



AROUND ALHAMBRA

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38 Degrees Alehouse & Grill celebrates 10 years. Alhambra City Councilmember Katherine Lee presented a certificate of appreciation to the three partners: from left, Mike Fata, Brian Sugita, and Chef James Boyle.

38 Degrees Alehouse & Grill celebrates 10th anniversary

38 Degrees Alehouse & Grill, 100 W. Main St., has dished out gourmet pub food and high caliber craft beer for locals and tourists since opening its doors 10 years ago. Owned by Mike Fata, Chef James Boyle, and Brian Sugita, the restaurant celebrated its 10th anniversary on June 20. Alhambra City Councilmember Katherine Lee presented a certificate of appre-

ciation to the three partners.

While patrons dined, local DJ Aris Miranda spun tunes in the entranceway. Patrons, surrounded by balloons and streamers, could either order from the regular menu or from the special anniversary barbecue trays that Chef James was grilling outside the front doors. The delicious aroma of smoked meats, such as five-spiced smoked St. Louis pork ribs; bacon

wrapped chicken lollipops, glazed with brown sugar and shoyu; along with sides of grilled sweet corn and Yukon gold potato salad welcomed patrons into the friendly atmosphere. The barbecue was started over a year ago and has been an extremely popular edition to the restaurant.

Bartenders, including Justin Lance who is in charge of the 38 Degrees Alehouse & Grill Bar Program, served unique beers for the celebration.

A beautiful beer glass with the 38 Degrees Alehouse & Grill logo was given to those who ordered a beer to mark the occasion. "We had a Fremont beer out of Seattle," Mr. Lance said. "It's bourbon barrel-aged barely wine, a 3K, as we call it in the business. We also had a Kern River."

The restaurant is called 38 Degrees because it's the perfect temperature to serve different kinds of beers. They brew all their own beers and change them out often. The menu also features a selection of super decadent desserts. The Alhambra restaurant is the original location, and there is also one in Monrovia.

If people haven't visited 38 Degrees yet, why should they?

"The quality of the beer, the food, the service, and it's a local place," Mr. Fata said. "We think we do a great job."

Here's to another successful 10 years.

For more information, visit <https://www.38degreesalehouse.com>.

Angelo's Italian Restaurant and Pizzeria has served traditional Italian food for over 50 Years

By Jewelyn Co

Located at 1540 W. Valley Blvd, Angelo's Italian Restaurant and Pizzeria is a family-owned restaurant that has been serving delicious Italian food since 1962 in Alhambra.

Originally owned by Angelo Sabatelli from 1962 to 1979, this small town style pizzeria was later sold to Angelo Comas. It was in 2005 that Zack Frluckaj happened to be at the right place and time when he came upon the opportunity to purchase Angelo's Italian Restaurant. Mr. Frluckaj, with his previous background and experience with his family-owned restaurant in Downey, decided to purchase Angelo's Italian Restaurant and Pizzeria from the family of Mr. Comas.

He decided to keep the restaurant name and original recipes to continue what the original Angelo had built. "I worked very hard to keep the original restaurant interior, menus, cooks, and

staff to continue what Angelo had because this is what people come for," Mr. Frluckaj said. Angelo's has been a familiar destination in Alhambra. People who have been dining at Angelo's for many years still continue to come, along with a new generation of diners.

Well known for their handmade dough and fresh ingredient pizzas, Angelo's also has an extensive menu of pastas, sandwiches, salads, and other baked dishes like homemade lasagnas. Their juicy tender steak sandwich is prepared with hot toasted 12-inch bread, making every bite crunchy. Angelo's special dinner combination, such as the warm hearty Pasta Portofino Combo, is served with chicken breast and shrimp over linguini, garlic, sauteed tomato, and white wine sauce.

Made daily from homemade sauces of meat

SEE FULL ARTICLE ON PAGE 9B



Angelo's Italian Restaurant and Pizzeria is located at 1540 W. Valley Blvd., Alhambra.



Sever Bianca Martinez holds Pasta Portofino Combo and Steak Sandwich.

The Magic of Molokai

Buying bread in a dark alley. Playing the ukulele. Being given leis by a perfect stranger. Experiencing three miles of untouched beach. As one of Hawaii's smallest islands with few touristy attractions, it's the locals who make Molokai a magical destination.

"Try the Cookhouse." My friend Lesley and I had just landed, and the airport car rental agency woman was eager for us to enjoy her favorite restaurant. Driving across the emerald landscape, beautifully devoid of manmade structures, the Kualapuu Cookhouse was a perfect introduction to island life — casual, and filled with friendly locals.

Sitting on the porch of this home-turned-restaurant, we lunched on amazing house-made teriyaki pork and fried rice and met a newly relocated couple from Burbank! What were the odds? Lesley lives in neighboring Glendale.

"What should we do?" we asked. This turned out to be the best question wherever we went. "The Kalaupapa Lookout," they recommended.

But first, we checked into the oceanfront Hotel Molokai. It's the island's only hotel, with 47 accommodations of which 35 have air conditioning. Proof Molokai truly is the state's "most Hawaiian island." We had a second-floor island-style Garden View Deluxe, sans air conditioning, cooled perfectly by sea breezes. Luxury lovers may prefer the new Oceanfront Deluxe Suites with air conditioning. Going downstairs, we grabbed waterfront



Ukuleles for sale at the Saturday Farmers Market.



The pristine sands of Papohaku Beach (Three Mile Beach)



Lesley buys it all at the Saturday Farmers Market.

seats at Hiro's Ohana Grill, ordered mai tais, and enjoyed the ukulele music of islander "Uncle Mango." A perfect first day.

In the morning, we followed the locals to the Saturday farmers market in Kaunakakai, the island's only town. The stalls overflowed with island-made art, jewelry, food,

CONTINUED ON PAGE 9B

TRAVELS WITH
BARBARA BECKLEY
STORY AND PHOTOS
BY **BARBARA BECKLEY**



Even perfect compliance can't forestall litigation

Courtesy of CalChamber

In a policy committee hearing recently, a legislator argued that employers need not worry about litigation, liability, or financial settlements, if they just follow the law.

If only it were that easy in California.

Example No. 1 – Dynamex Operations West, Inc. v. Superior Court of Los Angeles. For over 30 years the standard for determining whether an individual was an employee versus an independent contractor was the "Borello factors," which was approximately 10 factors that focused on the amount of control the hiring entity exerted over the individual. On April 30, 2018, the Supreme Court issued the decision in Dynamex and changed the test for independent contractor status to the "ABC" analysis, where control is no longer the main consideration. And, it is uncertain as to whether this change just applies prospectively. There are several pending cases, in which the court is having to determine whether the Dynamex ABC test should apply retroactively. Meaning, four years ago (statute of limitation for a misclassification claim), employers should have known the ABC test was the standard to use, even though it was never in any statute, regulation, or case law.

