



AROUND ALHAMBRA

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life

community
seniors / health
dining / entertainment
auto / real estate



Enjoy holiday season specials at local restaurants

Some of the joys of the season are the specials offered by local restaurants. Some restaurants will be closed on Christmas Day, but there are many specials leading up to the big day. Here is a list of some local eateries and their celebrations for the season.

Almanson Court, 700 S. Almanson St., Alhambra 91801 626-570-4600
almansoncourt.com

Almanson Court is a fantastic place to bring the family for the holidays. Not only do they put on great holiday banquets with sparkling Christmas trees and beautiful table decorations, but they also host the annual Share-A-Holiday event, which will take place from 11 a.m. to 3 p.m. Tuesday, Dec. 3. The luncheon is held in the Grand Almanson Ballroom with scrumptious buffet, door prizes, DJ, and dancing. Call 626-570-4600 for more information.

Big Catch Seafood, 2 S. Garfield Ave., Suite 100, Alhambra 91801 626-282-8590
bigcatchseafoodhouse.com

Jump into the holidays for a bite to eat at Big Catch Seafood. Enjoy French style black pepper prime rib; rack of lamb with herb de provence and garlic butter; or delectable seafood items such as steamed Cajun garlic shrimp; ginger and green onion lobster; seabass with basil cilantro lime sauce; and much more. Big Catch Seafood is offering a holiday gift card promotion. A \$20 gift card with \$100 gift card purchase and a \$100 gift card with a \$500 gift card purchase.

SEE THE FULL LIST ON PAGE 9B

Discovering hidden HOLLYWOOD

Walking where Kurt Cobain proposed to Courtney Love. Chatting with Kelly Osbourne. Strolling past the house where *The Brady Bunch* hit TV series was filmed. Sipping an old school cocktail at an old school bar.

Sometimes you don't have to travel far from home to visit a "distant land." All the above — and more — surprised and delighted me thanks to a stay at The Garland Hotel in nearby North Hollywood.

I've lived in Alhambra — greater L.A. — all my life. But I'm in travel, not entertainment. So I'd never

TRAVELS WITH
BARBARA BECKLEY
STORY AND PHOTOS
BY BARBARA BECKLEY



STORY & PHOTOS BY
BARBARA BECKLEY
SEE PAGE 9B



Surprise! Paparazzi in my hotel guestroom closet.

Tamales for Christmas? Alhambra has them

By Glenn Barnett

The pre-Columbian Mesoamerican treat known as tamales is rapidly becoming a family favorite for Christmas dinner and special occasions.



Families in Alhambra don't have to go far to find this food that has stood the test of time and is more popular than ever. Several local eateries will serve them during the month of December.

SEE THE LIST ON PAGE 8B

Santa Claus and modern day real estate



There is a plethora of codes and real estate issues that home owners and Mr. Claus need to be aware of to ensure a successful holiday season.

"2016 California Building Standards Code R1003.9.2 Spark Arresters

All chimneys attached to any appliance or fireplace that burn solid fuel shall be equipped with an approved spark arrester. The net free area of the arrester shall be not less than four times the net free area of the outlet of the chimney flue it serves."

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.garystories.com.



SEE FULL ARTICLE ON PAGE 14B

Christmas in Alhambra

A Christmas love

By Minister Justin Chang

As a child growing up in Indiana, the Christmas season was all about two things: snow and presents. In the weeks leading up to Christmas break, I would run down the stairs first to see if there was snow and, if there was, then I would race to the TV to see if school was canceled. If school was canceled, my heart soared! I had the whole free day to play outside with my friends in a gorgeous winter wonderland.

Christmas came with the same eager excitement. On Christmas mornings, I would rush into the living room to see what presents there would be for me under our Christmas tree. This was the epitome of my childhood Christmases, cancelled school because of snow and ripping open beautifully wrapped presents. Everything changed in 2004 when I moved to California. There was no snow in Los Angeles, and Christmas basically felt like

summer. As my snowy Christmases gave way to shorts and T-shirts, I also learned that Christmas was not about snow, presents, or Christmas trees. Christmas became about the love of God. Love is the heart of Christmas.

These days, the heart of Christmas is overshadowed by tear-jerking Hallmark movies, brightly colored advertisements with their last-minute deals, and picturesque white snow covered landscapes. I'll admit that these distractions divert my attention from the heart of Christmas. But before we flip the page to find that special gift for grandma, let me invite you to take pause and consider the reason for the season, the love that comes from the namesake of Christmas: Jesus Christ.

CONTINUED ON PAGE 14B

CELEBRATE CHRISTMAS

with

Mandarin Baptist
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Los Angeles

English Christmas Sunday Services

9:00am | English - 210 N. Garfield Ave, Alhambra 91801

Mandarin & Cantonese Sunday Services

9:00am | Mandarin I - 110 W. Woodward Ave
11:00am | Mandarin II - 110 W. Woodward Ave
11:00am | Cantonese - 210 N. Garfield Ave
4:00pm | Mandarin III - 210 N. Garfield Ave

For more information check out our website, www.MBCLA.org

Christmas Eve Service

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For more information, contact MBCLA at (626) 282-2467

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First United Methodist Church of Alhambra Christmas Season Program:

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study on the birth of Jesus,
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Celebrating first Sunday of
Advent HOPE, 11 a.m. Dec. 1.

Celebrating second Sunday of
Advent PEACE, 11 a.m. Dec. 8.

Celebrating third Sunday of
Advent JOY, 11 a.m. Dec. 15.

Celebrating fourth Sunday of
Advent LOVE, 11 a.m. Dec. 22.

Christmas Eve Service,
6:30 p.m. Tuesday, Dec. 24.

Seniors / Retirees News | Activities, Projects, Features

Coping with holiday blues

By Craig Statton

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

One of the staples of musical literature is the blues. This genre of music came out of the African American experience in the Deep South. The inventors were slaves, ex-slaves, and the descendants of slaves — sharecroppers who sang as they toiled in the cotton and vegetable fields. The music was meant to be more than self-pity. The blues is also about overcoming hard luck, saying what you feel, ridding yourself of frustration, letting your hair down, and simply having fun.

It is hard to believe, but for many people the holiday season at the end of the year is a challenging time. This season when so many decorate their homes, make special foods, attend parties, and give gifts can also be a season of hard memories, difficult relationships, and unfulfilled hopes and dreams filled with disappointment, anxiety, and sadness. The National Institutes of Mental Health says that about 20% of the American population are affected by Seasonal Affective Disorder (SAD) or the holiday blues. For many seniors, this is only compounded by the difficulties of aging, which includes a larger accumulation of difficult memories and the inability to get out and see friends or attend events. So how does one cope with these blues during this season which is upon us? Dr. Lisa Firestone, a Ph.D. in psychology, gives us five tips of coping during this season.

