of safety and driver-assistive technologies. Clarity Touring adds perforated leather seats and a leather-wrapped steering wheel, navigation with charging infrastructure information, an eight-way power adjustable driver's seat with two-position memory, and Ultrasuede® interior trim. Clarity PHEV qualifies for a federal tax rebate of up to \$7,500 and various state rebates, including \$1,000 in California, where it's also eligible for single-occupant HOV access.



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

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

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

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

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



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The 2020 Volkswagen Jetta will be available in five trim levels: S, SE, R-Line, SEL, and SEL Premium.

2020 Volkswagen Jetta: New technology elevates the iconic sedan

The Volkswagen Jetta is one of the world's most successful sedans, with more than 17.5 million models sold worldwide since it was introduced in 1979: more than 3.2 million of those have been sold in the United States. Based off the award-winning MQB platform, the 2020 Jetta offers bold design, enhanced interior space, and the newest technology from the premium class.

New for 2020

The 2020 Volkswagen Jetta will be available in five trim levels: S, SE, R-Line, SEL, and SEL Premium. Jetta models receive more technology features for 2020. All models are equipped with the next-generation Car-Net® telematics system and have in-car Wi-Fi capability when subscribed to a data plan. Jetta SEL and SEL Premium models also offer standard wireless charging.

SE and SE R-Line models offer the Cold Weather Package, which includes a suite of premium content including a heated steering wheel, heated rear seats, heated wiper park, heated washer nozzles, and remote start. This content is newly standard on SEL models and both SEL and SEL Premium models now sport standard 17-inch aluminum-alloy wheels.

Pricing for the 2020 Volkswagen Jetta with a standard six-speed manual transmission starts at \$18,895. The eight-speed automatic transmission starts at \$19,695. The destination charge for all Jetta models is an additional \$920.

Exterior

The 2020 Jetta is based on Volkswagen's Modular Transverse Matrix (MQB) platform architecture. Working with the flexible MQB platform allowed the designers to reshape the body, creating a longer wheelbase, wider track, and a shorter front overhang. The fast-sloping rear roofline translates into a coupe-like profile. Dynamic lines and taut surfaces combine with the new silhouette to give Jetta a look that's at once elegant, yet athletic.

The Jetta marks an evolution in Volkswagen's clean and timeless design DNA, with modern lines and a refined appearance. The combination of a large front grille and sharper lines exudes a bold character, while the addition of more chrome and LED lighting lend a premium feel.

The front end design, with its emphasis on horizontal lines, at once identifies the Jetta as a Volkswagen. Specific to the model is the distinctive unit formed by the radiator grille and the standard LED headlights. The hexagonal grille is composed of four chrome bars, two of which flow into the headlight housings where the LEDs pick up the lines and connect them for a wrap-around effect.

The car's silhouette is marked by its taut surfaces and a long, extended side window. The coupe-like impression of the Jetta is reinforced by an offset roofline known as a "phase"—a narrow strip that runs parallel to the actual roofline and into the C-pillar—which visually reduces the car's height. Beneath the shoulder, on the level of the door handles, there is a precisely carved character line that runs as an undercut. Its shadow surface tapers toward the rear, slightly arrow-shaped. The muscular wheelarches and side sills also form a powerful unit. The side sills here are marked by an integrated light line, which continues into the rear body.

The style of the rear section is defined by the arch-shaped trailing edge that extends into the shoulder section and forms the aerodynamic termination of the trunk lid. The spoiler, which is integrated into the body design, emphasizes the sedan's impressive width. This width is also highlighted by the sharp lines of the LED taillight clusters.

Despite the dramatic design, the Jetta features a remarkably low drag coefficient of just 0.27. To attain this figure, the Jetta features an active radiator shutter and Air Curtain intakes on each side, which allow air to flow smoothly past the front wheelarches. To further optimize airflow, the Jetta uses aerodynamic wheel designs and underbody panels.

The Jetta R-Line takes the dramatic styling a step further, with sporty 17-inch wheels, a more aggressive rear bumper with stylized dual exhaust outlets, a gloss-black grille, black side mirror caps, and R-Line® badging.

Interior

The Jetta interior architecture is engineered for increased comfort while supporting a sophisticated, upscale design. The 2020 Jetta is 185.1 inches long, 70.8 inches wide, and 57.4 inches tall, with a wheelbase of 105.7 inches. It boasts generous passenger space, 14.1 cubic feet of trunk space, and standard 60/40 split-folding rear seats.

The cockpit is a driver-focused environment, with form following function. Both the instruments and the infotainment system are

arranged in an easy-to-read horizontal orientation. Both the infotainment system and the climate-control interface are located on the center console, which is angled toward the driver.

Meanwhile, design elements from the exterior are repeated in the cabin for a touch of sportiness, and premium soft-touch materials are used. The lower instrument panel has a similar horizontal design, with a fine decorative trim strip that runs beneath the cockpit across the entire instrument panel and into the doors.

