

# The Alhambra



April 2008

Volume 1, Issue 3

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## MUSIC on the GREEN



Presented by the  
LA Music Academy

The advent of spring means several things, but for The Alhambra, it signifies the arrival of the annual Music on the Green series, back for its 4th consecutive year.

The complimentary open-air concert series kicked off to a rousing start on April 10 with the first of four Thursday after-

noon concerts. The following concerts will take place on April 24, May 8 and May 22 from 12–2 p.m. in the Oval Mall.

The concert featured LA Music Academy students Ben Antelis on drums, Drew Allsbrook on bass and Jackson Allen on guitar.

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TENANT PROFILE: PATRICK BARBARA/DKN TECHNOLOGY, INC.

## 21st Century Renaissance Man

Ask self-made entrepreneur Patrick Barbara who the love of his life is and he'll give you three: his wife, his 8-month old daughter, and Whole Body Vibration (WBV) machines, a line of state-of-the-art fitness platforms that have secured him

his spot as a technological renaissance man.

A newly-emerging technique, WBV promotes the idea of a comprehensive sense of well-being by exposing the entire body to vibrations through the

For more info on WBV platforms, go to [www.dkn-usa.com](http://www.dkn-usa.com)

These vibrations, in turn, produce an accelerated gravity load on the body that generates neuromuscular reflexes and hormonal responses. Partner-

use of a vibrating exercise platform.

ing with DKN Technology for eight months counting, Barbara has been able to distribute various WBV platforms to physical therapy, rehabilitation and medical centers in North Amer-

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## UPCOMING EVENTS

### April

10  
Music on the Green  
Concert Series Day 1  
Who: LA Music Academy  
What: Jazz, Funk, Latin & Fusion music  
Where: Oval Mall  
Time: 12PM–2PM

24  
Music on the Green  
Concert Series Day 2  
Who: LA Music Academy  
What: Jazz, Funk, Latin & Fusion music  
Where: Oval Mall  
Time: 12PM–2PM

### May

8  
Music on the Green  
Concert Series Day 3  
Who: LA Music Academy  
What: Jazz, Funk, Latin & Fusion music  
Where: Oval Mall  
Time: 12PM–2PM

22  
Music on the Green  
Concert Series Day 4  
Who: LA Music Academy  
What: Jazz, Funk, Latin & Fusion music  
Where: Oval Mall  
Time: 12PM–2PM

26  
Memorial Day Holiday

### June

First Week  
Property Management moves from Building A0 to Building A10.

# Fire safety in the office

On Monday, March 10, Universal Protection Services (UPS) held a Fire Life Warden Training session, mandatory for the A9 buildings but open to the entire campus. UPS Corporate Trainer Don Brandt led an hour

For additional fire-safety training info, go to [www.thealhambra.net/emergencyinfo\\_txt.html](http://www.thealhambra.net/emergencyinfo_txt.html).

See your department supervisor to find out campus refuge areas.

long session that touched briefly on earthquakes

and bomb threats, but heavily emphasized fire safety in the work environment.

Brant's main objectives covered the role of the emergency response team and evacuation procedures:

1. Each department/floor should appoint an emergency response team consisting of a floor warden(s), assistant warden(s), stairwell monitor, elevator monitor, impaired monitors and team of searchers.
2. If you see or hear an alarm, assume it is for real; life safety is the first priority
3. Evacuations should take 3 minutes or less; emphasize silence in order to hear instructions.

## Emergency Response Team Members

Floor Warden(s)\* → Assistant Warden(s)\*

1. Lead evacuation
2. Wear appropriate emergency identification
3. Oversee team members; develop system of contact
4. Contact Prop Management
5. Encourage quick exit; provide direction
6. Keep people calm
7. Oversee refuge area

1. Assist as necessary
2. Assume duties if Floor Warden is absent

\* Multi-tenant floors may consider appointing one overall floor warden and one assistant warden per tenant/dept

1 Stairwell Monitor

1. Enforce stairwell safety: no running, no bulky items, etc.
2. Maintain flow of traffic
3. Implement head count if possible

1 Elevator Monitor

1. Oversee elevator area—direct individuals to stairwell
2. Make sure elevator use isn't attempted

2 Monitors per Impaired Individual

1. Applies to any individual unable to walk down 1 flight of stairs unassisted
2. First monitor stays with impaired on stairwell landing
3. Second monitor alerts Floor Warden at refuge area

1-4 Searchers

1. Approx. 1-4 searchers per dept. or floor
2. Check all areas for stragglers; don't assume everyone has heard alarm
3. Check all unlocked areas, close doors afterwards
4. Mark each checked room with post-it note

4. If you are trapped, defend in place: close as many doors behind you as possible. Each interior door usually has fire rating of 20 minutes.
5. If there is smoke, crawl, don't walk.

