



The Monterey Park Cascades



Volume XVI, No. VII

Citywide News for Business, Community and Education

September 2017

Fall Flavors Coming to the Monterey Park Certified Farmers' Market



Summer is winding down and the flavors of fall are starting to roll into the market. September brings a variety of healthy and delicious produce. You'll start to notice an abundance of cruciferous vegetables, such as broccoli, bok choy, brussels sprouts, cabbage, cauliflower, collard greens, daikon radish and Asian greens. While these veggies grow in all different colors, shapes and sizes, they all are rich in nutritional value (high in fiber, vitamins and minerals) and will add great flavor to your meal.

Farmers' Market Tip of the Month

Most people don't think warmly of cruciferous vegetables but these veggies can actually be delicious if prepared correctly. Here are a couple of ways to tone down the bitterness and bring out the sweetness:

1. Eat within three-four days of purchase.
2. Add lemon or lime juice with olive oil.
3. Salt lightly.
4. Don't overcook (they often produce a sulfur odor when cooked too long).

Monterey Park Farmers' Market runs rain or shine every Friday at 318 S. Ramona Avenue from 4-8 p.m. Eligible CalFresh, WIC and SSI customers can receive up to \$10 in free farmers' market money through our Market Match program. Have a question? Email info@farmermark.com.

中文版第22頁
Español Pagina 22

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Monterey Park Bruggemeyer Library Summer Reading Program Ends with a Splash



The Monterey Park Bruggemeyer Library's 2017 Summer Reading Program celebrated the end of summer with a Family Pool Party at Barnes Park Pool on July 31. Nearly 200 children and caregivers attended the program, which was offered in partnership with the Recreation and Community Services Department and the support of the Aquatics Division who staffed the pool with lifeguards and provided music for families.

The Family Pool Party capped off a season of reading and fun for families at the library during which thousands of residents attended storytimes, puppet shows and other events including musical performances, magic shows and bubble demonstrations. Nearly 1,300 children participated in the reading program this year, reading over 14,000 hours collectively.

For more information about the programs and services of the Monterey Park Bruggemeyer Library, visit www.MontereyPark.ca.gov, Twitter @MontereyParkLib or call 626-307-1366.



Market Place Project Update



As many may know, on November 16, 2016, the City of Monterey Park, along with M&M Realty Partners, had a groundbreaking ceremony for the Monterey Park Market Place project. The Market Place, which is located along the Pomona Freeway (SR-60), will be the largest commercial shopping center ever developed in the community. Since the groundbreaking, the majority of the grading activities for the shopping center and the new road, Market Place Drive, have been completed and the city anticipates that some of

the commercial tenants will be open for business in early 2018. Additionally, construction plans have been submitted for review so that construction activities can commence.

Some of the national and regional tenants include The Home Depot, Costco Wholesale, In-N-Out Burger, Starbucks, Chick-fil-A, Guitar Center, Panda Express and Ono Hawaiian BBQ. Other tenants will be announced when the information becomes available.



September 11 Patriot Day Ceremony

The public is invited to attend a Patriot Day remembrance ceremony on Monday, September 11 on the city hall front lawn. Monterey Park's event, to coincide with the U.S. Patriot Day and National Day of Service and Remembrance, will

take place at 8:30 a.m. and feature a moment of silence as well as placement of a wreath by members of the police and fire departments. The mayor and city council invite members of the community to join in the ceremony.



CITY OFFICIALS

Teresa Real Sebastian, Mayor
 Stephen Lam, Mayor Pro Tem
 Peter Chan, Council Member
 Hans Liang, Council Member
 Mitchell Ing, Council Member

Vincent D. Chang, City Clerk
 Joseph Leon, City Treasurer

Ron Bow, City Manager
 Mark Hensley, City Attorney

**CITY COUNCIL, COMMISSIONS,
 COMMITTEES AND BOARDS MEETING
 SCHEDULE**

CITY COUNCIL

1st & 3rd Wednesdays, 7:00 p.m.
 City Hall Council Chambers

COMMISSION ON AGING

3rd Monday, 11:00 a.m.
 Langley Senior Center, 400 W. Emerson Ave.

**BUSINESS IMPROVEMENT DISTRICT
 ADVISORY COMMITTEE**

Quarterly, 3rd Thursday, 3:30 p.m.
 City Hall Room 266

COMMUNITY PARTICIPATION COMMISSION

3rd Tuesday, 6:00 p.m.
 City Hall Community Room

DESIGN REVIEW BOARD

1st & 3rd Tuesdays, 7:00 p.m.
 City Hall Council Chambers

**ECONOMIC DEVELOPMENT
 ADVISORY COMMISSION**

1st Tuesday, 7:00 p.m.
 City Hall, Room 266

ENVIRONMENTAL COMMISSION

2nd Tuesday, 6:00 p.m.
 Engineering Conference Room 153

LIBRARY BOARD OF TRUSTEES

3rd Tuesday, 7:00 p.m.
 Bruggemeyer Library

PERSONNEL BOARD

2nd Wednesday, 7:00 p.m.
 City Hall Council Chambers

PLANNING COMMISSION

2nd & 4th Tuesdays, 7:00 p.m.
 City Hall Council Chambers

RECREATION & PARKS COMMISSION

1st Monday, 7:00 p.m.
 City Hall Council Chambers

SISTER CITIES COMMISSION

Quarterly, 1st Tuesday, 7:00 p.m.
 Bruggemeyer Library

TRAFFIC COMMISSION

3rd Thursday, 7:00 p.m.
 City Hall Council Chambers

For more information please visit the community calendar at www.MontereyPark.ca.gov

Free Oil Filter Exchange Event Saturday, October 14

Bring a used oil filter and get a new one free

Do you change your own oil in your car or truck? All Monterey Park Do-It-Yourselfers (DIYers) are invited to recycle their used oil and oil filters from 10 a.m. to 2 p.m., Saturday, October 14, 2017 at Silver Star Service, 600 W. Garvey Ave. In exchange for your used oil and filters, you will receive a free oil filter and oil recycling kit while supplies last. Free filters are limited to two per person.

Funded by a grant from the California Department of Resources, Recycling and Recovery (CalRecycle), the free filter exchange event will educate Monterey Park residents about responsible used motor oil and filter recycling. Oil poured down the drain or onto the ground can travel down storm drains and contaminate our local waterways. Recycling used motor oil prevents water pollution and conserves a natural resource. Used oil filters are made of steel and can be recycled as well. Drain the filter for 12 hours and seal it in a Ziploc bag before taking it to the recycling center.

The City of Monterey Park encourages all residents to do their part and recycle their used motor oil and filters. For year-round recycling, residents can recycle their oil and filters at the following locations:

Camino Real Chevrolet
 2401 S. Atlantic Blvd.
 323-264-3050

Silver Star Service
 600 W. Garvey Ave.
 626-284-0312

Vo Auto Repair
 631 N. Garfield Ave.
 626-571-8871

Please call the centers in advance for quantities accepted. For more information about used oil and filter recycling, call the City of Monterey Park Public Works Department at 626-307-1320.

**City Hall Frequently Used
 Phone Numbers**

Mayor and City Council	626-307-1465
City Manager	626-307-1255
City Clerk	626-307-1362
City Treasurer	626-307-1488
Animal Control	626-307-1217
Aquatics/ Rec. Classes	626-307-1388
Building Division	626-307-1300
Business License	626-307-1338
Code Enforcement	626-307-1415
Community & Economic Development	626-307-1315
Dial-a-Ride	626-307-1396
Economic Development	626-307-1382
Engineering	626-307-1320
Finance	626-307-1348
Fire Department Admin	626-307-1262
Fire Dept. Ambulance	626-307-1423
Fire Prevention	626-307-1308
Graffiti Removal	626-307-1449
Housing Rehabilitation	626-307-1385
Human Resources	626-307-1334
Job Hotline	626-307-1446
Langley Senior Center	626-307-1395
Library	626-307-1269
Planning and Zoning	626-307-1315
Police (emergency only)	9 1 1
Police (non emergency)	626-573-1311
Police Comm. Relations	626-307-1215
Police Reports & Records	626-307-1211
Pothole Report Line	626-307-2585
Public Works	626-307-1281
Recreation & Community Services	626-307-1388
Recycling Hotline	626-307-1320
Risk Management	626-307-1437
Special Events	626-307-1390
Trash Collection (Athens Services)	626-336-6100
Tree Trimming	626-307-1292
Water Billing	626-307-1342
Water Dept. After Hours	626-307-1282
Weed Abatement	626-307-1415

For additional numbers please visit the city directory at www.MontereyPark.ca.gov

City Hall Hours

Monday-Thursday 7:30 a.m.-5:30 p.m.
 Friday 7:30 a.m.-4:30 p.m.

City Events Calendar

September 4	Labor Day Holiday, City Hall and Library Closed.
September 6	Regular City Council Meeting, 7 p.m., City Hall Council Chamber.
September 11	Patriot Day Ceremony, 8:30 a.m., City Hall Front Lawn.
September 19	City Council Guests & Presentations Meeting, 6 p.m., City Hall Council Chamber.
September 20	Regular City Council Meeting, 7 p.m., City Hall Council Chamber.

Regular city council meetings are held on the first and third Wednesdays of the month in the city hall council chamber at 320 W. Newmark Ave. For more city events please visit the event calendar at www.MontereyPark.ca.gov.

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Environmental Commission, Officials and Residents Tour the Athens Material Recovery Facility

By Karl Wong, Chair, Monterey Park Environmental Commission



The City of Monterey Park Environmental Commission recently organized a tour of the Athens Services' Material Recovery Facility (MRF) in Sun Valley, California on June 21, and included city elected officials, civic leaders and residents.

As part of the city's recent selection of the two waste hauling services for Monterey Park, the tour was designed to educate the community to learn and understand how waste placed at every residential home and business sites are collected, transported, processed at the waste material recovery facility and recovered as valued commodities. The tour is also an opportunity for the participants to increase awareness about waste reduction and recycling, and to understand the need to preventing waste in the first place, also known as waste prevention/minimization.

MRF waste processing starts when loads are dumped off the trucks onto the tipping floor. From there on, the materials go through various stages such as BHS Bag Breaker which breaks up trash bags to allow materials come off the bags, Nihot Air Technology Separation which separates materials based on their weights – lightweight materials go up and heavier materials down. Materials will then go through the screening / vibration stage where paper will move down and plastic items moving up the screen. The plastic materials will then go through 4 Optical Sorting to separate the different types of the plastic waste. By industry standard, plastics are divided into 7 different material categories (Plastic #1 through #7) based on the density, thickness, and the polymer types of the plastics.

The remaining materials go through separate conveyor lines where the materials are sorted by hand to pick up

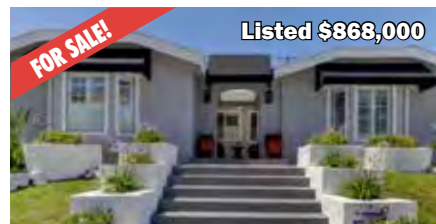
recovered/recyclable materials, such as cardboard boxes, mixed paper, and plastic bottles and containers. Other recovered materials include aluminum cans, aluminum foil, scrap metal, and plastic bags. Athens sorting process utilizes a technology called Human Machine Interface (HMI) where material separations are done by machinery and by human. At the Athens MRF, about 70-80 percent sorting is done through machinery and 20-30 percent through hand sort. The latest technology acquired by the facility is Max-AI which is a robotic hand sorting capability.

Athens MRF receives over 1,500 tons per day of waste for processing. On the average, approximately 20-30 percent of the incoming waste is recovered and 70-80 percent of the recovered materials become recyclable items as valued commodities which return back to the market.

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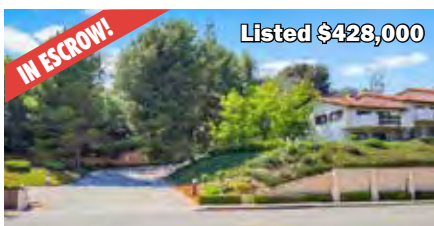
FOR SALE! Listed \$868,000
551 Cecil St. Monterey Park
Newly Remodeled Gorgeous House
3bed/3bath, 2234 Liv Sqft,
Lot 8140 Sqft, Excellent Alhambra SD.



FOR SALE! Listed \$749,000
240 W. Markland Dr., Monterey Park
Beautifully remodeled,
4 Bed, 3Full Bath, Dining Room, Family Rooms
2638 Sq.Ft with Fantastic View



NEW PRICE! Listed \$1,130,000
782 Ridgecrest St. Monterey Park
Superior Location w/Panoramic View
Top of the Hill, few steps to the Sequoia Park
5bed/3bath/ 2620 sqft, Japanese Garden



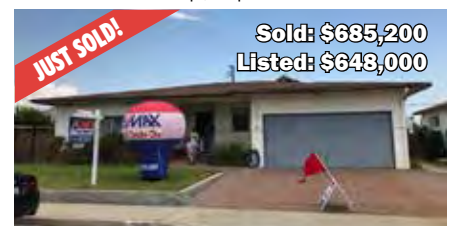
IN ESCROW! Listed \$428,000
261 S. Atlantic Blvd #B Monterey Park
Exceptionally nice contemporary townhouse
2 bed, 2.5 bath, bonus room



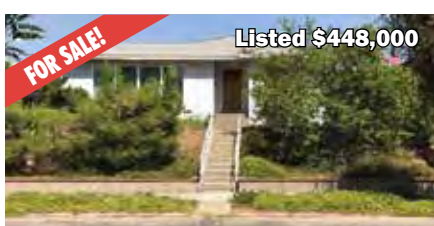
IN ESCROW! Listed \$638,000
150 E. El Repetto Dr. Monterey Park
Well maintained
3 bed, 2 full bath, spacious sun room
Alhambra school district



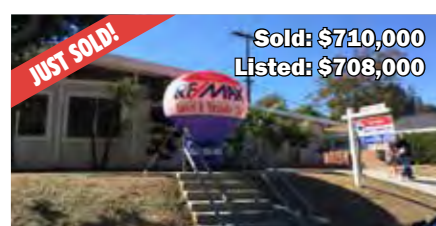
JUST SOLD! Sold \$935,000
Listed \$918,000
120 N Sierra Vista St. Monterey Park
Triplex (2321 Sqft) on Lot 9607 Sqft
Great Location, Investor's Dream



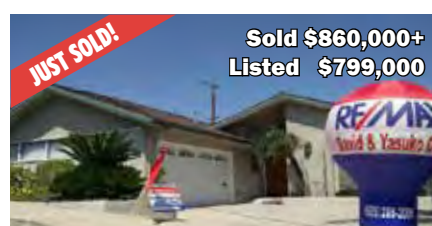
JUST SOLD! Sold: \$685,200
Listed: \$648,000
1626 Kempton Ave. Monterey Park
Clean, 3BR/2BA, 1596 Liv Sqft, Spacious
Bedrooms, Large Back Yard, Ah SD



FOR SALE! Listed \$448,000
425 Potrero Grande Dr. Monterey Park
Sharp 2 Bedrooms/1Bath, Spacious Family room,
Remodeled/Updated Bath/Kitchen, Move-in Condition
1434 Sqft.



JUST SOLD! Sold: \$710,000
Listed: \$708,000
309 Casuda Canyon Dr. Monterey Park
Few steps to Award Winning Highland Elem. School
Completely Remodeled Beautiful House



JUST SOLD! Sold \$860,000+
Listed \$799,000
1380 Pebble Hurst St. Monterey Park
Excellent location on Brightwood hill.
4be/3bath, 1992 Sqft, family room, Call for Open house



JUST SOLD! Sold: \$647,750
Listed: \$628,000
165 Coral View St. Monterey Park
3bed/2bath, A1500, Huge yard with Huge patio,
Clean Move in condition, Call for Open house



JUST SOLD! Sold \$700,000
Listed \$688,000
315 N Florence Ave. Monterey Park
High demand location, Liv area 1806 Sqft,
Lot 7801 Sqft.

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Hours: Mondays and Tuesdays 12pm - 9pm, Wednesdays and Thursdays 10am - 6pm

Fridays and Saturdays 10am - 1pm, Sundays 1pm - 5pm

318 S. Ramona Avenue, Monterey Park Follow us on Twitter! @MontereyParkLib

Herstory Exhibit and Reception

Discover the stories of Chinese-American women's history told through "Herstory," an exhibit of legal cases fought in the Supreme Court of the U.S. and the supreme courts of its states. The exhibit is a fascinating look at the ordinary people who fought for their rights, and in doing so, helped to shape a new world for Chinese Americans in the U.S. "Herstory," from the personal collection of Dr. Chang C. Chen, features rare photographs and case descriptions of efforts by Chinese-American women to gain legal standing in the U.S. Visit the exhibit in the front lobby and in the International Collections Room from September 1-30. The public is invited to a reception on Sunday, September 10 at 2 pm in the Friends Room where they can meet Dr. Chang C. Chen and hear how she documented this written legal history of Chinese Americans. For more information, call the Reference Desk at (626) 307-1368.

