



# AROUND ALHAMBRA

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seniors / health  
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## Thank you, Mother! *Mother's Day Dining Guide 2019*



Mother's Day is May 12, and while it's a special day for families it is also a huge day for local restaurant managers and employees. Restaurant members of the Alhambra Chamber of Commerce offer a treasure of great feasts and fine foods as well as home cooking and various international cuisines appropriate for the day.

So wise residents should make plans immediately to assure themselves a seat for mom at one of the many fine food emporiums in town and nearby. Phone or go online to websites to learn about reservation opportunities.

### Chamber member restaurants offering brunch, buffet, or special menus

For an upscale brunch, **Almansor Court**, 700 S. Almansor St., Alhambra (626-570-4600), invites the public to make reservations at [www.opentable.com/almansor-court](http://www.opentable.com/almansor-court) for its Mother's Day Brunch served Sunday, May 12. The brunch is offered from 9 a.m. to 4 p.m. and is priced at \$49.95 for adults and \$19.95 for children ages 5-12. On the menu are carved prime rib, pasta station, omelet station, snow crab legs and seafood selections, Mexican station with fresh carnitas and carne asada, crab, and an expansive hot luncheon buffet, with salads, coffee, juices, desserts, and champagne. Visit <http://www.almansorcourt.com> for more information on menu and reservation availability.

Celebrate this special occasion at **Big Catch Seafood Restaurant**, 2 S. Garfield Ave #100, Alhambra. For Mother's Day, Big Catch has a Sunday Brunch from 11 a.m. to 3 p.m., serving 10 oz. prime rib for \$19.99, \$12 bottomless mimosa, and \$1.50 Oysters Chef's Choice. Visit [www.bigcatchseafoodhouse.com](http://www.bigcatchseafoodhouse.com) for information on Sunday Brunch specials, menu, and hours.

**The Diner on Main**, 201 W. Main St., Alhambra 91801, [www.dineronmainrestaurant.net](http://www.dineronmainrestaurant.net), (626-281-3488) has a Chef's Special Mother's Day Menu offered from 11 a.m. throughout the day. Breakfast menu is available and is served all day. Also available is their full service bar adult beverages. Be sure

to consider ordering delicious made-from-scratch pies and cakes offered by Diner on Main. Phone in advance to reserve bakery items for pick-up.

Enjoy Mother's Day specials at **La Parrilla Mexicana** at 2938 W. Valley Blvd., Alhambra, [www.laparrillamexicana.com](http://www.laparrillamexicana.com), (626-289-2412). La Parrilla will offer special entrees and music will be provided by Trio Los Padrinos from 11 a.m. to 3 p.m.

**Limerick's Tavern**, 300 W. Main St., Ste #110, (626-872-1504). Alhambra's Irish Pub has special weekly Sunday brunch items on the menu available from 10 a.m. to 2 p.m. For information on the menu and weekly specials and happy hours, visit their website at <https://www.limerickstavern.com/>, or follow them on social media at @limerickstavern.alhambra on Instagram and Facebook.

**Marie Callender's Restaurant**, 220 S. Atlantic Blvd., Monterey Park 91754, (626-281-9548), [www.mariecallenders.com](http://www.mariecallenders.com), has an all-you-can-enjoy brunch available Saturday 9 a.m. to 1 p.m., Sunday 9 a.m. to 2 p.m. The brunch offers carved ham, beef, and turkey and fish, hot buffet sides and salads. And of course, the nationally famous pies and desserts are included. The regular menu is available all day from noon through closing at 10 p.m. Marie Callenders also has its well-known, high-quality bakery pies and desserts available for take-out for family celebrations. Order ahead of time and call in or go online at [www.mariecallenders.com](http://www.mariecallenders.com) for details.

*MORE MOTHER'S DAY DINING GUIDE ON PAGE 2B*



Baja Cali Fish and Tacos celebrated its second year anniversary at its flagship location at 2001 Valley Blvd., Alhambra.

## Baja Cali celebrates 2nd year anniversary with community

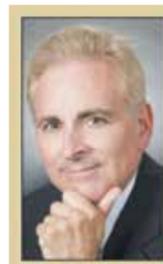
By Jewelyn Co

On March 23, Baja Cali Fish and Tacos celebrated its second year anniversary at its flagship location at 2001 Valley Blvd., Alhambra. Bringing the taste of Ensenada and Baja California, Baja Cali serves traditional Baja California style fast foods such as tacos, burritos, tortas, soups, nachos, and fresh seafood dishes. New on the menu are veggie tacos.

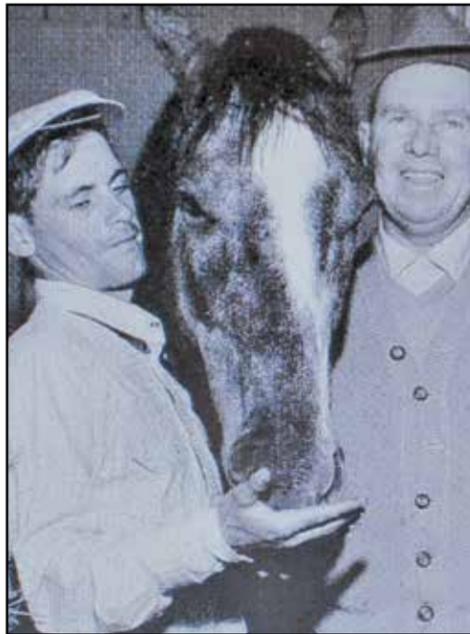
"To celebrate, we want to give back to our loyal customers with many exciting activities and promotions," said Norelle Wiltz, marketing

*SEE FULL ARTICLE ON PAGE 12B*

## Alhambra's underdog athlete



By Gary Frueholz  
DILBECK REAL ESTATE



Alhambra Chrysler Dealership owner Andy Crevolin and jockey Ray York pose with Determine.

Americans love an underdog. It reminds them of themselves and of the American dream of someone from the working class rising through challenges and achieving great success.

And Alhambra has had its share of sports racing legends. Both Mickey Thompson, who set the world land speed record of 406.6 mph at the Bonneville Salt Flats in 1960, and Sam Hanks, winner of the Indianapolis 500 in 1957, graduated from Alhambra High School.

During the post World War II era of the 1950s, Alhambra had another internationally known sports racing legend who resided in our city. This superstar was an acknowledged un-

*FULL ARTICLE BY GARY FRUEHOLZ ON PAGE 18B*

## MOTHER'S DAY DINING GUIDE 2019

CONTINUED FROM PAGE 1B

Enjoy dining at **Mancora Peruvian Cuisine**, 240 W. Main St., Unit A, Alhambra 91801, (626-940-5402), indoor or at their outdoor patio. For Mother's Day, Mancora has affordable plate specials and desserts available on their menu. No reservations will be accepted for the occasion. Check out their website at [www.mancoraperuvian.com](http://www.mancoraperuvian.com) for menu and hours information.

**Next Republic Artisan Kitchen**, 119 W. Main St., Alhambra 91801, (626-940-5822), will be offering a complimentary wine when an online reservation is made for Mother's Day. Stop by Next Republic Kitchen where mastered classic Californian dishes with Asian inspired twists are served. Delicious dishes on the menu includes their signature Kimchi Pork Pasta, Black Charcoal Angel Wings, and the decadent Japanese Miso Burger. Visit their website at <https://nextrepublic.us> for more information on reservations, menu, and hours.

**Ritter's Steam Kettle Cooking**, 1800 W. Valley Blvd., Alhambra 91803, (626-872-6464), has a unique style of Creole/ Cajun cooking where dishes are made to order and cooked using steam kettles. For Mother's Day specials, follow Ritter's on social media at @rittersskc on Instagram, and @rittersskcalhambra on Facebook. For more information on Ritter's menu and hours, visit [www.rittersskc.com](http://www.rittersskc.com).

Quite a drive out of town but worth the travel is **Steven's Steak & Seafood House**, 5332 Stevens Place, Commerce, [www.stevenssteakhouse.com](http://www.stevenssteakhouse.com), (323-723-9856). For Mother's Day, Steven's is offering an expanded brunch buffet from 10 a.m. to 3 p.m. priced at \$34.95 for adults and \$14.95 for children (10 and under). Dine in and enjoy special entertainment and music performances by a mariachi band between noon and 2 p.m., with music and dancing starting at 9 p.m. Steven's serves guests until midnight seven days a week and through 1 a.m. on Friday and Saturday. With more than 100 menu items, salads, soups, and beverages of all types, the name of the restaurant tells the story: steak and seafood of the highest quality prepared by the finest chefs. Diners are strongly urged to make reservations.

### Restaurants serving regular menu items

**Alondra Hot Wings**, 515 W. Main St., Alhambra 91801, (626-576-7119), is open for its regular hours. Check the website at [www.alondrahotwings.org](http://www.alondrahotwings.org) for menu items and online ordering.

**Charlie's Trio Cafe**, 47 W. Main St., and Vino at Trio's wine bar, 10 N. First St., Alhambra, [www.charlietrio.com](http://www.charlietrio.com), (626-284-4943), will be open 11 a.m. to 10 p.m. on Mother's Day and has regularly delicious selections of fine Italian, steak, and seafood dinners. Charlie's Trio is open 11:30 a.m. to 11 p.m. Friday and Saturday and on Sunday until 10 p.m. Vino at Trio's wine bar is open 3 p.m. to midnight on Friday and Saturday and 3 to 11 p.m. on Mother's Day. Happy hour prices all day every Sunday.