Example No. 2 – Gonzalez v. Downtown LA Motors – Up until this decision, it was widely accepted in California that similar to federal law, a "piece rate" payment system, where employees are paid a set amount based upon the task performed, was legal as long as at the end of each pay period, the compensation earned was at least minimum wage for all hours worked. A decision by the Second District Court of Appeal completely upended this long-held practice and stated that an employee must earn at least minimum wage for "non-productive" time, meaning the employee had to earn an hourly wage for time on the clock when the employee is not performing the task for which the piece rate is paid.

Similar to Dynamex, the Court essentially stated the opinion was an interpretation of existing law, meaning its the practice and standard employers should have been applying the entire time, except nobody was because this had never been the interpretation before. The retroactive liability on this decision was so significant, that the Legislature had to intervene and pass legislation AB 1513 (Williams) to reduce the penalties and litigation employers were exposed to give the retroactive application.

In recognition of this repeated challenge for employers of having rules of engagement changed and then applied retroactively, Gov. Brown proposed in his 2016 budget, to authorize California's Labor Agency to unilaterally implement amnesty programs for employers, to reduce the financial hardship on employers when there has been a significant change in the interpretation of the law that retroactively creates liability. This budget proposal ultimately failed, given opposition from several special interests, including trial attorneys who benefit from these changes that create more litigation.

In addition to these changes in law, there is always the challenge employers face of nuisance value lawsuits. Basically, these are lawsuits where the plaintiff's attorney and client decide to file a claim against an employer that may not have merit on the hope and gamble that the employer will ultimately settle the case for a nominal or nuisance value just to get rid of the litigation.

So yes, employers do face significant uncertainty with regard to the interpretation and application of the law, and even when trying to comply or actually complying with the law, California provides an environment where they can still be sued and exposed to huge financial penalties. Until that dynamic is resolved, the notion that if employers just follow the law they have nothing to worry about, falls flat.

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Seniors / Retirees News | Activities, Projects, Features

The test of time

By Craig Statton

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

One of the idioms we use when describing something that has proven to be both resourceful and enduring is to say that it has “stood the test of time.” And when we look around our community, we see a large variety of people who have stood the test of time — our senior adults.

At Atherton, 60% of our population is over 80 years old. This generation of seniors has lived through a world war and multiple regional conflicts (Korea, Vietnam, Granada, Kosovo, the Gulf War, and Afghanistan). They experienced the telecommunications revolution (home phones to cell phones), typewriters to computers (desktop, laptop, tablet, and cell phone), 78s, 45s, 33s, 8-track, cassettes, iPods, cell phones. They have captured memories with Kodak Brownies, SLR cameras with film, digital cameras, and yes, cell phones. They have driven Desotos, Pontiacs, Jeep Willys, Buicks, Fords, and Chevys as well as Hondas, Toyotas, Hyundais, Kias, Lexus, BMW, Mercedes, and some even tried the unfortunate experiment with the Yugo.

They captured their family movies on 8mm, the Super 8mm, followed by Betamax, VHS, Sony Video 8, digital video recorders, 3D camcorders, and yes, cell phones again. They have been through fashion trends of blue jeans and white T-shirts, bell bottoms, baggy jeans to skinny jeans, wide ties to skinny ties and back again, long skirts to short skirts, so many styles of shoes it is difficult to recount, crewcuts, long hair, thinning



hair, and no hair. Many have lived on the farm, in the city, in the suburbs, and back again.

They have known 14 presidents (seven Democrats and seven Republicans) and seen Social Security, Medicare, Medicaid, Obamacare, Civil Rights, and Americans with Disabilities legislation enacted. There have been 42 justices on the Supreme Court since 1940, 38 men and four women, ruling on cases such as *Korematsu v. the United States*, *Brown v. the Board of Education*, *Miranda v. Arizona*, *Gideon v. Wainwright*, and *Loving v. Virginia*.

In addition to the societal changes, there have been personal experiences that have shaped their lives. Some have been imprisoned or interned in camps, some have known the trauma of war and the heartache of the loss of a loved one for their country. Some have made a fortune only to lose it and have to rebuild again. Some have buried a child or a spouse, have endured personal tragedy, abuse, illness, victimization, and accidents.

Some have built companies and families, raised sons and daughters, written books, achieved personal goals, traveled around the world and back again. Because their experiences are so numerous and varied, the wisdom they have acquired is a source of inspiration for their children, grandchildren, great grandchildren, and the community.

One of the challenges of aging is that slowly some of our abilities are lost. We lose our senses of hearing, seeing, smelling, tasting, and even touch. We are not as limber as we used to be; our bones are more brittle; our bodies do not fight off disease as easily; our balance is not as good; and sometimes even our minds do not recall or remember as well. Yet, in spite of this decline, there is a passion within most seniors that pushes on with resilience and fortitude. Some might be called “tough old birds,” but I find them to be wonderful human beings who have stood the test of time and are an inspiration to us all.

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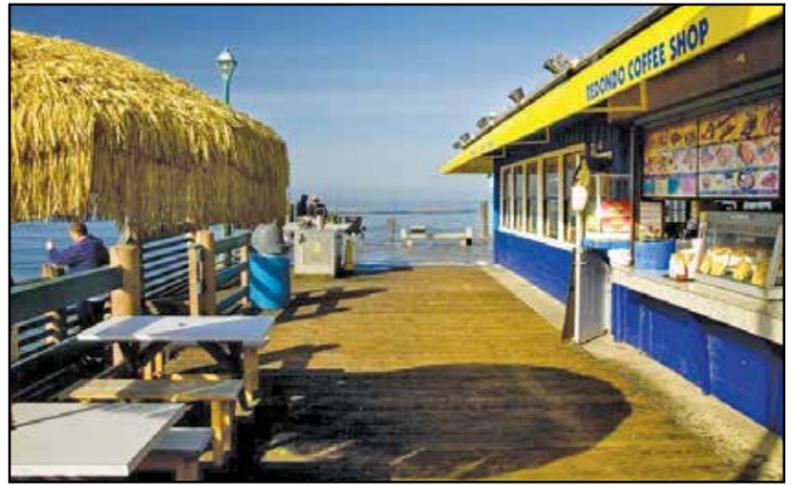


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Back to the beach with Senior Outings



Huntington Beach.