Internet Searching Classes Using Chromebooks

Do you want to search the web but don't know where to start? Attend our internet searching classes using the library's new Chromebooks. The Chromebook, a simplified, lightweight laptop computer based on Google's Chrome browser is fast, secure, and simple to use. It uses cloud computing rather than software or storing files directly on the computer. Learn how to navigate webpages, popular web browsers, how to use search engines to find what you need, quality websites, and good information! The library will provide the Chromebooks for the class. Reserve your seat at the Reference Desk for classes scheduled on Wednesdays, September 6, 13, 20 and 27 in the Computer Lab from 10:30 am to 11:30 am. Please contact the Reference Desk or call (626) 307-1368 to register.

Chromebooks Available @ the Library!

Chromebooks are available for in-library checkout to library cardholders ages 14 and older on a first-come, first-serve basis at the Monterey Park Bruggemeyer Library. This new digital service was made possible from a Southern California Edison's Building 21st Century Skills for Tweens and Teens' grant. Chromebooks can be checked out for two hours per day for in-library use only. There is no fee to check out, however, late fees and total replacement costs will apply if a Chromebook is returned late or is lost. For more information about the new library service, contact the Reference Desk at (626) 307-1368.

Join the Library's CS First Coding Club Fall Program for Youth

Are you between the ages of 9-14 and interested in learning how to code? If so, this is your invitation to join the CS First Coding Club at the Monterey Park Bruggemeyer Library this Fall! Starting September 14 through November 2 on Thursdays, students, ages 11-14 will meet at 3:30 - 4:30 pm and students, ages 9-10 will meet from 4:30 to 5:30 pm in the Computer Lab. No experience is necessary: design and program your own video games and animations using Scratch code. Learn important gaming and computer science concepts while building racing games, mazes, and other fun digital projects. The CS First Coding Club is part of the Library's Southern California Edison Building 21st Century Skills for Tweens and Teens' grant. The Monterey Park Bruggemeyer Library provides access to technology tools with the goal of promoting education and success for everyone in our community. For more information about the free program, contact the library at (626) 307-1358.

Library Storytimes

Storytimes for all age levels are held in the Library's Storytime Room and last 25-45 minutes. Children must be accompanied by an adult caregiver at all times. No registration is required.

Family Storytime (all ages): Monday at 7:30 pm,
Tuesday at 7:30 pm,
Wednesday at 4:00 pm
Preschool Storytime (ages 3-5): Tuesday at 12:00 pm
Baby Storytime (birth to age 2): Thursday at 10:00 am

Little Explorers

Thursday, September 7 at 11:00 am, Friends Room
Infants through preschool aged children are invited to discover all the fun that can be had with pool noodles! Each program will last 45 minutes to an hour. Children must be accompanied by an adult. Please wear play clothes that can get dirty, as some activities may be messy.

Children's Computer Classes

Wednesday, September 13 at 3:30 pm, Computer Lab
Monthly computer classes for 6 - 11 year olds that will teach kids the basic computer skills they need to complete homework assignments. The program will last 45 minutes to an hour and be held in the Computer Lab.

Afterschool Art

Thursday, September 14 at 3:00 pm, Friends Room
Get creative at the library! Learn about Pointillism and create a work of art using only dots! For ages 5-12.

Back to School Tween Program

Thursday, September 21, 2017 at 3:00 pm, Friends Room
School has begun! We will be celebrating by welcoming ages 8-12 to join us in decorating a notebook. Light refreshments will be provided for children who attend.

Homeschooler Meet Ups

Monday, September 11, 12:30 - 1:30 pm, Children's Department Meet up with other home school families at the library every second Monday of the month. Share ideas, discuss issues and meet new friends! No registration is required.

1,000 Books Before Kindergarten

The 1,000 Books Before Kindergarten program encourages parents and caregivers to read 1,000 books with their child before he or she enters school - a goal experts say helps prepare children to be successful readers once they enter school. Reading to children helps develop important literacy skills that provide a solid foundation for learning and academic success. To participate:

1. **Sign up** at the Children's Desk of the Monterey Park Bruggemeyer Library to receive a 1,000 Books Before Kindergarten reading log and tote bag.
2. **Read together and write the titles** on the reading log. If you read a book more than once, you can record it each time. Books read at library storytime, at daycare, or books that are read by others to your child also count!
3. **After each 100 books**, bring your reading log to the library to:
 - Place your name on our Readers Board.
 - Collect your next reading log and receive a prize.

Free Legal Assistance Clinics

Tuesday, September 12, Friends Room 6-8 pm
Volunteer attorneys will be on hand to answer legal

questions at free legal assistance clinics sponsored by the Asian Pacific American Bar Association (APABA). Volunteer attorneys will answer questions about immigration, criminal law, civil matters, estate planning, government benefits, labor and employment. For more information and to register for the free legal assistance clinics call the Reference Desk at (626) 307-1368.

College Admissions and Personal Insight Questions Workshop

The Chinese American Citizens Alliance Youth Council will present a College Admissions and Personal Insight Questions Workshop on Sunday, September 17 at 2 pm in the Friends Room. Guest speaker, UC Admissions expert Wei-Li-Sun will present an introduction to the personal insight questions and a step-by-step process to answering the eight personal insight questions. The workshop will help parents as well as students who have questions about the UC application process and /or essay questions. For more information about the free workshop, please call the Reference Desk at (626) 307-1368.

STEM Careers Workshop

Learn about STEM careers from a panel of professionals on Sunday, September 24 at 2 pm in the Friends Room. Meet panelists in professions that include: Geographic information systems, computer science, engineering, astronomy, and medicine. Panelists will discuss their education path to their current position, advantages and disadvantages of their profession, what changes they predict will happen in their field, and provide advice to students who aspire to major in the corresponding field. The program is sponsored by the Chinese American Citizens Alliance Youth Council. For more information about the free workshop, please call the Reference Desk at (626) 307-1368.

Midweek Movie @ the Library

The sequel to the 2014 film featuring the Marvel Comics superhero team will be screened on Wednesday, September 6 at 3 pm in the Friends Room. Peter Quill learns more about the mystery of his parentage as he and his fellow Guardians protect the valuable batteries of the Sovereign and travel the cosmos to escape the vengeance of the Sovereign. The movie is rated PG13 and runs 138 minutes. Please contact the Reference Department for further information at (626) 307-1368.

Junior Friend Programs

Fun programs by Youth for Youth

The Junior Friends, a teen volunteer organization at the library, hosts a program each month to serve the youth at Monterey Park Bruggemeyer Library. Do you have the urge to create? Check out our special teen programs after school on September 13 and October 11 in the Friend's Room. The programs offer teens the opportunity to explore various art mediums and learn new art techniques! The programs are free and space is limited to 15 teens. For further information or to sign up please contact the Reference Department or call (626) 307-1368

Anime/Manga Club

Join the library's Anime/Manga Club and watch the latest Anime releases. Meet other Otaku and discuss new titles for the library. We meet on the fourth Wednesday of each month from 3:30-5:00 pm in the Friends Room. See you on September 27.

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SEPTEMBER SPECIAL DATES TO REMEMBER:

- September 4— Labor Day Holiday, Langley Center CLOSED
- September 6, 13, 29, & 27—Notary Services, 12:00noon—2:00pm
- September 11—Mature Driver's Class, 8:30am—4:00pm
- September 14—Langley Anniversary Luncheon, 11:00 am
- September 19—Blood Pressure Screening, 9:00am—11:00am
- September 18—Commission on Aging Meeting, 11:00am
- September 26—Case Management Services, 10:00am—12:00noon
- September 27—USC Chinese Caregiver Support Group, 1:00pm—2:30pm
- September 29— Legal Advice for Seniors, 10:00am—12:00noon



Free Dial-A-Ride Shopping Trip
When: Every Thursday
Time: Starts at 10:00 AM sharp; Return pick up at 12:30 PM
Where: 1935 Potrero Grande Drive, Monterey Park, 91754
 This event will continue every Thursday after May 4th.
时间: 2017年5月4日星期四
时间: 从10:00 AM开始; 返回上午12:30
地点: 1935 Potrero Grande Drive, Monterey Park, 91754
 此活动将于5月4日之后的每个星期四继续进行。

SENIOR LUNCH PROGRAM
Monday—Friday
11:00 a.m.—12:15 p.m.
Must be at least 60 yrs and older
 Join us for a hot lunch meal in our Main Dining Room. Reservations must be made in advance on Monday from 8:00 a.m.9:15 a.m. for the following week.
 Suggested donation \$3.00

MEALS ON WHEELS
 The Home Delivered Meals Program is available on a donation basis for qualifying homebound seniors that are delivered each weekday, or can be frozen meals that are delivered once per week. Please call the YWCA Intervale Senior Services at 626-214-9465 for information.

ACTIVITIES, SERVICES & WORKSHOPS
AARP SENIOR TECH WORKSHOP—OCTOBER TBA Join us as AARP brings you FREE hands-on technology workshops in order to help you make the most out of your mobile devices. You do not have to be an AARP member.
BLOOD PRESSURE SCREENING - September 19, 2017 9:00am—11:00am, Provided by CVS Pharmacy and Chinatown Service Center.
NOTARY - Virginia Greene, a Notary Public with over 23 years of professional service is available to make your document life easier! Wednesdays, 12 Noon – 2:00 P.M.
BINGO – Every Friday from 12:30 P.M. - 4:00 P.M. Doors open at 11:00 A.M., everyone over 18 years of age is invited to play. No children are allowed.
BINGO - On the 1st, 2nd, 3rd and 5th Sunday of the month. Doors open at 10:30 A.M., everyone over 18 years of age is invited to play. No children are allowed.
BRIDGE - Contract or Duplicate – Mondays and Thursdays, 12:30 p.m. – 3:45 p.m. If you play contract Bridge and are looking for a good group to share an afternoon of bridge with, come join us.
MAH JONG - 12:00 p.m. – 4:30 p.m., Monday through Friday.
BALLROOM DANCE CLASSES
 Glenn Yata, Instructor, Every Wednesday 6:30 p.m.—9:30 p.m. and Every Friday 7:30 p.m.—10:00 p.m. Learn the basics of ballroom dance and enjoy a wonderful evening with a classic instructor that will teach you fundamentals. Fee: \$5.00 per lesson
TUESDAY DANCE, 1:00 P.M. – 3:30 P.M., Dance to live music performed by Gary and Eric. \$2.50 per person.
JEWELRY AND WATCH REPAIR - Wednesday, 8:00 a.m. - 11:00 a.m., for repair or estimate.

TRANSPORTATION SERVICES
DIAL-A-RIDE
 Service available Monday through Friday, 8:30 A.M.– 4:00 P.M., (626) 307-1396. Free service for seniors 55 years of age and over, transportation within Monterey Park City limits, except for medical needs, and then into adjacent communities only.

什麼是耆英免費接送專車 (DIAL-A-RIDE)
 耆英專車接送服務是免費的，專為蒙特利公園市居住的年齡在55歲以上長者或者是殘障需求的居民，提供蒙特利公園市內專車接送服務。因醫療方面的預約，蒙特利公園市居民還可以享受專車接送服務到阿罕布拉市、蒙地貝婁市、聖蓋博谷市及其他洛杉磯郡附近相鄰的城市

MATURE DRIVER'S IMPROVEMENT—July 10 & Aug 14, 2017
 Class held from 8:00 A.M. – 4:00 P.M. Each senior must register in person with a valid California Driver's License. Seniors completing the 8-hour course will be certified and eligible to get a 5% to 10% reduction on their premiums. FEE includes State Certificate of Completion. For information call (626) 307-1395.

METRO "TAP CARD"
 Starting in June—TAP Cards are sold Mon. – Fri., 8:30 A.M. – 4:30 P.M. and Saturday—Sunday from 8:00am—1:00pm! To receive the City's discount, you must be 62 or older and have proof of Monterey Park residency, which must include identification with name and address imprinted, such as a Driver's License, DMV ID Card, and a valid "TAP CARD". Senior Citizen/ Handicapped monthly fee is \$20 non-residents or \$17 for Monterey Park residents.

TAXI COUPONS
 Issued monthly from 1st Monday of the month, availability on a first come, first served basis - to qualified senior residents, 65 years and older, whose household income meets the L. A. County poverty guidelines (\$11,770 per year for one member, \$15,930 for two, \$20,090 for three or \$24,250 for four), are allowed 2 coupons a month, value of each coupon is \$11.00 and only valid for the month issued.

SENIOR CLASSES – FREE
AMERICAN CULTURE
 Explore American life and language. Paul Cheng, Instructor Thursday, 1:00 P.M.– 4:30 P.M.
BEADING CLASS
 Small fee for materials used. Francis Lau, Instructor Monday, 9:00A.M.-11:00A.M.
CHINESE PAINTING
 \$25 materials fee. Ping Wen Chiang, Painting Instructor Thursday, 9:30A.M.-11:45 Noon

CHINESE BRUSH PAINTING II
 Material fee. Peter Lee, Instructor Thursday, 9:30A.M.-11:45 Noon
ENGLISH CONVERSATION
 Refine your English language skills in conversation with other students. Betty Cheng, Instructor Thursday, 9:15 A.M.-11:30 A.M.
KARAOKE
 Betty Cheng, Instructor Tuesday, 9:00 A.M. – 12 Noon
NEEDLE CRAFT WORKSHOP
 Sew or knit with friends learning new skills or sharing your designs. Tuesday, 9:00A.M.-11:00A.M.
LINE DANCING – Main Room
 Beginning: Friday 8:45 A.M. - 10:00 A.M. Instructors: Jeannie Chau, Sandra Lin, Beryl Shieh
 Advanced: Monday and Tuesday, 10:00 A.M. – 11:00 A.M. Instructors: Jeannie Chau, Mary Chan, Beryl Shieh
 Beginner: Friday - 9:00 A.M. – 11:00 A.M. Class Room 2
YUAN CHI DANCE/TAI CHI EXERCISE
 Sandra Lin and Rosa Yee, Instructors Monday – Tuesday, 8:00 A.M. – 10:00 A.M. Wednesday – Thursday, 8:00 A.M. – 10:30 A.M.
MEMORY MAKERS FITNESS
 Includes Yuan Chi Dance, Line Dance and Tai Chi Exercises Sandra Lin and Rosa Yee Saturday, 9:00 A.M. – 11:00 A.M.
FRIENDSHIP CHORUS
 Director: Prof. Ping Qiao Wednesday, 9:30 A.M. – 12:00 Noon
CHINESE EVERGREEN CHORUS
 Director: Delly Chow Wednesday, 1:00 P.M. – 3:00 P.M.
CHINESE OPERA
 Instructor: Fuller Chen Monday, 9:00 A.M. – 12 Noon
CHINESE OPERA
 Friday, 9:00 A.M. – 12 Noon
MONTEREY PARK CHORUS
 Wei Pu, Conductor Monday, 7:00 P.M. – 9:00 P.M.
MONTEREY PARK CONCERT BAND
 Monday, 7:30 P.M. – 9:15 P.M., Monthly fee

SUMMER SESSION BEGINS JULY 10—SEPT 15, 2017
SUMMER REGISTRATION WILL START JUNE 5!

CHAIR FITNESS EXERCISE
 4215.101 Tues/Thurs 1:30 P.M. - 2:30 P.M. \$48.00
 4215.102 One day per week 1:30 P.M. - 2:30 P.M. \$30.00
 Aerobic movement, strength training, exercises for joint mobility and stretching all performed in a seated position. Perfect for students with balance issues or those recovering from an illness or injury. This wellness course blends yoga, breath work, strength building and most importantly brain charging exercises!
FITNESS AFTER 50 - BEGINNING LEVEL
 4215.103 Mon/Wed 1:00 P.M.- 2:30 P.M. \$50.00
 Heart healthy low impact aerobics, strength and flexibility training are the focus of this class. Improve your balance, muscle tone, and posture.
FITNESS AFTER 50 - INTERMEDIATE CLASS
 4215.104 Friday 10:00 A.M.- 10:55 A.M. \$30.00
 NEW CLASS LEVEL. Heart healthy low impact aerobic movement, strength training and flexibility all wrapped into one class. Each session is a head-to-toe workout designed to increase muscle strength and endurance, improve muscle definition, and burn fat! You will gain knowledge of different muscle groups using small weights and arm bands to safely tone your arms, abs, back and thighs! There are no floor exercises.
FITNESS AFTER 50 - ADVANCE CLASS
 4215.106 One class per week 2:45 P.M.- 4:15 P.M. \$35.00
 4215.112 Mon/Thurs 2:45 P.M. -4:15 P.M. \$50.00
 Heart healthy low impact aerobic movement, strength training and flexibility all wrapped into one class. Each session is a head-to-toe workout designed to increase muscle strength and endurance, improve muscle definition, and burn fat! You will gain knowledge of different muscle groups using small weights and arm bands to safely tone your arms, abs, back and thighs.