1) Keep active – Dr. Firestone reminds us that cooler and darker weather can make us drowsy and discourage us from being physically active. In the winter there is less daylight, and this can have an effect both on our energy and on our mood. One thing we can do is engage in exercise or other physical activities that release endorphins and boost our energy levels. Studies have shown that aerobic exercise can be a proven tool to fight depression, so make sure to

set some time aside to get your body moving.

2) Stay on your own side – Dr. Firestone reminds us to “watch what we think” during this season. So many times, self-critical thoughts tend to crop up during the holiday season and end of the year. “Another year has gone by, and you have nothing to show for it. You are so pathetic.” Dr. Firestone writes, “These thoughts make up your ‘critical inner voice.’ This inner enemy evolves out of painful early life experiences, in which we internalized destructive attitudes. As adults, we act out these self-punishing attitudes by listening to our critical inner voice.” In the Christian tradition, one of the antidotes to this kind of thinking is “counting your blessings.” When we begin to think of what we have instead of what we don’t have, the friends we do have instead of the friends we don’t have, the positive life experiences we have had instead of the painful experiences, we counter the negative that can dominate our minds.

3) Get to know your patterns – Dr. Firestone reminds that many times we have established patterns in our lives that lead us to destructive thinking and acting. Just being aware of the triggers or circumstances can give us the wisdom and strength to fight the blues. Dr. Firestone shared that “a relative of mine noticed that the anticipation of meeting his girlfriend’s parents over the holidays was weighing on him. The mere thought of facing their judgment left him full of self-critical thoughts that her parents would think he was a “nobody” and wasn’t good enough for their daughter. He realized that ever since he was little, meeting new people always set off his critical inner voice. By catching onto this pattern, he was able to relax a little and stand up to these negative thoughts.

4) Choose your “family time” – So many of our holiday celebrations are centered around family. For many, family time is relaxing and joyful, but not all holiday visits



are filled with warmth and affection. As Dr. Firestone says, “Time spent with our families can reactivate old dynamics and stir up old emotional reactions. Depending on where we are in our lives, seeing our families can ignite feelings of guilt, embarrassment, or anger. Little criticisms from a parent may not seem like a big deal, but they may rekindle feelings of hurt from our childhood.” If this is true for you, choose the time you spend with your family, and don’t allow guilt to overcome healthy decisions. In addition, make sure you spend time with the people who encourage and affirm you during this season. As author and journalist Edna Buchanan said, “Friends are the family we choose for ourselves.” This holiday season, seek out places that make you feel good, and surround yourself with people who keep you positive.

5) Keep a balance – Finally, Dr. Firestone reminds that in this blessed, but busy season, balance is important. Being willing to say “no” may be as important as saying “yes.” Take some time for yourself; do something that you enjoy; and nurture your soul with activities that affirm your core values.

During a very hard life, the slaves and sharecroppers sang the blues. The music was the antidote to their hardship. It didn’t cure the problem, or change their circumstances; it was simply a way of expressing frustrating, disappointment, and even hope during the heartache of life. This holiday season may be difficult for you, but Dr. Firestone’s practical tips and a little bit of music may make it better. Merry Christmas! Happy New Year! Feliz Navidad!

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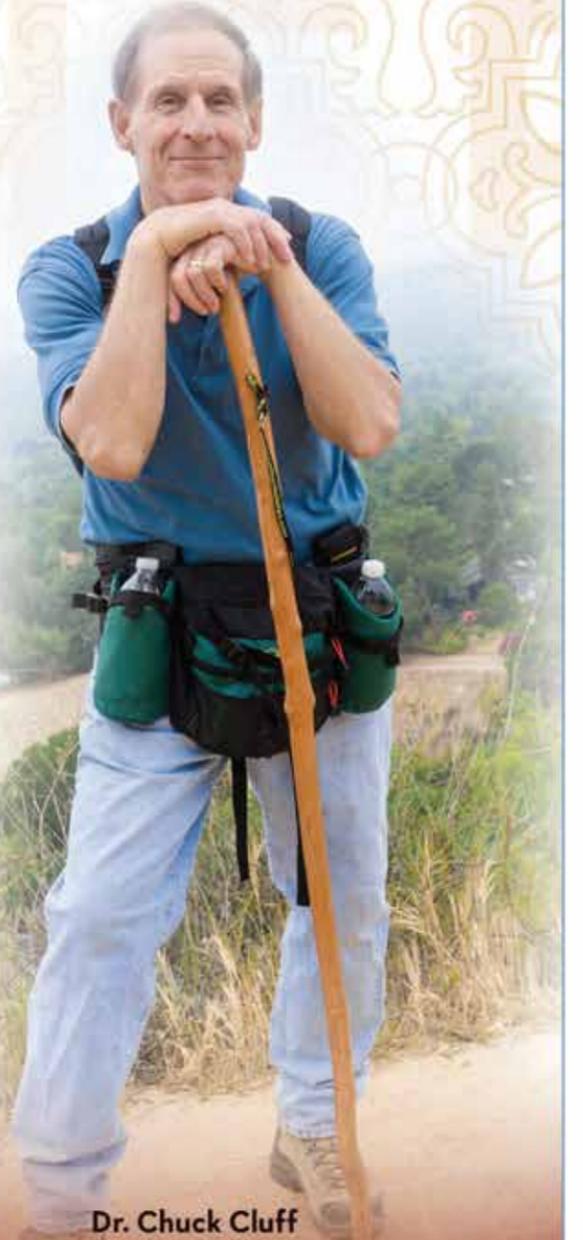
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Don Mumford makes a move as Dan Apuzzo considers his response.

Play chess at Joslyn Center

For those playing chess online because of the lack of local partners to compete against, there is a place in Alhambra, the Joslyn Center, 210 N. Chapel Ave., where one can sit across from one's opponent while enjoying the company of other chess lovers. It is a fun evening for chess loving people from all walks of life.

Five years ago, retired Alhambra firefighter Donald Mumford wanted to make his love of chess available to others. He approached then Mayor Gary Yamauchi for support. Mr. Yamauchi was able to arrange space for chess players to meet at the Joslyn Center and to provide four chess sets for the participants. "Anytime I hear a good idea, I try to pursue it," Mr. Yamauchi said. "Don Mumford had a good idea."

The Chess Club meets at the Joslyn Center from 7 to 9 p.m. the last two Thursday evenings of the month (see

the Alhambra Leisure Guide). There have been up to 10 chess players joining in the competition and friendship of chess.

Alhambra resident Efrén Juárez has been playing chess since he was a child and was happy to find like-minded enthusiasts in Alhambra. He said he was looking for the challenge and mental stimulation of chess when he found the club. Now he is a regular and looks forward to the informal get-togethers.