Redondo Beach Pier.

In August, Senior Outings will visit Redondo Beach and Huntington Beach.

On Thursday, Aug. 8, the bus will leave the Joslyn Center at 10 a.m. for the Redondo Beach Pier and return at 4 p.m. The cost is \$15. The activity level is considered moderate.

Originally built in 1889, Redondo's historical Wharf 1 was the first of Redondo's era of piers, wharfs, and harbors. Today the horseshoe shaped pier boasts 70,000 square feet of open space with panoramic ocean views that Californians and visitors have enjoyed for 130 years. There are over 50

dining, entertainment, and retail stores along the pier, the neighboring International Boardwalk, and Redondo Marina. With all the restaurant choices, lunch is on one's own. There is a lot to see and do at Redondo Beach Pier.

On Friday, Aug. 23, Senior Outings is off to one of the most popular beach towns in California, Huntington Beach, also known as Surf City USA. Senior Outings will leave the Joslyn Center at 10:30 a.m. and return at 4:30 p.m. The cost is \$15. The activity level is considered moderate. Lunch is not included.

Take a walk on one of the longest piers on the West Coast. Find restaurants and unique retail shops there and many more across the street at 5th and PCH. There is never a shortage of ways to get outside and get moving. Or it is a great place for people watching and finding a shady spot to watch the world go by. Enjoy the sun or hang out at the indoor shops and restaurants, or do both.

For more information, contact The Joslyn Center at 626-570-5056, or visit the center at 210 N. Chapel Ave.

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Welcome to Joslyn

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

Joslyn Adult Center to offer Partners in Care arthritis classes

The Joslyn Adult Center, 210 N. Chapel Ave., will feature guest instructors from the Partners in Care Foundation at 8:15 a.m. to 9:15 a.m. Mondays, Wednesdays, and Fridays from July 22 to Aug. 30. Partners in Care will offer the Arthritis Foundation Walk with Ease Program. This program was developed to help people dealing with arthritis create and implement their own walking plan. They encourage participants to manage their pain and learn to exercise safely to keep muscles strong and joints stable. The program helps boost energy, reduce stress, and control weight.

From 8:15 to 9:15 a.m. Sept. 9 through Oct. 16, Partners in Care will facilitate the Arthritis Foundation Exercise Program. This includes low-impact exercises and gentle activities to help increase joint flexibility and range of motion and help maintain muscle strength. It was developed for people with arthritis, but it can also be beneficial to those without arthritis. Exercises can be done while sitting, standing, or on the floor.

There is always something going on at the Joslyn Adult Center. The activities, meals, classes, field trips, dances, and hobbies are ongoing and increasingly popular. The instructional classes are always useful for seniors and are facilitated by experts in the field. Since 1997, Partners in Care has been in the business of bringing health care, families, and community-based services, like the Joslyn Center, together.

For more information, contact the Joslyn Center at 626-570-5056, or visit 210 N. Chapel Ave.

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6 factors that cause teeth sensitivity

Q: Does drinking wine make my teeth sensitive?

A: It could. Wine can cause erosion of the protective layer of the teeth.

Enamel protects your teeth

Enamel is kind of like an eggshell. It's the hardest substance in the body and protects the softer part of the tooth inside.

Tooth erosion

However, decades of biting, chewing, crunching, and clenching start to cause irreparable damage. Enamel can be chipped or cracked. Unlike bone, it can't grow back on its own.

Our mouths are constantly consuming something throughout the day. Frequent exposure to acids, such as food, sports drinks, and juices, can cause this hard, strong layer of the teeth to erode by making it thinner or making it completely disappear in some areas.

Teeth with damaged enamel can react to heat or cold. Eating ice cream or sipping hot coffee can be a pain or at least unpleasant.

Causes of erosion

1. Acids

This tooth erosion concerns me the most because it is the most common chronic condition witnessed in children from ages 5 to 7 and leads easily to cavities: acids from soft drink, sports drinks, fruit juice, and wine.

As a result of frequent exposure, the enamel layer is lost, and the teeth become exposed to the acids and bacteria in the mouth causing sensitivity and tooth susceptibility to cavities.

Wine lovers beware that swishing the wine in your mouth puts your enamel in contact with harmful acids. That's why it's better to drink a glass of wine, soda, or sweet tea with a meal instead of sipping it over a few hours.



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.



2. Medications

Certain medications, such as aspirin and antihistamines, introduce acids or substances of similar concentrations in the mouth, which leads to enamel decay.

3. Eating and digestive problems

Acid reflux and stomach problems can increase the acidity in the mouth quite a bit. Eating disorders, such as bulimia associated with frequent vomiting, can bring high levels of acid into the mouth.

4. Harmful chewing habits

Your mouth is not a bottle opener! Do not open containers with your teeth. You could chip or crack them.

Chewing constantly on something, like pens or fingernails, or chomping down on seeds, popcorn kernels, or ice could have the same result over a longer period of time.

5. Dry mouth

Saliva helps buffer the acids in your mouth that erode your teeth. Its presence helps preserve tooth enamel. If you have a dry mouth caused by medications or health conditions, the acids stick around longer.

6. Grinding teeth

Another cause of tooth enamel damage is bruxism, or teeth grinding (for some people clenching). Over time, the constant forced friction can wear down or fracture the enamel. Bruxism is often worse when you sleep, and that's when you can't control it. Reducing stress may help. Some people wear a special mouth guard to bed. Ask your dentist, if this is a problem for you, to fit you with a custom one.

Tooth erosion warning signs

Like many health problems, tooth erosion also comes with certain signs:

Discoloration: This is probably the first thing that people with enamel erosion experience. As the enamel layer wears off, the dentin (yellow color) is exposed and begins to appear yellowish.

Sensitivity: When the enamel layer is destroyed, the teeth become more sensitive to certain foods and their temperatures. As the erosion progresses, the teeth become highly sensitive to cold, hot, sweet, and sour.

Cracks and chips: Enamel erosion leads to the edge of the teeth becoming rougher, jagged, and irregular.

Prevent tooth erosion

Lower intake of acidic food and drinks: Reducing the consumption of food that harms the teeth can prove to be very effective for the teeth. It is a wise decision to avoid foods and drinks that are carbonated as well as citrus in nature.

Chew sugar-free gum: In some cases, dry mouth, and hence reduced salivary flow, is the major cause of enamel erosion. Chewing sugar-free gum can increase the flow of saliva in the body and regulate the acidity in the mouth. Chewing gum with sugar is not recommended because sugar triggers the growth of bacteria in the mouth.

