



"The energy was so contagious as the procession of green-shirted crawlers continued from bar to bar on Main Street sidewalks and drew cheers from cars and passersby," said DABA Events Director Monina Castillo. Photo by Julie Leopo Photography.

## Everyone was Irish at Downtown Alhambra's St. Paddy's Day Pub Crawl

On Sunday, March 17, pub-crawlers came out in full force and painted the town green at the 10th Annual St. Paddy's Day Pub Crawl. Everyone was Irish on that day and enthusiastically wore the slogan on complimentary commemorative T-shirts provided to crawlers who participated.

People eagerly lined up early at Ohana Brewing Co, where the festivities kicked off at 4 p.m. Early birds received a ticket for a free sampler pour at Ohana, raffle tickets for prizes, party favors, and

— of course — the St. Paddy's Day Pub Crawl T-shirts. All these free goodies were compliments of the Downtown Alhambra Business Association (DABA).

Following the kick off at Ohana, a bagpiper, who played classic Irish ditties, as well as unexpected songs like *Do You Think I'm Sexy*, led crawlers to participating restaurants and bars that included 38 Degrees Ale House & Grill, 28 West Sports Bar, Big Catch Seafood House, the Chicken Koop, Big

T Mini Mart, Havana House Cigar Lounge and Bar, and Azul Ultra Lounge. Patrons enjoyed St. Patrick's Day themed cocktails, whiskey, beer, and specials.

Crawlers also had chances to win raffled prizes that were donated by bars and restaurants on the pub crawl schedule, as well other local businesses and restaurants, including Vidorra Women's Boutique, Ju-lead Piercing, Dickey's BBQ Pit, Limericks Tavern, Alondra Hot Wings, Diner on Main, and more.

Dameion "Lucky" Smith returned as master of ceremonies for the event and kept it fun and entertaining throughout the night. Old school funk and R&B music from DJs at some of the venues inspired some memorable dance parties.

"The energy was so contagious as the procession of green-shirted crawlers continued from bar to bar on Main Street sidewalks and drew cheers from cars and passersby," said DABA Events Director Monina Castillo. "It definitely encouraged others to want to join in, even if they hadn't originally planned on it."

DABA President Liza Rodriguez added, "Crawlers have so much fun at this yearly event, which brings out a great spirit and camaraderie — with the help of some great libations of course. We hope to continue this enjoyable annual tradition for another 10 years!"



The Chicken Koop was one of the stops on the St. Paddy's Day Pub Crawl. Photo by Julie Leopo Photography.



The Dodgers' home games may soon be played under this huge plastic bubble.  
By Frank Tinley  
Brooklyn's new sports center may look like this if architect Fuller's plan wins.

Mechanix Illustrated carried a story in 1956 on the Brooklyn Dodgers' proposed new domed stadium.

## Buckminster Fuller's architecture and the Dodgers

By Gary Frueholz  
DILBECK REAL ESTATE



Buckminster Fuller was one of the world's great intellectuals and futurists of the 20th century. He bridged the gap between academic theory and practical application. Buckminster Fuller was a best-selling author of books such as *Operating Manual for Spaceship Earth* and *The Second President of Mensa*. He was an architect, holder of 28 United States patents, one of the first proponents of renewable energy, innovator of the

geodesic dome, and he nearly kept the Dodgers in Brooklyn with his architecture.

When Walt Disney brainstormed EPCOT, he not only borrowed Buckminster Fuller's geodesic dome, but also coined the title from Fuller's book *Spaceship Earth* for its center piece attraction. When scientists won the Nobel Prize in chemistry in 1996 for discovering a geodesic shaped carbon molecule, they named it buckminsterfullerene. And when Walter O'Malley struggled to find a way to keep the Dodgers in Brooklyn, one of the experts he went to was Buckminster Fuller.

As owner of the Brooklyn Dodgers in the early and mid 1950s, Walter O'Malley was concerned with the changing economic terrain of Brooklyn and the team's aging ballpark, Ebbets Field. Ebbets Field was constructed

FULL ARTICLE BY GARY FRUEHOLZ ON PAGE 22B

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<b>Nevada Area:</b>				
Las Vegas Branch 702-777-9988	Pahrump Branch 775-751-1773	Amargosa Valley Branch 775-372-1100		
<b>California Area:</b>				
City of Industry Branch 626-667-3988	Alhambra Branch 626-863-1980			



## American First National Bank offers special CD promotion

By Jewelyn Co

This month, take advantage of a special rate promotion of a 13-month CD with a 2.9% APR with a minimum balance of \$20,000 offered by American First National Bank, 1420 E. Valley Blvd, Alhambra.

All money deposited must be new money not currently on deposit at American First National Bank or within the past 30 days. Annual Percentage Yield (APY) is accurate as of March 25, 2019, and is subject to change without notice.

The Annual Percentage Yield (APY) assumes interest will remain on deposit until maturity. American First National Bank is a full FDIC insurance coverage. The bank is an Asian-American bank and a financial institution committed to conducting business with the highest ethical standards and safest operations while being compliant with laws and regulations in commercial lending and financing.

For more information, visit [www.afnb.com](http://www.afnb.com), or contact American First National Bank at 626-863-1980.



The Chamber presented a Lunch & Learn program March 21 featuring David Finstrom of HUTdogs. Mr. Finstrom stressed that studies show that multiple touches need to occur before a customer becomes a customer. Having a comprehensive and cohesive marketing campaign that combines online with off can get results.

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Fax: 626-282-5596

[www.alhambrachamber.org](http://www.alhambrachamber.org)

## Church News | Easter in Alhambra

# AN OLD TRADITION, A NEW EXPERIENCE



By Minister Justin Chang

Have you ever experienced something old in a new way? Well, I have. Last year, I got married and in this first year of marriage, I have experienced life, habits, foods, humor, and even cleanliness in completely new ways. One such experience is my wife's love for traditions, and she has had many ideas for new traditions for our family. This past year, we have enjoyed old traditions sprinkled with new Thanksgiving traditions, new Christmas traditions, new New Year's traditions — she even made a new tradition for All Saint's Day!

As Easter is approaching, I'm not sure what new tradition we will start as a family, but I do know that it will encompass something God has shown me this past year through my wife: love. Now Easter represents God's love story summarized in this familiar passage from John 3:16. "For God so loved the world that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life." How did

God show His love? By sending His Son to die for us.

Why did God need to do this? Because we have a sin problem. We live in a world broken by sin, immorality, wrongdoing, and selfishness. I've experienced all of these things in my own life and also see it in the lives of those around me. I, myself, once chose to live a life of rebellion against God. Romans 6:23 tell us that the wages of sin is death. I deserve death. I rightfully deserve an eternal death separated from the God of the universe. And how does God respond to this? By paying for the price of sin through the death of His only Son, Jesus, on what is traditionally called Good Friday.

But the story doesn't end there! On Easter morning, we celebrate Jesus' victorious resurrection from the grave. He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God (2 Corinthians 5:21). This victory that I have was bought with the highest price, the price of Jesus' life, paid for by the love of God. The sting of death is sin, but

thanks be to God, who gives us the victory through our Lord Jesus Christ (1 Corinthians 15:56-57)! At Easter, we see God's sacrificial love for us through His sacrifice to bring eternal life to those who believe. Christ's love has changed me, it has changed the way I show compassion and extend forgiveness to others. I see Christ's love in a greater, tangible, way through my wife. And I know that the way my wife has loved me is a direct result of her life being changed by the love of Christ too.

I am excited for Easter this year. I am excited to see what new traditions my family will do. I am excited to experience old traditions in new ways. I am excited to celebrate the love of Christ. And I am excited to invite all of you to join us for our Good Friday and Easter Sunday service at church. Come and join us as we celebrate an old, timeless tradition in a new way on Good Friday, Friday, April 19, at 7:30 .pm. and on Easter Sunday, Sunday, April 21, at 9 a.m. and 11 a.m.

For more information, please contact MBCLA at 626-282-2467 or check out our website at [www.MBC-LA.org](http://www.MBC-LA.org). Our English Worship Service begins at 9 a.m., and our Cantonese Worship Service begins at 11 a.m. at the Garfield Worship Center, 210 N. Garfield Ave. Our Mandarin Worship Services begin at 9 a.m. and 11 a.m. at the Main Campus, 110 W. Woodward Ave. and at 4 p.m. at the Garfield Worship Center.



EASTER SUNDAY ON



# HE IS RISEN! 主已復活了!

Come Celebrate Easter weekend with Mandarin Baptist Church of Los Angeles!  
竭誠歡迎您參加洛杉磯國語浸信會，與我們一起慶祝復活節！

4/19 (Friday 星期五) 晚上 7:30 pm  
Good Friday Lord's Supper Service  
紀念主受難主餐崇拜

4/21 (Sunday 星期日) 上午 9:00 & 11:00  
Easter Sunday Service (Special Children Program)  
慶賀主復活日崇拜 (備有特別兒童節目)

4/21 (Sunday 星期日) 下午 7 pm  
Church 56<sup>th</sup> Anniversary Celebration  
教會56週年堂慶感恩崇拜



The San Gabriel Mission Church Senior Club includes 50 members who meet regularly on the second Sunday of each month for a pot luck lunch and a program of interest to them.