There are no rules to follow, just show up on one of the Thursday evenings at the end of the month, find (or bring) a partner, and start playing chess. Attempts by some occasional newcomers to make bets on the games have been met with silence. The gamblers have gotten the hint that these games are for the love of playing and competing among new friends only.



Explore the Pike in Long Beach, Sugar Plum Arts and Crafts Festival with Senior Outings

There are two Senior Outings planned for December. The first is to the Sugar Plum Arts and Crafts Festival in Buena Park Thursday, Dec. 5. The bus leaves the Joslyn Center at 10 a.m. and returns at 4 p.m. The fee is \$15. The activity level is considered moderate.

Celebrating 40 years of holiday tradition the Sugar Plum Festival is the largest family-owned craft show of its kind in Southern California. They offer the best in handcrafted gifts for holiday shopping. There are unique home decorations, garden and yard decor, beautiful jewelry, clothing, and personalized gifts. While visiting, try the wonderful baked delights.

The Sugar Plum Festival is located in a Downtown Buena Park enclosed mall anchored by Wal-mart, T.J. Maxx, Bed Bath & Beyond, Ross Dress for Less, and DSW Shoe Warehouse. Have lunch at Dickey's Barbeque Pit, Chili's, Asia Buffet or a variety of other restaurants. Lunch is not included in price.

The second trip is to the Pike in Long Beach Thursday, Dec. 19. This time the bus leaves Joslyn at 1 p.m. and returns at 8:30 p.m. The fee is \$30. The activity level is considered moderate. The Pike is located across the street from the Long Beach Aquarium.

Afterward, experience Christmas at the Queen Mary. Take a holiday stroll around the lavishly decorated ship, which will be illuminated by thousands of twinkling lights creating the background for some great photos. Meet up with Mr. and Mrs. Santa Claus, or watch a 4-D screening of *The Polar Express*, starring Tom Hanks. Then see the lighting of the Christmas tree and much more. Lunch is not included.

Registration is required for all Senior Outings. Register at the Joslyn Adult Center during regular office hours 8 a.m. to 5 p.m. Monday through Friday or online at www.cityofalhabra.org. Tickets can be purchased at the Joslyn Center with cash (exact amount), check, or money order (payable to the City of Alhambra), or Visa/MasterCard/Discover. Tickets are non-refundable. Pay by credit card for all online transactions. When all tickets are sold, a waiting list is established. All outings include round-trip deluxe motor coach transportation.

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What you don't know may be hurting you



While it's not generally life-threatening, gum disease can have a significantly effect on a person's quality of life.

Some people make good efforts to avoid it with good oral hygiene and diet.

And yet despite good efforts, they still may develop gum disease. In fact, two people could have a

similar diet and oral hygiene routine but one develops gum disease and the other does not. Is that just bad luck?

Understand what gum and periodontal disease is

It is common and natural for people to develop a bit of tartar between their professional cleanings. When the tartar deposits are not removed regularly, they start to build up and move under the gums. This causes inflammation of the gums similar to when you get a splinter in your skin. If not treated, this bacterial infection progresses down and begins to destroy the bone supporting your teeth.

This is what we called periodontal disease or also known as gum disease. We use gum disease as a simple term to describe infection of both gums and the underlying bone.

Here are several factors that you may not be aware of and yet they make a significant difference in your risk and progression of gum disease.

Stress

Stress is a big risk factor for periodontal disease. Stress can affect the immune system and with that the ability to fight the bacteria causing the gum disease. From another side, often peo-

ple under stress tend to be more vulnerable to bad habits like eating fast food, smoking, and even delaying their regular dental checkups.

Smoking and tobacco use

Chewing tobacco and smoking cigarettes are one of the most significant factors for developing and causing the fast progression of gum disease. Blood vessels in the bone are responsible for supplying the bone with nutrients and are agents for defense against bacteria. Smoking causes shrinkage of the blood vessels in the jaw bone, and as a result, smokers suffer generally more from gum disease and have higher rates of tooth loss.

Medications

Some drugs, such as high blood pressure medications and anti-depressants, can cause dry mouth. Saliva contains protective agents, but its low production contributes to higher inflammation.

Others drugs, such as birth control, anti-epilepsy drugs, some steroids, and certain heart medicines, can cause swelling and bleeding of the gums, which makes it harder to clean the area and easy to develop bacterial infection.

Age

Studies shows that risk of periodontal disease increases after 35 and almost triples after 65 years of age.

Clenching or grinding habits

During clenching or grinding, a large force is applied to the teeth and the corresponding supportive bone. That could speed up the rate at which these supportive bone and gum tissues are destroyed.

Systemic diseases

Some systemic diseases, like diabetes and autoimmune diseases, can worsen the condition of the gums. For example, high blood sugar lowers our ability to fight infections, which causes



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.

people with diabetes to develop gum disease. To end that vicious cycle, the infection in the mouth makes it harder to control the blood sugar.

Crowding of the teeth

Crowding causes more plaque collection and tartar build up, which feeds bacteria and causes infection of the gums. Crowding makes it harder to floss and maintain excellent oral hygiene.

Genetic factors

The final major risk factor is genetics. Despite great oral care habits, some people may be more likely to develop periodontal disease. Genetics explains why two people with the same diet and oral hygiene habits have different outcomes when it comes to periodontal disease and one develops gum disease and the other one does not. However, good oral hygiene, a healthy diet, and early treatment can help them keep their teeth for a lifetime.

Once we know the risk factors, can we do much about it?

Generally the answer is yes. There are risk factors we can control and ones we can't. Of those we can't, we are able to reduce the effects of them.

What can you do?

First and most important is a comprehensive dental screening with X-rays and periodontal probing, which is necessary to determine if gum disease is present and to find out the severity of it and the risk factor most affecting it.

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IMPROVING CELLULAR HEALTH BY SHEILA YONEMOTO, P.T.

Many doctors believe that disease processes affecting many different systems have a common cause — cellular imbalance. It boils down to nutritional deficiencies or toxic overload. Chinese medicine feels that all illness begins with a yin and yang imbalance. Doesn't that sound similar?

There are different ways to improve a condition. The more you know about what is contributing to this imbalance, the more specific you can be to implement changes. For example, sometimes merely improving hydration will improve cellular functioning.

Increasing vitamins and minerals by eating more fresh fruits and vegetables improves cellular health. Nutritional supplementation may be required if testing indicates a deficiency.

Rest may improve cellular health, especially when the body is fighting an infection or recovering from trauma. In the case of concussions, complete rest is often recommended, which means no television, no cell phones, no reading, and trying as much as possible to keep the brain quiet in the early phases of healing.

Movement and exercise improve blood flow, reduce inflammation, improve mood, and help restore flexibility, strength, and stamina. Elimination of waste material improves with movement. Meditation, relaxation exercises, yoga, tai chi, and qigong are all instrumental in improving cellular health.