6. Keep refuge area signs visible. An employee check-in sheet is optional but recommended.
7. Review floor warden manual (available online) and train your employees!

## TENANT AMENITIES

### XPRESS CLEANERS

#### Hours

Monday - Thursday, 8AM - 6PM; Friday, 8AM - 5PM

#### Location

Building A10, 1st Floor, Room 10107

#### Contact

Kevin Bouboushian  
Office: (626) 300-5470  
Pick-up & Delivery: (626) 676-1968  
[kevin@xpressdrycleaners.com](mailto:kevin@xpressdrycleaners.com)

#### Services include

\* Dry Cleaning & Laundry, Alterations, Shoe Repairs \*

\* Call or email to schedule pick-up or drop-off \*

Prices & Coupons available online at  
[www.xpressdrycleaners.com](http://www.xpressdrycleaners.com)



### THE ALHAMBRA AUTO SPA

#### Hours

Monday - Friday, 8AM - 5PM

#### Location

South Parking Lot by Building B11

#### Contact

Carlos (323) 481-8925

#### Options

	Cars	SUVs
Regular Car Wash	\$12	\$15
Express Wax	\$25	\$30
Interior Detail	\$65	\$75
Exterior Detail	\$65	\$75
Complete Detail	\$125	\$145

## LA FITNESS

The Alhambra's newest amenity  
COMING SUMMER 2008!



When completed next year, LA Fitness will offer a full range of indoor and outdoor fitness and sports programs in its newest state-of-the-art facility.

50,000 square foot center

Southeast corner of Fremont Avenue and Orange Avenue in the City of Alhambra

# Eating your way into city's best-kept secrets

Restaurants, café's, burger stands and drive-thrus line street after street in Alhambra, each seemingly overshadowing the next.

For those attempting to navigate through the maze of edible possibilities, take a stroll down Valley Boulevard and partake in the afternoon delight of the Hong Kong-style diner Tasty Garden (288 W. Valley Blvd., No. 110, Alhambra [626] 300-8262). Serving afternoon tea from 3:30 to 5 p.m., the Cantonese restaurant known for its brisk service and animated environment covers

an afternoon tea menu that keeps hungry patrons satisfied long past dinner. Enjoy tastes as varied as wonton lo mein (\$5.75) and crispy chicken wings with glutinous rice (\$5.25) to stewed pig and chicken feet (\$5.75). For vegetarians, the house special peanut pizza (\$4.50) and peanut butter-filled scallion pancake are enough to satisfy the palate. Be sure to intersperse entrees with lighter dishes of Hong Kong-style, bite-sized waffles (\$4.25) called "little eggs" and cold glasses of milk tea or coffee.



Enjoy shaved ice (available in mango, kiwi and strawberry) or spicy fries at Tapioca Express, located on Valley Blvd.



If you amble further, you will undoubtedly encounter boba rivals Tapioca Express and Lollicup (228 W. Valley Blvd., Alhambra), neighboring competitors, each churning out its signature tapioca drinks and Taiwanese-style snacks. Devilishly, yet deliciously fried, appetizers including the fried calamari (\$2.99) at Lollicup

and the crispy pot stickers (\$1.95) and spicy fries (\$2.85) at Tapioca Express are the perfect take-out snacks to munch on.

\* Some food and price listings taken from "The Best Time to Eat in Alhambra may be between meals." Cynthia Dea. The LA Times, Jan. 17, 2008.

## Cell Phones for Soldiers



GoComics.typepad.com/.../09/cell-phones-for.html

In support of our troops, The Alhambra will participate in the "Cell Phones for Soldiers" recycling program.

Cell Phones for Soldiers is an organization that provides as many soldiers as possible with calling cards. Sold to a recycling company, the donated phones generate profit used to purchase one hour calling cards, which are then sent to the troops stationed abroad.

The organization has distributed thousands of calling cards to soldiers around the globe, and with your help, can send thousands more!

If you would like to participate, Property Management will have a Drop Box available for your used cell phones at the security desk located on the first floor of Building AO.

If you would like additional information about "Cell Phones for Soldiers," please visit [www.cellphonesforsoldiers.com](http://www.cellphonesforsoldiers.com).

Together, we can make a difference.

## Trio, tacos – a combined hit

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The trio engaged the mid-day lunch crowd with their sounds of jazz, funk, Latin and fusion, occasionally drawing applause and cheers. Onlookers mingled with friends and co-workers, filling the Oval Mall tables and lining the grass and steps surrounding the courtyard.

Lively music blended with good food as Juan's Tacos, set up under an expansive white tent on the north side of the Oval Mall, served up handfuls of beef, pork and chicken soft tacos to a long line of expectant customers, the smoky flavors wafting through the crowd. Keeping the menu simple was enough keep the orders rolling. By the concert's end, 700 tacos had been sold, served and devoured.