## San Gabriel Mission Church Senior Club meets monthly

A few years ago, Sister Laurence Marie and some of the concerned parishioners at San Gabriel Mission Church felt a need to serve their seniors in a more direct way. So in January of 2016, the Senior Club was formed.

The group now includes 50 members who meet regularly on the second Sunday of each month for a pot luck lunch and a program of interest to them. There is always a raffle that includes small prizes and opportunity drawings.

At the March meeting, attended by 45 seniors, lunch was served by a dedicated group of volunteers. Their guest speaker that day was Valarie Gomez, the CEO of the YMCA of West San Gabriel Valley. She explained the importance of exercise and called up San Gabriel police officer Daniel Garcia to help lead a few basic moves that could be accomplished even while sitting down, including deep breathing and moving the arms. She also welcomed any who were interested to come by the YMCA of West San Gabriel Valley for a tour.

On other meeting days, the seniors might enjoy bingo or singing. In April, they will journey to Rolling Hills for the Pageant of Our Lord. This presentation borrows from the Pageant of the Masters in Laguna Beach to display living works of art.

The Senior Club meets from September to May and takes the summer off because of busy schedules. San Gabriel Mission is located at 428 S Mission Drive, San Gabriel 91776.

For more information and directions, call Sister Laurence Marie at 626-284-9585, Fran Barrios at 626-287-2495, or Sybil Brown at 626-282-0496.



**HE IS RISEN**

**EASTER CELEBRATION**

**SUNDAY, APRIL 21**

**6:30 a.m. Sunrise Service**  
**11:00 a.m. Worship Service**

**復活節崇拜**

**星期日 4月21日**

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### SOUTH PASADENA CHRISTIAN CHURCH

At South Pasadena Christian Church our mission is to sow and cultivate lives of Christian Faith, Love and Service. We envision ourselves as a place where people from all walks of life feel welcome, find fellowship, grow spiritually, and break-bread together. We live into this vision through biblical preaching, intense Bible study, gregarious fellowship, breaking-bread together, and intentional outreach ministries.

You will also notice that we are a diverse community. We are diverse in so many ways: race, color, age, ethnicity, national origin, range of abilities, gender identity, financial means, education, language, and political perspective to name a few. If you are looking to connect to a church community that doesn't expect you to have everything figured out, but will accept you, encourage you, and walk with you as you mature in your faith, then we invite you to join us.

**Worship Service:** 10am-11:30am.

#### After-Service-Lunch

(All are welcome—free) 11:30am-12:30pm.

#### Spanish Bible Study

Wednesdays, 7pm-8:30 pm, (Refreshments).

#### English Bible Study

Thursdays, 7pm-8:30pm, (Refreshments).

#### Chinese Bible Study

Fridays, 6:30pm-9:30pm (Dinner)

#### South Pasadena Christian Church

1316 Lyndon Street, South Pasadena, CA. 91030

Website: [spchristian.org](http://spchristian.org) • (626) 799-0718

### First United Methodist Church of Alhambra

9 N. Almansor St., Alhambra, CA

**April 14 – Palm Sunday :** 11 a.m. in Chapel (English)

**April 19 – Good Friday:** 6 p.m. in Sanctuary (Mandarin)

**April 21 – Easter Sunday:** 6:30 a.m.

Sunrise Service in parking lot

11 a.m. Easter Combined Service in Sanctuary

Followed by dinner in Fellowship Hall

# Seniors / Retirees News | Activities, Projects, Features

## HARD THINGS

By Craig Statton, CEO, Atherton  
214 S. Atlantic Blvd., Alhambra, CA 91801



Sometimes in life we are called to do hard things. Creating durable power of attorney documents is one of those hard things. Much like a will, in creating these documents we are anticipating our own illness or death, which is never pleasant. However, creating these documents is one of the kindest things we can do for our loved ones. It allows them the tools that they will need to handle your estate and make decisions for your life at a very difficult time. Preparing these documents while we are strong and vital means that we can make the best decisions for our lives and give the best guidance for our loved ones.

In creating these documents, there are several things to keep in mind and some key questions we ought to both ask and address and since they are legal documents, it is always good to have a legal professional help you with them. Though a person can go to the internet and find several templates of these documents, these samples do not always address the very personal questions and issues that are important to you. A lawyer

has the training and ability to make sure your durable power of attorney documents address your specific situation and needs.

One of the first questions is what kind of durable power of attorney should I put in place? At Atherton, we have our residents put in place two different power of attorney documents — a durable power of attorney for finance and a durable power of attorney for health care. The same person may be given the authority to make decisions for you in both of these areas if you are incapacitated; however, in many families one person has a better understanding of the financial area and another member has an understanding of health care. There are other types of durable powers of attorney that an individual can discuss with their attorney.

A second question is who will be given the power of attorney over my life? As I said in the previous paragraph, sometimes a parent decides to have different children as decision makers because their abilities make them a better fit to take on different responsibilities. Sometimes a person decides to have a professional third-party person, like the lawyer or a fiduciary, have this power. If an individual does not have a family member they feel comfortable giving this power, they may ask a family friend to take on this role. No matter who you choose, it is important to make sure you talk with them about your desires so that they will be able to execute your wishes when the time comes.

A third question is what type of power do I want to give to this person? You may want to give them very broad powers over your finances and medical decisions, or you may decide to give them only limited powers in a certain area. Will your DPOA have the power to write checks on your financial accounts? Will they have the power to change beneficiaries on your IRAs? Will they have the power to move funds to other institutions? Again, a legal professional can help you work through these issues.

A final question that is worth asking is will the institutions I work with accept my DPOA documents? Many financial institutions now ask their clients to fill out documents that are exclusives for transactions in their company. It is always good to check on this at your bank, with your insurance company, and even at your health care organizations.

Once your documents are drafted and signed, it is important to review them every year. Like a will, information changes and your documents need to be updated so that they do not become out of date. Also, it is important that you talk to your DPOA regularly. They need to know if wishes or desires have changed so they can be the best steward of your life.

These are never easy conversations. They are hard things. But sometimes the hardest things we do end up being the most beneficial things in our lives.

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# HAPPY EASTER!

## Have breakfast with the bunny at the Joslyn Center



Celebrate the arrival of spring with breakfast at the Joslyn Center, 210 N. Chapel Ave., from 9 a.m. to noon, Friday, April 19.

Catch a glimpse of Mr. Hippity Hop himself, and maybe even get a picture with him.

The cost is \$5.

This celebration will replace the YWCA San Gabriel Valley Senior Café Lunch.

This event is co-sponsored by Anthem BlueCross.

**To register, or for more information, contact the Joslyn Adult Center at 626-570-5056**

Monday through Friday, 8 a.m. to 5 p.m.  
Registration ends April 5.



## Welcome to Joslyn

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

### Elder Care Planning Attorney Carlos A. Arcos

#### Presents a FREE Workshop Series

**MANAGING ELDER CARE, TRUSTS & MEDICAL Trustees and Planning for Aging Parents Managing Trusts Pre and Post Death**

**Dates: Thursday, April 25, 2019  
Thursday, May 16, 2019**

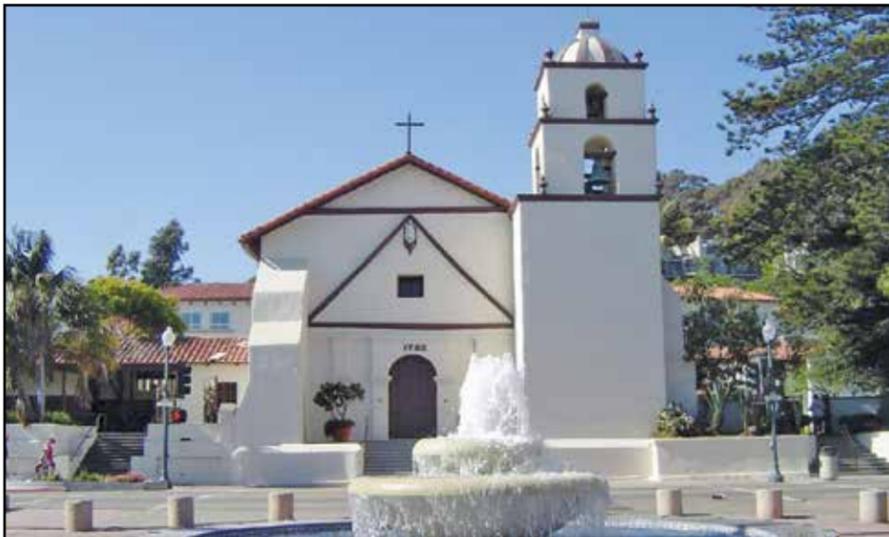
**Time: 10:00 a.m. – 11:00 a.m.**

**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**



Mission San Buenaventura in old town Ventura.

## Senior Outings to visit Downtown Ventura April 25

Senior Outings will visit Downtown Ventura from 9 a.m. to 5 p.m. Thursday, April 25. Back by popular demand, this excursion to the vibrant old town section of beautiful Ventura will feature art galleries, book stores, coffee houses, boutiques, and lots of restaurants, all within walking distance.