**Denny's Restaurant**, 369 W. Main St., Alhambra 91801, (714-418-5836), [www.dennys.com](http://www.dennys.com) offers a full menu with breakfast, lunch, and dinner served 24 hours a day.

**Baja Cali Fish and Tacos** - Main/Valley Blvd, 31 E. Main St., Alhambra/2001 W. Valley Blvd., Alhambra, serves Baja California style dishes such as tacos, burritos, tortas, and fresh seafood selections. Visit <http://bajacalifishandtacos.com> for information on daily specials and promotions.

**Bun 'N Burger**, 1000 E. Main St, Alhambra 91801, (626- 281-6777), serves traditional American and Mexican food along with flamed broiled 100% beef burgers, sandwiches, steaks, and all-day breakfast dishes such as omelets and pancakes. For Mother's Day, dine in and order their most famous fresh hearty menudo with just the right amount of flavors and spices. For more information on menus and restaurant hours, visit them at [www.originalbunburger.com](http://www.originalbunburger.com).

**Dickey's Barbecue Pit**, 8 W. Main St., Alhambra 91801, (626-831-9797), a bar-

becue chain eatery featuring a family legacy of high quality and mouthwatering hickory-smoked signature meats slowly smoked onsite. On Mother's Day and every Sunday at every Dickey's Barbecue, kids 12 and under eat free. One Kid's Meal with \$10 purchase per adult. Dine-in only and cannot be valid with other offers or promotions. The menu features beef brisket, pulled pork, St. Louis style ribs, polish sausage, spicy cheddar sausage, smoked turkey, and marinated chicken, with an extensive variety of homestyle sides from jalapeño beans to macaroni and cheese. Check out their website for menu list and special deals at [www.dickeys.com](http://www.dickeys.com).

**Earth Kitchen**, 235 W. Main St., Unit B, Alhambra, serves crafted single serving hotpot with fresh local ingredients of vegetables, meats, and seafood. Celebrate Mother's Day with warm hearty healthy hotpot soup. For information on their menu and hours, visit <http://earthkitchenhotpot.com>, or follow them on social media @earthkitchenhotpot on Instagram, and @earthkitchenfasthotpot on Facebook.

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

**Genovese's Italian Kitchen**, 2900 W. Main St., Alhambra, serves neighborhood Italian comfort food, pizza, and pasta. Contact them at 626-289-5667 for more information on their Mother's Day and Brunch menu.

Dine in at **Jasmine House**, 11 W. Main St., Alhambra 91801, for Mother's Day, and enjoy family-style delicious Chinese cuisine such as Peking duck, Mongolian beef, kung pao chicken, various rice and noodle dishes, special seafood dishes, and more items from the chef's recommendation. More information on restaurant hours and menu items are available on their website at [www.jasminehouse.com](http://www.jasminehouse.com). Contact them at 626-284-8000 for special large party reservations.

Celebrate Mother's Day at **Panasia Sweet & Savory**, 45 S. Garfield Ave., Alhambra 91801, for a great variety of dishes on the menu like their signature Hainan chicken boneless, noodle soups, fried rice and noodles, and seasonal vegetables. Indulge in sweet, delicious desserts and refreshing drinks like smoothies, green teas, and coffee. Enjoy the outdoor seating in the patio area. Check out more information and the menu at [www.panasiausa.com](http://www.panasiausa.com).

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

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

**Scala Stonegrill**, 1411 S. Garfield Ave., Unit 104, Alhambra 91801, (626-782-7898), a juicy steakhouse with a modern twist, serves the finest cuts of meats and seafood. They offer an innovative way of dining with its style of cooking the meat on 400 degree heated natural volcanic stones without adding oils or fats. The cooking locks in

the natural flavors of the food. They have a large list of delectable selections of dishes on their menu, including tapas, noodle soups, pastas, and stone grills. Happy Hour menu specials and menus are available online at [www.scalastonegrill.com](http://www.scalastonegrill.com).

**Sichuan Impression**, 1900 W. Valley Blvd., Alhambra 91803, (626-283-4622), [www.sichuanimpression.com](http://www.sichuanimpression.com), will be open Mother's Day serving authentic Chinese specialties for lunch between the hours of 11:30 a.m. and 3:30 p.m. and dinner from 5 p.m. until closing at 10:30 p.m. Spicy and nonspicy items are offered.

**The Thai Paradise**, 909 W. Las Tunas Drive, San Gabriel 91776, (626-570-8887), [www.thethaiparadise.com](http://www.thethaiparadise.com), will be open Mother's Day from 10 a.m. to 11 p.m. offering its regular menu items and welcoming Mother's Day diners and families. Authentic Thai food is served family-style with large portions and diverse flavors. The specialty dishes include crab fried rice, pad Thai noodle, pad se-ew noodle, as well as yellow, red, and panang curry. There are more than 150 authentic Asian dishes on the diverse and extensive menu. Each plate is carefully cooked to look as good as it tastes.

Celebrate ahead of time during the weekday or on Saturday before Mother's Day at **The Chicken Koop**, 101 W. Main St., Suite C, Alhambra, where simply roasted chicken is served. Chicken Koop diners can celebrate the occasion earlier in a fun, relaxed, and modern environment. Ordering for take-out and delivery is also available. Check out their website at [www.thechickenkoop.com](http://www.thechickenkoop.com) for more information on menu, hours, and specials. They are closed on Sundays.

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

**Wing Stop**, 100 E. Main St., Suite 150, Alhambra 91801, (626-282-9464), will be open Mother's Day, Sunday, May 14, featuring regular menu items and special offers.

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# Seniors / Retirees News | Activities, Projects, Features

## Memoir writing basics: Start today

By Kimberly Flowers, Chief Development Officer, Atherton, 214 S. Atlantic Blvd., Alhambra, CA 91801

All of us need seniors to share their stories. A wealth of wisdom and wit resides inside the memories of every senior, and these are not treasures to be lost. Families need to have stories that can be remembered to provide a context for family values and history. Seniors themselves can assign meaning to the legacy of their lives by writing from their own perspective. So let me ask you: Have you ever felt the need to reach deep down into your past, across the chasm of memories, and retrieve a glimmer of your life? The memories pour out as you start to write authentically and vividly either on your laptop or on paper. For more detailed information on memoir writing, I suggest doing some research. I started with *Memoir Writing for Dummies*, by Ryan G. Van Cleave Ph.D. You may also consider attending a writer's conference to connect with people who love to tell stories.

The important thing is to start. Here is the best news: Don't try to start at the beginning. Start with a memory that keeps surfacing or that became a turning point in your life. As you concentrate on telling this story, your mind will go further and further into memories of people, places, and events from before and after that point. Keep a list of these because you will come back to them. But first go back to that pivotal story and make it interesting on its own. Here are some tips to help:

**Limit what's included.** A memoir focuses on parts or specific elements of a life, whereas an autobiography includes everything about a life, from birth to death.

**Be truthful.** There is no need to embellish or exaggerate.

**Use narrative elements.** Tell the story with detail and

emotion. Think about all five of your senses, and help the reader feel like you are talking directly to them.

**Show desire.** When the main character of the story desperately wants something, the story becomes interesting. Be specific and clear about what your main character wants, and your readers will want to continue reading.

**Have conflict or adversity.** No one has a perfect life or even a perfect day. In fact, when a character can't get what they want or faces some type of hardship that is when the story gets interesting. Tell that story for a strong memoir.

Telling your story in human terms from your real point of view is necessary to connect with your reader. Do you want the structure of your story to be chronological, starting from the beginning to the end? Sometimes stories that start at the end or even in the middle keep things interesting. Ask yourself what message or lesson do you want to share with the world. This will help you decide the type of structure that fits your personal style.

Establishing the setting and scene makes the memory from the past come to life. Your reader can magically create that moment in their mind. Beyond the physical area, also include social and cultural forces. Are there background noises or smells in the air? Are you indoors or outdoors, is it hot or cold? These elements and many more will draw a picture for the reader.

To make the characters in your story memorable, think about what you can convey that will express a good sense of who they are and what they mean to you. You might pick from their physical appearance, personality, IQ, and

schooling, talents, skills, and gifts, shortcomings and flaws, mannerisms and tics, main goals, secondary goals, fears, secrets, etc. These elements help your reader develop the same emotional attachment to the character that you have.

Don't worry about the words or sentences at first. Just write what comes. Then you can go back and smooth out the rough edges and polish up the grammar.

As you relive your past moment by moment, you will see a story take shape and grow into something that is a message of love, kindness, compassion, humility, and humanity. That is a memoir. You don't have to be a well-educated person of letters or an expert in grammar. You just have to start. Perhaps the time is now.

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## Joslyn Center to celebrate Older Americans Month



### 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.*

To commemorate Older American's Month, there will be a fiesta at the Joslyn Center, 210 S. Chapel Ave., from 10 a.m. to 12:30 p.m. Friday, May 3, for only \$5. The celebration of Older American's Month will be enriched with a Cinco de Mayo themed brunch. There will be mariachis on hand to help set the tone. Former mariachi singers, now seniors themselves, often join in and share their favorite classic Mexican songs.

May is National Older Americans Month. Every year features a different theme. For 2019, it is Connect, Create, and Contribute. Alhambra is proud to participate and promote the health and wellbeing of its older citizens through programs of transportation, exercise, nutrition, crafts, social activities, field trip outings, and more.