ZUMBA GOLD
 4215.107 One Class per week 2:15p.m. – 3:15p.m. \$35.00
 4215.113 Tues AND 12:15p.m. - 1:15p.m. \$55.00
 Fri 11:00a.m. - 12:00p.m.
 4215.114 Saturday 10:30a.m.—11:30a.m. \$48.00
 Dress to sweat in this low impact, easy to follow, Latin-inspired dance fitness party that keeps you in the groove of life! Some of the dance styles include: Meringue, Salsa and Cumbia. Instructor is Zumba and Zumba Gold licensed.

YOGA
 4215.118 Tues 2:45 P.M. - 3:45 P.M. \$35.00
 This easy to follow class is designed for all levels that use special breathing and strength building yoga posture. A modified version is simultaneously demonstrated for those with limited flexibility and strength. Students can do the class in the chair or standing with or without shoes.

LATIN FITNESS DANCE
 4215.111 Saturday 9:30 A.M.-10:30 A.M. \$48.00
 This easy to follow fun hip moving workout will keep you fit to Latin rhythms. Come and learn to dance Salsa, Meringue, Cha Cha, Rumba and other Latin dances with easy to follow steps and routines to a great calorie burning workout! Set your pace to have fun and get energized with no partner required!

POLYNESIAN FITNESS DANCE
 4215.110 Friday 12:00 P.M.—1:00PM \$48.00
 Hula and Tahitian dancing is more than a dance, it is a full-body exercise that gets you in shape with fun and lively sessions. Learn basic hula techniques including hip and hand choreography. Steps and movements will be broken down and explained so you can learn quickly!! Move to the rhythm and learn a new dance!

TABLE TENNIS, BILLIARDS AND FITNESS ROOM
 Open Play—Monday to Friday 8:00 A.M.– 4:45 P.M.
 Saturday and Sunday 8:00 A.M.-1:45 P.M.
 Our fitness center provides seniors with a safe and comfortable workout environment. Equipment is available for cardiovascular and strength training. Comfortable clothes and tennis shoes required at all times.
 4602.101 Monday—Friday 6:00 A.M.– 8:00 A.M.\$39.00
 4602.105 Monday—Friday 7:00 P.M.—9:00 P.M. \$39.00

SENIOR TRIPS & TOURS
 TOUR DESK IS OPEN DURING REGULAR HOURS
 Trips and Tours are for senior citizens 55 years and older only. Trips are limited on a first-come, first served basis. For more information or to make a reservation, contact 626-307-1478.

Utah Canyon Royale, September 24—27, 2017
4 days and 3 nights Cost \$539.00 Per Person (Double Occupancy) and \$699.00 Per Person (Single)
 Four days of desert beauty with the first step being the Valley of the Fire State Park in the Mohave Desert. With the exciting Casa Blanca Resort and Casino Hotel as your home-away-from-home. Visits include Zion National Park and Cedar Breaks National Monument. We make a stop in Las Vegas on the return trip home. A \$200.00 deposit is required to hold your space with final payment due by August 17, 2017.

Huntington Library & Botanical Gardens, San Marino
October 5, 2017 9:00 am—4:00 pm
Cost \$20.00 per person
 Enjoy the afternoon with friends and explore the world renowned libraries, art collections and spectacular gardens. Lunch options are available at one of several tea rooms or restaurants located in the gardens.

Hearst Castle at Christmas, December 13-15, 2017
3 days and 2 nights Cost \$599.00 Per Person (Double Occupancy) and \$759.00 Per Person (Single)
 3 days of Christmas spirit are what is in store for you as we travel up coastal California. Downtown Santa Barbara, and Elephant Seals at Piedras Blancas are sights to be seen before enjoying Christmastime at Hearst Castle. Enjoy your final day in Solvang, where you can enjoy shopping and lunch in the "Danish Capital of America." 4 meals are included. A \$200.00 deposit is required at time of reservation with final payment due by October 20, 2017.

Council Action Review

Regular Meeting of June 7, 2017

Presentations

Agenda Item 1-A. Jill Liu, Transportation Planning Manager for Los Angeles County Metropolitan Transportation Authority (Metro), and Lillian De Loza-Gutierrez, Community Relations Manager for Metro, provided an update regarding the State Route 60 (SR 60) Alternative – Gold Line Eastside Phase 2 Project.

Agenda Item 1-B. Water Utility Manager Frank Heldman provided a presentation regarding an update on the City's water conservation progress.

The City Council acting on behalf of the Successor Agency

New Business

Agenda Item 2-A. Approved payment of warrants and adopted Resolution No. SA-137 of the Successor Agency to the former Monterey Park Redevelopment Agency allowing certain claims and demands per warrant register dated June 7, 2017 totaling \$534.73 and specifying the funds out of which the same are to be paid.

Agenda Item 2-B. Approved the minutes from the regular and special meeting of May 3, 2017.

Consent Calendar None.

Public Hearing

Agenda Item 4-A. Opened the public hearing at 9:47 p.m. and continued the public hearing to the July 5, 2017 City Council meeting

Old Business

Agenda Item 5-A. Waived the second reading and adopted Ordinance No. 2124.

Ordinance No. 2124, entitled:

AN ORDINANCE AMENDING MONTEREY PARK MUNICIPAL CODE CHAPTER 21.34 REGULATING WIRELESS TELECOMMUNICATIONS FACILITIES WITHIN THE CITY OF MONTEREY PARK

New Business

Agenda Item 6-A. Approved payment of warrants and adopted Resolution No. 11929 allowing certain claims and demands per Warrant Register dated June 7, 2017 totaling \$1,062,885.34 and specifying the funds out of which the same are to be paid.

Agenda Item 6-B. Approved the minutes from the regular and special meeting of May 3, 2017.

Agenda Item 6-C. Continued approval of the notice of a Proposition 218 public hearing for solid waste customer rate

changes to a future City Council meeting.

Agenda Item 6-D. Adopted Resolution No. 11930, approving the amortized assessment payment agreement with the Independent Cities Risk Management Authority (ICRMA) and authorized the City Manager to execute the agreement as amended to modify the language in Section 1 of the Resolution as follows: "... to pay an amortized assessment of \$163,514 for pooled general liability assessments over a 10 year period. If this assessment is increased it will require city Council approval." and authorized the expenditure of \$163,514 in the 2017/18 fiscal year budget will be confirmed at the 2017 budget hearings.

Resolution No. 11930, entitled:

A RESOLUTION AUTHORIZING THE CITY MANAGER TO EXECUTE AN AGREEMENT WITH THE INDEPENDENT CITIES RISK MANAGEMENT AUTHORITY (ICRMA) FOR AMORTIZED PAYMENT OF POOLED GENERAL LIABILITY PROGRAM ASSESSMENTS

Agenda Item 6-E. Awarded a contract for the purchase and installation of one water heater from Commercial Aquatic Services for \$24,000 (+ a 10% contingency of \$2,400) to be funded out of the Community Capital Improvement program, account 0010-901-5002-91749; and authorized the City Manager to execute a standard public works contract, in a form approved by the City Attorney, with Commercial Aquatics Services.

Agenda Item 6-F. Adopted Resolution No. 11931 that approves the Labor Compliance Program; and (2) authorized the Interim City Manager to submit the Labor Compliance Program to the Department of Industrial Relations (DIR) in a form approved by the City Attorney.

Resolution No. 11931, entitled:

A RESOLUTION APPROVING AND ADOPTING THE LABOR COMPLIANCE PROGRAM DATED MAY 26, 2017 TO BE UTILIZED DURING THE CONSTRUCTION OF THE CENTRALIZED GROUNDWATER TREATMENT SYSTEM PROEJCT

Agenda Item 6-G. Authorized the Interim City Manager to execute a one year agreement with an option to renew the contract annually for two years, in a form approved by the City Attorney, with Brkich Construction, Dominguez General engineering, Inc., Stephen Doreck Equipment Rentals, Inc., and T.E. Roberts, Inc. for distribution

maintenance services for the Water Division, not to exceed 50,000 annually.

Agenda Item 6-H. Adopted Resolution No. 11932 authorizing staff to advertise for On-call Electrical Maintenance Services.

Resolution No. 11932, entitled:

A RESOLUTION APPROVING THE BID SPECIFICATIONS FOR ON-CALL ELECCTRICAL MAINTENANCE SERVICES PURSUANT TO GOVERNMENT CODE § 830.6 AND ESTABLISHING A PROJECT PAYMENT ACCOUNT

Agenda Item 6-J. Received and filed this report; (2) provided direction to the City Manager regarding providing draft regulations affecting food trucks; and (3) provided direction to city staff to enforce the current municipal codes regarding food trucks and look at potential locations for relocation.

Council Member Communications and Mayor/Council and Agency Matters

Discussion only – no action taken

Agenda Item 7-A. Adopted Resolution No. 11928 urging all elected officials of the United States Congress to co-sponsor the Chinese American World War II Veterans Congressional Gold Medal Act and directed the City Manager to draft and send a five signature letter to each of the committees of the U.S. Senate and House of Representatives urging each of its members to support the award of the Congressional Gold Metal by signing on as a co-sponsor consistent with the intent herein and include a copy of the resolution there with.

Resolution No. 11928, entitled:

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF MONTEREY PARK URGING ALL ELECTED OFFICIALS OF THE UNITED STATES CONGRESS TO COSPONSOR THE CHINESE AMERICAN WORLD WAR II VETERANS CONGRESSIONAL GOLD MEDAL ACT

Agenda Item 7-B. Directed staff to draft and mail the letter of opposition to Senate Bill 649 which related to small wireless facilities.

Agenda Item 7-C. Directed staff to bring back to Council a proposed ordinance amending Section 2.82.050 regarding Terms of Office (Commission Appointments).

Adjourned - 11:04 p.m.

Regular Meeting of June 21, 2017

The meeting was called to order at 7:00 p.m., with all council members present.

Presentations None.

The City Council acting on behalf of the Successor Agency

New Business

Agenda Item 2-A. Received and filed the monthly investment report for May 2017.

Agenda Item 2-B. Approved the minutes from the regular and special meeting of May 17, 2017.

Consent Calendar None.

Public Hearing

Agenda Item 4-A. Opened the public hearing at 7:19 p.m. and received documentary and testimonial evidence and closed the public hearing at 7:22 p.m. with no registered speakers. Adopted Resolution No. 11933 authorizing the Levy and Collection of Assessments for Fiscal Year 2017-18 in Citywide Maintenance District No. 93-1 pursuant to Streets and Highways Code § 22587.

Old Business None.

New Business

Agenda Item 6-A. Approved payment of warrants and adopted Resolution No. 11934 allowing certain claims and demands per Warrant Register dated June 21, 2017 totaling \$980,357.14 and specifying the funds out of which the same are to be paid.

Agenda Item 6-B. Received and filed the monthly investment report for May 2017.

Agenda Item 6-C. Approved the minutes from the regular and special meeting of May 17, 2017.

Agenda Item 6-D. Adopted Resolution No. 11935,

approving the requested Time Extension (EX-17-02) for Tentative Map No. 072627 (TM-15-01) as amended in Section 4 of resolution to add the language as follows: "... provided that the applicant submit a complete construction drawings to the City within 6 months of this resolution".

Resolution No. 11935, entitled:

A RESOLUTION APPROVING AN EXTENSION OF TIME (EX-17-02) FOR TENTATIVE MAP NO. 072627 (TM-15-01) TO SUBDIVIDE AIR RIGHTS FOR A TEN-UNIT RESIDENTIAL CONDOMINIUM DEVELOPMENT AT 224-230 NORTH LINCOLN AVENUE

Agenda Item 6-E. Waived bidding requirements pursuant to Monterey Park Municipal Code Section 3.20.050 (2) and (4), and authorize the City Manager to execute a contract with Motorola Solutions, Inc. in a form approved by the City Attorney for an amount not to exceed \$800,000 to procure and install interoperable radio communications equipment for a pre-existing radio site at Garvey Reservoir.

Agenda Item 6-F. Adopted Resolution No. 11936 approving Final Map No. 73693 and (2) authorized the Interim City Manager to execute a Subdivision Improvement Agreement in a form approved by the City Attorney

Resolution No. 11936, entitled:

A RESOLUTION APPROVING FINAL MAP NO. 73693 FOR A SIX-UNIT RESIDENTIAL CONDOMINIUM PROJECT AT 514 & 522 EAST HELLMAN AVENUE

Agenda Item 6-G. Authorized the Interim City Manager to receive and appropriate \$312,160 in Highway Safety Improvement Program (HSIP) Cycle 7 Funds, and appropriate a local match of \$17,640 in Measure R Funds; awarded a Professional Services Agreement (PSA) to KOA

Corporation, in the amount of \$24,925 to prepare plans, specifications and engineer's estimate (PS&E); authorized the Interim Director of Public Works to approve change orders up to \$2,493 (up to 10% of PSA amount) for this project; and authorized the Interim City Manager, or designee, to execute an agreement with KOA Corporation, in a form approved by the City Attorney.

Agenda Item 6-H. Adopted Resolution No. 11937 finding that an emergency exists within the City and authorizing contracting without the need for bidding pursuant to Public Contracts Code §§ 20168 and 22050; authorized the Interim City Manager, or designee, to execute a public works contract, in a form approved by the City Attorney, with Precision Electric Company; and authorized the Interim City Manager, or designee, to accept the repairs completed by Precision Electric Company and make final payment to Precision Electric Company of \$18,059.13.

Resolution No. 11937, entitled:

A RESOLUTION ADOPTED PURSUANT TO PUBLIC CONTRACTS CODE § 20168 FINDING THAT AN EMERGENCY EXISTS WITHIN THE CITY AND AUTHORIZING CONTRACTING WITHOUT THE NEED FOR BIDDING PURSUANT TO § 22050 AND MONTEREY PARK MUNICIPAL CODE ("MPMC") CHAPTER 2.52 AND FINDING THAT THE PROJECT IS EXEMPT FROM REVIEW UNDER THE CALIFORNIA ENVIRONMENTAL QUALITY ACT AS AN EMERGENCY REPAIR

Agenda Item 6-I. Adopted Resolution No. 11938 authorizing the City Manager, or designee, to solicit bids for

Continued From Page 6

the South Garfield Village Street Improvements as amended for staff to consider fully utilizing the back alleys and sidewalk, address parking issues, and the Pomona Boulevard improvements as part of the street improvement project.

Resolution No. 11938, entitled:

A RESOLUTION APPROVING THE DESIGN AND PLANS FOR THE SOUTH GARFIELD VILLAGE STREET IMPROVEMENTS PROJECT PURSUANT TO GOVERNMENT CODE § 830.6 AND ESTABLISHING A PROJECT PAYMENT ACCOUNT

RECESSED AND RECONVENED

The City Council recessed at 9:08 p.m. and reconvened with all council members present at 9:18 p.m.

Agenda Item 6-J. Adopted Resolution No. 11939 authorizing staff to solicit bids for Granular Activated Carbon (GAC) Replacement as amended in Section 1A of the resolution to replace the word "Replacement" with "Changeout" to match the BID Specs.

Resolution No. 11939, entitled:

A RESOLUTION APPROVING THE BID SPECIFICATIONS FOR GRANULAR ACTIVATED CARBON REPLACEMENT PURSUANT TO GOVERNMENT CODE § 830.6 AND ESTABLISHING A PROJECT PAYMENT ACCOUNT.

Agenda Item 6-K. STREET SWEEPING SERVICES REQUEST FOR PROPOSAL (RFP) – AUTHORIZATION TO ADVERTISE

Tabled the item to the next City Council meeting and directed staff to bring back to Council the modifications to the qualifications in the RFP to preserve complete transparency.

Council Member Communications and Mayor/Council and Agency Matters

Discussion only – no action taken

Agenda Item 7-A. The City Council adopted Resolution No. 11940 to support Assembly Bill 1408 (Calderon).

Resolution No. 11940, entitled:

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF MONTEREY PARK SUPPORTING AB 1408 (Calderon)

Adjourned - 10:28 p.m.

Special Meeting of June 28, 2017

The meeting was called to order at 7:00 p.m., with a majority of council members present.

Presentations None.

The City Council

New Business

Agenda Item 1. Adopted by Resolution No. 11941, the City's and Successor Agency's Fiscal Year 2017-2018 Annual Budget as presented on June 12, 13, and 14, 2017, City Manager's recommended budget. The City Council directed staff to provide a report regarding the city's workers compensation within the first quarter of the fiscal year for Council's consideration.

Resolution No. 11941, entitled: A RESOLUTION ADOPTING THE FISCAL YEAR 2017-2018 FINAL OPERATING BUDGET FOR THE CITY OF MONTEREY PARK AND THE SUCCESSOR AGENCY TO THE MONTEREY PARK REDEVELOPMENT AGENCY; AND ADOPTING THE 2017-2018 CAPITAL IMPROVEMENT BUDGET

Adjourned - 6:36 p.m.