The front seats feature an ergonomically optimized backrest release that makes adjustments for front-seat occupants especially easy. For an extra luxurious touch, the power-adjustable seats of the SEL Premium offer standard perforated-leather seating surfaces with heating and front-seat ventilation.

Every 2020 Jetta comes with a multi-function steering wheel that is leatherette-wrapped on SE, SEL, and SEL Premium models. R-Line models receive a unique leather-wrapped, R-Line badged steering wheel. The Cold Weather Package on SE models, which is standard for SEL and SEL Premium trims, brings a heated steering wheel.

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Real Estate News

Residential, Commercial, Loans

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.

The energy of shadows in architecture

In our world of LED lights and glass buildings, there is more and more glorious light streaming into our architectural world. Light draws attention to objects like furniture, people, colors, and the mere space of rooms. With light we can perceive what is around us. And consequently, light so often will connote energy.



All of this sounds wonderful, right? But with the advent of copious amounts of light into our work, shopping, and living worlds, are we losing the value and impact of shadows?

As light increasingly pervades our architectural world through transparent buildings and hi-tech lighting, it diminishes itself. Just as too much of a good thing can finally render the good thing less enjoyable, the excess of light is reducing the impact of the light itself.

Shadows set up light. A good baseball pitcher sets up his fastball by throwing off-speed pitches that make his fastball seem all the more imposing and fast. Well positioned shadows accomplish the same effect by making the light appear all the more impressive by being contrasted with the shadow. And through this perspective of making light all the more impressive, shadows in their own way create energy.

Creating contrast between light and dark (i.e., shadows) can add energy and interest to an area of your home.

Think of the columns on the Greek Acropolis. It is not just a blur of bright light. Rather it is a concert of light and shadows. The very columns themselves, due to their curvature, reflect light in varying degrees and create shadows. And in between the columns are darker areas in the shadows. But this contrast creates an architectural drama that communicates size, power, and the majesty of these building. Another example is the Capital Building in Washington, DC. It is hard to imagine this building without its contrasting degrees of light and shadows.

Proper integration of light and shadows can animate a room in your house. Shadows do not have to make your rooms dull and gloomy. As light and dark play against each other they create dynamic feeling of energy. Light projects a feeling of heat while shadows develop a feeling of coolness.

Curtains and blinds can produce a creative blend of light and shadows. Indirect lighting, which casts light against the ceilings and walls, can have the same effect. The effective use of light can highlight a hardwood floor along with adjacent shadows making the floor stand out all the more.

One cost effective way to remodel your home is to reconsider the use of light and shadows. Screens, facades, skylights, can not only bring in light to your home, but can create shadows also. Furniture, potted plants, and staircases can not only be accentuated

CONTINUED ON NEXT PAGE



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THE ENERGY OF SHADOWS

CONTINUED FROM PREVIOUS PAGE

with light, but further underlined with adjacent shadows. Dull hallways can be energized through the introduction of a ballet of light and shadows.

Cost effective remodeling through the application of light and shadows can also include landscaping. And the use of Malibu lighting in your landscaping can draw attention to trees, flowers, and waterfalls while the adjoining shadows created heighten the dramatic effect even more. Rather than overwhelming your landscaping with flood lights, judiciously apply light and shadows to direct scrutiny to the real conversation pieces of your property.

Leonardo da Vinci theorized that there were three different types of shadows: attached, shading, and cast shadows. The attached shadow is created by the object itself like a balcony projecting a shadow on the side of the building it projects out of. A shading shadow is like the columns on the Greek Acropolis where the columns gradually assume a darker shadow. And a cast shadow generates from one object onto another completely detached object. Keep these categories in mind as you develop your understanding of shadows.

Shadows help give form to architecture. Light and shadows complement each other. Each by itself is far less imposing than when the two combine. It is an effect of synergism. The combination of the two elements working together in concert is greater than the sum of the two individuals.

Shadows, just as light does, come in different intensities and configurations. Light provides certitude while shadows connote uncertainty and mystery. Together they develop an intriguing subliminal complement to each other.

LED lights and transparent buildings promote light. And light communicates energy. But the careful use of shadows enhances the use of light. And although this seems to be a paradox, light becomes all the more effective and energetic when combined with shadows.

Guide to creating solid rent collection policy

When trusting your properties to renters, it is imperative to establish a clear and fair rent collection policy as part of the lease. A good rent collection policy encourages healthy tenant and landlord relationships as expectations are set and questions surrounding the processes are eliminated. There are several important components to a solid rent collection policy. The following questions should be answered: *When is rent due? How will rent be collected? When is rent considered late? How are rent payments documented? What fees are imposed on late payment? When will the eviction process start?*

When is rent due? One of the most vital components of your rent collection policy is the due date. The most common being the first of the month or the first business day of the month. However, just because something is standard doesn't mean it's right for you or your renter. Consider asking about their preferences when it comes to the due date. They might get paid on an unusual schedule and want to request an adjustment.