The Joslyn Adult Center is the central hub for these important activities in the lives of seniors. Joslyn is an elder's clubhouse for all, no matter a person's background or country of origin. All are welcome in this safe and enriching environment.

Consider the themes of this year's Older Americans Month. First of all, "connect." Joslyn Center volunteers make regular phone calls to shut-ins to keep them engaged and knowing that the community cares. The Senior Ride program also helps seniors to stay connected with the services and activities available to them.

Secondly, "create." Joslyn Center classes of craft making and informational seminars on health, retirement income, taxes, Social Security, and other subjects of importance to older people assist participants to be creative, not just with their hands, but also in their decision making and thinking ahead to what needs to be done.



The third theme is "contribute." Joslyn's 40 or more volunteers, seniors themselves, contribute to the success of Joslyn Center programs by serving lunches, facilitating classes and activities, and making the phone calls to shut-ins. Everyone contributes by participation in the many group activities available.

## Senior Outings to visit Rancho Los Alamitos House, Morongo Casino

There are two Senior Outings lined up for May. Sign up for one or both. The first trip will be Wednesday, May 8, departing the Joslyn Center at 9 a.m. and returning at 5 p.m. The destination is the Rancho Los Alamitos House and Garden for a tour of the 7 1/2 acre grounds. Docent-led tours are available.

Rancho Los Alamitos, the Ranch of the Little Cottonwoods, is a Long Beach City landmark, listed on the National Register of Historic Places. The rancho has a continuous history stretching back over 1,500 years of human occupation. It starts with the first people, the Tongva Native Americans, to the farmers of the mid-20th century. The site includes four acres of nationally significant historic gardens, a ranch house (active from 1790 to 1933), and restored barnyard.

The cost of this trip is \$15. The level is rated as active. Light breakfast and lunch opportunities will be available on 2nd Street in nearby Belmont Shores. Meals are not included.

The second trip will be Thursday, May 23, to exciting Morongo Casino in Cabazon. It will depart the Joslyn Center at 8:30 a.m. and return at 5 p.m. While at the beautiful Casino grounds, try the slot machines or gaming tables, and of course please play responsibly.

Or enjoy a day of shopping at the nearby Cabazon Outlets. There is a tram that



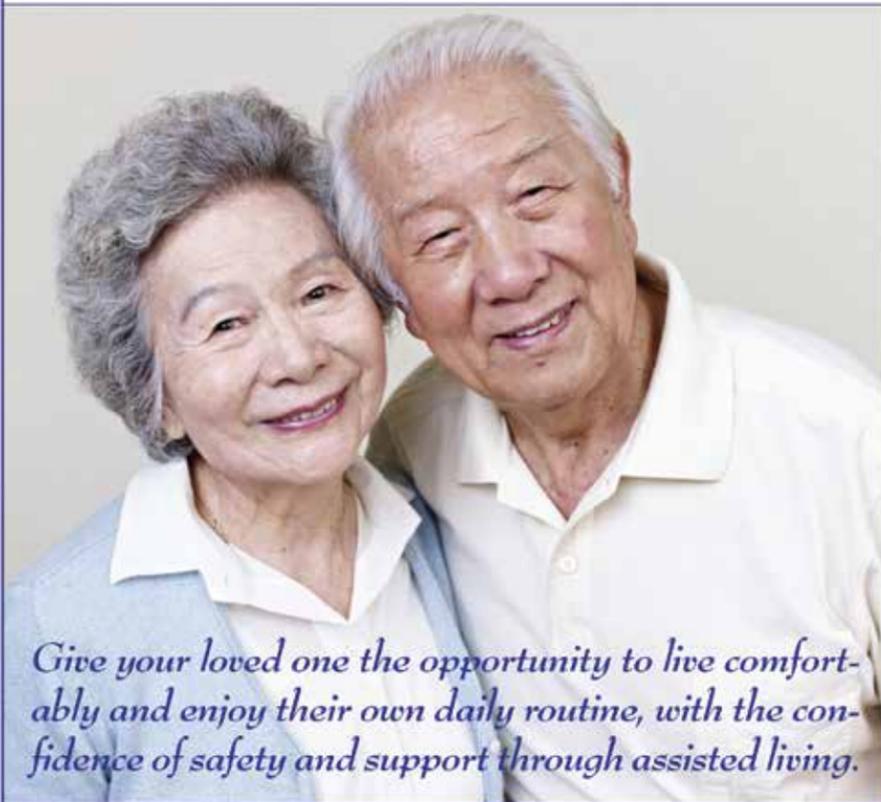
The garden at Los Alamitos

runs between the two places starting at noon. Also close by, right across the street, is the flagship store of the Hadley Fruit Orchard. Long famous for their delicious date shakes, they have several gift ideas available for purchase as well.

The Casino and the Cabazon Outlets have many choices for lunch (lunch not included). The bus trip there and back will cost \$15. The activity level is considered easy.

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

## TEETH WHITENING: what to know before you do it



ing gel that contains peroxide. Each strip is positioned with the gel against the teeth and molded around the teeth.

**Pros:** Whitening strips are widely available at drugstores and on Amazon. They are easy to use, and they can generally create results within a few days or a week.

**Cons:** Whitening strips are hard to keep in one place in the mouth, which causes the whitening chemicals to

In the era of selfies, we all want to look our best. Often, that starts with a bright smile.

There are different ways to brighten up a smile, starting from removing drink stains to a deep internal whitening of the teeth.

**Professional teeth cleaning** will easily remove stains left behind by smoking or drinking wine, tea, or coffee. Start with a dental cleaning and checkup to make sure your teeth are free of cavities and gum disease if you are planning to move forward to teeth whitening.

**Whitening toothpaste** is commonly used.

**Pros:** It will easily remove staining from food and drinks.

**Cons:** It contains abrasive particles that can make your teeth more sensitive and can contribute to gum recession. It should not be used daily for a long period of time.

**Deep whitening**

• Whitening strips, usually sold over the counter, are small pieces of a flexible plastic coated with a whiten-

come into contact with the gums and other tissues in the mouth and burn them. Whitening strips also tend to provide uneven results. Since strips are 2-D, they can't get into the curves in between teeth, which can make your teeth look yellower at the edges.

**Cost:** \$10 – \$30.

• Taking home custom whitening trays is my personal favorite method. I use it for my teeth. In my opinion, this provides the best results in the most cost-effective way and the least harm for your mouth.

The procedure involves impressions from the teeth from which custom trays are fabricated — one for the upper and one for the lower. Gel with different concentrations of peroxide, but higher than the one you can buy over the counter, is loaded inside and the trays are worn from 30 minutes to two hours. The whole process takes seven to 10 days and can be repeated no earlier than four months.

This gradual bleaching of the teeth allows maximum

whitening with less to no discomfort.

**Pros:** The trays, being custom made, follow the curves of the teeth and completely cover the teeth and prevent the whitening gel from burning the gums.

**Cons:** Specific instructions for use, up to two hours per day. If you leave your trays on overnight, you risk allowing the hydrogen peroxide to penetrate too deeply into the tooth, causing major sensitivity.

**Cost:** somewhere between \$200 and \$250 to get your first custom trays. It comes with the gel for the initial bleaching. The trays are reusable. The gel for the touch ups only costs \$10 to \$20 per tube.

• **One hour in office instant whitening is done** in the office with the highest possible concentration of the peroxide with a source of light or laser to activate and speed up the whitening procedure. This is my least favorite of the three.

**Pros:** If you need your teeth to be whitened in just

CONTINUED ON PAGE 6B



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.



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# Back health important for maintaining active lifestyle

BY SHEILA YONEMOTO, P.T.

Most Americans will experience at least one backache during their lifetimes. What causes these common backaches?

One theory suggests that as humans began walking in an upright position, extra pressure was placed on the lower spine supporting the weight of the upper body, thus putting a heavy load on a small area, affecting discs in the spine. These discs, made up of a flexible material called fibrous cartilage, lie between adjacent bones in the spine called vertebrae. Each disc is composed of a tough fibrous outer layer surrounding a jelly-like inner substance, about 80% water. As we get older, the water content decreases and the disc loses some of its ability to compress. The discs act like shock absorbers in the spine, while the vertebrae provide a hard protective canal for the delicate nerves inside.

To deal with backache symptoms:

- First, realize your body is telling you injury has occurred or is about to occur.
- Second, note your most recent activity or any change in activity just prior to the onset of pain.
- Third, generally avoid bending at the waist, lifting heavy objects, and sitting or standing for prolonged periods of time, thus reducing pressure on your discs.
- Fourth, return gradually to your previous activity level, use common sense, and pace yourself. Use good posture and principles of efficient lifting.
- Fifth, call your doctor regarding any of the following symptoms, as these may indicate a more serious problem: pain, numbness or tingling in an arm or leg; back pain continuing unabated when lying down; back pain as a direct result of a fall or car accident; vomiting or fever associated with back pain; back pain lasting for more than three or four days



*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).*

while resting; back pain in an elderly person or child.

To avoid back pain, use good, safe lifting techniques; develop balanced, stable trunk muscles and strong leg muscles; maintain a sensible weight for your height; get regular exercise; vary your position and encourage movement throughout the day; maintain good nutrition; and use common sense when placing physical demands on your body.

### TEETH WHITENING

CONTINUED FROM PAGE 5B

one day, this is a good option because it's fast.