Regular Meeting of July 5, 2017

The meeting was called to order at 7:08 p.m., with all council members present.

Presentations None.

The City Council acting on behalf of the Successor Agency

New Business

Agenda Item 2-A. Approved payment of warrants and adopted Resolution No. SA-138 allowing certain claims and demands per Warrant Register dated July 5, 2017 totaling \$39.43 and specifying the funds out of which the same are to be paid.

Agenda Item 2-B. Approved the minutes from the regular meeting of June 7, 2017 and the special meetings of June 7, 2017, June 12, 2017, June 13, 2017 and June 14, 2017.

Consent Calendar None.

Public Hearing

Agenda Item 4-A. Opened the public hearing at 7:27 p.m. to receive testimonial and documentary evidence and closed the public hearing at 7:30 p.m.; and adopted the One Year Action Plan for Program Year 2017-2018 and authorized the Interim City Manager to implement the adopted Action Plan including, without limitation, to execute appropriate agreements in a form approved by the City Attorney.

Old Business None.

Agenda Item 5-A. The Street Sweeping services contract item was tabled for one month for staff to negotiate pricing, terms, bus shelter maintenance services, special events sweeping, incorporate additional services and to include a "Me Too" clause of other cities.

New Business

Agenda Item 6-A. Approved payment of warrants and adopted Resolution No. 11942 allowing certain claims and demands per Warrant Register dated June 21, 2017 totaling \$1,520,644.54 and specifying the funds out of which the same are to be paid.

Agenda Item 6-B. Approved the minutes from the regular meeting of June 7, 2017 and the special meetings of June 7, 2017, June 12, 2017, June 13, 2017 and June 14, 2017.

Agenda Item 6-C. Adopted Resolution No. 11943 approving a Time Extension (EX-17-04) for Tentative Map No. 072976 (TM-15-02) as amended with the contingency that construction drawings must be submitted within two months.

Agenda Item 6-D. The Polling Place item was continued to a future City Council meeting.

Council Member Communications and Mayor/Council and Agency Matters

Discussion only – no action taken

Adjourned - 9:47 p.m.

STREET BEAT MONTHLY CRIME LOG

Addresses are identified by block number, not exact address.

JUNE 2017

AUTO BURGLARY
 2000 S ATLANTIC BLVD
 1700 GARVEY AVE
 200 E GARVEY AVE
 1900 POTRERO GRANDE DR
 700 W GLEASON ST
 300 S RAMONA AVE
 500 N ATLANTIC BLVD
 800 W MABEL AVE
 1400 COLLEGE VIEW DR
 500 N ATLANTIC BLVD
 200 S YNEZ AVE
 1000 HILLVALE DR
 1400 SOLAR DR
 1400 SOLAR DR
 1500 SOLAR DR
 900 E MABEL AVE
 300 ISABELLA TER
 100 W POMONA BLVD
 700 NACHI WAY

AUTO THEFT
 2300 FERDINAND AVE
 1600 GRANDRIDGE AVE
 400 MONTEREY PASS RD
 500 N ATLANTIC BLVD
 200 W RIGGIN ST
 400 W GRAVES AVE
 500 N ATLANTIC BLVD
 1300 AVENIDA CESAR CHAVEZ
 300 N LINCOLN AVE
 2400 S ATLANTIC BLVD
 400 EL MERCADO AVE
 500 N ATLANTIC BLVD
 2100 S ATLANTIC BLVD
 800 W MABEL AVE
 100 N ATLANTIC BLVD

BURGLARY COM
 300 E GARVEY AVE
 1700 POTRERO GRANDE DR
 1900 S ATLANTIC BLVD
 700 PORTREO GRANDE DRIVE
 700 E GARVEY AVE
 4400 RAMONA BLVD
 100 N ATLANTIC BLVD
 200 W MARKLAND DR
 700 W GARVEY AVE
 400 S ATLANTIC BLVD
 400 S ATLANTIC BLVD
 1700 W GARVEY AVE
 300 N NICHOLSON AVE
 400 POTRERO GRANDE DR
 100 E GARVEY AVE
 500 S GARFIELD AVE
 1000 S ATLANTIC BLVD
 2100 S ATLANTIC BLVD
 2000 S ATLANTIC BLVD

BURGLARY RES
 600 BARNUM WAY
 100 ROCA WAY
 400 N ORANGE AVE
 1900 FULTON AVE
 1000 BRADSHAW AVE
 600 N CHANDLER AVE
 500 N HUNTINGTON AVE
 700 BARNUM WAY
 800 E MABEL AVE
 300 SEFTON AVE
 1800 HENDRON WAY
 400 HILLIARD AVE
 500 N SIERRA VISTA ST
 500 JADE TREE DR
 700 RIDGECREST ST
 600 BARNUM WAY
 1500 VALLEY VISTA DR
 1900 CERCO ALTA DR
 800 ACKLEY ST
 500 N LINCOLN AVE
 1700 WHITEHURST DR
 1000 RIDGECREST ST
 1100 RIDGECREST ST
 1900 GRANDRIDGE AVE
 700 S LINCOLN AVE
 2000 LONGHILL DR
 800 HOLLADAY WAY
 1000 SNYDER LN
 800 HOLLADAY WAY
 500 N ORANGE AVE
 2300 COLLEGE VIEW DR
 400 W ELMGATE ST
 500 N NICHOLSON AVE
 600 N ALHAMBRA AVE
 200 N CHANDLER AVE
 600 GRANDRIDGE AVE
 1500 PEBBLEDON ST
 600 BARNUM WAY

ROBBERY
 800 RIDGECREST ST
 300 N ATLANTIC BLVD

JULY 2017

AUTO BURGLARY
 1300 AVENIDA CESAR CHAVEZ
 200 W GARVEY AVE
 400 POTRERO GRANDE DR
 900 E GARVEY AVE
 2000 S ATLANTIC BLVD
 800 W EL REPETTO DR
 1300 AVENIDA CESAR CHAVEZ
 300 W FERNFIELD DR
 200 E POMONA BLVD
 200 E POMONA BLVD
 200 E POMONA BLVD
 1200 1ST ST
 300 S MC PHERRIN AVE
 1300 FULTON AVE
 400 N ATLANTIC BLVD
 400 N ATLANTIC BLVD
 500 N ATLANTIC BLVD
 1800 COLLEGE VIEW DR
 1800 COLLEGE VIEW DR
 400 E MARKLAND DR
 100 W GARVEY AVE
 500 W POMONA BLVD
 200 N RURAL DR
 300 N ATLANTIC BLVD
 400 AVONDALE AVE
 1900 S ATLANTIC BLVD
 300 N RURAL DR

AUTO THEFT
 1700 ALISAR AVE
 800 S GARFIELD AVE
 1100 WILLIAMS ST
 1500 MONTEREY PASS RD
 300 E POMONA BLVD
 1400 COLLEGE VIEW DR
 300 RUSSELL AVE
 400 MONTEREY PASS RD
 E GRAVES AVE / S ALHAMBRA AVE
 1900 WILCOX AVE
 2000 HEATHER DR
 100 S LINCOLN AVE
 E GRAVES AVE / S ALHAMBRA AVE
 2300 SCHOOLSIDE AVE

BURGLARY COM
 2300 FINDLAY AVE
 1900 POTRERO GRANDE DR
 1900 POTRERO GRANDE DR
 1900 POTRERO GRANDE DR
 1100 W RIGGIN ST
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 2500 CORPORATE PL
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 2000 S ATLANTIC BLVD
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 400 S GARFIELD AVE
 500 ACKLEY ST
 1500 RIDGECREST ST
 700 S GARFIELD AVE
 600 S LINCOLN AVE
 400 N ORANGE AVE
 400 S ALHAMBRA AVE
 1100 ISABELLA AVE
 1500 LUPINE AVE
 1500 BRIGHTWOOD ST
 700 RIDGECREST ST
 2300 S ATLANTIC BLVD
 700 BARNUM WAY
 700 ADOBE PL
 700 ADOBE PL
 300 MONTECHICO DR
 500 ELIZABETH AVE
 600 N ORANGE AVE
 200 N ALHAMBRA AVE
 400 S GARFIELD AVE
 300 N ALHAMBRA AVE
 100 N MOORE AVE
 800 S GARFIELD AVE
 700 S YNEZ AVE

ROBBERY
 GERHART AVE / W RIGGIN ST
 2300 BLEAKWOOD AVE
 400 N ATLANTIC BLVD
 2000 S ATLANTIC BLVD

Be a Code Enforcement Volunteer

Assist the community with property maintenance and related code enforcement matters

The City of Monterey Park Code Enforcement Division is seeking individuals who have a strong pride in their community and are willing to volunteer to improve the community. The Code Enforcement Division, part of the Community and Economic Development Department, is inviting interested residents to participate in the Code Enforcement Volunteer Program.

The Code Enforcement Volunteer Program's mission is to provide assistance and support to code enforcement personnel in performing a wide range of routine, non-technical and non-hazardous functions in the field and office.

The duties of a volunteer include the monitoring and removal of illegal signs, removal of items in city streets, field surveys, monitoring existing code violations, distribution of educational literature, documenting evidence (photography), typing, filing, mailing, copying and other duties as assigned. A more active role by volunteers will be initiated this year, focusing on field observations, data entry and follow-up requirements. All duties will be under the direct supervision of a code enforcement officer.

A one-year commitment is required, working at least four hours or more a month. Previously, code enforcement volunteers mainly assisted the code enforcement division on Saturdays. Volunteers will now be assigned tasks during the week, Monday through Friday, and also on Saturdays.

Volunteer qualifications are: Must be at least 18 years of age; general office knowledge; use of office machinery and equipment, display abilities and qualities of working under difficult situations, willingness to work independently with minimal supervision, good public relations skills, possess a valid California driver's license, ability to work well with staff, volunteers and residents of the community. All volunteers are subject to a background check and interview prior to acceptance.

Training will be provided on an on-going basis regarding field investigations, techniques, routine office functions and Department policies and procedures. An initial two-hour orientation class on city and department operations will be provided and is mandatory.

Ride Along with Code Enforcement

This division also offers a code enforcement ride-a-long program which is open to any resident interested in obtaining firsthand experience relative to how code enforcement officers effectively handle violations. Typical violations include: property maintenance, land use, zoning, housing and building issues, business license violations and other public nuisance investigations.

If you are interested in being a volunteer or participating in the ride-a-long program please contact the Code Enforcement Division at 626-307-1415 for an application.



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Save the Date: Fourth Annual Geranium Festival and ArtWalk

Dog costume contest, “day of the dead” art walk and rock climbing complement good old fashioned sack races and pie eating contests at the city fair-themed event. Admission is free to the public

Fourth Annual Geranium Festival and Artwalk
Saturday, October 14, 2017
5-10 p.m.
Free admission
Barnes Park, 350 S. McPherrin Avenue, Monterey Park, CA 91754.



For a “Dog Gone Good Time,” come on down to Barnes Park Saturday, October 14 from 5-10 p.m. for the Fourth Annual Geranium Festival and ArtWalk. This year’s family friendly activities include train rides, sack races, a rock climbing wall, dog costume contest, “day of the dead” costume contest (for humans), an internationally themed “day of the dead” art walk by local community artists, interactive STEM-related (science, technology, engineering and mathematics) activities, police and fire demonstrations, games, food and more.

Or, just come out to the park and enjoy a fall evening with your Monterey Park family, friends and neighbors. Whatever your interests, the Geranium Festival has something for you.

Look for more details in the October issue of the Cascades newspaper and on the city website. For

dog costume contest, ArtWalk exhibitor or general event information, please visit www.MontereyPark.ca.gov and search for “Geranium Festival” or call the recreation department at 626-307-1388. Barnes Park is located at 350 S. McPherrin Avenue, Monterey Park, CA 91754.

Guide to the Night Sky

By Tre Gibbs, Los Angeles Astronomical Society



Welcome fall! On September 22 at 12:53 p.m., the Northern Hemisphere welcomes the return of autumn. By now, you probably have noticed the days getting shorter as summer slips away. If you are particularly observant, you may have also noticed the sunrise and/or sunset moving farther and farther southward, which, by the way, is what’s causing the amount of daylight to wane while the nights gradually get longer. As the sunrise and sunset continue their journey southward on their respective horizons, the equinoxes signal the time when the Sun rises due east and sets due west, causing both the Northern and Southern Hemispheres to receive equal amount of daylight and night. In fact, the word equinox is a Latin word meaning “equal night”. After the 22nd though, the Sun will continue its southward journey until late December, when it stops, turns around and heads north again. This is what’s known as the winter solstice.

Saturn is the prominent planet in the night sky, although by now, the quintessential ringed gas giant has slipped further west as it ultimately will head into the glare of the Sun, rendering it invisible to sky watchers until it slips into our eastern pre-dawn skies. Saturn is huge, almost as big as Jupiter. But remember that it’s practically twice as far away from Earth as Jupiter, and therefore appears not nearly as bright, making it slightly harder to find. This is where the Moon comes in as a useful tool.

Since the Moon, Sun and planets all travel the same path in the sky, and since the Moon completes one full orbit around Earth every month (or “month”), there are times when the Moon travels the night sky with each individual planet. The evening of the 26th is the night that the Moon, orbiting Earth every 28 days, pairs up with mighty Saturn.

Look for faint, but steady glowing Saturn just below the almost half Moon.

Speaking of Saturn, an amazing 20 year expedition is coming to an end. In 1997, NASA launched the Cassini Spacecraft. Its mission: to travel to Saturn and explore its spectacular system of rings and moons. Saturn is so far away that it took the spacecraft seven years to reach the gas giant. Reaching Saturn in 2004, it has been sending home incredible scientific achievements, amazing photos and fascinating discoveries for more than a decade. The spacecraft though, is running out of fuel, and in order to protect the moons of Saturn, which could harbor potential signs of life, the spacecraft has one last daring mission - The Grand Finale. Twenty two dives between Saturn and its rings, gathering new data about Saturn, closer than ever before until on its last dive. On September 15, Cassini will plunge into Saturn’s atmosphere, burn up and become part of the planet itself. Here is a link to a great animated video, which I encourage everyone to see and share: <https://vimeo.com/210782375>.

So this month, when you look up at Saturn, know that in many ways, there is more to what you are seeing than what meets your Earthly eyes.

The Los Angeles Astronomical Society meets at Monterey Park’s Garvey Ranch Observatory every Wednesday night, rain or shine, from 7-10 p.m. All members are eager to answer your questions and let you have a peek through our 8” telescope, weather permitting. Feel free to contact us, we would love to see you there. Address 781 S Orange Ave, Monterey Park, CA 91755; www.laas.org; Facebook www.facebook.com/losangelesastronomicalsociety; or phone 213-673-7355.

A message from the Monterey Park Lions Club

The Passing of Lions Member Russ Haas

The Monterey Park Lions Club sadly announces the passing of Lion Russ Haas, a member for over 40 years. Russ was well known in the community for his dedication and commitment to the Monterey Park Lions Eye Screening for Kids program which served over sixty thousand Monterey Park kids with free Eye Screening. Haas was also an active member of the Lions White Cane Program which manufactured here

in Monterey Park the miniature White Canes used by Lions Clubs worldwide. He was instrumental in the building of the Lions Manor, which has over 127 affordable housing units where he was an active member of the Lions Manor Board of Directors. The Lions will miss this true and dedicated Lion, Mr. Russ Haas.

Part of a series of Monterey Park historical articles curated by Beryl Williams, Monterey Park Historical Society

A Look Back Into History: Monterey Park and the Pacific Rim

This month, the historical society offers a perspective into the wave of changes that Monterey Park experienced in the late 1900s. The following are excerpts from a presentation by former Monterey Park City Manager Lloyd de Llamas at a July 1987 League of California Cities meeting. De Llamas was city manager from 1976-87. Statements and opinions made here are de Llamas' own.

"In order to understand the successes and failures that Monterey Park has had in serving a minority community in recent years, I think it is necessary to provide some brief background so that you understand the magnitude of change that we are talking about.

First, Monterey Park is a city of just slightly under 63,000 population. We are located in the Monterey Hills, just six miles east of downtown Los Angeles. We've been incorporated since 1916 and up until the 1970s, were primarily considered a middle income, bedroom community with employment oriented to the professional offices in downtown L.A. The 1970 census showed us to be 50 percent Anglo Caucasian, 35 percent Hispanic, and 15 percent Asian. The majority of the Asians were Japanese. Most of our residents, regardless of ethnic background, were American born.

The factors that initiated the changes in our community were remote. As you may remember, in the early 70s, the United States recognized the People's Republic of China and excluded Taiwan from official diplomatic status. This created tremendous uncertainty among Taiwanese about their future. With the British lease of Hong Kong set to expire in 1997, a similar concern was also felt in Hong Kong. As the United States had liberalized its immigration policies a few years before, the wealthier and better educated Chinese began pouring into the country to protect their investments and their families.