Use fluoride toothpaste: Fluoride is good for the teeth as it strengthens them and decreases their vulnerability to erosion.

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The power of the breath

BY SHEILA YONEMOTO, P.T.

Breathing takes priority for survival. We can only survive without breathing for a matter of minutes, versus eating, which we can stop for weeks. It makes sense that slowing down the breathing and getting more oxygen to the brain would make the body relax since the threat to survival is lessened.

Relaxation slows down the heart rate but thoughts of gratitude change the coherence in the body, making it possible to shift to more positive thinking and feelings of ease, shifting one toward happiness. Coherence relates to optimal functioning of multiple systems in the body. Thoughts of gratitude shift the thinking from "I don't have enough" to "I am grateful for what I have and content with where I am." This can increase feelings of harmony, creativity, and compassion. One way to activate heart-felt feelings of care and appreciation is to recall a time you felt good. Another way to activate these feelings is to think about a special place in nature that makes you feel happy.

Stimulating the vagus nerve, one of the longest nerves in the body connecting the brain to the heart and gut, will put the body into a relaxed state. Vagus nerve stimulation can reduce depression, anxiety, obesity, and pain. You can stimulate the vagus nerve with hugs and good food, and there are even essential oils that can stimulate this nerve. In qigong (ancient Chinese exercise geared toward health enhancement and longevity), the heart is the decision maker in the body, and the brain is the computer. When you want to influence someone, you change their heart, not their mind. You must change their feelings, not necessarily appeal to their logic. An easy way to get more oxygen into the body is to breathe



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.

in deeply through the nose trying to fill up the entire lung, front, back, and sideways, and blowing out through the mouth like blowing out candles, longer than breathing in. Focus on the temperature of the air and the sensations in the body and imagine the oxygen going to all parts of the body. Do this for two to five minutes, and then reassess how you feel.

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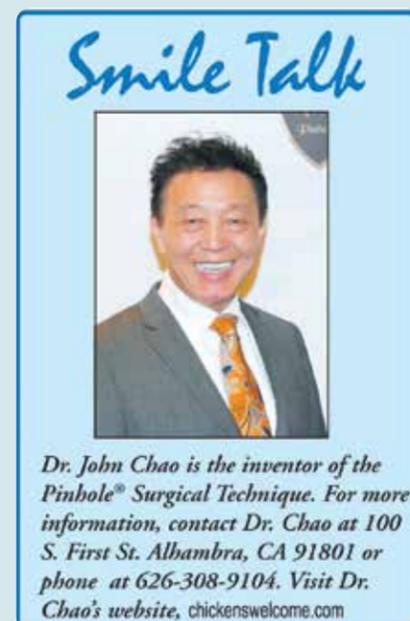
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Micro-robots treat gum disease, dental decay, implant infection

A swarm of micro-robots, directed by magnets, can break apart and remove dental biofilm, or plaque, from a tooth and potentially treat gum disease and infected implants and prevent tooth decay, according to a report published in *Science Robotics* at the School of Dental Medicine and the Edward Steager School of Engineering and Applied Science.

A team of engineers, dentists, and biologists from the University of Pennsylvania developed a microscopic robotic cleaning crew. With two types of robotic systems — one designed to work on surfaces and the other to operate inside confined spaces — the scientists showed that robots with catalytic activity could ably destroy biofilms, sticky amalgamations of bacteria enmeshed in a protective scaffolding. Such robotic biofilm-removal systems could be valuable in a wide range of potential applications, from keeping water pipes and catheters clean to reducing the risk of tooth decay,



endodontic infections, and implant contamination.

Presently "teeth cleaning" and "deep cleaning" is basically manual removal of biofilm and its end products. These dental procedures are labor intensive and costly. Micro-robotics may be a

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MICRO-ROBOTS TREAT GUM DISEASE, DENTAL DECAY, IMPLANT INFECTION

CONTINUED FROM PAGE 6B

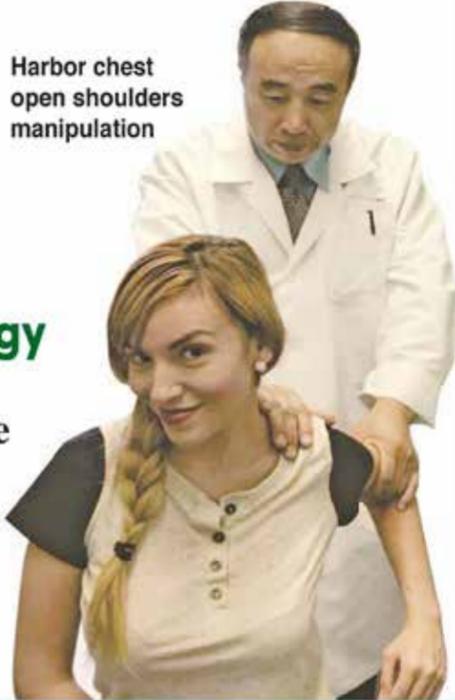
means of providing the same essential service in a cost effective and minimally invasive manner.

Using the robotic technology, the dentist can use magnets to direct “iron-oxide-containing nanoparticles” to break down plaque (biofilm) under the gums better than with using instruments. This method, called catalytic antimicrobial robotics (CAR), can more effectively kill bacteria than the traditional techniques and also remove the debris with precision. CAR may be able to reach areas on tooth surfaces that are hard to reach, such as dead spaces between multi-rooted teeth, such as molars. The capacity of CAR to expeditiously remove the leftover debris would be an additional improvement over the manual method.

Changes in dental treatment are coming, but don't hold your breath. It may be some time yet before CAR becomes widely available. So, continue to see your dentist for routine checkups and treatment.

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Award-winning jazz pianist Sabine to be featured at Performing Arts Center Aug. 18



Widely respected as an award-winning classical pianist in the United States and Europe, Sabine (born Yelena Koshelevskaya) is one of most talented musicians in the world

Alhambra Performing Arts Center (APAC), under the direction of Chef/Artistic Director Bill Yee, will present award-winning jazz pianist Sabine in a free concert at 7 p.m. Sunday, Aug. 18, at Sage Granada Park United Methodist Church, 1850 W. Hellman Ave., Alhambra.

Widely respected as an award-winning classical pianist in the United States and Europe, and also respected greatly as a major jazz pianist from her work with Scotty Barnhart Quintet (Barnhart is also director of the Count Basie Orchestra) at the San Jose Jazz Festival, Idyllwild Jazz Festival and other venues, Sabine (born Yelena Koshelevskaya) is one of most talented musicians in the world. Fans and critics alike are welcoming a new and powerful voice in the world of jazz piano.