**Cons:** major sensitivity. Patients often need to take pain medication and limit food and drink intake for the next 48 hours.

**Cost:** between \$350 and \$500.

#### How safe is teeth whitening?

Teeth whitening is safe, as long as it's done correctly. It is always best to work with a dentist. Your dentist will first check your teeth and gums to make sure that no decay or gum disease is present and you begin the treatment in good dental health.

#### Over-whitening

Whitening can be overused. From too long applications to reapplying too often, whitening gel can damage teeth.

**Conclusion:** If you consider whitening your teeth, talk to your dentist first. That will provide you with better long-term results with fewer risks.

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# Sugar eats away your teeth and brain

According to the American Dental Association, Americans consume sugar, particularly in the form of sugar-sweetened beverages (SSBs), at an alarming rate. SSBs are a leading cause of dental cavities, obesity, and type II diabetes. SSBs are sports drinks, energy drinks, fruit drinks, flavored milk, and other beverages that contain added caloric sweeteners.

Sadly, new evidence indicates SSBs are also associated with brain shrinkage. So, it can be said that SSBs can eat away your teeth as well as your brain.

In the United States, SSB consumption has reached epidemic proportions. The average American is now consuming a whopping 50 gallons per person per year! This is the second highest consumption rate in the world, after Mexico. This consumption is equivalent to approximately 1.5 cans of soda per person per day. SSBs are the leading source of added sugar in the American diet and are strongly associated with the high rate of dental caries in the U.S.

Obesity is associated with diabetes. The United States is amid an obesity epidemic fueled in great part by SSBs. Americans are among the most overweight and obese population in the world. Today, over two-thirds (69%) of all Americans older than 20 years are overweight, and just over one-third (35%) are obese. It is no wonder that the Center for Disease Control reported that in 2017 more than 100 million adults in the United States have diabetes or pre-diabetes. This is estimated to be over 30% of the entire U.S. population.

What is not well known is, according to the Framingham Heart Study, one or more sugary drinks per day resulted in lower total brain volume, lower hippocampus volume. Hippocampus is an important part of the brain for memory and is also where the process of Alzheimer's disease starts. In other

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*

words, normal shrinking of the brain due to aging is accelerated by consuming sugary drinks.

This study reported that those people who consumed one or two sugary drinks per day experienced the equivalent of 1.6 years of accelerated brain aging per year. Those subjects in the Framingham study taking in more than two sugary drinks per day showed an astounding 11 years of brain aging.

The Framingham Heart Study is a long-term, ongoing cardiovascular cohort study on residents of the city of Framingham, Massachusetts. The study began in 1948 with 5,209 adult subjects from Framingham and is now on its third generation of participants.

So, the next time you are tempted to drink a soda or other sugary drink, remember it's not just your teeth but your brain that is also at stake. Don't let these beverages eat away your brain!

## Weeks of rain, warming temperatures set stage for early mosquito season

*Act now to prevent mosquitoes and disease risks as temperatures warm*

Record rainfall provided relief to drought-thirsty Southern California but created havens for disease-spreading mosquitoes in people's yards.

Vector control officials are advising Los Angeles County residents to take extra precautions with unmaintained pools, rain barrels, and other small containers that have collected rain water. Since mosquitoes can complete their life cycles from egg to adult in about a week, collected water should be emptied or used within the week. Rain barrels and containers must be tightly sealed to prevent mosquito entry, and green, unmaintained pools should be cleaned.

If residents need to store water in rain barrels, buckets, and other similar containers longer than a week, these steps should be taken to ensure they are mosquito-proof:

Cover all water-filled containers with tightly fitting lids.

Screen all openings such as downspouts from the roof gutters with a 1/16 inch fine mesh to keep mosquitoes out.

Check for holes in screens monthly to prevent mosquitoes from entering the

*CONTINUED ON NEXT PAGE*



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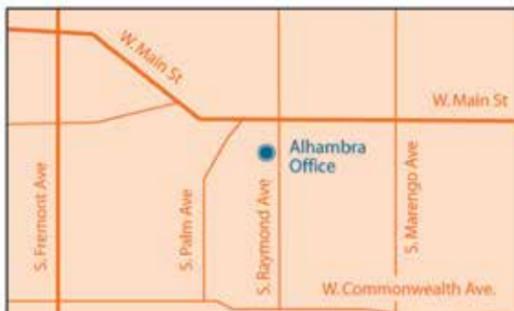
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### EARLY MOSQUITO SEASON

CONTINUED FROM PAGE 7B

container and laying hundreds of eggs.

Use and maintain natural mosquito control products containing Bti in water that must be kept for longer periods.

Take advantage of this rainfall to find and remove all unused containers from around the home that may collect water and contribute to mosquito problems. Other common sources include plant saucers, buckets, tires, pet water bowls, recycling bins, trash cans, and even trash hidden in nearby bushes.

“Mosquito eggs only need a teaspoon of water to complete their life cycle,” said Anais Medina Diaz, public information officer at the Greater Los Angeles County Vector Control District. “By eliminating mosquito breeding sources in your home today, you can protect your family’s health as temperatures warm up in Southern California.”

While residents do their part to tackle the standing water left by the recent rains around their homes, vector control technicians are in the field monitoring disease activity and controlling mosquito populations throughout the Vector Control District’s jurisdiction. For more information or to anonymously report green, unmaintained pools, please visit the district’s website at www.glacvcd.org.

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# Earth Kitchen serves fast casual hotpot, offers refreshing tastes



Earth Kitchen is located at 235 W. Main St., Unit B, Alhambra.

By Jewelyn Co

As the trends of craft-your-own dishes and opting for healthier options rise, Earth Kitchen brings this movement to Alhambra. Located at 235 W. Main St, Unit B, Earth Kitchen was established in 2017 with the idea of crafting a nutritious fast casual hotpot. Hotpot is a Chinese cooking method that is prepared at the dining table with a simmering pots of soup combined with broth and varieties of ingredients such as thinly sliced meats like beef, chicken, fresh seafood, and vegetables such as cabbage, tomato, spinach, mushrooms, and carrots, which are placed into the boiling pot to be cooked at the table.

Earth Kitchen offers crafting-your-own hotpot with choices of locally grown fresh seasonal vegetables, seafood, and high-quality meat ingredients, with rice or noodles. There have been other types of hotpot where individual bowls are preset with ingredients

Hotpot enthusiast Avery Wang decided to offer this particular style of hotpot because she wanted her customers to have a hotpot the way they want and not just to have a preset hotpot.

“At Earth Kitchen, we want our customers to choose and make their soup the way they like it,” she said. “Our servings are perfectly portioned to balance the diet in daily meals, and the servings are balancing the diet of vegetables, meats, and carbs.”

The flavorful chicken and pork bone broth soup bases are made daily and have no MSG or additives. They are simmered for eight hours with 32 healthy herbs. At the bar styled counter, customers can craft their own style of hotpot and pick a broth from choices of Szechuan, kimchi, tomato, and tom yum, then pick out the vegetables and choose the meats or seafood. The ingredients are specially prepared and cooked at an appropriate time for each ingredient. This way they can be cooked to perfection quickly.

The hearty soup is served on a clay pot to be kept warm. Balance the soup with carbohydrates such as rice or noodles. Special cooking preparation is required for the spiciest soups because the ingredients cannot be combined at the same time. Order a regular sized bowl for individuals or make it a hotpot for two for sharing. Prepared and made to order, each bowl can be adjusted to special requests for customers’ liking. Assortments of dipping sauces are great for adding flavorful tastes. The spiciness level can go from mild, medium, spicy, to extra spicy that can numb the taste buds.

Appetizers, preset and dry hotpot dishes, are also on the menu. Refreshing drinks like barley, tea, jasmine, chrysanthemum, and black and green tea are great to cool off the heat from the hotpot. Delivery services

such as UberEats, Postmates, and Doordash are available. Lunch specials are from Monday to Friday 10:30 a.m. to 3 p.m., with specials starting at \$9.98 for choices of three vegetables, two proteins, and rice or noodles.

Follow them on social media at @earthkitchenhotpot, Instagram, and Facebook and get one free topping. Make sure to check in on Yelp to receive 99-cent barbecue fries. Visit [www.earthkitchenhotpot.com](http://www.earthkitchenhotpot.com) for more information, menu, and store hours.



Server Lareina Wei.



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# ELAC GROUNDBREAKING FOR NEW SOUTH GATE EDUCATIONAL CENTER

East Los Angeles College (ELAC) held a groundbreaking ceremony Friday, March 22, 2019 at the former Firestone Tire and Rubber Co. factory near Firestone Boulevard and Santa Fe Avenue to celebrate the historic groundbreaking for the permanent new home of the ELAC South Gate Educational Center.

East Los Angeles College opened the current South Gate Educational Center in 1997 to address the higher education needs of the community in

southeast Los Angeles. The center has been located in the same temporary single story location for over 22 years.

The new LEED Certified 105,000 square foot state-of-the-art institution will include a library, lecture hall, classrooms and laboratories for the career technology education, liberal arts and science programs. The new campus design will incorporate water efficient landscaping and over 10,000 square feet of permeable pavers to create inviting public

spaces for students to gather and study. The South Gate Educational Center current served estimated 7,223 students last school year but that number is expected to rise. The campus will offer over 100 bicycle racks, access to public transit and priority parking for low-emitting and electric vehicles. Construction on the new facilities is expected to begin later in 2019 with tentative completion in 2022.