Those coming to Los Angeles first went to the Chinatown area in downtown L.A. and found that the area was inadequate. The cost of business opportunities was extremely high and the schools and residential areas were poor. They began looking for a close-by place in which to settle. It turned out that Monterey Park was not only close, but its rolling hills also physically resemble the rolling hills surrounding Hong Kong and Taiwan.

Because of these circumstances and some very aggressive marketing by a number of realtors, Monterey Park in 1976 became the focal point for Chinese immigration into the Los Angeles area. The Chinese immigrants became the primary market for purchase of businesses, homes, and condominiums. In five years, commercial property in the city that was selling for \$5-6 per square foot jumped to \$40-50 per square foot. During that same period of time, what property zoned R-3 that existed in the city, jumped from \$2-3 per square foot to over \$20. Realtors were literally going door to door making cash offers.

The huge inflation in property values kicked off a selling spree by property owners and business people, many of whom were long time residents who were reaching retirement age. Shoe stores, tire stores, veterinarian hospitals, and even donut shops, were converted into banks. Forbes magazine recently estimated a minimum of \$1.5 billion worth of foreign assets in financial institutions in Monterey Park. An analysis of our business licenses indicates that 63 percent of all businesses in the city are owned by Chinese.

Our schools went from a state of declining enrollment to a state of extreme overcrowding in less than five years. In some of our elementary schools, as much as 95 percent are Asian.

I want to emphasize that the bulk of this change occurred in a six year period. So it was very sudden and very dramatic.

Over the last ten years, we've gone through two distinct phases in dealing with this change and hopefully, we are, about now, ready to enter into a third one. Let me briefly go through the phases with you. The first phase, interestingly enough, was the easiest. And that phase was simply adjusting our services to accommodate the newcomers.

The major problem, of course, is obvious and that's language. Although the Chinese have a common written language, they all pronounce the written language differently. The Chinese Taiwanese speak Mandarin, those from Hong Kong in the mainland speak Cantonese, and there are dozens of dialects in between, including native Taiwanese. In order to get around that, we now add Chinese to all our city publications and there is a sample of some in the back of the room. We also have one of the largest Asian language collections in a library in Southern California.

We were the first city to set up an interpreter program that uses volunteers to assist people with various language problems. We use a special book that every public safety officer carries which lists 25 languages. If there is a language that he/she speaks, the officer calls in the number of that language, the dispatcher determines which volunteer is on standby for that language and patches them together.

We also used Cal State University, Los Angeles to provide cultural awareness training for employees and have been making a special effort to hire Chinese speaking personnel when we have vacancies. We have been particularly successful in the Police Department where we now have 20 percent Asian officers.

Once we got past the language problem, we did find that there were some cultural differences that impact service. We found that newly immigrated Chinese were very distrustful of the Police Department and very reluctant to cooperate with them. In fact, we immediately found that extortion is a common form of crime in this culture and because of that, merchants and victims are reluctant to work with the police because they fear retaliation. The

city formed a special Asian detail to work with Chinese businesses and gain their confidence. This program and active recruitment of Chinese into the police reserves helped us eventually overcome the problem.

We find that we have to give a little more thought to marketing our services. The newcomers have a tremendous distrust of the public water supply and despite our efforts, most of them continue to buy bottled water. However, we are making headway through education. We are currently in the process of marketing a new paramedic program which involves a \$30 annual volunteer subscription fee. Our initial thought was to have our fire crews go door-to-door, handing out literature, answering questions and signing people up. It turns out that firemen have very low status in Taiwan and door-to-door salesmen are even lower.

In other areas, we generally find that they are quite attuned to using public services. We doubled the size of our Library in 1980 and still find it jammed at nights. Our recreation and parks programs are tremendously popular, and we have a little trolley bus system that normally in a community of our size, would attract around 2,500-4,000 riders/month. That little bus system is attracting over 30,000 riders each month in Monterey Park and the longest route is less than 2.5 miles.

There are some problems that result from immigration. We found that parents are pooling their resources, buying a home and sending the children of several families over to attend school—which translates into many unsupervised children. Another problem is that children become Americanized almost immediately and much of our juvenile diversion work has evolved into family counseling to bridge the cultural gap between parents and their children.

I can tell you that Monterey Park is a very fascinating place. I think Monterey Park is a test tube of what is going to be happening in California over the next fifteen years. We were one of the first to have to deal with this type of problem and will be one of the first to solve it. Because of that, I'm confident that our city will emerge as a very important Pacific Rim influence by the turn of the century. Thank you very much. "

-Lloyd de Llamas
Former City Manager, City of Monterey Park, 1976-87

In this 1987 presentation, de Llamas goes on to describe the community participation efforts that led to the 1985 All American City Award, zoning and development issues and the immigrant backlash of the mid 1980s. The entire transcript can be accessed in the Monterey Park Historical Museum, 781 S. Orange Avenue, Monterey Park, CA 91754, each Saturday and Sunday afternoon between 2-4 p.m. For more information, please call 626-307-1267 (weekends only) or search for "Monterey Park Historical Museum."

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Recreation and Community Services Department

Fall

CLASSES AND PROGRAMS

Online and Walk-in Registration Begins Tuesday, September 5 at 7:30 a.m. at www.MontereyPark.ca.gov or 320 W. Newmark Avenue, Monterey Park, CA 91754

ART CLASSES

CARTOON DRAWING

Help kids and young teens develop their creativity, imagination, and artistic skills through comics and cartooning. Painting technique include: watercolor, color pencil, oil painting, acrylic painting, crayons, and gouache. Students will learn the basic in drawing, character design, composition, storytelling, page layout, and publishing.



Apple Yuk, Barnes Park Service Club
10 weeks: October 6 - December 8, 2017
Fees: \$159
1512.201 Friday 3:30pm - 5:30pm

WATERCOLOR PAINTING

Watercolor Painting is fun and relaxing. Join us as we paint bright & beautiful watercolors from photos. This is an adult class and is geared for beginning, intermediate, and advanced students. Students are responsible for any/all art supplies.



Peter Morris, Barnes Park Service Club
10 Weeks: October 3, 2017 - December 5, 2017
Fees: \$52.00 18yrs & Up
1510.201 Tuesday 6:30-8:30pm

ART AND CRAFTS

Students will learn various crafts using the latest materials: Wall Art, Greeting Cards, 3D Pictures, Jewelry, Clay, Holiday, Projects, Ribbon Embroidery, Stained Glass, Paper Sculpture and much more!

Marlene Cardinali, Barnes Park Service Club
12 Weeks: October 5, 2017 - December 21, 2017
Fees: \$49.00
1509.201 Thursday 9:00am-12:00pm

Stretch & Technique Class

This class focus on developing flexibility, strength and balance to improve the foundation of dancing. Building students dance technique, in which kicking, spinning and isolations. Students are going to improve their flexibility and dance basic technique through this class.

Apple Yuk, Barnes Park Amphitheatre
10 weeks: October 1, 2017 - December 9, 2017
Fees: \$60 - 4yrs - 17 yrs
1422.203 Saturday/Sunday 3:30pm - 4:00pm



Salsa

Salsa is the most popular latin dance. Salsa dancing introduces students to the rhythm and timing of the music. This class will teach student beginner level salsa steps, while instructing students in technique, musicality and styling. Students will learn the choreography that focuses on arm and leg styling, body isolation technique, footwork, hand and foot placements.

Apple Yuk, Barnes Park Amphitheatre
10 weeks: October 1, 2017 - December 3, 2017
Fees: \$120 - 4yrs - 17 yrs
1422.204 Sunday 4:00pm - 5:00pm

Swing Dance

Swing dance is a lively style of social dancing that developed with the swing style of Jazz music. Swing dance is characterized by lots of swinging and jumping movement. It is a quick, fast paced dance. Swing dance is energetic and lots of fun, students are going to have the chance to add their personal style and expression with the swing basic steps and patterns.

DANCE CLASSES

Apple Yuk, Barnes Park Amphitheatre
10 weeks: October 1, 2017 - December 3, 2017
Fees: \$120 - 4yrs - 17 yrs
1422.205 Sunday 5:00pm - 6:00pm

Eurhythmics Dance

Learn various styles of dances from basic include but not limit to K-pop, Hip-hop, and Jazzy. Improve body coordination, sense of rhythm, and flexibility. Performance opportunity is offered for all students. Class is held in a fun and supportive environment

Apple Yuk, Barnes Park Amphitheatre
10 weeks: October 7, 2017 - December 9, 2017
Fees: \$120
1422.202 Saturday 4:00pm - 5:00pm

Eurhythmics Dance for Teenagers

Learn and explore various styles of dances include but not limit to K-pop, Hip-hop, and Jazzy. Class include warm up to improve body coordination, sense of rhythm, and flexibility. Performance opportunity is offered for all students. Class is held in a fun and supportive environment, everyone is welcome.

Apple Yuk, Barnes Park Amphitheatre
10 Weeks: October 7, 2017 - December 9, 2017
Fees: \$120
1422.201 Saturday 5:00pm - 6pm

Beginner Belly Dance - New Class

This is where all new dancers start. This class gives you the understanding of basic belly dance technique, posturing, language, move execution and it helps you to build necessary strength. You must have a working knowledge of the material in the intro class to move into the intermediate drills. This class is drop in friendly.



Apple Yuk, Barnes Park Amphitheatre
Fees: \$120/ 10 weeks- October 1 - December 3- Age: 7yrs-12yrs
1422.206 Sunday 11:00AM-12:00PM

Chinese Classic Dance-Dunhuang Dance/ Fan Dance/ Folk / Ethnic Chinese Dance - New Class

Perfect for the younger student, this class is designed as an introduction to dance. Learn the elegant ritual dances of the Imperial Palace, including dances using highly refined hand gestures, flowing silk sleeves, or colorful fans. The class will explore movement through music, stimulate students' imagination and promote creativity. It will also give them an understanding of the classroom community, improve social skills and develop fine motor skills all while having fun!



Apple Yuk, Barnes Park Amphitheatre
Fees: \$120/ 10 weeks- October 1 - December 3 - Age: 8yrs-12yrs
1422.207 Sunday 12:00PM-1:00PM

Beginner Ballet Dance - New Class

Students will learn classical ballet techniques and terminology. Each class includes barre exercises, center floor work, and across-the-floor combinations. The ballet curriculum is based on a combination of the French, Vagonova and Cecchetti methods as students progress through each level curriculum will become increasingly more complex and intricate



Apple Yuk, Barnes Park Amphitheatre
Fees: \$120/ 10 weeks Age: 5yrs-7yrs
1422.208 Sunday 1:00PM-2:00PM

Ballet/Tap/Jazz

This combo Dance class is fun, fun, fun for both boys and girls. Basics to intermediate, traditional to contemporary music! Creates great self-esteem with opportunities to perform.

Laura Torres, Barnes Park Amphitheatre Dance Room
Monthly: October, November, December 2017
Fee: \$50 monthly Ages: 7-12 years
1421.210 Oct Tuesday 5pm-6pm
1421.211 Nov Tuesday 5pm-6pm
1421.212 Dec Tuesday 5pm-6pm

Ballet & Cardio

This dance class mixes graceful art of ballet with a fast paced cardio workout. You will be learning dance technique that applies to each exercise. Beginner to intermediate levels.

Laura Torres, Barnes Park Amphitheatre Dance Room
Monthly: October, November, December 2017
Fee: \$50.00 or \$60.00 (both classes- includes Jazz & Hip Hop)
Ages: 12 years - Adult
1421.201 Oct- beg/inter Tuesday 6pm- 7pm
1421.202 Nov- beg/inter Tuesday 6pm - 7pm
1421.203 Dec- beg/inter Tuesday 6pm - 7pm

Jazz & Hip Hop

Upbeat jazz & Hip Hop with the latest movements, music and styles. Each class will include dance warm-ups & technical training in each form. Dance steps & Choreography will be introduced as well as dance routines for performances. Dance creates self-esteem, creativity, strength & exercise. Dance is fun!

Laura Torres, Barnes Park Amphitheatre Dance Room
Monthly: October, November, December 2017
Fee: \$50.00 Ages: 12 years - Adult
1421.204 Oct - beg/inter Tuesday 7pm - 8pm
1421.205 Nov - beg/inter Tuesday 7pm - 8pm
1421.206 Dec - beg/inter Tuesday 7pm - 8pm
Ballet & Cardio / Jazz Hip Hop- Both Classes -- \$60
1421.207 Oct-beg/inter Tuesday 6pm-8pm
1421.208 Nov-beg/inter Tuesday 6pm-8pm
1421.209 Dec-beg/inter Tuesday 6pm-8pm

Tippi Toes Baby Ballerina and Me (1.5-3 years old)

Music, movement, balance and the basic dance steps are introduced to boys and girls in a fun, friendly and positive manner during this 30 minute class. Mom, dad or another loved one participates in the class along with the little dancer. We will enjoy watching these dancers learn and grow through the year! Class begins with circle time then continues with high-energy, kid-friendly music which incorporates basic choreography. Boys & girls will do activities across the floor and class is completed with a sticker and a high five! More Info: www.TippiToesDance.com

Instructor- Tippi Toes Staff
Barnes Park Amphitheater Dance Room (Thur) Barnes Park Service Club (Sat)
Sessions: Monthly

Fee: \$48 Ages: 1.5 - 3 years old
1408.202 Sep Saturday 10:00am - 10:30am (September 9 - September 30)
1408.203 Oct Saturday 10:00am - 10:30am (Oct 7 - Oct 28)
1408.204 Nov Saturday 10:00am - 10:30am (Nov 4 - Dec 9) No Class 11/11 or 11/25
1408.215 Sep Thursday 5:00pm - 5:30pm (September 7 -September 28)
1408.216 Oct Thursday 5:00pm - 5:30pm (Oct 5- Oct 26)
1408.217 Nov Thursday 5:00pm - 5:30pm (Nov 2 - Nov 30) No Class 11/23

DEMO DANCE DAY - SATURDAY, SEPTEMBER 2, 2017 (10:00AM - 10:20AM)
Come enjoy a FREE class, check out our style and see what Tippi Toes is all about!

Tippi Toes Ballet, Tap & Jazz Level 1 (3 – 4 years old)

Ballet, Tap & Jazz dance classes offered for children 3 - 4 years old. This class incorporates an even mix of ballet, tap & jazz during the 45 minute class time using high-energy music. Your ballerina will have a blast learning basic dance techniques while using their imagination and building confidence. Class begins with circle time then continues with high-energy, kid-friendly music which incorporates ballet, tap & jazz choreography. Boys & girls will do activities across the floor and class is completed with a sticker and a high five! Ballet slippers recommended More Info: www.TippiToesDance.com Winter Showcase December 16, 2017 -Spring Recital May 19, 2018

Instructor- Tippi Toes Staff

Barnes Park Amphitheater Dance Room

Sessions: Monthly

Fee: \$56

Ages: 3 - 4 years old

1408.205	Sep	Saturday	10:45am- 11:30am (Sep 9 – Sep 30)
1408.206	Oct	Saturday	10:45am- 11:30am (Oct 7- Oct 28)
1408.207	Nov	Saturday	10:45am- 11:30am (Nov 4 – Dec 9) No class 11/11 or 11/25

1408.218	Sep	Monday	4:45pm-5:30pm (Sep 11 – Oct 2)
1408.219	Oct	Monday	4:45pm-5:30pm (Oct 9- Oct 30)
1408.220	Nov	Monday	4:45pm-5:30pm (Nov 6 – Nov 27)

DEMO DANCE DAY - SATURDAY, SEPTEMBER 2, 2017 (10:30AM - 11:00AM)

Come enjoy a FREE class, check out our style and see what Tippi Toes is all about!