Avoiding exposure to toxins from cleaning products, cosmetics, pesticides, food additives, plastics, environmental pollution, and electromagnetic radiation improves health.

The founding fathers of Western and Eastern medicine all stated that health begins with your daily habits, and prevention is far superior to curing a chronic condition.

The United States ranks 37th compared to other countries in overall



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.

health, despite the fact that we spend double for health care costs. Something must be done to improve health and reduce our risk for bankrupting our economy. It is time to change our focus to maximizing wellness versus eliminating illness. Each of us can take steps to improve our health by changing our lifestyle habits. Start by improving your diet, increasing your sleep, moving more, learning to relax and enjoy the moment, and keep improving those simple things. You will feel better, look better, be more productive, save money, and have more energy. Don't wait. You can start right now.



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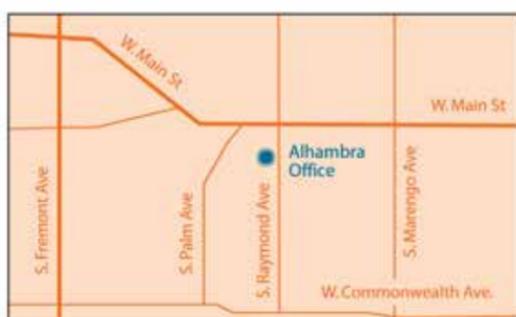
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Flu season is coming: See your dentist to prevent bacterial pneumonia

Gum disease (periodontitis) is the number one cause of tooth loss in adults. If you follow this column, you probably already know that periodontitis is caused by microorganisms and the toxic enzymes they secrete. Interaction of the host's immune system with these organisms leads to the destruction of the gum and underlying bone that support the teeth. You probably also have heard that once these microscopic creatures make inroads into your gums and then invade your vascular system, they will continue to infiltrate your body through these blood vessels and impact different organ systems.

Cardiovascular disease, cancer, rheumatoid arthritis, pancreatic and other types of cancer and even Alzheimer's have been linked to the presence of these

Smile Talk



Dr. John Chao is the inventor of the Pinhole® Surgical Technique. For more information, contact Dr. Chao at 100 S. First St. Alhambra, CA 91801 or phone at 626-308-9104. Visit Dr. Chao's website, chickenswelcome.com

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

TAMALES FOR CHRISTMAS?

ALHAMBRA HAS THEM ALL

CONTINUED FROM PAGE 1B

Bun and Burger, 1000 E. Main St., has been in business in Alhambra since 1941. They will sell tamales throughout the holiday season. They offer chicken, beef, pork and cheese tamales, home made on the premises. As with all the outlets for a volume of tamales, call a week in advance for your order. Their phone number is 626-281-6777.

Chonitos Mexican Restaurant, 2505 W. Valley Blvd., is another good option for Christmas tamales. They will sell chicken and pork tamales made fresh

on site throughout December. They have ample parking for your convenience. Call them for details, and don't forget to order a week in advance at 626-284-8601.

Lupita's Mexican Restaurant, 2620 W. Valley Blvd. Once again, Lupita's is serving tamales for Christmas. Fillings include chicken, chicken mole, pork, raja with cheese, and a regional favorite oaxaqueños (Oaxacan-style tamales) with its unique green leaf covering and red sauce. Lupita's is open from 8 a.m. to 8 p.m. seven days a week. Please call three days, or a week, in advance if possible at 626-289-5655.

Manny's Tacos, 1100 W. Commonwealth Ave, is tucked away in the southwest corner of Atlantic and Commonwealth on the west side. They can fill your tamale cravings at Christmas. Their fillings include chicken, pork, and cheese. Call three days, or a week, in advance for large orders at 626-300-0153.

La Parrilla, 2938 W. Valley Blvd., has served Christmas tamales for all 26 years they have been in business. This year is no exception. They will serve chicken pork, cheese, and sweet corn filled tamales. Please give them a few days, or if possible a full week's notice, of your Christmas order at 626-289-2412.

Costco, 2207 W. Commonwealth Ave., also sells tamales. The word on the street is that they are pretty good. Costco carries the popular Del Real brand. Just take them home and steam them up. Their phone number is 626-289-7164.

There are many choices for tamales in Alhambra. Don't let another holiday season go by without trying them.



The Dickens Holiday Carolers (DHC) started at Southern California Edison 25 years ago as a casual caroling group and has evolved into an independent group over the years.

Performing Arts Center to present Annual Dickens Holiday Carolers Christmas Singalong

Alhambra Performing Arts Center, under the direction of Chef/Artistic Director Bill Yee, will present its Annual Dickens Holiday Carolers Christmas Singalong at 7 p.m. Sunday, Dec. 15, in a free concert at Sage Granada Park United Methodist Church, 1850 W. Hellman Ave., Alhambra.

The Dickens Holiday Carolers (DHC) started at Southern California Edison 25 years ago as a casual caroling group and has evolved into an independent group over the years. The group comprises over a dozen singers from several churches and professional singing groups, including Lake Avenue Church Sanctuary Choir, Verdugo Hills Women's Chorus, the Towne Singers of Pasadena, and the Pasadena Crown City Men's Chorus among others.

The carolers wear colorful Victorian era costumes and sing an average of 15 to 20 times during the Christmas season. They can sing as a large ensemble (up to 15+) or in traditional quartets depending upon which member is available and what the client asks for. For the past several years, the group has been contracted

by the cities of Monrovia and Glendora to sing Christmas carols in their downtown core for the merchants and shoppers during the Christmas season. They also perform at churches, private clubs, charity events, concerts, Christmas tree lightings, and many more. Their repertoire is just over 50 traditional carols and Christmas favorites.

Mr. Yee has been part of the group in the bass section for over 13 years, which also coincides with his leadership of the Alhambra Performing Arts Center. The center recently hosted the Alhambra Chamber of Commerce Business 2 Business networking event and used Chef Yee's chefs from his Alhambra Culinary School.

The audience is provided with song sheets and colorful Christmas hats and is encouraged to bring their jingle bells and their children to this popular singalong event.

Admission is free; donations are accepted to support the artists during the intermission.

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

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DISCOVERING HIDDEN HOLLYWOOD
CONTINUED FROM PAGE 1B

heard of The Garland Hotel until I checked in. Turns out this bright orange 1970s style high-rise has been a magnet for recording industry heavy weights since it opened in 1972.

Tucked away in residential North Hollywood a block from Studio City, the hotel is just minutes from Universal Studios, Warner Bros. Studios, independent recording studios, and Hollywood Boulevard's sizzle. You can purchase tours to Universal and Warner Bros. from the hotel concierge, and the hotel has free shuttle service to both these attractions and to Hollywood Boulevard. Which all adds up to a fun and hassle-free Hollywood escape.