"We at East Los Angeles College are proudly student-focused and this new, state-of-the-art campus is evidence of our commitment to providing the best for our students. This campus will provide enhanced



*From left to right in the photo: California State Assembly Speaker Anthony Rendon, LACCD Board of Trustees President Mike Fong, Former South Gate Mayor Maria Davila, LACCD Board Trustee Andra Hoffman, LACCD Chancellor Francisco Rodriguez, South Gate Mayor M. Belén Bernal, ELAC President Marvin Martinez, LACCD Board Trustee David Vela and South Gate City Council Member Al Rios.*

educational opportunities to the South Gate community and will help future generations to achieve their higher education and professional training goals," ELAC President Marvin Martinez said.

Martinez was joined by California State Assembly Speaker Anthony Rendon, 63rd District, (D-Lakewood); U.S. Rep. Nanette Diaz Barragán, 44th Congressional District; LACCD Chancellor Francisco Rodriguez, Ph.D.; South Gate Mayor M. Belén Bernal; LACCD Board of Trustees President Mike Fong, plus many others for the ceremony noting a new chapter of educational and economic opportunity for the site and the residents of South Gate and Southeast Los Angeles.





Barbara enjoys the 6th annual Buellton Wine & Chili Festival.

## Uniquely Buellton — A hidden jewel

Mention Buellton, and you know what everyone says. “Did you have the soup?” Yes, I did enjoy the split pea soup at Pea Soup Andersen’s legendary restaurant. It was as hearty and delicious as I remember from years ago.

But today, soup is just the starter. Propelled by the success of Santa Barbara County’s wine region in which it sits, and its role in the 2004 film, *Sideways*, Buellton has blossomed into an entertaining destination. Award-winning wineries, acclaimed restaurants, quirky old school attractions, and a bevy of upscale — yet affordable — accommodations from hotels to the most high-end RV resort I’ve ever encountered attract visitors from throughout Southern California.

I made the scenic two-and-a-half-hour drive north in March to catch the 6th Annual Buellton Wine & Chili Festival. Next year, the festival will be Sunday, March 15, 2020. It’s definitely worth the visit.

At first, however, I was skeptical when I learned the festival was at an RV park — the Flying Flags RV Resort in downtown Buell-

TRAVELS WITH  
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STORY AND PHOTOS  
BY BARBARA BECKLEY



Lunch for three at OstrichLand USA.



Take a trip down memory lane at the Mendenhall Museum.

ton. OMG. It was wonderful. Not only did I enjoy killer chili, sample dozens of award-winning wines, micro brews, and handcrafted spirits from throughout the region, and rock out to a great local band, Noble Grizwald and The Rincons, playing my favorite Jimmy Buffet and surf sounds — I fell in love with the RV resort.

Adorable white clapboard cottages from one to three bedrooms, with patios and all the amenities; a rental Airstream trailer, a resort pool with private cabanas, a café, adjacent Sideways cocktail lounge, featured in the movie; a fitness center, outdoor fire pits, bocce ball and more, all in a shady garden setting. If you have an RV or Airstream, great. There are plenty of hook-ups. But I met fun folks from Rancho Palos Verdes and throughout SoCal who have never owned an RV and stay there regularly.

My accommodation was equally lovely at the newly renovated Santa Ynez Valley Marriott set beneath the hills, yet close to downtown Buellton. The nearby Sideways Inn is another cute choice. It gained fame as the Days Inn that was featured in the movie. A name change and luxury upgrade has made it a sought-after stay.

What to do for the rest of the weekend? Plenty, it turns out. Dinner at Industrial Eats, a smartly styled restaurant in a repurposed warehouse, was a delicious surprise, serving house-made everything, and featuring a craft butcher counter and local seasonal goodies like Morro Bay oysters and fresh seafood from off the Gaviota coast. I was told people drive up from Malibu just for dinner.

Cozying up to ostriches and emus was fun and unique at Ostrichland USA. “Hold the bowl firmly, and not too close to yourself,” I was advised, as I prepared to feed the big birds. Soon four large beaks were pecking at my bowl. The birds were as delighted at being fed as I was at being so close to them. If you ever doubted that birds are the descendants of dinosaurs, emus will put that doubt to rest. With faces only a mother emu could love coming within

inches of these noisy, nervous avians was a bit intimidating but memorable. In the gift shop, display and fresh cream-colored ostrich eggs and emerald green-colored emu eggs are on sale. One ostrich egg is equivalent to 18 to 24 chicken eggs. May be the reason they’re \$47 each.

Perusing one of the West Coast’s largest collections of “petroliana” — vintage gasoline station and automobile memorabilia, was a gas (sorry, I couldn’t resist the word play) at the Mendenhall Museum. It depends on your age, but for many, traipsing through the grounds and indoor displays of vintage gas pumps, signs, globes, race cars, racing memorabilia, license plates, oil cans, and more is a wonderful trip down memory lane. Amassed by the late Jack Mendenhall, his son and daughter-in-law continue his legacy and have opened it up to private events, including weddings.

Sideways put the Hitching Post restaurant on the map. This was my first time, and I enjoyed lunch with friends under the trees at the new lunch-only Hitching Post II, which opened in September 2018. Located adjacent to the dinner-only Hitching Post, all the menu favorites including the signature grilled artichoke with smoked tomato mayonnaise, which I enjoyed, are bicycled over from the Hitching Post kitchen.

Long-time chef-owner Frank Ostini is also the Hitching Post winemaker aided by his business partner Gray Hartley. So after lunch, my friends and I decided to go beverage-tasting, beginning at the Hitching Post II Tasting Room,

CONTINUED ON NEXT PAGE

## BAJA CALI CELEBRATES 2ND YEAR ANNIVERSARY WITH COMMUNITY

CONTINUED FROM PAGE 1B

director of Baja Cali. The community joined in the whole-day celebration with participation in activities and eating good food. The large arc of balloons and red carpet at the entrance gave a grand welcoming as customers entered the restaurant. Participants had a chance to play the spin-the-wheel game to win prizes such as Baja Cali shirts, hats, free burritos, tacos, and even a \$20 gift prize ticket.

The DJ entertained the diners with music, and the kids enjoyed colorful face painting. In support of the celebration, Mayor Adele Andrade-Stadler attended and enjoyed a delicious hearty bowl of pozoles.

“We want to thank the community, our supporters, and customers for their continuing support in Alhambra as well as in all of our locations,” said Jaime Alvarez, one of the owners of Baja Cali Fish and Tacos. “We will continue to provide the best food and service possible.”

Baja Cali now offers a free VIP club for members to receive access to special promotions and deals. There are about 6,800 subscribers, and Baja’s goal is to continue to increase the number of members. VIP club holders received a free fish taco meal, and those who shared and tagged on social media got a free drink during the event. To learn more about Baja Cali’s VIP club and information on their locations, visit [www.bajacalifishandtacos.com](http://www.bajacalifishandtacos.com). Follow their social media @bajacalifishandtacos on Facebook and Instagram.



Baja Cali signature fish tacos.



Baja Cali owners, from left: Jaime Alvarez and Lorena Varela, Mayor Adele Andrade-Stadler, and owner Jorge Jimenez.



Baja Cali spin-the-wheel game.



Inesita has appeared in all possible venues over an extensive career in concerts, films, musical theater, lecture-concerts, and cabaret showcasing her vast range in all aspects of Spanish dance and pure flamenco.

Performing Arts Center

# Flamenco Alhambra to present 10th anniversary performance

Alhambra Performing Arts Center, under the direction of Chef and Artistic Director Bill Yee, will present the 10th anniversary performance of legendary Spanish Dancer Inesita and Flamenco Alhambra at 7 p.m. Saturday, May 25. This free performance will take place at Sage Granada Park United Methodist Church, 1850 W. Hellman Ave., Alhambra.

Inesita is a Spanish dance artist who has performed in all-solo concerts internationally including Madrid; London; Liverpool; Paris; New York City; Mexico City; and Valletta, Malta. American tours have taken her to communities from coast to coast. Born in New York City, she moved with her parents to Los Angeles at age 13 and began early studies in Spanish dance. Additional instruction in Mexico led inevitably to Spain, where she studied under the legendary El Estampio and Regla Ortega of the famous Ortega family and a number of other renowned teachers. She has appeared in all possible venues over an extensive career in concerts, films, musical theater, lecture-concerts, and cabaret showcasing her vast range in all aspects of Spanish dance and pure flamenco.

Clarita is a dancer, singer, teacher, and choreographer and has an extensive background in all facets of Spanish dance, including regional, escuela bolera, and flamenco.

Miguel Bernal is a brilliant and gifted flamenco dance artist as well as a singer and actor. A high point of his career was a tour with the renowned company of Jose Greco and Nana Lorca culminating in an appearance with them and the Boston Pops Orchestra, televised nationally.

Ahmae studied flamenco in Los Angeles and in Spain. She is a soloist with Clarita y Atre Flamenco Dance Company and has toured throughout the United States and Japan.

Stamen Wetzel is an experienced traditional flamenco guitarist and is active as accompanist for flamenco dancers and singers playing for performances and classes.

Benjamin Shearer has been an active member of the flamenco community for many years. He is a respected accompanist and musician, having performed with the leading flamenco artists in the Los Angeles area.