Tippi Toes Ballet, Tap & Jazz Level 2 (4 – 6 years old)

Ballet, Tap & Jazz dance classes offered for children 4 - 6 years old. This class incorporates an even mix of ballet, tap & jazz during the 45 minute class time using high-energy music. Your ballerina will have a blast learning dance techniques while using their imagination and building confidence. Class begins with circle time then continues with high-energy, kid-friendly music which incorporates ballet, tap & jazz choreography. Boys & girls will do activities across the floor and class is completed with a sticker and a high five! *Ballet slippers recommended More Info: www.TippiToesDance.com Winter Showcase December 16, 2017 - Spring Recital May 19, 2018



Instructor- Tippi Toes Staff

Barnes Park Amphitheater Dance Room

Sessions: Monthly

Fee: \$56

Ages: 4 - 6 years old

1408.209	Sep	Thursday	5:45pm – 6:30pm (Sep 7 – Sep 28)
1408.210	Oct	Thursday	5:45pm – 6:30pm (Oct 5 – Oct 26)

1408.221	Nov	Thursday	5:45pm – 6:30pm (Nov 2- Nov 30) No class 11/23
1408.222	Sep	Saturday	11:45am – 12:30pm (Sep 9 – Sep 30)
1408.223	Oct	Saturday	11:45am – 12:30pm (Oct 7 – Oct 28)
1408.224	Nov	Saturday	11:45am – 12:30pm (Nov 4- Dec 9) No Class 11/11 or 11/25

Tippi Toes Hip-Hop/Pop (6 – 12 years old)

Hip Hop/Pop dance classes created especially for children 6 - 12 years of age. Using popular and current music the students start learning dances and choreography quickly as well as learning various dance elements. Our version of hip hop/pop dance is extremely tasteful and clean and our priority is offering age-appropriate material. More Info: www.TippiToesDance.com Winter Showcase December 16, 2017 -Spring Recital May 19, 2018

Instructor- Tippi Toes Staff

Barnes Park Amphitheater Dance Room

Sessions: Monthly

Fee: \$56

Ages: 6 - 12 years old

1408.211	Sep	Monday	5:45pm – 6:30pm (Sep 11 – Oct 2)
1408.225	Oct	Monday	5:45pm – 6:30pm (Oct 9- Oct 30)
1408.226	Nov	Monday	5:45pm – 6:30pm (Nov 6 – Nov 27)

DEMO DANCE DAY - SATURDAY, SEPTEMBER 2, 2017 (12:45PM - 1:15PM)

Come enjoy a FREE class, check out our style and see what Tippi Toes is all about!

Tippi Toes – Tippi Pro (6 – 9 years old)

This ongoing monthly class is offered for children 6 - 9 years old or previous experienced Tippi Toes students. Ballet and Jazz dance class for our dancers who are ready for a bit of a challenge, while still keeping the fun, positive atmosphere of Tippi Toes! Ballet attire required More Info: www.TippiToesDance.com Winter Showcase December 16, 2017 - Spring Recital May 19, 2018

Instructor- Tippi Toes Staff

Barnes Park Amphitheater Dance Room

Sessions: Monthly

Fee: \$56

Ages: 6 - 9 years old

1408.227	Sep	Wednesday	5:45pm – 6:30pm (Sep 6- Sep 27)
1408.228	Oct	Wednesday	5:45pm – 6:30pm (Oct 4-Oct 25)
1408.229	Nov	Wednesday	5:45pm – 6:30pm (Nov 1-Nov 29) No Class 11/22

DEMO DANCE DAY - SATURDAY, SEPTEMBER 2, 2017 (12:00PM - 12:30PM)

Come enjoy a FREE class, check out our style and see what Tippi Toes is all about!

International Style Latin and Ballroom Dance

Learn to dance Cha Cha Cha, Rumba, Jive, Samba, Paso Doble, Waltz, and Tango. No partner necessary.

Winnie Fung and Asst. Wilson Ng, Sierra Vista Park

10 Weeks: October 1, 2017 – December 3, 2017

Fees: \$49.00

18yrs and Up

1409.201	Sunday	1:30 to 4:30pm
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Line Dance (Intermediate Class)

Learn to dance your way to beautiful variety music from various culture includes Cha Cha, Rumba, Swing, Tango, Waltz, and upbeat modern music to reduce tension, using dance step to improve memory, enhances coordination and build your stamina. Requirement: Must be able to adapt to loud music and some line dance preferred.



Laurinda Truong, Sierra Vista Park

10 Weeks: October 3, 2017 – December 5, 2017

Fees: \$50.00

18yrs and up

1405.201	Tuesday	7:00 to 10:00pm (7:00- 8:00 review, 8:00- 8:30 new dance, 8:30- 9:30 advance)
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Line Dancing - Clogging

Clogging is an American Folk Dance. It is done to music such as Latin, Polka, Irish, Dixieland and Bluegrass. It is true exercise without exercising. You don't dance with a partner and no experience is necessary. The instructor has been teaching for over thirty years.

Reggie Stevens, George Elder Community Center

3 Months: October 5, 2017 – December 7, 2017

Fees: \$34.00

All Welcome

1407.201	Thursday	5:30 to 9:00pm (Beginners 6:15 to 7:00pm)
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SALSA

Salsa is very energetic and fun Latin Dance as well as great exercise. Beginning students will learn all the fundamental steps and partnering techniques for salsa dancing. Intermediate students will learn more advanced partnering and more sophisticated footwork. Lessons also include: Cha Cha Cha, Bachata, Merengue and Cumbia. No partner necessary. Students must verify any holiday make ups with instructor.



Dorothy Tsu & Moses Navarro, Garvey Ranch Park

10 Weeks: October 6, 2017 – December 15, 2017 (NO CLASS NOVEMBER 24)

Fees: \$90.00

All Welcome

1406.201	Beginner	Friday	7:30 to 8:30pm
1406.202	Intermediate	Friday	8:30 to 9:30pm

EDUCATION CLASSES

CHILD - PARENT EDUCATION

Children will learn social and academic skill through music, crafts and other learning activities. Class will also lend insight about child development and personality. Credentialed Parent Education Instructor, Garvey Ranch Park OR Barnes Park Service Club



CHILD - PARENT EDUCATION

Barnes Park Service Club

5 Weeks: September 12, 2017 – November 14, 2017

Fees: \$118.00 per child. Additional sibling in the same household \$59.00-

0yrs to 4yrs

1305.202	Tuesday	9:00 to 11:00am
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November 21 – December 19

5 weeks

Fee: \$60 Barnes Park Service Club

1305.203	Tuesday	9:00 to 11:00am
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Child Parent Education

Garvey Ranch Park Community Room

10 weeks: September 11 – November 13

Fees: \$118.00 per child. Additional sibling in the same household \$59.00

2 Years Old Class (must be 2 by Sept. 1, 2017)

1305.204	Monday	9:00am- 11:00am
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Child Parent Education

Garvey Ranch Park Community Room

10 weeks: September 13 – November 15

Fees: \$118.00 per child. Additional sibling in the same household \$59.00

3 Years Old Class (must be 3 by Sept. 1, 2017)

1305.205	Wednesday	9:00am- 11:00am
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CHINESE LANGUAGE - ADULT

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.

Peter Thai, George Elder Community Center

10 Weeks: October 1, 2017 – December 3, 2017

Fees: \$129.00

18yrs & Up

1301.201	Sunday	9:00 to 11:00am
1301.202	Sunday	11:15 to 1:15pm
1301.203	Sunday	2:00 to 4:00pm

CHINESE LANGUAGE - GRADE 1

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters.



Students must verify any holiday make ups with instructor.

Peter Thai, George Elder Community Center

10 Weeks: October 7, 2017 – December 9 2017

Fees: \$79.00

6yrs to 7yrs

1301.204	Book 1	Saturday	9:00 to 11:00am
1301.205	Book 2	Saturday	9:00 to 11:00am
1301.206	Book 2	Saturday	11:15 to 1:15pm

CHINESE LANGUAGE - GRADE 2

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.

Peter Thai, George Elder Community Center

10 Weeks: October 7, 2017 – December 9, 2017

Fees: \$79.00

7yrs to 8yrs

1301.207	Book 3	Saturday	9:00 to 11:00am
1301.208	Book 4	Saturday	11:15 to 1:15pm
1301.209	Book 5	Saturday	11:15 to 1:15pm

CHINESE LANGUAGE - GRADE 3

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday

make ups with instructor.

Peter Thai, George Elder Community Center

10 Weeks: October 7, 2017 – December 9, 2017

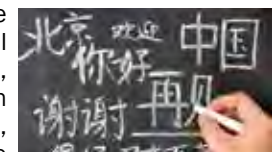
Fees: \$79.00

8yrs to 9yrs

1301.210	Book 6	Saturday	11:15 to 1:15pm
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CHINESE LANGUAGE - GRADE 4 & 5

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic Alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.



Peter Thai, George Elder Community Center

10 Weeks: October 7, 2017 – December 9, 2017

Fees: \$79.00

10yrs to 12yrs

1301.211	Book 7	Saturday	11:15 to 1:15pm
1301.212	Book 8	Saturday	11:15 to 1:15pm

CHINESE LANGUAGE – JR HIGH SCHOOL

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.

Peter Thai, George Elder Community Center

10 Weeks: October 7, 2017 – December 9, 2017

Fees: \$129.00

12yrs to 14yrs

1301.213	Saturday	11:15 to 1:15pm
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CHINESE LANGUAGE – HIGH SCHOOL

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.

Peter Thai, George Elder Community Center

10 Weeks: October 1, 2017 – December 3, 2017

Fees: \$129.00

14yrs & Up

1301.214	Sunday	9:00 to 11:00am
1301.215	Sunday	11:15 to 1:15pm
1301.216	Sunday	2:00 to 4:00pm

EXERCISE CLASSES

Zumba Class – New Class

Zumba is a dance fitness party, using a Latin and International music, no need to know how to dance, just follow the lead and enjoy the music. It's such a total fun fitness dance party. Please wear comfortable active clothing & shoes, towel, water and be ready to dance!
Instructor, Lily Thatcher.

10 weeks: October 2, 2017 - December 4, 2017

Fees: \$98- Barnes Park Amphitheatre

1224.201 Wednesday 10:00am – 11:00am

Aerobic –Hi-Lo Impact Class

This class will focus on cardio and strength training. Improving stretch, balance and resistance. A total body workout. 17 years and up. NO CHILDREN ALLOWED. Dress comfortably and bring water bottle and mat

Margaret Nalbandian, Barnes Park Amphitheatre Community Room

10 Weeks: September 19, 2017 – November 21, 2017

Fees: \$90.00

1222.201 Tuesday/Thursday 3:00 to 4:00pm

CHI GONG

Class incorporates 36 chi-gong movements and 12 tai-chi movements for a gentle, relaxing exercise. Tone your body, gain flexibility, be healthier and more vibrant. Students must verify any holiday make ups with instructor.



Nelson Ong, Barnes Park Memorial Bowl

10 Weeks: October 6, 2017 – December 9, 2017

Fees: \$100.00 All Welcome

1203.201 Friday 10:00 to 11:30am
1203.202 Saturday 9:00 to 10:30am

Yoga for Weight Loss (NEW CLASS)

Yoga postures are effective instruments to get into shape and to keep fit. Not only do the postures contribute to slimming, but attitude towards health can improve. In this class: joints stretch and long muscles will grow without additional fat. Come with a mat and join to see muscle force, flexibility, movement of joints, endurance, and resistance increase. For all levels.
Instructor Haruna Asakawa



6 weeks – September 18, 2017 – October 23, 2017- Barnes Park Amphitheatre

Fee: \$100 Ages: All Welcome

1223.201 Monday 9:30am to 10:15am

TAI CHI – CHEN STYLE

The Chen Style is the origin of Tai Ji Quan and requires the mind to be in control of Qi which in turn activates the body. Students must verify any holiday make ups with instructor.

Nelson Ong, Barnes Park Memorial Bowl

10 Weeks: October 1, 2017 – December 3, 2017

Fees: \$100.00 All Welcome

1208.202 Sunday 9:00 to 10:30am
(July 2 – September 3)

PILATES – MAT CLASS

Pilates is an exercise system for the mind and body – toning different muscles, developing proper breathing, posture,

and mental concentration. This class will use props for quicker results. Students must provide their own exercise mat, one pound weights, and flexi-band.

Gabriela Kasanjian, Service Club House

10 Weeks: October 5, 2017 – December 7, 2017

Fees: \$73.00 All Welcome

1207.201 Thursday 5:30 to 6:30pm

TAI CHI – MIXED STYLE

Learn Tai Chi stemming from all styles including Chen, Sun, Woo, Wu and Yang. Students must verify any holiday make ups with instructor.



Jie Guo, Garvey Ranch Park

3 Months: October 1, 2017 – December 31, 2017

Fees: \$151.00 All Welcome

1217.201 48 Hand Form Sunday 9:30 to 10:30am

1217.202 24 Hand Form Sunday 8:30 to 9:30am

Fees: \$151.00 All Welcome

1217.203 New Frame (Int) Sunday 7:30 to 8:30am

1217.204 Tai Chi (Adv) Sunday 12:30 to 1:30pm

1217.205 48 Tai Chi Hand Sunday 8:30 to 9:30am

1217.206 Tai Chi Sword Sunday 9:30 to 10:30am

1217.207 24 Hand Form Sunday 8:30 to 9:30am

1217.208 48 Hand Form Sunday 9:30 to 10:30am

1217.209 32 Tai Chi Sword Beg Sunday 10:30 to 11:30am

1217.210 Tai Chi Push Hand Sunday 11:30 to 12:30pm

1217.211 New Frame Tai Chi Hand Tuesday 8:00 to 9:00pm

1217.212 Tai Chi Hand Form Review Tuesday 6:00 to 7:00pm

1217.213 Shao Lin Tuesday 5:00 to 6:00pm

1217.214 Basic Training Tuesday 7:00 to 8:00pm

MARTIAL ARTS CLASSES

NIPPON KEMPO FOR KIDS

Nippon Kempo is a Japanese Martial Art. Through training in Nippon Kempo a student will learn Discipline, Effort, Patience, Endurance, Unbending will, and Self-defense. Advanced class requires Instructor's approval. Students must verify any holiday cancellations with the Instructor.



Mark Ishida, Garvey Ranch Park **Each Month: October 5, 2017 – December 30, 2017 - Ages 5 to 17 years of age.**

Fees: \$35.00 or \$30.00 Subsequent Family 5yrs & Up

1102.207 Oct-Beg Thursday 6:15 - 7:30pm & Saturday 8:45-10:00am

1102.208 Nov-Beg Thursday 6:15 - 7:30pm & Saturday 8:45-10:00am

1102.209 Dec-Beg Thursday 6:15 - 7:30pm & Saturday 8:45-10:00am

1102.210 Oct-Adv Thursday 7:30 - 8:30pm & Saturday 10:00 - 11:00am

1102.211 Nov-Adv Thursday 7:30 - 8:30pm & Saturday 10:00 - 11:00am

1102.212 Dec- Adv Thursday 7:30 - 8:30pm & Saturday 10:00 - 11:00am

SHAOLIN KUNG FU

The Shaolin Kung Fu class teaches various Shaolin Martial Arts to help improve your body flexibility and overall health. The class also allows students to foster their martial virtues,

perseverance, and independence so that they will become more disciplined and confident. The Shaolin Kung Fu class is taught by Peter Thai, a Shaolin disciple, who has been practicing martial arts for 15 years.



Peter Thai, George Elder Community Center

10 weeks: October 7, 2017 – December 9, 2017

Fees: \$99.00 5yrs & Up

1301.237 Beginner/Intermediate Saturday 9:00 to 10:30am

1301.238 Beginner/Intermediate Saturday 11:00 to 12:30am

SHOBU KAI KARATE DO

Shobu Kai Karate-Do is a traditional karate style. It will help students learn self defense. Class will help improve self-discipline, confidence and concentration.



Ricky Wong, George Elder Community Center

1 Month: October 3, 2017 – December 28, 2017

Fees: \$31.00 or \$26.00 Subsequent Family 6yrs & Up

1105.201 Oct Tues & Thurs 7:00 to 8:00pm

1105.202 Nov Tues & Thurs 7:00 to 8:00pm

1105.203 Dec Tues & Thurs 7:00 to 8:00pm

SHOTOKAN KARATE DO

Shotokan Karate-Do will help students develop mobility, balance, awareness, reflexes, timing, and discipline.

Promotional rankings are available. Friday class is optional. Students must verify any holiday make ups with instructor.



Richard Kageyama, George Elder Community Center

Each Month: October 2, 2017 – December 29, 2017

Fees: \$37.00 or \$32.00 Subsequent Family 6yrs & Up

1103.201 Oct-Beg Mon/Wed/Fri 6:30 to 7:45pm

1103.202 Nov-Beg Mon/Wed/Fri 6:30 to 7:45pm

1103.203 Dec-Beg Mon/Wed/Fri 6:30 to 7:45pm

1103.204 Oct-Adv Mon/Wed/Fri 8:00 to 9:00pm

1103.205 Nov-Adv Mon/Wed/Fri 8:00 to 9:00pm

1103.206 Dec-Adv Mon/Wed/Fri 8:00 to 9:00pm

WING CHUN KUNG FU

Authentic Wing Chun, Desui Kung Fu including: Chinese ground grappling and Tai Ji Chi Gong breathing exercises for health and self discipline. Students must verify any holiday make ups with instructor.

Thomas Wong, Barnes Park Bowl (Thu) Garvey Ranch Park (Sat)

Each Month-Wing Chun 1: October 5, 2017 – December 9, 2017

Fees: \$89.00 All Welcome

1104.201 Oct-Beg Thursday 8:00 - 9:00pm or Saturday 4:00 - 5:00pm

Each Month-Wing Chun 2: October 7, 2017 – December 9, 2017

Fees: \$89.00 All Welcome

1104.207 Oct-Adv Saturday 2:00 to 4:00pm

SPORTS CLASSES

PING PONG

Sierra Vista Ping Pong is an open play.