Check out Mission San Buenaventura, where self-guided tours of the mission and grounds are offered for a suggested donation of just \$4. Lunch is on participants' own with some great places to choose from. The fee for this fun trip will be \$15. The activity level is moderate.

Reservations are required for all Senior Outings. Call the Joslyn Adult Center at 626-570-5056, or register in person at their location at 210 N Chapel Ave.

Senior Ride is not available for the return ride for this Senior Outing.



Tommy Minamoto leads the weekly singalong.

## Joslyn Adult Center to celebrate Volunteer Appreciation Month

On Thursday, April 11, the staff at Joslyn will sponsor a dinner for their volunteers in appreciation of all they do. Tommy Minamoto will be acknowledged by the Alhambra City Council at the dinner as the Joslyn Center Senior Volunteer for 2019. He will also be recognized by the Los Angeles County Commission for Older Adults at the 54th Older Americans Recognition Day luncheon.

Every Wednesday, Mr. Minamoto brings his electronic keyboard and guitar to Joslyn, 210 S. Chapel Ave., to lead a singalong from 9 a.m. to 11 a.m. He programs his keyboard to play the background beat while he plays along on the guitar. Meanwhile, Joslyn regular Daniel Kay accompanies him on the violin. Between 20 and 30 people gather to join in singing the popular tunes before the 11 a.m. lunch. It is because of Mr. Minamoto's dedication to sharing his talents with others that he was named Volunteer of the Year.

There are 40 volunteers who give of their time and talents to make the Joslyn Center one of the best senior centers around. They serve lunch on weekdays, make phone calls to the Telephone Reassurance clients, and lead the many activities at the center from dance classes to crafts.

Volunteers are welcomed, encouraged, and appreciated at the Joslyn Center.

## Discover Royal Vista San Gabriel

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



## WAYS TO SAVE ON DENTAL CARE

**Q: I don't have dental insurance. How can I afford my dental treatment?**

**A:** While the cost of dental treatment can be more than you are prepared to pay, the alternative — not getting proper care when it's needed — may be much worse. Dental problems left untreated don't go away. They often get worse, requiring more complicated and costly treatments and causing pain. So what do you do?

When it comes to paying for dental services, most people have three choices: employer provided dental insurance, purchase an individual dental insurance plan, and a dental savings plan.

To decide which option is best for you, here is some information that you can use and apply to your individual situation.

### Employer provided dental insurance

If dental insurance is available at a moderate cost from your employer, it makes sense to look into it.

There are PPO and DHMO plans. PPO lets you visit a dentist of your choice. With HMO plans you can't choose your dental provider and must get services from an assigned dentist.

Advantages and disadvantages: Premium is paid by your employer or offered at low cost. Most types of dental insurance provide good coverage for the basics, such as semi-annual exams, cleanings, x-rays and fillings. There is a yearly maximum, which typically caps coverage at \$1,000 to \$1,500 a year. When your dental cost for most procedures goes over that limit, you then have to pay out of your pocket. Given that the average cost for a crown is \$750 to 1,200 you can exhaust your annual dental allowance fairly fast.

Most dental insurance plans have a deductible, an

amount that you will have to pay out of pocket for dental services before your insurance will begin to cover their portion of the costs, an average \$50 to \$100 per person.

There is no coverage for cosmetic procedure.

Dental insurance typically imposes restrictions on covering costly treatments and pre-existing conditions. Most dental insurance will not pay to restore teeth that were already missing before you got on their policy.

### Individual dental insurance plan

Let's say your employer does not cover your dental insurance, and you decided to pay for it on your own.

You need to pay monthly premiums, which, depending on the insurance coverage, typically cost around \$230 to \$400 a year.

Warning: Beware that the premiums can be so high, and the annual maximum spending so low, that you won't always get a benefit. It is important to thoroughly

*CONTINUED ON PAGE 10B*



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](mailto:daradds@yahoo.com).



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# Being in the moment

BY SHEILA YONEMOTO, P.T.

Spending time with my year-old granddaughter is so much fun. Time has no meaning, just the moment. It is a joy to watch her trying to swat at bubbles flying in the air. My two daughters were having just as much fun making the bubbles.

On the other hand, it always amazes me when adults let the sound of one word change their mood. Then they are off on an almost preset tirade. Why can someone or something so easily push our buttons? The outcome is the same. People get upset, emotions run high, and relationships are strained.

How does a person push ahead and keep moving forward? Noticing the little details around you engages you with your immediate surroundings and gets your senses processing the present rather than the past. Qigong (an ancient Chinese form of exercise that improves organ health and longevity) has qualities like meditation, yoga, and other practices that get your mind into a state of no time, no space.

Taking a walk and focusing on the things around you versus getting into your head and thinking is a way to increase your awareness. It makes your world expand to include things other than yourself and gets you back to the here and now. People sometimes get so engaged in an activity that they lose the sense of time and find that hours have passed when it only feels like a few minutes.

Some of my patients who are artists, surgeons, or athletes find themselves working for long periods of time and not feeling tired. They accomplish a great deal in an almost effortless way. As I get older, my life is getting easier and more



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

joyful the more I try to live in the moment, cultivate my senses, learn how to be more like a child, and be amazed at all the wonderful things there are in the world. I hope to continue learning, see the magic, and appreciate all that I can do to contribute to making this a better world. It is so much easier to enjoy life when you focus on this moment.



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GB146



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LITE RIDER  
GL110  
GL140  
GP160



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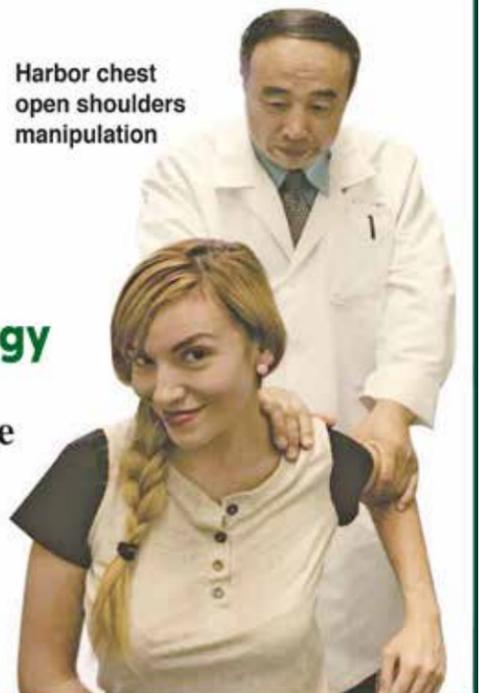


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# Long in the tooth may mean shorter life

The number of teeth you keep as you get older could indicate just how long you will keep getting older. The main reason for loss of teeth in adulthood is gum disease, called periodontitis. This disease causes bone loss, which leads to loosening and drifting of the front teeth. This leads to the phrase, "long in the tooth," which implies old age.

Aside from periodontitis, recent research has closely related tooth loss to stress during a person's life, including specific social, emotional, economic, and educational experiences as well as health issues like chronic disease, genetic conditions, nutritional intake, and lifestyle choices. According to studies cited by the Oral Health Foundation, smoking or just continued poor oral health leads to premature loss of teeth.

No matter the cause of tooth loss, people who had lost five or more teeth by the age of 65 years were more likely to suffer from cardiovascular disease, diabetes, and osteoporosis, all of which could severely limit life expectancy, according to the Oral Health Foundation.

Another study concludes that the number of teeth in aging humans can affect longevity and life expectancy. Also, tooth loss is a predictor of shortened longevity.

The Oral Health Foundation is encouraging people to pay close attention to their mouths and to visit their dental teams regularly to check for any signs of disease that could lead to tooth loss. The organization also notes that a similar

**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*

study found that people who have a full set of teeth when they are 74 years old are significantly more likely to reach the age of 100.

"It is very evident that what is going on in our mouths can really be a useful window to our overall health. It is therefore vital that we take proper care of our mouths and pay close attention to what is happening, as it could be a sign of something more serious," according to the Oral Health Foundation.

So, if you don't want to get "long in the tooth," visit your dentist regularly and reduce sugar intake. And do not smoke.

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From left: Catherine Farrell of UnitedHealthcare, Dr. Albert Young of Network Medical Management, Jenny Yu and Chris Law of UnitedHealthcare Asian Initiatives, Council Member Chin Ho Liao of the City of San Gabriel, Vice Mayor Ross Maza of the City of Alhambra, Dr. Preedar Oreggio of Healthcare Partners, David Lee of Herald Chinese Health Center, and Jennifer Woods of UnitedHealthcare at the 10th anniversary of the UnitedHealthcare Alhambra Asian Resource Center.



Vice Mayor Ross Maza of the City of Alhambra presents a proclamation to Jenny Yu and Chris Law of UnitedHealthcare Asian Initiatives at the 10th anniversary of the UnitedHealthcare Alhambra Asian Resource Center, 30 W. Valley Blvd.



Celebrating the 10th Anniversary of the UnitedHealthcare Alhambra Asian Resource Center with a cake cutting ceremony are, from left, Chris Law and Jenny Yu of UnitedHealthcare, David Lee of Herald Chinese Health Center, Councilmember Chin Ho Liao of the City of San Gabriel, Dr. Preedar Oreggio of Healthcare Partners, Dr. Albert Young of Network Medical Management, and Vice Mayor Ross Maza of the City of Alhambra.