Child prodigy (at the age 15 she learned Rachmaninoff's third concerto in three months) and winner of numerous classical international competitions, she immersed herself into jazz not too long ago teaching herself by transcribing solos from records and performing with other musicians. Her jazz accomplishments include performances at LACMA Jazz series, Piedmont Piano Store (Oakland), Kuumbwa Cultural Center (Santa Cruz), Yoshi's (SF), Blue Whale, Hollywood Bar & Grill, Spazio, Pips On La Brea, Merle Kreibich Concert Series, The World Stage, Maverick's Flat, Seabird Jazz Lounge, Barbara Morrison Performing Arts Center, H.O.M.E. in Beverly Hills, Historic Lighthouse, Red White & Bluezz, the Baked Potato, and Vladivostok Jazz Festival.

She performed and toured with Clayton Cameron, Scotty Barnhart, Ron McCurdy, John B. Williams, Michelle Coltrane, Tony Dumas, Henry "Skipper" Franklin, Chuck Manning, the late Butch Warren, the late Ralph Penland, the late Zane Musa, Clarence Johnston, Jay Jackson, Barbara Morrison, Roy McCurdy, and others. Her album *Keys to the City of Lost Angeles* was released in 2014 and is available on CD Baby. She leads her band Sabine trio performing all over Southern California and internationally.

Recent reviews:

"Never miss Sabine's work; it will not be too long before we'll all pay lots of money to hear this giant of a talent." Jay Jackson, lajazz.com.

"Sabine displays very personal post-bop style that swings ..." Scott Yanow, LA Jazz Scene.

"This Russian lady can really play ..." Barry Harris, jazz pianist and educator

APAC, formerly The Center for the Visual & Performing Arts CVPA), is in its 13th season and is already booked through July 2020 with many more exciting world-class performances. Mr. Yee was a founder of this community outreach program based at the historical Sage Granada Park United Methodist Church in 2006. He is a nationally awarded ACF (American Culinary Federation) chef who also owns the Alhambra Culinary School and L.A. Omelets Catering Services. He is the past president of the prestigious Le Cordon Bleu Alumni Association and Vice President of the ACF Chefs de Cuisine Association of California.

A free-will offering will be accepted during the intermission; credit cards accepted.

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

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THE MAGIC OF MOLOKAI
CONTINUED FROM PAGE 2B

T-shirts, ukuleles, and other temptations. I bought a necklace from a woman — again, what were the odds — who moved to Molokai 30 years ago from Glendale!

“Go around the corner to the Kalele Bookstore and Devine Expressions,” she told us. “It’s the unofficial visitor center. Everyone stops in to say hello.” We did, and it made our day. Sitting on a chair, among the Hawaiian artwork, books, clothing, and souvenirs, a silver-haired woman was holding plumeria blossom leis. “They’re so beautiful and fragrant,” Lesley gushed. “Put them on,” she said, handing one to each of us. “How much?” I asked. “Nothing. I made them, and they’re my gift — a welcome to Molokai.”

We wore the leis all day, and smiled, as we drove to Papohaku Beach and its three miles of golden sands — occupied by only one other couple. And trekked through dense forest to the Kalaupapa Lookout and views of Makanalua Peninsula, home to Father Damien’s leper colony, now Kalaupapa National Historic Park.



A warm welcome at the Kalele Bookstore and Devine Expressions.



The poignant view from Kalaupapa Lookout.



Barbara plays the ukulele.

And to the R.W. Meyer Sugar Mill Molokai Museum and Cultural, where we saw poignant photos of early leper colony residents and marveled at the mills’ original 19th century processing equipment.

Nighttime found us back in town standing in line in a dark alley, waiting to buy Molokai’s unique “Hot Bread.” The mouthwatering loaves, fresh baked French bread split open and slathered with your choice of toppings (cinnamon, sugar, melted butter, blueberry, strawberry jam, cream cheese), are sold only at night from the back door of the Kanemitsu Bakery & Coffee Shop. The young Molokai man in front of us bought eight loaves. We bought one with cinnamon, strawberry jam, and cream cheese. Delicious.

The ukulele jam session by Molokai kapuna (elders), held each Tuesday at the Coffees of Hawaii coffee boutique and restaurant, was a fitting finale to our adventure. Sitting at a table with local enthusiasts, we sipped 100% Molokai coffee (grown, roasted, and packaged here) and enjoyed the free, 100% Molokai entertainment.

I couldn’t believe it when one of our tablemates handed me her ukulele. Gingerly, I strummed the strings. “OMG. I’m playing the ukulele!”

To learn more, visit www.gohawaii.com/islands/molokai

ANGELO’S ITALIAN RESTAURANT AND PIZZERIA
CONTINUED FROM PAGE 1B



The 18-inch family-sized pastrami pizza creates a look of amazement on customers’ faces.

sauce, alfredo, and marinara, pasta combinations can be spaghetti, fettucini, and penne pasta. Customers can choose from Angelo’s thickened crust pizza specialty items or they can build their own pizza with choices from one item to multiple items of fresh toppings and choose from a list of in-house sauces. None like any other in town, Angelo’s original pastrami pizza is topped and covered with hot meaty pastrami, pickles, mustard, and cheese. Pizza sizes are from Bambino at 10 inches to the enormously jumbo sized 24 inches, which can only be ordered for take-out. Angelo’s has a great collection of wines from the San Antonio winery that can be paired with a delicious dish.

“I like the family-style restaurant,” Mr. Frluckaj said. I plan to stay and continue Angelo’s Italian Restaurant and reside in Alhambra for many years to come. I appreciate all our customers and all of their support. We want our customers to feel at home and be comfortable to ask questions. Everyone is welcome, and we want them to come back.” “Thank you to everyone in the Alhambra and San Gabriel Valley for supporting and continuing to come to Angelo’s.”

Dine in or get orders to go by calling Angelo’s at 626-282-0153. Third party delivery service is also available through Doordash, Grubhub, and Postmates.



In the forest at Kalaupapa Lookout.

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Completely redesigned new 2020 Escape offers four new propulsion choices, including two all-new hybrids: standard hybrid targets best-in-class EPA-estimated range of more than 550 miles and plug-in hybrid targets a best-in-class EPA-estimated pure-electric range of 30+ miles.

All-New Ford Escape brings style, substance to small SUVs with class-leading hybrids, flexibility, exclusive technology

With the reveal of the stylish new Escape, featuring the small SUV's best-ever performance, flexibility, and smart new technology, Ford is reinventing the model that helped drive the popularity of the segment.

