

Business Seminars

Monrovia Business Seminar

Peter Hoffman
March 6, 12pm

MADIA TECH LAUNCH

TBD
March 13, 2019 6:30-8:30pm

Monrovia Kiwanis

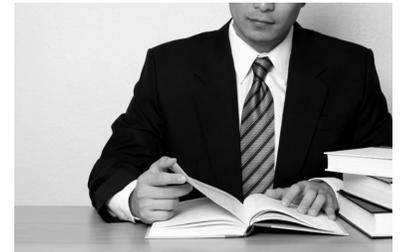
Meets at the Monrovia
Restaurant
Every Thursday 12-1:30 PM

Duarte Kiwanis

Meets at Westminster Gardens
Every 3rd Tuesday 12-1:30 PM

Here's an Extremely Important Book for Reversing Type II Diabetes

Normally you'll see me write articles in this location of the newsletter pertaining specifically to commercial real estate. But there's a book that's come on the market that's so profound, that focuses on how to reverse Type II diabetes and high blood glucose levels naturally, that I thought it was extremely important to tell you about the book.



After all, investing in commercial real estate can become a very important component towards both your financial success and your lifestyle, but this can be hampered substantially if you or someone close to you is dealing with a medical condition that's causing you pain and frustration.

In addition, since more than 50% of American adults have now been diagnosed as being pre-diabetic, or as already having Type II diabetes, the chances are very high that you already know someone who can greatly benefit from the information contained within this book.

See Page 3 Diabetes

Quotes for the Month

"The cost of being wrong is less than the cost of doing nothing." – Seth Godin

"You will get all you want in life, if you help enough other people get what they want." – Zig Ziglar

"The world is changing very fast. Big will not beat small anymore. It will be the fast beating the slow." – Rupert Murdoch

Urban Village on Parsons' Campus Expected to Boost Los Angeles Suburb

JANUARY 31, 2019|KAREN JORDAN

Pasadena, a suburb northeast of downtown Los Angeles known for the Rose Bowl stadium as well its local shops and restaurants, could soon be transformed by a large mixed-use development surrounding the headquarters of defense and security firm Parsons Corp.

Dallas-based developer Lincoln Property Co. is building the long-anticipated, 1 million-square-foot urban village known as 100 West Walnut, at [100 W. Walnut St.](#), in the popular shopping and dining district, Old Town Pasadena, an area that has not seen much new development.

"We saw this as a great opportunity to create long-term value in Pasadena and to really develop a great mixed-use campus, including residential and office and retail, and the opportunity for a company to be able to come in and build a campus, which is very hard to do in Los Angeles today," said Rob Kane, executive vice president at Lincoln Property Co. "To be able to deliver state of the art high-end office space into a market that hasn't had any truly new office space in over two decades."

See Page 2 Parsons



Located about one block from a popular main thoroughfare of Colorado Boulevard, lined with local boutiques and eateries as well as national chains such as Pottery Barn and Cheesecake Factory, the project will be built in two phases, according to Kane.

The first phase, which is under construction now, is designed to have about 400 residential units and 220,000 square feet of office with some retail. It is expected to be completed in early 2021, Kane said. The second phase is planned to add an additional 400,000 square feet of office. The entire project is expected to have a total of about 25,000 square feet of retail with most of it along Fair Oaks Avenue, according to Kane.

No timetable has yet been set for the second phase of the project as it will depend on market conditions, according to Kane. The project is being built on existing, surface parking lots of the Parsons campus in what is the largest parcel of land to be developed in the city of Pasadena, according to Kane.

Parsons sold its former headquarters to Lincoln Property in 2011 for \$319.9 million, or about \$377 per square foot, in one of the largest sales in the city, according to CoStar data. Parsons leased back and still occupies space in the existing office tower on the property, according to Kent Handleman, senior vice president of marketing at Lincoln Property Co.

Kane described the Tri-Cities, which consist of Pasadena, Glendale and Burbank, as “a very vibrant office market and, certainly, a vibrant residential market and well served by high-end housing and a great tenant base.”

The local stakeholders nonprofit organization Old Pasadena Business Improvement District (BID) sees the mixed-use development as bringing much needed development to the area that could attract more people to the area, according to Steve Mulheim, its president and chief executive.