Sierra Vista Park

Month to Month: October, November, December

Monthly Fee: \$13.00 Daily Fees: \$3.00

1610.201 Oct - Monday-Friday 7:30 to 12:00pm

1610.202 Nov- Monday – Friday 7:30 to 12:00pm

1610.203 Dec- Monday – Friday 7:30 to 12:00pm

TENNIS - ADULT

Students are required to bring 2 cans of tennis balls with them to the first class.



Dean Eddow, Barnes and Elder Tennis Courts

10 Weeks: October 3, 2017 – December 9, 2017

Fees: \$50.00

1609.201 Inter/Adv Tuesday 7:00 to 8:30pm

1609.202 Advance Tuesday 8:30 to 10:00pm

1609.203 Inter/Adv Thursday 7:00 to 8:30pm

1609.204 Advance Thursday 8:30 to 10:00pm

Barnes Tennis Courts

1609.205 Beg/Inter Saturday 4:00 to 5:30pm

TENNIS

Students are required to bring 2 cans of tennis balls with them to the first class.

Victor Wong, Barnes Park Tennis Courts

8 Weeks: September 23, 2017 – November 11, 2017

Fees: \$65 Ages

1608.201 4-7 yrs Saturday 9:00 – 10:00am

1608.202 8- 11 yrs Saturday 10:00 – 11:00am

1608.203 12 & up Saturday 11:00 – 12:00pm

Hitting Fundamentals for Beginning to Advanced Baseball / Fast-pitch Softball

This class is designed to teach boys and girls the fundamentals of hitting for baseball and fast-pitch softball. Students will get a lot of hitting repetition by utilizing the latest tee drills,

flip drills and toss drills in



a structured environment.

Classes are limited to 6

per class to ensure each

student receives maximum

instruction. Private instruction

is also available. Players need

their own bat and batting helmet.

Contact instructor for times

and days available (Jay Simper

626-664-4583)

Jay Simper, La Loma Field

Group: October- December, 2017 (Group Includes: 1hr class (4)

classes)

(Group classes must have a minimum of 3 and Maximum of 6)

Fees: \$89.00 8yrs to 18yrs

5604.201 Thursday 3:00pm to 7:00pm

Private: October- December, 2017 (Group Includes:

1/2hr class (4) classes)

Fees: \$129.00 8yrs to 18yrs

5604.202 Thursday 0 3:00pm to 7:00pm

LANGLEY CENTER FALL 2017 CLASSES

Online and Walk-in Registration Begins Tuesday, September 5, at 8 a.m. at www.MontereyPark.ca.gov or Langley Senior Center. All fitness classes are for Adults 50 yrs and up and are held at Langley Center, 400 West Emerson Ave., Monterey Park CA 91754.

FITNESS CLASSES

CARDIO DANCE AND CORE FITNESS EXERCISE - NEW CLASS

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class! This Zumba class includes 15 minutes of core exercises prior to the start of class. Bring a water bottle and mat to each class.

Instructor: Andy Serrano
Location: Langley Center

10 Weeks: October 4, 2017 – December 19, 2017
4215.220 Wed 7:00 p.m. – 8:15 p.m. \$50.00

CHAIR FITNESS EXERCISE

Aerobic movement, strength training, exercises for joint mobility and stretching all performed in a seated position. Perfect for adults with balance issues or those recovering from injury. This wellness course blends yoga, breath work, strength building and most importantly brain charging exercise. Bring a water bottle, one pair of light hand weights and a resistance band (may be purchased in class for \$4.00) to each class.



Instructor: Katalina Beltran
Location: Langley Center Main Room

10 Weeks: October 4, 2017 – December 19, 2017
4215.201 Tues and Thurs 1:30 p.m. - 2:30 p.m. \$50.00
4215.202 Once a week 1:30 p.m. - 2:30 p.m. \$35.00

FITNESS AFTER 50

Heart healthy low impact aerobic movement, strength training and flexibility all wrapped into one class. Each session is a head-to-toe workout to improve your balance, muscle tone and posture! Bring a water bottle, one pair of hand weights (2lbs-5lbs) and a resistance band (may be purchased in class for \$4.00) to each class. Wear comfortable cool clothing and athletic shoes.

Instructor: Katalina Beltran
Location: Langley Center

10 Weeks: October 4, 2017 – December 19, 2017

4215.203	Beginner	Mon and Wed	1:00 p.m. - 2:30 p.m.	\$55.00
4215.204	Intermediate	Fri	10:00 a.m. - 11:00 a.m.	\$35.00
4215.212	Advanced	Mon and Thurs	2:45 p.m. - 4:15 p.m.	\$55.00
4215.206	Advanced	Once a week	2:45 p.m. - 4:15 p.m.	\$38.00

LATIN DANCE

Learn to dance Salsa, Merengue, Cha Cha, Rumba and other Latin dances with easy to follow steps and routines. Our Friday afternoon class is for everyone from absolute beginners to seasoned dancers, and you don't need a partner!!



Instructor: Katalina Beltran
Location: Langley Center

10 Weeks: October 4, 2017 – December 19, 2017
4215.211 Fri 11:00 a.m. - 12:00 p.m. \$50.00

PILATES - NEW CLASS

Introducing a unique method of conditioning that allows you to reshape and redefine your body. Pilates workout mat series is done entirely on the floor and is based on core exercises to work the entire body. This mat work will create a strong center with firm abs and a healthy back. We will also condition the legs and shape up those glutes! A modified version is simultaneously demonstrated for those with limited flexibility and strength. Bring a mat or towel to use in class.

Instructor: Katalina Beltran
Location: Langley Center Friendship Room

10 Weeks: October 4, 2017 – December 19, 2017
4215.209 Sat 10:30 a.m. - 11:30 a.m. \$55.00

POLYNESIAN DANCE CLASS - NEW CLASS

Hula and Tahitian dancing is more than a dance, it is a full-body exercise that gets you in shape with fun and lively sessions. Learn basic hula techniques including hip and hand choreography. Steps and Movements will be broken down and explained so you can learn quickly!! Move to the drums and learn a new dance routine every session.

Instructor: Katalina Beltran
Location: Langley Center Friendship Room

10 Weeks: October 4, 2017 – December 19, 2017
4215.210 Sat 9:30 a.m. - 10:30 a.m. \$55.00

YOGA

This easy to follow class is designed for all levels that use special breathing and strength-building yoga postures. A modified version is simultaneously demonstrated for those with limited flexibility and strength. Students can do this class in the chair or standing with or without shoes.

Instructor: Katalina Beltran

Location: Langley Center Friendship Room

10 Weeks: October 4, 2017 – December 19, 2017
4215.218 Tues and Thurs 2:45 p.m. - 3:45 p.m. \$55.00
12:15 p.m. - 1:15 p.m.
4215.219 Once a week 2:45 p.m. - 3:45 p.m. \$35.00

ZUMBA GOLD

Dress to sweat in this low impact, easy to follow, Latin based rhythms and dance fitness party that keeps you moving in a fun upbeat workout.

Instructor: Katalina Beltran

Location: Langley Center Friendship Room

10 Weeks: October 4, 2017 – December 19, 2017
4215.207 Tues 12:15 p.m. - 1:15 p.m. \$38.00

ZUMBA DANCE - NEW CLASS

Join your friends for an evening exercising to Latin inspired dance that will help you strengthen your heart while moving and dancing to Latin and pop music!

Instructor: Lupe Farias

Location: Langley Center Friendship Room

10 Weeks: October 5, 2017 – December 19, 2017
4215.221 Tues and Thurs 6:00 p.m. - 7:00 p.m. \$48.00

SPORTS CLASSES

BILLIARDS & TABLE TENNIS

Early Morning Billiards and Table Tennis play for Older Adults 50 years and up at Langley Center. Bring a friend or come ready to play and enjoy the friendly atmosphere!

10 Weeks: October 5, 2017 – December 19, 2017

Location: Langley Center

4602.201 Mon - Fri 6:00 a.m. to 8:00 a.m. \$39.00
4602.205 Mon - Fri 7:00 p.m. to 9:00 p.m. \$39.00



We offer a number of courses in which the objective is to teach people to swim and to be safe in, on and around the water. Our Learn-to-Swim programs are the most comprehensive and effective programs of their kind available anywhere.

Learn-to-Swim

The seven learn-to-swim levels and the objectives for each level include:

PARENT & TOT

Parents and children (ages 6 months up to 5 years) learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

LEVEL I: WATER EXPLORATION

Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

LEVEL II: PRIMARY SKILLS

Fundamental Aquatic Skills: gives students success with fundamental skills.

LEVEL III: STROKE READINESS

Stroke Development: builds on the skills in Level 2 by providing additional guided practice.

LEVEL IV: STROKE DEVELOPMENT

Stroke Improvement: develops confidence in the strokes learned and to improve other aquatic skills.

LEVEL V: STROKE REFINEMENT

Stroke Refinement: provides further coordination and refinement of strokes.

LEVEL VI: STROKE PROFICIENCY

Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focuses on preparing students to participate in more advanced courses, such as Water Safety Instructor and Lifeguard Training. These options include:

- Personal Water Safety
- Fundamentals of Diving
- Fitness Swimming

Barnes Park Pool – 400 S. McPherrin Ave. (626) 307-1394

PARENT & TOT

Parent is required to be in the water with the child during class time.

Staff, Barnes Park Pool

Cycle 1: September 16, 2017 – October 14, 2017

Fees: \$40.00		6mos to 5yrs	
2108.201	Saturday	10:30am to 11:20am	
2108.202	Saturday	11:30am to 12:20pm	
Cycle 2: October 21, 2017 – November 18, 2017			
Fees: \$40.00		6mos to 5yrs	
2108.203	Saturday	10:30am to 11:20am	
2108.204	Saturday	11:30am to 12:20pm	

LEVEL I: WATER EXPLORATION

Students must meet minimum age requirement - 5 years of age.

Staff, Barnes Park Pool

Cycle 1: September 16, 2017 – October 14, 2017

Fees: \$40.00		5yrs to 7yrs	
2101.201	Saturday	10:30am to 11:20am	
2101.202	Saturday	11:30am to 12:20pm	
Cycle 2: October 21, 2017 – November 18, 2017			
Fees: \$40.00		5yrs to 7yrs	
2101.203	Saturday	10:30am to 11:20am	
2101.204	Saturday	11:30am to 12:20pm	

LEVEL II: PRIMARY SKILLS

Level 1 Water Exploration Pre-Requisite required. Pre-requisites can be met by showing a certificate or demonstrating all completion requirements.

Staff, Barnes Park Pool

Cycle 1: September 16, 2017 – October 14, 2017

Fees: \$40.00		7yrs to 17yrs	
2102.201	Saturday	10:30am to 11:20am	
2102.202	Saturday	11:30am to 12:20pm	
Cycle 2: October 21, 2017 – November 18, 2017			
Fees: \$40.00		7yrs to 17yrs	
2102.203	Saturday	10:30am to 11:20am	
2102.204	Saturday	11:30am to 12:20pm	

LEVEL III: STROKE READINESS

Level 2 Primary Skills Pre-Requisite required. Pre-requisites can be met by showing a certificate or demonstrating all completion requirements.

Staff, Barnes Park Pool

Cycle 1: September 16, 2017 – October 14, 2017

Fees: \$40.00		7yrs to 17yrs	
2103.201	Saturday	10:30am to 11:20am	
2103.202	Saturday	11:30am to 12:20pm	
Cycle 2: October 21, 2017 – November 18, 2017			
Fees: \$40.00		7yrs to 17yrs	
2103.203	Saturday	10:30am to 11:20am	
2103.204	Saturday	11:30am to 12:20pm	

LEVEL IV: STROKE DEVELOPMENT

Level 3 Stroke Readiness Pre-Requisite required. Pre-requisites can be met by showing a certificate or demonstrating all completion requirements.

Staff, Barnes Park Pool

Cycle 1: September 16, 2017 – October 14, 2017

Fees: \$40.00		7yrs to 17yrs	
2104.201	Saturday	12:30pm to 1:20pm	
Cycle 2: October 21, 2017 – November 18, 2017			
Fees: \$40.00		7yrs to 17yrs	
2104.202	Saturday	12:30pm to 1:20pm	

LEVEL V: STROKE REFINEMENT

Level 4 Stroke Development Pre-Requisite required. Pre-requisites can be met by showing a certificate or demonstrating all completion requirements.

Staff, Barnes Park Pool

Cycle 1: September 16, 2017 – October 14, 2017

Fees: \$40.00		7yrs to 17yrs	
2105.201	Saturday	12:30pm to 1:20pm	
Cycle 2: October 21, 2017 – November 18, 2017			
Fees: \$40.00		7yrs to 17yrs	
2105.202	Saturday	12:30pm to 1:20pm	

LEVEL VI: STROKE PROFICIENCY

Level 5 Stroke Refinement Pre-Requisite required. Pre-requisites can be met by showing a certificate or demonstrating all completion requirements.

Staff, Barnes Park Pool

Cycle 1: September 16, 2017 – October 14, 2017

Fees: \$40.00		7yrs to 17yrs	
2106.201	Saturday	12:30pm to 1:20pm	
Cycle 2: October 21, 2017 – November 18, 2017			
Fees: \$40.00		7yrs to 17yrs	
2106.202	Saturday	12:30pm to 1:20pm	

ADULT LEARN TO SWIM

Beginning and Advanced classes for Adults.

Staff, Barnes Park Pool

Cycle 1: September 16, 2017 – October 14, 2017

Fees: \$40.00		18yrs & Up	
2109.201	Beginner	Saturday	12:30pm to 1:20pm
2110.201	Advanced	Saturday	12:30pm to 1:20pm
Cycle 2: October 21, 2017 – November 18, 2017			
Fees: \$40.00		18yrs & Up	
2109.202	Beginner	Saturday	12:30pm to 1:20pm
2110.202	Advanced	Saturday	12:30pm to 1:20pm

Use this form for Mail-In Registration ONLY

WALK IN

- Register starting September 5, 2017 at 7:30am
- Come to the Recreation and Community Services Counter at Monterey Park City Hall from
- Mon - Thurs 7:30am - 5:30pm, Friday 7:30am - 4:30pm.
- CREDIT CARDS (Visa, Mastercard & American Express) ARE ACCEPTED.

MAIL IN

- Complete Registration Form (Photocopies can be used)
- Enclose stamped, self-addressed envelope
- Include a check for EXACT AMOUNT for each class payable to: City of Monterey Park
- Mail form and check to:

Recreation and Community Services
320 W. Newmark Ave.
Monterey Park, CA 91754

GENERAL INFORMATION

- Classes are filled on a first come first serve basis. Space is limited.
- \$2 Senior Discount for residents 55 years of age and older. DISCOUNT MAY NOT BE COMBINED WITH ANY OTHER DISCOUNT OFFER. A cancellation fee of \$9.00 will be deducted from all refunds made prior to the start of first class meeting. No refunds will be made after class begins. Cancellations must be made in person.
- No telephone cancellations will be accepted.
- Full refund by City check will be made if class is cancelled by the Recreation and Parks Department. REFUNDS MAY TAKE FROM (3) THREE TO (5) FIVE WEEKS.
- All programs are subject to cancellation or schedule to change if class minimums are not reached. Classes are closed when class maximums are met. The department will make an attempt to contact all cancelled class participants by phone, letter or email. To assure that your class has not been cancelled, please call our office at (626) 307-1388 the first day of class.
- Do not buy class supplies until you have received confirmation that the class has been filled.

PARTICIPANT: _____
 ADDRESS: _____
 CITY: _____ ZIP: _____
 HOME PHONE: _____ WORK PHONE: () _____
 AGE: _____ EMAIL: _____

CLASS #	NAME OF CLASS	DAY	TIME	FEE
1				
2				
3				

Name of Parent or Guardian _____
 Emergency Phone # _____ or _____

By placing my signature on the registration form, I understand and will comply with the rules set forth by the Parks and Recreation Department regarding participation in the above named classes. I further agree for myself, my heirs, executors, administrators, and assigns to waive all rights and claims for damages against the organizations, this event, its agents, representatives, successors and assigns for any and all injuries suffered by the above-named participant at and/or during said event or activity.

I also consent to emergency treatment for my child. _____ Date: _____
 Signature of Adult Participant or Parent/Guardian

Water Aerobics

Instructor Margaret Nalbandian

**Elder Park Pool
1950 Wilcox Ave. Monterey Park, CA 91754**

Monday, September 18 – Wednesday, November 22, 2017

Shallow Water class:

Water aerobics is an effective low impact class that provides cardiovascular benefits as well as flexibility and muscular toning. Students are required to provide their own water noodle.

10 weeks: Monday & Wednesday 3:30 – 4:30 PM

Deep Water class:

Water aerobics is a great way to strengthen and tone muscles while Building cardiovascular fitness. Students wear a buoyancy belt during class to provide flotation, alignment and freedom of movement.

Students should feel comfortable in deep water.