## UnitedHealthcare celebrates Asian Health Benefits Resource Center's 10th anniversary in Alhambra

- **UnitedHealthcare Alhambra Asian Plaza offers customer service, health education, and other support to Medicare plan participants**
- **The Asian Plaza, 30 W. Valley Blvd., Alhambra, is open year-round**

UnitedHealthcare celebrated the 10th anniversary of its Asian Health Benefits Resource Center in Alhambra, which brings personalized health care benefit support services to Chinese Americans in the community.

The center, which originally opened in 2008, serves the health care needs of Chinese-American Medicare beneficiaries in the greater Los Angeles and Orange County area, providing residents with information about Medicare and UnitedHealthcare's Medicare plans as well as customer service support. At this 2,362-square-foot consumer support center, visitors can meet with customer service professionals to discuss their health benefits in English, Cantonese, or Mandarin. If they are ready to enroll in one of UnitedHealthcare's Medicare plans, they can do so right at the store with the help of a licensed sales agent.

Community leaders and UnitedHealthcare executives gathered to celebrate the store's 10th anniversary with a special ceremony.

"UnitedHealthcare's Asian Plaza store provides people with simple, personalized information and resources they need to make good health care decisions for themselves and their families," said Christopher Law, national vice president, UnitedHealthcare's Asian Initiatives. "We look forward to more opportunities to collaborate with community leaders to help improve the health of Medicare beneficiaries and the broader community."

In addition to serving the needs of Medicare-eligible residents, UnitedHealthcare also hosts public health education events at the Asian Plaza on topics such as Medicare basics, nutrition, social services, and disease management.

UnitedHealthcare was one of the first health insurers to establish customer support storefronts when it opened the Chinatown Asian Plaza in New York City in 1994 to provide culturally relevant health care services to the Chinese-American community. The UnitedHealthcare Asian Resources Centers have evolved to provide a broad range of customer service, social needs, and health care support to address cultural, socioeconomic, and other needs in communities, including New York, New Jersey, Texas, and California.

In addition to Alhambra, UnitedHealthcare has a storefront in the Koreatown neighborhood of Los Angeles, along with the newly opened Buena Park Asian Resources Center located in Orange County.

UnitedHealthcare serves more than 3 million Californians, including more than 1.2 million Medicare beneficiaries, with a care provider network of 390 hospitals and more than 100,900 physicians and other health care professionals statewide. The company's care provider network includes nearly 800 Asian-American physicians who provide culturally and linguistically appropriate care and support to Asian-American plan participants throughout the state.

### WAYS TO SAVE ON DENTAL CARE

CONTINUED FROM PAGE 7B

read the dental insurance plan's terms to understand what is covered and what isn't. Read the fine print as well.

**Advantages and disadvantages:** Most types of dental insurance provide coverage for the basics: two exams, two cleanings, x-rays, and some fillings (not always white though). However, they have low yearly maximums, an average of \$500 to \$1,000. If you need more treatment, you will quickly exceed your annual spending maximum, meaning you'll have to pay out of your pocket for everything above, on top of your monthly premium. Also, most treatment will require an up to 12 months waiting period. That means the insurance will not pay for some procedures until you have paid your premiums for 6 to 12 months.

#### Dental savings plans

This is an alternative to dental insurance that has been gaining ground lately. These plans operate on the idea of membership in a specific dental office or chain of offices. There is an annual membership fee, and in turn you receive services at a discounted rate.

**Advantages:** Essentially, the membership fee covers its administrative costs and some semi-annual checkups, cleanings, and x-rays. You pay the dentist directly for your dental services and only pay for things you need. Usually there is no monthly premium, deductible, or yearly maximum spending amount. You can join the plan any time, and the benefits start from that day.

There is no pre-existing condition limitation and the plan covers cosmetic procedure: bonding, porcelain veneers, and crowns. Depending on what services are needed, dental savings plans have the potential to offer substantial savings on dental costs.

**Disadvantages:** Like insurance, you'll often need to pay the membership fee up front, but it's possible you will never use the plan's benefits if you don't return to that office. Depending on where you live, there may be a limited number of dentists who will accept your plan or be willing to join it. Sometimes, you may have to travel farther to find a plan participant.

If your regular dentist does not participate, you'll have to choose whether to stay there or find another provider.

#### How to get a dental savings plan

Start with asking your own family dentist. Dental savings plans are now being offered by big corporations and individual dentists, a growing number of whom are sponsoring their own plans.

If you already have a dentist whom you like, your best bet may be to ask which options the dentist accepts and compare the costs for your family's general needs. When you don't have a dentist, it can be more difficult to compare all the different insurance and discount plans available. Finding the exact cost of dental procedures can be tricky, and the lack of transparency often makes a comparison between plans or providers difficult.

#### Save money, save your teeth

Here's another way to save on dental treatment: Periodic exams and preventive treatments are among the best values in dental care, and they can help keep minor dental issues from becoming major problems for your health and your budget.

#### About UnitedHealthcare

UnitedHealthcare is dedicated to helping people live healthier lives and making the health system work better for everyone by simplifying the health care experience, meeting consumer health and wellness needs, and sustaining trusted relationships with care providers. In the United States, UnitedHealthcare offers the full spectrum of health benefit programs for individuals, employers, and Medicare and Medicaid beneficiaries, and contracts directly with more than 1.2 million physicians and care professionals, and 6,500 hospitals and other care facilities nationwide. The company also provides health benefits and delivers care to people through owned and operated health care facilities in South America. UnitedHealthcare is one of the businesses of UnitedHealth Group (NYSE: UNH), a diversified health care company. For more information, visit UnitedHealthcare at [www.uhc.com](http://www.uhc.com), or follow @UHC on Twitter.

# Dining & Entertainment | What's Happening for Food & Fun



The *Setenta* album features original artwork by Nery Orellana of Cal State LA.

## Cal State LA Afro Latin Ensemble captivates with new *Setenta* album

*Album features classics with new arrangements and original compositions*

The renowned Cal State LA Afro Latin Ensemble has released its second album, *Setenta*, a vibrant compilation of beloved classics and new compositions that represent the past and future of the genre.

Under the guidance of band director Professor Paul De Castro, the Cal State LA Afro Latin Ensemble has produced a passionate, sophisticated work that revels in its cultural tradition. Breezy flutes and bright trumpets, nimble and intricate percussion work, and a sultry modern take on Leonard Bernstein's *Maria* are just a few of the delights this joyful album packs.

"The goals were very high. I didn't accept second-rate anything," Mr. De Castro said of the album. "We had the best arrangements, great guest stars, and I put the pressure on the students."

*Setenta*, or Spanish for seventy, was named to commemorate Cal State LA's 70th anniversary and is the second release from Aerie Records, which was launched in 2014 by Cal State LA President William A. Covino and his wife, Debbie Covino.

"The roots of Cal State LA's Afro Latin Ensemble reach deeply into Los Angeles, and *Setenta's* rich connection to the cultural fabric of our region has culminated in a work that is timeless," Mr. Covino said.

The group began in 1999 as a Latin jazz ensemble, founded by students who sought the advice of Mr. De Castro, a Cal State LA alumnus and faculty member in the College of Arts and Letters.

As a well-respected scholar of Afro Latin music and a talented professional pianist, Mr. De Castro was an ideal faculty advisor for the fledgling Latin jazz ensemble. He incorporated traditional Caribbean rhythms, particularly those from Cuba, and invited vocalists to join the group.

Wearing signature guayabera shirts featuring the Cal State LA logo, the ensemble has enthralled audiences at venues such as the Autry Museum and Grand Park in downtown Los Angeles. In 2000, the 22-person ensemble performed in Cuba, and 10 years later, they played before an appreciative audience of 2,000 in China.

To create *Setenta*, Mr. De Castro relied on alumni and friends of the program. He points to one of his favorite tracks on the album, *Trombonático*, as an example of that collaboration. For the trombone section, Mr. De Castro relied on former students, including Luis Bonilla, one of the premier trombone players in the world.

"*Setenta* is the fruit of a collaborative effort between students, faculty, alumni, and guest musicians, the type of which could only take place at Cal State LA," said the album's executive producer Jose A. Gomez, Cal State LA executive vice president.

The album also features the unmistakable vocal work of Grammy award-winning Cuban artist Iris Sandra Cepeda, the percussive expertise of timba specialist Calixto Oviedo, and the studied trombone stylings of Cuban musicology scholar Edgar Hernández, all of whom serve as part-time faculty at Cal State LA.

"Our main goal," Mr. De Castro said, "is to make people feel happy, to make people want to move and dance."



Two generations operate The Shredded Carrot Bakery, 2428 W. Valley Blvd., Unit D, and offer up sweet treats from tried and true family recipes. From left are co-owner Brent Bullock, co-owner Suzanne Egli, Amber and Michael Carey, and Marci and Frank Yurkovich.

## How sweet it is



By Glenn Barnett

Suzanne Egli and her two sons, Brent and Jonah, all grew up in Alhambra. They all went to Marguerita School and graduated from Alhambra High School. Beginning in March, they were all in business together. Where else would they open their business than their home town and right in the old neighborhood.