Musical stars, including Dolly Parton, the Eagles, Alice in Chains, and Nirvana, stayed here. "Entertainment pros still call us home," owner James Crank told me over martinis in the macramé-filled lobby bar. All round us, guests with British and Australian accents were discussing scripts and recording sessions.

The Garland was literally born into the industry, having been built by Mr. Crank's mother, the late movie and

CONTINUED ON PAGE 10B



TV actress turned hotelier to the stars — Beverly Garland.



Barbara's feeling presidential on The West Wing set at Warner Bros. Studios.



An old school cocktail at the old school bar in Musso & Frank Grill on Hollywood Boulevard.



Angry props behind the scenes on the Warner Bros. Studios Delux Tour.

ENJOY HOLIDAY SEASON SPECIALS

AT LOCAL RESTAURANTS

CONTINUED FROM PAGE 1B

Charlie's Trio, 47 W. Main St. 91801 626-284-4943

Charlie's Trio will be closed on Christmas Day. On New Year's Eve, they will offer specials on their prime rib, fish, lobster, and steak dinners. Phone for details or reservations.

Diner on Main, 201 W. Main St., Alhambra 91801 626-281-3488

Purchase \$50 in gift certificates and receive a complimentary \$10 gift certificate, or purchase \$100 in gift certificates and receive a complimentary \$20 gift certificate.

La Parrilla Mexicana, 2938 W. Valley Blvd., Alhambra 91803 626-289-2412

The popular kid-friendly Mexican restaurant known for its laid back atmosphere will be open on Christmas Day. Stop in for breakfast, lunch, or dinner for a delicious quick bite of comfort food.

Limericks, 300 W. Main St., Suite 110, Alhambra 91801 626-872-1504

limerickstavern.com

The lively pub that's not only a place to meet friends after work but a fun spot to get together with the family is considering being open for Christmas Day. Call for more information. They will offer winter cocktails throughout the holiday season.

Marie Callender's, 220 S. Atlantic Blvd., Monterey Park 91743 626-281-9548

mariecallenders.com

The family-favorite restaurant is open Christmas Eve and Christmas Day from 11 a.m. to 8 p.m. Walk-ins and reservations welcome. Call them for more information as it nears the holidays to find out about any special items they will serve. As of printing time, they were considering making a red velvet pie.

Steven's Steak and Seafood House, 5332 Stevens Place, Commerce 90040 323-723-9856

stevenssteakhouse.com

Elegant Steven's Steak and Seafood House is one of the places to go for the holidays. They offer holiday packages that are inclusive (for lunch and dinner) such as the Office Special, the Steven's Special, the Deck the Halls Special, the Santa Clause, Rudolph's, Christmas Tree, as well as a buffet. Visit their website for more information about what each includes. The values are between \$22 and \$64. For the buffet, a complete lunch is \$29 and dinner is \$34.

FLU SEASON IS COMING: SEE YOUR DENTIST TO PREVENT BACTERIAL PNEUMONIA

CONTINUED FROM PAGE 6B

"germs" in the affected organs.

With the flu season coming, you should know that respiratory infectious diseases such as bacterial pneumonia and bronchitis are common in the flu season, especially in institutionalized and elderly inpatients. It is believed that respiratory infection relies in part on the swallowing (aspiration) of oral bacteria into the lower respiratory tract and failure of host (patient) defense mechanisms to eliminate the contaminating bacteria, which then multiply to cause infection. Dental plaque, which accumulates between your dental visits, is the reservoir for these nasty microorganisms.

So, whether you decide to take the flu shot or not, do take time to see your dentist and have the plaque removed, at least.

Prevent gum disease. Prevent pneumonia.

Have a great holiday season!

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DISCOVERING HIDDEN HOLLYWOOD

CONTINUED FROM PAGE 9B

TV actress Beverly Garland. Being a smart businesswoman, she made the hotel an instant go-to with her movie and television colleagues. Her portrait hangs in the lobby. Mr. Crank took over in 2000 and was quick to ensure that guests like me enjoy an insider Hollywood experience on and off the property.

“To get to your room, you’ll be crossing the Portola Bridge where Kurt Cobain proposed to Courtney Love,” the cheery desk attendant told me. “Cool,” I said. Walking over the open air bridge from the lobby to my room, I wondered if the proposal took place on their way back from a stint at the lobby bar, where I’d just been.

In the morning, I took the “insider” neighborhood walk. It’s offered every Tuesday by a hotel staffer, who points out the unexpected attractions in this primarily 1970s residential neighborhood. Just two blocks away, I was thrilled to see the Brady Bunch House — newly redone by HGTV, the split-level ranch-style home was featured in the exterior shots of The Brady Bunch 1970s sitcom — and to discover Woodbridge Park, a cute little enclave of shops and cafes. (Like our Mission Avenue in San Marino.) We stopped for a latte at the Aroma Coffee & Tea Company. It’s a favorite hangout of producers and writers,



Barbara poses on the Friends set during the Warner Bros. Studios insider tour.

our guide said.

I took the Deluxe Warner Bros. Studio Tour at the concierge’s recommendation. Just like he promised, it really was a behind-the-scenes adventure. During the tour, I lunched at the Commissary Fine Dining Room,

surrounded by industry heavyweights, and even chatted with Kelly Osbourne, who was entering as I was leaving. I sat on the Central Perk Cafe couch on the set of Friends and took selfies on sets including the *Big Bang Theory*, *Gilmore Girls*, and *Pretty Little Liars*.

If you ever wonder where old baby dolls go, it’s the Warner Bros. Prop Room. Rows and rows of baby doll heads — creepy — along with everything else imaginable, towered from floor to ceiling. And in the costume department, “we have eight miles of clothes and two miles of shoes,” the guide said.

Taking the free shuttle to Hollywood Boulevard, I enjoyed cocktails at Musso & Frank Grill, which is celebrating its 100th anniversary this year. Dark and windowless, with comfortable booths, Musso & Frank’s is right out of Hollywood’s golden age, little changed since it opened in 1919. “Yesterday, TV star Edward James Olmos was sitting over there,” the bartender told me. Keeping it retro, I ordered a Harvey Wallbanger. Without blinking an eye, the bartender blended vodka, Galliano, and orange juice as if it were still 1972.

Walking back to meet the hotel shuttle, I spotted it — Beverly Garland’s star on the Hollywood Walk of Fame. “Thank you, Beverly,” I said to myself, “for a wonderful adventure.”

For more information, visit www.the-garland.com, www.wbstudiotour.com, and www.mussoandfrank.com

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Assemblymember Chau hosts seventh annual ‘Operation Gobble’ Turkey Giveaway

Assemblymember Ed Chau (D- Monterey Park), in collaboration with the San Gabriel Valley Water Company, California American Water, and the Golden State Water Company, distributed 300 turkeys to local nonprofits Nov. 19. The event took place at the San Gabriel Mission Playhouse.