The Alhambra Performing Arts Center is celebrating its 13th year providing monthly free world-class performances at Sage Granada Park United Methodist Church.

Refreshments will be provided by the chefs from the Alhambra Culinary School. A free-will offering will be taken during the intermission, which helps support the artists and the culinary job training program for veterans at Chef Yee's Alhambra Culinary School.

Admission is free. Free-will offerings will be accepted during the intermission.

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

## UNIQUELY BUELLTON

CONTINUED FROM PAGE 12B

with their award-winning Pinot Noirs.

We continued with reds at LaFond Winery and Vineyards. Founded in 1971, winemaker Bruce McGuire is considered a pioneer in California's Pinot Noir and Syrah wines. A slight spice taste is their trademark, explained Diane Bibb, as she poured the flagship 2014 LaFond Vineyard Pinot Noir. We switched to whites at the Margerum Wine Company's winery tasting room, enjoying its flagship M5 White, a blend of five Rhone grapes.

And lastly — vodka. The small Dorwood Distillery takes advantage of its surroundings to create vodka from locally grown chardonnay wine grapes! Different yes. But good, creating vodka with a creamy flavor.

In the morning, breakfast was old school at Ellen's Danish Pancake House, a fixture since 1947. My single, thin, plate-sized Danish pancake was a perfect send off for the drive back to Alhambra.

For more, visit [www.DiscoverBuellton.com](http://www.DiscoverBuellton.com).



A reception was held at the City Hall Art Gallery at the Michael Dergar and Myrick Atanay art exhibit April 17. Michael Dergar is a visual artist whose life's mission is to bring public awareness to those with special needs in an effort to create a better and more inclusive society.

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# Automotive News | Auto Dealers, Repairs, Services



The new BMW 1 Series will set new standards in the premium compact class in terms of driving dynamics, while also offering significantly more space inside. Camouflaged pre-series vehicles of the third-generation BMW 1 Series are still undergoing extensive test drives at the BMW proving ground in Miramas, Southern France.

## Fine tuning at BMW testing ground sharpens independent character of new BMW 1 Series

Camouflaged pre-series vehicles of the third-generation BMW 1 Series are still undergoing extensive test drives at the BMW proving ground in Miramas, Southern France. The facility's diverse handling tracks offer the optimal conditions for refining agility and dynamics of the new BMW 1 Series. This was preceded by five years of intensive development work and the change to the modern BMW front-wheel drive architecture.

**A genuine BMW with an individual character**

The new BMW 1 Series will set new standards in the premium compact class in terms of driving dynamics, while also offering significantly more space inside. With a cutting edge suspension set-up, innovative technologies and the integration of all driving dynamics-related components and control systems, the BMW 1 Series achieves greater agility both with the new front-wheel drive and BMW xDrive intelligent four-wheel drive. "Our customers will directly feel the fast and precise responsiveness that provides for an optimized driving

experience," said Peter Langen, head of Driving Dynamics at the BMW Group. "The BMW 1 Series will be a genuine BMW with an individual character."

**Transfer of technology from the BMW i3**

On the new BMW 1 Series, BMW has used all of the experience gained over recent years with BMW Group front-wheel drive models. A crucial element for the car's exceptionally high agility is ARB technology (actuator contiguous wheel slip limitation) known from the BMW i3s, which is now celebrating its debut in a vehicle with a combustion engine. This transfer of technology from the BMW i brand to the core brand BMW improves traction decisively, while facilitating significantly more sensitive and faster control.

ARB technology, which is standard on the BMW 1 Series, features a slip control system positioned directly in the engine control unit instead of in the control unit for the DSC function (Dynamic Stability Control). Without long signal paths, information is passed on three times faster, with the regulation speed perceived by the driver actually being up to 10 times faster. In close coordination with the DSC function, actuator contiguous wheel slip limitation significantly reduces the power understeer usually experienced with front-wheel drive vehicles but without control intervention to stabilise lateral dynamics. BMW Performance Control (yaw moment distribution) also comes as standard and additionally increases agility of the BMW 1 Series through dynamic brake intervention. Moreover, torsional stiffness of the body structure is enhanced by the targeted use of additional struts such as a standard rear-end boomer-

ang strut. "Through this extensive integration of all driving dynamics-related aspects as well as the new, innovative traction control feature, we are creating a completely novel driving experience," said Holger Stauch, BMW 1 Series project manager.

**The most powerful BMW Group 4-cylinder engine for the new top-of-the-range model**

A newly developed four-cylinder engine stands out prominently within the drive portfolio of the new BMW 1 Series. The BMW M135i xDrive (combined fuel consumption: 7,1-6,8 l/100 km; combined CO2 emissions: 162-155 g/km) features the most powerful four-cylinder engine from the BMW Group with a two-litre capacity and BMW TwinPower Turbo technology. The power unit delivers 225 kW (306 hp), ensuring extremely dynamic handling properties through individual technical solutions such as a reinforced crank drive, new pistons and con rods, a larger exhaust turbocharger, as well as optimized fuel injection valves.

**More interior space**

The BMW 1 Series has taken a major leap forward in terms of interior spaciousness. Thanks to the new front-wheel drive architecture with transverse engines and a low center tunnel, noticeably more space is now available than in the predecessor model, especially on the back seats. For example, legroom for rear-seat passengers has increased by 33 millimeters and headroom at the back by 19 millimeters. Access to the rear compartment is now easier, and luggage compartment capacity has increased by 20 liters to 380 liters. Thus, the new BMW 1 Series combines outstanding handling characteristics with significantly improved spaciousness.

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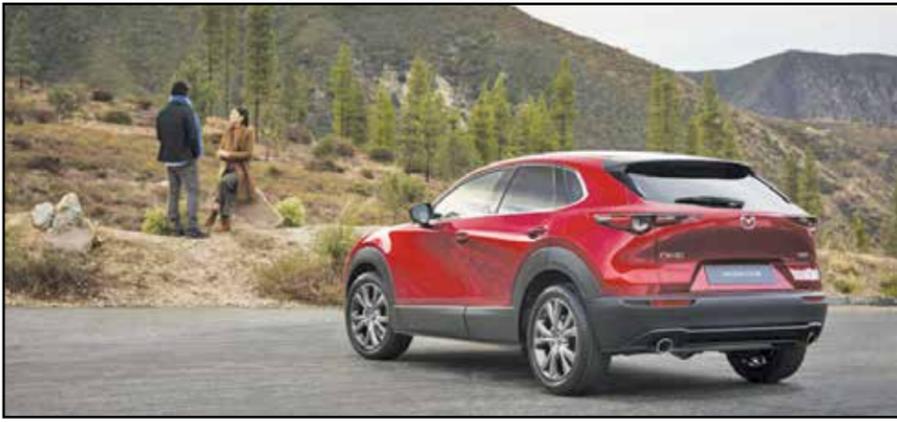
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The new Mazda CX-30 compact crossover is the second model in a new generation of Mazda cars that offer refined quality in every area.

# Mazda CX-30: made to broaden horizons

Mazda wants drivers and their passengers to truly enjoy the many ways in which owning a car can enrich their lifestyles. The Mazda CX-30 was designed to help customers make stimulating new discoveries within their daily routines and share them with the people they love. This new compact crossover is the second model in a new generation of Mazda cars that offer refined quality in every area.

The desire was to enable customers at various stages of life to choose a car that matches their sensibilities and thus invigorates their daily lives and helps them develop stronger bonds with their loved ones. As people transition from one life stage to the next, what they need in a car changes as their family grows and their lifestyle evolves. Choosing a car that is the right fit for can be a real challenge. That's why Mazda set out to develop a compact crossover that, while meeting a wide variety of needs, could broaden people's horizons and help turn their run-of-the-mill daily routines into self-directed,

creative lifestyles.

Mazda was determined to offer four things with the CX-30. It had to be a just-fit size for any kind of driver so they could take it wherever they wanted to go without hesitation. The design had to embody the joy of owning something that matched the driver's sensibilities. The cabin had to be spacious enough to share good times with family and friends. And finally, vehicle performance had to be excellent, offering comfort and peace of mind so drivers and passengers could relax and enjoy the ride.

To enhance maneuverability, Mazda settled on a size that works on any road and in any parking lot and a turning circle that allows the car to turn on a dime, all while maintaining the looks and presence of a true crossover and an excellent field of view. Driving is stress-free even on congested city streets. Getting in and out is a breeze and, thanks to a generous cargo space and trunk opening, loading bags is just as easy.

Embodying Mazda's Kodo design

theme, the exterior design captivates on-lookers, while powerful and elegant styling means one will never tire of gazing at its curves.

Inside, Mazda rigorously pursued the highest quality so that customers could spend time with their loved ones in comfort. The cabin has a premium feel and a design that seems to envelop occupants. It's spacious enough to comfortably seat four adults, and a number of measures are incorporated, designed to help passengers kick back and relax. The quiet cabin makes conversation a joy and the clarity and quality of the new audio system, with its optimized speaker layout, are reminiscent of a sound room.