The two generations now operate The Shredded Carrot Bakery, 2428 W. Valley Blvd., Unit D, and offer up sweet treats from Suzanne's own tried and true family recipes and her 30 years as a baker. Suzanne is the owner and head baker, and her sons work the counter. As the name implies, Suzanne bakes up her signature (and in some circles, famous) carrot cake along with other favorite treats like chocolate cake, varieties of cheese cake, pineapple upside down cake, layered tres leche, and Salvadorian quesadilla.

In addition, there are muffins, cookies, brownies, cake pops, cupcakes, and bread puddings, tarts, and pies (try the key lime pie — very good). Everything is made from scratch, including the specialty dog treats for your canine friends. To wash it all down, they sell Don Raúl Colombia Coffee for less than that place that has all the stores everywhere you look.

For more information, call The Shredded Carrot at 626-660-6071, and visit their website at [theshreddedcarrot.com](http://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 Sunday.



The Shredded Carrot bakes custom-ordered cakes for birthdays, weddings, quinceañeras, gender reveal, and other events. They also offer a variety of baked goodies, including cookies, cupcakes, and pies.

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# East Los Angeles College's First Female Football Player Toni Harris Inspires Millions

Ms. Toni Harris, the first female football player ever for the East Los Angeles College (ELAC) Huskies, was the featured star of a Toyota commercial that aired before an estimated 100 million television viewers during Super Bowl LIII on Sunday, February 3, 2019.

Ms. Harris is one of the few women ever to play full contact college football and in February she signed a letter of intent to play at Central Methodist University. That makes Toni the first female in history to earn a scholarship for a non-kicking position. She joined the ELAC Huskies team in June 2017 and has been playing football since she was about six years old in her hometown of Detroit, Michigan.

Toni was also featured in many national news shows that highlighted her remarkable story and her role model status for future female football players.

Ms. Harris said that what motivates her the most to play football is "people telling me I can't. I love to prove people wrong. A message I want to send to younger girls is to keep your dream alive."

Toni, No. 31, played defense as a Free Safety for the ELAC Huskies Football Team and has been an



important part of the team's success, according to ELAC Head Football Coach Bobby Godinez.

"Toni Harris has shown great resolve in her journey and quest to be a college football player. She has shown herself to be a great teammate here at East Los Angeles College and a great member of this community. We all wish her the best in her journey beyond ELAC," Godinez said.

Ms. Harris, an ELAC Honors Student, says she wants to continue in her football career and become the first female player in the history of the National Football League.

Toni was also selected to be the Grand Marshall of the upcoming City of Monterey Park Birthday Parade on May 11th. She is a role model to women everywhere and continues to break barriers.





The Miskey Mountain Boys will perform in the first Alhambra bluegrass concert on Sunday, April 28, at Sage Granada Park United Methodist Church.

# Bluegrass comes to Performing Arts Center

Alhambra Performing Arts Center (APAC), under the direction of Chef and Artistic Director Bill Yee, will present the renowned Miskey Mountain Boys in the first Alhambra bluegrass concert at 7 p.m. Sunday, April 28, at Sage Granada Park United Methodist Church, 1850 W. Hellman Ave., Alhambra.

A bluegrass band like no other, The Miskey

Mountain Boys features the world class musicianship of Michelle Lynskey, John W. Marshall, Evan J. Marshall, Alex Finazzo, and Deborah Kollgaard. Individually, they have performed all over the world and at such events and venues as the Hollywood Bowl, The Disney Studios, Pops Symphony Orchestras, the Tournament of Roses, and the United Artists Theater in Los Angeles. They

have also been featured performers in radio, television, and film, including the Academy Awards, A Prairie Home Companion, and HBO'S series, Big Love. Their combined talents and expertise create this incredible, one-of-a-kind band that seamlessly blends jazz, classical, and swing with traditional bluegrass into a new genre they lovingly call Class-grazz.

A talented and powerful slap bassist, Ms. Lynskey is also a classically trained vocalist and dancer. She has performed such roles on the stage as Jenny Lind in Barnum, Louise in Gypsy, and Fiona in Brigadoon.

One of the most recognized and lauded slap bassists in bluegrass, John Marshall trained classically as a violinist at the Occidental College of Music in Los Angeles. Inspired by the playing of Craig Bluemel, Mr. Marshall's passion for bass has led him to be a pioneer in the art of slap-bassing, combining rhythm and melody like no other in his field.

Evan Marshall is an internationally renowned mandolin virtuoso and is generally regarded as the world's premier solo performer in the duo-style. Country guitar legend Chet Atkins called him "one of the few great musicians of our time."

Ms. Kollgaard is one of the most accomplished and sought after cellists in Southern California. Currently a member of the Pasadena Symphony Orchestra, she has also performed with such groups as the Pacific Symphony, the Los Angeles Music Center Ballet Orchestra, the Chicago Civic Orchestra, and the New Mexico Symphony.

The chefs from the Alhambra Culinary School will provide the appetizers during the intermission. A free-will offering will be taken during the intermission for the artists and to help fund the free culinary training program for veterans.

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

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# Fun for everyone in Greater Palm Springs

“Get ready to rock and roll!” the smiling attendant announces. “Wheeeeeee...” We all cheer as our tram car glides over Tower Number Four, and gently (and safely) sways in the air. I’m riding the Palm Springs Aerial Tramway up one of the world’s steepest cable car inclines to the top of Mt. San Jacinto.

TRAVELS WITH  
**BARBARA BECKLEY**

STORY AND PHOTOS  
BY **BARBARA BECKLEY**



The Elvis Honeymoon Hideaway House, as seen on the Martinis & Midcentury Architecture tour.

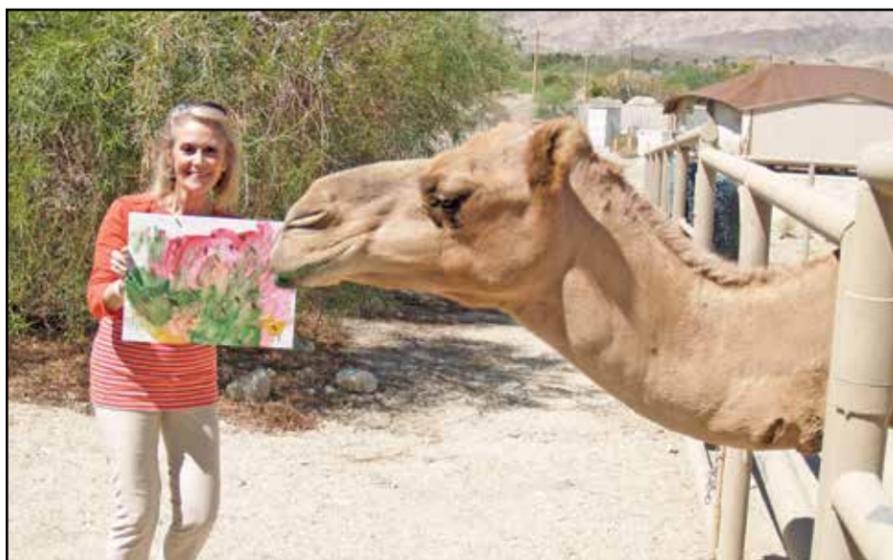
The sky is blue and clear, ideal for enjoying the sweeping panorama of the Coachella Valley that unfolds below. As the floor of the tram slowly turns, my fellow tram passengers and I stand in place admiring the changing vistas of desert and mountains as we rise from 2,643 to 8,516 feet in about 10 minutes.

A must-do since it opened in 1963, the Tram is a perfect example that Greater Palm Springs, a direct two-hour drive on the I-10 from Alhambra, offers something for everyone. With me in the Tram are families on their way to enjoy the alpine forests; hikers setting out for day-trips or over-nights along the miles of trails within Mt. San Jacinto State Park; and couples and friends who, like me, are going up to enjoy cocktails and fine dining with a view at Peaks Restaurant. The Tram is scheduled to reopen April 1 following repair of Tramway Road, which sustained damage during the Feb. 14 flood, according to Greg Purdy, Palm Springs Aerial Tramway vice president of marketing and public affairs.

What to do once you’re back down on the valley floor? Take your pick from the desert’s nine communities. There’s spa-centric Desert Hot Springs; the restaurant, cocktail, shopping, and mid-century modern scenes of Palm Springs, Rancho Mirage and Palm Desert; the Indian Wells Tennis Garden, home of the world’s second largest outdoor stadium and the BNP Paribas Open; championship golf-intensive La Quinta; and party-time Indio, site of the Coachella Valley Music and Arts Festival, aka Coachella, happening now April 12-14 and 19-21 at the Empire Polo Club.



Like dining on a cloud, high above the Coachella Valley at the top of the Palm Springs Aerial Tramway.



Camel Clyde paints a masterpiece for Barbara at the Living Desert Zoo & Gardens.

I chose a unique animal encounter — Camel Painting — at the Living Desert Zoo & Gardens in Palm Desert. It’s the only zoo in the world dedicated to a single eco system — deserts.

“Barbara meet Clyde. Clyde meet Barbara.” An animal keeper introduces me to a handsome dromedary (one hump) camel in the camel’s private holding area. Clyde bats his long eyelashes at me and stretches his head through the bars in anticipation. The keeper hands me a blank 8X12-inch canvas and four tubes of bright colored, water-soluble paints. “This is a collaborative mixed media project,” she explains.