“It’s a significant residential development, a significant office development,” Mulheim said. “We assume those people will want to shop and eat, and Old Pasadena is directly adjacent to that.”

Andrew Berk, a principal at Avison Young, said he is glad to see a project being developed in an area that has almost been like a “dead zone” in the neighborhood.

“That’s a transformative project for Pasadena that’s been talked about and been in the works for years, so it’s exciting to see it’s finally coming to fruition,” Berk said.

He thinks it could also help attract tech companies, which have booming with expansion across Los Angeles recently. That’s something Kane said his company is hoping for as well. The area is already home to one of the most prestigious schools of technology, the California Institute of Technology.

Berk, who has been working in the Pasadena market for 17 years, said there is little creative office space or newer office space in the city. Only about 336,000 square feet of new office construction has been built in Pasadena since 2010, according to CoStar Market Analytics. The largest of them is the 155,000-square-foot Playhouse Plaza at 680 E. Colorado Blvd. that delivered in 2015, according to Steve Basham, a senior market analyst covering the Southern California region for CoStar Market Analytics.

“Old Pasadena has just become more and more of a destination spot, not just for retail but for creative office users both entrepreneurial and startup and existing ones,” Berk said.

Chicago-based multifamily developer AMLI Residential, Southfield, Michigan-based architecture and engineering firm Harley Ellis Devereaux and Chicago-based architectural and urban planning firm Skidmore, Owings & Merrill are all involved in the project’s design.

“We think the architecture is so perfectly suited for Pasadena and also to cater towards these really high-end companies,” Kane said. “To be able to do that in a mixed-use environment really, we think, sets our project apart from all of the other projects that are being developed right now.”

Some other construction is starting to kick off around the city, including the new, five-story headquarters for life science real estate company Alexandria Real Estate Equities at 380 E. Union St.



The book is titled, "The Diabetes Code", and it was written by Dr. Jason Fung. In the book, Dr. Fung discusses the myths that have now been debunked by modern science about Type II diabetes, and he tells people who are living with high blood glucose levels how to reverse those levels naturally, and no longer be needing to take oral medication or insulin injections to treat this condition. In addition, he provides case studies showing how clients of his have gotten completely off of their Type II diabetes medications within just weeks after beginning his recommended program.

Keeping this in mind, Dr. Fung provides scientific proof that while oral medications and insulin taken to reduce blood glucose levels can definitely be effective at doing so, these medications basically move the glucose out of the blood and into other organs and systems within the body, where it can then do substantial damage. So while administering these treatments is still standard practice within Western medicine, Dr. Fung gives people a way out from needing to do this, and he shows them how to bring their glucose levels down into more acceptable ranges, without needing to take drugs or insulin.

So in putting all of this together, if you know someone who can benefit from this information, you may want to tell them about this book. It's been changing people's lives left and right who up until now have been dependent on medication and insulin to treat their high blood glucose levels, and at the time of me publishing this article, the book has already received more than 380 five-star reviews on Amazon, including receiving solid testimonials from medical doctors about the book, too.

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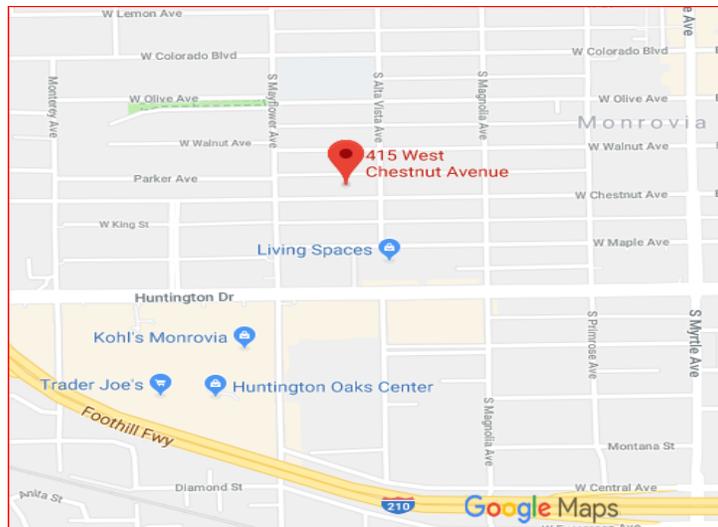
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