How will rent be collected? Landlords are usually required, by law, to offer two different payment methods to their tenants. There are several ways landlords can choose to collect rent payments. Include the methods you are willing to accept in your rent collection policy. Let's briefly examine some of the most common payment methods:

Cash: What was once the only way to pay now comes with quite a bit of risk. While cash-in-hand is guaranteed money, lost cash is often not recoverable, and payments can be difficult to track. Furthermore, setting a monthly meeting time and place between the landlord and tenant can be a hassle.

Personal check: Probably the most common method of rent payment for the last decade, personal checks offer relative ease for both landlord and tenant and they leave a nice paper trail that is easy to track for record-keeping. Mailed checks can take several days to reach the property owner and then there are additional steps the landlord must take to deposit the check and give his or her tenant a receipt. Checks can be quite expensive for both landlord and tenant if the check is returned.

Cashier's check: Guaranteed money that's secure and easily traceable, cashier's checks look like the perfect payment method though it is lacking when it comes to convenience. Tenants will have to go out of their way to get them and mail them to their landlord or schedule a meeting time. Landlords will then have to deposit them into their bank account.

Peer to peer transfer: Growing in popularity, many landlords are turning to peer-to-peer payment platforms such as Venmo or Zelle to collect rent. While this may initially be very appealing, there are downsides to the services. Both Venmo and Zelle specifically state on their websites



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.

that payments made through the platform should not be used to pay for goods or services. Once a transaction has been processed, it cannot be undone within the app even if money was sent to the wrong person. Both services also have relatively low transaction limits, so higher rental amounts may have to be made over several days.

ACH transfer: Some landlords offer to have their tenants pay directly through an ACH transaction. While convenient, this option is not particularly secure as the property owner's bank account number must be shared with tenants.

Online payment: Online rent payment platforms are also seeing an uptick in popularity among both landlords and tenants. They offer convenience as well as unmatched security as no banking information is ever shared between parties. Payments are usually deposited to the landlord's account in two to three business days. A small fee is typically charged for the service. Read more about accepting online rent payments.

When is rent considered late? Check with your local laws when establishing the grace period of your rent collection policy. Many states mandate a minimum grace period for tenants before rent is considered late. The most standard grace period is five days. Even if your local area does not require a grace period, you should still consider implementing one. Grace periods increase tenant satisfaction by allowing flexibility for your tenants. Depending on the collection method, you'll need to set guidelines for when rent is considered paid. Is it when a check has been mailed, when an online payment method has been submitted, or when an ACH has been fully deposited into your account? Only you can decide, but be sure to consider expectations and time frames regarding each method.

What fees will be imposed on a late rent payment? Late fees compensate the landlord for additional communication and risk when a rent payment is late. It's important to be direct when discussing dates and fees so that no one is blindsided. Rent payments are also more likely to be paid on time to avoid additional costs. Your rent collection policy should clearly state the dollar amount of the fee and when the fee will be charged. Late fees are assessed at the end of the grace period. For instance, if rent is due on the first and you have a three-day grace period, late fees can be charged on the 4th.

Typically, late fees are charged as a percentage of the rent, with the most common fee being around 5%. Remember that the fee should compensate you fairly and encourage on-time payment. A fee that is too steep may discourage renters who are behind, further delaying payment.



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SKIN CLINIC & SURGICAL CENTER | DR. REZA GHAZI, MD



TRY OUR SPECIALIZED LIP TREATMENT

MARCH SPECIALS

Volume Up Your Gorgeous Lips	Juvederm	\$450	per Syringe
Restore Youthful Facial Volume	Radiesse	\$450	per Syringe
Treat Pigmentation & Capillaries	IPL Photofacial	\$180	and Up
Remove Saggy Chin Fat	Kybella	\$500	per Vial
Lift & Tighten the Neck, Chin, Brows	Ultherapy	\$2500	
Remove Unwanted Moles (No Stitches)	RF Surgery	\$150	to \$400
Trim Your Shape in 25 Min (Minimal Pain)	SculpSure	\$300	per Applicator
Get Rid of Draping Fat Layers	TickleLipo	\$1500	per Area
Eliminate Stubborn Body Fat	CoolSculpting	\$600	and Up
Erase Regrets Safely & Quickly	Tattoo Removal	\$100	and Up
Enjoy Full Long Sexy Lashes	Latisse	\$130	for 5mg
Get Rid of Acne/Burn Scars	Skin Resurfacing	Call	
Say Goodbye to Underarm Odor	MiraDry	Call	
Soften Deep Scars & Improve Damaged Skin	ScarFX/ActiveFX	Call	



REAL PATIENTS

THREE CONVENIENT LOCATIONS!

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

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

HUNTINGTON PARK - Call (626) 774-7809
2140 E. Florence Ave #21649, zip 90255

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

LASER HAIR REMOVAL SPECIALS!

Cutting-Edge Machines

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

Botox \$8 per Unit

Dysport \$8 per 3 Units

Other Cosmetic Procedures

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