“The holiday season is a time for gratitude and sharing with others, especially the underserved,” said Mr. Chau. “In our seventh year of Operation Gobble, I hope we continue the conversation around food insecurity in Los Angeles County. We do our part today by supporting local organizations that are at the forefront of fighting hunger in the San Gabriel Valley.”

Operation Gobble provides turkeys to local charitable organizations and food banks that serve low-income families in the 49th Assembly District and the Greater San Gabriel Valley. The 2019 recipients of donated turkeys included Boys and Girls Club of West San Gabriel Valley; Asian Youth Center; Kiwanis Club of Temple City; El Monte/South El Monte Emergency Resources Association; Veterans of Foreign Wars of the United States, Greater El Monte Post 10218; Potrero Heights Park Community and Senior Center; The Church of Our Saviour; and La Casa de San Gabriel.

Mr. Chau represents the 49th Assembly District, which comprises the communities of Alhambra, Arcadia, El Monte, Monterey Park, Rosemead, San Gabriel, San Marino, Temple City, and portions of Montebello and South El Monte.



You’ll hear lots of British and Australian accents at the Garland Hotel lobby bar.



A hipster attitude makes the Garland Hotel a favorite with the music industry.

Automotive News | Auto Dealers, Repairs, Services



The 2020 Toyota Tacoma features upgraded multimedia with Apple CarPlay, Android Auto, Amazon Alexa capability, electronically power-adjustable seat added on V6 models SR5 and up, and new multi-terrain monitor (MTM) and panoramic view monitor (PVM) on top grades.

Leader of the pack: A slew of new upgrades keeps 2020 Toyota Tacoma in front

The Toyota Tacoma, America's best-selling mid-size pickup for 13 years in a row, isn't stopping to admire its trophy case. Instead, it looks to keep its place atop the pecking order with new tech, style, comfort, and convenience features, making the 2020 Tacoma more compelling and more competitive than ever.

The third-generation Tacoma, with a design inspired by Toyota's legendary desert race trucks, veritably defines the "work hard, play hard" ethos. Available in 32 different configurations, the 2020 Tacoma offers a model for all seasons and reasons. Six model grades include work-ready SR; high-style, high-value SR5; athletic TRD Sport; adventurous TRD Off-Road; ultimate off-road TRD Pro; and top-of-the-line Limited.

All Tacoma models come standard with Toyota Safety Sense P (TSS-P), which includes Pre-Collision System with Pedestrian Detection, High-Speed Dynamic Radar Cruise Control (DRCC), Lane Departure Alert, and Automatic High Beams. **New look, new function, new fun for 2020**

Most 2020 Tacomas will debut a new front grille design with detailing tailored to each model grade, while every Tacoma will feature a revised taillamp design. In the Tacoma's roomy cabin, a new, larger

multimedia touchscreen includes Apple CarPlay, Android Auto, and Amazon Alexa compatibility. The SR grade features a 7-inch touchscreen display, while all others get an 8-inch touchscreen.

In addition to the multimedia upgrade, the 2020 SR offers the added convenience of new intermittent windshield wipers and an available LED bed lamp. The SX upgrade package, introduced for 2019 and returning for 2020, turns the SR Access Cab into a high-value sport truck with stylish black-out features, including grille, headlight surrounds, overfenders, 16-inch alloy wheels, mirror caps, and door handles.

When equipped with the optional V6 engine, the 2020 Tacoma SR5 grade is fitted with a 10-way power adjustable driver's seat with two-way power lumbar support. It also receives an updated dark gray wheel color for 2020.

Tacoma Limited brings luxury to the everyday work and play truck, and for 2020 the style is more premium than ever. In addition to the new grille design, the Limited features new 18-inch alloy wheels, LED/DRL headlamps, LED foglamps, and chrome taillamp inserts. The expansive equipment roster grows with the Premium Audio system that now includes an 8-inch touchscreen, plus Smart Key operation is

receives the larger 8-inch touchscreen and 10-way power adjustable seat found on all grades SR5 and up when equipped with the V6 engine.

For 2020, the TRD Off-Road also gets a new grille up front, LED foglamp, LED/DRL headlamp availability, chrome insert taillamp and the addition of passenger Smart Key. It also, on Double Cab models, receives Multi-Terrain Monitor (MTM) for improved visibility of the terrain around the truck. Like TRD Sport, it also receives the updated multimedia with 8-inch touchscreen and power adjustable driver's seat.

Headlining the TRD trio, the Tacoma TRD Pro backs up its revised look with new function. The new front grille design, unique sequential LED/DRL headlamps, new 16-inch wheel design, Rigid Industries LED fog lights, and black-insert taillamps give the TRD Pro a tougher stance and steely lighting signature. The newly available Army Green exterior color is exclusive to all TRD Pros for 2020, and Magnetic Gray gets added to the mix of Midnight Black Metallic and Super White to offer four color options on all TRD Pros.

A close look at the new cast-aluminum 16-inch wheels reveals the level of engineering detail lavished on this model. Each wheel is 4.188 lbs. lighter than on the 2019 model. That adds up to a significant weight reduction where it really counts to enhance off-road capability. TRD engineers also tweaked the shock and spring tuning to complement the lighter new wheels to improve off-road ride and handling.

added to the passenger front door. Limited is also fitted with the 10-way power adjustable driver's seat. The new Panoramic View Monitor (PVM) for the Double Cab version provides nearly 360-degree views around the truck for easier, safer maneuvering in tight situations.

TRD trio updates

The Tacoma TRD models, infused with ultimate capability by Toyota Racing Development, feature extensive upgrades for 2020. For starters, the 2020 TRD Sport will get a host of updates, including a new front grille design, new 17-inch wheel, LED foglamp and available LED/DRL headlamp, a new chrome insert taillamp, passenger Smart Key, and Panoramic View Monitor (PVM) is available on Double Cab models. TRD Sport also



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The ID. ROOMZZ concept car was awarded the "Best of Best" grand prize in the "Concepts" category.

Automotive brand contest 2019: Passat, T-Cross, ID. ROOMZZ 'Best of Best'

- Volkswagen receives six awards for its outstanding design.
- Passat, T-Cross, and ID. ROOMZZ each win first place.
- The competition sees the German Design Council honor excellent product and communication design

Volkswagen scores highly in all categories of vehicle design in this year's Automotive Brand Contest. The Volkswagen brand secured a total of six awards in the "Concepts," "Interior," and "Exterior Volume Brands" categories, in each case taking the "Best of Best" first prize.

Klaus Bischoff, head of Volkswagen Design, accepted the awards at the IAA International Motor Show in Frankfurt. "We are currently in the midst of the most exciting and challenging years in automotive design. These top-class prizes are a tremendous acknowledgement for our worldwide design team."