Started as a means for the campus' various tenants to share good eats and good company, the annual Music on the Green series has featured musical performances by the LA Music Academy since its inception.

A small, intensive music-education program, the LA Music Academy was founded by top LA-area professional musicians in 1996 and endeavors to provide students with a direct curriculum



LA Music Academy students Ben Antelis, Drew Allsbrook, and Jackson Allen perform beside the Oval mall (above, top).

Juan's Tacos dishes out plate after plate of soft tacos to concert listeners and hungry patrons (above, bottom).

in the primary styles of contemporary music. The school emphasizes an intimate, personalized experience while developing "real world" playing skills through everyday performances with professional musicians from the LA music scene.

# Barbara successful with WBV

(Continued from Page 1)

ica, South America and Canada.

When Barbara arrived in the United States from Nice, France twenty years ago, he never dreamed that the notion of fitness, beauty and health would eventually dominate his world. Arriving with a complete lack of comprehension for the English language and the American way of doing business, the \$120,000 he brought was quickly spent. Fortune allowed him the chance, however, to enter the printing realm, gaining invaluable experience as a print broker, a graphic designer in his own business, and finally as a web designer, giving him his first financial break.

Barbara's first foray into the entrepreneurial world began three years ago with little more than an inkling – a recollection of a popular German WBV fitness machine known as Fitvibe. A skeletal formation of WBV had first been developed in ancient Greece. Its effects on vibration training was later experimented on by the Germans and Russians, the latter which utilized WBV to impede muscle atrophy and bone loss in their space program and improve athletic performance in sports. Initially skeptical of the concept of WBV and its supposed benefits, Bar-



**Barbara hopes to bring the benefits of WBV platforms like DKN into mainstream American culture**

bara soon latched onto its allure, acknowledging its complete balance of fitness, wellness, beauty and health.

"It stretches and relaxes all the muscles in your body, increases blood flow and endorphins, and affects bone density. The positive effects are endless," he said.

Barbara recognized WBV as an untapped bonanza, waiting to be unearthed. Already popular in Europe, he vowed to bring the resource to the U.S. where health and beauty were becoming a burgeoning industry.

From the start, Barbara maintained an economically organic growth plan for his company – one that began small, yet never failed to guarantee a positive cash flow. Within three months, he sold 300 machines.

"The problem with most businesses is that there's so much focus on retail," he said. "It's too fast, too big, too soon. A lot of people will end up sacrificing quality. I'd rather go about it in a more economical way."

Barbara realized the potential of growth in the retail market, but his secret lay in his network of medical associates, including doctors who were eager to purchase WBV platforms to sell to interested patients.

"It's a perpetual challenge trying to be successful, dealing with different personalities each day. It can get tiring sometimes," Barbara notes. "But I remember that these people are my customers and they have different points of views. This is what makes being in this industry so exciting."

Having sold 26,000 machines in Europe the previous year, Barbara hopes to eventually turn WBV into a household name and firmly establish its presence in the U.S., Canada and South America.



## THE ALHAMBRA TEAM

### Management Staff

Michael Taylor  
Senior Property Manager

Tina Angulo  
Operations Manager

Ana Guardado  
Leasing Administrator

Andrew Yang  
Senior Accountant

Roz Hargrove  
Senior Property Accountant

Mina Lee  
Property Accountant

Adriana Jimenez  
Administrative  
Property Assistant

Coral Lin  
Property Assistant

Melissa Slaatong  
AP/AR Clerk

### Parking

Paul Nonato  
Parking Facility Manager  
626-300-5070

### Security

Rolando Valdovinos  
Director of Security  
626-300-2211

### Janitorial

Enna Ibarra  
Janitorial Supervisor

### Engineering

Ed Millacci  
Chief Engineer

## Message from the Operations Mgr.



Tina Angulo

Property Management is happy to welcome Tina Marie Angulo as The Alhambra's new Operations Manager.

Prior to attaining her real estate license in 2002, Tina was Leasing Assistant for Lee and Associates. She went on to become Assistant Senior Managing Director at CB Richard Ellis, and Property Manager at SB Management/Black Equities before arriving at The Alhambra this past March.

Her work in property management stems from a belief in cultivating tenant relations—a relationship that begins first with attitude. She believes the difference in how people handle situations with tenants lies in their attitude and follow-through.

"It doesn't matter what you do – it's about personal character, philosophy and morale."

Her best moments working in property management come with the opportunity to make another individual's experience and livelihood a positive one.



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Building A0, 2nd Floor

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[www.ratkovich.net](http://www.ratkovich.net)  
[www.thealhambra.net](http://www.thealhambra.net)