The CX-30's excellent driving attributes and advanced safety equipment offer peace of mind, allowing the driver and passengers to relax and enjoy the drive. The driving position, seats, visibility, and outstanding operability, together with dy-

amic performance that's centered on the new Skyactiv-Vehicle Architecture and tuned to match human sensibilities, combine to offer a natural and confidence-inspiring driving feel and a sense of unity as if the car and driver are operating in synchronicity. Just in case, updated i-Activsense features are there to back up the driver at all times. The powertrain lineup consists of Mazda's latest Skyactiv-X, Skyactiv-G and Skyactiv-D engines, which enable responsive control of speed in any driving situation. Skyactiv-G 2.0 and Skyactiv-X will come mated with M Hybrid, Mazda's compact and efficient mild hybrid system, for enhanced acceleration performance and real-world fuel economy. In addition, Mazda's all-wheel-drive system, which already achieved excellent dynamic and environmental performance, now works cooperatively with G-Vectoring Control to inspire confidence in any road conditions.

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The most capable and recognized vehicle in the world — the Jeep® Wrangler — earns two 2019 Kelley Blue Book Best Resale Value Awards: Top 10 and Off-Road SUV/Crossover segment.



America's only four-door muscle car — the 2019 Dodge — wins the Kelley Blue Book Best Resale Value Award in the Full-size Car segment.

# Kelley Blue Book honors Jeep® Wrangler, Dodge Charger with 2019 Best Resale Value Awards

Awards honor vehicles with the lowest projected ownership costs for the first five years of ownership

Kelley Blue Book has named the 2019 Jeep® Wrangler and the 2019 Dodge Charger winners of its Best Resale Value Awards.

Jeep Wrangler has been named Best Resale Value in its class and ranked on the Top 10 list. The Dodge Charger also earned a Best Resale Value Award in the Full-Size Car category.

“Wrangler has been a perennial winner in Kelley Blue Book’s annual Best Resale Value Awards. Wrangler is the top dog in the newly created Off-Road SUV/Crossover category and has managed to maintain very high 60-month residual values, which also earns it a Top 10 award,” said Eric Ibara, director of residual values for Kelley Blue Book. “The Charger blends its unique style with performance into a one-of-a-kind offering that re-

sults in the highest resale values among full-size cars. It last won the segment in 2015, and the fact that it now tops the segment again in 2019 speaks to its strong appeal among American consumers.”

Kelley Blue Book’s KBB.com Best Resale Value Awards are based on projections from the Kelley Blue Book® Official Residual Value Guide and determined by a skilled staff of automotive analysts. These prestigious awards honor vehicles expected to maintain the greatest proportion of their original list price after five years of ownership.

### 2019 Jeep Wrangler

The 2019 Jeep Wrangler is the most capable SUV ever and exemplifies Jeep’s legendary 4 x 4 capability that stays true to the original design while providing a fresh, modern take on a renowned profile. With multiple powertrain combinations, including an all-new turbocharged 2.0-liter engine with eTorque technology that features a mild-hybrid system, it is the most powerful and most fuel-efficient Wrangler ever with vastly improved on-road manners for everyday driving. It remains true to its heritage as the original open-air fun-and-freedom machine. A multitude of technology and safety features increases Wrangler’s appeal and extends its reach to new customers.

All Wrangler models are Trail Rated with a badge indicating that the vehicle is designed to perform in a variety of challenging off-road conditions identified by five key consumer-oriented performance categories: traction, ground clearance, maneuverability, articulation, and water fording. Wrangler Rubicon models are equipped with signature red tow hooks, Rock-Trac® 4 x 4 system, featuring a two-speed transfer case with a 4:1 low-range gear ratio, front and rear Dana 44 axles, Tru-Lok® electric front- and rear-axle lockers, electronic sway bar disconnect, and standard 33-inch BF Goodrich KO2 All-Terrain off-road tires.

### 2019 Dodge Charger

From the quickest, fastest, and most powerful sedan in the world to V-6 efficiency and all-wheel-drive (AWD) capability, the Dodge Charger lineup is designed and engineered to provide the ultimate in high-performance comfort and road-ready confidence as America’s only four-door muscle car. Dodge Charger’s rear-wheel-drive (RWD) architecture enables a model lineup highlighted by extensive performance-driven powertrains with the latest technology under the hood and behind the wheel — further building

on the Dodge brand’s promise to deliver American performance machines with world-class power, efficiency, technology, authentic materials, and standout styling.

Standard on every Dodge Charger model is the innovative TorqueFlite eight-speed automatic transmission. Charger offers a full range of powerful engine options on six distinct models, including the award-winning 3.6-liter Pentastar V-6 on Charger SXT, SXT AWD and GT, the legendary 5.7-liter HEMI® V-8 on R/T models, the naturally aspirated 392 HEMI V-8 on Scat Pack models, and the 707-horsepower 6.2-liter supercharged HEMI SRT Hellcat V-8.

For 2019, Dodge repositions the lineup to include a new Charger SXT AWD model and a new Charger GT RWD performance V-6 model. Charger GT and R/T models get the performance look and features standard and receive a full complement of race-bred chassis upgrades. Charger Scat Pack and SRT Hellcat feature standard performance upgrades, including Launch Assist and Line Lock; a new performance grille with dual air inlets; new Launch Control switch on R/T Scat Pack; and Torque Reserve, After-Run Chiller on SRT Hellcat.

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Arteon is based off the award-winning MQB architecture.

## Volkswagen announces pricing of the all-new 2019 Arteon

- 268 horsepower 2.0-liter TSI® engine is paired with a standard eight-speed automatic transmission.
- Standard features include 18-inch aluminum-alloy wheels, full LED headlights, Front Assist, Side Assist, Rear Traffic Alert, and DCC® adaptive damping.
- Available premium features include Volkswagen Digital Cockpit, ambient lighting, panoramic sunroof, massaging driver's seat, and Dynaudio® premium audio.
- Available driver assistance technology includes ACC with Stop and Go, Lane Assist, Light Assist, Park Assist, Park Distance Control, and Area View.
- R-Line® trims add sporty exterior and interior design treatments.
- America's Best Bumper-to-Bumper Limited Warranty, with six years/72,000-miles (whichever occurs first) of transferable coverage.

Volkswagen of America, Inc., announced that pricing of the all-new 2019 Arteon will start at \$35,845 MSRP for the SE FWD model and \$37,645 for the SE 4Motion®. Built off the award-winning Volkswagen MQB architecture, the 2019 Arteon features a wide, planted stance, short overhangs, and sleek coupe-like design.

The new Arteon will be powered by a 2.0-liter turbocharged and direct-injection TSI® engine, making 268 horsepower and 258 pound-feet of torque. The power is taken to the front wheels via a standard eight-speed automatic transmission; 4Motion all-wheel drive is available on every trim level. Arteon features a standard DCC®

adaptive damping system, which manages the suspension's rebound and compression rates individually, helping to improve vehicle dynamics, and a standard Start-Stop system designed to help improve fuel efficiency.

The technology in the 2019 Arteon also includes a combination of both passive and active safety systems that are engineered to meet or exceed current crash regulations. These systems include eight airbags, including knee airbags for front passengers, and the Automatic Post-Collision Braking System.

The Arteon also features a reactive hood. Using sensors to identify a collision with a pedestrian, the system helps to mitigate injuries caused by contact with hard points under the hood by firing small pyrotechnic charges at the hinges to raise the hood in the rear by about two inches.

Every Arteon comes with the People First Warranty, America's Best Bumper-to-Bumper Limited Warranty. The warranty provides coverage for six-years or 72,000-miles (whichever occurs first), and can be transferred to a subsequent owner throughout the remainder of its duration.

The 2019 Volkswagen Arteon is available in SE, SEL, and SEL Premium trim levels. The vehicle builder tool is available on VW.com.

Inside, the 2019 Arteon sports standard leatherette seating surfaces; heated front seats; and 12-way power front seats including four-way lumbar support. Other standard features include KESSY® keyless access with push-button start; three-zone Climatronic® automatic climate control; leather-wrapped multi-function steering wheel; rearview camera; rain-sensing wipers; auto-dimming rearview mirror; brushed metallic décor; and stainless-steel door sills and pedal caps.

Standard connectivity features include an 8.0-inch Composition Media touchscreen infotainment system with SiriusXM® Satellite Radio with three-month trial subscription; Bluetooth® connectivity for compatible devices; two USB ports; eight speakers; and Volkswagen Car-Net® App-Connect for compatible devices, enabling integration with the three major smartphone platforms — Apple CarPlay™, Android Auto™ and MirrorLink®. Standard driver assist features include Forward Collision Warning and Autonomous Emergency Braking (Front Assist), Side Assist, and Rear Traffic Alert.

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**Volkswagen Arteon Model Highlights**  
The 2019 Volkswagen Arteon is set to turn heads, all while serving up a winning combination of comfort and connectivity inside the cabin.

highlights include:

- Standard 2.0L TSI® turbocharged 4-cylinder engine with 268 hp and 258 lb-ft of torque
- Available 4MOTION® all-wheel drive (AWD)
- DCC® adaptive chassis control with Normal, Comfort, and Sport modes
- 3-zone automatic climate control
- Power tilt and sliding panoramic moonroof
- Volkswagen Car-Net® App-Connect with Apple CarPlay™, Android Auto™, and - MirrorLink® connectivity
- R-Line Package with 19- or 20-inch alloy wheels and R-Line bumpers with high gloss black trim
- The full package of driver assistance features, including Adaptive Cruise Control (ACC), Blind Spot Monitor, and Lane Assist

Volkswagen

# Real Estate News | Residential, Commercial, Loans

## Alhambra's underdog athlete

CONTINUED FROM PAGE 1B

derdog due to his diminutive size. Always considered a runt, he barely tipped the scales at 870 pounds. And he had four legs.