The ID. ROOMZZ concept car was awarded the "Best of Best" grand prize in the "Concepts" category, while the ID. BUGGY1 concept car was crowned winner. The Passat took home first place as the "Best of Best" in the "Interior" category, while the T-Cross won in the "Exterior Volume Brand" category. The Passat and the T-Cross were also the winners of the "Exterior Volume Brand" and "Interior" categories, respectively.

The jury emphasized that ID. ROOMZZ was being "honored for the

continuity with which Volkswagen was heading toward zero-emission driving, each year demonstrating how intensively it [Volkswagen] is working toward this being implemented." The Passat was commended as a "further milestone on the road to autonomous driving" and a "masterpiece by the Volkswagen designers," while the expert panel praised the T-Cross for "dominating the SUV segment in this [small vehicles] category in terms of shape."

The Automotive Brand Contest is the only neutral international design competition in the automotive sector and is organized by the German Design Council, which commends excellent product and communication design. The jury is made up of representatives from media, design, brand communication, and universities. The German Design Council was founded in 1953 by resolution of the German Bundestag. Its mission is to support the German industry by creating added value for a brand through design. The Council organizes exhibitions, competitions, and conferences and also offers strategic advice.

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All 2019 Best New Cars for Teens winners have available forward collision warning and forward automatic emergency braking. Nearly every winner has lane departure warning—which alerts the driver if the car strays out of its lane—and lane keeping assist, which can help keep the car in its lane. Almost all winners also have teen driver controls or available smartphone apps for compatible devices that can send parents alerts when the car goes over a set speed or is driven outside a set geographic area or after a certain time of day. These features are designed to allow parents to set limits for teen drivers and have an ongoing conversation with their teens about responsible driving habits.

The 2019 Jetta offers a comprehensive suite of driver-assistance technology. Forward Collision Warning and Autonomous Emergency Braking (Front Assist), Blind Spot Monitor and Rear Traffic Alert are standard on SE models and above, as well as available in the Driver Assistance Package for S models. Adaptive Cruise Control (ACC), Lane Keeping System (Lane Assist) and High Beam Control (Light Assist) are standard on SEL and SEL Premium models.

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One out of every three Pacifica models sold features the popular S Appearance; the new Red S Edition takes the custom look even further

New Red S Edition builds on popularity of Chrysler Pacifica S model

Chrysler is turning up the heat in the minivan segment, adding a new Red S Edition for the 2020 model year. The new Red S Edition builds on the popularity of the Chrysler Pacifica S model, adding a crimson customized attitude for the no-compromise minivan.

“There’s nothing better than a minivan at moving both people and stuff, and Chrysler Pacifica allows owners to haul with a bit more style,” said Tim Kuniskis, global head of Alfa Romeo and head of Passenger Cars – Dodge, SRT, Chrysler, and FIAT, FCA – North America. “One out of every three Pacifica models sold features the blacked-out S Appearance. The Pacifica’s new Red S Edition takes that factory customization even further, giving families a chance to really make a statement in the school drop off line.”

The new Red S Edition package is available on both Pacifica Limited gas and hybrid (late availability) models. Ordering is now open for gas models at Chrysler dealerships at a U.S. Manufacturer’s Suggested Retail Price (MSRP) of \$3,995 for the Red S Edition package.

Red S Edition: A burst of color for Pacifica’s flexible interior

The new Chrysler Pacifica Red S Edition builds on FCA’s 35-year legacy as the minivan leader and innovator, bringing a new look and a huge burst of attitude and color to Pacifica’s already class-leading functional interior. The exclusive Red S interior features Rodèo Red premium Nappa leather two-tone seats accented by Light Diesel Gray stitching and piping and an “S” logo on the seatbacks. Silver Metal Brush hydro bezels embellish the instrument panel and door trim.

Exterior finishes include a Red S liftgate badge and Black Noise Chrysler wing badges with Velvet Red inserts. The Pacifica Red S Edition rides on 20-inch wheels (18-inch on Pacifica Hybrid) with a Black Noise finish. The package is rounded out by Advanced SafetyTec, featuring many of the more than 100 standard and available safety and security features of the Pacifica, 20-speaker Harman Kardon premium audio and KeySense.

The Red S Edition will be available in a range of six exterior paint color options, including the new-for-2020 Ceramic Gray Clear Coat, as well as Brilliant Black Crystal

Pearl Coat, Granite Crystal Metallic Clear Coat, Billet Metallic Clear Coat, Bright White Clear Coat and Maximum Steel Clear Coat.

2020 Chrysler Pacifica and Pacifica Hybrid

Also new for the 2020 lineup, a honeycomb grille pattern now comes standard on the Pacifica Hybrid models. New available interior design elements include Nova Black bezels on the instrument panel and door trim. A dual-pane panoramic sunroof option is now available on all Pacifica gas models and available with eight-passenger seating for the first time.

Pacifica Touring L and Touring L Plus models include standard driver seat memory, while the Pacifica Hybrid Touring model adds a standard universal garage door opener, second-row sunshades, and an available Stow ‘n Place roof rack. Pacifica Hybrid Limited now features second-row, one-touch windows.

The popular S Appearance model, introduced in 2017, is also available for the 2020 Chrysler Pacifica and 2020 Chrysler Pacifica Hybrid at an MSRP of \$795. An option chosen by one of every three Pacifica owners, the S Appearance features black

accents inside and out, creating a customized, athletic look, and includes 18-inch wheels with a Black Noise finish and badging, Gloss Black accents throughout the exterior and an all-black interior with black seats with Light Diesel Gray accents and the “S” logo.

About the Chrysler Pacifica and Pacifica Hybrid

The Chrysler Pacifica and Pacifica Hybrid reinvent the minivan segment with an unprecedented level of functionality, versatility, technology, and bold styling. Re-engineered from the ground up on an all-new platform, the Pacifica delivers class-leading gasoline and hybrid powertrains to the minivan segment. The Pacifica Hybrid takes this revolutionary vehicle a step further with its innovative, advanced hybrid powertrain. It’s the first and only electrified vehicle in the minivan segment and achieves more than 80 miles per gallon equivalent (MPGe) in electric-only mode, has an all-electric range of more than 30 miles, and a total range of more than 500 miles. There is more than 100 available safety and security features, the Uconnect Theater rear-seat entertainment system, available 4G Wifi, and a full array of comfort and convenience technologies.

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SANTA CLAUS AND MODERN DAY REAL ESTATE

CONTINUED FROM PAGE 1B



Solar panels are fragile and were never designed to support the weight of eight to nine reindeer (nine if Rudolf is included) and Mr. Claus.

Santa Claus has a problem, not only in California, but throughout the rest of the country. Section R1003.9.2 of the 2016 California Building Standards Code requires that chimneys in residences have spark arresters covering the top of the chimney. Other states have similar requirements.

Inattention to this basic code potentially could complicate distribution of holiday gifts and even lead to potential fines for home owners and the distributor of gifts, Mr. Claus.