Escape, which debuted the world's first hybrid SUV in 2005, brings back two hybrid choices for 2020, a standard hybrid and a plug-in variant and introduces technologies ranging from drive modes and driver-assist features to electric vehicle ingenuity and on-board connectivity.

To create a sportier look for the all-new Escape,

designers turned to some of the most high profile sports cars in the Ford showroom. The shield-shaped trapezoidal grille is inspired by the sixth-generation Mustang, while the lower front end borrows from Ford GT. Compared to the current model, the all-new Escape stands lower, wider, and longer.

Gas engine-powered models as well as the standard hybrid are available with all-wheel drive. EcoBoost-equipped models get a new quick-shifting eight-speed automatic transmission for smooth, responsive shifting, while every Escape receives an all-new suspension and improved isolation with a

new isolated rear subframe.

The new 2.0-liter EcoBoost engine, available on Titanium, is projected to produce 250 horsepower and 275 lb.-ft. of torque, while turning in a 0-60 mph time up to 10% faster than the outgoing Escape 2.0-liter. When properly configured, it is rated to tow 3,500 pounds.

SE Sport and Titanium models come standard with Ford's innovative fourth-generation hybrid propulsion system, which includes an all-new 2.5-liter Atkinson cycle hybrid engine and electronic continuously variable transmission. The front-wheel-drive hybrid model is projected to produce a combined system horsepower of 198 and a top speed of 85 mph in electric-only mode.

The plug-in hybrid variant, available on every trim level except S and SE Sport, projects a best in-class EPA-estimated range of at least 30 miles in electric-only mode. Escape Plug-In Hybrid has a Level 1 / Level 2 AC charging port. Using a 110-volt Level 1 charge, the estimated time to fully charge the battery is 10 to 11 hours. Using a 240-volt Level 2 charge, charge time drops to roughly 3.5 hours.

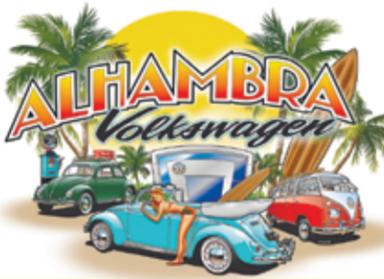
Sliding second-row seats in gas engine-powered models allow rear-seat passengers to enjoy best-in-class maximum second-row legroom with the seats in the full rearward position, plus increased knee clearance and footwell length for a more comfortable ride.

With the second-row seats in the full forward position, the rear cargo area extends roughly 6 inches to offer 37.5 cubic feet of cargo space in gas engine-powered models (cargo and load capacity limited by weight and weight distribution). The cargo area was designed to accommodate four sets of golf clubs or a full-size dog crate.

Smartest Escape ever

With a selectable drive mode system standard across the lineup, Escape makes it easy for Escape

CONTINUED TO PAGE 12B



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Drive Bigger Event

From "Think Small" to "Drive Bigger," Volkswagen embraces a new purpose

In the 1960s, Volkswagen came to America's attention through ads like the "Think Small" campaign that dared to be different than other automakers. They emphasized the connection owners make with their vehicles. And they spoke to a cultural moment, resonating with drivers who were less conspicuous in their consumption.

Today, Volkswagen launches a new direction for itself in America with an advertising campaign that breaks with convention again. "Drive Bigger" isn't just a slogan - it's the definition of Volkswagen's calling to work towards a larger purpose, including its pledge to goal of global carbon neutrality across our fleet, production and administration by 2050.

It's not just about cars, it's about changing the way we think. We're striving to focus on the big picture instead of ourselves because the future depends on those who help others.

This summer, drive something bigger than yourself. Volkswagen is donating to classrooms across the country. Through our collaboration with DonorsChoose.org, we're supporting teachers and students across the country, and you can help. Visit Volkswagen Alhambra today, and drive something bigger than yourself.

How It Works
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New campaign for the world's best-selling nameplate the Corolla Sedan features an invitation to stay inspired.

All-new 2020 Toyota Corolla Sedan 'Greater Than' ever

Toyota launched the “Greater Than” campaign for the world’s best-selling nameplate, the sleek, all-new 2020 Toyota Corolla. The campaign is a perfect reflection of the Corolla sedan’s bold new look and its bumper-to-bumper, wheels-to-roof transformation. With more than 46 million Toyota Corollas sold globally, the all-new Corolla sedan inspires a campaign that invites drivers to embrace the ever-changing world and live the life they want.

“The all-new Toyota Corolla sedan dares to make life a little more adventurous,” said Ed Laukes, group vice president, Toyota Division Marketing, Toyota Motor North America. “Given how popular the Corolla sedan is, this campaign really turns up the volume and inspires drivers to leave their mark.”

The fully integrated campaign follows the Total Toyota (T2) cross-agency model, a cohesive marketing approach with collaboration from Saatchi & Saatchi, Burrell Communications, Conill Advertising and Intertrend with Zenith Media responsible for TV and

outdoor media buying.

Broadcast and digital

A series of 30-second and 60-second broadcast and digital spots were created using multicultural insights aimed at a transcultural mainstream audience. The spots highlight specific vehicle features while inviting drivers to stay inspired by choosing the road less traveled.

Passion, adventure, and music make a statement in the two spots, “Train” and “Rainy Day.” In Rainy Day, Chaka Khan casts a spell with her original cover of the famed song *I Put a Spell on You*. The Queen of Funk sets the mood for a couple that turns a mundane task into an extraordinary adventure. Train portrays a charming pursuit, backed by music from Ricky Nelson, and introduces the U.S. market’s first-ever Corolla Hybrid.

“*I Put a Spell on You* has been covered by a lot of artists,” said Ms. Khan. “I loved the opportunity to make it my own and create a signature soundtrack for the Toyota spot.”

Five spots — “We,” “Sound Off,” “Refuel,” “Battle,” and “Rescue” — capture the spirit of an expressive but straightforward and determined generation. This generation is embracing their unique side, with help from the all-new Corolla.

The endearing stories in the spots “Metalhead” and “All Natural” feature a parent and an influencer jumping into the unknown, even if it means getting a little uncomfortable, to show support for the people they love, their family, and their community.

Media placements

The Greater Than TV spots will air across high-profile prime programming, including NBC, CBS, FOX, ABC, BET, Telemundo, and NBA Draft; interactive video units with Hulu, Freeform and YuMe; integrated media partnerships with Billboard Latin Music Awards, Hola Mexico Film Festival, MTV Video Music Awards, ComplexCon, ComicCon, KCON, and Gaana Music Festival; print media includes Conde Nast properties, People en Español; digital content includes Eater, CBS This Morning, Hulu, Vevo, Hulu Latino, and Fusion Media Group. Additionally, spots will air within select movie titles in theaters nationwide in conjunction with National CineMedia.

