

The Alhambra



July 2008

Volume 1, Issue 4

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Alhambra's second LA Fitness is scheduled to open August 18th and will include a four-lane lap pool and whirlpool.

Get pumped for new Center

On August 18, LA Fitness will open a 50,000 square-foot Sports Club at The Alhambra. The location at the Fremont Avenue and Orange Street entrance will be the second sports club in Alhambra for the Irvine-based chain. The other LA Fitness, located on Main Street, opened 10 years ago in August 1998.

See Page 3 for membership presale information.

Founded in 1984, LA Fitness currently operates over 250 clubs in 17 states and Canada.

The state-of-the-art sports club will feature full court basketball, a four-lane lap pool, a whirlpool,

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TENANT PROFILE: PEOPLE'S CARE, INC.

The people who care at People's Care

On April 1, 1997, a man named Michael Kaiser began what was to become a corporation that promoted the people. He developed Kaiser Home as a facility that would provide great care and support to a particular

group often overlooked and undervalued and more often than not, neglected by society.

Within two years, Kaiser Home gave way to become People's Care, Inc., a name that Kaiser believes truly gives meaning to

For more info on People's Care, go to www.peoplescare.com

the core belief of the organization.

Through various programs, People's Care, Inc. provides assistance to those who have been diagnosed as developmentally

disabled and/or may carry a secondary diagnosis of mental illness. Programs include Independent Living Services, Supported Living Services, Elderly Care Services, Day Programs,

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Donating Blood

Approximately five million patients require blood transfusions annually in the United States, yet less than 10% of the eligible 37% of the U.S. population do so.

With the nationwide shortage of blood, all eligible donors are encouraged to donate regularly—about one pint of blood every 56 days, or two months.

The Alhambra sponsors 3-4 blood drives a year. Huntington Hospital collected 58 units of blood from campus donors in 2007, and 27 units so far this year.

Collected blood samples are tested for hepatitis, syphilis, HIV, HTLV-I/II, West Nile Virus and Chagas Disease. If test results are positive, the blood is destroyed and the donor notified.

You cannot get AIDS or any other infectious disease by donating blood. All equipment used in the donation process is sterile and used only once.

Take just one hour of your life to donate one pint of blood. You may be saving up to three lives!

Before donating blood:

1. Eat a good meal before donating and drink lots of water
2. Avoid caffeine at least one hour before donating
3. You must weigh at least 110 pounds
4. You are required to bring a picture ID and know either your SS#, DL# or Passport #

CEDARS-SINAI BLOOD DRIVE

Date: Wed, 9/3 & Thu, 9/4
 Time: 10AM—3:30PM
 Location: Blood-mobile will be in the Central Parking Lot, corner of Buildings A9E & A10
 Signups & info:
 Contact Program Coordinator Dave Keys at keysd@cshs.org

Do not donate blood if:

1. You have had cold/flu symptoms three days prior to donating or do not feel well on the day of the donation
2. You have a tattoo or body piercing less than 12 months old (earlobe piercing by gun is acceptable)
3. You have taken antibiotics in the last 24 hours
4. You have had major dental work in the last 24 hours
5. You are taking cardiac medication or insulin
6. You have had hepatitis after the age of 11.
7. You have traveled to a malaria zone less than 12 months ago
8. You have traveled for a combined total of six months or more to Europe, or three months or more to the UK from 1980 to the present
9. You just want to get an AIDS test

—Information provided by Huntington Hospital

UPCOMING EVENTS

August

18
 LA Fitness Grand Opening
 Where: Corner of Fremont Avenue & Orange Street
 Time: 9AM, Monday

September

3-4
 Cedars-Sinai Blood Drive
 Where: Central parking lot at the corner of Bldg. A10 & A9E
 Time: 10AM—3:30PM

TENANT AMENITIES

CAMPUS SNACK SHOP

Hours

Monday - Friday, 7AM - 4:30PM

Location

Building A10, 1st Floor, Room 10113

Contact

Seroj Derzakarian
 Office: (626) 284-6050
campussnackshop@yahoo.com

Services include

- * Pastries, snacks, sandwiches *
- * Greeting cards *
- * ATM machine *



CONFERENCE ROOM AVAILABILITY



Fireside Room

Location:
 Building B1
 Capacity:
 Varies depending on setup
 Rates:
 1/2 Day (0-4 Hrs) - \$125
 Day (Over 4 Hrs) - \$200

For reservations, call Property Management at 626-300-5000.