10 weeks: Monday & Wednesday 4:40 – 5:40 PM

Sign up today for Deep/Shallow Water Aerobics!

2402.201	1 class per week	\$60.00
2402.202	2 class per week	\$72.00
2402.203	3 class per week	\$92.00
2402.204	Unlimited classes	\$115.00

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AHS Debate Coach Received National Honors

This past summer, Kevin Tong of Alhambra High School was recognized by the National Speech and Debate Honor Society as a Third Degree membership recognition. This honor was given to Mr. Tong as a result of him accumulating over 6,000 points due to his students' outstanding appearances at speech and debate competitions and service activities. According to the National speech and Debate Honor Society, "coaches in the running for this honor receive one point for every ten points earned by their students."

To celebrate this achievement, Tong will be recognized at the National Speech and Debate Tournament in Fort Lauderdale, Florida on June 21, 2018. In addition, the highly acclaimed

teacher will also be featured in Rostrum magazine highlighting his accomplishments and service to his students.

Through his dedication and commitment to his team, Kevin Tong has not only gained access to an extremely exclusive club of talented educators, but he also changed the lives of countless students and have taught them valuable skills that they will use the rest of their lives. As a Third Degree member, Tong is now called to uphold the values of the National Debate Honor Society's Code of Honor, which are Integrity, Humility, Respect, Leadership and Service.

New Administration Leads The Way for AUSD

As AUSD begins the 2017-2018 school year, some new faces will take on important administrative roles throughout the district at all levels. At the elementary level, there are four schools with Principal changes. Dr. Rosa Northcott will move from Alhambra High School Assistant Principal to Principal at Northrup Elementary, Stacie Colman-Hsu will move from Northrup Principal to Principal at Ynez, Carin Gasca will transition from AP at Park to Principal at Repetto and Amy Rush will move from the District Office to Principal at Baldwin.

Additionally, there are eight new elementary and high school Assistant Principals, nine elementary and high schools APs in new locations, three Supervisors/Coordinators in new

assignments and five changes in the executive cabinet, including new Superintendent Denise Jaramillo. AUSD has also hired fifty new teachers this year, adding to the turnover in schools throughout AUSD.

All things considered, there are 31 total management changes throughout the district, which accounts for 43% of the entire management team. The majority of these changes can be attributed to retirement, which is a trend that the district has prepared for through management training programs in recent years. AUSD is excited about all of its new transactions and acquisitions and is poised for another successful school year under a new era of talented educators.

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New Study Further Confirms How Diabetes Leads to Gum Disease

By John Chao, D.D.S.



Dr. John Chao, DDS

A new study led by University of Pennsylvania researchers has found that the oral microbiome affected by diabetes causes a shift in the likelihood of disease. The microbiome is the microorganisms that coexist with our own cells. We depend on a vast army of microbes to stay alive. Microbiome protects us against germs, breaks down food to release energy, and produces vitamins." Hence, when microbiome is affected by diseases such as diabetes, it has been hypothesized that we are more likely to succumb to diseases. This study proves that microbiome affected by diabetes causes gum disease (periodontitis) and explains how this happens.

The research, published in the journal Cell Host & Microbe this week, not only showed that the oral microbiome of mice with diabetes shifted but also change was associated with increased inflammation and bone loss around the teeth.

"Up until now, there had been no concrete evidence that diabetes affects the oral microbiome," said Dana Graves, senior author on the new study and vice dean of scholarship and research at Penn's School of Dental Medicine. "But the studies that had been done were not rigorous."

Just four years ago, the European Federation of Periodontology and the American Academy of Periodontology issued a report stating there is no compelling evidence that diabetes is directly linked to changes in the oral microbiome. But Graves and colleagues were skeptical and decided to pursue the question, using a mouse model that mimics Type 2 diabetes.

"My argument was that the appropriate studies just hadn't been done, so I decided, we'll do the appropriate study," Graves said.

The researchers began by characterizing the oral microbiome of diabetic mice compared to healthy mice. They found that the diabetic mice had a similar oral microbiome to their healthy counterparts when they were sampled prior to developing high blood sugar levels, or hyperglycemia. But, once the diabetic mice were hyperglycemic, their microbiome became distinct from their normal littermates, with a less diverse community of bacteria.

The findings underscored an association between changes in the oral microbiome and periodontitis but didn't prove that the microbial changes were responsible for the disease. To drill in on the connection, the researchers transferred microorganisms from the diabetic mice to normal germ-free mice, animals that have been raised without being exposed to any microbes.

These recipient mice also developed bone loss. A micro-CT scan revealed they had 42 percent less bone than mice that had received a microbial transfer from normal mice. Markers of inflammation also went up in the recipients of the diabetic oral microbiome.

"We were able to induce the rapid bone loss characteristic of the diabetic group into a normal group of animals simply by transferring the oral microbiome," said Graves.

With the microbiome now implicated in causing the periodontitis, Graves and colleagues wanted to know how. Suspecting that inflammatory cytokines, and specifically IL-17, played a role, the researchers repeated the microbiome transfer experiments, this time injecting the diabetic donors with an anti-IL-17 antibody prior to the transfer. Mice that received microbiomes from the treated diabetic mice had much less severe bone loss compared to mice that received a microbiome transfer from untreated mice.

The findings "demonstrate unequivocally" that diabetes-induced changes in the oral microbiome drive inflammatory changes that enhance bone loss in periodontitis, the authors wrote.

Though IL-17 treatment was effective at reducing bone loss in the mice, it is unlikely to be a reasonable therapeutic strategy in humans due to its key role in immune protection. But Graves noted that the study highlights the importance for people with diabetes of controlling blood sugar and practicing good oral hygiene.

"Diabetes is one of the systemic diseases that is most closely linked to periodontal disease, but the risk is substantially ameliorated by good glycemic control," he said. "And good oral hygiene can take the risk even further down."

In conclusion, if you have diabetes, not only should you brush, brush, floss and see your dentist regularly, but also strictly control sugar intake. Even if the sugar you ingest doesn't cause decay right off, the "good germs" (microbiome) will change so that you get gum disease. So cut down the sugar, folks!

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目前已有部分全國性級以及區域品牌租戶進駐包括家得寶(The Home Depot)、好市多(Costco Wholesale)、In-N-Out Burger、星巴克咖啡(Starbucks)、Chick-fil-A、吉他中心(Guitar Center)、熊貓速食(Panda Express)和小野夏威夷燒烤(Ono Hawaiian BBQ)。屆時還將公佈其他租戶資訊。

九月十一日 愛國紀念日典禮



九月十一日，星期日，在市政廳前的草坪上，將舉行愛國紀念日典禮，邀請市民來參加。蒙特利公園市的活動，恰逢美國愛國紀念日和國家服務紀念日，將在早上八點半舉行，活動主要有默哀和警察及消防員獻花圈。市長和市議會邀請社區的成員一起參加這個典禮。

Los Sabores de Otoño Llegan al Mercado del Agricultor (Farmers' Market) de Monterey Park

El verano está por terminar y los sabores de otoño están comenzando a llegar al mercado. Septiembre trae una variedad de productos saludables y deliciosos. Usted empezará a notar una abundancia de verduras crucíferas, tales como: brócoli, col china, col de Bruselas, col, coliflor, col rizada, rábano daikon y verduras asiáticas. Si bien estos vegetales crecen en distintos colores, formas y tamaños, todos ellos son ricos en valor nutritivo (alto contenido de fibra, vitaminas y minerales) y añadirán un gran sabor a su comida.



Consejo del Mes del Mercado del Agricultor

La mayoría de la gente no piensa con calidez de las verduras crucíferas, pero estas verduras pueden ser deliciosas si se preparan correctamente. Aquí hay un par de maneras de bajarles la amargura y realzar su dulzura:

1. Comerlas dentro de tres a cuatro días de haberlas comprado.
2. Añadirles jugo de limón o lima con aceite de oliva.
3. Echarles un poquito de sal.
4. No las recocine (ellas a menudo producen un olor a azufre cuando se cocinan por mucho tiempo).

El Mercado del Agricultor de Monterey Park funciona con lluvia o con sol todos los viernes en el 318 S. Ramona Avenue, de 4 a 8 p.m. Los clientes elegibles de estampillas de comidas CalFresh, WIC y SSI pueden recibir hasta \$10 en dinero gratis del Farmers' Market a través de nuestro programa Market Match. ¿Tiene alguna pregunta? Envíe un Email al mercado al info@farmermark.com.

El Programa de Lectura de Verano de la Biblioteca Bruggemeyer de Monterey Park Terminó con un Chapoteo

El Programa de Lectura del Verano del 2017 de la Biblioteca Bruggemeyer de Monterey Park celebró el fin de verano con una Fiesta Familiar en la Piscina en el Barnes Park, el 31 de Julio. Casi 200 niños y cuidadores asistieron al programa ofrecido en asociación con el Departamento de Recreación y Servicios Comunitarios y con el apoyo de la División de Programas Acuáticos, quienes llenaron la piscina con guardias salvavidas y proporcionaron música para las familias.

La Fiesta Familiar en la Piscina culminó una temporada de lectura y diversión para las familias en la biblioteca durante la cual miles de residentes asistieron a las horas de cuentos, espectáculos de títeres y a otros eventos incluyendo actuaciones musicales, espectáculos de magia y demostraciones de burbujas. Cerca de 1,300 niños participaron en el programa de lectura este año, leyendo más de 14,000 horas colectivamente.

Para más información sobre los programas y servicios de la Biblioteca Bruggemeyer de Monterey Park, visite www.MontereyPark.ca.gov, Twitter@MontereyParkLib o llame al (626) 307-1366.

Actualización del Proyecto Market Place

Como muchos de ustedes saben, el 16 de Noviembre del 2016, la Ciudad de Monterey Park, junto con M & M Realty Partners, tuvieron una ceremonia de inauguración del proyecto Monterey Park Market Place. El Market Place, que se encuentra a lo largo de la autopista Pomona (SR-60), será el centro comercial más grande jamás desarrollado en la comunidad. Desde la inauguración, la mayoría de las actividades de nivelación para el centro comercial y la nueva calle, Market Place Drive, se han completado y la ciudad anticipa que algunos de los inquilinos comerciales abrirán sus negocios a principios del 2018. Además, los planes de construcción han sido presentados para revisión para que las actividades de construcción puedan comenzar.

Algunos de los inquilinos nacionales y regionales incluyen a Home Depot, Costco, In-N-Out Burger, Starbucks, Chick-fil-A, Guitar Center, Panda Express y Ono Hawaiian BBQ. Otros inquilinos serán anunciados cuando la información esté disponible.

Ceremonia del Día de los Patriotas el 11 de Septiembre

El público está invitado a asistir a una ceremonia de recuerdo del Día de los Patriotas el lunes 11 de Septiembre en el jardín delante de la Municipalidad. El evento de Monterey Park, que coincide con el Día de los Patriotas de EE.UU. y el Día Nacional de Servicio y Recuerdo, se llevará a cabo a las 8:30 a.m. y contará con un momento de silencio así como con la colocación de una corona por miembros de los Departamentos de Policía y de Bomberos. La Alcaldesa y el Concejo Municipal invitan a los miembros de la comunidad a participar en la ceremonia.





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\$638,000

1111 S Grand Ave #906, Los Angeles
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504 N. McPherrin Ave, Monterey Park
4 Bed/3.5 Bath house with 2,564 sqft. living space. Built in 2004.



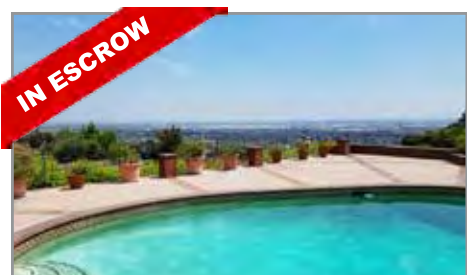
\$475,000

5324 Buffington Dr, El Monte
3 Bed/2 Bath house with 1,144 sqft. living space on a 7,452 sqft. lot.



\$725,000

309 E. Bellbrook St, Covina
4 Bed/3 Bath house with 2,468 sqft. living space on a 7,663 sqft. lot.



856 Ridgecrest St, Monterey Park
4 Bed/4 Bath house with 2,571 sqft. living space with 8,750 sqft. lot.

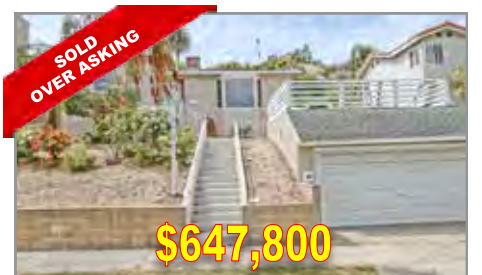


7941 Lake Knoll Dr, Rosemead
3 Bed/2 Bath house with 1,346 sqft. living space on a 9,469 sqft. lot.



\$675,000

1511 Dell Dr, Monterey Park
4 Bed/2 Bath house with est. 1,362 sqft. living space on a 8,713 sqft. lot.



\$647,800

725 De La Fuente St, Monterey Park
3 Bed/2 Bath house with 1,330 sqft. living space on a 6,918 sqft. lot.



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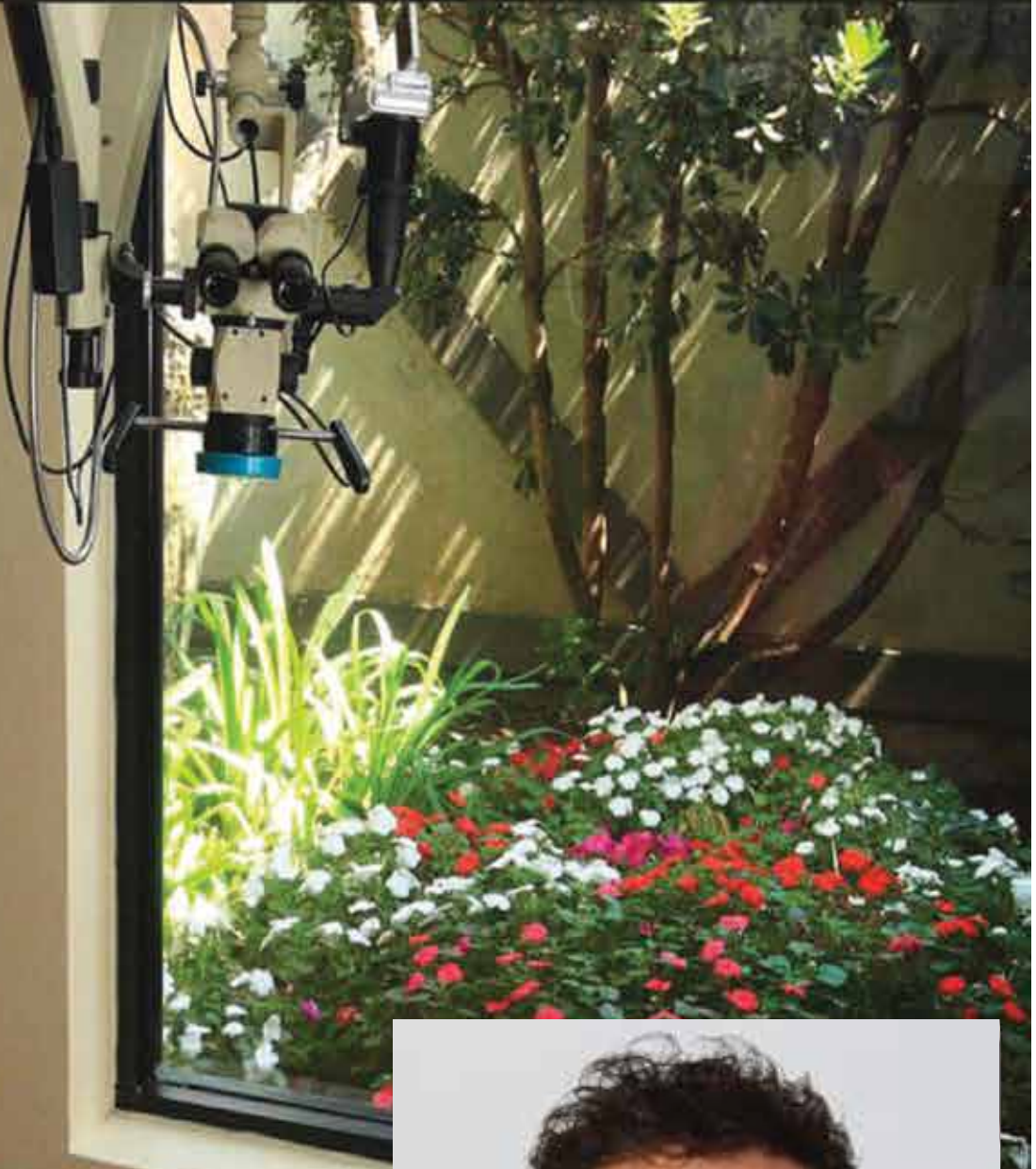


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