About the all-new Corolla Sedan

The all-new Corolla sedan features both a gas model and the U.S.’ first-ever Corolla Hybrid, following the Hatchback model’s arrival last summer. The Corolla sedan’s stylish new look paired with a more fun driving experience and standard advanced technology truly makes this car greater than ever. Now, there really is a Corolla for everyone, with features for all:

- All-new dynamic design.
- TNGA platform for outstanding agility and comfort.
- Standard Toyota Safety Sense 2.0.
- 52 MPG combined EPA estimated fuel economy on Corolla Hybrid.
- Available new 169 horsepower, TNGA 2.0-liter Dynamic Force Engine.
- Available Dynamic-Shift CVT or six-speed manual transmission.
- Standard Apple CarPlay, Amazon Alexa compatibility, and Wi-Fi Connect.




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American Honda dominates Cars.com 2019 American-Made Index with 6 of Top 10 models

As Honda prepares to celebrate 40 years of making products in America this September, Cars.com has determined that six Honda and Acura models belong on the Top 10 list of its 2019 American-Made Index. The American Honda vehicles making the list are the 2019 Honda Odyssey minivan, Ridgeline pickup, Pilot and Passport SUVs, and the 2019 Acura MDX and RDX luxury SUVs. In addition, the Honda Accord ranked 14th and is one of only three passenger cars in the top 15. Nearly two-thirds of the Honda and 99% of the Acura vehicles American Honda sells in the U.S. are made in the U.S. at its plants in Ohio, Indiana, and Alabama, the second highest percentage of all automakers.

Each of the Honda and Acura models included in the Cars.com 2019 American-Made Index Top 10 was designed and developed by Honda R&D Americas, Inc., in Ohio and California. The Honda Odyssey, Ridgeline, Pilot and Passport are produced exclusively by Honda Manufacturing of Alabama in Lincoln, Alabama, while the Acura MDX and RDX are produced at the Honda of America Mfg. East Liberty Auto Plant in Ohio.

"In a year in which Honda is marking our 40th year of building products in America, we're proud to have six Honda and Acura vehicles among the top 10 in the Cars.com Made in America Index," said Rick

Schostek, executive vice president of Honda North America, Inc. "Honda is committed to building products close to our customers, and this recognition really puts the spotlight on the more than 31,000 associates and over 600 suppliers in America who make that happen every day."

Cars.com assesses several factors for the American-Made Index: assembly location; domestic-parts content; U.S. factory employment adjusted by sales; engine and transmission origin; and for ties, heavier curb weight is considered. More information about the "Cars.com 2019 American-Made Index" can be found at www.cars.com/american-made-index.

Winning vehicles

- 2019 Honda Odyssey (Lincoln, Alabama) — second place.
- 2019 Honda Ridgeline (Lincoln, Alabama) — third place.
- 2019 Honda Passport (Lincoln, Alabama) — fourth place.
- 2019 Acura MDX (East Liberty, Ohio) — sixth place.
- 2019 Honda Pilot (Lincoln, Alabama) — seventh place.
- 2019 Acura RDX (East Liberty, Ohio) — 10th place.



A Honda Manufacturing of Alabama associate assembles an all-new 2019 Honda Passport for the start of mass production. Almost two-thirds of Honda automobiles sold in the U.S. are made in America.

Honda Manufacturing in the U.S.

Honda has one of the largest and most diverse U.S. manufacturing footprints of any international company operating in America. Honda has produced automobiles in America for more than 35 years and operates 12 major U.S. manufacturing facilities, employing more than 20,000 associates in the production of Honda and Acura automobiles, Honda power equipment products, Honda Powersports products, the HondaJet advanced light jet, and GE Honda HF120 turbofan engines.

In 2018, Honda produced more than 1.2 million automobiles in the United States, and 65% of all Honda and Acura automobiles sold in the U.S. were made locally using domestic and globally sourced parts.

Cumulatively, Honda has invested more than \$20 billion in its U.S. sales, manufacturing, and R&D operations, including more than \$5.9 billion in new investment over the past five years.

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ALL-NEW FORD ESCAPE

CONTINUED FROM PAGE 10B

owners to create the ride experience they desire or the one that conditions demand. Modes are tailored for normal, eco, sport, and slippery, plus snow and sand conditions.

Titanium models are available with an all-new heads-up display, a first-for-Ford in North America. The feature that projects information onto a 6-inch screen, giving drivers easy access to important information such as vehicle speed without taking their eyes off the road.

Class-exclusive driver-assist technologies include available Active Park Assist 2.0 and Evasive Steering Assist. Active Park Assist 2.0 allows the

driver to park in a parallel or perpendicular spot with the touch of a button without having to work the steering wheel, gear shifter, gas, or brake pedal. Evasive Steering Assist detects a slower-moving or stationary vehicle ahead and provides steering support that can assist the driver to avoid an imminent collision.

Escape comes standard with Ford Co-Pilot360™ and makes available other driver-assist features such as Adaptive Cruise Control with Stop-and-Go and Lane-Centering.

FordPass Connect™ is a standard feature that provides 4G LTE Wi-Fi for up to 10 mobile devices with compatible wireless subscription service. FordPass Connect also gives drivers remote access to their Escape, allowing them to use their smartphone to lock, unlock, locate, and start the vehicle, as well as monitor key vehicle diagnostics.

An 8-inch touch screen — standard on SE models and above — shares information with the available 12.3-inch all-digital instrument cluster, which displays important vehicle information such as speedometer and fuel level. It uses 3D animated graphics to indicate the drive mode.

Available SYNC® 3 is compatible with available features such as Apple CarPlay™, Android Auto™, Ford+Alexa and Waze navigation. For music lovers, Escape offers an available 575-watt 10-speaker B&O Sound System by Bang & Olufsen.

The all-new Escape, available in S, SE, SE Sport, SEL, and Titanium series trim levels, is built at Louisville Assembly Plant in Kentucky. Vehicles are due to reach showrooms this fall. Plug-in hybrid units are due to arrive next spring.

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Real Estate News |

Residential, Commercial, Loans



If color is the dominant theme of a room, it should not compete with numerous other objects.

The psychology of color in real estate

If you watch the myriad of television remodeling shows, you know that a topic of great discussion and angst in these TV dramas is the selection of color in the remodeling projects. Generally the star of the show, the remodeling queen, will “pull rank” and select colors to demonstrate their expertise and knowledge of current trends in real estate.