TRANSPORTATION

With the amount of cars on the road, smog in the air and gas prices on the rise, everyone is thinking about alternative methods of transportation.

INTERESTED IN CARPOOLING OR PUBLIC TRANSIT?

If you're spending more on gas than you are on food, then consider leaving your car at home and riding Metro!

Metro bus system: Provides routes to various Southland locations to and from Alhambra. Bus lines that stop at The Alhambra on Fremont Avenue are Lines 258 and 485.

Metro rail system: Five rail lines are currently available, including the Gold Line which passes through Pasadena.

For maps and complete listings of all bus lines in your area, go to www.metro.net.
 Vanpool and carpool information are also available online.

FOR THOSE WHO RIDE BIKES, TAKE ADVANTAGE OF THE BIKE RACKS LOCATED AROUND CAMPUS!

Bike rack locations:
 Buildings A3, A12, A9E (south side, courtyard area), and B7 (west side)
 New bike racks will be added to:
 The first floor of the new LA Fitness parking structure (B-2)

Fremont structure now available

As the newly-constructed LA Fitness plans to open its doors in the coming month, tenants and fitness members need not worry about competing for a parking spot. A newly constructed, four-story parking structure situated next to LA Fitness on the corner of Fremont Avenue and Orange Street recently opened to tenants, LA Fitness members and the general public.



The Fremont parking structure, which has been under construction for a little over a year, opened on July 1st. The new structure has a total of 762 spaces.

The Fremont Parking Structure (B-2 Structure) was under construction for little over a year before its opening on July 1st.

With a total of 762 parking spots in the structure and about 500 spots still available, there are plenty of spaces to go around. Parking rates are \$45 per space, per month for unreserved and \$75 per space, per month for

executive.

About 175 spaces will be set aside for LA Fitness guests, who will receive a two-hour validation per patron per visit. Thereafter, parking rates are the same as The Alhambra campus rates: \$1 per hour

with a full-day maximum of \$3.

To purchase a parking spot in the new B-2 structure, contact the parking manager Paul Nonato at (626) 300-5070, and provide both your billing information and parking key-card number.

PARKING EXTRAS

STATS:

4 stories, 2 stairwells, elevators, and 16 handicap spaces.

1st floor—Executive & ADA
2nd, 3rd, 4th floors—Public parking

GATE HOURS:

Mon-Fri: 6AM–10PM
Sat-Sun: Open

RATES:

Unreserved: \$45/space/month
Executive: \$75/space/month

*For individual parkers paid by their company and interested in upgrading in new parking structure: \$10 (unreserved), \$40 (executive). They will be billed separately with their own accounts.

PARKING @ THE ALHAMBRA (PRICES PER SPACE, PER MONTH)

	Unreserved	Reserved
Surface	\$35	\$50
B-7	\$50	\$75
B-2	\$45	\$75

Cell Phones for Soldiers



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

This past April, The Alhambra joined the "Cell Phones for Soldiers" recycling program. An organization providing soldiers with calling cards, Cell Phones for Soldiers sells donated phones to a recycling company, and uses the profit to purchase one hour calling cards that are sent to troops stationed abroad.

Because of your support, we have been able to collect approximately 85 cell phones and accessories throughout the past three months, but WE STILL NEED YOUR HELP!

Drop off your used or damaged cell phones at our Drop Box, located at the security desk on the first floor of Building AO, and Property Management will take care of the rest!

For additional information, please visit www.cellphonesforsoldiers.com.

Location is key for fitness center

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locker rooms, and separate studios for aerobic and stationary bike classes. These amenities surround a full array of equipment, including 100 pieces of the latest generation cardio equipment, circuit training machines (80 stations), and free weight areas. Trained instructors will lead over 50 classes per week covering every level and degree of intensity from yoga to fast-paced aerobics. Baby sitting is also available.

According to Bill Horner, Senior Vice President and Chief Real Estate Officer for LA Fitness, the location is consistent with LA Fitness' belief that convenience is key.

"Convenience is a major component in keeping on the fitness program. We have ample equipment, and we have access and parking. The fitness center is also easily accessible to daytime workers and nearby residents."