I squeeze a bit of my chosen colors on the canvas, pile on some camel kibbles, and hold it out to Clyde. As he gingerly nibbles the kibbles, his big rubbery lips smear the paint across the canvas. Three times I add kibbles, and Clyde nibbles. Voi ‘la! I have a masterwork. And Clyde’s lips are crimson, as if he’s wearing lipstick. Instagram moments all round.

If you’re into fine art, numerous galleries are close by on El Paseo

CONTINUED ON NEXT PAGE

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TRAVELS WITH BARBARA BECKLEY

CONTINUED FROM PREVIOUS PAGE

(nicknamed the Rodeo Drive of the Desert). Local favorites include Coda Gallery, which specializes in first-run works by modern artists and is somewhat affordable (around \$300 on up), and Heather James Fine Art, with Picasso and other masters. If you're just looking, like me, the Palm Springs Art Museum has three wonderful locations. Contemporary works by Ansel Adams, Roy Lichtenstein, Warhol and the like are in the main museum in downtown Palm Springs. Admission is free on Thursday nights. The Palm Springs Art Museum Architecture and Design Center showcases the acclaimed mid-20th century architects who lived and designed in the desert, giving Palm Springs the world's largest concentration of residential mid-century modern architecture. And in Palm Desert, the four-acre Faye Sarkowsky Sculpture Garden features significant works by modern masters.

For modernism fans, a mid-century modern architectural tour is a must. My favorite is the Palm Springs Mod Squad's Martinis & Midcentury Architecture tour. Owner/guide Kurt Cyr points out the best of the best from the Elvis Honeymoon Hideaway House to Frank Sinatra's 1947 party pad, followed by the signature drink of the era



Vintage designer Pucci is plentiful at Mitchells Palm Springs.



The Palm Springs Art Museum features significant contemporary works.



Gallery 24 Jewelry is dripping with designer vintage wear.



Barbara makes a friend shopping for resale treasures.

— martinis — usually at Melvyn's, where the Rat Pack once gathered, and still the hottest late night spot in Palm Springs.

And shopping — oh my! El Paseo has it all from Louie Vuitton to Talbots. But my favorites are the resale shops. My resale soirees have given me a wardrobe, including St. John, Chanel, and Dior, at pennies on the dollar. My picks include in Palm Springs: Angel View Prestige Boutique thrift shop; Gypsyland resale; Mitchells Palm Springs, for vintage designer wear; and Iconic Atomic. Also Luxury Consignment in Rancho Mirage and Marga's Repeat Boutique in Palm Desert.

To learn more, see [www.visitpalmsprings.com](http://www.visitpalmsprings.com) and [www.visitgreaterpalmsprings.com](http://www.visitgreaterpalmsprings.com)

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**2. SUSHI JAPANESE CUISINE**



Mahan Indian Restaurant is located at 110 W. Main St.



Naan chicken, tikki masala, tandoori chicken, and basmati rice.

# Mahan Indian Restaurant serves tastes of India

By Jewelyn Co

Located at 110 W. Main St, Alhambra, Mahan serves North Indian, Delhi style dishes with influences from western regions. Giving Downtown Alhambra a different kind of dining, Mahan, which means great, offers something dissimilar to other Indian Restaurants by offering healthier options on the menu. Mahan has been in business since 2001 in Alhambra and recently opened a second location in Monrovia. Anil Sharma, who mostly learned to cook at home, wanted to continue the legacy of Indian traditional dishes, which led him to open Mahan. "What you learned in life, we put into existence," he said. "You should do what you believe you can do. We want to be a distinguished Indian restaurant and create something different for everyone."

This family-owned fine dining Indian restaurant prepares dishes with the conventional Indian cooking process and uses traditional Indian spices such as turmeric, cumin, habanero chili, and curry. Mahan has a great variety of delicious and popular dishes on the menu like the lamb chops, shrimp vindaloo, golbi Manchuria, and mango chicken tikka, which is barbecued chicken breast with mango-chili paste. Cooked in an open fire clay oven, the tandoori dishes and the naans are crispy and fresh all the time. Spice levels can be requested from one to 10, with Desi Loco Diablo being the spiciest while still retaining the flavors of the dish.

They have many types of rice to choose from such as the basmati, pilaf, and brown rice. The samosa chaat is a crunchy deep-fried turnover filled with chickpeas, potatoes, and Indian spices. "The dishes have delightful presentation, and you can taste the rich flavor of mixed spices," said first-time Mahan diner Lena Lam. Vegans and vegetarian options are available. The chef is quite accommodating of specific requests and will make a special dish. They also have a full bar with Indian beers and serve unique Indian cocktails, such as the Bengal Tiger, which consists of Indian rum, and the Gulabi Rani mixed with French vodka, silver rums, and shaken with rose syrup.

Diners come from all over town to dine at Mahan. Crystal Ortiz and Victor Perez, who are from Montebello, have dined at Mahan for years. "The freshness of the food makes it feel like we are eating at someone's house," they said.

Dishes are made to order. The preparation takes time. Good food is worth the wait. For the lunch rush, the lunch buffet is convenient and offers a large selection of food at an affordable price. Mahan is open six days a week from Tuesday to Sunday, open for lunch from 11 a.m. to 3 p.m., and dinner from 5 p.m. to 10 p.m. Champagne brunch is on Sundays from 11 a.m. to 3 p.m. Take-out, catering, and delivery services are also offered. Third party delivery services are available through Uber Eats, Postmates, Grubhub, and Eat 24. Private events for any occasions can be reserved.

Information and the menu are available online at [www.mahanrestaurant.com](http://www.mahanrestaurant.com). Social media @mahanindianla on Facebook and Instagram. Check them out on yelp.com and Google.



Gulabi Rami is mixed with French vodka, silver rums, and shaken with rose syrup.



Garlic naan.



Server Angel King.

# Automotive News | Auto Dealers, Repairs, Services



Refreshed SUV continues to evoke European design with rugged capability.

## 2020 Kia Sportage debuts at Chicago Auto Show

- New front and rear fascias add more aggressive flair.
- Updated option package enhancements add comfort and convenience features.
- New S trim includes sporty exterior and interior design elements.

The refreshed 2020 Sportage made its debut in the Windy City today, boasting a bold new look, a new S trim, more convenience and available driver-assist features, and a standard 8-inch touchscreen for LX, S, and EX variants. Following the introduction of the upcoming Telluride, Kia's largest SUV, the Sportage appeals to those who don't need or want the space of a larger vehicle but place a high value on Kia's cutting-edge design, available AWD capability and convenience. Set to go on sale in the first half of 2019, pricing will be announced closer to the vehicle's on-sale date.

### Euro-focused design

The design language around Sportage has always been distinctly European, and the 2020 model carries on the tradition. From the first pencil stroke it was meant to convey the kind of presence associated with sweeping, thought-provoking curves and an equally aggressive stance. The significant exterior design changes for 2020 include:

- New headlights with available LED turn indicators.
- Redesigned projector-beam fog lights.
- Available LED headlights with available LED fog lights.
- New front grille, bumper, air intake, and skid plate.
- Newly designed 17-, 18-, and 19-inch alloy wheels.

- Redesigned rear bumper and skid plate.
- New exhaust tip design.
- Redesigned tail light trim.
- A new metallic Steel Grey exterior color.
- The 2020 Sportage interior design is lightly enhanced and includes:
- New available SOFINO leatherette seating surfaces.
- Standard 8-inch touchscreen display with Apple CarPlay and Android Auto, available modem-enabled telematics, and available navigation.
- Newly designed steering wheel and vent bezels.
- Available smartphone wireless charging tray.

### Engineered for confident capability

Along with the new S trim, Sportage is offered in LX, EX, and SX variants in either front-wheel drive or all-wheel drive. Two engines are available: a 2.4-liter GDI producing 181 horsepower and 175 lb.-ft. of torque or a 2.0-liter turbo GDI that's good for up to 2409 horsepower and 260 lb.-ft. of torque. Both engines are mated to a six-speed automatic transmission. New to the Sportage are a number of available driver assist features:

- Driver Attention Warning.
- Lane Keeping Assist.
- Smart Cruise Control with Start & Stop.
- Forward Collision Assist with pedestrian detection.
- High Beam Assist.

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# All-new 2019 Ram 1500 wins Editors Choice Award from *Edmunds*

*Edmunds* editors recently announced the 2019 Ram 1500 is their pick for the *Edmunds* Editors' Choice Award.

"One of the best vehicles we've driven in a long time, the new Ram 1500 is a clever mix of old-school brawn, cutting-edge technology, and thoughtful engineering," said Alistair Weaver, editor-in-chief, *Edmunds*. "It drives well, tows well, and inside it feels more upmarket than even some luxury cars. It's a standout vehicle in all aspects and easily grabbed top honors for trucks in 2019."

*Edmunds* editors test more than 300 vehicles per year and rate each vehicle on more than 30 criteria across five categories. Vehicles are subjected to this gauntlet to ensure winners represent the gold standard of automotive excellence and worthy of the Editors' Choice designation.