Sometimes the color combinations appear to work and at other times they can seem a bit too much and gaudy. But there is a logic and science to selecting color. Color plays to our subliminal instincts and affects us in ways we are not consciously aware of. Color creates sensations in us that we feel. Color creates moods.

Color is an international language. Studies comparing humans from around the world, men to women, laymen to academic heavy weights, and even people to monkeys, show how this international language generally creates common responses that allow communication to develop when words are not spoken.

Only on rare occasions do colors connote distinctly different feelings. The color red in China symbolizes good fortune and joy. In European cultures, red connotes passion and aggressiveness. But generally there is consistency in what colors mean to people across the globe.

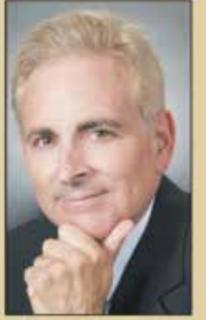
The impression of a color can send a message of great importance in supporting the function of an interior space. It can actually support the architecture of a room. A hospital room has a different function than a school room which in turn has a different role to play than rooms in your home.

Color selection should support the furniture, decor, and window space of a room. When rooms have large amounts of windows in a room that bring in color from the outside, picking a bold color for the walls of this room will create too much activity. The result will be overstimulation and a sensory overload that can prove irritating on a subliminal level.

Understanding Real Estate

By Gary Frueholz
DILBECK REAL ESTATE

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When furniture, windows, and paintings introduce color to a room, select a more subtle color for the walls.

If you have decorated with vibrant abstract paintings with bright colors, go easy on the wall color. Picking a more neutral color will allow the paintings or furniture to be the highlight which they were intended to be. When a room presents a bold, colorful rug, again a more subtle color for the walls is in order.

A good interior decorator balances the elements of a room with the color selection. Be aware of your room highlight (i.e., what is the central theme to the room). It may be the color, or it may not. Common highlights, themes, or focal points of a room are furniture, rugs, windows, floors, lighting, audio visual equipment, and paintings. Do not develop a room where color competes with these features.

When a room has potted plants and is attempting to capture a tropical feel, complement these highlights with a jewel-toned green or bluish color. If you have struggled with painting a room a bold color like yellow and felt it might be too much, consider using yellow highlights to the room with furniture, pillows on furniture, and even painting the door to the room this color.

Gender debates can result with the color selection of pink. One solution is to strike middle ground with a related color like peach. Also, introducing furniture, coffee table books, or tinting the pink with a slight brown highlight can lessen the girly effect and lend to a more bohemian feeling.

Be thoughtful when it comes to dark colors. Light colors increase the feeling of space while darker colors can have the opposite effect. As a realtor, I see teenagers painting their rooms colors like dark purple. The result can be a sense of the ceiling oscillating up and down as you enter the room.

Colors can be combined. Blues can give a room a calming feeling since they make us think of the sky and water. But an entirely blue room can be overwhelming. The solution is to break up the blue with a white ceiling and white trim to the entry ways. On a subliminal level, the white goes well with the blue since it connotes the clouds on a blue sky.

Some of the common moods colors create are:

Blue: Comfort, positivity, confidence, and topical feelings. It can be used in formal settings and business spaces.

Green: Develops a feeling of calm, tranquility, serenity, and well-being. Often it is used in hospitals and areas of relaxation.

Yellow: Sends a message of optimism, curiosity, and brightness. This is why yellow is such a popular color for children’s rooms.

Orange: This color combines the passion of red with the upbeat feeling of yellow. The resulting hybrid of the two colors is a mood of intensity, creativity, and enthusiasm.

Color projects profound messages and moods. When color is thoughtfully combined with the other features of a room such as furniture, rugs, windows, floors, lighting, audio visual equipment, and paintings the result can create a memorable experience. So remember the mood your room is trying to create and how the color works with the other features of the space.

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6 ways to bug-proof your rental property



Here are six ways to bug-proof your rental property and keep your tenants happy, which is always a good thing.

Bugs are always an unwanted guest for your tenants and can create unsanitary living conditions.

Because there are so many different types of bugs, bug proofing your rental property can sometimes feel like a losing battle.

Here are six ways to bug-proof your rental property, and hopefully these simple two-cost steps will help.

1. Seal doors

Examine the area around your doors. It's common to find small cracks large enough for bugs to get in. To keep insects from crawling underneath the door, you can install a steel or aluminum threshold under the door. For even

better protection, combine the threshold with a nylon door sweep.

The sweep helps cover the gap between the threshold and the door bottom for even better protection against bugs.

2. Add screens

Especially during summer days, many tenants like to rely on natural ventilation from windows. Unfortunately, this is also the worst time for mosquitos, fleas, and other insects to come into your home.

By installing screens on all windows and doors, your tenants can keep the ventilation of fresh air while also protecting against pests.

3. Repair cracks

Because bugs are small, they are able to enter from cracks that may be nearly invisible to the rental property owner and tenants. Start by examining the exterior for any damaged, loose, missing, or rotting sections. You could be surprised by the number of openings you find.

To keep the bugs out of these cracks, use mortar or cement to patch foundations, replace damaged bricks, and remove rotting wood. If there are any areas susceptible to termites, you may add cement backer board to reinforce the area and prevent termite damage. Caulk is also amazing at repairing small cracks around the exterior of your rental. Use caulk around window frames and roofs to really seal openings.

4. Store trash properly — get your tenants involved in this

As many know, bugs are attracted to trash and debris. Trash can be a gourmet meal to cockroaches and fruit flies. You need to be sure your tenants are involved in keeping the rental clean and being aware of how trash can attract bugs.

Ask your tenants to keep all food trash in the kitchen, instead of throughout the house. This will minimize the ar-

reas bugs will most likely go. Additionally, the trash should have a lid and be emptied once a day.

5. Dry up damp areas

Bugs don't only seek food, like trash, but also water. There are many types of insects that prefer living in damp spaces. To prevent this, fix and replace any leaky faucets, drains, or pipes. Inspect your air conditioner, washing machine, and dryer to make sure they are all working properly.

You may also need to check the attic to make sure there are no leaks. If there are areas that feel damp, try using a dehumidifier.

6. Kill the bugs you see

Even after bug-proofing your rental you may see bugs around, so kill them immediately.

If your tenants have killed bugs, ask them to provide a photo of what they found so you can act. Of course there are many insect control products on the market, but to give yourself and your tenants peace of mind you may want to call an exterminator to take care of this problem. Your tenants will appreciate your concern and your action.

Source: rentalhousingjournal.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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