Horner added, "LA Fitness offers members high value relative to cost in pursuit of their fitness goals."

—Information provided by LA Fitness Intl, LLC

PRESALE INFORMATION

LA Fitness is currently selling memberships at their presale office:

Location:

Shops at The Alhambra
1129 S. Fremont Ave.
Building A11

Hours of Operation:

Mon-Fri: 9AM–9PM
Sat-Sun: 9AM–8PM

Contact:

(626) 310-3030

THE ALHAMBRA LA FITNESS

Opening:

Scheduled for August 18th

Hours of Operation:

Mon-Fri: 5AM–Midnight
Sat-Sun: 8AM–8PM

Location:

920 South Fremont Avenue

Parking:

Mon-Fri: Two hour validation, then \$1/hr with a max of \$3
Sat-Sun: Free

Future programs to include Wii?



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

Janet Villanueva
AP/AR Clerk

Parking

Paul Nonato
Parking Facility Manager
626-300-5070

Security

Rolando Valdovinos
Director of Security
626-300-2211

Janitorial

Manuel Gutierrez
Janitorial Supervisor

Engineering

Ed Millacci
Chief Engineer

(Continued from Page 1)

Personal Assistance Programs, Community-Based Day Programs, Residential Group Homes, and others.

People's Care Independent Living Services (ILS) program recently joined The Alhambra, persuaded in part by their proximity to the Eastern Los Angeles Regional Center (ELARC), one of The Alhambra's largest tenants as well as the funding source for the ILS program.

Available 24 hours a day on an on-call basis, the program provides training and support to clients based on each client's Individual Support Plan, whether it is a task as simple as learning how to shave and comb hair, or as complex as helping the client develop self-direction by finding a job. Services in parenting, adaptive technology and physical/mental health allow individuals to develop self-reliance and offer a way to create a meaningful life within their community.

Israel Ibanez, the ILS Program Director, operates the small office at The Alhambra. With just one corporate office, three branches and approximately 350 employees mostly out in the field, the organization has started off modestly, yet



The ILS program helps acquire and train clients on any technological equipment they may need in order to function independently.

continues to expand at a steady rate.

Ibanez notes that field workers currently carry GPS units at all times, yet they hope to eventually develop a system where staff can punch in their hours via cellular phones – a much quicker, more convenient and accurate method. Additional programs are in development in the areas of behavioral modification, elderly care and weight management to which many clients have never been exposed.

For those who have a penchant for gaming, People's Care, Inc. may have great news in store.

PEOPLE'S CARE (ILS)

VENDOR BY: Eastern Los Angeles Regional Center (ELARC)

CONTACT: Israel Ibanez,
ILS Program Director
PH: (626) 308-2038

For additional information, go to
www.peoplescare.net
E-mail: info@peoplescare.net

According to Ibanez, Nintendo's Wii consoles may be making their way into the organization's programs and paving the way for a model similar to the XRtainment Zone, where physical activity is combined with virtual reality computer exercise games to create an environment of fitness and fun.

"We'd like to bring in a bunch of Wii systems in order to increase motor skills," Ibanez said. "It's also fun for the clients. We want to introduce them to a whole range of different possibilities, especially if we can do it in a fun, positive way."

People's Care currently has facilities in Monterey Park, Alhambra, San Gabriel, Temple City, Glendora, and Tulare California.

—Coral Lin

New Office of the Building



Adriana Jimenez

When The Ratkovich Company purchased The Alhambra in 1999, property management began operating in Building A10 on the 2nd floor. In the first part of the 21st century, The Alhambra's property management moved to Building A0 on the 2nd floor.

And in the year 2008, property management has just made their return back to Building A10 on the 1st floor.

If you haven't seen our brand-new offices yet, I'll lay out the experience for you: Walking through the newly refurbished lobby of A10 center, you comment on the beautiful framed photographs of The Alhambra back when it was C.F. Braun's engineering complex. But when your eyes catch sight of the new glass double-doors, you become intrigued.

You allow me to give you a tour, pointing out pictures of historic buildings that The Ratkovich Company has restored over the years. "It's a far cry from your old offices," you inform me, and I heartily agree.

"Thank you for taking the time to show me your office," you tell me kindly. "It was my pleasure," I say sincerely.



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