In between new building codes and environmental green initiatives, modern day real estate is complicating the Jolly Old Man's dispensing of holiday gifts.

Homeowners also need to understand that construction or remodeling of chimneys in California prohibits the building of wood burning fireplaces. Gas fireplaces are still legal. Also, even burning a wood-based fire in a fireplace can lead to "hefty fines on homeowners who burn wood in fireplaces on high-pollution days during winter months," according to the *LA Times* (Dec. 27, 2017). The South Coast Air Quality Management Board voted unanimously to impose fines for violations of this nature in May 2013.

A prudent approach to this dilemma would be to affix a note on the chimney spark arrester to Santa directing him to a location on your property where a key to the front door would be kept. Even a lock box could be utilized, but would require communicating the lock box combination to Mr. Claus prior to date of gift delivery.

And state building codes not only flag chimneys as a potential obstacle to Santa's annual visit, but there are a plethora of other codes and real estate issues that home owners and Mr. Claus need to be

aware of to ensure a successful holiday season.

Roofs pose another challenge for Santa Claus delivering gifts. California State programs such as PACE have reduced the cost of solar panels for energy conservation and led to a proliferation of solar panels on California roofs. These panels are fragile and were never designed to support the weight of eight to nine reindeer (nine if Rudolf is included) and Mr. Claus, whose actual weight is considered classified information. A prudent solution to this situation would be to illuminate the solar panels at night and install a rotating

beacon on your roof to clearly warn Mr. Claus of the tenuous roof.

Drought tolerant yards create another compelling environment for gift delivery. Drought tolerant yards stress succulent plants such as cactus. Many cacti have sharp needles, which could prove injurious to reindeer landings. Again, proper illumination will reduce potential for damage to the reindeers.

Households in the United States with professionally monitored security systems will expand to 30% by 2020, according to a new report by Dallas-based research firm Parks Associates. By 2023 the professionally monitored security market in the United States will total \$74.75 billion.

Again, this is another complexity that Santa Claus only has had to deal with during recent decades. Notification to your professional security company prior to the holidays of the potential of a colorfully dressed rotund man entering your home and leaving objects while not taking anything should be communicated.

Monopolies render people complacent and satisfied with mediocrity. Legal experts have even theorized the application of the Sherman Anti Trust Act versus Santa Claus to open up this new frontier of holiday gift delivery to the burgeoning drone delivery systems of companies such as Amazon. Technology and application of our legal system are also starting to squeeze Santa Claus.

Spark arresters, solar panels, drought tolerant yards, and drone delivery systems are creating a more complex terrain for Santa Claus to operate in. However, the centuries-old institution of Santa Claus has endured wars, petulance, and economic depression, and will likely continue to successfully deal with the new challenges that our modern day real estate presents.

A CHRISTMAS LOVE

CONTINUED FROM PAGE 2B

One of the most well-known Bible verses, John 3:16, says, "For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life." God loves this world. He loves the world so much that He sent his Son, Jesus Christ, to earth. John also writes, "And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth" (John 1:14). This is the love that we celebrate at Christmastime. On Christmas, we celebrate God's love expressed through His Son. We celebrate the love of the Father, who gave His only Son to save the world. We celebrate the love of the Son, who became flesh and showed grace and truth to the world. Christmas is about God incarnate coming down to earth to live the righteous life we were supposed to live and to expend forgiveness to us when we trust in Him.

May Christmas continue to be a season of peppermint candies and mouth-watering pies, of family and friends sharing meals together, and of lavish thoughtful gifts to loved ones, but may you also find a reason to look beyond your busy calendars and consider a greater love, a fuller love, an infinite love, of a Father and His Son. As I celebrate Christmas this year, I pray the words of Paul in Colossians 2:2-3, that the love of God would encourage our hearts to reach all the riches of God's mystery, which is Christ, in whom are hidden all the treasures of wisdom and knowledge. This love, which has given Christ to us, is the hope of glory, which points us beyond this life and into the next.

If you would like to know more about the love of Christmas, please e-mail me at info@mbcla.org, or check out our website www.MBCLA.org.

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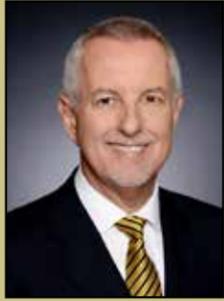
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Commercial Real Estate

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 control slowing apartment development, investments

California's imposing of rent control is cooling interest from apartment owners and developers, causing them to reconsider their investment decisions, according to the latest survey from the National Multifamily Housing Council (NMHC).

The NMHC's Quarterly Survey of Apartment Market Conditions, conducted in October 2019, said the expansion of rent-control legislation has caused the majority of investors to rethink their investment strategy in multifamily housing.

Of respondents to the survey, 34% have already cut back on investment or development, up from 20% last quarter, and 49% are considering cutting back on investment or development going forward.

Despite rent control, rents continue to rise

The larger apartment developers are rethinking their projects and building condos and townhouses, a product unaffected by rent control. This only exacerbates the housing shortage problem causing rents to continue to rise.

As any economist will tell you, the major root cause to prices increasing is supply and demand.

As California settles in to the new rent control laws that take effect Jan. 1, housing developers will be watching very closely before making their next move.

Source: rentalhousingjournal.com

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Thank You, Alhambra!

We appreciate your support and want to wish everyone a happy holiday season!

27 Quick & Easy Fix Ups to Sell Your Alhambra Home Fast and for Top Dollar

Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist home-sellers, a new industry report has just been released called "**27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar.**" It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips, you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the most profit possible.

In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. **Using a common-sense approach, you get the straight facts about what can make or break the sale of your home.**

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

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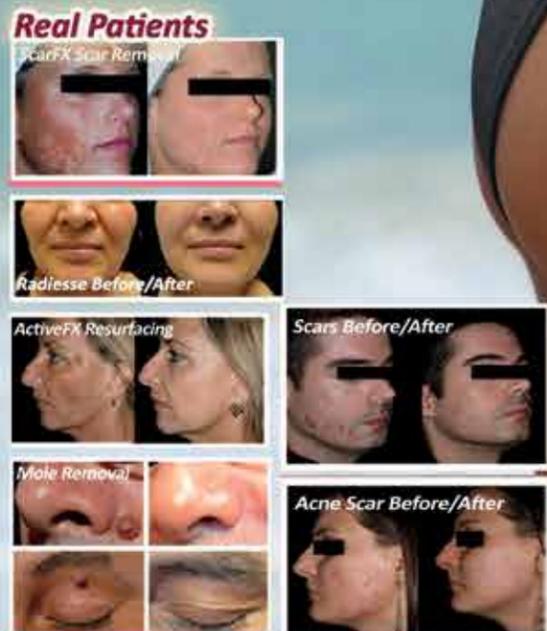
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