## 2019 Ram 1500

The all-new 2019 Ram 1500 is a no-compromise truck, leading in luxury, efficiency, capability and innovation. Ram leads the full-size truck segment with significant gains in fuel efficiency through an all-new eTorque mild hybrid system in both V-6 and V-8 configurations. Overall weight for the Ram 1500 has been reduced by 225 pounds. The frame uses advanced materials and engineering to eliminate 100 pounds while increasing stiffness and durability for 12,750 pounds of towing capability and 2,300 pounds of payload. The new Uconnect 4C with a massive 12-inch touchscreen leads the pickup world with technology, featuring split-screen capability, 360-degree camera views, and exclusive content from SiriusXM with 360L. Active safety and security systems join the technology onslaught with adaptive cruise control, automatic emergency braking, and blind-spot monitoring.

## About Ram Truck brand

In 2009, the Ram Truck brand launched as a stand-alone division, focused on meeting the demands of truck buyers and delivering benchmark-quality vehicles.

That focus leads Ram to design the industry's most innovative, award-winning trucks, emphasizing durability, strength, technology, and efficiency.

CONTINUED ON PAGE 21B



The Acura ILX earned high scores in the awards' key factors, including depreciation, expected fuel costs, finance and insurance fees, maintenance and repair costs, as well as state fees for all new models.

# Acura ILX tops Kelley Blue Book's 5-Year Cost to Own Awards for entry-level luxury car

The 2019 Acura ILX has earned the top spot in Kelley Blue Book's 5-Year Cost to Own rankings for the entry-level luxury car category. The 5-Year Cost to Own Awards recognize new vehicles and brands (luxury and non-luxury) with the lowest projected ownership costs, based on Kelley Blue Book's 5-Year Cost to Own data for new cars during the initial five-year ownership period. This is the second consecutive year the ILX has received this award.

The Acura ILX earned high scores in the awards' key factors, including depreciation, expected fuel costs, finance and insurance fees, maintenance and repair costs, as well as state fees for all new models. Kelley Blue Book's 5-Year Cost to Own Awards are designed to help in-market shoppers make more informed new-car buying decisions

by breaking down typical ownership cost details and naming the brands and models with the lowest projected five-year total.

## 2019 Acura ILX

Significantly refreshed for 2019, the ILX features aggressive new styling that lends Acura's gateway sedan a notably sportier and more sophisticated look, highlighted by the brand's signature Diamond Pentagon grille. In addition to all-new front and rear design, the 2019 ILX receives significant technology upgrades and premium cabin appointments, along with an updated A-Spec sport appearance variant and newly standard AcuraWatch™ technology.

The redesigned 2019 ILX, available with Premium, Technology, and A-Spec packages, carries a manufacturer's suggest-

CONTINUED ON PAGE 20B



The all-new 2019 Ram 1500 is a no-compromise truck, leading in luxury, efficiency, capability and innovation.

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The Honda Sensing suite of safety and driver-assistive technologies is standard equipment on EX and above trims of CR-V, accounting for 81% of U.S. CR-V sales in 2018.

## Honda CR-V earns top pedestrian detection, crash prevention ratings from Insurance Institute for Highway Safety

- Collision Mitigation Braking System™ (CMBS™) rated superior for pedestrian detection and crash prevention.
- Previous IIHS testing rates CR-V with Honda Sensing superior for crash avoidance and mitigation.

The Honda CR-V for the 2018 and 2019 model years has earned the Insurance Institute for Highway Safety's (IIHS) highest pedestrian detection and crash prevention rating of superior based on new testing of CR-V's available Honda Sensing® suite of safety and driver-assistive technologies, which includes the award-winning Collision Mitigation Braking System™ (CMBS™). In previous tests by the IIHS, the CR-V's CMBS was also rated superior for crash avoidance and mitigation.

"IIHS' pedestrian crash avoidance tests can be unnerving to watch, since they are set up to look like an impending collision with a pedestrian," said Jay Joseph, assistant vice president of product planning for American Honda Motor Co., Inc. "The tests highlight the need to consider the safety of all road users when designing advanced safety systems like those included in Honda Sensing®. We have sold nearly 1.8 million Honda vehicles equipped with Honda Sensing in the United States, underscoring our leadership and commitment to the widespread application of these important technologies."

Beyond crash avoidance, the 2019 CR-V was engineered for top collision safety ratings, earning a Top Safety Pick rating from the IIHS, when equipped with LED headlights and Honda Sensing®, and is expected to earn a 5-star Overall Vehicle Score from the National Highway Traffic Safety Administration (NHTSA) in its New Car Assessment Program (NCAP).

The Honda Sensing® suite of safety and driver-assistive technologies is standard equipment on EX and above trims of CR-V, accounting for 81% of U.S. CR-V sales in 2018. Honda Sensing® helps provide the driver with greater awareness of conditions around the vehicle and in some cases can help drivers maintain lane position and, under certain conditions, is capable of slowing or even stopping the vehicle if a potential frontal collision has been detected. Comprising the Honda Sensing® suite of safety and driver assistive technologies in the 2019 CR-V are Collision Mitigation Braking System™ (CMBS™) with Forward Collision Warning; Road Departure Mitigation (RDM) incorporating Lane Departure Warning; Lane Keeping Assist System (LKAS); and Adaptive Cruise Control (ACC).

The CR-V has been America's best-selling crossover over the course of two decades, since its launch in 1997, with cumulative sales of 4.7 million units. The CR-V was the very first Honda model to feature Honda Sensing® technology in 2014. Since then, Honda Sensing® has been expanded to all U.S. Honda models. For model year 2019, more than 80% of Honda vehicles purchased in America are equipped with Honda Sensing® technology.



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## ACURA ILX

CONTINUED FROM PAGE 19B

ed retail price starting at \$25,900, excluding \$995 destination and handling, a \$2,200 reduction from the outgoing model.

### About Acura

Acura is a leading automotive luxury nameplate that delivers Precision Crafted Performance — a commitment to evocative styling, high performance, and innovative engineering, all built on a foundation of quality and reliability. The Acura lineup features six distinctive models — the RLX premium luxury sedan, the TLX performance luxury sedan, the ILX sport sedan, the five-passenger RDX luxury crossover SUV, the seven-passenger Acura MDX, America's all-time best-selling three-row luxury SUV, and the next-generation, electrified NSX supercar.

Five of the six Acura models sold in North America are made in central Ohio, using domestic and globally sourced parts, including the ILX and TLX luxury sports sedans (Marysville Auto Plant), the RDX and MDX luxury SUVs (East Liberty Auto Plant), and the Acura NSX supercar, which is built to order at the Performance Manufacturing Center in Marysville, Ohio.

Follow Acura on social media at [Acura.us/SocialChannels](https://www.acura.com).



The culmination of a three-year quest to recreate, restore, and repaint a lost symbol of the Summer of Love

# Peace, love, Volkswagen: The iconic 'Light' bus rides again

After more than 50 years, the iconic 'Light' bus — a Volkswagen Type 2 van made world famous after its appearance at the legendary 1969 Woodstock Art and Music Fair — will ride again, thanks to help from Volkswagen of America and the greater Volkswagen community.

Artist Dr. Bob Hieronimus, who painted the original Light bus, recently unveiled a recreation of the legendary bus at the Orange County Transporter Organization Winter Meet in Long Beach. This was the first public unveiling of the replica of the Woodstock icon and the premiere stop of its scheduled cross-country tour leading up to the music festival's 50th anniversary.

The eye-popping van is the result of a three-year endeavor with Mr. Hieronimus and Canadian documentarian John Wesley Chisholm to recover and recreate the van ahead of Woodstock's milestone anniversary.

"It's a time machine that takes people to the past, through the present, and to the future," he said.

Mr. Hieronimus had painted the original 1963 Standard Microbus in 1968 after an invitation from the van's owner, who was using it to haul his band to the festival and wanted a "magic bus." It became a symbol of the Woodstock Art and Music Fair and greater generational call for peace, love, and unity after a snapshot of the van by the Associated Press was widely circulated in newspapers and magazines across the country. The van even appeared in the liner of the official Woodstock album.

While the VW bus had already been a favorite among young people seeking efficient ways to travel the country, the Light van covered with Mr. Hieronimus's phalanx of hand-painted symbols and psychedelic shapes captured a unique moment of American culture.

"The bus is really about being one people on one planet," Mr. Hieronimus said, who is also a symbolologist. "On every side of the bus is a story — many stories — and the stories all point to unification, working together, and a higher consciousness, which is what Light really is all about."

Originally, the pair hoped to locate and restore the original Light bus, but after a six-month search came up empty, they decided to build a replica. Thanks to a successful Kickstarter effort, the pair was able to acquire an exact model of the original Light bus and begin a painstaking resto-

ration process, including a six-week effort by Mr. Hieronimus and a team of five artists to recreate the original paintings from the bus.

After learning about the project, Volkswagen of America supported the search and restoration process. A team of Volkswagen fans have also helped bring the project to fruition, offering their services and jumping in to assist the duo.

"It's a living room on wheels that you can outfit any way you want and transports you and your family, however you define family, wherever you want to go," Mr. Chisholm said.