Alhambra car dealer Andy Crevolin not only owned the Chrysler dealership at Main Street and Bushnell Street in our city during the 1930s through 1950s, but also established one of horse racing's most impressive stables of thoroughbreds during the 1940s and '50s. His star horse was Determine. And Mr. Crevolin kept his stable here in Alhambra, south of Poplar Boulevard between Main Street and Fremont Avenue at the bottom of the hill, where the Target Department Store now is.

Determine won the 1954 Kentucky Derby. Out of the mold of Seabiscuit, the legendary winner of the 1939 Santa Anita Handicap, Determine was a small horse with a determined nature. In the Kentucky Derby that year, Determine was the smallest of the 17 entries. And Determine would capture America's heart as the little colt that could.

But unlike Seabiscuit, a horse with an unorthodox gate that people joked about looking more appropriate pulling a milk truck, Determine, with his picturesque proportions and classic stride, gave the clear message of being a racehorse.

Gary Wagner and his brother grew up in Alhambra near the Crevolin stables during the 1940s and '50s. Gary's brother Ron exercised Mr. Crevolin's horses, and this afforded Gary with a good perspective of the race horses.

"My brother would exercise the horses," Gary said. "He (Mr. Crevolin) had Determine at the Poplar stables." By mid 1950s, a higher and better use of the land the Crevolin stables occupied had been found, and the stable was closed with many of the horses then being moved out to Santa Anita.

Mr. Crevolin grew up in Ontario, California, and attended Chaffey High School during the 1920s. By the 1930s, he was living in Alhambra and had the exclusive Chrysler-Plymouth dealership for the northern and eastern sectors of Los Angeles. Mr. Crevolin's success in the automobile business led to investing in real estate, water resource management companies, and horse racing. He later became the owner of the San Dimas Land & Water Company, where he moved and developed residential real estate.

Time magazine wrote a story on Andy Crevolin in their Sept. 6, 1954, issue, after Determine won the Kentucky Derby. Time went on to call Mr. Crevolin "the top money winning (racehorse) owner in the United States" and noted that his stable included a "string of more than 20 horses."

Determine was born in 1951, and his mother was grand-daughter of Seabiscuit's mother. Mr. Crevolin bought Determine for \$12,000 from a breeder named Dr. Eslye Asbury in 1952. Shortly after the purchase, Asbury offered to buy Determine back since the colt was conspicuously lacking in the size that generally distinguishes a racehorse. But Mr. Crevolin declined to return the horse with the now famous quip among racing people: "I might be letting a Kentucky Derby winner get away."

Determine was unusual in another respect. He was

a gray colored horse. Determine was the first "gray" to win the Kentucky Derby.

Determine, with his soft gray color, grew to barely 15 hands (the standard measure of horse height) and rarely weighed more than 870 pounds. Typically, race horses weigh in between 1,000 to 1,100 pounds and measure at 16 to 17 hands.

As a 2-year-old, Determine started to show real promise. He won the Santa Anita Derby and some other significant West Coast races. As Determine gained recognition with these wins, Mr. Wagner noted that Determine spent less time at the Alhambra stables and more at the Santa Anita stables.

The great debate between Mr. Crevolin and his trainer, Willie Molter, became whether to enter Determine into the Kentucky Derby as a 3-year-old. Mr. Crevolin thought this

was a good idea while Mr. Molter felt that this might just be too much for the pint size colt. Mr. Crevolin got the final say on this, and Determine was flown to Kentucky in the spring of 1954 to run in qualifying races for the Derby.

Determine competed in the Kentucky Derby Trial on April 17, 1954, and finished second to Hasty Road, losing to him by a head in a classic side by side race in the stretch. Both horses far outpaced the favorite in this preliminary race. Determine had qualified, and the stage was set for the Kentucky Derby on May 1, 1954.

If you want to know how Americans feel about something, follow their money. And even though Determine was the smallest horse in the 1954 Kentucky Derby and an underdog, he developed a loyal following and impressive betting odds of \$4.30 - 1. His diminutive size would prove advantageous for him also, since he could squeeze through small holes when boxed in by larger horses, and his light weight made him nimble in cramped situations.

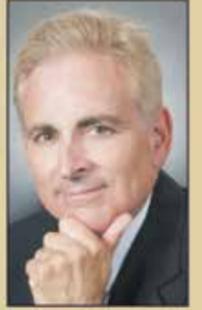
You can go to YouTube to watch the 1954 Kentucky Derby. The race starts out as one might have feared. Determine gets roughed up immediately by the larger horses in a jam caused by Hasty Road and another horse called Timely Tip and then nearly loses his jockey, Ray York.

By the middle of the race, Determine has positioned himself into the third place, but the largest horse in the race, Hasty Road, is clearly in the lead. In the final turn, Determine does not fade but rather puts the afterburners on and enters the final stretch in a neck-and-neck battle with Hasty Road. Determine is no longer galloping, he is flying. In a David versus Goliath finish, the small gray horse explodes by the favored Hasty Road and wins by a

## 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.



Determine was the smallest entry in the 1954 Kentucky Derby.

length and a half.

Determine's winning time was an even two minutes and three seconds. This would be a fraction of a second behind more recent winners such as Seattle Slew (1977-2:02:20) and Spectacular Bid (1979 - 2:02:40). Mr. Crevolin had other amazing horses like Flying Rhythm and Be Fleet, but his defining race horse was Determine.

As the digital age progresses and race tracks like Hollywood Park and Bay Meadows have been closed, it was not that long ago that our country placed a high priority and related more closely to the beauty and racing spectacle of horses. Determine's jockey, Mr. York, remembers after winning the Kentucky Derby that he then had the opportunity to party and hobnob with Hollywood elites like Mickey Rooney, Jimmy Durante, Johnny Weissmuller, and John Wayne. Mr. York even reached the stratospheric level of dating Natalie Wood after his Kentucky Derby victory.

Determine proved to be a good sire. His son Decidedly won the 1962 Kentucky Derby and other offspring such as Bold 'n Determined and Warfare were solid money winners. Determine lived to the age of 21 years and passed away in 1972 and is buried in Rancho Jonata in Buellton, California. Mr. Crevolin lived to be 87 years old and died on March 26, 1992.

America likes to view itself through its sports heroes. There was a time when our country saw itself not just through people, but through the animal so much of its history is based around, the horse. And some of that history resides here in Alhambra.

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# 5 things you should know before renting out a property



Renting out a property is a tempting entrepreneurial avenue that attracts real estate owners more today than ever before. In fact, rental homes are overtaking the housing market. According to a panel of experts at the Urban Institute Housing Finance Policy Center, “Single-family rentals — either detached homes or townhomes — are developing faster than any other portion of the housing market.” If there’s ever been a good time to make your landlord dreams a reality, it’s probably now!

Make no mistake, renting out a property is an incredibly involved process that requires plenty of TLC and attention if you’re aiming to make a profit. From proper budgeting to passing a property inspection, there are a number of things you should anticipate and know before renting out a property.

### Market demand

Before putting down any money toward a rental property or making your mind up about becoming the neighborhood’s best landlord, it is in your best interest to survey the demand in your local market for real estate. If your end goal is to make a sizable profit out of your rental property, you need to be 100% sure that the financial potential for your property is promising enough to venture into.

If demand is low, you will likely have a difficult time getting your hands on tenants willing to even check out your space. And even in the case that you do find your inbox pinging with a number of tenants, if the rate of return on your investment doesn’t project an attractive number, you might want to reconsider.

### Rentability

Are you sure that the property you want to lease out is rentable? Simply deciding to rent your home out doesn’t mean it’s actually ready to be rented. You’ll probably come up with a long, running list of repairs and fixes that need to be completed before a stranger’s judging eye can land on those stained doorknobs and dusty air vents. As a landlord, you have an obligation to ensure your property is perfectly livable and up to code.

Rentability also accounts for the type of property you’re trying to rent out. Check your local market to see what kind of properties are being listed.

### Costs

There are a number of important outgoing costs to take into account when it comes to renting out a real estate investment property. Before getting wrapped up in the possibilities of all of the incoming costs, grab your calculator and whip out those math skills.

Insurance, advertising, maintenance, capital gains tax, and other investment property costs add up faster than you think. Though it’s not impossible to accrue a nice lump sum of cash in the first few successful months, you’ll need to learn patience before your desired cash flow becomes a reality.



## 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.

### Rent rates

Before finalizing your rental property online listing, be sure to have a grounded idea of the rent rate you intend on attaching to those gorgeous pictures of your property. Rent rates depend on a number of different variables that could heighten or reduce the amount you can feasibly charge renters.

For example, the average rental rate in Santa Monica is \$3,703 per month while the average rental rate in Alhambra is \$2,181. Keep your location and competition in mind when deciding on a rent rate — it could be the very defining factor that makes your property more alluring than the next person’s.

### Property management

If you have absolutely no experience with rental properties, it may be in your best interest to seek outside assistance from a professional property management company. These professionals take care of all elements relating to your rental property — effectively boosting the appeal and renter satisfaction elements without you having to lift a finger.

If you plan to go down this avenue, be sure to be choosy with your professional management team. A good property management company will keep you consistently updated with everything you need to know about the laws behind rental properties and the state of your physical property. A good proper management company will also handle repairs, regular maintenance, evictions, finding tenants, and rent collection. Be sure you’re getting your money’s worth if you decide pro is the way to go.

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