## ALL NEW 2019 RAM CONTINUED FROM PAGE 19B

With a full lineup of trucks, including ProMaster and ProMaster City vans, the Ram brand builds trucks that get the hard work done and families where they need to go. From the no-compromise Ram 1500 that defines the future of pickup trucks with innovative design, the highest quality materials and class-exclusive technology, to the Ram Heavy Duty, which combines the ability to out-power, out-tow, and out-haul every single competitor with the segment's most comfortable ride and handling, Ram is committed to product leadership.

Ram continues to outperform the competition and sets the benchmarks for:

- Most powerful: 1,000 lb.-ft of torque with Cummins Turbo Diesel.
- Highest towing capacity: 35,100 lbs. with Ram 3500.
- Heaviest payloads: 7,680 lbs. with Ram 3500.
- Most luxurious: Ram Limited with real wood, real leather, and 12-inch Uconnect touchscreen.
- Best ride and handling with exclusive link coil rear and auto-level air suspensions.
- Most interior space with Ram Mega Cab.
- Most capable full-size off-road pickup – Ram Power Wagon.
- Highest owner loyalty of any half-ton pickup.
- Over the last 30 years, Ram has the highest percentage of pickups still on the road.

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# Real Estate News | Residential, Commercial, Loans

## Buckminster Fuller's architecture and the Dodgers

CONTINUED FROM PAGE 1B

in 1913 and only accommodated 31,902 fans. The Dodgers needed a new ballpark. Walter O'Malley was not a typical professional baseball team owner. On top of being a lawyer, he was a degreed engineer. Mr. O'Malley had been part of the team's leadership when the Dodgers broke the "color line" with Jackie Robinson in 1947 and was already toying with the idea of televising Brooklyn Dodger games on pay television during the 1950s. And with a new ballpark that the team would own, Mr. O'Malley wanted the stadium to make a statement of a vision that major league baseball had never seen.

Walter O'Malley decided that his new ballpark would incorporate a totally novel architecture in major league baseball: a domed baseball stadium. This would be nearly a decade before the Houston Astrodome. It would compensate for cool spring and autumn days along with the muggy New York summers with a climate controlled interior, generate revenue throughout the year, and avoid rainouts. And there was no architect better qualified to brainstorm a geodesic domed stadium than Buckminster Fuller.

A geodesic dome utilizes a hemisphere shape and is composed of triangular sections that are structurally rigid and spread the structural stress throughout the entire building. Buckminster Fuller's geodesic dome was lightweight, cost effective, and provided unparalleled strength. And in 1954, Mr. Fuller received a U.S. Patent (U.S. 2,682,235) for the geodesic dome as he blended this theory into actual buildings he was designing.

Walter O'Malley had also found the perfect location for his new stadium. An abandoned meat market a few blocks from Ebbets Field not only would keep the Dodgers in Brooklyn, but also was adjacent to the terminus of the Long Island Railroad. This was the linkage Mr. O'Malley craved to connect his team to the Brooklynites moving from the city out to the suburbs.



Buckminster Fuller and Walter O'Malley survey the model of the Dodgers new domed stadium, which would replace aging Ebbets Field.

As early as June 17, 1952, Walter O'Malley wrote in the Brooklyn Eagle that the borough needed "a modern stadium with a movable roof." And by 1955, Mr. O'Malley had developed a relationship with Buckminster Fuller and wrote to him in a letter that "I'm not interested in just building another baseball park." Mr. O'Malley's vision was one of a domed stadium with a translucent roof. This notion of a translucent roof may have received its genesis from Mr. O'Malley's hobby of cultivating orchids in a greenhouse. By November 1955, Mr. Fuller, a professor at Princeton, had developed with some of his graduate students a detailed mockup of the new Brooklyn stadium. The venue would seat 52,000 spectators and have 7,000 parking spaces.

But real estate possesses a complexity with zoning, existing state and federal laws, and civic leadership that can be challenging even for a beloved institution such as the Brooklyn Dodgers to deal with. And in this case, the challenge came in the form of a civic power broker named Robert Moses.

Few people have ever wielded the power in American urban development as Robert Moses. Mr. Moses headed 12 critical agencies in the City of New York. Noted biographer Robert Caro won the Pulitzer Prize for his biography on Mr. Moses, *The Power Broker*. Mr. Moses had worked for the City of New York since the 1920s and acquired tremendous influence through his own talent and Title 1 of the Federal Housing Act of 1949, which facilitated the return of resources from a wartime economy back to public needs. New York was Robert Moses' canvas, and the Dodgers were the paint on his palette.

### Understanding Real Estate

By Gary Frueholz  
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Robert Moses' vision for New York was to create an entertainment complex in the Flushing Meadows section of the borough of Queens. It would house the upcoming World's Fair in 1964, Forest Hills Tennis Championships, and a major sports venue for baseball and football. Mr. Moses' view of the future was that the Dodgers would relocate to Queens. Through skillful maneuvering and application of existing laws, Mr. Moses blocked Mr. O'Malley's attempts to build a new Brooklyn ballpark.

The concept of the Queens Dodgers did not resonate with Walter O'Malley. It was the final straw that drove him to negotiate with Los Angeles and ultimately move the Dodgers west to Southern California in 1958. Had Robert Moses not insisted on the Queens relocation of the Dodgers, there is a significant possibility that the Dodgers would have remained in Brooklyn playing in a domed stadium designed by one Buckminster Fuller.

Walter O'Malley never totally gave up the idea of a domed stadium. He continued discussions with Buckminster Fuller on building a partial dome over Dodger Stadium here in Los Angeles into the late 1960s. But this idea never progressed further due to Los Angeles's outstanding weather.

Cutting edge architecture provided a reason to keep the Dodgers in Brooklyn in the 1950s. But the exercise of government power over decisions affecting real estate led to Los Angeles gaining the Dodgers and forever changed the landscape of major league baseball in Southern California.

# How to make your property stand out

## Landlords must master basics first

In a market that's growing by the minute, landlords need to make the most of their properties to stand out from the crowd. True property optimization — minimizing costs while improving performance and increasing ROI (return on investment) — is still the name of the game for landlords. Landlords have found that the best property optimization tactics require a true understanding of your tenants, properties, and the current market.

Optimizing properties is about more than installing new appliances and a fresh coat of paint. Here's a step-by-step playbook to help landlords target niche demographics and optimize their properties to maximize value:

### 1. Understand your tenants.

Connecting with tenants begins with an understanding of your own key objectives with the property in question. Naturally, each landlord needs strategies that are unique to each property, rental market, and client they're trying to pursue.

Always be transparent with clients and let them know how the value you present meets their needs, with an emphasis on accommodating their budget. Trustworthy landlords not only empower tenants to confidently rent from them, but may also ultimately improve their own bottom line with higher returns. When both you and the tenant understand the meaning behind what you're charging, both sides can feel confident that they're getting the most out of the transaction.

### 2. Understand your property.

Just like people, buildings age and require maintenance. Understanding the values and faults of your property helps fix problems as they happen, not as they spiral out of control. The last thing you want to sell is a flawed piece of property. Some things to consider include:

**Renovations:** Regular property inspections allow landlords to find problems with the unit's structure right

away. Renovations and updated finishes can increase your value. Based on property type, consider what kind of renovations will pop up in the future. As always, use your best judgment when fixing up these properties. You'll want to be careful not to over-improve a unit above market rate, as this can do serious damage to your ROI.

**Floor plans:** Manhattan's steep price per square foot means landlords need to put their best foot forward, starting with a floor plan that will show luxury tenants that they're getting what they pay for. Floor plans and layouts of the space are getting more efficient by the day. They help you understand a property's character and allow you to market it to the right renters.

### 3. Develop a unique strategy based on that understanding.

Powerful and unique marketing strategies separate the best landlords from the rest. Strategies materialize from a deep understanding of your properties and the tenants you want to attract. A solid leasing strategy — the goal to achieve the best rental rates across multiple tenants — will be the second crucial component of your game plan. Throughout the process, presenting your strengths will remain your goal. Here's how:

**Brand story:** Each building has one. With the insights you gain during inspections and renovations, assess the history and design that makes your property stand out. Partnering with a real estate firm can help you determine the market, historical data and analytics, ideal pricing, proper building unit mix, renovation analysis, and ideas for future development so you can brand, promote, and market to the right people who want to live in your properties.

**Data-driven leasing:** Over the years, the more

renters have lease terms that appeal to them, they are more likely to stay at a property. Today's best leasing solutions use data and predictive analytics to assess patterns in consumer behavior so that landlords can attract and generate more qualified leads. Data allows landlords and brokers to work together to reach the right audience.

Once tenants move in, landlords can use data to improve their properties' retention rates. Zillow reports that customer service and satisfaction are decisive factors in a tenant's decision to leave a building. Retention will save landlords time and money — and nothing is better than when a building is at full capacity.

**Timing:** Consider the timing and execution of your construction schedule. Marketing units during peak seasons can attract the highest rents and keep leases in the right cycle. These concerns demand collaboration between landlords, brokers, and contractors to deliver high-quality luxury units when the market needs them most.

Real estate isn't easy, and success requires more than drive. It calls for a deep understanding of the fundamental appeal of a great property, and without a solid underpinning, you're selling facades rather than strong foundations. You've got to meet expectations before you can exceed them. Once you do that, clients will know who to turn to when they need a new place.

Source: forbes.com



### 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.

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